

Fueling patriotism at the NH Veterans Home Cruise Night

TILTON — The New Hampshire Veterans Home (NHVH) invites the community to cruise into summer with an evening of cars, camaraderie, and celebration at its annual Cruise Night, held on Thursday, Aug. 7 from 6 to 8 p.m. at 139 Winter St., Tilton. Car enthusiasts of all ages are welcome to admire an impressive lineup of classic cars, muscle cars, antique vehicles, and more, all while connecting with the veterans, staff, volunteers, and families who make the NH Veterans Home a proud State of NH institution.

Vehicle registration will run from 5 to 6 p.m., and there's no entry fee and no cost for admission—though donations to support the Home's Resident Benefit Fund are gladly accepted.

Entertainment will be provided by the always-rockin' Bel Airs, offering a nostalgic soundtrack perfect for a night of chrome and cruising.

Bring your appetites as you won't want to miss the cookout fundraiser featuring grilled favorites like hamburgers and hotdogs, plus chips, brownies, cookies, novelty ice cream, and soda—all to raise funds in support of New Hampshire's veterans.

Additional highlights include a 50-50 drawing and prizes for fun categories, like:



Charles "Bud" Locke, Vietnam veteran and resident of the NH Veterans Home, enjoys the 83 entries at the 2024 NHVH Cruise Night.

ies, novelty ice cream, and soda—all to raise funds in support of New Hampshire's veterans.

Additional highlights include a 50-50 drawing and prizes for fun categories, like:

Most Likely to Get a Ticket, Most Memorable, Veterans Choice, Best in Show, and Owner's Choice.

"This event is all about honoring our veterans and bringing the community together in a fun, meaningful way," said Kim MacKay, NHVH Commandant. "Everyone's welcome at this family event - whether you're showcasing a car, visiting with a veteran, enjoying the cookout, or just soaking in the good

vibes."

For a meaningful opportunity to give back and make a veteran's evening extra special, individuals and groups may consider helping NHVH veteran residents enjoy the Cruise Night. Whether it's guiding them through the car displays or lending a hand with the cookout, volunteerism can make for a heartfelt, rewarding experience. To register, call NHVH Volunteer Services at 603-527-4400. Just a

few hours of your time could go a long way in honoring those who've served.

Come celebrate summer, salute service, and support those who served. Mark your calendar, bring your friends and family, and join us for an unforgettable evening. Follow the signs to the event entrance at the back side of the NHVH campus, accessible from Colby Road.

About the New Hampshire Veterans Home

Home to 150 men and women who have served their country and fellow Granite Staters, the New Hampshire Veterans Home has been a cornerstone of care and community since its founding in 1890 as the Soldier's Home for Civil War Veterans. With a mission to provide high-quality, professional long-term care services to elderly and disabled veterans with dignity, honor, and respect, NHVH is the state's only long-term care facility dedicated exclusively to veterans. The Home has been honored with the Platinum Veteran-Friendly Business award from the Department of Military Affairs & Veterans Services, as well as recognition for excellence in care and business leadership. For more information, call (603) 527-4400 or visit www.nh.gov/veterans, www.facebook.com/nhveteranshome, or www.instagram.com/nhveteranshome/.

Shooting under investigation in Sanbornton

SANBORNTON — One person was shot in Sanbornton last week, and members of the New Hampshire State Police (NHSP) Major Crime Unit (MCU) and Troop E are conducting an investigation in cooperation with the Sanbornton Police Department.

At 11:33 p.m. on Monday, July 7, Troopers assigned to the MCU and Troop E barracks and members of the Sanbornton Police Department responded to 502 Stage Road in Sanbornton at the request of Sanbornton Police Chief Steve Hankard for a shooting investigation.

Investigators determined one person was shot multiple times and was transported to Franklin Hospital, before being flown by a medical helicopter to Dartmouth Hitchcock Medical Center for treatment. The shooting victim is expected to survive.

At this time, all parties believed to be involved have been identified and are cooperating. There is no known threat or danger to the community in connection with this incident. The name of the victim is being withheld pending the ongoing investigation.

Members of the NHSP MCU have conferred with the Belknap County Attorney's Office, and no charges have been filed at this time.

This incident remains under ongoing investigation.

Franklin VNA and Hospice announces Fourth Annual Hospice Ball

FRANKLIN — Franklin VNA & Hospice will be hosting our 4th Annual Hospice Ball on Saturday, Nov. 1 from 5 to 10 p.m. at the beautiful Newfound Lake Inn in Bristol, NH. This not-to-be-missed event is our largest fundraiser of the year. Our Ball specifically benefits the hospice program with all proceeds dedicated to providing hospice care to patients who are uninsured or underinsured. This event brings together community members for an evening of dinner, dancing, and music provided by DJ Carl Smith, along with live and silent auctions presented by the evenings auctioneer, Fred Caruso.

For more than 80 years, Franklin VNA & Hospice has helped individuals remain independent at home, manage newly diagnosed or complex medical conditions, and recover from surgery. When an illness is terminal, Franklin VNA & Hospice's hospice team compassionate care enables patients to live with dignity throughout the end-of-life journey and provides support to loved ones before and after their loss.

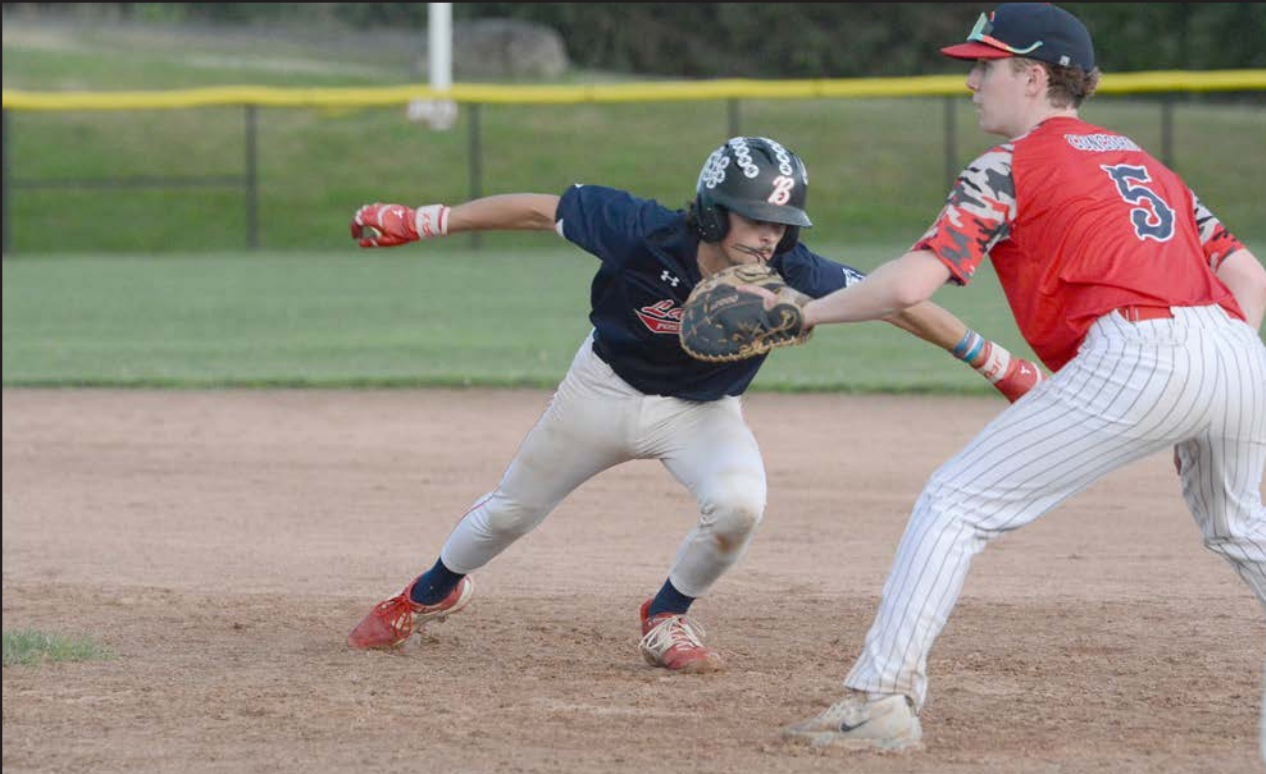
Franklin VNA & Hospice is proud to recognize the generosity of its sponsors: FEEDNH, Berry-Dunn, Watts, Bank of NH, Independence Financial Advisors, LPM Advisory Group, New England Employee Benefits Co., Franklin Savings Bank, Granite State Credit Union, Phaneuf Funeral Homes, ProCare, Silver Sands Marina, Smart/Neun Funeral Homes, Wellsense, AW Frost Insurance Agency, Cross Insurance, Pike Industries, Service Credit Union, The Home Beautiful, Wescott Law, PA, and White Water Realty.

Those interested in learning more about the event and sponsorship opportunities should contact Ryan Howe at rhowe@franklinvna.org or go to <https://franklinvna.org>. Tickets for the benefit are \$75.00 and include a four-course dinner, music, dancing, along with a live and silent auction, and may be purchased at <https://franklinvna.org/hospice-ball/> starting on July 1.

You have a choice in your hospice and homecare provider. Choose local. Choose Franklin VNA & Hospice.

For more information, call Franklin VNA & Hospice at (603) 934-3454 or visit www.FranklinVNA.org. Your choice, your local VNA.

Post 1 rallies past Concord with four-run sixth inning



Jaxson Embree dives back to first during American Legion action in Laconia last week.

BY JOSHUA SPAULDING
Sports Editor

LACONIA — The Laconia Post 1 American Legion baseball team woke up the bats in the bottom of the sixth inning and rallied past Concord Post 21 in action at Robbie Mills Park

on Tuesday, July 8.

Connor Dunn got the start on the mound for Laconia and struggled with control in the first inning, as a pair of walks, a wild pitch and a sacrifice fly plated the first run and a ground-out plated another run.

A pair of defensive errors and a base hit allowed another run to score before Dunn got out of the inning with a fly ball to center.

Post 1 came right back in the bottom of the inning, with TJ Charbono reaching on an error

to start the inning and Brendan Dee followed with a base hit and stole second. One out later, a base hit from Will Wallace plated both runners to cut the lead to 3-2 after one inning.

Bank of New Hampshire grants \$45,000 to LRCD for affordable housing



Left to right: Tiffany Baert, Vice President – Marketing Officer and LRCD Board Member; Carmen Lorentz, LRCD Executive Director, stand outside an affordable housing development on Bay Street in Laconia.

LACONIA — Lakes Region Community Developers (LRCD) is proud to announce they were recently awarded a \$45,000 grant from Bank of New Hampshire for LRCD’s Affordable Housing Program.

The objectives of

LRCD’s Affordable Housing Program are to create housing opportunities for people of low income and to empower them to achieve economic security. To achieve these objectives, LRCD develops and operates affordable rental apartments and provides sup-

port services to the tenants who live in them.

“Housing provides a platform to lead a fulfilling life,” said Carmen Lorentz, LRCD Executive Director. “When you have a safe and comfortable place to lay your head at night, you are

able to show up every day for the people and places you care about. This is what Bank of New Hampshire is supporting, and we are so appreciative of their investment in our work.”

Over its 30-year history, LRCD has developed 378 rental homes for people of low income in Ashland, Gilford, Laconia, Meredith, Tilton, and Wolfeboro, including the recent construction of Bay Street Apartments in Laconia, which provides 12 efficiency units of supportive housing for people experiencing, or at-risk of, homelessness. LRCD currently has 109 new units in its development pipeline, including 30 units of workforce housing in Wolfeboro, three more units of supportive housing in Laconia, and 76 units of workforce housing in Ashland.

Bank of New Hamp-

shire is the oldest and one of the largest banks in New Hampshire. With 21 full-service offices and \$2.5 billion in assets, Bank of New Hampshire supports an average of 300 non-profit organizations each year. This year, the focus of their charitable giving is on affordable housing.

“We are thrilled to support Lakes Region Community Developers,” said Tiffany Baert, Vice President – Marketing Officer at Bank of New Hampshire and LRCD Board Member. “Their mission aligns perfectly with our commitment to helping people access and maintain high-quality, affordable housing.”

About Lakes Region Community Developers
Lakes Region Community Developers’ mission is to create opportunities for the people of the Lakes Region

to thrive by developing healthy homes, creating vibrant community assets, and engaging residents. For more information visit LRcommunitydevelopers.org.

About Bank of New Hampshire
Founded in 1831, Bank of New Hampshire provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2.5 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. A mutual organization, the bank is focused on the success of its customers, communities and employees, rather than stockholders. Visit BNH.com for more information.

Discover what’s new at the Belknap Mill this summer

LACONIA — Summer is the perfect time to rediscover one of Laconia’s true historic and cultural gems — the Belknap Mill Museum.

Thanks to a generous anonymous donation received last year, the Belknap Mill has undergone exciting updates designed to enhance the visitor experience. The museum’s revitalized spaces offer a fresh, engaging, and more accessible look at the Mill’s rich history — right in the heart of downtown Laconia.

“We’ve worked hard to make the museum

more inviting and interactive,” said Jill Desruisseaux, Associate Director. “Whether you’ve visited before or are stopping by for the first time, there’s something new to experience.”

But the Belknap Mill is more than a museum — it’s a hub for creativity, learning, and community connection. From rotating exhibits and educational programs to family-friendly events and art classes, the Mill continues to serve as a gathering place for residents and visitors alike. It’s also a unique and charming venue for pri-

vate rentals, offering a beautiful historic setting for weddings, meetings, celebrations, and special events throughout the year.

As a nonprofit organization, the Belknap Mill relies on community support to stay vibrant and accessible. You can help keep this important piece of Laconia’s history alive by becoming a member, making a donation, attending an event, or simply sharing your experience with others.

This summer, take the opportunity to explore what makes the Belknap Mill so special. Experience the newly revitalized museum for yourself — and celebrate the past, present, and future of this remarkable local

treasure. To learn more, visit www.belknapmill.org.



Roger Williams University announces Dean’s List

BRISTOL, R.I. — Select students have been named to the Spring 2025 Dean’s List at Roger Williams University in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean’s List that semester.

Hunter Haht-Acres of Belmont

Collin Phelps of Northfield
Ashlee Roache of Belmont

About RWU
Roger Williams University is a comprehensive university with a liberal arts core and professional programs, with campuses on the coast of Bristol and in the state capital of Providence,

Rhode Island. Across eight schools of study, we provide real-world learning focused on social and environmental justice, small classes, and direct access to faculty and staff. Our students create powerful combinations of degrees, credentials, research and internship opportunities, study-abroad programs, and involvement

in clubs, student organizations, and athletics. Our Northeast location facilitates a strategic network between New York and Boston for community-engaged research and career opportunities for our students and alumni. Graduating with a unique skill set and the passion to make an impact in their careers, our students become the changemakers and leaders our world needs next.

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Gilmanton’s Emanuel Montoya receives scholarship from Tri-Town Democrats



Emanuel Montoya with his mother Stephanie, his sister Kayla, and his nephew Nicholas.

GILMANTON — Tri-Town Democrats of Barnstead, Gilmanton, and Alton is pleased to announce that Emanuel Montoya of Gilmanton is the winner of their 2025 Scholarship Essay Contest. Montoya attended Gilford High School, and will pursue a major in Biology at UNH this fall. At UNH, he hopes to con-

tribute to the field of Biology through research and discovery. While at Gilford High, he was active in several groups and clubs, including the Environmental Club, Bagel and Book Club, Track and Field, and Varsity Club. In addition to Tri-Town’s scholarship, he received several awards, including Gold Keys from Scholastic and New

Hampshire Scholar. He looks forward to the opportunities that await him at UNH. Each year, Tri-Town Democrats submit a different essay question to seniors in our three towns who attend Prospect Mountain and Gilford High. This year’s question was: Political courage in the face of adversity has played a

crucial role in shaping this country into a more equal and just nation over the past 250 years. What does political courage mean to you? How might you exhibit political courage in the face of adversity? Consider the challenges you might face, the values you hold, and the consequences of standing up for your beliefs. How might your actions or political courage effect positive change? Montoya’s essay poignantly describes the challenges he experienced growing up as a gay teenager in a predominantly conservative town. He needed political courage daily to simply just be himself and to speak up for what he believed in. Emanuel attributes much of his success in life to his mother and sister, who played a major supportive role in his upbringing. Through political courage, he hopes to be a catalyst for positive change in his community.

Here is his essay in its entirety: “Political courage means standing firm in your beliefs even when doing so puts you at odds with your community, or your peers. For me, political courage is not just an abstract idea, but a lived experience that you have to encounter and persevere over throughout your life. As a gay teenager with strong environmental and progressive values

growing up in a conservative, republican town, I face political adversity simply by existing authentically and speaking up for what I believe in. Every day, I make small but meaningful choices that require courage. Whether it’s wearing a pride pin to school, defending the science behind climate change in class discussions, or challenging stereotypes in casual conversations. These actions might seem minor, but in an environment where such views are often met with resistance or silence, they feel bold. Exhibiting political courage in my life means refusing to hide who I am, even when it would be easier to do so. It means openly supporting policies that protect LGBTQ+ rights and environmental sustainability, even when those views are unpopular at family gatherings or community events. It means showing up to school board meetings or writing letters to the editor when issues that affect marginalized groups are ignored or attacked. I know that standing up for these beliefs can have consequences. I’ve experienced isolation, mockery, and sometimes even fear. But I also know that silence allows injustice to grow. I hold the value that everyone deserves to live authentically, safely, and with dignity. If I can inspire just one person to feel

seen, accepted, or brave enough to speak out themselves, then the risk is worth it. Political courage has shaped this country from the men and women who fought for our freedom, to the women’s suffrage movement, to the activities who sparked the modern LGBTQ+ rights movement at Stonewall. These individuals acted in a better future. I believe that some spirit lives in young people today, especially those of us who speak up in the face of local opposition. Through political courage I hope to be a catalyst for positive change in my school and community. I want to help foster a culture of acceptance, where diversity of thought, identity, and background is celebrated. I want to see policies that prioritize people and the planet, not just short-term profits or outdated ideologies. Change doesn’t always come from loud protest or sweeping legislation. Sometimes, it starts with a quiet voice refusing to be silent. That’s what political courage looks like for me. And that is how I plan to continue standing up and not just for myself, but for a more just and equal future for all.” Montoya received a \$1,000 scholarship. Tri-Town Democrats wish him the best in his future endeavors!

Leadership Lakes Region welcomes new board Chair, Program Coordinator

LACONIA — Leadership Lakes Region is proud to announce the appointment of John Beland as Chair of the Board of Directors and Willow Furey as the organization’s new Program Coordinator. Their combined expertise and deep community roots position them to carry forward the legacy of excellence established by their predecessors, Don Morrissey and Jennifer McLean. John Beland brings decades of public service and community leadership to his new role. Recently retiring as the Emergency Preparedness and Response Manager for The Partnership for Public Health, John has served on several community boards and is a seasoned public safety professional, having retired as Fire Chief of Gilford Fire-Rescue and served as Deputy Coordinator for Lakes Region Mutual Fire Aid. His long-standing commitment to regional collaboration and civic engagement makes him exceptionally well-suited to lead the board during this next chapter. Willow Furey steps into the Program Coordinator role with a strong background in community development, youth

engagement, and nonprofit support. A creative and mission-driven professional, Willow is known for her collaborative spirit and ability to bring people together to solve complex challenges. She has 30 years of experience in the hospitality industry and has previously served in leadership and communications roles that align with Leadership Lakes Region’s mission to educate and inspire current and future leaders. “John and Willow have big shoes to fill,” said the Board for Leadership Lakes Region, “but Don and Jennifer have done the work to set them up for success. Their transitions represent both continuity and fresh energy for our organization.”

Leadership Lakes Region is a nonprofit dedicated to building a stronger, more connected Lakes Region through leadership education, civic engagement, and community collaboration. With John and Willow at the helm, the organization is poised to expand its impact and deepen its roots across the region. As the Board welcomes the new leadership, they are excited to welcome applications for the next class to begin in October. Applications are being accepted at Board@leadershiplakesregion.org until Aug. 15. To learn more, visit www.leadershiplakesregion.org.



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Opinion

Letter submission policy

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

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

Hhaving a pet might just save your life

There's nothing like coming home to someone who's actually happy to see you. Not out of obligation, not because they want something, just pure, tail-wagging joy that you exist. That's what a dog gives you. That's what any pet can give you, really. They don't need you to have your life figured out. They just want to be near you.

Lately, we have been thinking a lot about how much pets do for us. Without fanfare, especially when life's been heavy.

If you have ever gone through a hard time, grief, illness or heartbreak, you know what I mean. There's this moment when the people fade out a bit. They get busy, they don't know what to say, they pull away. But the dog? The cat? They stay. They sit right beside you when you're too tired to talk. They follow you from room to room like your little emotional support shadow. They just know.

Having a pet means someone's always keeping watch. Someone's listening to the silence with you. Someone's there when the world doesn't make sense.

They remind you to take a walk. To go outside and to get up. To feed them, which sometimes is the only reason you feed yourself. They force you into a rhythm when everything feels offbeat. Plus, they make you laugh, even when you think you forgot how.

There is a kind of healing that comes from being needed in the most simple, unconditional way. Pets don't care what your job title is or whether your life is falling apart. They just want to sit beside you on the couch and maybe steal your blanket.

And science backs it up! Petting a dog or cat has been shown to lower cortisol (the stress hormone) and raise oxytocin, the same hormone that helps us bond with other people. Just spending time with a pet can lower blood pressure, ease anxiety, and even reduce feelings of loneliness. Some studies show that dog owners, in particular, are more likely to reach recommended physical activity levels, just from walking their dog.

So no, they are not just pets. They are therapy. They are family. They are the ones who show up every day and ask for nothing but your presence.



Officers from the Tilton Police Department participated in active shooter training last week at Winnisquam Regional High School. We would like to thank the school district for allowing us to use their facility. We also appreciate the Belknap County Sheriff's Office for providing coverage in the town while our officers were training. Photo courtesy of the department's Facebook page.

Quantum field!

Imagine if you were shrunk down to the size of a molecular particle. You wouldn't see walls, chairs, or solid objects anymore; you'd see millions of other particles flying around, darting in every direction. It might look a bit like the inside of a Champagne glass—millions of tiny bubbles, jittering, popping, shimmering in and out of view all around you at the quantum level.

What you're seeing at this microscopic level isn't just a bunch of particles—it's the pixelated foundation of reality, like the tiny dots that make up an image on a screen. Up close, you'd see individual pixels—red, green, or blue lights—but when you zoom out, they blend into the full picture. In the same way, these particles are the smallest "dots" that build everything you see in the world around you.

Every type of particle comes from its own field. There's an electron field, a photon field, and a quark field—These fields overlap and interact with one another constantly, forming a unified foundation to everything. Together, they make up what scientists call the Quantum Field—a single, connected fabric made from many invisible layers.

The Quantum Field isn't something "out

there" in deep space. It's right here. It's the invisible fabric reality is made from—and you are made from it, too.

Your body, your brain, and even your thoughts are built from particles that rise up from these fields. Every atom in you—carbon, calcium, oxygen—comes from ripples in those same invisible fields.

How do we know?

In 1801, physicist Thomas Young ran a simple experiment with light. He shined it through a single slit, then through two narrow slits, and observed the pattern it made on a screen behind.

If light behaved like tiny particles—like little bullets flying through the slits—he would've seen just two bright spots. Instead, he saw something strange: a series of bright and dark bands.

This experiment became one of the first major clues that light behaves like a wave.

Years later, with the rise of quantum mechanics, scientists ran a modern version of the same test—not with beams of light, but with individual particles, like electrons.

They fired these elec-

trons, one at a time, like bullets from a gun, through the two slits, and something unexpected happened.

When no one was watching, the electrons didn't behave like particles at all. Instead, they landed on the wall behind in a wave pattern—just like Young's light. It was as if each single electron somehow went through both slits at once.

How did the scientists figure this out?

They tracked where each electron landed. And over time, instead of forming two neat lines, the electrons built up a pattern of light and dark bands—the unmistakable fingerprint of wave behavior.

But then came the twist.

When scientists watched the particles pass through the slits, the particles behaved exactly as expected—like little bullets passing through one slit or the other. But when no one was watching, the particles behaved in a completely different way.

The only thing that changed... was the act of observing.

When the particles were observed, they behaved the way the scientists believed they should. When not observed, the particles had

a mind of their own.

We all live our lives with an underlying expectation of what we think will happen. We expect certain outcomes in our relationships, our work, our health—even without realizing it.

If you expect failure, you'll probably see it. But if you expect success, and you are present, focused, and emotionally aligned with that outcome, quantum physics suggests that you may literally begin to tune into a version of reality where that success starts to show up.

Just as the observer changed the outcome of the particle's path, quantum physics suggests your awareness and expectation will shape the path of your own life.

The Quantum field is not distant. It's all around us, it's inside of us.

We are not separate from it; we are expressions of it.

We are constantly sending signals into the field—through our thoughts, our emotions, and our beliefs. Put those three together, and you get expectations.

The Quantum world is telling us something. It's not just what we see, but how we see, that shapes our reality.

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GOING OUT OF TOWN

Taking in the sunset from Casco Bay



Experiencing Casco Bay on board a Casco Bay Lines boat.



Pulling away from a stop at Cliff Island.



Returning to Portland as dusk settles.



The sunset cruise around Casco Bay showed some lovely scenes from around the islands.

BY ERIN PLUMMER
mnews@salmonpress.news

The aroma of sea salt, the wind blowing your hair around, the moist air on your skin, and water crashing under you: these are some of the amazing sensations of being on a boat out at sea. It was a sensation I hadn't experienced in years, but I was reminded how much of an epic feeling this is thanks to a sunset cruise around Casco Bay in Maine and its islands. It was an amazing experience to take in the open water and the sights of peaceful islands and the Portland skyline at dusk.

I've been on a lot of day cruises throughout my life, from a few trips around the Isles of Shoals to more than a few spins around Winnepesaukee on the Mount Washington and a few more. I love the feeling of being on a boat: the cool air, the splashing water, and the fun feeling of moving forward while you know there's hundreds if not thousands of feet of water below you.

The last time I was on a boat was in 2022, when I boarded a sunset cruise around Boston Harbor. The boat did circles around the harbor and by the islands for a few hours and I learned so many fun facts about the city and its islands while savoring cool sea air when it was 90 degrees on land.

That was the last time I was on a boat, and I was itching to do it again. This summer I decided I needed to get out on the water and have been looking at different day cruises. I do plan to board the Thomas Lighton in Portsmouth for an Isles of Shoals Cruise at some point or visit Spectacle Island off

the coast of Boston. Just days before the Fourth of July, however, I was at the service counter for Casco Bay Lines in Portland and got a ticket for the sunset cruise around the islands.

This wasn't the first time I took this one cruise. In fact I did another Casco Bay sunset cruise to celebrate just getting hired to the Meredith News. That was in 2009, so I figured I was overdue to experience it again.

I got my ticket about an hour before the cruise, giving me some time to walk around downtown Portland and pick up some takeout to enjoy onboard. I came across Crunchy Poké on Fore Street and was only happy to get a sushi burrito to go. For those who are unfamiliar with a sushi burrito, it is something especially served at poké restaurants like this. Think about the usual preparation for sushi only this time the rice roll is about three times the diameter and stuffed with more fish and ingredients. A sushi burrito is also not cut into slices, so you are literally eating a sushi roll like a burrito. It is heavenly and the one I got was stuffed with scallops and avocado.

I happily took my sushi burrito to Casco Bay Lines' dock and after a brief wait boarding began on the Wabanaki for the sunset cruise.

Casco Bay Lines offers cruises around Casco Bay and ferry service to its islands. Many of the people who utilize its services are traveling to the different islands and the ships will bring luggage, large cargo, food and supplies, and other freight. I was one of the

many people who took the roundtrip cruise around the bay, but there were many others going on the islands while the ship would pick up people at the different ports.

A little after 6 p.m., the Wabanaki pulled out of Portland Harbor, and I watched as the city skyline grew smaller in the distance. Instantly I was reminded why I loved being on a boat. It was a gorgeous day to be out on the water too. The temperatures on land were closer to 80 albeit with some mild humidity and some lingering haze.

I enjoyed my sushi burrito shortly after we left port. It was so delicious with nice, big sea scallops. Enjoying seafood right out on the water is such a great experience.

I boarded in shorts and a t-shirt and after about half an hour on the water I was regretting that I didn't bring longer pants. I could deal with a little chill, and if this was the only prob-

SEE GOING, PAGE A8



Bug Light in South Portland with Portland Head Light right behind it.

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League of NH Craftsmen Gallery to host Screen Printing Basics class with William Mitchell

MEREDITH — Join us at the League of NH Craftsmen – Meredith Fine Craft Gallery on Sunday, July 27 from noon to 5 p.m. for a Screen Printing Basics Class with juried artist William Mitchell.

Are you interested in learning more about screen printing or wanting to further develop your screen printing ideas and techniques? Dover printmaker William Mitchell will guide you in exploring the history of the process and basic techniques to get you started. In this workshop we will learn how to paint directly on the screen with Speedball drawing fluid and Speedball screen filler to create a permanent silkscreen stencil that can be utilized to print ink directly on paper or fabric. Students are welcome to bring a simple sketch idea no larger than 5x7 to help prepare their screen. The class will provide all materials to use, but an apron or old clothes is recommended. The workshop is suitable for all levels of experience.

Tuition is \$65.00 per student with a \$10 materials fee paid to the instructor on the day of class.

Space is limited and pre-registration is required. Those who wish to take the class must sign up by Wednesday, July 23.

To register for this workshop call the League of NH Craftsmen – Meredith Fine Craft Gallery at (603) 279-7920 or visit the Gallery at 279 Daniel Webster Highway in Meredith.

For more details, visit our Web site at <http://meredith.nhcrafts.org/classes/> and our Facebook page at <http://www.facebook.com/nhcraft/>.

The League of NH Craftsmen Meredith Fine Craft Gallery is located at 279 DW Highway, Meredith, and is dedicated to the education and support of New Hampshire's fine craft tradition since 1932.

MEREDITH — Join us at Murray Hill Weaving, 685 Murray Hill Rd., Hill, On Friday, July 25 from 10 a.m. to 2 p.m. for a Woven Rocks class.

In agreement with the Meredith Fine Arts Gallery, Meredith, NH this class is going to be taught at Murray Hill Weaving, Hill. Plan to spend some time with me at the shop, in a comfortable country setting of Hill. I'll share my weaving knowledge

with you, allowing you to create your own weaving patterns on rocks. This unusual art form will give you some very basic weaving techniques with materials such as jute, leather, waxed linsens and other cordages.

This is a wonderful way to embellish rocks you may have picked up on the trails or at the beaches, during your travels. Some of my rocks have come all the



way from Ireland and Colorado. Others that were gathered from a New Hampshire river bed will be supplied to you, along with all the materials and tools needed to create unique weaving patterns.

I urge you to bring some rocks of your own and a couple of small branches (twisted grapevine is great or tiny pieces of driftwood). Keep in mind as you collect rocks, that no shape or size should be overlooked. As you can see from the photos, I've used a variety of large (five or six inches), small (at least three inches), flat rocks are easiest to work with but round ones are a good challenge. Don't forget a brown bag lunch and a good sense of humor!

Tuition is \$70 per student which includes all

materials.

Space is limited and pre-registration is required. Those who wish to attend must sign up by Tuesday, July 22.

To register for this workshop, please call the League of NH Craftsmen – Fine Craft Gallery at (603) 279-7920 or stop by the gallery located at 279 Daniel Webster Highway in Meredith.

For more details, visit our Web site at <http://meredith.nhcrafts.org/classes/> and our Facebook page at <http://www.facebook.com/nhcraft/>.

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SUMMER





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FRANKLIN — On Monday, July 7, Franklin VNA & Hospice became a level one We Honor Veterans Partner.

Through the We Honor Veterans Hospice Partner program, Franklin VNA & Hospice Care ensures that veterans and their families are aware of benefits for which they may be eligible. Our hospice staff are specially trained to understand how a person's military service might have an impact on their end-of-life experience and how to deliver highest quality of care. The Franklin VNA & Hospice Care team recognizes the sacrifice made by veterans and their families. We offer grateful acknowledgment to every person who has served in the military and are proud to be a We Honor Veterans Hospice Partner.

Interested in learning more about We Honor Veterans and the hospice care we provide for those who have served our country? Contact us today!

For more information, call (603) 934-3454 or email info@franklinvna.org.

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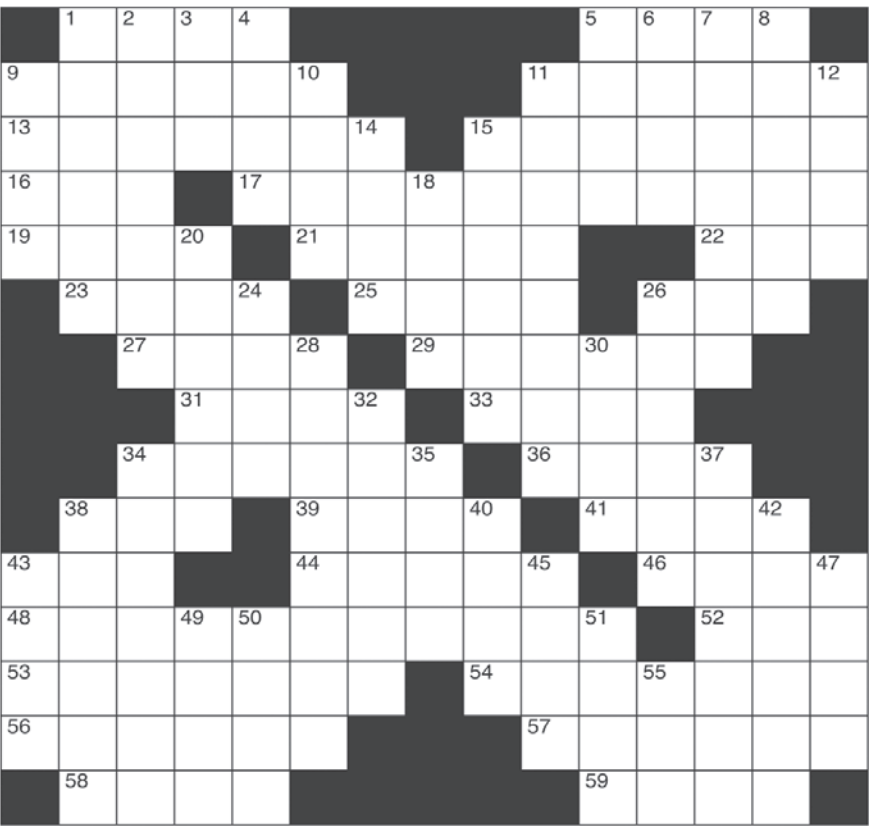
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COURTESY
On July 22 at 6:30 p.m., The Putnam Fund will host the New Horizons Band in a Concert at the Belknap Mill Rotary. At the end of the season, the Band will bring their concert to the Tilton Veterans Home, the Belknap Nursing Home and the St. Francis Rehab Center. Enjoy an evening of live music. Bring a chair or blanket and receive “the medicine” that music brings as you enjoy marches, musicals, patriotic and familiar selections. See you there! All concerts are free to the public. Check out our Web site, newhorizons-lakesregion.org, or follow us on Facebook. Information on the band as well as how to join can be found there!



CLUES ACROSS

1. Resorts

5. One point south of southwest

9. Musical performances

11. Matched

13. Four-footed animal part

15. Express severe disapproval of

16. Type of leaf

17. Preparatory

19. Walk heavily

21. Succulent plants

22. Rectangle of grass

23. Lump in yarn

25. Too

26. Foot (Latin)

27. Afflicts

29. Smoothed

31. Mind (Greek)
33. Tampa ballclub

34. Semitic language

36. Sheltered sides

38. Ocean

39. Electronic point of sale

41. Thrust a knife into

43. 12th month (abbr.)

44. Ringworm

46. Father of Aoris (Greek myth.)

48. Fighting back

52. Cease to exist

53. Insects in adult stage

54. Freestanding sculpture

56. Caps

57. Repents

58. Brown and Wallace are two

59. Moved quickly

CLUES DOWN

1. Goes bad

2. Yard structure

3. They __

4. Marine invertebrate

5. European river

6. Office supplies firm

7. Physically abused

8. Service stations in Australia

9. Kills

10. Liquid body substances

11. Particular to a given individual

12. Brave or noble act

14. Sicilian city

15. Conqueror

18. Elected officials

20. Type of “pig”

24. Drop of viscous substance
26. Monetary unit of Spain

28. Guarantees

30. Coloring materials

32. Reddish browns

34. Square measure

35. Will not

37. Canned fish

38. Appeared

40. Six (Spanish)

42. Took off

43. Negligible amount

45. Posts in a Greek temple

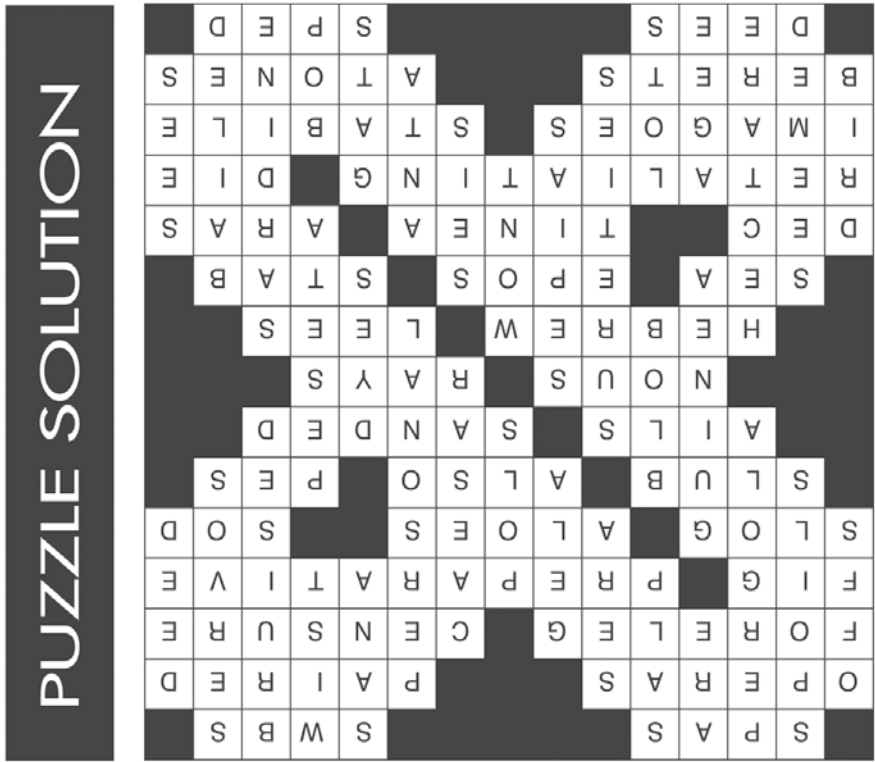
47. Witnesses

49. Phil __, former CIA

50. Places to park

51. Guns

55. Dance to pop music



LEGION

CONTINUED FROM PAGE A5

Dunn set the side down in order in the top of the second inning and Laconia tied the game in the bottom of the frame. Cam Cook led off with a double, advancing to third on an error and scored on a base hit from Riley Galloway to tie the game at three.

Concord took the lead back in the top of the third inning. A trio of hits started the inning and plated the first run and after a walk and a strikeout, a grounder to second drove in another run to give Concord the 5-3 lead.

Once again, Post 1 had an answer in the bottom of the frame. Dee walked to lead off and stole second. Owen Waldron beat out an infield hit, but he was gunned down stealing second. One out later, a Jaxson Embree base hit cut the lead to 5-4 and Jake Tryon and Cook both worked walks but were stranded on the

bases.

After Dunn hit the first batter of the top of the fourth, Landon Sargent took over on the mound for Post 1, pitching for the first time since the regular season finale for Newfound on the same field. He hit a pair of batters, sandwiched around a sacrifice bunt and a sacrifice fly pushed the Concord lead to 6-4 in the middle of the fourth. Laconia went down in order in the bottom of the inning.

Galloway made a great leaping grab of a throw to first in the top of the fifth inning as Sargent worked around a walk and a base hit. Wallace reached on an error with one out in the bottom of the fifth and Embree also reached on an error; with both runners moving up on a passed ball, but they were stranded there.

Zach St. Onge made a great grab in right field as Sargent set the side down in order in the top of the sixth inning

before Post 1 took the lead in the bottom of the frame. Liam Manning led off with a pinch hit base hit and St. Onge doubled to right. Manning scored on a base hit from Charbono and a wild pitch brought St. Onge home to tie the game at six. Dee worked a walk and stole second and Waldron followed with a base hit to plate Charbono and Dee for the 8-6 lead before being cut down at second base. Wallace followed with a double and took third on a groundout by Embree and Jack Cook worked a walk before the inning came to a close.

Dee made a nice grab on a line drive to short and Sargent got a strikeout and groundout to short to close out the 8-6 win for Post 1.

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



Owen Waldron comes up throwing at third base during action against Concord last week for Laconia Post 1.

GOING

CONTINUED FROM PAGE A5

lem with this cruise, then it was a good problem to have. The other problem I didn’t mind was how a polite service dog was eyeballing my dinner. I just made sure to keep it away from the puppy, who soon gave their attention to other things.

Soon we were out of view of the city and now on the water surrounded by lovely, green islands and the sights of sea life. It was fun to see the wide array of seabirds, including a lot of osprey nests. There were plenty of smaller boats out that day, mostly personal crafts. It was also fun to get a view if Portland Head Light from out on the water, though it made me want to come back to it sooner than later.

We docked at several of the islands, and it was interesting to get a glimpse of what life was like on those islands even from the boat. Some islands had simple wooden docks with offices and trash receptacles while

some of the bigger ones had whole community gathering spaces.

Getting a glimpse of each of the docks also provided little stories from people’s lives that night. I saw two teenage boys hug their mom goodbye before boarding the boat for a few nights in Portland. There was a group of people in nice clothing going out for a night on the town. Even a hundred miles away from home, I ran into someone I know from Moultonborough boarding the ship from one of the islands. On the boat, I watched some members of the crew teach a younger crewmate how to throw a line over a piling.

The last island was stopped at was Cliff Island before turning around and heading back to Portland. By the time we go past Long Island (yes Maine has its own Long Island), the sun was setting, and the sky was dimming especially with the haze over the water. Dusk was settling in by the time the skyline of Portland

came back into view.

The boat slowed and gradually pulled into dock. It was kind of a fun contrast coming back to a big city after spending a few hours surrounded by islands. By the time the Wabanaki docked and everyone disembarked, I walked back to the docks so relaxed and happy. I needed this evening out.

I took another walk around the Old Port and indulged in an ice cream right as night was settling in. Around 8 p.m., I was back in my car and leaving Portland. I knew I would probably get home late, but I still felt so great the whole drive because I was so relaxed.

I don’t know why it took me almost 16 years to get back on a Casco Bay Cruise ship, but I am so happy I did. I also know I don’t want to wait another three years to get back on a boat, so don’t be surprised to read something about Star Island or Spectacle Island soon.

Dwight Stowell to kick off Hull and Hops Speaker Series at NH Boat Museum

MOULTONBOROUGH — Wooden boat collector Dwight Stowell will kick off the free Hulls and Hops Speaker Series at New Hampshire Boat Museum (NHBM) on Thursday, July 17, from 7 to 9 p.m. With an interest in wooden boats since childhood, Stowell has donated many antique wooden boats in NHBM’s Marina Exhibit, Mahogany Marvels to preserve an era of lake life he believes is disappearing.

“All my buddies and the kids I grew up with used to make fun of me because I had an old wooden boat and they had these nice new plastic ones,” he explained. “I became a great proponent of promoting them.”

He has also spent a lifetime restoring them, as he said this work began by dragging hulls out from the bottom of lakes.

“I’ve traveled the country collecting boats,” he said. “boats in my lifetime.”

Regarding the focus of his talk at NHBM, he said he v boating on New Hampshire lakes, and how it evolved.”

“We’ll cover Emerson and Thoreau and the transce dentalist movement,” he added. “They were canoeist and water travelists of the lakes of New Hampshire an really the first proponents of enjoying nature in its pri time form.”

According to NHBM Programs Manager Anne Lennon, this is a “must-see” event, especially for his- tory buffs.

“Dwight has supported NHBM for a long time,” she noted, “and is passionate about wooden boats... His talk is going to be rich with history and a deep knowledge of nineteenth-century boating culture.”

Woodstock Inn Brewery will serve craft beer and light snacks at Stowell’s talk on Thursday, July 17 at 7 p.m.

“Because of the generosity of our season sponsor, Amoskeag Beverages, there is no fee to attend the Hulls and Hops Speaker Series,” said NHBM Execu- tive Director Devon Kurtz. “We are so grateful that they have made this event accessible to everyone.”

To learn more, visit nhbm.org.

Founded in 1992 by antique and classic boating en- thusiasts, NHBM offers dynamic exhibits, engaging programs, and events tailored to the diverse boating lifestyles and values of people of all ages. NHBM is partly sponsored by Home Comfort, North Water Marine, Goodhue Boat Company, Belletetes, Eastern Propane and Oil, Kingswood Press and Design Stu- dios, and Watermark Marine.

Jeweler Carolyn Hudson joins League of NH Craftsmen Gallery



MEREDITH — The Meredith League of New Hampshire Craftsmen Fine Craft Gallery welcomes the newest addition to our Gallery, jeweler Carolyn Hudson, whose creative work is deeply rooted in the Japanese philosophy of Ikigai—the intersection of passion, purpose, and artistry.

Influenced by her natural surroundings, Hud- son’s hand-made work of silver and stone embodies the spirit of Ikigai and the world-wide paths she has traveled. With every piece Carolyn translates this essence into handcrafted designs that are both time- less and deeply personal. Fusing traditional crafts- manship with modern elegance, her jewelry invites wearers to reflect on what brings them joy, meaning, and beauty in everyday life.

Known for organic forms and minimalist lines displayed in beautiful ginkgo earrings, stunning necklaces, and luminous bracelets, Hudson believes her pieces are talismans of balance, grace and in- spiration for the wearer. Her work serves as a quiet expression of what we live for, who we are, and what we love.

The Meredith Gallery is charmed to present Car- olyn’s aesthetic jewelry pieces and invite you to stop by and be drawn in to its captivating magic! 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.

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

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Partnership for Public Health receives NBRC Spring Catalyst Program Award

LACONIA — Partnership for Public Health (PPH) is pleased to announce that it has been awarded funding as part of the Northern Border Regional Commission's (NBRC) Catalyst Program Spring Round competition. The Catalyst Program benefits communities across NBRC's member states of Maine, New Hampshire, New York, and Vermont.

The NBRC funds will be used to renovate Partnership for Public Health's community public health building in Laconia, enhancing accessibility, safety, and energy efficiency. This project will install

ADA-compliant features, upgrade building systems, and improve security to better serve older adults, individuals with disabilities, and economically disadvantaged residents of Belknap County. By modernizing critical infrastructure, PPH aims to strengthen public health, health-care access, promote workforce participation, and support long-term economic and community resilience.

Notably, the investment from NBRC will join an existing Community Development Block Grant (CDBG) award administered by NH Community Develop-



ment Finance Authority through the City of Laconia. The collaborative funding approach, combining NBRC and CDBG resources, underscores the project's efficiency and strategic use of public funds, ensuring maximum impact and long-

term sustainability.

"Receiving the NBRC Spring Award is a tremendous honor and a vital investment in the health and resilience of our community," said Tammy Carmichael, Chief Executive Officer of the Partnership

for Public Health. "This funding, alongside support from CDBG, allows us to transform our public health building into a safer, more accessible, and energy-efficient space. It's not just a renovation—it's a reflection of what's possible when strong partnerships unite for the common good. At PPH, we know we're better together, and this project is a perfect example of collaboration creating lasting impact."

PPH's award is one of 36 investments made this spring across the NBRC membership states of Maine, New Hampshire, New York and Vermont

through the Catalyst Program Spring Round.

About the 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.

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SHAKER REGIONAL SCHOOL DISTRICT
MIDDLE SCHOOL BOYS SOCCER (B TEAM) COACH

Shaker Regional School District is seeking a coach for the 2025-2026 season for Middle School Boys Soccer (B Team) Coach. 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 physical and 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
MIDDLE SCHOOL CROSS COUNTRY COACH

Shaker Regional School District is seeking a coach for the 2025-2026 season for Middle School Cross Country. 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 physical and 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.

Employment Opportunity: Chief of Police – Town of Woodstock, New Hampshire

The Town of Woodstock, New Hampshire, is seeking a progressive, community-oriented leader to serve as its next Chief of Police. This is a terrific opportunity to lead a full-service department with an approximate annual budget of \$800,000, a team consisting of five full-time officers of varying ranks, and one part-time officer.

Nestled in the heart of the White Mountains, Woodstock is a vibrant town with approximately 1,400 year-round residents and a thriving visitor economy. Centrally located with easy access to I-93, Woodstock is just minutes from Plymouth and Littleton, making it an ideal place to live and work.

Qualifications:
The ideal candidate will bring a proven track record of leadership, professionalism, and community engagement. Candidates should have:

- A bachelor's degree in a relevant field from an accredited college or university (preferred).
- At least ten (10) years of progressively responsible law enforcement experience, including at least five (5) years in supervisory, command, and administrative roles—or an equivalent combination of education and experience that demonstrates the required knowledge, skills, and abilities.
- Certification as a full-time police officer by the State of New Hampshire, or the ability to obtain such certification through reciprocity with the New Hampshire Police Standards and Training Council.

The Role
The Chief of Police works under the direction of a three-member Select Board and an appointed Town Administrator. The Chief will be responsible for overseeing day-to-day operations, department budgeting, personnel management, community relations, and continuing the department's commitment to proactive, community-focused policing.

Compensation & Benefits:
Starting salary will be commensurate with qualifications and experience. The Town of Woodstock offers an excellent benefits package.

How to Apply:
Interested candidates should submit a cover letter, resume, and three professional references to:

Town Administrator
Town of Woodstock
PO Box 156
Woodstock, NH 03262

Or via email: admin@woodstocknh.gov

Application deadline: July 31, 2025
The Town of Woodstock is an Equal Opportunity Employer.

SHAKER REGIONAL SCHOOL DISTRICT
GIRLS VARSITY LACROSSE COACH

Shaker Regional School District is seeking a coach for the 2025-2026 season for Girls Varsity Lacrosse. 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 physical and 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.



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Help Wanted

Lakes Region Planning Commission holds Annual Meeting



COURTESY

LRPC's Executive Director, Shanna B. Saunders, Community Service Award winner Donna Ulitz, Community Service Award winner The Bearcamp Center's Director Lianne Prentice, LRPC's Vice Chair David Katz, and Community Service Award winner Brian Gillespie.

MEREDITH — The Lakes Region Planning Commission (LRPC) held its Annual Meeting & Awards Night on June 23 in the Chase House at Mills Falls at the Lake in Meredith.

The event brought together municipal, regional, elected leaders, and friends along with LRPC Commissioners, Executive Board members, and staff. Guest speaker Patricia Tarpey, President of the Lake Winnepesaukee Alliance, spoke about the current state of Lake Winnepesaukee, addressing key challenges like cyanobacteria blooms and nutrient pollution. She also emphasized the importance of local action, state policy, and collaboration in preserving the lake's health, beauty, and economic value.

The LRPC presented its Award of Excellence to two standout organizations: the Abenaki Tower & Trail Association of Tuftonboro and Makers Mill of Wolfe-

boro. This award honors innovative, community-driven projects that have made a meaningful impact over the past year. Celebrating its 100th anniversary, the Abenaki Tower & Trail Association was recognized for its dedicated preservation of the Tower and trails, along with hosting educational and cultural events. Karen Burnett-Kurie and Susan Wingate accepted the award on the Association's behalf. Makers Mill, a nonprofit makerspace and vocational hub, was honored for its role in strengthening the local economy by supporting artisans, fostering entrepreneurship, and providing opportunities for skill development and community connection. Josh Arnold and Susan Ferber accepted the award for Makers Mill.

Several Community Service Awards were presented to honor individuals and organizations for their out-



LRPC's Executive Director Shanna B. Saunders, LRPC's Vice Chair David Katz, and Community Service Award winner Edwina Boose.

standing and lasting contributions to the Lakes Region's communities and economy.

Edwina Boose of Ossipee was recognized for her work in Constitution Park, including trail maintenance, installing a disc golf course, and organizing fundraising through Friends of Constitution Park Ossipee.

Anne Cunningham of Freedom was honored for over 18 years on the Planning Board, where she led efforts to update the Master Plan, improve zoning, and guide thoughtful town growth, while also serving on numerous committees and local organizations.

Mark Longley of Sandwich was celebrated for his environmental volunteerism—leading the Wood-Share firewood program, launching a Styrofoam recycling initiative, and collecting well-water samples to support public health and groundwater protec-

tion.

Donna Ulitz and Brian Gillespie of Tamworth were recognized for addressing child food insecurity by launching a weekend food bag program. Donna oversees meal packing and distribution, while Brian manages a donation station and community outreach.

The Bearcamp Center for Sustainable Community in Tamworth was honored for its work in food security, elder care, and youth education. The nonprofit offers take-home meals, monthly dinners, a Share the Shelf grocery program, and a summer camp for K-8 students.

Ed Neister of Barnstead received recognition for over 20 years of leadership in fighting invasive variable milfoil in local lakes. As Chair of the Barnstead Milfoil Committee, he has coordinated with agencies, led diver training,



LRPC's Executive Director Shanna B. Saunders, the Ayers-Cotton Environmental Services Award winner Kevin Kelly, and LRPC's Vice Chair David Katz.

managed treatments, and developed custom equipment to protect the region's waterways.

The esteemed Ayers-Cotton Environmental Service Award was presented to Kevin Kelly of Barnstead, recognizing his exceptional commitment to preserving the environmental health of the Lakes Region. For over 40 years, Kevin has championed the protection of Lake Kanasatka's water quality through volunteer monitoring, leadership, and forward-thinking initiatives. As Chair of Moultonborough's Cyanobacteria Committee, he works closely with local and state partners, spearheads stormwater mitigation projects, and advocates for sustainable lake management. His unwavering dedication has left a lasting mark on the region's environmental well-being.

Also recognized were two long-serving LRPC Commissioners—Mardean Badger of Ash-

land, who also served on the Executive Board, and Joseph Jesseman of Tilton—each with over a decade of service. In addition, LRPC honored Transportation Technician Allen Constant for his 15 years of dedicated work with the organization.

Congratulations to all the award recipients, and heartfelt thanks to guest speaker Pat Tarpey for her insightful presentation, as well as to everyone who joined us for a memorable and inspiring evening!

Finally, we would also like to acknowledge our generous sponsors for this event: Nobis Group, HEB Engineers, Taylor Community, Meredith Village Savings Bank, Koal Architecture, R.M. Piper General Contractors, Christopher P. Williams Architects, Irwin Automotive Group, and Norway Plains Associates. Your generosity and support are much appreciated.

Experience the Josie Lawrence Collective at The Loft at Hermit Woods



MEREDITH — The Loft at Hermit Woods Winery is proud to present an evening of soul-stirring Brazilian jazz with the Josie Lawrence Collective on Thursday, July 17. Guests are invited to enjoy world-class music, locally inspired cuisine, and award-winning wines in one of New Hampshire's most intimate performance spaces.

The evening begins with a complimentary wine tasting from 5:30 to 6 p.m., followed by dinner service starting at 6 p.m. The show begins promptly at 7 p.m., with drinks and dessert available throughout the performance.

In the wake of the passing of bossa nova icon Astrud Gilberto, vocalist and composer Josie Lawrence was moved to honor her legacy with a stunning debut album, Komorebi. This heartfelt tribute blends the rhythmic heartbeat of Brazil with Josie's distinctive voice and original compositions—ranging from lively sambas to haunting bossa ballads.

At The Loft, Josie and her jazz quintet will perform selections from Komorebi, along with timeless jazz standards and bossa nova classics. The ensemble features:

Josie Lawrence – vocals
Clifford Cameron – piano
Asa Meyer-Waldo – bass
John Suntken – drums

Jesse Beckett Herbert – tenor sax & flute

Learn more about Josie at josielawrence.com.

A Listening Room experience

The Loft offers a unique "listening room" atmosphere where guests are encouraged to truly immerse themselves in the music. We kindly ask that attendees refrain from conversation during the performance to honor the artists and fellow listeners.

After the show, guests are invited to meet the performers, chat about the music, and purchase any available merchandise or albums.

Tickets are available now—don't miss this unforgettable night of music, wine, and connection at The Loft at Hermit Woods.

Sanbornton Public Library receives national grant for small rural libraries

\$10,000 grant will help library work with residents with disabilities to improve accessibility

SANBORNTON — The Sanbornton Public Library has been selected as one of 300 libraries to participate in round three of Libraries Transforming Communities: Accessible Small and Rural Communities, an American Library Association (ALA) initiative that provides community engagement and accessibility resources to small and rural libraries to help them better serve people with disabilities.

The competitive award comes with a \$10,000 grant that will help the library improve accessibility to the library building and to programming.

"We are so proud to be chosen again for this amazing opportunity," said Library Director Rebekka Mateyk. "This funding will help us continue improving access to the library building and services. With the support of the Town, we were able to install automatic doors with the first round of funding."

Franklin VNA & Hospice holds free Summer Grief Group

FRANKLIN — Each Wednesday through July 31, Franklin VNA & Hospice will host a Grief Support Group from 2 to 3:30 p.m. We welcome anyone who is struggling with grief to attend. Our hospice chaplain, Mark Williams, MDiv, facilitates the group at our offices on Chestnut Street in Franklin. Experience has shown us that participants are best prepared for the class after at least six months beyond the death of their loved one.

Each of the five sessions will focus on a new skill for dealing with grief. The support group is free to attend but does require pre-registration. To register call 603-934-3454 or email cmurray@franklinvna.org.

Grief has no timetable. It may come in waves during the turbulent months of an illness and intensify after death. Each experience is unique and deeply personal. Emotions can fluctuate between sadness, anxiety and guilt to anger, helplessness, and depression. The opportunity to talk about a loved one in a safe space is helpful for many people who are processing grief. Meeting other people who have had a similar loss in an environment structured to help navigate the grieving process can provide a practical layer of support.

This grief support group is designed to help people on their journey. Grieving is our natural response to sorrowful change and grief takes as long as it takes. There is no prescribed length of time to grieve and heal. But with compassionate support and acceptance as you share your memories, challenges, and emotions, we can help you learn to grow and thrive in your new normal.

The library is partnering with Sanbornton Connects on this grant. Sanbornton Connects, a grassroots, all-volunteer organization whose mission is to help connect members of our community to each other and to community resources that will enhance the quality of life for everyone and help residents Age in Place in an age-friendly, multigenerational community.

Together, the Sanbornton Public Library and Sanbornton Connects, will be asking how the library can provide relevant services in our community. Join us for a Community Conversation on July 16 from 11 a.m. - 12:30 p.m. at the First Baptist Church Vestry building at 17 Church Lane in Sanbornton. This program will be presented at the Sanbornton Recreation's monthly Senior Potluck lunch. Please join us.

Since 2014, ALA's Libraries Transforming Communities initiative has re-imagined the role libraries play in supporting communities. Libraries of all types have utilized free dialogue and deliberation training and resources to lead community and campus forums; take part in anti-violence activities; provide a space for residents to come together and discuss challenging topics; and have productive conversations with civic leaders, library trustees and staff.

Libraries Transforming Communities: Accessible Small and Rural Communities is an initiative of the American Library Association (ALA) in collaboration with the Association for Rural and Small Libraries (ARSL).

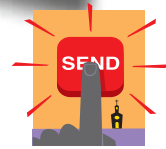
Fairfield University congratulates 2025 undergraduate and graduate degree recipients

FAIRFIELD, Conn. — Haley Stanley of Tilton graduated from Fairfield University in May 2025.

At the time of graduation, a student must have earned a minimum of 120 credits and completed at least 38 three- or four-credit courses, depending on the course of study, and have an overall grade point average of 2.0 or better at the conclusion of the senior year.

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