

THURSDAY, OCTOBER 16, 2025

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FREE



COURTESY

Gunstock makes annual payment to Belknap County

On behalf of Gunstock Mountain Resort and the Gunstock Area Commission, GAC Commissioners Jade Wood and Doug Lambert presented Belknap County with Gunstock’s annual payment for FY 2025. According to State law, 1.75 percent of Gunstock’s yearly gross operating income shall be turned over to the Belknap County treasurer. This year’s payment totaled \$365,909.35. Pictured (l to r) are County Commissioner Peter Spanos, GAC Chairman Doug Lambert, County Commissioner Glen Waring, GAC Commissioner Jade Wood, Belknap County Administrator Debra Shackett, and County Commissioner Stephen Hodges. Lambert and Wood commended Gunstock staff for the Resort’s ongoing financial success and thanked the county for its support of the commission.

Golden Eagles compete in Hopkinton Cross Country Festival

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford cross country team ran in the Hopkinton Cross Country Festival on Saturday. Maria Tilley led the Gilford girls with a 16th place finish in a time of 19:48 with Kylie Kelly in 51st place in a time of 21:41. William Reinhardt led the Gilford boys with a 94th place finish in a time of 18:52 and Gunnar Marvel was 138th overall in a time of 20:18. Griffyn Greene was 183rd overall in 26:44 and Wren Reinholz placed 185th in 27:00. The Golden Eagles will take part in the Capital Area Championships at Merrimack Valley High School today, Oct. 16.

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

Granite VNA offers Healthy Steps for Older Adults in Alton

ALTON — Granite VNA is offering Healthy Steps for Older Adults, a falls prevention workshop to help older adults learn how to protect themselves and live a full and active life, free from the fear of falling. Balance screenings are Friday, Nov. 14 from 1:30 to 2:30 p.m. at Gilman Library at 100 Main St. The workshops are being held on Friday, Nov. 14 from 2:30 to 4:30 p.m. and Friday, Nov. 21 from 1:30 to 3:30 p.m. All registered participants must complete a balance

screening and attend both workshops. To register, call (603) 224-4093 or (800) 924-8620, ext. 85664 or visit www.granitevna.org. Registration is required and space is limited. 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, pediatrics and maternal child health services, and wellness programming. The agency has offices in Concord, Laconia and Wolfeboro. Formed through the merger of Concord Regional VNA and Central New Hampshire VNA & Hospice, Granite VNA has served New Hampshire since 1899. For more information about Granite VNA, visit www.granitevna.org.

Alton Garden Club meets Oct. 28

ALTON — The Alton Garden Club’s October meeting will be held on Tuesday, Oct. 28 at a member’s barn that will be fully decorated with a ‘Pirates of the Caribbean’ theme. The month’s program will be “Terrariums,” presented by member Diane Norton. The presentation will be followed by refreshments and time to take in and enjoy the decorations that we guarantee will amaze all. We’ll also have the opportunity to tour the property’s beautiful gardens. As usual, the meeting will begin at 1:30 p.m. with our presentation. If you have been considering becoming a member of Alton Garden Club or just want to learn more about us, don’t hes-

Alton Swap Shop revived

ALTON — After several years of being closed, the Alton Swap Shop, located at the Transfer Station, reopened in 2025. Much to the expressed delight of the community, Alton residents were once again able to stop in to drop off useable donations and shop for things they may need. With a new set of guidelines to keep the Swap Shop neat and organized, more than 30 active volunteers managing the operations, and an updated building, the Swap Shop was a very lively place over the summer. Community members donated some beautiful, useful, and interesting pieces - keeping these items out of the landfill and into the hands of neighbors who were pleased to find them. Everything is free, and people were able to shop for household goods, books, toys, small furniture, knick-knacks, tools, and much more. The Swap Shop is open seasonally May through October, operating 9 a.m. – noon on days when the Transfer Station is open. Reviving the Alton Swap Shop was a community effort. Although initially proposed by community member, Joan Blackwood, she is quick to SEE SWAP, PAGE A15



COURTESY

Alton Garden Club’s fabulous and fun scarecrows greet us from the Ginny Douglas Park gazebo during Alton’s Scarecrows in the Square event. Happy Halloween!

MVSB announces 2026 Photo Contest winners

Community Calendars now available

MEREDITH — MVSB (Meredith Village Savings Bank) is excited to announce the winners of its annual community photo contest. Photos representing the greater Lakes Region, Mount Washington Valley and Seacoast areas were selected through an anonymous review process by a committee of MVSB employees, Corporators and Board Members.

Complimentary wall and tent-style calendars are now available at all MVSB offices. All community members are invited to stop by any MVSB branch to receive one while supplies last. MVSB offices are located in Alton, Ashland, Center Harbor, Exeter, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, North Conway, Plymouth, Portsmouth, Rochester and Wolfeboro.

“We received an incredible array of submissions from both amateur and professional photographers this year, making the judging process especially challenging. In the end, we’re thrilled to present a stunning 2026 calendar that highlights the wildlife, scenic landscapes, and outdoor lifestyle we cherish here in New Hampshire,” said Cindy Hemeon-Plessner, MVSB Senior Vice President

and Chief Marketing & Experience Officer. “We invite everyone to visit one of our branch offices this fall to pick up a calendar.”

The winning selections for the 2026 Community Calendar include:

January: “Backyard Bobcat” by David Gorke
February: “Catch That Berry” by Susan Francesco
March: “Alton Bay Ice Runway” by Christina Kolb
April: “Peek-a-Boo” by Bianca Dion
May: “Look Island” by Rob Riess
June “Polly-woggin!” by Vicki MacDougall
July: “God Bless America” by Jason Michael
August: “Backyard Bear” by David LaBar
September: “Sunset from Rye” by Stephan Kjellander
October: “Autumn Sunset” by Pamela Curilla
November: “Coastal Charm” Karla DeVincent
December: “Red Barn in Snow” by David LaBar

In addition, the following photographers will have seasonal images added to the Bank’s website and social media:

Cal Carpenter for

Winter Bridge
Chris Cavallo for Fall Reflection
Bianca Dion for Taking Shelter
Susan Francesco for Catch That Berry
John Gisis for Pond Hockey
David Gorke for Backyard Bobcat
Christopher Mazza for Humpback Whale Summer Morning
Melissa Jette for Bouquet Buffet
Emalie Johnson for Fresh Red
Andrea Kennett for Saps Running
Sheri Lefty for two photos, Frozen Fragrance and Ice Racing on Lee’s Pond
Laura Sforza for Sunrise on the Seacoast
Jennifer Stewart for M.S. Mt. Washington in the Summer

MVSB accepts submissions of community photos to their contest each spring between April and June. Information about the contest and calendar photos can be found at mvsb.com/annual-community-photo-contest.

MVSB has been serving the essential banking needs of people, businesses, nonprofits and municipalities for more than 150 years. As a mutual savings bank, MVSB has no stockholders but rather operates



COURTESY
Backyard Bear by David LaBar was chosen as the August 2026 feature photo for the MVSB Community Calendar.

for the benefit of its customers, employees and community. Since our founding, one thing has always remained true: caring is at the heart of everything we do. By building and nurturing

relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hamp-

shire in Alton, Ashland, Center Harbor, Exeter, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, North Conway, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visitmvsb.com.

Meridian Construction promotes Luke Salome to VP of Estimating and Project Management

GILFORD — Meridian Construction is pleased to announce the promotion of Luke Sa-

lome to Vice President of Estimating and Project Management, recognizing his dedicated service and growing responsibilities at Meridian over the years.

A native of Laconia, Salome earned his Bachelor’s degree in Construction Management from the Wentworth Institute of Technology in 2005. Soon after graduation, he returned to the Lakes Region and began his professional career with Meridian Construction as an Assistant Project Manager. By 2008, he had been promoted to full Project Manager and has continued to take

on larger, more complex responsibilities, most recently serving as both PM and Estimator before his elevation to the executive team.

In his new role, Salome will lead all pre-construction efforts, and oversee the project management teams and systems at Meridian. This includes managing the estimating and project management teams, setting strategic goals, controlling budgets and schedules, negotiating contracts, ensuring regulatory compliance, and aligning field execution with Meridian’s long-term business strategy.

“I’m so proud of Luke’s well-earned advancement,” said Tim

Long, President of Meridian Construction. “I saw Luke’s great potential 20 years ago, and he has eagerly accepted every new responsibility, often exceeding expectations. He’s become a respected leader in the company and throughout the New Hampshire construction industry.”

Salome expressed his gratitude and excitement for what lies ahead.

“I was so happy when Meridian gave me an opportunity back in 2005,” said Salome. “I’m grateful for this VP position and look forward to the next 20 years or more. This company has helped me grow in my career, and I’m committed to doing the same for



Luke Salome

the next generation of construction professionals at Meridian.”

Luke Salome’s promotion reflects Meridian’s long-standing focus on developing talent from within and building a leadership team that understands the company’s culture and construction excellence from the ground up.

About Meridian Construction

Meridian Construction is a full-service residential and commercial construction firm based in Gilford, New Hampshire. Known for its high standards of quality, innovation, and project management, Meridian specializes in custom homes, estate properties, and architecturally significant lakefront residences.

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PETS OF THE WEEK



Meet Bruno!
Bruno is a handsome, self-assured gentleman who's ready to rule a home of his own. This independent guy knows what he likes — and what he doesn't — and he's not afraid to set boundaries (politely, of course).
Bruno isn't a fan of sharing his kingdom with other cats, and fast-moving young children can make him a bit uneasy. He's looking for a calm, cat-savvy home where he can relax, be respected, and



Meet Winnie!
Winnie is a 6-year-old with a quiet spirit and a heart full of love just waiting to bloom. This sweet girl is on the shy side and takes a little time to warm up, but once she feels safe, her gentle nature shines through. She enjoys soft voices, slow walks, and a cozy spot to curl up and watch the world go by.
Winnie would thrive in a calm, patient home where she can come out of her shell at her own pace. She's not the life of the

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Alton Parks and Recreation Community Connection

Trick or Treat hours

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

Halloween Pet Costume Contest

Submit a photo of your pet (or a pet in your family/friends) now through Oct. 24 and be entered into the Alton Pet Costume Contest. Categories include cutest costume, scariest costume and most creative. Winners will be announced on Halloween. Submitted photos will be posted on the Alton Parks and Recreation Facebook page for all to see. Sumit photos to parksrec-asst@alton.nh.gov.

Halloween Candy — Drop off site

The Alton Parks and Recreation Department is collecting Halloween candy for the National Junior Honor Society to distribute to Alton homes around the village for Trick or Treaters. If you would like to participate in Trick or Treating but are off

the beaten path, consider dropping off a bag of candy for your neighbors to pass out on Trick or Treat night. Candy can be dropped off now through Oct. 27 at 328 Main St. in the lobby from 8 a.m.-4:30 p.m. Monday- Friday or after hours in the box outside the office. All donations will be brought to ACS for distribution.

Hit the Trail! Hiking Programs offered for all levels

Join hiker, Bonnie Dodge, for beginner focused hikes on Fridays or progressive hikes on Wednesdays. Hikes start at 10 a.m. at the trail head in Alton and surrounding Towns.

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

Progressive Wednesday hikes are for those that are looking for a hiking challenge. The hikes will gradually increase in difficulty each week- making this a great way to be outside and exercise. Sign up at parksrec-asst@alton.nh.gov or 603-875-0109 the Monday before the

hike day.

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

Paint Night with Anne Morrell

Alton Parks and Recreation is sponsoring a Paint Night with instructor Anne Morrell at the Pearson Road Community Center on Wednesday, Oct. 22 from 6-7:30 p.m. Scene is “Last Leaf” depicting a fall/winter scene under the evening moon. All supplies are included, \$25 for adults; \$15 for children 12 and under. View the painting example on the Alton Parks and Recreation Face Book Page or ask for a copy to be emailed to you. All abilities are welcome. Bring a friend or sign-up solo. Please RSVP with your name and contact information to parksrec-asst@alton.nh.gov or call 603-875-0109. Register early as space is limited.

Weight Training classes — Mondays and Wednesdays

The Alton Parks and

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

Pilates Classes in Alton Bay — Tuesdays and Thursdays

The Alton Parks and Recreation Department is sponsoring Pilates classes at the Alton Bay Community Center on Tuesdays and Thursdays, 9:30-10:30 a.m. with certified instructor Donna Lee. All level adults are welcome for a full body, low impact class that will improve muscle tone, flexibility, balance and strength. Pre-registration is \$10 per class or \$15 drop in. Bring a mat and water. For more information/register contact Donna at breathepilates1@yahoo.com or

parksrec@alton.nh.gov.

Walking Group — Tuesdays

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

Fusion Belly Dancing

The Alton Parks and Recreation Department is sponsoring Fusion Belly Dancing Classes with Katie Hynes on Tuesdays at 5:30 p.m. at the Pearson Road Community Center for adults.

Create a unique and evolving artform with traditional belly dance movements and influences from various other dance styles. No registration required. Just drop in \$15/class. For more information, contact parksrec@alton.nh.gov or 603-875-0109.

Guided Meditation

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

Travel Club — Trip to Canyon Country 2026

Alton Parks and Recreation is sponsoring a trip with Collette Tours to Canyon Country in 2026. Trip highlights include Grand Canyon; Lake Powell; Rafting on Horseshoe Bend; Bryce Canyon National Park; Zion National Park, Las Vegas and much more. Trip dates are May 15-22, 2026. Includes airfare, 11 meals, hotels, and guided transportation through Canyon Country, including walking, bus, and boat tours. This is a great way to travel solo or in a group. For more information contact 603-875-0109 or parksrec-asst@alton.nh.gov or denise@liveitwelltravel.com.

Community Calendar October 16 – 23

Thursday, Oct. 16
At 1 p.m. the Bay begins to sway, line-dancers meet to move and play; by 2:10 p.m. the veterans twirl, a cowboy boot and a country whirl. Then 6:30 to 7:15 p.m., soft and still, find calm and breath at Gilman Hill— Guided Meditation, hearts reset, with Karen Kharitonov — no regrets.

Friday, Oct. 17
At 10 a.m. the littles meet, B&M Park beneath their feet; Tinkergarten’s cheerful crows, learns from leaves and morning dew. Then 10 to 11 a.m., in Gilford’s hall, Chair Yoga lifts the spirits of all; stretch, breathe deep, release the week, and find the balance hearts all seek.

Saturday, Oct. 18
At 9 a.m. the rakes are found, Gilmanton’s leaves drift down to ground; volunteers at the library green, keep autumn tidy, crisp, and clean. By 10 a.m. in Barnstead town, the Pumpkin Fair brings laughter down; ‘til 3 p.m. there’s crafts and song, and cider steam the whole day long.

Monday, Oct. 20
From 9 to 11 a.m. the young ones play, at Alton Bay to start their day— Little Lake Explorers shout, “Come on in, the fun’s about!” Then 1:30 to 2:30 p.m., weights rise high, at Gilman Library, spirits fly; lift for strength and sunny cheer; autumn’s warmth grows stronger here.

Tuesday, Oct. 21
From 9:30 to 10:30 a.m., stretch with grace, Pilates smooths the daily race; mat and water; calm and tone, body balanced, peace well-known. Then 6 p.m. sharp as daylight fades, Gilmanton’s board meets, plans are laid; neighbors gather; voices blend, to guide the town they all defend.

Wednesday, Oct. 22
At 6 to 7:30 p.m., brushes gleam, Pearson Road hosts painter’s dream; “Last Leaf” glows in moonlit hue, friends and families join the view.

Thursday, Oct. 23
At 10 a.m. in New Durham bright, storytime fills hearts with light; songs and crafts for tots galore, warmth and wonder through the door. Then 6 p.m. at Alton Hall, the Planning Board convenes for all— maps and plans, discussion clear, to chart the town’s next busy year.

BY BRITTNI STEWART
Director
Gilford Parks and Recreation

Annual “Halloween Happening” Party on Oct. 24
The Gilford Parks and Recreation Department will be hosting its annual “Halloween Happening” on Friday, Oct. 24, from 5:30 to 7 p.m. in the Gilford Middle School Gym and Cafeteria. This fun-filled event is open to all Gilford children up through 6th grade. Activities will include giveaways, the Monster Mash Raffle, a costume contest, and a variety of Halloween games. Cupcake decorating and Halloween crafts will also be available in the cafeteria!

As always, the Parks and Recreation Department is looking for volunteers to assist with the party. Help is needed with running games/activities during the party and clean-up following the party.

For more information or to sign up to volunteer; please call the Parks and Recreation Office at 527-4722.

*The Gilford Police Department has set Trick-or-Treating in Gilford for Friday, Oct. 31 from 5 – 8 p.m. During these hours, Belknap Mountain Road will be closed from Potter Hill Road to the Imagination Station Parking Lot at

the GES. The public is encouraged to park at the schools via Alvah Wilson.*

2025-2026 Youth Basketball Program registration now open!

Registration is now open for the 2025-2026 Gilford Parks and Recreation Youth Basketball Program. This program is open to all Gilford students in grades 1 through 6. The registration deadline for all participants is Friday, Nov. 7. The early registration fee is \$20/per child or \$30/per family. After Nov. 1, the fee will be \$30/per child or \$40/per family. Online registration through RecDesk is available for this program. Coaches, assistant coaches, referees are always needed and welcome!

For more information, please contact the Gilford Parks and Recreation Department at 603-527-4722 or visit their Web site at www.gilfordrec.com.



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We Will NOT be Undersold

The value of a small-town harvest

October in the Lakes Region feels like the year taking a long, steady breath. The rush of summer fades, the docks are hauled in, and farmstands lean heavy with the last of their bounty. From Alton Bay to Gilmanton Corners, there’s a shared rhythm to this season — a slowing down, but never a stopping. The harvest has always been more than a matter of crops. It’s a reflection of what sustains us: not only the food we gather but the people who gather it. Look around our towns and you’ll see that spirit in motion. In Barnstead, parents set up tables at the fall fair to raise money for classroom needs. In Alton, volunteers haul rakes and leaf blowers to spruce up the community park before the snow flies, while New Durham neighbors check in on each other after chilly nights. These small gestures are as vital as the apples and squash that line roadside stands.

Local farmers know how fragile a growing season can be. This year brought too much rain early, too much heat later, and yet the markets stayed full. Many of those same farmers quietly donate to local food pantries, ensuring that no table goes empty. It’s the sort of unadvertised generosity that keeps small towns alive.

Our schools, too, mirror that harvest spirit. Teachers have barely caught their breath from back-to-school season before planning Halloween parades and craft nights. Parents fill gym bleachers for soccer and field hockey games. These acts of showing up, week after week, say more than any budget line or slogan about the value we place on education and on one another.

Public safety crews prepare for the shift in seasons, too — firefighters checking trucks, police officers reviewing emergency plans, road agents patching potholes before the frost heaves come. Their work, like that of so many volunteers, often happens quietly in the background until we need them most.

It’s easy to take all this for granted. But in an era when much of the world feels divided and distracted, our local connections are what still hold meaning. A wave from a passing truck, a plate of cookies left at a neighbor’s door, a quick “thanks” to a crossing guard — these are the threads that keep small-town life woven tight.

As the days shorten and the first wood smoke drifts through evening air, take a moment to notice the hands that shape our towns. Support a local farm stand before it closes for the season. Lend a rake, attend a meeting, donate to a cause close to home. Gratitude doesn’t need a holiday — only a little attention.

The harvest, after all, isn’t about how much we gather. It’s about how much we give back.



COURTESY

No bones about it

The Haunted Trails offer the most thrills and chills Oct. 23-25, Friday from 6 - 8 p.m. and Saturday from 5:30 - 7:30 p.m., providing a fright night experience through the woods behind the New Durham 1772 Meetinghouse at 207 Old Bay Rd. For a tamer walk, consider attending Thursday from 5:30 - 7 p.m. when there are no live spooks or “No Scare” time on Saturday from 5 - 5:30 p.m. Here, New Durham Recreation Director and volunteers prepare the trail for hapless victims. They witch you good luck!

LETTERS FROM EDWIN

Mid Sunday Afternoon

Good Lord. Another almost 80-degree October day. They’re claiming 80 down in the lowlands. Up here, it’s mid-70s. Pretty nice. It’s supposed to last for a few more days too. The garden is certainly happy. It would be ecstatic if there would be some rain to go along with it. A kind of opposite sides of the fence type deal. Possible showers midweek, that should be pretty minor.

It’s supposed to be the rainy season! The time when water comes down from the sky, some of which seeps into the ground and fills up all that is stored down there. Unfortunately, most of it runs down to the ocean. Too bad we’ve filled up so much swamp and wetlands. They at least hold some of the water from rushing away down streams, giving more time for it to seep down in.

I actually saw some mushrooms sprouting this morning. That’s something that I haven’t seen much of this year so far. It’s been so dry. Likewise, right now is supposed to be prime mushrooming season. I get the feeling that most of them will just skip fruiting this

year. Oh, there will always be some, but I’m lucky to have so much dried and frozen that I’ll easily satisfy any mushroom cravings, and maybe even open up some storage space.

Right now, I’m on my front porch, sitting at the picnic table, looking out over my septic system hay field. There are a combination of trees out there. Some that have called it quits for the year and are still holding onto dried and colorless leaves or have dropped them altogether. When I see lots of gray bark, I consider it to be past peak foliage, but this year, there are still lots of green trees holding out for the cooler temperatures and possible frost. That’s getting moved out farther with every passing day. We still haven’t made it down into the thirties yet this season.

That means that all the bugs are still with us. I have a couple of large bald faced hornet nests to tend to once the temperatures fall. They don’t have as much aggression when it’s cold. At least that’s what I’m counting on. Hornets aren’t my fondest little flying critter. I want the

most advantage possible when I cut down their nests. That spray stuff I find in the stores isn’t all they claim in the directions, sometimes I think I’d be better off using that spray insulation foam. That would sticky them up nicely. At least the wasp stuff easily cleans off me and structures.

I actually considered attacking the field with my lawn mower. It’ll wait. I’m getting so adept at putting some things off. I never used to be that way, I’d rather just sit here and write you a letter. If I finish it in time maybe I will, but I could also get my mushroom box and head off into the woods. I could be surprised.

Then again, I could also hop in the car and head to the lake and take a dip. If it were more humid, it would feel much warmer and I’d be more inclined to spend the gas, but as it is, I’m totally comfortable. There’s a nice cool breeze sweeping the porch. I’m totally OK being home bound today.

Not a lot of critter talk going on today. A little while ago a lone crow cawed, then there was gray squirrel chid-

ing something out behind the trees. Other than that, it’s all pretty quiet for a Sunday afternoon. No bonking basketball. No screaming trail machines. Yes, there are the occasional distant road travelers, but not many. Really.

The clock in the house just struck three. That tells me that the afternoon is pretty much half over. The cat just came up to say hi. Her little two syllable cat-ish expression. I said hi back. Then she disappeared. She had said her piece, then took off having better things to do than gab.

Aah, there’s the call of some small finch type birds off to my right. Maybe my feline friend figured that out and has some hunting on her mind. She’s never been much into birding, but there are occasional feathers presented on the welcome mat. I’ve learned to never try to figure out the mind of a female, even if she is a cat.

E.Twaste

Correspondence welcome at edwintwaste@gmail.com

Letter submission policy

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

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

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Idea in the mind!

Andrew Carnegie was born on Nov. 25, 1835, in Dunfermline, Scotland. In 1848, his family crossed the Atlantic and squeezed into a single rented room near Pittsburgh. Machines had wiped out his father’s weaving trade. His mother took in mending and sold bread to keep them alive.

No money. No connections. Schooling cut short. Odds of success? Near zero.

At 13—before child labor laws or safety nets—he was expected to earn a living. He worked from

dusk till dawn for \$1.20 a week. Just enough to keep the rent paid.

He clawed his way to a telegraph office—first as a messenger, then as an operator, sending messages across the wire faster than any train.

It opened a door to the Pennsylvania Railroad. There, for the first time, he saw the inner workings of power. He watched the men at the top. He took notes. And somewhere along those tracks, he made a

quiet decision: He wouldn’t just ride the rails—he’d own them.

He moved forward with that idea, built a steel empire, and became the wealthiest man alive.

Carnegie then turned to a bigger question: What creates success?

In 1908, he met a young reporter named Napoleon Hill and dared him to find the answer. He opened doors to tycoons and inventors, told Hill to study them, and

to write the playbook.

Years later, Hill delivered it—first in “The Law of Success,” then in “Think and Grow Rich.” That book went on to sell over 70 million copies—and it’s still reprinted and read around the world.

Of all the ideas Carnegie gave Hill, one grips me most. He reportedly said:

“Any idea that is held in the mind—emphasized, feared, or revered—begins at once to clothe itself in the most SEE POSITIVELY PAGE A5

POSITIVELY
SPEAKING

TOBY
MOORE

COURTESY

Thank you from the Lions

The Laconia-Gilford Lions Club would like to thank all those who came to our Electronic Waste Collection Day fundraiser on Saturday, Sept. 27 in the Cinemas 8 parking lot in Gilford. We are grateful for your support as are those in our communities who will be the recipients of the funds raised. Your patronage helps the Lions raise money for their good works such as eyesight and hearing programs, youth sports, local scholarships, food pantries, other local charitable organizations and much, much more. Special thanks to WJP Development, LLC for allowing us to use their parking lot at the Cinemas 8 Plaza in Gilford. We will have another Electronic Waste Collection Day on April 11, 2026, and look forward to seeing you then. Pictured, from left: Matt Soza, Allyn Bridge, Diane Lockwood, Marylin Brown, Lori Chandler & Bill Chandler.



League of NH Craftsmen Gallery hosting annual Glass Pumpkin Patch exhibit

MEREDITH — The League of New Hampshire Craftsmen Meredith Fine Craft Gallery invites you to celebrate the beauty of autumn with its Annual Glass Pumpkin Patch Exhibit, featuring exquisite hand-blown glass pumpkins created by talented regional juried-in artists. Each glass pumpkin in the collection is a one-of-a-kind work of art, showcasing the creativity, skill, and vibrant style of our many accomplished artists. From elegant translucent designs that glow with inner light to richly marbled pumpkins in fiery autumn hues, the collection captures the warmth, whimsy, and color of the season. The Glass Pumpkin Patch Exhibit has become one of the most anticipated annual traditions.



the season! The exhibit will be on display throughout the month of October. For more information, please call the Gallery at 603-279-7920 or visit our Web site meredith.nhcrafts.org. The League of NH Craftsmen Gallery is located at 279 DW Highway, Meredith.

Each artist brings their own unique touch to the form, some whimsical, some sophisticated, but all celebrate the craftsmanship and beauty of blown glass. The Meredith Fine Craft Gallery invites you to come delight yourself in our fine-craft pumpkin patch. Visitors can explore the display in the gallery and take home a piece of fall magic to enjoy year after year. These hand-crafted pumpkins make perfect gifts, seasonal décor, or collectible works of art, so come celebrate

The League of NH Craftsmen is a non-profit organization that encourages and promotes the creation, use and preservation of fine contemporary and traditional hand crafts. The League represents the signature of excellence in fine craft, through the work of its juried members and its rigorous standards for self-expression, vision, and quality craftsmanship.

POSITIVELY

(continued from Page A1)

convenient and appropriate form.”

Burn that into your mind!

Let’s break it down.

“Any idea held in the mind...”

What does it mean to hold an idea? It means you keep it alive. You see it in your mind every day. You write it down. You say it out loud. You paste it on your fridge. You carve time for it. You take small, doable steps now—not later.

“...Emphasized, feared, or revered...”

To emphasize means to want it deeply. You think about it often. You’re willing to give up comforts and distractions to chase it.

To fear it means the

right kind of fear—the voice that whispers, “If I don’t act, this dream will die.” It gets you out of bed. It drives you to do the hard thing first.

To revere it means to honor it. You treat it like a calling. You protect it from doubt, from cynics, from your own excuses.

“...begins at once to clothe itself in the most convenient, appropriate form.”

What happened to Carnegie when his dream began to clothe itself? The world began to respond. A skill put him near railroad men. A boom in demand met him on the tracks. A new way to make steel found him. Partners appeared. Doors opened. Setbacks drove him forward.

The idea became motion, then matter. It put on names, places, timing, and tools—until it

wasn’t an idea anymore. It was his life.

Now you ask: When will my dream happen?

When farmers plant seeds, they don’t demand a harvest tomorrow. They water. They weed. They walk the rows before sunrise. They fight off the pests, mend broken fences, pray for rain, and rise again.

When a child is conceived, no mother asks, “Why isn’t the baby born yet?” She nourishes it for nine months, knowing its time will come.

So it is with your dream.

One of the great teachers of human po-

tential, Bob Proctor, taught that you may not know a dream’s gestation time, but you can shorten it through focus and concentration.

Show up when it’s boring. Work when it’s hard. Believe when no one sees. Be patient like a farmer. Fierce like a parent. Steady like the sun.

If you hold the picture in your mind, and you move your feet—

If you believe through the silence, Work through the doubt, Stay lit by a desire that doesn’t dim—Then one day, your dream, dressed in real life, will walk out to meet you.

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Timber Wolves place second in final regular season match

BY JOSHUA SPAULDING

Sports Editor

FARMINGTON — The Prospect Mountain golf team finished up the regular season with a home match at Farmington Country Club on Monday, Oct. 6.

The Timber Wolves finished with 62 points to finish second behind Belmont at 71 and ahead of Littleton with 55 points.

Mikey Perry led the way for the Timber Wolf squad with 20 points from the top spot in the lineup. Gavin Gorton finished with 17 points in the second spot and Stephen Rawnsley added 16 points from the third spot. Alyssa Pica, playing in the fourth spot, finished with nine points to round out the scoring and Evan Roberge finished with five points from the sixth spot.

The Division IV State Meet is set for today, Thursday, Oct. 16, at Newport Country Club at 10 a.m.

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

Craigie helps PSU tennis to win over Western Connecticut

PLYMOUTH — Senior Maddie Lorenz (Jefferson) rallied for a three-set win at number five singles as Plymouth State University cruised to a 6-1 victory over Western Connecticut State University in a Little East Conference (LEC) women's tennis match at the Westside Courts on Saturday.

The Panthers swept doubles play and locked up the team win behind straight-set singles victories from juniors Chloe Ahern (Middleton, Mass.) and Sofia Orama (Marlborough, Conn.), sophomore Lauryn Corrigan (Littleton) and

freshman Sidney Huff (Port Orchard, Wash.).

Lorenz dropped her opening set, 3-6, but bounced back with a dominant 6-1 second set before outlasting her opponent in the deciding 10-point tiebreak, 10-6, to help seal the PSU victory.

WestConn's lone point came in a marathon number one singles battle, where senior Alyssa Craigie (Gilford) fell just short in three sets – 6-7 (5-7), 6-4, 4-10.

Plymouth State improves to 2-7 (1-5 LEC), while the Wolves slide to 3-10 (1-6 LEC).

Craigie and Orama opened with a 6-1 win

at number one doubles, while Ahern and Corrigan matched the score at number two.

Lorenz and Huff teamed up for a 6-3 win at number three doubles, giving PSU its first doubles sweep of the season.

Ahern rolled to a 6-3, 6-2 win at number two singles, and Corrigan dominated at number four with a 6-0, 6-2 victory to make it 3-0.

Huff clinched the team win with a convincing 6-3, 6-1 performance at number six.

Lorenz rebounded for a 3-6, 6-1, 10-6 win at number five, while Orama held off her opponent at

number three, 6-4, 6-3.

Craigie narrowly missed completing the sweep, coming up just short in a pair of tiebreakers, 6-7, 5-7, 6-4, 4-10.

Corrigan notched up her team-leading third singles win of the fall. Orama and Ahern each picked up their first singles victories of the season. Craigie and Lorenz are tied for the team lead with four doubles wins apiece.

Plymouth State leads the all-time series 23-6 and has won 17 straight against the Wolves.

Knight girls avenge loss to Kennett, earn Homecoming win



JOSHUA SPAULDING

Kingswood's Hadley Nance and Kennett's Letty Zipf battle for the ball during action on Saturday in Wolfeboro.

BY JOSHUA SPAULDING

Sports Editor

WOLFEBORO — After his girls dropped a close decision to Kennett during the Eagles' Homecoming a few weeks ago, Kingswood girls' soccer coach Shane Flood was intent on getting his girls back on track to be the dominant team in the Carroll Country rivalry.

When the Eagles visited Wolfeboro for Kingswood's Homecoming on Saturday, the Knights found their offensive stride in the first half, scoring a pair of goals and then holding on as the Eagles produced their own goal late in the second half, giving the Knights the 2-1 win.

Letty Zipf had a good run in for the Eagles out of the gate, with Saige Griffin making a solid defensive stop. Zipf and Grace Sanfilippo teamed

up on a chance that Griffin cleared out of the zone and Kingswood's Taylor Allar and Annissa Desrochers both had shots that Kennett goalie Sara Boewe handled. Allar then came back with a good defensive stop on Zipf and Sierra Castaldo made a run in for the Eagles that Kingswood's Carly Weeks defended well.

Kendal Oliver had a long direct kick for the Knights that Alyssa Kenny cleared out for the Eagles. Oliver then just missed connecting with Hadley Nance, with Boewe snaring the ball. Abigail Locke also just missed connecting with Nance on a bid that Boewe booted out of the box. Phoenix Piekarz had a shot go wide for the Knights and Kingswood's Norah Pelletier had a nice defensive stop on Sanfilippo. Oliver had

a shot go wide for the Knights and Nance and Allar made a run into the zone that was stopped by defense from Kenny.

The Knights got on the board with 16:33 to go in the first half, as Oliver sent a nice ball up to Griffin, who fought through two defenders and buried the shot for the 1-0 lead. Summer Laine came back with a chance for Kennett that Pelletier defended well and Lilly Killourie sent a ball through the crease for the Eagles.

Kingswood had a trio of corner kick chances, with Emma Baker and Zipf getting good defensive stops on the first, Pelletier heading a shot wide of the net on the second and Laine heading the ball out of the zone for the Eagles on the third.

However, Kingswood was able to score in the

final two minutes, as Oliver sent a long ball in to Allar, who buried the shot and Kingswood took the 2-0 lead to halftime.

Sejai Kenney made an early run in the second half for Kennett, with Oliver clearing the ball out of the zone. Griffin sent a shot high at the other end of the field and Boewe stopped a long shot from Oliver. Allar cleared another Kennett scoring bid and Zipf's long direct kick was grabbed by Kingswood goalie Megan Nicol. Allar and Griffin just missed connecting on a bid and Laine made a run the other way that was turned back by the defense of Weeks.

Laine made another run in that was defended by Locke and Desrochers and Nicol stopped a shot from Killourie. Allar had a shot on a Kingswood corner, with Boewe mak-

ing the save and Baker came back with a bid that went wide of the net at the other end. Nance just missed connecting with Griffin, with Boewe snagging the ball. Kenney and Myra Johnston had good clears for the Eagles and Laine connected with Kenney on a chance that Pelletier stopped. Locke had a good defensive stop for the Knights and Johnston did the same for the Eagles. Delaney Vachon had a nice throw-in that was headed wide by Sanfilippo and Pelletier and Weeks had good defensive stops on a Kennett corner.

The Eagles got on the board with 9:43 to go in the game, as Zipf sent a nice cross in front of the net and Baker buried the shot to cut the lead to 2-1. Laine and Lydia Wiggin made a good run in for the Eagles that Locke defended and Nicol stopped

a Killourie shot as well. Griffin made a run in and got around Boewe, but Adelyn McAllister did a great job clearing the ball away from the goal line for the Eagles. Oliver had a long direct kick go through the crease and Griffin headed another shot on net that Boewe handled as time ran out and the Knights celebrated their Homecoming win.

Kennett is scheduled to be in action on Tuesday, Oct. 21, at home against Pembroke at 3:30 p.m. and at John Stark on Thursday, Oct. 23, at 4 p.m.

Kingswood is slated to be at Laconia on Saturday, Oct. 18, at 10:30 a.m. and will be at Pelham on Tuesday, Oct. 21, at 4 p.m.

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



Phoenix Piekarz gets her head on the ball during her team's win over Kennett on Saturday.

HIGH SCHOOL SLATE

Thursday, Oct. 16
BELMONT
Cross Country at Merrimack Valley; 4
GILFORD
Cross Country at Merrimack Valley; 4
Field Hockey vs. St. Thomas; 3:30
Friday, Oct. 17
BELMONT
Boys' Soccer at Hillsboro-Deering; 4
Girls' Soccer vs. Hillsboro-Deering; 4
GILFORD
Boys' Soccer vs. Inter-Lakes; 4
Girls' Soccer at Inter-Lakes; 4
Volleyball vs. Plymouth; 5:45
WINNISQUAM
Boys' Soccer at Stevens; 6
Saturday, Oct. 18
GILFORD
Football vs. Somersworth; 12
WINNISQUAM
Football vs. Bishop Brady; 2
Monday, Oct. 20
BELMONT

Volleyball vs. Inter-Lakes; 6:15
WINNISQUAM
Volleyball vs. Manchester Memorial; 6
Tuesday, Oct. 21
BELMONT
Boys' Soccer at Stevens; 6
Girls' Soccer vs. Stevens; 3:30
GILFORD
Boys' Soccer vs. St. Thomas; 4
Girls' Soccer at St. Thomas; 4
Wednesday, Oct. 22
BELMONT
Volleyball vs. Hillsboro-Deering; 6:15
GILFORD
Volleyball at Oyster River; 6
WINNISQUAM
Volleyball at Kennett; 6
Thursday, Oct. 23
BELMONT
Boys' Soccer vs. White Mountains; 3:30
Girls' Soccer at White Mountains; 3:30

All schedules are subject to change.

HIGH SCHOOL SLATE

Thursday, Oct. 16
KENNETT
Boys' Soccer at Bow; 4
Field Hockey vs. Pelham; 4
Girls' Soccer vs. Bow; 4
Volleyball vs. Manchester Central; 6
Friday, Oct. 17
KENNETT
Cross Country at White Mountains; 4
Football vs. Hanover; 7
KINGSWOOD
Field Hockey vs. Derryfield; 6
Football at Manchester West; 7
PROSPECT MOUNTAIN
Boys' Soccer vs. Sanborn; 4
Girls' Soccer at Sanborn; 4
Volleyball at St. Thomas; 6
Saturday, Oct. 18
KINGSWOOD
Boys' Soccer at Laconia; 1:30
Cross Country at James Foley Race; 10
Girls' Soccer at Laconia; 10:30
Monday, Oct. 20
KINGSWOOD

Volleyball vs. Plymouth; 6
Tuesday, Oct. 21
KENNETT
Boys' Soccer at Pembroke; 4
Girls' Soccer vs. Pembroke; 4
KINGSWOOD
Boys' Soccer vs. Pelham; 6
Girls' Soccer at Pelham; 4
PROSPECT MOUNTAIN
Boys' Soccer vs. Hillsboro-Deering; 4
Girls' Soccer at Hillsboro-Deering; 4
Wednesday, Oct. 22
KINGSWOOD
Volleyball at Coe-Brown; 6
PROSPECT MOUNTAIN
Volleyball at Somersworth; 6
Thursday, Oct. 23
KENNETT
Boys' Soccer vs. John Stark; 4
Girls' Soccer at John Stark; 4
Volleyball vs. Winnisquam; 6

All schedules are subject to change

Cloos powers Knight boys past Eagles



Kingswood's Nate Cloos delivers the ball to the net between the defense of Kennett's Hunter Roberts and Dylan Lebel in action Saturday afternoon.



Seamus Kelley pushes the ball up the field during action on Saturday against Kennett.

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — It was a happy Homecoming for the Kingswood boys' soccer team and Nate Cloos, as the senior struck for four goals and the Knights cruised to a 7-2 win over Carroll County rival Kennett on Saturday, Oct. 11.

Kennett's Yioner Pirona had the first bid but could not connect and the Eagles had the game's first corner. Cloos sent a shot high for the Knights and Brady Moulton and Cloos connected on a chance that was defended nicely by Kennett's Timmy Sprouse. Cloos also had a cross cleared and Kingswood goalie Peter Plachowicz turned away a shot from Pirona. Pirona and Seamus Kelley battled for the ball along the sidelines and Kennett goalie Landon Ramsey made a nice grab.

Haiden Aikens found Cloos for a chance that Ramsey stopped and Aikens had another run

stopped by Hunter Roberts in the Eagle defensive backfield. Aikens had another shot stopped by Ramsey and Dylan Lebel came back with a chance for the Eagles that Plachowicz stopped. Ramsey stopped another Aikens chance and Plachowicz stopped a direct kick from Roberts at the other end. Sprouse made a solid defensive stop on a Cloos run and another on an Aikens run.

Kingswood got on the board with just less than 21 minutes to go in the half, as Cloos delivered on a corner kick for the 1-0 lead. Less than a minute later, the Knights doubled that lead on a goal from Tait Marbury and the Knights had a 2-0 lead midway through the first quarter. Ramsey made a nice grab on a throw-in chance for the Knights and Owen Lebel had a good defensive clear for the Eagles. Tyler Curry made a good defensive stop for the Eagles on an Aikens run and Marbury sent a

direct kick in that Luke Plachowicz headed over the net.

Cloos had another bid denied by Ramsey and Owen Lebel went up the sideline for a chance that the Knight defense stopped. Aikens made another run in that Gus Lamneck was able to clear out and the Knights had a corner kick that they couldn't convert. Hayden Petrucci sent a nice ball up to Pirona for a bid that went wide. Kennett had a corner that Thomas Benker headed out of the box and Peter Plachowicz stopped a bid from Pirona.

The Knights upped the lead to 3-0 with 9:43 to go, as Moulton had a great throw-in to the box and Cloos was waiting at the far post and tapped the ball home. Ramsey made a nice grab in a crowd on a Kingswood corner and Moulton sent the ball through the crease. Roberts had a long direct kick for the Eagles and Wyatt Nich-

ols sent a shot wide on a Kingswood corner kick.

With 3:46 to go in the half, Moulton took a nice ball in on net and buried the shot for the 4-0 lead and less than a minute later, Cloos scored his fourth goal of the game to give the Knights the five-goal lead. Moulton had a nice cross in to Marbury that was headed high and Sprouse had a solid defensive stop for the Eagles as the game went to halftime with the Knights up 5-0.

Roberts had an early direct kick for the Eagles and Benker and Cloos combined on a chance the other way that the Eagles defended well. Pirona made a nice defensive stop on a run from Aikens and after a Kingswood corner kick, Kelley had a long shot denied by new Kennett goalie Colton Curry. Pirona and Santi Abreu connected on a chance for the Eagles and they also had a corner kick

chance. Curry had a nice defensive stop on an Aikens run as well.

With 32:35 to go, Moulton sent a nice ball through the wall on a direct kick and Cloos poked it in for the sixth goal of the game and his fourth tally. The Eagles got on the board with 28:26 to go when they were awarded a penalty kick and Owen Zipf stepped up and delivered the ball to the back of the net to cut the lead to 6-1.

The Knights were awarded their own penalty kick just two minutes later and Nichols stepped up and put the ball home for the 7-1 lead for the Knights. Roberts sent another shot wide of the net and Benker had a direct kick chance for Kingswood that Colton Curry punched out of harm's way. Kennett had a couple of corner kicks but could not convert and Pirona had a shot denied by Peter Plachowicz. Kelley came back

with a bid that went high and Pirona and Sprouse combined on a chance that the Knight goalie denied. Nichols made a good defensive stop on a run from the Eagles and Roberts had another long bid denied.

The Eagles got another penalty kick in the final minutes and Sprouse stepped up and delivered the shot for the 7-2 final score.

Kennett is slated to be in action on today, Oct. 16, at Bow, will be at Pembroke on Tuesday, Oct. 21, and will host John Stark on Thursday, Oct. 23, all at 4 p.m.

The Knights will be at Laconia on Saturday, Oct. 18, at 1:30 p.m. and will be hosting Pelham on Tuesday, Oct. 21, at 6 p.m.

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

Knight golfers wrap up regular season in North Conway



Hayden Russell putts on the ninth green at North Conway Country Club last Tuesday afternoon.



Dylan Ivester tees off on the first hole last Tuesday afternoon at North Conway Country Club.

BY JOSHUA SPAULDING
Sports Editor

NORTH CONWAY — The Kingswood golf team wrapped up the regular season with a trip to North Conway Country Club on Tuesday, Oct. 7, with the Knights finishing second in a three-team match.

The Knights finished with a score of 209, which was second behind Oyster River's 202 and ahead of Kennett's 222.

Kingswood was led by Keller Peacock out of the third spot in the line-

up, as he earned medalist honors with a score of 37. Colton Sargent scored a 39 out of the second spot and Landon Eaton scored 42 points from the sixth spot in the lineup. Michael House finished with 44 points from the fifth spot in the lineup and Ryker Booth scored 47 points from the fourth spot to round out the scoring for the Knights.

Hayden Russell shot 48 from the top spot in the lineup, Dylan Ivester scored 49 points from the

seventh spot and Zach Pickle finished with a score of 57 from the eighth spot.

The Division II State Meet took place after deadline on Tuesday, Oct. 14, at Mount Washington Resort in Bretton Woods.

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

Football Knights record second-straight shutout

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Kingswood football team remained perfect at home this season, as the Knights picked up their second-straight shutout with a 34-0 win over Merrimack Valley on Friday, Oct. 10.

"We have goals each week and we didn't quite achieve those goals, we still need to clean things up," said coach Cory Woodsome. "Two shutouts are great going into the last part of the season but the next couple of games with two tough teams that will have an impact on seeding.

"We really wanted to have a clean, crisp game tonight," the Knight coach noted.

And while it wasn't as clean as the second-year head coach would have liked, the Knights did get out to a 21-0 lead at halftime and then got touchdowns from Serafin Agramonte and Nolan Chominski in the second half on the way to the win.

"They're focused on the task at hand and they're looking forward to next week," Woodsome said. "We do film every day and they are really into it.

"They want the feedback, the information to make them better and make us better as a whole," the Knight coach added.

The Knights will now embark on a pair of road games before returning home to finish the regular season against Kennett on Halloween. This week the Knights will be heading to Manchester West for a 7 p.m. game on Friday, Oct. 17.

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

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National Friends of the Library Week observed at Gilman Library

ALTON —The Staff and Trustees of the Gilman Library, at 100 Main St., Alton, wish to recognize the efforts of the Friends of the Gilman Library during the 20th Annual National Friends of the Library Week, Oct. 19- 25. Throughout the years, the Friends of Gilman Library have sponsored numerous fundraisers and programs to benefit the library. Founded in 1980, the Friends have proven to be a real asset to the library.

The stated purpose of the Friends of the Gilman Library is to maintain an association of persons interested in good library service and in books: to increase the facilities and services of the Gilman Library, and thus to increase the cultural opportunities available in Alton. The activities of the association sponsor special Library projects, inform the public of the resources of the Library,

secure materials that are beyond the Library budget, and perform other services deemed helpful to the Library.

The Gilman Library Friends group is a non-profit organization that meets once monthly, sets up seasonal fund-raising raffles, participates in the annual Town-wide Yard Sale on the library grounds, and keeps the library “Friends Corner Store” well-stocked, all year-round. Funds from these endeavors, and any materials secured by donations, go directly to the Friends group to be used solely to support the Gilman Library. These funds are utilized to sponsor special Library projects and secure materials that are beyond the Library budget.

Come into the Gilman Library and visit the Friends Corner! Our “Friends Corner” has an extensive collection of books and DVDs as well as handcrafted sea-

sonal decorative items for sale. The Friends of the Gilman Library sell books, DVDs, jigsaw puzzles, and seasonal items. The “store” will always be open during library hours.

Please consider joining the Friends of the Gilman Library. You can pick up a brochure at the library’s front desk to learn more about the organization. You can also contact the library at 603-875-2550 or visit gilmanlibrary.org for more information. Being part of this wonderful group is a great way to be together with old friends, meet new people, support the library, and give back to the community. Members are eligible for special discounts during the year. Become a Friend, bring a friend, and meet your friends at the Gilman Library Friends Meeting.

Unless otherwise posted, the Friends of the Gilman Library organization meets on the

first Thursday of each month at 3 p.m. in the Friends Corner of the John D. and Anna L. Williams Room (the adult wing) of the Gilman Library.

The Gilman Friends’ activities are posted on the Gilman Library website and the Gilman Library Facebook page, Twitter, and Instagram accounts, as well as four Alton Community Facebook pages and The Bay-sider.

National Friends of Libraries Week is coordinated by United for Libraries, a division of the American Library Association. United for Libraries supports those who govern, promote, advocate, and fundraise for libraries, and brings together library trustees, advocates, friends, and foundations into a partnership that creates a powerful force for libraries in the 21st century. For more information, visit www.ala.org/united.

The Friends of the

Gilman Library are currently running three separate fundraising raffles to benefit the library. Only 100 tickets are available for each of these raffles. Each raffle winner will be drawn whenever the last ticket for the respective raffle is sold

Raffle #1 is the Outdoor Movie Night Raffle is valued at over \$400. Tickets cost \$5 each. This raffle prize includes:

- two zero-gravity chairs
- two cozy lap blankets
- a set of three pretty serving dishes
- mosquito net food covers
- beverage dispenser and snack tub
- beverages, snacks, and napkins
- an indoor/outdoor movie projector and screen
- a sealed copy of the Jumanji DVD

Raffle # 2 is the Blueberry Cozy Basket. Tickets will sell for \$3 each.

This prize includes:

- the book “The Berry Pickers” by Amanda Peters
- blueberry tea
- blueberry jam
- a Rachel Zoe soy blend, linen-scented candle
- a beautiful hand-made afghan, and
- a hand-made, lovely shawl.

Raffle # 3 is the Celebrating Nature Mini-Basket. These tickets are fifty cents each. This prize includes:

- the book “Seeing George” by Cassandra Austin
- a block tech succulent
- flower socks, and
- an Acadia National Park micro-puzzle

Hurry into the library to get your tickets before the last one is sold, and please consider signing up to join the Friends of the Gilman Library at the same time. See you at the library!

Gilford Public Library

Classes & Special Events
Oct. 16 – Oct. 23

Thursday, Oct. 16
Geri Fit, 9-10 a.m.
Gourd Tik-Tak-Toe, 10:30 a.m.-4:30 p.m.
Adult Fall Center-piece, 1-2 p.m.
Create a cozy and inviting atmosphere for your fall gatherings with this easy to make fall centerpiece.

French Club, 4-5 p.m.
Book Discussion: Absolution, 5:30-6:30 p.m.
This month’s book is “Absolution” by Alice McDermott. Led by Betty; books are available at the front desk.

Friday, Oct. 17
Senior Sculpt, 9-10 a.m.
Harvesting Hope: A New England Chair Yoga Celebration of Fall, 10-11

a.m.
Bridge, 10 a.m.-noon
Preschool Storytime, 10:30-11:30 a.m.
Hand & Foot, noon to 2:30 p.m.
Happy Crafters, 1:30-2:30 p.m.
Advanced Conversational German, 2:30-3:30 p.m.
Lower Intermediate Line Dancing, 4-5 p.m.
Beginner Line Dancing, 5:15-6:15 p.m.

Geri Fit, 9-10 a.m.
Senior Sculpt, 10-11 a.m.
Bridge, 10 a.m. to noon
Fall Into Exercise Social, 10:45-11:45 a.m.
Join us for Fall Exercise Social. Meet and socialize with all your friends from your exercise classes. Light refreshments will be served.

Intermediate Line Dancing, 2:30-3:30 p.m.
Dungeons and Dragons, 3-4:30 p.m.

Wednesday, Oct. 22
Senior Stretch Yoo-hoo!, 9-10 a.m.
Card Games, 10 a.m. to noon
Check out an Expert, 10 a.m. to noon
Paint Group, 1-3 p.m.
Tween Early Release: Caramel Apple Bar, 1-4:30 p.m.
Open 1:00pm - 4:30pm or while supplies last,

snack on this classic fall treat- made to your customization!

Elementary Early Release: October Party, 1:30-2:30 p.m.
Kick off Halloween with donut-on-a-string competitions, games, & crafts!

Thursday, Oct. 23
Geri Fit, 9-10 a.m.
French Club, 4-5 p.m.

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Saturday, Oct. 18
Beginner Line Dancing, 10:30-11:30 a.m.
Drop-In Craft: Decorate Trick-or-Treat Bags, 10:30-11:30 a.m.
Decorate your own Halloween trick-or-treat bags for our Spooky Storywalk!

Monday, Oct. 20
Fun and Fitness With Joyce, 9-10 a.m.
Baby Storytime, 10-11 a.m.
Mahjong, noon to 3 p.m.

Tuesday, Oct. 21

Gilford Public Library

Top Ten Requests

1. “The Academy” by Elin Hilderbrand
2. “The Correspondent” by Virginia Evans
3. “Billion Dollar Ransom” by James Patterson
4. “The River is Waiting” by Wally Lamb
5. “Secret of Secrets” by Dan Brown
6. “The Frozen River” by Ariel Lawhon
7. “All the Colors of the Dark” by Chris Whitaker
8. “Book Club for Troublesome Women” By Marie Bostwick
9. “The Girl With Ice in Her Veins” by Karin Smirnoff
10. “My Friends” by Fredrik Backman
11. “107 Days” by Kamala Harris
12. “All the Way to the River” by Elizabeth Gilbert



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The Home Beautiful taps industry veteran to lead flooring department



Samantha Fournier

BELMONT — The Home Beautiful, Inc. has appointed Samantha Fournier as its new Flooring Manager. Bringing over ten years of flooring industry knowledge and leadership experience from well-known local companies like Genrose Tile and Stone and Ed’s Floor-

ing America, Fournier, a Pembroke resident, will lead the company’s comprehensive flooring department, focusing on driving growth and enhancing the employee-owned firm’s long-term customer service strategy. She was also a Sales Manager at La-Z-Boy for several years after grad-

uating from college with both a Bachelor’s degree in Business and an Associate’s in Interior Design from Hesser College.

Fournier recently said about joining The Home Beautiful, “I’m excited to join a business where everyone has a stake in the success of the client’s design project. I wanted to be part of a company that values excellence, growth, and inclusion. My goal is to continue our history of being the first choice for quality flooring and service in Central New Hampshire.”

“We’re thrilled to welcome Samantha to The Home Beautiful,” stated Home Beautiful CEO/General Manager, Kimberly Young. “Her skill-set and energy will help us build on our strong foundation of customer service. Samantha will not only enhance our day-to-day operations but her leadership will also help us achieve our long-term goals of continuing to deliver exceptional customer service to homeowners, our

builders, and contractors.”

Away from work, Fournier is an avid runner and enjoys spending time with her husband, Joel, and puzzling with their cats.

About The Home Beautiful
The Home Beautiful, Inc. is a design center specializing in flooring, Hunter Douglas and custom window treatments, wallpaper, and countertops in Belmont. It is also part of the Flooring America network. Employing eighteen people, eleven who are employee-owners, The Home Beautiful has been dedicated to delivering superior service to architects, builders, designers, homeowners, and commercial property owners in Central New Hampshire for over forty-five years. The Home Beautiful, Inc. and Home Beautiful Bargain Outlet transitioned to an employee-owned cooperative in April 2021.

Methodist Church to host annual Harvest Supper



GILFORD — On Saturday Oct. 18, the First United Methodist Church in Gilford continues its long tradition of serving the best bean-hole beans in the region as part of their Harvest Supper.

For more than 50 years, the church has been cooking huge iron pots of beans in holes dug behind the church and lined with red-hot stones. Besides the beans, diners are also served All-You-Can-Eat corned beef, cabbage, boiled potatoes, carrots, rolls and apple or pumpkin pie for dessert.

Tickets are available for both the 5 p.m. seating and the 6:30 p.m. seating, and cost \$18 for adults and \$8 for children 12 and under and are available in the church office or make phone reservations by calling the church office (603-524-3289). If no answer, please leave a message with your name and phone number. Office is open Tuesday through Friday 9 a.m. to 1 p.m. Church is located off Route 11A, at 18 Wesley Way in Gilford.

COURTESY
Casey Sadler and Jeff Keyser stir the beans at a previous Harvest Dinner.



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Lakes Region Mental Health Center seeks nominations for community awards

LACONIA — Each year, Lakes Region Mental Health Center (LRMHC) awards two prestigious awards to members of the greater Lakes Region community who have championed the cause of mental health and supported LRMHC’s efforts to promote mental health awareness. LRMHC is seeking nomina-

tions for the two awards to be presented at this year’s Annual Meeting on Tuesday, Oct. 28, at Lakeport Opera House in Laconia. This year’s event is a 1960s-themed Gala celebrating the founding of Lakes Region Mental Health Center in 1966.

The Helen Holbrook Service Award is pre-

sented to an individual who leads by example, dedicating themselves to strengthening the cause of mental health in the greater Lakes Region.

The Dr. Pete Harris Award is presented in his memory to an individual who embodies his values by promoting increased awareness, sensitivity, understanding,

and acceptance of mental health issues through public education.

Nominations will be accepted through Oct. 15, and can be submitted to President and Chief Executive Officer Maggie Pritchard at mpritchard@lrnhc.org.

Tickets for the Annual Meeting ’60s Gala are

limited. Tickets can be reserved at www.lrmhc.org/lrmhc-annual-meeting-page

Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses in Laconia and Plymouth that serve over 3,250 children, families, adults, and older adults each year. LRMHC offers a comprehensive range of services, including 24/7 Emergency Services, to anyone in the communi-

ty experiencing a mental health crisis, regardless of their ability to pay. LRMHC provides individual, group, and family therapy; mobile crisis teams, psychiatry, nursing, care management, community-based supports, residential supports and services, supported employment, substance use disorder treatment, and specialty services for children and their families.

For more information or to schedule an appointment, call 603-524-1100 or visit the Web site at www.lrmhc.org. Find the Lakes Region Mental Health Center on Facebook for updates and information.

Laconia’s Madeline Mousseau joins La Salle University’s undergraduate Class of 2025

PHILADELPHIA, Pa. — La Salle University welcomed its largest undergraduate class since before the pandemic to begin the 2025-26 academic year, including Madeline Mousseau of Laconia. Mousseau is an undergraduate student who is studying Undeclared Nursing and Health Sciences.

The University welcomed nearly 700 new first-time, full-time students this fall, representing a 40 percent increase over last year. La Salle also enrolled 150 new transfer students, an increase of nearly 60 percent from the prior year. In total, approximately 900 new undergraduates

joined La Salle this fall - 300 more than in 2024 - making this the largest entering class since before the pandemic.

“La Salle’s mission is to provide a transformative education that is both accessible and personal. We have been very intentional in our focus on the student experience and their success,” La Salle President Daniel J. Allen, Ph.D., said. “The record growth we are experiencing shows that students and families recognize the value of a La Salle education. They are choosing a university where they will be challenged academically, supported individually, and prepared to

lead lives of purpose and impact.”

Enrollment Highlights

La Salle received 1,700 more applications than the prior year-the most since 2010.

The University saw a 40% increase in deposits and lowered its acceptance rate by nearly five percentage points.

Nearly 300 more students are living on campus this fall, supported by the reopening and renovation of two residence halls.

La Salle University is a comprehensive Lasallian Catholic university located in Philadelphia. It is rooted in the tradition of the Brothers of

the Christian Schools teaching order founded by St. John Baptist de La Salle, the Patron Saint of Teachers. Chartered in 1863 by the Commonwealth of Pennsylvania, La Salle prepares students to become known for more through a practical liberal arts and experiential education. By offering a quality, affordable experience; rigorous academics; transferable skills; and exposure to domestic and international partnerships in a safe and caring environment, La Salle is propelling learners into leaders. Learn more at lasalle.edu.

Masons hosting monthly breakfast and open house Sunday

ALTON — The Masons of Winnipisaukee Lodge in Alton will hold their monthly Breakfast Buffet on Sunday, Oct. 19, starting at 7:30 a.m., open to the public, at the Lodge on Route 28, a quarter mile south of the Alton Circle.

With fruit, biscuits and gravy, scrambled eggs, omelets, bacon and sausage, home fries, beans, pancakes, French toast, coffee and juice being served, it is a perfect time for family and friends to sit down and enjoy an all you can eat breakfast buffet. The cost is now \$15. The Masons serve breakfast between 7:30 and 10:30 a.m. (new hours). They hope to see you there (always on the third Sunday of the month).

For more information about the breakfasts or Winnipisaukee Lodge, please contact David Snyder at 603-717-1713.



The month of October has been home to many historical events over the years. Here’s a look at some that helped to shape the world in October 1925.

- The Lerma River in Guanajuato, Mexico, floods on October 1, leaving thousands of people homeless as a result.
- Three workers are burned alive when the Church Hill Tunnel in Richmond, Virginia, collapses on October 2. The tragedy is partly responsible for the emergence of an urban legend known as the “Richmond Vampire” more than 80 years after the tunnel’s collapse.
- The Soviet Union removes all restrictions on the alcohol content of beverages on October 4. Alcohol had been prohibited on a limited basis for 11 years prior to the removal of the limitation.
- Legendary baseball pitcher Christy Mathewson dies of tuberculosis on October 7. Mathewson, who notched 373 wins and five National League ERA titles during his career, developed tuberculosis after being exposed to chemical weapons during World War One.
- On October 9, the Italian state prosecutor absolves 24 officials of any responsibility for the June 1924 murder of Giacomo Matteotti. Matteotti was an Italian socialist politician who accused the fascists of fraud shortly before he was kidnapped and killed by police affiliated with fascist leader Benito Mussolini.
- The Palace Museum is opened to the public in Beijing on October 10. More than 1.1 million pieces of artwork were housed at the museum when it first opened.

- Federal Bureau of Investigation agent Edwin C. Shanahan is killed on October 11. Shanahan is the first FBI agent to be killed in the line of duty.
- Six hundred American troops enter Panama on October 12. The troops enter at the request of Panamanian President Rodolfo Chiari, who was hoping to put down a renter’s strike.
- Margaret Hilda Roberts is born in Grantham, Lincolnshire, England on October 13. Roberts would come to be known as Margaret Thatcher and serve as the Prime Minister of England from 1979 to 1990.
- The Pittsburgh Pirates win the World Series on October 15. The Pirates defeat the Washington Senators 9-7 in the decisive seventh game of the series. The Senators had opened the series winning three of the first four games.
- Rebels invade Damascus during the Great Syrian Revolt on October 17. The rebels set several colonial French buildings on fire and take control of Azm Palace during the revolt.
- Hungarian-American explorer and amateur archaeologist Bryon Khun de Prorok begins excavating the Tin Hinan Tomb in the Sahara Desert in French Algeria on October 18. Prorok begins the excavation despite objections from the local Tuareg Berber community.
- “The War of the Stray Dog” between Bulgaria and Greece begins on October 19. The killing of a Greek captain and a sentry by Bulgarian soldiers was one reason given for the start of the conflict.

- John William Carson is born in Corning, Iowa, on October 23. Carson would grow up and host “The Tonight Show Starring Johnny Carson” for three decades, ultimately earning the nickname “The King of Late Night.”
- Seven of 23 U.S. Navy Curtiss CS-1 seaplanes are destroyed by wind gusts on October 25. The planes had been brought to Maryland to compete in the Schneider Cup.
- Nicaragua President Carlos José Solórzano acquiesces to former president Emiliano Chamorro Vargas’s day-old demand to make him Minister of War on October 26, effectively ceding control of the country.
- American inventor Fred Waller receives a patent for the water ski on October 27.
- The remains of Egyptian pharaoh Tutankhamun are found on October 28. English Egyptologist Howard Carter had discovered Tutankhamun’s tomb nearly three years before discovering the remains, which had been covered by a death mask made of gold.
- An armored truck is hijacked and robbed of \$93,000 in cash in Buffalo, New York, on October 29. The money is never recovered and Richard Reese Whitmore, who was indicted for the holdup, was never convicted of the crime after a jury could not agree that he was guilty.
- The Persian Parliament formally deposes the exiled Shah of Persia on October 31. The deposition officially ends the Qajar dynasty, which began in 1789.

Tanger Outlets Tilton invites families to celebrate Halloween with Trick-or-Treat fun Oct. 24

TILTON — Tanger Outlets Tilton will host its annual Trick-or-Treat event, sponsored by Breezeline, on Friday, Oct. 24, from 5:30 – 7:30 p.m. Families are invited to enjoy a safe and festive evening as children in costumes trick-or-treat along the center’s walkways, where participating stores will distribute candy while supplies last.

In addition to the Halloween celebration, Tanger Tilton is supporting breast cancer research through its TangerPink campaign. Throughout October, shoppers are encouraged to donate \$10 through Tanger.com/Pink to receive a TangerPink card offering 25 percent off a single item. Participating retailers include more than 90 of Tanger’s top brands, such as Columbia Factory Store, Gap Outlet, Kate Spade New York, Under Armour and Banana Republic Factory. All donations benefit the Breast Cancer Research Foundation® (BCRF), the largest private funder of breast cancer and metastatic breast cancer research in the world and the highest-rated breast cancer research organization in the country.

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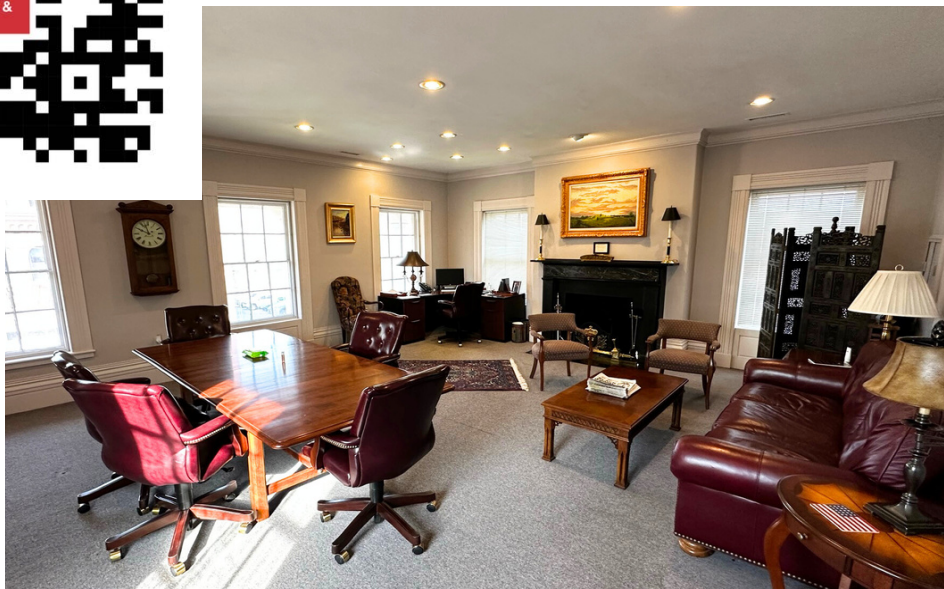
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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	150 Minge Cove Rd.	Single-Family Residence	\$1,650,000	Robert W. Reineck	Thomas K. Bolduc, Jr.
Alton	Old Route 11	N/A	\$2,814,600	Kifer Fiscal Trust and John C. Kifer	Stephen and Sally King
Alton	651 Suncook Valley Rd.	Single-Family Residence	\$430,000	RJ Lane RET	Zoe and Tyler Pake
Alton	N/A	N/A	\$1,742,000	Ns RETail Holdings LLC	58 Suncook Jab LLC
Barnstead	70 Meredith Lane	Single-Family Residence	\$325,000	Diane Flanagan and Gerard M. Owerka	Ashley H. Wood and Jonah P. Dudzik
Barnstead	331 Parade Rd.	Single-Family Residence	\$165,000	Kathleen N. and Donald J. Lord	JML Properties LLC
Barnstead	Pine Hill Drive	N/A	\$570,000	21 Pine HI Dr. Barnstead N and Diane M. Faustino	Christopher R. and Cynthia E. Berry
Barnstead	Red Oak Road	N/A	\$28,000	Strickland RET and John D. Strickland	Viceroy Canal Holdings LLC
Barnstead	N/A	N/A	\$75,000	Leah M. Rush Estate and Catherine Shires	Jeffrey and Ashley K. Maniscalco
Gilford	Bacon Drive	N/A	\$1,373,000	Gilford Village Knolls Inc.	Gilford Village I Affordable
Gilford	Runway 3517 Condo Unit A3	Condominium	\$135,000	Runway 3517 LLC	Dhmac Trust and Douglas MacArthur III
Gilford	Runway 3517 Condo Unit B2	Condominium	\$140,000	Runway 3517 LLC	Melanie G. & W. Nesheim LT
Gilford	32 Upland Dr.	Single-Family Residence	\$525,000	Matthew Ford and Jonathan Salvi	Keegan S. Pafford and Sean Madden
Gilford	135 Weirs Rd., Unit 27	Condominium	\$874,000	Mark and Karen Siepka	Paul E. Molnar
Gilmanton	5 Tepi Lane	Single-Family Residence	\$585,000	Watson Fiscal Trust and Susan S. Watson	Glenn A. and Eva-Lena P. Schroder
Gilmanton	N/A	N/A	\$100,000	Kurtz 2002 IRT and Jonathan P. Kurtz	Smith Fiscal Trust and Alicia M. Smith
Gilmanton	N/A	N/A	\$75,000	Saddle Rock Re LLC	46 Parsonage HI Rd. LLC
New Durham	Elly Pt.	N/A	\$900,000	Victor E. Breton RET	Michael S. Breton RET

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might in-

volve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

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

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

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

You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write

The Commission at 163 Loudon Road, Concord, NH 03301

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





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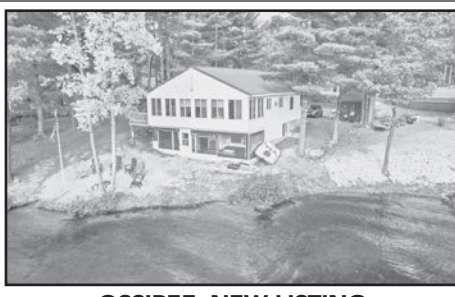
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OSSIPEE: NEW LISTING

Waterfront 2BR/2BTH home on Ossipee Lake in Broad Bay. Features open concept, walkout finished lower level, sunroom, 1st floor primary BR & bath, sandy beach, boat dock, and gorgeous lake and sunset views! **\$1,195,000** (5064919)



OPEN HOUSE SAT 10AM-12PM
LACONIA: 11 Penny Lane

Open concept Ranch home with all new 1st level flooring, 3BR/3+BTHs, updated kitchen, attached garage, and private yard. Lake Winnisquam beach access, tennis courts, kayak racks, and bathhouse! New Price **\$639,995** (5046878)

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MLS# 5040592

Tamworth: Charming 2-bedroom seasonal cabin. Cozy living, screened porch, woodstove, near White Lake State Park and White Mountain adventures, perfect peaceful retreat to unplug and recharge.

\$280,000



MLS# 5061015

Groton: Great getaway spot on 3.8 private wooded acres with partially finished camp and electric in place. Ideal rustic retreat, hunting camp, or investment project, minutes from Plymouth. Endless potential, sold "as is."

\$824,900



MLS# 5040860

Meredith: Spacious 4-bed, 4-bath colonial on 1.57 acres in Meredith. Features two primary suites, large kitchen, decks, fireplaces, dual garages. Minutes to downtown, beaches, golf, and skiing. Comfort, space, and convenience await!

\$940,000



MLS# 5044893

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* Statistics obtained from NEREN for the past 26 years since 1997 for all real estate firms reporting sales in the entire state of NH during that time.

HELP WANTED

COACHING VACANCIES

Shaker Regional School District is seeking coaches for the 2025-2026 Winter season for following athletic teams:

BMS Boys 5/6 Basketball

BMS Basketball – Team 1

BMS Basketball – Team 2

Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at cbelyea@sau80.org. Successful completion, with satisfactory results, of a post-offer, pre-employment criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.

SHAKER REGIONAL SCHOOL DISTRICT KITCHEN MANAGER

Shaker Regional School District has an immediate opening for a Kitchen Manager for Canterbury Elementary School. Duties include, but are not limited to, oversight of food and supply inventory, maintaining daily food production records, preparation and distribution of breakfast and lunch, and oversight of kitchen staff. This school-year position is 6.00 hours per day, with starting pay of no less than \$18.43/hr, and is eligible for the district contribution toward Health Insurance, plus fully paid Dental, Life, and Long-Term Disability Insurance.

Please submit an application and 3 letters of reference to Nancy Cate, 255 Seavey Rd, Belmont, NH 03220. You may contact Mrs. Cate at 603-267-6525 X1352 to obtain an application or visit the Human Resources section of our website: www.sau80.org to download a copy. Successful completion of a post-offer pre-employment criminal background check, including fingerprints, are required. Shaker Regional School District is an equal opportunity employer.



Full-Time Installers Apprentice

Energysavers Inc, a 50 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. Starting pay, \$18-\$20 hour based on experience.

LEARN WHILE YOU EARN!

No prior experience required. Must have a valid driver's license and pass the pre-employment drug screening.

Stop in to fill out an application:

ENERGYSAVERS INC.

163 Daniel Webster Hwy., Meredith NH



Assistant Cafeteria Manager

Job Summary:

The Winnisquam Regional School District is looking for a motivated and organized Assistant Cafeteria Manager to help oversee the daily operations of the cafeteria. This role supports and works under the direction of the Cafeteria Manager in ensuring food safety and quality standards, maintaining inventory, and delivering efficient meal service to students and faculty. The ideal candidate has leadership experience in food service, strong communication skills, and a commitment to creating a positive and safe dining environment.

Apply on schoolspring.com.

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Help
Wanted

ABA Monthly Member Highlight

ALTON — Every month, the Alton Business Association sits down with one of our amazing ABA members to get to know them a little better! We ask each member the same questions, providing an opportunity for our members to highlight the important work that they do in our communities. If you're an ABA Member and would like to be considered for future Monthly Member Highlights, please reach out to us via email at info@altonbusinessassociation.com.

Q: Tell us about your business.

A: We are a multifaceted shop, located at 15 N Main St., Wolfeboro. We have Lego new and used sets, minifigures, Magic the Gathering, a build-zone for building with Lego, and we host parties!

Q: Tell us about yourself.

A: Matt and I moved to Wolfeboro three years ago (I was moving back after leaving for 20 years). We are happy to be a part of the community. We are easy going and love to bring something unique.

Q: How did your business get started?

A: Matt has always been a fan of Lego. We started by collecting and selling on Ebay. Matt loved the idea of a used Lego shop in Connecticut, and I wanted to bring a place where kids could have an indoor non electronic activity so the build-zone concept was born.

Q: What has your relationship with the Alton Business Association done for you or your business?

A: We are recent ABA members and look forward to see how we can work together.

Q: What do you value most about this community?

A: The support we have had so many people that now come in and chat even when they aren't looking to purchase and we love how welcomed we have been.

Q: Why did you want to open your business in this community?

A: I grew up here and my husband has grown to love it, and our kids are in school here. We wanted to bring something for kids (and kids at heart) that would bring joy.

Q: What business accomplishment are you most proud of?

A: We are a newer business and we are just proud we have been able to figure it out.....with lots of support from family and friends.

Q: What does the future hold for you and your business?

A: We are continually looking to grow and adjust for what the community might have interest in.

Q: What is one piece of advice you wish you had as a new business owner?

A: Don't be afraid to ask successful small businesses for advice! Then listen and take it in and decide what works for you.

Q: How can people who want to learn more about you or your business get in touch with you?

A: Via phone/text 860-712-5096 or our social media Facebook - Bricks at Lake, or online at www.brick-satthelake.com.

Editor's note: The preceding interview was originally submitted for publication in last week's edition, but was inadvertently cut short due to a production error.

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[salmonpress.news](mailto:news@salmonpress.news)



SWAP

(continued from Page A1)

credit so many others who stepped in to make this not only a possibility, but a success. With support from the Alton Board of Selectman, especially Richard Shea, local tradespeople and businesses, the Transfer

Station staff, and many cheerleaders from the public, Alton was able to have a Swap Shop again. So next Summer, if you find yourself with useable items that you would hate to throw away, or if you want to go treasure hunting for

something useful or interesting, check out the Alton Swap Shop. It's fun, good for the environment, and we know you will become a regular visitor!



Tanger Outlets Tilton adds new attraction with Battle Zone Oct. 24

TILTON — Tanger Outlets Tilton is leveling up its entertainment offerings with the addition of Battle Zone, a new interactive attraction opening Friday, Oct. 24. The 4,900-square-foot space, located between Levi's Outlet and Jersey Mike's, will remain a long-term fixture at the center.

Battle Zone is designed to deliver an adrenaline-filled, interactive experience for visitors of all ages. The new venue will feature a mix of competitive games and immersive play zones, offering guests the chance to team up with friends, take on head-to-head challenges and enjoy active entertainment that goes well beyond traditional arcade-style play.

Guests can expect high-energy attractions that blend skill, strategy and teamwork. From fast-paced group competitions to individual challenges, Battle Zone creates a setting where

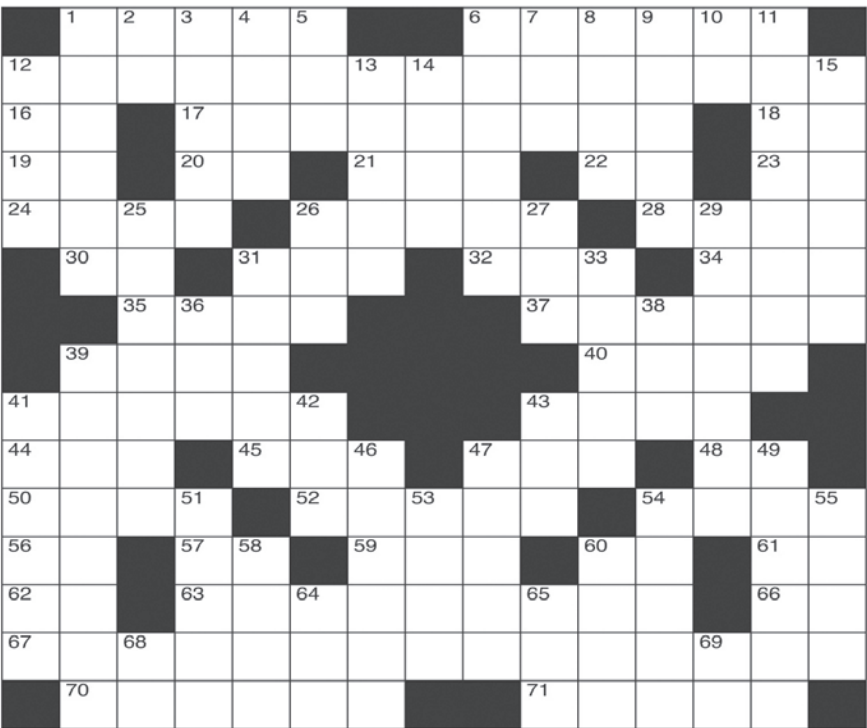
families, friends and even corporate groups can engage in unforgettable experiences together.

“The debut of Battle Zone represents an exciting new chapter for Tanger Tilton,” said Katie Rosenholm, Marketing Manager at Tanger Tilton. “As our shoppers look for destinations that offer more than just retail, Battle Zone provides a unique way to make the center a place where people come to shop, dine and stay to play. We are proud to welcome such a dynamic concept to our lineup.”

The opening of Battle Zone underscores Tanger Tilton's continued commitment to expanding its mix of retailers and experiences. Alongside fashion favorites like Coach, American Eagle Outfitters and Old Navy Outlet, as well as various dining options, Battle Zone enhances the center's role as a one-stop destination for both

locals and visitors to the Lakes Region.

About Tanger Tilton
Tanger Tilton is Lakes Region's upscale, open-air outlet shopping destination, featuring a coveted collection of top brands and local shops. The 250,000-square-foot center features more than 50 premier outlet stores offering real style and real savings every day. Shopper-favorite brands at Tanger Tilton include American Eagle, Bath & Body Works, Coach, Kate Spade New York, Old Navy Outlet and Under Armour. For a full store listing and map, as well as directions, events and scoop on the latest sales, visit tanger.com/tilton, download the Tanger App or connect on Facebook and Instagram. Guests can also access the ultimate shopping experience by joining TangerClub, Tanger's exclusive loyalty program, for curated offers and rewards.



CLUES ACROSS

1. Martial arts in China

6. The butt of jokes

12. Nevertheless

16. Sportscaster Michaels

17. A firm believer

18. Atomic #18

19. One's bestie

20. Of I

21. Hamburger accessory

22. Thus

23. Partner to Pa

24. Scottish tax

26. Cuts away

28. Require

30. Government lawyer

31. Own (Scottish)

32. Body cavity

34. Brew

35. Young woman (French)

37. Platforms

39. Pair of points in mathematics
40. Attack suddenly

41. Aviators

43. Make perfect

44. Yearly tonnage (abbr.)

45. Neither

47. The center of a city

48. Sacrifice hit in baseball

50. Singer Redding

52. Dragged forcibly

54. Puncture with a knife

56. Belonging to me

57. Expresses surprise

59. Haul

60. The Golden State

61. Biblical Sumerian city

62. Integrated circuit

63. Opposed to certain principles

66. Sodium

67. Qualities

70. Walk

71. It awaits us all

CLUES DOWN

1. Ate quickly

2. Peyton Manning's alma mater

3. Moves through water

4. Run away from

5. Utah resident

6. Natural objects

7. Children's game

8. Obligation to prove

9. Ancient Greek building for performances

10. Soldier

11. Decorated

12. Catches

13. Russell __, author

14. Speak indistinctly

15. Students get them

25. Japanese warrior

26. Dessert

27. Doleful

29. Most cushy

31. Moon crater
33. Small evergreen Arabian tree

36. Something fugitives are "on"

38. 007's creator

39. Paintings on hinged panels

41. Type of bomb

42. Japanese classical theater

43. U.S. gov't department

46. Flightless bird

47. One who cuts wood or stone

49. Buttock and thigh together

51. A way to gather

53. Body part

54. Argentinian city

55. Undergarments

58. Jai __, sport

60. Container for shipping

64. Type of screen

65. Get free of

68. Indicates position

69. Business department



Think

OUTSIDE THE BOX

Contact your Sales Representative to discuss advertising options

Tracy Lewis
603.616.7103
tracy@salmonpress.news

Alton Town Clerk/Tax Collector's Office

Limited Hours:

Due to staff attending the NHCTCA 100th Annual Fall Conference, office hours will be adjusted:

Wednesday, October 29, 2025:
Open 7:00 AM – 12:00 Noon

Thursday, October 30, 2025:
Open 12:00 Noon – 5:00 PM

We appreciate your patience and encourage residents to plan accordingly.

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Public Notice:

All interested persons are invited to comment on any potential effects that may be caused to historic properties from a proposed 140-foot-tall monopole telecommunications tower to be located at N43 32' 09.16" W71 08' 26.25", Tax Map 209 Lot 34, 320 Kings Highway, New Durham, Strafford County, NH, if any such properties are located at or near the site. Comments may be submitted, within 30 days of the notice publish date, by email to info@klumbenv.com or by U.S. Mail to A&D Klumb Environmental, LLC, P.O. Box 155, Canterbury, NH 03224, 603-746-5065. Questions about this facility or this notice may be directed to the above contact information. This notice is provided in accordance with the regulations of the Federal Communications Commission, 47 C.F.R. Part 1, Appendices B and C.

Partnership for Public Health raises \$5,000 at inaugural Masquerade Ball fundraiser

LACONIA — Partnership for Public Health successfully hosted its first Masquerade Ball fundraising event at the historic Lakeport Opera House on Sept. 12, raising \$5,000 to support critical community health initiatives.

The elegant evening drew attendees who truly “got the assignment,” arriving in stunning couture and elaborate masks to participate in an interactive murder mystery performance presented by the Boston Murder Mystery Company, as seen on Shark Tank. Guests were fully

immersed in the theatrical experience, which culminated in the dramatic reveal of one local attendee as the lead murderer in the evening’s intricate plot.

A portion of the proceeds will support upcoming youth substance misuse prevention programs, including Red Ribbon Week activities. Red Ribbon Week, the nation’s oldest and largest drug prevention program, will be observed Oct. 23-31, with this year’s theme “Life Is A Puzzle, Solve It Drug Free.”

“This event exceeded

our expectations,” said Tammy Carmichael, CEO of the Partnership for Public Health. “We raised essential funds, but more importantly, we created moments of connection and joy that show just how much stronger we are as a community — because we are better together.”

The event was made possible through the generous support of presenting sponsor Meredith Village Savings Bank, along with additional sponsors including CGStudios, Lavender Sense Relaxation Retreat, Concord Laco-



Masked guests gather at Partnership for Public Health’s first Masquerade Ball at the Lakeport Opera House, where the Sept. 12 event raised \$5,000 for local prevention programs.

nia Hospital, SOFOS Financial Partners, The Insurance Outlet, BPS Construction Management, and Watermark Marine System.

Beyond the featured interactive murder mystery, the evening offered guests a truly elevated experience — complete with a beautifully curated grazing table by Abundantly Yours Catering, a lively raffle hosted by Miss Lake Winnepesaukee and Miss Liberty, and plenty of opportunities to mingle and connect. Guests enjoyed

supporting vital public health initiatives while taking part in a sophisticated social gathering at one of the region’s most beloved venues. The room came alive with masked guests in formal couture, creating an atmosphere of elegance and intrigue befitting the masquerade theme.

Partnership for Public Health looks forward to making this an annual event, with plans to expand and enhance the experience in future years.

About Partnership for Public Health

Our team connects and leads a village of partners who educate, empower, and collaborate on health and wellness initiatives to make our communities healthier, stronger, and safer. The mission of the Partnership for Public Health is to lead and partner in public health strategies across the Lakes Region and New Hampshire for safer and healthier communities.

Annual Taylor Community Indoor Yard Sale and Craft Fair Nov. 8

LACONIA — Start your holiday shopping early at the Taylor Community Indoor Yard Sale and Craft Fair! Volunteers at Taylor Community are busy gathering donated items, organizing and pricing them for the event to be held on Saturday, Nov. 8, between 9 a.m. and 2 p.m. at the Woodside Building, located at 435 Union Ave. in Laconia.

In addition to these gently used items of all kinds, local crafters will be there selling their creations. You’ll find seasonal and holiday decorations, quilted pieces, photography, baked goods, jewelry, jams and jellies, original artwork and handmade greeting cards, to name a few.

A new addition to the fair this year will be a Raffle Room, where you can take a chance to win one (or more!) of the items available.

Proceeds from the Indoor Yard Sale, Crafters, bake sale and the jewelry table are donated to the TC Sunshine Fund.

Come early for the best selection, find a special treasure, and support a good cause!



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