

day, Aug. 28 at 4 p.m.
Submissions can be
e-mailed to the Editor at
brendan@salmonpress.
news.

Lakes Region Symphony Orchestra announces upcoming performances

LACONIA — Lakes Region Symphony Orchestra will present “North Pole Playlist” on Saturday, Dec. 6, at 7 p.m. and "Mixtape: Hits of the '60s & '70s" on Saturday, May 9, 2026, at 7 p.m. Tickets are on sale now at ColonialLaconia.com or by calling 1-800-657-8774.

“North Pole Playlist” - Saturday, Dec. 6
From the sparkling

sounds of “The Nutcracker” to traditional carols and popular holiday favorites, this joyful performance blends timeless orchestral classically-flavored selections with popular vocal songs that bring everyone together.

We’re excited to welcome back vocalist Taylor O’Donnell, who lit up the stage in last season’s ‘70s tribute. This year, she’ll

perform many of your holiday favorites and share a heartwarming moment with a special narration of Tomie dePaola’s "The Legend of the Poinsettia" set to music - a touching holiday story for all ages.

It’s a merry mix of music and storytelling - classical, contemporary, and full of holiday spirit - for kids, parents, and grandparents alike. These holiday con-

certs sell out every year! Don't miss out - get your tickets early!

"Mixtape: Hits of the '60s & '70s" - Saturday, May 9, 2026

From the lush strings of Henry Mancini’s “Love Theme from Romeo and Juliet” and disco fever of Manilow’s Copacabana, this concert journeys across styles and moods. Sing along to timeless classics by the Beach Boys, Simon & Garfunkel, Dionne Warwick, and more.

We’re thrilled to bring back vocalists Taylor O’Donnell and Adrian Sicam, who’s soulful takes on ‘70s classics brought down the house last season. This year, they return to expand the magic - bringing even more heart, harmony, and energy to this unforgettable tribute.

Feel the grooves of Marvin Gaye and the Temptations, the storytelling of Carole King and James Taylor, and the funky rhythms of Earth,

Wind & Fire and Steely Dan.

A celebration of the songs that shaped generations - relive the soundtrack of a lifetime.

Planned selections include “What’s Goin’ On,” “That’s The Way Of The World,” “I Feel The Earth Move,” “Bridge Over Troubled Water,” “My Girl,” “Black Cow,” “You’ve Got A Friend” ... and so much more!

Tickets for “North Pole Playlist” on Saturday, Dec. 6, at 7 p.m. and "Mixtape: Hits of the '60s & '70s" on Saturday, May 9 at 7 p.m. at the Colonial Theatre of Laconia are on sale now at ColonialLaconia.com or by calling 1-800-657-8774.

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

Council (BEDC) to purchase, renovate, and reopen the Colonial. The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to various performances, including music, theatre, comedy, and civic events. Spectacle Management manages the Colonial Theatre and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main Street, Laconia, NH 03246. www.colonial-laconia.com

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

Alton Parks and Recreation Community Connection

Free Concerts at the Bandstand
Summer Concert Schedule: 7-9 p.m. at the Alton Bay Bandstand, Alton Bay

Aug. 22- “The Thursday Afternoon Band” sponsored by the Water Bandstand Committee; Aug. 23- Saxx Roxx- back by popular demand and Aug. 30- Cool Beans- ‘60’s and ‘70’s Rock.

Concert Sponsored by Water Bandstand Committee
The Water Bandstand Committee is sponsoring a live concert on Friday, Aug. 22 from 7-9 p.m. featuring “The Thursday Afternoon Band.” The concert will be at the Alton Bay Land Bandstand with classic rock music.

Alton Bay Water Ski Show
Sponsored by the Water Bandstand Committee

Aug. 23 — Water Ski Show at 3 p.m. in Alton Bay.

Free Soccer Program for Ages 2-7

The Alton Parks and Recreation Department is sponsoring a free soccer program for ages two to seven led by the Kingswood Boys Varsity Soccer Coach and a group of awesome volunteers for Alton residents and surrounding Towns. The free Soccer Program will be held on Sundays at Alton Central School from Sept. 7-Oct. 19, 9-10 a.m., and is a great introduction to the sport of soccer and a way for your little person to exercise, play and make new friends. Cleats and shin guards

are optional, bring your own. Register in person at the Parks and Recreation office or online at www.alton.nh.gov. Contact Alton Parks and Recreation at 603-875-0109 or parksrec-asst@alton.nh.gov for more information.

Soccer Cleat Swap- Check it out

Used soccer cleats in good condition, and in various sizes are available at the Alton Parks and Recreation Department located at 328 Main St., Monday- Thursday 7 a.m.-4:30 p.m. Before you purchase new cleats for this season check out what is available for free. For more information contact Alton Parks and Recreation at 603-875-0109 or parksrec-asst@alton.nh.gov.

Line Dancing Lessons

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

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.

Travel Club Trips Canyon Country and Scotland/England in 2026

The Alton Parks and Recreation Department is sponsoring two trips with Collette Tours in 2026. The first trip is to Canyon Country. 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. The trip includes airfare, 11 meals, hotels, and guided transportation through Canyon Country, including walking, bus, and boat tours.

Alton Parks and Recreation is also sponsoring a trip with Collette Tours to Scotland and England in 2026. The trip highlights include Edinburgh Castle, York Minster, Chester, Conwy Castle, Stratford-upon-Avon, Traditional Afternoon Tea, London and much more. Trip dates are Oct. 25-Nov. 3, 2026. Includes airfare, 12 meals, hotels and transportation.

These trips are a great way to travel in a group and with a knowledgeable guide. An informational session will be held on Sept. 22 at 10 a.m. at the Gilman Library about both trips. RSVP to attend the session-603-875-0109 or parksrec-asst@alton.nh.gov.

Motto: "Bringing Community Together by Doing Fun Stuff!"

Archery Program
Barnstead Archery – Registration is open for session 3 (Aug. 29 – Oct. 10). Classes are every Fridays from 6 – 7:30 p.m. (weather dependent) at the TL Storer Scout Reservation. Equipment will be provided, or you can bring your own. \$10 for the session. The link for registration can be found on our Web site.

Summer Concert Series

On Aug. 23, Barnstead Parks & Recreation is pleased to welcome to the Summer Concert Series Stage, for the last concert of the year, Christine Bonoli! Chris is sure to entertain the masses with her variety of classic rock, blues and contemporary music. Bonoli, who is also a local talent from right here in Barnstead, has been influenced by bands from the likes of Earth, Wind and Fire, Chicago, Jimi Hendrix, Johnny Cash and many others. You are sure to be familiar with much

of their music and may even find yourself singing along.

Summer concerts will take place at the Barnstead Parade Grounds every Saturday from June 21 through Aug. 23 from 6-8 p.m. This year's lineup features a wide array of music and can be found at www.barnsteadnhparks-rec.com/events. Concessions will be offered by local organizations (cash only) and the concerts are free so grab a chair or a blanket and come on down to enjoy the show!

The concession provider for the Aug. 23 concert is The Congregational Church of North Barnstead. They will have drinks and plenty of treats to satisfy your sweet tooth and more.

Game Night for Adults

Game night will be held on the third Wednesday of the month (Aug. 20) at the Oscar Foss Memorial Library. Come for a fun night of socializing and play an old favorite or learning a new game.

Summer Fishing Jamboree

Join us for the Third Annual Rick Gilchrist Memorial Fishing Jamboree for ages 15 and

under. This free event is hosted with support from H&H Exteriors and is a great way to get kids outdoors and enjoy nature. A cookout will close out the event and pre-registration is recommended, but walk-ins for the event are welcome. The event will be Aug. 23 from 9 a.m.-1 p.m. at Adams pond at the T.L. Storer grounds in Barnstead. Registration link can be found on our Facebook page and Web site.

Commission Member Openings

Being a part of the commission is a great way to be more involved in creating, planning, and hosting activities or programs for our community. There are many different levels of involvement and time commitments. We have various openings on the commission, and we are excited to welcome new members. Contact Gail McCullough if you would like more information.

Barnstead Garden Club

We thrive off of community volunteers and donations, so please reach out to us through our Facebook page, Barnstead Garden Club, or barnsteadgc@yahoo.com if you can lend a hand! We appreciate any help and support and hope you join our team!

Please watch our Web site (barnsteadnhparks-rec.com) and Facebook page (@barnsteadparks) for additional details, date changes, cancellations, and pop-up events. We can also be reached at 802-332-3799 and barnsteadparks@gmail.com if you have any questions.



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A cappella at the bandstand on Saturday night

Ball in the House returns to Cate Park

WOLFEBORO — The penultimate concert of the season for the Friends of the Wolfeboro Community Bandstand summer concert series will bring an act to the bandstand that has made a name for itself around the country.

Ball in the House is five guys with five voices and that's it. Based in Boston, the band takes a cappella to the next stage, with beatbox and vocal bass under cool harmonies to create a sound that is hard to believe.

The band has performed around the country, performing about 250 concerts a year and they've released a number of CDs and have been featured on Cool Whip television and radio ads. The group has also shared the stage with artists such as The Beach Boys, Gladys Knight, the Jonas Brothers, Jessica Simpson, Fantasia, Blondie, The Temptations, Smokey Robinson, KC and the Sunshine Band and Kool and the Gang, just to name a few.

Ball in the House consists of Dave Guisti, Wallace Thomas, Monty Hill, Kevin Guest and beatbox Jon J. Ryan.

Guisti was born and raised in Dorchester, Mass., with a love of music



COURTESY PHOTO

Ball in the House will perform on Aug. 23 in the Wolfeboro Community Bandstand.

starting in first grade when he was in the play, Pinocchio and sang his first song. He attended the Boston Boys Choir, performed in many musicals in high school and was a vocal performance major at Berklee College of Music.

Hill grew up in Chaptico, Md., a place where he could sing and play his trumpet as loud as he wanted to. He was involved in band and chorus during elementary and middle school and in high school was introduced to musical theater. He received a full academic and music scholarship to Morgan State University, studying vocal music with a concentration in musical theater. He toured the world with the Morgan State University Choir.

Guest grew up in Westborough, Mass. His love of music began in the fifth grade when he picked up the trumpet and playing many different styles in many different types of ensembles sharpened his musicianship. His love of choral music began in his senior year in high school. He studied at Ithaca College, where he was a four-year member of the award-winning

group, Ithacappella.

Ryan grew up in Boston and met Guisti in fifth grade at the Boston Boys' Choir School, where he got into music. In high school he discovered the magic of keyboards and drum machines and took up bass. At Skidmore College, he caught the a cappella bug and after graduating with music honors, he sang in numerous groups while teaching music and piano lessons.

He saw Andrew Chaikin perform with another group, which served as his inspiration to become a beatboxer.

Thomas was born in Jacksonville, Fla. to two musical parents. He began taking piano and voice lessons early on and turned his focus to vocals in high school. He majored in music at Florida State University, where he was introduced to a cappella music. After

ter college, he joined the Air Force, among other professions and continued to sing wherever he could.

The concert may feature songs from artists such as Stevie Wonder, Michael Jackson, Bruno Mars, Earth Wind and Fire, Bee Gees, John Lennon and more.

Information on the band can be found at ballinthehouse.com or on Facebook and Twitter. They also have numerous videos on YouTube at bithvideo.

Ball in the House will perform at the Wolfeboro Community Bandstand on Saturday, Aug. 23, from 7 to 9 p.m. The bandstand is located in Cate Park in downtown Wolfeboro. The concerts are free though there will be a pass-the-bucket offering taken at intermission to help support the Friends of the Wolfeboro Community Bandstand. In the event of inclement weather, the concert will be cancelled and a sign will be posted at the entrance to the park near the town docks and on the Friends of the Bandstand's Facebook page.

Big family fun at Gilford Community Church Fair & Silent Auction

GILFORD — A family favorite on Gilford Old Home Day is the Gilford Community Church Old Home Days Fair and Silent Auction Friday and Saturday, Aug. 22 and 23 on Potter Hill Road in Gilford.

The Giant White Elephant/Man Cave sale starts Friday afternoon 4:30 p.m. in the Fellowship Hall. Explore the Jewelry Room, Toys and games, and tasty Baked Goods. Tons of household goods, wall art, and back to college items. Tastebud temptations outside with the Chuck Wagon featuring Wine'ing Butcher burgers, tasty cheesy sausages, two for \$5 hot dogs, insane baked beans and cold drinks. The popular fried dough booth will be right in front of the church all day Saturday.

The huge Silent Auction open at 4 p.m. in the Gilford Youth Center. All bids must be in by Saturday at 1 p.m.

The fun continues Saturday morning starting at 8 a.m. The Giant White Elephant sale continues.

The Gilford Rotary Pancake Breakfast to benefit the Cheryl Lynn Walsh Scholarship Fund take place from 7 till 10 a.m., wrapping up in time for the Gilford Old Home Day Parade.

After the parade bring the kids to the youth center for the free Magic Fred Magic Show at 11:30 a.m. Magic Fred entertains family audiences with comedy magic. A popular favorite throughout New England. The shows are open to the public and are free of charge.

"The event is a lot of



COURTESY

Magician Magic Fred will perform an exciting magic show in the Gilford Youth Center during the church Old Home Day Fair. Showtime is 11:30 a.m. on Saturday, Aug. 23.

fun, and its deeper purpose is to support our local and international philanthropic efforts," said Pastor Michael Graham. "It's also a chance to experience our community, which is inclusive and open to all."

More than 100 items will be featured in the massive Silent Auction which takes place in the Youth Center with dozens of items from local merchants and specialty baskets created and donated by church members.

Auction items include a Winnepesaukee Cruise for eight on the 50 foot classic yacht Gypsy; two last wills & testament gift certificates; a one-night stay at Towneplace Suites by Marriott in Gilford; a one-night stay at Mill Falls at the Lake in Meredith; four narrated scenic tour tickets on the M/S Mount Washington; two one-day midweek lift tickets at Gunstock; two weekday ski tickets at Pat's Peak Ski Area; and many, many more.

Gilford Community Church is at 19 Potter Hill Rd.

Freese Brothers Big Band to perform at Wright Museum


WOLFEBORO — On Tuesday, Aug. 26 at 7:30 p.m., the Wright Museum will welcome The Freese Brothers Big Band. This is the thirteenth program of the Wright Museum's 2025 Education Series.

Eighty years ago this summer, World War II came to an end. As members of the Greatest Generation began to return home, they and their families listened to the music that was the soundtrack of the war years. Join the Freese Brothers Big Band for an 80th anniversary salute to the Greatest Generation and the Home Front with tunes that brought solace and cheer to turbulent times and defined the generation.

Doors open at 6:00 p.m., the program begins at 7:30 p.m. on Tuesday, Aug. 26 at the Wright Museum's DuQuoin Education Center, 77 Center St. in Wolfeboro. Admission is \$8 for members and \$12 for non-members. Pre-paid reservations are strongly encouraged and can be made online at <https://wrightmuseum.org/lecture-series> or by calling 603-569-1212.

The region's leading

resource for educators and learners of all ages on World War II, the Wright Museum features more than 20,000 items in its collection that are representative of both the home front and battlefield. For more information about the 2025 Lecture Series, or museum, visit wrightmuseum.org.

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We Will NOT be Undersold

Seize the waning days of summer

Oh, no! Summer is coming to an end; however, we know the weather will stay warm likely through September, then it's on to what we New Englanders affectionately call "Sweatah weathah." But for now, let's focus on making the most of what we have left of our coveted New England summer days.

Time passes so quickly that we forget we had meant to do this, or go here and see that, or visit this old friend. The good news is that there is still time for a no regrets summer.

The most fulfilling thing we can do is to reconnect with friends. Plan a night out having appetizers, or a last-minute summer grill session. Even planning a short meet up for a walk or a hike is a great idea. Find a lake or a river with some nice rocks and just relax and catch up, taking in all that summer has to offer.

Nostalgia tells us that time spent with friends on our bikes until the lights came on were the best carefree times during the summer months. Why not take a night and watch old movies to bring you back, and escape from the go, go, go that is adulthood. Our favorite blasts from the past include "Field of Dreams," "Bill and Ted's Excellent Adventure," "Indiana Jones and the Temple of Doom," "Crocodile Dundee," and anything with Steve Martin and Martin Short.

Spending time outdoors during late night hours is always a treat. Look up at the stars, even if it's from your own porch and enjoy a peaceful moment, listening to the crickets and the frogs have a chat.

That book sitting on your coffee table that's been staring at you all summer? Pick it up, and give yourself a goal to read at least five pages... just do it, before you know it, you'll be engrossed in it.

Get outside and go for a run, bike ride or a hike in a new place. Find places that you can revisit when the snow falls! Snowshoes and Nordic skis, heck even moon boots do the trick! But alas, let's stay focused on summer.

Take a refreshing swim in a nearby lake or river. Pop yourself onto a floaty and just bob as all of your cares float away.

Try to cook as many meals as possible outdoors on your grill. Soon it'll be too cold to wait to flip your burgers and dogs.

We love all seasons, and every time one ends, we get excited for the next. One of the benefits of living in New England is enjoying a solid four-season year. Pretty soon it will be pumpkin everything, apples and crisp fall leaves, but for now... let's stay in summer mode!

LETTERS FROM EDWIN

Chirping

It's a bird watching morning here at Twaste Estates. As I'm getting ready to head off to work, I can't help but be distracted by all the airborne activity. There are young Flycatchers practicing their namely craft or balancing while perched on the undulating clothesline. Then it's chasing each other in catch me if you can aerobatics. Bluebirds are coming and going from the bird house, feeding their little peepers resting their beak on the hole in anticipation. Heading off to go, there are hummingbirds hunting nectar on the hollyhocks out behind the slider. It's simply birdland.

That reminds me of a song. I wonder what Jaco would be doing had he still remained with us? It's one of the songs I choose when I have a stereo fit.

When nobody else is home and I have the house to myself and have the time sit in the stereo seat, and crank it. Loud and clear isn't as bad for the ears as loud and distorted.

This is something that these new generations have no conception of. The quest for ultimately clear and realistic sound that was pursued back in the seventies. Killer systems where you could close your eyes and be there. A hundred and five decibels doesn't have to hurt.

New speaker companies would pop up with some new variation that twisted physics in an attempt to up the bar of audio in some way. I once auditioned some new speakers at a stereo store and was impressed by their clarity and mentioned it to a friend who

went and checked them out. He agreed with the clarity, but criticized the cavernous bass. He was right. Glad I didn't spring for the big price tag.

Everything was one step better than the other. Better sound evolved through this constant mutation. CDs were supposed to fix all the problems of vinyl. Initially there were some crappy sounding discs but technology improved and recording engineers stopped over driving the VU meters as they were used to doing with tape.

But just as with those speakers I auditioned, there was one thing that hid in the background. With albums, the quiet parts stayed sounding "nice" as their volume level diminished. With CDs, the quieter the sound, the less "perfect" it became. It was mathematical. You could hear it. As time passed, advances fixed that.

But before that came about, their solution was to throw away those softer "unnecessary" parts of the music. So that was no longer an issue. MP1 and 2 sounded horrible, but MP3 hit the mark. With the bonus of reducing the quantity of data required, little portable MP3 players hit the planet. Everyone started listening to partial sound without dynamics. So much for realism. That doesn't matter anymore. At least unless you get the bug and find yourself snapping up old vintage stereo systems and buying vinyl. There's just something real about vinyl.

I had a flashback the other day. Walking out-

side with a friend, she commented on all the crickets. I had to admit that I couldn't hear a one. My tinnitus ringing in my head is predominately at the same frequencies as cricket's chirp. I'll probably never hear a cricket again. And if I ever do, I'll question that I'm still on this side of eternity. These notes have been screaming at me since the eighties.

I've given up being a sound-man, or recording engineer as my hearing is so bugged up. I thank God that I can still play bass and sing as that doesn't require good hearing. I'm fine as long as I can still discern being in tune, and my curling up fingers don't get too bad. That's another story. My right pinky is losing its desire to type. A little foreshadowing there. The ability to tune was something the audiologist informed me is the next step in the degradation of my ability to hear. So consequently, I'm on borrowed time, I guess. I constantly wear ear plugs while working and have a nice hearing assist system while playing out. I fear that someday an accident will push me over that precipice.

The sun is just going down. All the days excitements are fading away. I had my supper on the porch. With no rain in sight, I watered the garden after. This New Hampshire summer nights temperature is dropping nicely. It'll be a good night for sleeping.

E.Twaste

Correspondence welcome at edwintwaste@gmail.com



COURTESY

It's Eva's first library card! Everyone please help the Oscar Foss Memorial Library welcome her to the wonderful world of reading!

What is it about money?

What is it about money? At first glance, it is nothing but paper, or digits on a screen, or the shimmer of gold, silver, or crypto code. It seems to hold no intrinsic value—and yet it governs nearly every movement of our world.

We pursue it because we must: to feed our families, to build our dreams, to secure the lives we long for. In this society, money is a necessity. And yet, it slips through our fingers like water. One can possess it in abundance, only to watch it vanish overnight. It is a teacher disguised as currency—revealing what we value, fear, and chase. A balancing act of spirit and matter. For what does it profit a person to gain all the money in the world if, in doing so, they lose their soul—their inner compass, their true Self.

How much of our lives have been shaped by money? Not only by its absence, but by the illusion that once we finally possess it, we will at last feel safe, valid, and real. Whispering to ourselves: "Once I get enough, I'll relax. Once I'm promoted, I'll be whole. Once I buy that thing, I'll finally become someone." But the finish line keeps moving, always just beyond

reach. If we don't awaken to that trick, it pulls us deeper into its labyrinth.

And if we fall into that trap, money ceases to be a tool. We no longer use it—we worship it, potentially turning us into something not unlike a modern-day Scrooge—rich in possessions, but poor in spirit.

Carl Jung, the famous psychiatrist, taught that when money aligns with our values and purpose, it stops being just currency—it becomes a mirror, a symbol, a servant of the Self.

It can express who we truly are, fueling work that brings meaning and relationships that nourish life. But when we separate money from our purpose, or never discover one outside of accumulation, money begins to work against us.

When we chase it for the shimmer of cars, clubs, houses, and status, it's just a mask. Yet behind that mask, nothing is there.

Society tells us this chase is typical, even noble. Careers are chosen, lifestyles built, identities forged on its foundation. But deep down, the psyche knows the truth:

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money without meaning is hollow. It leaves us restless, dissatisfied, still searching for something we cannot name.

And it is a double-edged sword, because money not only shows up in greed—it also hides in fear. Fear of financial instability can bind us just as tightly as the lust for wealth. It can stop us from risk-taking, from creating, from offering the gifts of our soul. In that fear, we trade potential for safety, burying our talents in the ground. The shadow of money lies not only in hoarding gold, but also in the person who never becomes what they could be because of the fear of instability.

It seems that Jung saw money not simply as coins, paper, or digits, but as energy—a collective symbol, created by society and invested with psychic weight. To him, money's value was never inherent but symbolic, reflecting what we project onto it: security, power, or even self-worth.

At its best, it can serve as a tool for expression, growth, and care. But when money becomes the measure of mean-

ing, when we pursue it for its own sake, it can easily slip into darkness - confusing worth with wealth.

The endless chase for wealth and status leaves us mistaking accumulation for wholeness; we try to patch inner wounds with outer excess. In truth, Jung thought, the only wealth that endures is the journey of individuation—the slow, lifelong work of becoming who you truly are.

Money, then, should serve the soul—not the other way around. In hands guided by purpose, it expands creativity and generosity. In hands ruled by fear or greed, it magnifies insecurity and imbalance.

And so the real question is not how much you can make, but whether your relationship with money is rooted in alignment with who you are.

If you find yourself trapped in fear or endlessly chasing status, Jung would call you back inward: discover your purpose, and let money serve that higher calling.

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

Letter submission policy

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

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

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Gilford Public Library Classes & Special Events

Aug. 21 – Aug. 28

Thursday, Aug. 21
Geri Fit, 9-10 a.m.
Fun and Fitness w/ Joyce, 10-11 a.m.
T(w)een Event: Make Your Own Stickers, 10 a.m.-4 p.m.
French Club, 4-5 p.m.
Book Discussion: We Were the Lucky Ones, 4:30-5:30 p.m.
This month's book is "We Were the Lucky Ones" by Georgia Hunter. Led by Rhetta; books are available at the front desk.
New Hampshire's Kancamagus Highway, 5:30-6:30 p.m.
Considered to be one of the most scenic roads in America, the Kancamagus Highway draws thousands of tourists to New Hampshire annually. The highway, which runs between Conway and Lincoln and through the towns of Albany and Waterville Valley, was fully opened in 1967, but the development of the highway itself took over

120 years to become a reality. Located in the Swift River Valley for much of its length, the Kancamagus is the gateway to the southern White Mountains and is not only renowned for its fall foliage views, but such celebrated natural sites as Sabbaday Falls, Lower Falls, and Rocky Gorge, to name just a few. Join historian and author Glenn Knoblock as he details the development of this Granite State treasure, and offers a glimpse into what the "Kanc" has to offer visitors all year round.
Friday, Aug. 22
Senior Sculpt, 9-10 a.m.
Bridge, 10 a.m.-noon
Radiant Summer Flow, 10-11 a.m.
T(w)een Event: Make Your Own Stickers, 10 a.m.-4 p.m.
Hand & Foot, 12:30-2:30 p.m.
Happy Crafters,

1:30-2:30 p.m.
Advanced Conversational German, 2:30-3:30 p.m.
Old Home Day Pie and Ice Cream Sale, 3-6 p.m.
Support the Friends of the Library by swinging by the library to grab a piece of pie and ice cream (and maybe a few books)!
Old Home Day Book Sale, 3-6 p.m.
Saturday, Aug. 23
Old Home Day Pie and Ice Cream Sale, 9 a.m.-noon
Support the Friends of the Library by swinging by the library to grab a piece of pie and ice cream (and maybe a few books)!
Old Home Day Book Sale, 9 a.m.-2 p.m.
Monday, Aug. 25
Fun and Fitness With Joyce, 9-10 a.m.
T(w)een Craft: End of Summer Scrapbooking, 10 a.m.-4 p.m.
The end of summer is here, which means

its the perfect time to scrapbook all those exciting adventures into a stunning collage BYO Photos, post cards, scrap ends, bits and bobs
Mahjong, noon to 3 p.m.
Tuesday, Aug. 26
Geri Fit, 9-10 a.m.
Senior Sculpt, 10-11 a.m.
Bridge, 10 a.m.-noon
Intermediate Line Dancing, 4-5 p.m.
Family Movie Night, 7:30-9 p.m.
Have a family movie night on the big screen outside at the library! There will be popcorn, candy, and drinks for everyone; so bring your favorite blanket or chair to enjoy the show.
Wednesday, Aug. 27
Senior Stretch Yoo-hoo!, 9-10 a.m.
Card Games, 10 a.m. to noon
Check out an Expert, 10 a.m. to noon
T(w)een Craft: End

of Summer Scrapbooking, 10 a.m.-4 p.m.
Paint Group, 1-3 p.m.
Bats and Bombs, 4-5 p.m.
You've probably heard of Batman, but have you ever heard of bat bombs? Join naturalist Susie Spikol to hear the unbelievable story of how the US military planned to

use the Mexican free-tailed bat as a secret weapon in World War II.
Thursday, Aug. 28
Geri Fit, 9-10 a.m.
Fun and Fitness With Joyce, 10-11 a.m.
T(w)een Craft: End of Summer Scrapbooking, 10 a.m.-4 p.m.
French Club, 4-5 p.m.

New Friends of the Library family movie raffle at Gilman Library

ALTON — The Friends of the Gilman Library Group is sponsoring a new raffle. The prize is valued at more than \$300, and includes two anti-gravity chairs, two cozy blankets, a refreshment tray set, a lemonade dispenser, a beverage tub filled with beverages and snacks, a projector and screen, and a sealed copy of the Jumanji DVD. The screen can be used indoors or outdoors. Tickets sell for \$5 each. Only 100 tickets will be available, and the drawing will take place as soon as the last ticket is sold. Proceeds go directly to the Friends of the Gilman Library. This non-profit organization exists to support 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 Friends Group meets

in the Friends Corner of the library at 3:00 PM on the first Thursday of every month, and they are actively seeking new members to join them.
Selected new books and DVD's:
Fiction: A new Reader's Digest Large Print Fiction Double: "The Key to Deceit" / Ashley Weaver and "The Big Finish" / Brooke Fossey.
Nonfiction: "2025 Lippincott Pocket Drug Guide for Nurses" / Rebecca Tucker and "Eat This, Not That" / David Zinczenko with Matt Goulding.
DVD's: "Monte Walsh: The Last Cowboy" with Tom Selleck and "Red Right Hand" with Orlando Bloom.
These and more are waiting for you at the Gilman Library at 100 Main St., Alton. Remember that you can view our catalog and reserve online at gilmanlibrary.org. See you at the library.

Old Home Day book sale returns to Gilford Public Library

GILFORD — Homemade pie, Sawyer's ice cream, books, puzzles and DVDs are all for sale at the Gilford Public Library this Old Home Day. For those wanting a head start on the festivities, slices of pie with or without ice cream and book sale items are available for sale on Friday evening, Aug. 22, 3 to 6 p.m. The sale contin-

ues Aug. 23, 9 a.m.-2 p.m.
This year, our Old Home Day Raffle winning ticket holder will receive a shiny new gas grill on display at the Library.
The book sale items will be a short walk beyond the pie sale under the tents at the garage. (Follow the signs.)
All proceeds from these sales are used

to support the Gilford Public Library. The funds raised through these efforts are used for many library programs and events, including purchase of general use passes to several New Hampshire museums (including the Wright Museum and the Seacoast Science Center), funding for the Summer Reading Programs

(all ages) and supporting various Library programs throughout the year.
The Friends of the Gilford Library appreciate the support given by the community. Anyone wishing to learn more about what we do is invited to attend the monthly meeting, held on the third Tuesday of the month at 4 p.m.

Rev. Jay Hutchinson to lead service at St. John's-on-the-Lake

MEREDITH — As summer draws to a close, on Aug. 24, St. John's-on-the-Lake on Bear Island hosts the Rev. Jay Hutchinson. Hutchinson has just finished his first year as the Chaplain at Holderness School,

where he teaches theology, ethics and morality, English, and world religions. From June through August of 2025, he is serving as the interim summer priest-in-charge at Trinity Church in Meredith.
Prior to answering the call to ordained ministry, Jay taught and coached at Canterbury School, St. Mark's School, St. Andrew's School (DE) and Choate Rosemary Hall, as well as serving as the Chaplain in the Phillips Andover Summer Session. He is passionate about the connection between faith and service and volunteers regularly at Got Lunch, the Bridge House in Plym-

outh and with New Hampshire Adaptive sports programs. Recently, he led a group of students to Poland with the Common Man Ukraine to work with children who have lost their parents in the war. At Holderness Jay coaches the boys' JV lacrosse team.
He and his wife, Whiz, who has retired from her work in schools, live in Holderness year round. Their son, Jack teaches at Kents Hill School in Maine. He is an Episcopal priest who served at St. Mark's School in Southborough, MA, and as the interim rector at St. Peter's Church in Londonderry. He received his Master of Divinity

degree from Harvard Divinity School. He resides in New Hampshire.
Saint John's is a picturesque church built in 1927 of native stone. It can be reached by a footpath from the church docks in Church Cove near Dolly Island and by several other island trails. For the "taxi" service from Meredith Neck, email us at bear.island.church.ferry@gmail.com. For more information on the church, see our Web site at www.stjohnson-thelake.com.

Alton Garden Club meets Tuesday

ALTON — The Alton Garden Club's Tuesday, Aug. 26 meeting will feature the topic of "Toxic Plants in New Hampshire," presented by our local expert Tom Foster.
The public is welcome to attend any of our meetings, so feel free to join us. Just call Peggy McKinney at 603-776-6032 for directions and other information.
This will be a rain or shine event held at a member's property with the presentation beginning at 1:30 p.m. We hope to see you there.

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Gilford Rotary hosting annual pancake breakfast Saturday

GILFORD — The on Gilford Old Home Rotary Club hosting best part of waking up Day? The Gilford their 40th Annual Pan-

Lions to hold plastics collection



LACONIA — Weather permitting, volunteers from the Unitarian/Universalist Green Sanctuary & Social Justice Committees, as well as the Laconia/Gilford Lions Club, will be curbside at the UU Church at 172 Pleasant St. on Saturday, Aug. 23 from 11 a.m.-1 p.m. to collect soft dry plastics, #6 Styrofoam, and food donations.

Soft plastics and Styrofoam must be clean, dry, free of labels. No hard plastics, 'crunchy' plastics or pet food bags may be accepted. Please keep plastics & Styrofoam separate. There is no charge or fee to drop off these items. You do not need to be a resident of Laconia to take part in this effort. It is open to all.

We will also be collecting food donations for the Community Action Program (CAP) food pantry. Items particularly requested include single size pop top canned foods, peanut butter, dry cereal, energy/protein bars, small size energy drinks. Also needed are travel size hygiene products, towelettes, hand sanitizers, personal care products (such as Depends for men & women).



Gilford Rotarians in action at a previous Old Home Day Pancake Breakfast.

cake Breakfast Saturday morning Aug. 23 from 7-10 a.m. at the Gilford Youth Center on Potter Hill Road. Cost is ten dollars for adults and five dollars for kids.

Gilford Rotary's secret recipe all you care to eat pancakes will be served with hearty sausage, orange juice, and piping hot coffee. Blueberries will be freshly picked from Stone Brook Hill Farm. Gluten free pancakes available by request! All proceeds benefit the Cheryl Walsh Scholarship Fund.

The scholarship was started by Gilford Rotary in 1988, and Gilford Rotary initially funded the Scholarship with seed money. The earnings of the early investments plus contributions by members of the Foundation Board and Selection Committee, as well as Gilford Rotary, family members, and friends have resulted in \$500 to \$3,000 grants to the 58 graduating seniors over the years.

niors over the years.

A silver commemorative bowl, a citation, and the financial grant are given to recipients at Gilford High School's Senior Awards Night in June. Since the beginning, a selection committee of board members, friends and past recipients has conducted interviews to select the recipients. The Scholarship has traditionally attracted applications from the brightest and most talented leaders and scholar/athletes of the senior class.

The long-standing Annual Old Home Day Rotary Pancake Breakfast is currently the major fund-raiser for the scholarship. The ongoing goal is to raise and conserve a substantial enough principal to give a meaningful and truly helpful grant to each year's recipient(s). Also, tax-deductible contributions may be sent to Treasurer, Cheryl Lynn Walsh Memorial Scholarship

Foundation, c/o Gilford Rotary Club, Post Office Box 7091, Gilford, NH 03247-7091. Contributors, who cumulatively donate \$1000.00 or more to the Scholarship, are named to a Foundation Fellowship to recognize their intent to help sustain the Scholarship's goals.

The original fund goal of \$100,000 was reached in 2021. It is hoped that increasing the fund past the original goal will allow for bigger scholarships and additional recipients

Gilford Rotary is an organization of business and professional men and women who have accepted the ideal of service as a basis for attaining fulfillment in their business, personal, and professional lives, and by serving their community. Gilford Rotary meets Fridays at 7 a.m. in the Fellowship Hall at Gilford Community Church, Potter Hill Road, Gilford.

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OHD
(continued from Page A1)

buildings from 9 a.m. to noon. The Mt. Belknap Grange, the 1834 Meetinghouse, and the Benjamin Rowe House will be open with free exhibits and demonstrations.

The Old Home Day Parade gets underway at 10 a.m. Lineup will start in the town hall parking lot at 8:30 a.m. The parade will start at 10 a.m. and go down Cherry Valley Road, then turn onto Belknap Mountain Road and end at Gilford High School.

Parking is not allowed at town hall during the morning of Old Home Day because of the parade lineup. The public can park at town hall starting approximately around 11 a.m.

Kids will walk the parade route with buckets collecting money for next year's Old Home Day celebration.

Bryan Conway "The One Man Band" will perform at the bandstand at 11 a.m.

Live broadcasts from 104.9 The Hawk and 101.5 UnRock and Relax will also start at 11 a.m. in front of the bandstand.

Opening ceremonies for Old Home Day will start at noon. The event will feature a flag raising ceremony with the National Anthem performed by Marlene Markowski.

Longtime emcee Bob Pomeroy will make announcements and pres-



FILE PHOTO

Magic will return under the Entertainment Tent on the afternoon of Old Home Day.

ent the awards to the best entries in the parade. Pomeroy himself is this year's parade Grand Marshal.

The Wicked Witches of the Lakes Region will bring some dancing magic in front of the bandstand with a performance at 12:30 p.m.

Students from Edgewater Academy of Dance will perform under the Entertainment Tent from 1-1:30 p.m.

Field events for little kids and big kids will go in at Village Field starting at 1 p.m. The games for kids six and under will take place on the Aaron Francoeur Little League Field from 1-1:30 p.m. with events for kids ages seven to 12 going on at Village Field from 1-2 p.m.

Mr. Magic will put on a family-friendly magic

show under the Entertainment Tent from 2-2:50 p.m.

People of all age are welcome to test their pie eating skills at the Pie Eating Contest at Village Field at 3 p.m. The contest will feature a Youth and Adult competition.

The winners of the Quilt Raffle and the 50/50 raffle will be announced at the bandstand at 3:50 p.m.

Kids and adults can also compete in the Egg Toss in Village Field. The competition for kids from preschool to age 9 will run from 4-4:30 p.m. The Egg Toss for participants ages 10 through adults will be from 4:30-5 p.m.

The Gunstock Nordic Association's 25th annual Free Kids Ryun Run will take off from the entrance of Village Field at 5 p.m. The race is open for

kids ages seven to 12.

Most of the festivities will pause for a dinner break from 5-7 p.m. Plenty of food will still be on sale at Village Field for dinnertime.

Beans & Greens will host a trivia activity at the Entertainment Tent from 5:30-7:30 p.m.

At 8 p.m. the Gilford Community Band will perform at the bandstand.

Following the band's concert, fireworks will go off over Village Field starting at 9 p.m. People are asked to stay out of Francoeur Field, the GHS track, and the roped areas on Village Field for safety.

Old Home Day will wind down with a dance party featuring DJ Alex Bailey from 9:30-11 p.m. under the Entertainment Tent.

A Listening Room experience at Aug. 27 songwriter show

MEREDITH — The partnership between Katie Dobbins Music (Gilford) and Hermit Woods Winery & Eatery (Meredith) which has brought the monthly music series Songwriter Round-Up to the Lakes Region is set to deliver another great show at the end of this month. Held in the region's premier listening room, The Loft, located on the second floor of the Winery, this series has been giving audience members a chance to experience the original music of talented singer-songwriters from the New England area and beyond. At each show three artists share their songs and stories in a unique in-the-round style performance. Held on the last Wednesday of each month, this intimate series features two different songwriters each month alongside host performer Katie Dobbins.

The series has been steadily gaining in popularity with a growing number of area residents and visitors attending to experience the show "magic" that each new



lineup creates. Winery co-founder and owner Bob Manley is thrilled to have his establishment be home to the monthly Songwriter Round-Up Series.

Remarking on the success of the series, Manley reaffirms the valued partnership the Winery has developed with Katie Dobbins Music, expressing, "Working alongside Katie Dobbins and her Songwriter Round-Up Series has been an absolute delight. Katie brings an engaging presence to the stage, effortlessly connecting with our audiences and showcasing incredible talent with each performance."

The next Songwriter Round-Up show takes

place on Wednesday, Aug. 27, featuring the Lakes Region's own Katie Dobbins, a singer-songwriter who delivers her artistry with beautiful vocal tones wrapped in guitar and piano melodies, New York native Patrick Sampson, a pop-folk artist incorporating Americana elements in his heart-felt songs which have moved audiences throughout the country, and singer-songwrit-

er Colin Nevins, a New Hampshire singer-songwriter with a life-long passion for music whose songs reflect on real life and the nature of the human experience. All of these artists bring their own unique life-lyrics, melodies, and styles to the stage. This promises to be an evening of great original music and dynamic entertainment that you won't want to miss. Learn more about each of these artists on the Hermit Woods Win-

ery website.

A complimentary wine tasting will begin at 5:30 p.m., the Loft opens at 6 p.m. for seating & dinner orders, and music starts at 7 p.m. Patrons can further enhance their evening by selecting from a menu of tasty items available from Chef Kaylon Sweet of Sweet Mercy's Kitchen. Tickets can be purchased in advance at hermitwoodswinery.com/the-loft or in-person at the Winery.



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Clearlakes Chorale plans “Messiah” for 43rd season, welcomes new members

WOLFEBORO — Rehearsals begin Sept. 4 for Clearlakes Chorale, Wolfeboro’s community chorus, now in its 43rd season. The group will present Handel’s “Messiah” at its December performances, and invites anyone with a joy and talent for singing to join them this season. No audition is required. Rehearsals

are every Thursday evening starting Sept. 4 at the First Congregational Church on South Main Street in Wolfeboro. The Sept. 4 and 11 rehearsals begin at 6 p.m., then switch to 6:30 to 8:30 p.m. for the remainder of the fall.

“We welcome anyone who might be interested in joining to come to the first re-

hearsal, have some refreshments, and get a feel for the group before making a commitment,” says board member Carrie Kinzmaier. “And anyone who has sung ‘Messiah’ with us in the past is invited to rejoin. It will be incredible to practice and perform one of the greatest pieces in choral music together.”

Performances will be Dec. 6 and 7.

“I look forward to singing together every Thursday night...it is such a great antidote to any stress I may be feeling that week,” says soprano Board member Suzanne Morrissey, who joined three years ago when she wanted to regain the fun of singing with her college choir. “I



COURTESY

The Clearlakes Chorale soprano section is all smiles at a spring rehearsal. The Chorale invites curious singers to join them for their Sept. 4 rehearsal and consider joining for the season. The group will be preparing Handel’s “Messiah” for its December concerts.

Gilford Library seeks volunteers, donations for Old Home Day sales



FILE PHOTO

The Friends of the Gilford Library’s Book and Pie Sale will return on Friday and Saturday. Volunteers are needed to help at the book sale and donate pies.

BY ERIN PLUMMER
mnews@salmonpress.news

GILFORD — The Book, Pie, and Ice Cream Sale is coming back to the Gilford Public Library this Friday and Saturday and the library is looking for volunteers to help with various tasks during the sale.

All these activities are made possible through the work of volunteers and the library is seeking volunteers to do various tasks for both sales.

The library has a sign-up form on its website with different tasks available in two-hour time slots for Friday and Saturday. Potential volunteers can also indicate they are flexible for any time frame.

Pies can be dropped off in the library kitchen downstairs on Friday, Aug. 22, starting at 12 p.m., and Saturday, Aug.

23, starting at 9 a.m. People are also asked to label the kind of pie they are bringing in.

The forms to volunteer at the book sale and to donate pies can be found at gilfordlibrary.org.

encourage anyone who enjoyed singing in school to think about joining us... it really all comes back, like riding a bike!”

Clearlakes Chorale has about 45 members, split among soprano, alto, tenor, and bass sections.

“We’re a little low on tenors, so I hope singers in that range will give us a try,” says board member Bruce McCracken.

The group typically does a mixture of popular and classical pieces, but the Winter 2025 season will be devoted

to Messiah, Handel’s theatrical oratorio known for its beloved and inspirational “Hallelujah Chorus,” first performed in 1742. The Chorale’s dues are \$60 for one season, \$100 if you join for two seasons (please note there is a limited scholarship fund available). Performances will be Dec. 6 and 7 at St. Katharine Drexel Parish in Alton. All are welcome to mark their calendars for these special concerts. Contact clearlakeschoralenh@gmail.com with any questions.

The Friends of the Library’s Book, Pie, and Ice Cream sale is an annual Old Home Day tradition that has gone on for several years. Tables will be set up on the parking lot where volunteers will sell slices of pie with ice cream. Anyone interested in getting some pie should act early because pie tends to sell out.

The library is also holding its annual book sale in its garage with tables of gently used books available for purchase.

The library’s Book and Pie sale will take start on Friday from 3-6 p.m. and will run on Saturday starting at 9 a.m. Proceeds will benefit the Friends of the Gilford Public Library, which provides materials, equipment, programs, and more for the library.

Volunteers can sign up to do sorting, organizing and stocking, cashing out visitors, and cleaning up.

The library will contact people who fill out a form to volunteer.

“We will find the perfect job for you: whether it’s setting up tents, stocking the sale or running the register!”

“We cannot guarantee jobs, but we can try to make a fit for you!”

The library is also looking for anyone who wants to drop off a homemade pie for the sale. Anyone interested in donating a pie can fill out a form on the library’s website. The

DPW (continued from Page A1)

firm of Tighe & Bond and looked at the conceptual plan for the clearing.

He said the area around the building envelope encompass around 21 acres and does not include extra room for equipment for Public Works and Water and Sewer operations. The map also shows monitoring wells for the landfill that are required by law to be permanently maintained. Keeping that area cleared will end the need to maintain trails to the wells.

Heath said the possibility of new recreational fields are only an idea right now, but if space for athletic fields is included the plan still maintains buffers away

from the wetlands.

Heath said they have five years to do the project there if they get the Alteration of Terrain permit.

“If we find out later on we need more space, that as a whole new Alteration of Terrain Permit,” Heath said. “We can’t amend it since we go in advance of the work that’s being permitted.”

Selectman Drew Carter said he wasn’t in favor of clearing more space than was needed for a new DPW project.

“I’m not a big fan of us going and clearing for ballfields that we are in no position to even consider building for many, many, many years with all the other priorities and expenses in town and I think that we should save that money

instead of spending it this yr,” Carter said.

Carter said he understood the needs of the permit, but said they could apply for another one on the future when they’re ready for the fields.

Heath said most of the money for this project are coming from the American Rescue Plan Act, funds from the federal government in response to COVID-19. Heath said the town has around \$76,000 left in ARPA funds that can be used for infrastructure projects like this one, but the funding will expire next year. Heath said most of the funding for the project will come from ARPA funds with the rest coming from a capital reserve fund.

Selectman Richard Shea asked about the possibility of limiting the project to only what could be covered by the ARPA funds. Heath said the bidders submitted proposals with prices per acre. Shea asked if any of the companies indicated their price was contingent on clearing a certain amount of acreage and Heath said none of them did.

Carter said they could look at those bid prices to come up with a potential amount of clearing that would fit within the \$76,000.

Shea said he wanted the town to be sure

they won’t let the federal funds lapse, but he said he wasn’t in favor of using money from the town’s reserves unless necessary.

The overall agreed they would prefer that only what was needed for the DPW project and maintenance of the wells to be cleared, which would be closer to 13 to 14 acres.

The selectmen unanimously approved a motion to contract with Boggs Logging of Ossipee to clear up to 14 acres of the Hidden Springs site at the proposed price of \$5,000 an acre and to do the project before the federal funds expire.

Resident Kelly Sullivan said she was happy with the board’s decision on this.

“I understand that we have ideas for the future, but it’s really imperative that we get this DPW facility,” Sullivan said. “When I’m up here speaking about saving money, it’s not saying we should not give raises, it’s not saying we should not have facilities. We desperately need these things, but to go about them in the correct fashion is important.”

Sullivan said with the town in a default budget for the second year, communication and transparency with the voters on financial decisions like these are vital.

Church Service SCHEDULE

ABUNDANT HARVEST FAMILY CHURCH
Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union.
Pastors Daniel and Sherrie Williams, 473-8914.
For more information, please visit abundantharvestnh.org or e-mail ahfjc@faith.com.

ALTON BAY CHRISTIAN CONFERENCE CENTER
Sundays throughout the summer 10am & 7pm, 875-6161.

BEFORE COMMUNITY CHURCH, ALTON
Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Ben Ruhl, www.befreecchurch.net.

CENTER BARNSTEAD CHRISTIAN CHURCH
Worship Service 10:00am
Bible Study 11:15am
Rte 126 next to Town Hall
Call or Text (603) 269-8831
centerbarnstead.org

CHRISTIAN COMMUNITY OF PRAISE C.C.O.P PRAISE GATHERING
We will not be meeting for the rest of July. Resuming regular summer schedule on August 2nd (Saturday evenings at 5:30pm)
The Gilmanston Community Church
1803 NH Route 140, Gilmanston Ironworks, NH
ccoppraisegathering@gmail.com

COMMUNITY CHURCH OF ALTON
Pastor Jared Cassidy
10am Worship service Sunday
20 Church St Alton
(603) 875-5561
www.ccoalton.com

CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC
Sunday School and Worship Services
Rev. Kate Kennedy
603-776-1820
Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom, Sundays at 10 a.m.
ccnoribarnstead.com

FIRST CONGREGATIONAL CHURCH OF FARMINGTON
Worship Services: 10:00 AM
Sunday School: 10:15 AM Sept. To June
400 Main Street
Farmington, NH 03835
www.farmingtonucc.org

FIRST BAPTIST CHURCH OF NEW DURHAM NH
Sun. School 9:30am; Church 10:30am; Evening Service 6pm;
Wed. Prayer Meeting 7pm. Depot St., New Durham;
Pastor Ryan Blackard

JOY CHURCH
55 Barnstead Road
Pittsfield, NH 03263
Sunday Celebration 9:30 am
Prayer Night - 1st Wed of every month 6:30 pm
Pastors Mike & Kathy Maritz
joychurchnh.com

PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H.
on the Parade in Barnstead
Sunday Morning Worship Service for all ages begin at 9:00 a.m.
Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings.
Pastor Sandy Pierson - 483-2846

ST. KATHARINE DREXEL
40 Hidden Springs Rd., Alton, 875-2548
Father Robert F. Oke, Pastor.
Mass Saturday 4pm;
Sunday 8:30 & 10:30am;
Daily Mass Mon., Tues., Wed., Fri. 8:00am.

ST. STEPHEN'S EPISCOPAL CHURCH
Sunday 9:30, 30 Main St., Pittsfield
Rev. Miriam Acevedo with Rev. Stephen Ekerberg
www.ststephenspittsfield.com

UNITED METHODIST CHURCH
Rt. 171 at Tuffinboro Corner
Sunday services 10:30 am. Church 603-539-8058

UNITARIAN UNIVERSALIST SOCIETY OF LACONIA
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SPORTS

Gilmanton's Howland-Vlahakis wins Belmont 10-Mile Road Race

Gilford's Keenan, Boisvert earn top-three finishes for women

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The 56th annual Belmont Old Home Day 10-Mile Road Race took place on Saturday, Aug. 9, with one second separating the first and second place finishers. Bocelli Howland-Vlahakis of Gilmanton took top honors in the race with a time of 56:37, just one second ahead of Grif-

fin Urnezis of Mered- in. Thomas Orcutt of Eliot, Maine finished third overall in 56:56. Sarah Biron of Baltimore, Md. was the top female finisher, finishing in a time of 1:09:15 with Gilford's Olivia Keenan in second in 1:14:59 and Kaylee Boisvert of Gilford in third in 1:15:51. Local runners fared well in the race, with Caelan Roberts of

Northfield in a time of 1:13:25 for sixth place and Nate Sottak of Belmont in ninth place in a time of 1:20:26. Meredith's Derek Gray finished in 12th place in 1:23:04, Eleni Papadopoulos of Belmont was 13th in 1:23:56 and Alyssa Edgren of Belmont finished in 14th place in a time of 1:23:56. Nicole Guarino of Belmont finished in a

time of 1:27:34 for 17th place, Mariah Cleveland of Gilmanton placed 18th in 1:30:01, Matthew Wineriter of Canterbury crossed in a time of 1:33:04 for 20th place and Andrew Lawrence of Sanborn- ton was 23rd overall in a time of 1:34:02. Bristol's Thomas Kaempfer was 24th overall in a time of 1:35:18, Wyatt Carroll of Belmont was 25th

in a time of 1:35:53, Adeline Takantjas of Belmont finished in 1:35:54 for 26th place and Charlotte Kaempfer of Bristol finished in 1:46:36 for 34th place. Wyatt Banford of Belmont finished in a time of 1:56:34 for 38th place, Tilton's Camer-

on Roberts was 40th in 2:02:47 and Randy Sherman of New Hampton finished in a time of 2:28:09 to place 42nd overall.

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

Vermont man fastest to the summit of Mount Washington

UK cyclist finishes as the top female in Saturday race



Ian Boswell of Barnet, Vt. won the race to the top of Mount Washington on Saturday morning.

BY JOSHUA SPAULDING
Sports Editor

PINKHAM NOTCH — Cyclists tackled just one hill on Saturday, but it was a big one, as they hit the highest peak in the northeast for the Mount Washington Auto Road Bicycle Hillclimb. Ian Boswell of Barnet, Vt. was the top overall finisher, crossing in a time of 50:15 with Peter Stetina of Santa Rosa, Calif. in second place in 51:36 and Jack Kuenzle of Salt Lake City, Utah rounding out the top three in 54:16. Illi Gardner of Cardiff, Wales, United Kingdom was the top female finisher, crossing in a time of 58:01, which placed her in sixth place overall. Lydia MacKenzie of Boulder, Colo. was the second female finish-

er, putting up a time of 1:14:43 and Aimee Vasse of Carlsbad, Calif. finished third in a time of 1:18:42. Matthew Kurz of Tamworth was the top local finisher, crossing in 24th place with a time of 1:08:14. Thomas Rabon of Jefferson was 30th overall in 1:09:34 and Kevin Tilton of Moultonborough put up a time of 1:16:38 to place 54th overall. Simon Manners of Bethlehem recorded a time of 1:17:21 to place 57th overall. Roger Jutz of New Durham was 121st overall in a time of 1:30:49, Jonah Fernald of Alton finished in 1:32:02 for 127th place, Robert Henney of Conway was 141st in 1:33:57, Andrew Northrop of Ossipee was 159th in 1:38:21 and Ben Halcyon of



Illi Gardner came all the way from England to race up Mount Washington and was the top female finisher in Saturday's race.

Jackson finished in a time of 1:39 for 165th place overall. Eaton's Thomas Hicks finished in 190th place in a time of 1:43:04, David MacHer of Center Harbor was 203rd in a time of 1:45:41, Dayle Munoz of Madison was 213th in 1:47:34, Jonah Thompson of Jackson was 245th in 1:54:37 and Geoffrey Heigh of Jackson was 260th in a time of 1:56:55. Elizabeth Cooley of Whitefield finished in a time of 1:59:12 for 264th place overall, Doug Demars of Tamworth finished in 270th in 2:00:33, Kris Dobbins of Easton was

277th in 2:03:21, Nick Tichich of Gilford was 292nd in 2:06:48, Heather McKendry of Eaton was 314th in 2:15:01 and Ryan Jean of Conway was 315th in 2:15:18. David Berton of Plymouth was 342nd in 2:33:02, William Degrush of Plymouth was 344th in 2:33:15, Scott Mantie of Bristol finished in 2:36:49 for 351st place and Elizabeth Seabury of Conway was 357th overall in 2:39:50.

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

'12er' Home Run Derby set for Sunday in Tilton

TILTON — The second annual '12er' Home Run Derby in memory of Bryan Caruso takes place Sunday, Aug. 24, at the Winnisquam Regional Middle School baseball field.

The derby will benefit the former Winnisquam standout and Endicott College Hall of Famer's scholarship fund, established after his passing in 2022, and the Winnisquam High School baseball program. The event was postponed in April due to rain. The derby is open to all ages and will feature four divisions in baseball and softball. "We couldn't think of a better way to honor Bryan's memory than hitting some dingers with a home run derby," said Bryan's dad and Winnisquam varsity baseball coach Fred Caruso. "He launched some majestic shots during his high school career, many on this field." Bryan, a 1998 graduate, still holds the Winnisquam career record for home runs with 22. There will be four divisions for baseball and softball: 12-and-under, middle school, high school and adult. The 12-and-under and middle school divisions will start at 10 a.m., the high school and adult around noon. All participants are encouraged to stay, shag some fly balls and enjoy the day. Trophies will be awarded in each division. Each

participant is asked for a \$20 donation and will be entered into a number of raffles including gift and Winnisquam baseball gear. An added bonus, there will be a separate raffle for a pair of Celtics tickets with prime seats in the lower bowl loge section at TD Garden. Tickets are five dollars or three for 10 dollars. Pizza, snacks and ice cold drinks will be available. "We had no idea when we did the first one back in April of 2024 what to expect," Fred Caruso said. "It was terrific. We had more than 60 participants and everyone had a great time. Some of Bryan's former high school teammates took part as did many of the players he coached in high school and through his Concord Cannons travel program. We're hoping for another wonderful day." You can pre-register for the derby and purchase tickets for the Celtics ticket raffle. Venmo @cheri-caruso-1. Please indicate the age of the participant and/or how many tickets you'd like for the raffle. You can also register the day of the event starting at 9:30 a.m. Raffle tickets will also be available during the derby. Rain date is Saturday Aug. 30. For more information, contact Fred Caruso at 603-455-7950 or e-mail caruso@met-rocast.net.

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PETS OF THE WEEK

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GRANITE MAN

(continued from Page A1)
Man winner Aaron Colman of Wolfeboro, who finished in 1:28:27. Nick Braz of Tuftonboro was third overall in 1:30:54, Alton's Josh Flanagan finished in fourth place in a time of 1:36:44 and Wolfeboro's Andrew Shiffler rounded out the top five with a time of 1:38:53.

SIGN

(continued from Page A1)
part of the plan instead of the granite posts.
"It's in our favor

For the women, Natalie Baur of Boston was the winner with a time of 1:40:28, easily outdistancing multi-time winner Jodie Conway of Tuftonboro in a time of 1:52 and Wolfeboro's Emilie Soisson in 1:52:08. Silke Hamacher, who journeyed all the way from Germany to compete, finished in 1:54:37 and Wolfeboro's Lindsay Ma-

cLellan rounded out the top five women in a time of 1:56:31.
Local athletes were all over the final results across all of the divisions in Saturday's race.
In the 18-29 age group for women, MacLellan's time was tops, followed by Carli Krebs of Freedom in 2:00:24 and Kingswood graduate Abby Dubel in 2:03:06. Wolfe-

boro's Lauren Micou was eighth in 2:20:26 and Molly Micou of Wolfeboro was ninth in 2:25:25.
For the men in the same age group, Braz earned the top time, with Shiffler in second place. Hunter Krebs of Freedom was fourth in 1:48:25, Anthony Borelli of Wolfeboro was fifth in 1:50:57, TJ O'Keefe of Wolfeboro was 10th in 2:02, Emerson

DeNitto of Wolfeboro was 12th in 2:06:20, William Chretien of Wolfeboro was 13th in 2:06:22, Wolfeboro's Joshua DeBeer was 14th in 2:06:37, Glenn Leung of Wolfeboro was 15th in 2:06:46, Lucas Muther of Wolfeboro placed 17th in 2:09:58, Camden Greenwood of Wolfeboro was 19th in 2:17:11, Hunter Finn of Wolfeboro was 21st in

2:32:01 and Sebastian Alvarez Perez of Meredith was 26th in 3:18:21.
In the 30-39 age group for women, Cassandra Saikin of Littleton was second overall in 2:12:58 and Ashley MacPherson of Conway was fourth in 2:24:06.
For men in the 30-39 age group, Torin Stegemeyer of Wolfeboro was second in 1:47:11 and Sean MacPherson of Conway was third in 1:48:49.

Conway's time was tops in the 40-49 age group for women, with Soisson's time finishing second overall.

Flanagan's time won him the 40-49 age group for the men with Paul Conway of Tuftonboro in fourth in 1:50:37, Joshua Morrison of Gilford in 1:55:16, Craig Diehl of New Hampton in sixth in 1:57:25, Alexander Shyrovokov of Wolfeboro was 10th in 2:46:14 and Adam Rutherford of Wolfeboro was 11th in 2:47:26.

Colman's time was tops in the 50-59 age group for men with Ryan Twomey of Plymouth in second in 1:44:45, John Krebs of Freedom in 2:09:55 for fifth, Ron Vaillancourt of Belmont in 2:13:31 for sixth place and Andrew O'Flaherty of Wolfeboro in eighth in 2:25:15.

Kathryn Amyotte of Wolfeboro placed fourth in the 60-69 age group for women with a time of 2:26:14 while in the same age group for men, Wolfeboro's Martin Boucher was first overall in 1:52:39 and Wolfeboro's Tripp Micou was fifth in 2:52:49.

Wolfeboro's Pedro Ariagada was second in the 70 and older age group for the men with a time of 2:21:29.

Teams

Many racers took the opportunity to complete the race as a team of two or three, with the team of Biscan, Flanagan and Biscan of Haverhill, Mass. taking first in 1:31:53, the team of Rosenblatt, Baur and Baur of Moultonborough in second place in 1:43:09 and the team of Rosenfeld, Wentzell and Chen of Westborough, Mass. in third in 1:45.

The Barrett and Robinson team of Wolfeboro was second in the family division in 1:49:22 for sixth place overall, the team of Farr, Kiley-Hubbard and Kiley won the female division in 1:53:18 to place seventh overall, the Damish team of Alton was 20th overall and seventh in the family division in 2:09:26, the Wolfeboro team of Lovering, DiPrizio and Monroe was fourth among female teams and 29th overall in 2:21:52 and the Wolfeboro team of Menzel, Menzel and Schimming was 33rd overall and eighth in the male division in 2:34:16.

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



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	Dudley Road	N/A	\$540,000	Jan N. Heath Trust	Daniel Reynolds
Alton	161 Frank C. Gilman Highway	Single-Family Residence	\$450,000	North East Property Alternatives	Aimee Chinyanga and Daphne Chiweshe
Alton	10 Pine St.	Single-Family Residence	\$435,000	Matthew Hester	Robert H. Badger and Janelle J. Woodland
Alton	N/A	N/A	\$325,000	T. & M. Fitzgerald Fiscal Trust	Winnepesaukee Commercial
Barnstead	16 Damsite Rd.	Single-Family Residence	\$430,000	Ryan C. and Jillian P. Keller	Tyler and Caitlyn Cotreau
Barnstead	Davis Drive	N/A	\$115,000	Ryan T. Booth	Dauntless Path LLC
Barnstead	N/A	N/A	\$400,000	Denise G. Bolduc Trust	Daniel Spezzaferri and Delaney Thompson
Barnstead	N/A	N/A	\$128,666	Fred W. McKinnon	Samantha A. Morris
Barnstead	N/A	N/A	\$514,000	Ronald and Jan Yeager	Alena Sergaeva
Barnstead	N/A	N/A	\$90,000	William R. and Lesley A. Truax	John and Laurie Cyr
Gilford	663 Cherry Valley Rd., Unit 1908	Condominium	\$285,000	Dawn M. Daigle	David S. Ricker
Gilford	20 Waterford Pl., Unit 1	Condo-Nonresidential	\$65,000	Lynne C. Kober RET and Albert R. Kober	Mootrey Fiscal Trust and William Mootrey
Gilford	118 Weirs Rd., Unit 111	Condominium	\$255,000	Joanne Legere	Misty Harbor NH Unit 111 LLC
Gilford	N/A	N/A	\$518,000	Ginny Canning LT	Pamela T. and Christopher J. Bloch
Gilford	N/A	N/A	\$159,933	Paul & Cathy Mitchell Fiscal Trust	French Fiscal Trust and Christopher S. French
Gilford	N/A	N/A	\$185,000	Runway 3517 LLC	CM Chapman Fiscal Trust
Gilford	N/A	N/A	\$195,000	Steven R. and Alison M. Striffler	Shado Winni LLC
Gilmanton	Geddes Road	N/A	\$505,000	Troy Minard	Michael Sirois RET
Gilmanton	Madow Pond Road	N/A	\$10,000	Willis E. Hyslop, Jr.	Rebecca H. Langlitz
Gilmanton	N/A	N/A	\$70,000	Parsonage Hill Trust and Philip A. Brouillard	Kevin T., Sr. and Deborah J. Conway
New Durham	Brackett Road	N/A	\$140,000	J Two Custom Homes LLC	Michael Depierro LT
New Durham	Elly Point Road	N/A	\$20,000	Joseph L. Suarez LT	John Babcock and Holly Deurloo
New Durham	84 Merrymeeting Rd.	N/A	\$130,000	Jose R. and Wanda I. Sanchez	Kasey J. and Shelby N. Rogers
New Durham	N/A	N/A	\$1,625,000	Raye L. and Kathleen A. Laplante	Jeff Saunders LT
New Durham	N/A Lot 5	N/A	\$122,533	Lori Perkins	Paugus Downing LLC

ABOUT THE REAL REPORT

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

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

LEGALS

Public Notice

Town of New Durham, NH

John C. Shirley Cemetery Lawn Renovation

Attention Families and Lot Owners: In preparation for a major lawn renovation project, the John C. Shirley Cemetery in New Durham will begin scheduled grounds improvements starting September 1, 2025. We respectfully request that all personal items - including decorations, keepsakes, solar lights, artificial flowers, and memorabilia - be removed from gravesites by August 31, 2025. Items that are not removed by this date will be carefully collected and held for a 30-day grace period. During this time, families may reclaim their items by contacting the Cemetery Trustees. After September 30, 2025, any unclaimed items will be disposed of. This lawn renovation is essential to restore the health and appearance of the cemetery grounds. By establishing new grass throughout September, we aim to ensure it is strong enough to withstand leaf removal in October without damage.

We thank you for your cooperation and understanding as we work to beautify and preserve this cherished space. For questions or concerns, please contact the Cemetery Trustees.

TOWN OF NEW DURHAM PLANNING BOARD PUBLIC HEARING NOTICE Tuesday, September 2, 2025 7:00 PM -- NEW DURHAM TOWN HALL

Chris and Seema Meighan and Kala Kumar

You are hereby notified that a hybrid Public Hearing will be held in person and over Zoom by the New Durham Planning Board on Tuesday, September 2, 2025, at 7:00 pm in the New Durham Town Hall. The hearing is regarding a Stormwater Conditional Use Permit within the Residential, Agricultural, Recreational Zoning District, Shore Front Conservation Area, and the Steep Slopes Conservation District submitted by Adam Lans of Tight Knot Design Build, LLC, on behalf of Chris and Seema Meighan and Kala Kumar for property at Map 104, Lot 011, at Eight Brightwaters Drive, New Durham, New Hampshire. The full application is on file at the New Durham Town Offices for review during normal business hours. If you have any questions on Zoom meeting, please contact the Land Use Assistant at ndlanduse@newdurhamnh.gov or the Planning Board.

TOWN OF NEW DURHAM PLANNING BOARD PUBLIC HEARING NOTICE Tuesday, September 2, 2025 7:00 PM -- NEW DURHAM TOWN HALL

Brenda J. Farmer, Trustee, Brenda J. Farmer Revocable Trust

You are hereby notified that a hybrid Public Hearing will be held in person and over Zoom by the New Durham Planning Board on Tuesday, September 2, 2025, at 7:00 pm in the New Durham Town Hall. The hearing is regarding a Stormwater Conditional Use Permit within the Residential, Agricultural, Recreational Zoning District and the Shore Front Conservation Area submitted by Thomas W. Varney, PE, Varney Engineering, LLC, on behalf of Brenda J. Farmer, Trustee, Brenda J. Farmer Revocable Trust, for property at Map 122, Lots 021 and 022, at 130 South Shore Road, New Durham, New Hampshire. The full application is on file at the New Durham Town Offices for review during normal business hours. If you have any questions on Zoom meeting, please contact the Land Use Assistant at ndlanduse@newdurhamnh.gov or the Planning Board.

Power Outage Tips

BEFORE

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

DURING

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

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts



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The AARP NH Speakers Bureau will present Golden View's free August Lunch and Learn program Driver Safety: We Need to Talk on Thursday, August 21st, from noon to 1:30 p.m. in the Woodland Community Room located in Golden View's Retreat building. This AARP Driver Safety program can help you plan sensitive, successful conversations concerning an elder's safe driving and then, if necessary, for steps to be taken for them to limit or retire from driving. Surveys show that more than half of older drivers whose family asked them to retire from driving followed those suggestions. Registration is required by filling out the form below. The Lunch and Learn programs are free to community residents, and lunch is provided for all registered attendees. Community residents can request email notifications of upcoming Lunch and Learn programs through the form below when registering or by emailing Becky at rmckeown@goldenview.org or calling her at 603-677-4194. Email invitations will include direct links to the online registration portal.



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