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Belknap Subaru “Shares the Love” by supporting Every Child is Ours

Driver seriously injured in three-vehicle crash in Tilton



DONNA RHODES

Representatives of Every Child is Ours, Lisa and Carly Drew, were excited to receive a check from Belknap Subaru and the Subaru Share the Love campaign. Included in the photo are local and district representatives, Belknap Subaru owner Mark Johnstone, General Manager Mark Mallahan, and their hard working sales team who made this year’s fundraising for non-profit organizations another big success.

BY DONNA RHODES
Contributing writer

TILTON — After the completion of Sub-

aru of America’s 18th Annual “Share the Love” campaign, Belknap Subaru in Tilton recently presented a check for \$8,134 to Every Child is Ours, a non-profit group that provides food, snacks and more to students in the Winnisquam Regional School District whose families could use a bit of assistance in providing healthy and nutritious meals over the weekends.

Each September, school nurses in the district provide ECIO with names of students from families who could use a little of their help. Through fundraisers

and donations, the 12-member volunteer group then shops for peanut butter, jellies, snack foods, canned goods, juice drinks and more. Some students with non-school age younger siblings are also provided with diapers and other babies’ needs to help out their moms and dads. Then, each Friday, the registered students from pre-school to high school receive a bag of food and goods to take home.

Subaru of America’s Share the Love program raises funds for both national and local charities annually from Nov. 20 through Jan. 2. The headquarters selects four national charities then each dealership is asked to choose local non-profit organizations they would also like to support.

SEE SHARE, PAGE A8

TILTON — One person was seriously hurt after a multi-vehicle crash on Interstate 93.

At 2:26 p.m., Sunday, June 21, 2026, State Troopers assigned to the Troop D barracks responded to a report of a crash involving three vehicles on I-93 southbound, near mile marker 58, in Tilton.

The preliminary investigation determined that the driver of a Ford Focus, later identified as Dinah Tague, 76, of Kissimmee, Fla., was travelling on I-93 southbound when she struck a Toyota 4Runner. The driver of the Toyota lost control and entered the woods, where the vehicle suffered heavy damage. A tree then fell on the Toyota, trapping the driver inside the vehicle. Meanwhile, Tague continued down the road and struck the rear of another vehicle, a Dodge Ram 1500, before going off the road and crashing into trees.

One southbound lane of I-93 was closed for about an hour and a half while emergency personnel worked at the scene and the vehicles were towed, resulting in a significant delay for the heavy southbound traffic.

The driver of the Toyota was removed from the vehicle and transported to Concord Hospital with serious injuries. Tague was issued a summons for speed, following too closely, a yellow line violation, and negligent driving.

Troopers were assisted by additional troopers assigned to the Troop E barracks, as well as members of the Tilton-Northfield and Sanbornton fire departments.

All aspects of the crash remain under investigation. Anyone with information that may assist in the investigation is asked to contact Trooper Tyler Griffin at Tyler.L.Griffin@dos.nh.gov

Belmont Public Library invites community to join July Summer Reading events

BELMONT — Summer is in full swing at Belmont Public Library, and July is packed with exciting programs for all ages as part of the 2026 Summer Reading Program: “Plant a Seed, Read.” Running through August 8, the program encourages readers from preschool through adulthood to discover new books, attend engaging events, and earn prizes along the way.

Throughout July, the library will welcome a variety of special guests and hands-on activities:

Mr. Aaron – Thursday, July 2, at 10 a.m.
Archives to Astonish – Saturday, July 11, at 10 a.m.
Storytelling with Shawn – Thursday, July 23, at 10:30 a.m.

Wildlife Encounters – Saturday, July 25, at 10:30 a.m.

In addition to these special events, the library offers weekly activities for children, teens, and adults:

Diamond Art (Ages 10+) – Tuesdays at 2 p.m.
Preschool Storytime – Wednesdays at 10:30 a.m.
LEGO Creations (Grades 5–8) – Wednesdays at 1 p.m.

Craft Garden (Grades 1–4) – Thursdays at 1 p.m.
Friday Feature – Fridays at 2 p.m.

Teen Book Group – Fourth Thursday of the month at 4 p.m.

Adult programs including Fiber Arts Group, Watercolor Workshop, Mah Jongg, and Book Groups continue throughout the month.

Readers of every age can earn incentive prizes simply by reading. Children and teens track their progress using reading logs, while adults participate with a Summer Reading Bingo Board. Participants can also choose which grand prize drawing they would like to enter at the conclusion of the program on Aug. 8.

Registration remains open throughout the summer, and everyone—from preschoolers to adults—is encouraged to participate.

For registration information and a complete calendar of events, visit belmontpubliclibrary.org, call (603) 267-8331, or stop by Belmont Public Library, 146 Main St.

About Belmont Public Library

Belmont Public Library is committed to inspiring lifelong learning, fostering community connections, and providing engaging programs and resources for residents of all ages. The annual Summer Reading Program encourages reading, creativity, and exploration through free events, activities, and prizes for the entire community.

Winnisquam Regional School District honors dedicated staff, community leaders at “Champions for Children” ceremony

TILTON — The Winnisquam Regional School District (WRSD) recently hosted its annual Champions for Children award ceremony, a signature event bringing together staff, school board members, and community residents to celebrate individuals who go above and beyond for local students.

Dr. Shannon Bartlett, Superintendent of Schools, opened the evening’s celebration by highlighting the core mission behind the awards.

“We believe that every child deserves the opportunity to thrive, to learn, to feel safe, and to dream big,” said Bartlett. “The individuals we honor here tonight embody this belief, turning it into action every single day.”

This year’s WRSD Champions for Children honorees represent a diverse cross-section of the district’s educators, support staff, and civic leaders. Congratulations to Ricky DiPietro, Sanborn Central School; Devin McCormack, Southwick School; Elizabeth Norko,



COURTESY

Pictured above are Superintendent of Schools Dr. Shannon Bartlett, Ricky DiPietro; Jackie Daugherty, Devin McCormack, Elizabeth Norko, Missy Duffy, Nina Gardner, and School Board Chair Sean Goodwin.

Southwick School; Melissa “Missy” Duffy, Winnisquam Regional Middle School; Jackie Daugherty, Winnisquam Regional High School and Community Member Nina Gardner.

Praised by Principal Jason Javalgi as the “backbone of the school’s daily

SEE CEREMONY, PAGE A8

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A quick trip to New York to close out June



JOSHUA SPAULDING

I made my first trip to Liberty Island to see the Statue of Liberty and also visited Ellis Island and saw a Broadway show during a quick trip to New York last week.

Over the years I have visited New York City many times. Often times it has been for Rob Has A Podcast Survivor events, other times it's been for Olympic press days and other times it's just been to see a Broadway show or two.

With my slower season at this job arriving and with less than a week or so until the busy season started in my other job, I wanted to take a chance to get out of town for a little bit in the last two days off I will have in a row for a while.

So, last Monday afternoon after doing the baking, I headed to Boston and caught the train to New York City, arriving in the rain after 7 p.m. I left my umbrella in the car but grabbed one at the CVS in South Station before leaving Boston and that was helpful as I made my way to the hotel.

I grabbed some dinner at Shake Shack before get-

SPORTING CHANCE

By JOSHUA SPAULDING



ting to the hotel and spent my evening doing a lot of editing, helping the editor cover four of our titles while he was dealing with a family emergency. The next morning I took care of organizing and sending all the stuff I had edited to the paginators before heading out for the day.

I left the hotel near Times Square with the idea of walking a bit towards Battery Park, where I had to catch a ferry to the Statue of Liberty. However, since it wasn't really raining, I ended up walking the entire way and got on the ferry a little early. In all my times visiting New York, I had never been out to the Statue of Liberty before, so I thought with a day to myself, I could get out there and see it. Of course

it rained a little, but it wasn't too bad and I got up on the pedestal and walked around Liberty Island before catching the ferry to nearby Ellis Island, where I toured the facilities where millions of people made their first steps into America. It was pretty impressive and it was great to see they are refurbishing the building on Ellis Island.

I took the ferry back, had a late lunch and instead of walking all the way back to the hotel, grabbed an Uber. After a short break, I was out again, heading up past Times Square to see Hadestown and had a late dinner at Junior's. I've seen a number of musicals on Broadway and this one stacked up nicely with some of the others. Earlier in the week I'd seen the national touring production of Les Miserables, my favorite musical of all time, in Boston and later in the week I saw Come From Away at the Winnipesau-

kee Playhouse, making for a busy week in theater.

My original plan was to see another show on Wednesday afternoon before heading back to Boston, but we had a mandatory meeting at the bakery on Wednesday afternoon, so I caught the early train back to Boston and was back in Wolfeboro by noon.

I am not sure when I will get another chance to go anywhere that isn't work related, so it was good to get a little time outside of Wolfeboro.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Coos County Democrat and The Baysider. He can be reached at josh@salmonpress.news, at 279-4516, or PO Box 729, Meredith, NH 03253.

Canterbury's McCauley top New Hampshire finisher on Mount Washington

PINKHAM NOTCH — The 65th running of the Delta Dental Mt. Washington Road Race was held in beautiful conditions with

calm winds, a rarity on the mountain.

From the gun, Joseph Gray, 42, of Colorado Springs, Colo.—a legend of the race and an eight-time champion—ran shoulder-to-shoulder with Meikael Beaudoin Rousseau, 26, of Boulder, Colo. A former standout at Stanford University, Beaudoin Rousseau has quickly established himself as one of North America's top trail and mountain runners with several major victories already to his name.

The pair set a blistering pace, opening a sizable gap on a chase pack of four runners by the one-mile mark. By mile two, Beaudoin Rousseau had broken away from Gray, steadily



COURTESY PHOTO

Runners make their way along the Mount Washington Auto Road during Saturday's Delta Dental Mt. Washington Road Race.

extending his lead over the remainder of the climb. He stormed to the summit in 59:51, becoming the first runner to break the one-hour barrier since Gray accomplished the feat in 2017.

The victory was all the more remarkable considering Beaudoin Rousseau underwent double knee surgery in December, didn't resume jogging until April, and has averaged no more than 20 miles per week in training. Simply making it to the starting line was an accomplishment; winning in such dominant fashion was extraordinary. After crossing the finish line, his reaction summed it up best: "That was so hard, but I'm so grateful that I can do it."

Gray was overtaken shortly after the halfway point by Remi Leroux, 29, of Waterloo, Quebec. Leroux held on to finish second in 1:01:54, while Gray claimed third in 1:02:24. The ageless Eric Blake, 47, of West Hartford, Conn., finished fourth in 1:03:00, and defending champion Alexandre Ricard, 37, of Squamish, British Columbia, rounded out the top five in 1:04:00.

On the women's side, Amber Ferreira, 44, of Concord cruised to her second Mt. Washington Road Race victory in four years, posting an impressive time of 1:13:52. Her performance was good for 15th overall and more than a minute faster than her pre-

vious winning time. Ferreira led from start to finish, dominating a race that was never in doubt.

Hali Hafeman, 34, of Golden, Colo., finished second in 1:17:02, more than three minutes behind Ferreira. Hannah Rowe, 34, of Boston, Mass., claimed third in 1:18:02 after a strong finish. Close behind was Kasie Enman, 46, of Huntington, Vt., who placed fourth in 1:18:17. Haley Heinrich, 34, of Newbury completed the top five in 1:20:39.

Ferreira also captured the Crossan Cup as the first female finisher from New Hampshire. On the men's side, Sean McCauley, 34, of Canterbury earned Crossan Cup honors by finishing eighth overall in 1:09:43.

The first non-binary finisher was Winter Parts, 28, of Towson, Md., who crossed the line in 1:12:38.

Sponsored by Delta Dental, the race ascends the Mt. Washington Auto Road from Pinkham Notch to the 6,288-foot summit of Mt. Washington. Runners can expect to be challenged by the unrelenting grade (averaging 12 percent), Mt. Washington's famously high winds, precipitation, and unpredictable temperatures, which makes this race truly one of a kind. Prizes include \$1,000 apiece for the first male and female finishers, smaller cash prizes for the next five men and women and the top three male and female masters (over 40), prizes for the first male and female finishers from New Hampshire, and a \$500 bonus for setting a new course record.



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Bears shine at decathlon and heptathlon championships

Taber Haggett, Nolan Abbott crack top 10 in two-day event



COURTESY PHOTO

Winnisquam athletes competed at the New Hampshire decathlon and heptathlon championships at Nashua South High School. Left to right, Dylan Griffin, Dayton Brigante, Alexandria Myers, Josephine Myers and Kyra Russell. Missing from the photo are Nolan and Eloise Abbott.

BY JOSHUA SPAULDING
Sports Editor

NASHUA — Track athletes from around the state of New Hampshire descended on Nashua South High School on Saturday, June 20, and Sunday, June 21, to take part in the decathlon and heptathlon championships.

The New Hampshire decathlon is the oldest high school decathlon in the country and the heptathlon was one of the first in the country for young women. The decathlon's two-day, 10-even test has been crowning a champion for almost 70 years and the heptathlon has been crowning a champ for nearly 50 years.

The decathlon has athletes competing in the 100 meters, long jump, shot put, high jump, 400 meters, 110-meter hurdles, discus, pole vault, javelin and 1,500 meters.

In the decathlon, Winnisquam's Taber Haggett was the top local finisher, placing fourth overall with 5,587 points. His top showing was in the javelin, where he placed third with a toss of 47.5 meters.

His Winnisquam teammate Nolan Abbott was 10th overall with 4,994 points and his top showing was in the 1,500 meters, where he placed fourth in 4:35.84. Gunnar Marvel of Gilford finished in 17th place with 4,635 points and his best event was in the

discus, where he placed second at 43.11 meters.

Former Winnisquam standout Dylan Griffin, who transferred to Newfound in the middle of the track season, finished in 26th place overall with 4,262 points with a top finish of fourth in the pole vault at 3.66 meters. Gavin Berube of White Mountains Regional finished in 28th place with 4,133 points, also earning his top finish in the pole vault in 11th place at 3.19 meters.

Winnisquam's Dayton Brigante was 36th overall with 3,974 points and his best finish was in the pole vault, clearing 3.51 meters for sixth place. Berlin's Angus Steele was 45th overall with 3,609 points and his top showing was in the high jump, clearing 1.63 meters for 16th place.

Landon Akerstrom of Gilford was 57th overall with 3,216 points with a top performance in the 110-meter hurdles in 18.93 seconds for 21st place. Max Colby of White Mountains was 60th overall with 3,103 points with a top finish in the discus with a throw of 38.25 meters for fifth place.

Camden Bingham of White Mountains was 71st overall with 2,699 points and his top finish was in the 100 meters in a time of 12.12 seconds for 24th place. Teammate Stinson Myles was 72nd overall with 2,676 points and his

best performance was in the 110-meter hurdles with a 33rd place finish in 20.2 seconds.

The heptathlon had competitors compete in the 100-meter hurdles, high jump, shot put, 200 meters, long jump, javelin and 800 meters.

Olivia Lorenz of White Mountains Regional was the top local finisher, placing fourth with 3,314 points, earning the top overall time in the 800 meters in 2:28.2. Isabel Lawton of Profile finished right behind in fifth place with 3,300 points and was the top overall finisher in the high jump at 1.52 meters.

Pearl Marvel of Gilford finished in seventh place overall with 3,246 points and had her best finish in the high jump at 1.47 meters for third place. Alexandria Myers of Winnisquam finished in 21st place overall with 2,788 points and her top performance was in the long jump at 4.94 meters, which was second in that discipline.

Cecilia Steele of Berlin finished in 27th place overall with 2,679 points with her best finish coming in the 100-meter hurdles in 18.24 seconds for 14th place. Eloise Abbott of Winnisquam was 29th overall in 2,625 points and her best showing was in the high jump, clearing 1.42 meters for sixth place.

Profile's Sarah Caron

was 31st overall with 2,539 points and was 19th in both the javelin (20.95 seconds) and the 800 meters (2:45.37). Lilly Caron of Profile was 33rd overall with 2,447 points and had a best performance of 22nd in the 100-meter hurdles in 18.95 seconds.

Berlin's Temperance Steele finished in 41st overall with 2,113 points and had a best performance of 12th in the javelin at 23.43 meters. Josephine Myers of Winnisquam was 42nd overall with 2,112 points with a best performance of 11th in the shot put at 7.63 meters.

Profile's Caitlin Detamore was 44th overall with 2,082 points and her best showing was in the shot put with a 25th place finish at 6.82 meters. Teammate Julietta Wakeham was 51st

overall with 1,923 points and a top performance of 18th in the high jump at 1.37 meters.


Kyra Russell of Winnisquam was 52nd overall with 1,915 points and had a best showing in the shot put at 6.78 meters for 26th place while Jaysyn Tarr of Profile was 53rd overall with 1,889 points and had a top showing in the 800 meters with a time of 2:46.76 for 22nd place.

Meaghan Russo of White Mountains Regional was 57th overall with 1,784 points and had her best showing in the 200 meters in 30.62 seconds for 39th place. Berlin's Brooke Laflamme was 59th overall with 1,763 points, finishing second overall in the javelin at 28.19 meters. Teammate Cassidy Lefebvre was 67th overall with 1,124 points

and had a best showing in the 800 meters in 3:07.24 for 49th place.

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

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Opinion

Letter submission policy

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

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

A community that refuses to let children go hungry

One of the quiet strengths of small communities is that people often notice when a neighbor is struggling. They may not always know every detail, but they understand that lending a hand can make a meaningful difference. That spirit was on display once again when Belknap Subaru presented Every Child is Ours with more than \$8,100 through Subaru of America's annual Share the Love campaign.

The size of the donation is certainly impressive. What may be even more impressive is what it represents.

Every Child is Ours operates largely behind the scenes. There are no grand ceremonies every Friday morning when volunteers fill bags with peanut butter, canned goods, snacks, juice, and other necessities. There are no headlines when those bags quietly make their way into the hands of students before they leave school for the weekend. The work is simple, practical, and deeply compassionate.

For many children, school breakfast and lunch programs provide reliable nutrition during the week. Weekends, however, can be a different story. Families facing financial hardship often have to stretch already-tight grocery budgets over two days without school meals. Programs like Every Child is Ours help bridge that gap, ensuring children return to school on Monday better nourished and better prepared to learn.

It is easy to overlook how closely nutrition and education are connected. Teachers can prepare engaging lessons, schools can provide outstanding facilities, and students can be eager to succeed. But hunger remains a powerful obstacle to learning. A child worried about an empty refrigerator at home is not focused on multiplication tables, science experiments, or reading assignments.

That is why this partnership deserves recognition.

Belknap Subaru's participation in the Share the Love campaign demonstrates how businesses can become genuine community partners. Rather than simply writing a corporate check once a year, the program invites customers themselves to become part of the giving process. Every vehicle purchased and many service visits help direct funding toward organizations that strengthen the local community. It transforms an ordinary business transaction into an opportunity for generosity.

The success of the campaign also reminds us that charitable organizations rarely succeed on passion alone. Every Child is Ours depends on volunteers who devote countless hours shopping, organizing, packing, and distributing food. It depends on school nurses who help identify students who could benefit from assistance. It depends on donors, fundraising efforts, and businesses willing to invest in their neighbors.

Each piece matters.

Perhaps the most encouraging aspect of this story is that it reflects a community working together rather than relying on any single organization to solve every problem. Schools identify needs. Volunteers organize solutions. Businesses provide financial support. Customers participate through their purchases. Everyone contributes in different ways toward the same goal.

That collaborative approach has long been one of New Hampshire's greatest strengths.

No community can eliminate every hardship. There will always be families facing unexpected challenges, rising costs, illness, or job loss. But communities can decide how they respond. They can choose to look the other way, or they can choose to ensure that children have one less burden to carry.

Every Child is Ours reminds us that even relatively modest acts of generosity can ripple far beyond the grocery bag. A child who has enough to eat returns to school healthier, more focused, and better equipped to succeed. Parents gain a measure of relief during difficult times. Volunteers discover the satisfaction that comes from helping neighbors they may never meet.

That is an investment whose returns cannot be measured in dollars alone.

Belknap Subaru's donation will eventually become jars of peanut butter, boxes of cereal, diapers, juice boxes, and countless other everyday necessities. To the families who receive them, however, they represent something much larger: the reassuring knowledge that their community cares.

That is the true meaning of sharing the love.



The Board of Selectmen, along with the help of Will Ellis, recently put new American flags up in the Sanbornton Square. Great work, gentlemen! Photo courtesy of the Sanbornton Police Department's Facebook page.

READERS' FORUM

"All Seasons, One Sanbornton" — Sanbornton Old Home Day is Saturday, July 11

To the Editor:

It's that time of year - Sanbornton Old Home Day is Saturday, July 11, from 9 a.m. until 2 p.m. The theme this year is All Seasons, One Sanbornton. Come celebrate all that Sanbornton can offer!

We're bringing back many of our old favorites and introducing some new things as well. We'll have something for all ages and food, lots of food! Parking is available at Sanbornton Central and a shuttle bus will help folks see all the sights running between Library Field, Sanbornton Safety Center and the Lane Tavern.

Vendors will be in Library Field with food available all day. The Historical Society will have breakfast items, juice & coffee in Library field. The Doric Centre Lodge will have scrumptious burgers and lunch items and Mill-tuck will have ice cream available.

The New Horizons band will play crowd favorites after the parade and the Bel-Airs will perform in the Gazebo at noon.

The Sanbornton Public Library will host a variety of events for youngsters. The Sanbornton Recreation Department will have ongoing fun and games.

Cretewood Farm will bring many cute and cuddly farm animals to visit. We'll have pony rides available and you don't want to miss Wildlife Encounters and their ani-

mal ambassadors for a 1pm show.

If you play cribbage, you don't want to miss the Cribbage Tournament at the Fire Station, with registration starting at 8:30 a.m. Don't play Cribbage? You may want to watch or visit the Safety Center for a tour or other fun activities.

The parade will start at 10 a.m. this year, with set up starting at 9:30 a.m. Come to watch or come to march.

Have you ever toured the Lane Tavern? Tours will be given from 11am until 2pm. The docents have been preparing new and exciting

The Sanbornton Congregational Church also plans special events for the day. And we'll have so much more!

Thank you to all our sponsors, especially: Benaiah Sanborn House, Byron's Septic Service, Den Brase Golf Course, General Properties, Grappone Automotive, R&B Services and Rusty's Towing.

For more information and schedule of events, see our website: www.OHDSanbornton.org or email us at OHD-Sanbornton@gmail.com. Hope to see you there!

Respectfully submitted,

Betsy Bryant
Old Home Day Committee
Sanbornton

The spark that never gets old

There are some holidays that change as we get older, and then there is the Fourth of July.

As children, it was all about fireworks.

As teenagers, it was about being with friends. As young parents, it became a carefully planned evening of sunscreen, bug spray, lawn chairs, snacks, and trying to convince little ones that the fireworks would, in fact, begin after dark. Somewhere along the way, the holiday quietly changes again.

These days, I find myself paying less attention to the explosions in the sky and more attention to the people watching them.

The Fourth of July has always been one of New Hampshire's finest community holidays. We don't celebrate it in giant stadiums or behind locked gates. We celebrate it the old-fashioned way. Main Streets fill with folding chairs hours before the parade. Someone always knows somebody marching. The local fire department rolls past with polished trucks. Veterans receive the loudest applause of the day. Little kids scramble into the street after candy while parents pretend they aren't just as tempted.

Every town puts its own stamp on the celebration. Some have road races before breakfast. Others begin with pancake breakfasts, concerts on the common, antique cars, boat parades, chicken barbecues, or evening fireworks over a lake. This year carries even more significance as communities across New Hampshire mark America's 250th birthday with special parades, historic exhibits, and

KIND FOLKS, COLD WINTERS

By CHIPPY

hometown celebrations.

What strikes me isn't how different these celebrations are. It's how remarkably similar they remain.

You can drive from one end of the state to the other and find the same unwritten traditions. Someone always forgets the sunscreen. Someone's grandfather wears the same patriotic cap he has owned for twenty years. A local band plays songs everyone somehow knows by heart. There is always a child waving a flag that is almost bigger than they are.

For one afternoon, neighbors who may not have spoken since the last snowstorm end up sitting side by side on a curb, talking as though they had planned it all along.

That may be my favorite part of Independence Day.

We spend so much of the year rushing from one obligation to another that we rarely give ourselves permission to simply gather. The Fourth doesn't ask us to buy expensive gifts or prepare elaborate meals. It simply invites us outside.

Sit in the shade.

Watch the parade.

Eat something that probably came off a charcoal grill.

Stay until the fireflies appear.

Then look up.

I've always thought fireworks have an odd way of measuring time. Every shell seems to remind you of another July. You remember sitting on a blanket with your parents. Later, you remember carrying your own sleepy child back to the car after the finale. Before you know it, you're the one handing out glow sticks to grand-

children or waving to neighbors from the same spot you've claimed for years.

The fireworks themselves last only a few minutes. The memories echo for decades.

Of course, this year's celebration arrives with more than patriotic fanfare. It reminds us that our country has reached an extraordinary milestone. Two hundred and fifty years is a remarkable achievement for any nation, but anniversaries are not simply about looking backward. They also ask us what kind of neighbors we choose to be today. Fortunately, New Hampshire has always answered that question well.

We organize parades because volunteers show up. Fireworks happen because local businesses donate. Bands play because musicians give their time. Scouts place flags. Veterans march despite aching knees. Police officers direct traffic while everyone else enjoys the evening. None of it happens by accident.

Community isn't something we inherit. It's something we practice. Perhaps that's why I never grow tired of the Fourth of July. Beneath the music, the flags, and the fireworks is something even more enduring: the reminder that a town is strongest when its people decide to celebrate together.

By the time the last burst fades into the summer sky and the smoke drifts away, we're left with something more lasting than bright colors overhead.

We're reminded that freedom may be celebrated once a year, but community is built every day.



Winnisquam Echo

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MVSB supports inaugural Camp Resilience Leadership and Wellness Gala



COURTESY

From left, Elizabeth Mullaney, Camp Resilience Development Coordinator, Jeff Ladieu, Camp Resilience Executive Director, Sue Dagostino, MVSB Branch and Business Development Manager, Samantha LeClair, MVSB Business Development Officer, and Layla, Camp Resilience Mascot.

TILTON — Camp Resilience will host its inaugural Camp Resilience Leadership and Wellness Gala on Sept. 18 at the Lake Estate on Winnisquam in Tilton. The event is open to the public and will feature inspiring speakers, live music, demonstrations, and formal presentations highlighting the extraordinary contributions of our Military and First Responder leaders. MVSB (Meredith Village Savings Bank) has supported the event as the \$2,000 Chief Table sponsor.

“The Gala is an important opportunity to bring people together to better understand the impact of our programs and the importance of supporting those who serve and have served,” said Jeff Ladieu, Camp Resilience Executive Director. “At Camp

Resilience, we are focused on creating meaningful experiences that help individuals strengthen their mental, physical, and emotional well-being, while building connections that extend beyond the program and back into their families, workplaces, and communities. Support from events like this allows us to continue expanding that impact.”

The gala will shine a light on Camp Resilience’s Chiefs Wellness and Leadership Program, dedicated to supporting both mental and physical health for its participants. This innovative program provides a variety of opportunities, including outdoor recreation and life skills workshops, designed to promote overall well-being. Participants benefit from fireside peer conversations, as well as mindful meditation and

breathing exercises. These techniques are intended to help attendees manage stress and prevent burnout. All activities are thoughtfully crafted to be adaptable to a range of physical abilities, ensuring an inclusive and supportive environment for everyone involved.

“Camp Resilience is doing important work to support first responders and others in leadership roles who face high levels of stress,” said Sue Dagostino, MVSB Branch and Business Development Manager. “We are proud to support this event and the continued growth of their programs.”

Tickets to the Gala can be purchased online at camp-resilience.org/ events.

Camp Resilience (d.b.a. Patriot Resilient Leader Institute) is a nonprofit organization founded in 2014. Through retreats and programs held in the Lakes Region, Camp Resilience focuses on improving the physical, social, mental, and emotional well-being of participants. Offerings include outdoor experiential learning, life skills training, and peer-to-peer support, helping individuals build resilience and carry those skills back into their professional and personal lives while strengthening the communities they serve.

Go to campresilience.org for more information about Camp Resilience and its programs.

MVSB has been serving the essential banking needs of people, businesses, nonprofits and municipalities for more than 150 years. As a mutual savings bank, MVSB has no stockholders but rather operates for the benefit of its customers, employees and community. Since our founding, one thing has always remained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Exeter, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, North Conway, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Tilton resident named to Dean College’s Spring Semester Dean’s List

FRANKLIN, Mass. — Dean College is pleased to announce that Jordan Boelig of Tilton has earned a place on the Dean’s List for the Spring 2026 semester. Students named to the Dean’s List have demonstrated a serious commitment to their studies while at Dean College. Students achieve a place on the Dean’s List when they have earned a semester Grade Point Average (GPA) of 3.500 or higher with no grade below a “C” and no “RW,” “RP,” “RF” or “WF” grades for that semester. Part-time students are eligible after earning 12 credits. Full-time students must complete at least 75 percent of attempted credits to be eligible for Dean’s List consideration.

Founded in 1865, Dean College is a private, residential college located in Franklin Massachusetts, 45 minutes from Boston, Massachusetts, and Providence, Rhode Island. Dean College offers baccalaureate degrees, associate degree programs, as well as a robust schedule of part-time continuing and professional education credit and certificate programs throughout the calendar year.

Roger Williams University announces Dean’s List

BRISTOL, R.I. — Hunter Haht-Acres and Ashlee Roache of Belmont have been named to the Spring 2026 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.

About RWU

Roger Williams University offers professional studies and liberal arts programs, with campuses in Bristol and Providence, Rhode Island. We provide real-world learning that empowers students to become the changemakers and leaders our world needs next.

Local residents named to Dean’s List at Saint Anselm College

MANCHESTER — Saint Anselm College has released the Dean’s List of high academic achievers for the second semester of the 2025-2026 school year. Among the students recognized were Talia Watson of Belmont, Madysen Haskins and Evan Smith of Northfield, and Sophia Bruan of Sanbornton.

To be eligible for this honor, students must earn a grade point average of 3.4 or better in the semester with at least 12 credits of study which award a letter grade. This semester, a total of 721 students from 25 states and five countries were recognized.

About Saint Anselm College

Founded in 1889, Saint Anselm College is a four-year liberal arts college providing a 21st century education in the Catholic, Benedictine tradition. Located in southern New Hampshire near Boston and the seacoast, Saint Anselm is well known for its strong liberal arts curriculum, the New Hampshire Institute of Politics, a highly successful nursing program, a legacy of community service and a commitment to the arts.

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NH Boat Museum to host 50th Annual Alton Bay Boat Show Aug. 8



ALTON BAY — The New Hampshire Boat Museum (NHBM) will host the 50th Annual Alton Bay Boat Show on Saturday, Aug. 8 from 9 a.m. to noon at the Alton Bay Town Docks. The free public event marks a half-century of celebrating New Hampshire’s freshwater boating heritage and is among the longest-running vintage boat shows in the region.

“What I love about the Alton Bay Boat Show is how it turns the whole waterfront into a living gallery,” noted NHBM Executive Director Devon Kurtz. “Every boat carries a story, every owner is eager to share it, and the community leans in with real affection. It’s one of the coolest, most

heartfelt days on the lake.”

At the show, which features classic wooden and early fiberglass vessels (model year 1975 and earlier), spectators are invited to walk the docks, meet the owners, and cast ballots for the People’s Choice Award.

“This is one of the most exciting events of the summer for the whole family,” said NHBM Executive Director Devon Kurtz. “It’s truly a remarkable collection of boats, and spectators can get up close and talk with the owners.”

Pre-registration is not required, and docking is first-come, first-served.

“Reaching the 50th anniversary is a significant milestone for the museum and for the boating com-

munity across New Hampshire,” added Kurtz.

The 50th Annual Alton Bay Boat Show is sponsored by The NASWA Resort, Mundial Group, Inc., and Water’s Nook Home Decor and Gifts.

Founded in 1992, NHBM is dedicated to preserving and sharing the state’s rich freshwater boating heritage. Through dynamic exhibits, youth programs like Junior Skippers, and on-the-water experiences, NHBM brings New Hampshire’s boating story to life for visitors from across the state and beyond.

PETS OF THE WEEK

Meet Twitch!



Twitch is a rare and radiant orange girl with a personality that’s impossible to ignore. She’s wonderfully talkative — the kind of cat who believes every moment deserves commentary, especially if snacks might be involved. Whether she’s chirping, meowing, or softly narrating her day, Twitch always has

something to say and she fully expects you to listen.

This bright little girl is equal parts sweet and opinionated, with a charming knack for showing up exactly when treats are being considered. She loves food, loves attention, and loves making sure you never forget she exists (as if you could). Her expressive nature makes her feel more like a tiny, furry roommate who keeps the conversation going all day long.

Twitch is looking for a home that appreciates a social, snack-motivated companion with a big heart and even bigger personality. Life with her will never be quiet — but it will definitely be fun.



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Meet Dooz!



Dooz is a tiny puppy with a giant personality packed into one ridiculously cute little body. This sweet boy is full of happy energy, curious adventures, and gentle affection. He bounces through life with the confidence of a much larger

dog, even if his little legs occasionally cannot keep up with his enthusiasm.

Dooz loves people, loves attention, and is always ready to turn an ordinary moment into a puppy party. He would happily accept a full-time position as your shadow, cuddle buddy, and household entertainment coordinator. If you are looking for a puppy who will keep you smiling daily while also melting into your lap for naps, Dooz is very prepared to apply for the role.

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NHEC Foundation awards scholarships to local students



MARY ANN D'URSO — COURTESY

The New Hampshire Electric Cooperative recently awarded six scholarships to Granite State students pursuing higher-education programs. From left, Aladin Crnolic, Lukas Mondor and Riley Emmerton attended NHEC's Annual Meeting on June 16 to formally accept the scholarships.

THORNTON — The Cooperative (Co-op) recently awarded six scholarships to Granite State students pursuing higher-education programs.

of Timberlane Regional High School, who will attend Boston University to study Data Science in the fall.

The annual scholarships of \$1,500 are awarded to Co-op members or their children pursuing any accredited undergraduate program. One scholarship is specifically reserved for students entering a vocational or technical institution. The scholarships were presented during the Co-op's Annual Meeting at the Owl's Nest Resort in Thornton on June 16. This year's recipients are:

Aladin Crnolic, of Sandown, a 2026 graduate

Camper Dales, of Nottingham, a 2026 graduate of the Virtual Learning Academy Charter School (VLACS), who will attend Davidson College in North Carolina to study political science in the fall.

Riley Emmerton, of Littleton, a 2026 graduate of Woodsville High School, who will attend Emerson College in Boston this fall, studying in its School of Film, Television, and Me-

dia Arts.

Samuel Flynn, of Haverhill. A home-schooled student, Flynn is pursuing an associate degree in creative writing/English at New Hampshire Technical Institute.

Caroline Goren, of Center Harbor. A Moultonborough Academy graduate, Goren will enter her third year in the nursing program at Plymouth State University this fall.

Lukas Mondor, of Northfield, a Winnisquam Regional High School graduate, will enter his third year this fall at the University of Mass Low-

ell, where he is studying applied biomedical science — medical laboratory science.

Scholarships are awarded by the NHEC Foundation, a 501(c)(3) nonprofit established by the Co-op that provides scholarships and grants to local charities and communities in its service territory. It focuses on health, education, hunger relief, the arts, and community well-being. The NHEC Foundation is supported entirely by voluntary donations from Co-op members and has awarded nearly \$6 million to date. For more information, visit the NHEC Foundation page at NHEC.com.

“Unsung Heroes in New England History” to be presented at next Sanbornton Historical Society meeting

SANBORNTON — Brad Wolff will present a program entitled “Unsung Heroes in New England History” at 7 p.m. on Thursday, July 9 at the Lane Tavern of the Sanbornton Historical Society.

Wolff is a retired social studies teacher who was previously recognized by the New Hampshire Department of Education as well as the Gilder-Lehrman Institute of American History as New Hampshire's Social Studies Teacher of the Year.

He will speak about six New England residents, three of them from New Hampshire, whose lives and contributions have distinctively shaped our history and impacted our lives. They include Revolutionary War hero Gen. Henry Knox, author Harriet Beecher Stowe, conservationist Katherine Sleeper Walden, lighthouse keeper Walter Eberle, Korean War soldier George A. Curley, Jr., and political activist Doris Hadlock.

The Lane Tavern is located at 520 Sanborn Rd. (Route 132) in Sanbornton and is handicapped accessible and air-conditioned. The program is free to the public and will be followed with complimentary light refreshments in the Tap Room of the Lane Tavern. For more information, email us at info@lanetavern.org or call Linda at 603-603-286-4526.

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Winnisquam Regional School District honors retirees



Pictured above are WRSD School Board Chair Sean Goodwin, Donna Anderson, Ellen Hayes, Kelly Horgan, Debra Rankin, Carmel Lunt, and Superintendent of Schools Dr. Shannon Bartlett.

TILTON — Winnisquam Regional School District (WRSD) School Board Chair Sean Good-

win and Superintendent of Schools Dr. Shannon Bartlett proudly announce the retirement of five esteemed

staff members: Donna Anderson, Ellen Hayes, Carmel Lunt, Debra Rankin, and Kelly Horgan.

Together, these dedicated educators represent a collective 140 years of service to the students, families, and community of the Winnisquam Regional School District.

“We are deeply grateful for the incredible dedication, passion, and decades of service these educators have given to our schools,” said Superintendent Dr. Shannon Bartlett. “They have shaped countless lives and left an indelible mark on our district.”

Kelly Horgan has dedicated her heart, talent, and unwavering commitment to the district’s youngest

learners for the past 44 years. Her classroom has been a place where children have taken their first steps into a lifelong love of learning. With patience, kindness, and a deep understanding of her students, she has shaped not only academic growth, but confidence, curiosity, and character.

For four decades, Debra Rankin’s profound dedication to her students has been nothing short of inspiring. Her passion for teaching has truly left an indelible mark, demonstrating time and time again the unwavering commitment that she poured into every lesson, every interaction, and every student.

Audiences have raved about Ellen Hayes’ amazing music concerts, which beautifully blended rhythm, song, and dance. She has generously shared her profound passion for music education with generations of elementary school students for the past 28 years.

Carmel Lunt has spent the past 28 years creating a classroom environment rooted in care, respect, and high expectations. Her commitment to her students is evident in the strong relationships she built and the steady encouragement she provided every day, inspiring count-

less learners and helping them develop the skills and confidence needed to succeed.

Donna Anderson spent her 18-year career at Sanbornton Central School, where she most recently worked with third-grade students. She is an exceptionally caring and compassionate educator who is known for building deeply meaningful, strong relationships with her students.

The Winnisquam Regional School District extends its warmest congratulations and heartfelt thanks to all five retirees, wishing them the very best in their next chapters.

PSU hosting book launch for coach Joan Forge

PLYMOUTH — In celebration of the publication of her book, “Forging a Positive Team Culture: A Coach’s Guide to Building a Healthy Athletic Environment,” Plymouth State University will be hosting a book launch for volleyball coach Joan Forge on Wednesday, Sept. 16, from 2 to 3 p.m. at the school’s HUB Hague Room. Anyone interested in purchasing the book, with all proceeds going to benefit the Plymouth State University student-athletes, can find the book on Amazon.com.

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SHARE

CONTINUED FROM PAGE A1

Organizations chosen this year by Belknap Subaru were ECIO and the Veterans Count, a division of Easter Seals which assists New Hampshire veterans with their needs.

When customers purchase a vehicle from a Subaru dealership during those two-plus months, they get to choose one of the non-profits to which Sub-

aru of America will add \$250 toward a donation to that charitable group. Belknap Subaru also chips in another \$75 for each sale, totaling a \$350 donation each time to the charities each buyer selects. In addition to the sales, car owners who come in for service from Belknap Subaru will also know \$5 of that repair or service will also go to one of the non-profits.

Nationally the program has now raised \$345 mil-

lion dollars for not just the local charitable groups, but non-profit organizations such as the ASPCA, Make-A-Wish, Meals On Wheels America, and the National Park Foundation, this year's selections from the corporate level.

ECIO members Lisa and Carly Drew were grateful for yet another generous donation from Belknap Subaru and the Subaru Share the Love campaign. They said it will be put to

good use in caring for children in need throughout the Winnisquam area.

Joining in on the presentation to ECIO were Subaru of New England's

District Sales Manager; Rene La Plante, Digital Manager of New England; Chris Mango, District Service and Quality Manager; Belknap Subaru's General

Manager Mark Mallahan; owner Mark Johnstone, and their hard working sales team that were instrumental in the money raised this year.

CEREMONY

CONTINUED FROM PAGE A1

operations," Mr. DiPietro treats the school building with the care of his own home. He was celebrated for his daily efforts to connect with students and staff.

"His real legacy isn't just a spotless school, it is the way he makes the kids feel valued every day," said Javalgi.

When a classroom teacher unexpectedly departed at the start of the academic year, Mrs. McCormack stepped out of her specialized role to take over the classroom. She successfully stabilized the environment for the third-grade class, rebuilding trust and fostering a strong sense of community and peer support.

School Nurse Elizabeth Norko was recognized

for addressing the holistic needs of students who come to school carrying emotional and personal challenges alongside their backpacks. Mrs. Norko was commended for creating a warm, proactive, and deeply compassionate environment that prioritizes the overall well-being of every child.

Described by colleagues as an educator who positively shifts the atmosphere of the school, Ms. Duffy was honored for her patience and unwavering belief in student potential. Peers highlighted her dedication both in the classroom and on the track as a coach for students across all grade levels.

Mrs. Daugherty was recognized for her tireless advocacy and commitment to removing systemic barriers to student success.

She consistently introduces innovative programs and enriching experiences designed to ensure every student has the tools to reach their full potential.

Marking four decades of public service to the district, Nina Gardner was honored for her extensive tenure on the School Board, Budget Committee, and funding formula committees. Throughout 40 years of service, she has remained a steady voice of integrity, consistently keeping students at the center of district policy decisions.

The Winnisquam Regional School District extends its warmest congratulations to all of this year's recipients for their profound impact on the community and their enduring status as true Champions for Children.

Castle in the Clouds celebrates milestone season on NH Heritage Museum Trail



MOULTONBOROUGH — Castle Preservation Society, a member of the NH Heritage Museum Trail, is celebrating its 20th anniversary, building on the momentum of the Lucknow Estate's 2025 designation as a National Historic Landmark.

To mark the occasion, the Castle in the Clouds has unveiled a new exhibition exploring the estate's history after Thomas and Olive Plant, inviting visitors to discover the lesser-known chapters of Lucknow's story. The mansion itself remains the centerpiece of the visitor experience, with daily tours and a newly repaved historic driveway that sets the stage from the moment guests arrive.

Beyond the mansion, the property comes alive each June with more than 200 public programs scheduled across the 2026 season. Families can follow the newly installed Story Walk, which officially debuts June 13 with a grand opening celebration at the Picnic Pavilion

in partnership with Altrusa. Mondays feature story time and crafts led by the Moultonborough Public Library.

Stargazers and sun-watchers alike can also find their place at Castle in the Clouds, with Sunday solar gazing sessions with the New Hampshire Astronomical Society and an evening of constellation viewing on Thursday, June 18.

"From our mountaintop vantage point, the skies above Lucknow have inspired wonder for more than a century," noted Executive Director Charles Clark. "Programs like these connect visitors to the same sense of awe that drew Thomas and Olive Plant here in the first place."

The estate's natural beauty takes center stage through guided and volunteer-led hikes, garden tours of the historic Lucknow Gardens, and a Garden Photography Workshop presented with ArtWorks.

For those drawn to

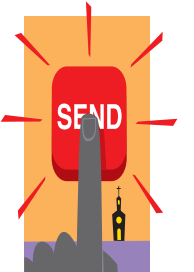
hands-on experiences, June offers everything from beekeeping sessions with Bewitched Acres to a watercolor workshop, the annual Community Arts Festival on June 27, and weekly yoga on the lawns beginning June 29. For a full schedule of programs and to register, visit castle-in-theclouds.org

"Our 20th anniversary is a moment to celebrate not just what we've preserved, but what we've built—a place where history, nature, and community come together," added Clark. It's also part of something bigger. As members across the NH Heritage Museum Trail are telling the story of New Hampshire in ways that invite everyone to be part of it."

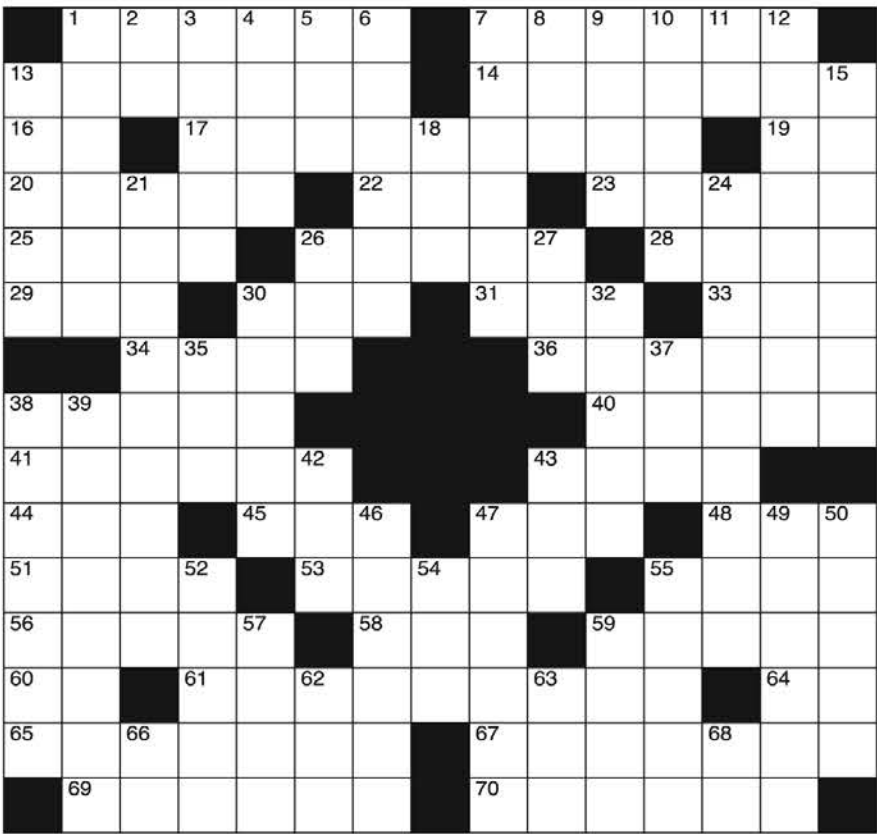
To learn more about the NH Heritage Museum Trail, featuring nearly two-dozen members in the Seacoast, Lakes Region, White Mountains, Dartmouth-Sunapee Region, and Merrimack Valley, visit nhmuseumtrail.org.

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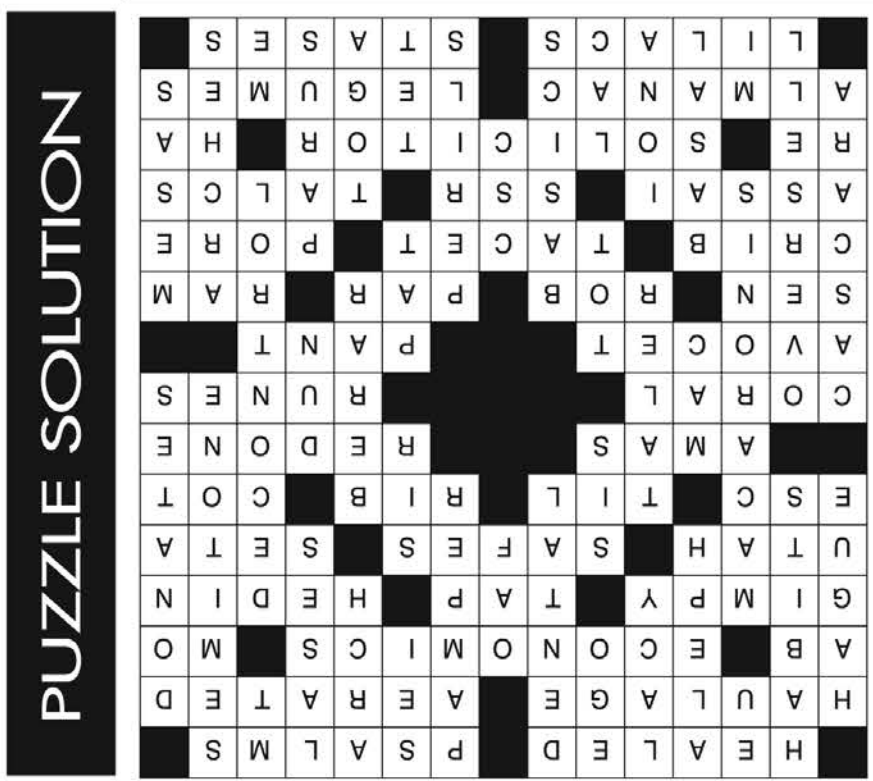


CLUES ACROSS

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- 7. Hymns
- 13. Commercial transport of goods
- 14. Poked holes in the ground
- 16. They precede C
- 17. Branch of knowledge concerned with wealth
- 19. Larry and Curly's pal
- 20. Injured
- 22. Popular type of dance
- 23. Moon crater
- 25. American state
- 26. Places to lock valuables
- 28. Stalk that supports the capsule
- 29. Keyboard key
- 30. '___ death do us part
- 31. A type of cage
- 33. A place to sleep
- 34. Annual music awards show
- 36. Made over
- 38. Hard, stony substance
- 40. Incantations
- 41. Long-legged, wading bird
- 43. Breathe noisily
- 44. Congressman
- 45. Rip off
- 47. Golf score
- 48. Popular pickup truck
- 51. Where infants sleep
- 53. Music term
- 55. Small opening in a surface
- 56. Musical term meaning "very"
- 58. Soviet Socialist Republic
- 59. Treats with powder
- 60. Email subject line feature
- 61. A British lawyer
- 64. Expression of laughter
- 65. Farmer's calendar
- 67. Seeds used as food
- 69. Eurasian shrubs
- 70. Periods of inactivity

CLUES DOWN

- 1. Hard things to kick
- 2. Collective of countries
- 3. Letter of Hebrew alphabet
- 4. One-time Alabama running back Eddie
- 5. One's sense of self-esteem
- 6. Of the teeth
- 7. Treat with care
- 8. Type of whale
- 9. Curved structure
- 10. Emits coherent radiation
- 11. One of the Gospels (abbr.)
- 12. Smallest interval in western music
- 13. Netherlands seat of government
- 15. Gives to charitably
- 18. Lout
- 21. Pastas
- 24. Release from restrictions
- 26. Female sibling
- 27. Title of respect
- 30. Silver coins
- 32. Region in India
- 35. Partner to cheese
- 37. Dark or dusky
- 38. Pacific Northwest tree
- 39. Exaggerate
- 42. Toddler
- 43. Touch lightly
- 46. Fundamentals
- 47. Jeopardies
- 49. Curved structures
- 50. Isolated, flat-topped hills
- 52. Forming the bottom layer
- 54. Reciprocal of sine
- 55. Genus of Old World birds
- 57. New York college
- 59. Cloak
- 62. Kawhi Leonard's team (abbr.)
- 63. Vietnamese offensive
- 66. "The Great Lakes State"
- 68. "___, myself and I"



WOW Trail launches Buy-a-Brick Campaign to support expansions, connections

LACONIA — Community members will have an opportunity to leave a lasting mark on a new enhancement in Lakeport while supporting the efforts of the WOW Trail by purchasing a brick for themselves or a loved one.

Leaders of the trail recently launched a “Buy a Brick. Build the Connection” campaign, inviting residents, businesses and visitors to purchase personalized, engraved bricks that will become part of the new Lakeport Connector, now under construction in Lakeport.

This new section will connect the WOW Trail to the Opechee Loop.

Bricks can be used to honor loved ones, celebrate family milestones, recognize businesses or commemorate meaningful connections to the Lakes Region. Proceeds from the campaign will help support development of the connector and future trail enhancements.

“This is an opportunity for people to become a permanent part of the WOW Trail story,” said Allan Beetle, president of the WOW Trail. “Every brick will represent a personal connection and help us build a safer, more beautiful and more connected community.”

The Lakeport Connector is being developed as part of the emerging Opechee Loop project, which will eventually create nearly six additional miles of safer bicycling opportunities around Lake Opechee.

The new promenade section will provide a welcoming public space, where residents and visitors can gather, relax and enjoy views of Lake Opechee, and it will also improve connections between neighborhoods, businesses and recreational destinations.

The WOW Trail has committed significant funding toward the promenade project and is working with community partners, city officials and private developers to bring the vision to life.

Bricks are available in two sizes: four-inch by eight-inch for \$150, and eight-inch by eight-inch for \$300. They will be installed along the new Lakeport promenade this fall.

The WOW Trail currently provides more than four miles of recreational and transportation opportunities connecting Laconia and Belmont.

“The WOW Trail has always been a community project, and this gives people a chance to become part of it in a very personal way,” Beetle said. “Years from now, families will be able to walk the promenade, find their brick and know they helped create something that benefits the entire region.”

To purchase a brick or learn more about the campaign, visit wowtrail.org, and for more information, email info@wowtrail.org.



COURTESY

Performing period music on authentic period instruments, the 12th NHV Regiment Serenade Band recreates the sound and spirit of a Civil War-era regimental brass band. Join the Laconia Historical & Museum Society as we celebrate America's 250th anniversary with an evening of patriotic music and history on **Saturday, July 4, at 6 p.m.** at the Pavilion at Taylor Community. This free program is open to the public.

LHMS hosting Fourth of July celebration at Taylor Community

LACONIA — The Laconia Historical & Museum Society invites the community to gather for an evening of patriotism, music, and reflection on Saturday, July 4, at 6 p.m. at The Pavilion at Taylor Community.

This family-friendly Independence Day observance offers an evening of patriotic music by the 12th New Hampshire Serenade Band, a reading of the Declaration of Independence, and a community sing-along of “America the Beautiful.” LHMS invites the community to come together in celebration of the nation’s history, ideals, and enduring spirit as America commemorates its 250th anniversary.

Attendees are encouraged to bring a lawn chair and water and to dress in their patriotic best. Veterans are welcome and encouraged to wear their uniforms. Food and pets are not permitted in accordance with venue guidelines.

This celebration is made possible through the generous support of The Laconia Putnam Fund.

The event is free and open to the public. For more information, visit laconiahistory.com or follow LHMS on social media.

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Gilmanston: This cleared 0.55-acre parcel in the Shellcamp Lake Association offers ample space to build a year-round home, cabin, or seasonal camp, with power already available at the street.

Brookfield: Tucked away on 1.33 private acres, this meticulously maintained 3-bedroom home features a cathedral-ceiling living room with a cozy wood stove insert, skylights, and a bright three-season sunroom.

Meredith: This 3-bedroom ranch features a cozy living room with a stone fireplace, warm wood accents. The property includes a detached bunkhouse. Residents enjoy deeded access to Lake Winnepesaukee across the street.

Gilford: Lovingly maintained by its original owner, this 3-bedroom, 2-bathroom ranch features a bright, open-concept layout with a vaulted-ceiling great room and a kitchen center island. Residents of this neighborhood benefit from a small footpath providing walking access directly to Lake Winnepesaukee.

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Concord Hospital – Laconia earns two honors in 2026 Best of the Lakes Region Awards

LACONIA — Concord Hospital Health System (CHHS) is proud to announce that Concord Hospital – Laconia (CHL) has been recognized with two awards in the 2026 Best of the Lakes Region contest, earning silver honors for Best Hospital and Best Otolaryngology.

Hosted annually by the Laconia Daily Sun, the Best of the Lakes Region awards celebrate organizations, businesses, and services that make a positive impact throughout the Lakes Region. This year, more than 47,000 people cast over 310,000 votes, recognizing their favorite local businesses and service providers across dozens of categories.

The recognition reflects the trust community members place in CHL providers to deliver high-quality, compassionate care close to home.

“We are incredibly honored to be recognized by the communities we serve,” said Chief Administrative Officer and Administrative Director



of Medical Specialties at Concord Hospital Franklin and Laconia, Debbie McLaughlin, RN. “These awards are especially meaningful because they come directly from the people who experience our care firsthand. They reflect the dedication of our entire care team, who work every

day to ensure our patients receive exceptional care in a welcoming and compas-

sionate environment.”

The recognition also highlights the ongoing in-

vestment CHHS has made in strengthening healthcare services throughout the

Lakes Region. Since 2021, the organization has expanded access to specialty care, enhanced facilities and technology, recruited providers, and introduced new services to meet the evolving needs of local residents.

“Whether patients are visiting us for primary care, specialty care, surgery, rehabilitation, or emergency services, our goal is always the same: to provide safe, high-quality care close to home,” McLaughlin said. “We are grateful for the confidence our community places in us and remain committed to serving the Lakes Region for generations to come.”

For more information about CHHS and its services in the Lakes Region, visit concordhospital.org.

League of NH Craftsmen Gallery hosting gemstone cuff bracelet class with Deb Ryan

MEREDITH — Join us at the League of NH Craftsmen – Meredith Fine Craft Gallery on Saturday, July 18 from 10 a.m. – 3 p.m. for a Gemstone Sterling Cuff Bracelet Class with jewelry artist Deborah Ryan.

Join jeweler Deb Ryan for this one-day metalsmithing workshop where students will make their own skinny silver cuff bracelets with a gemstone bezel. You will create the bezel for a cabochon (flat-backed gemstone), fabricate the stamped sterling cuff from 8g half-round wire, attach your bezel,



and then learn how to set the stone in your new cuff. The final product makes for a gorgeous, hand-crafted gift for a friend, a loved one, or yourself!

Tuition is \$55 per student, plus a \$50 materials

fee to be paid cash or check to the instructor on the day of class.

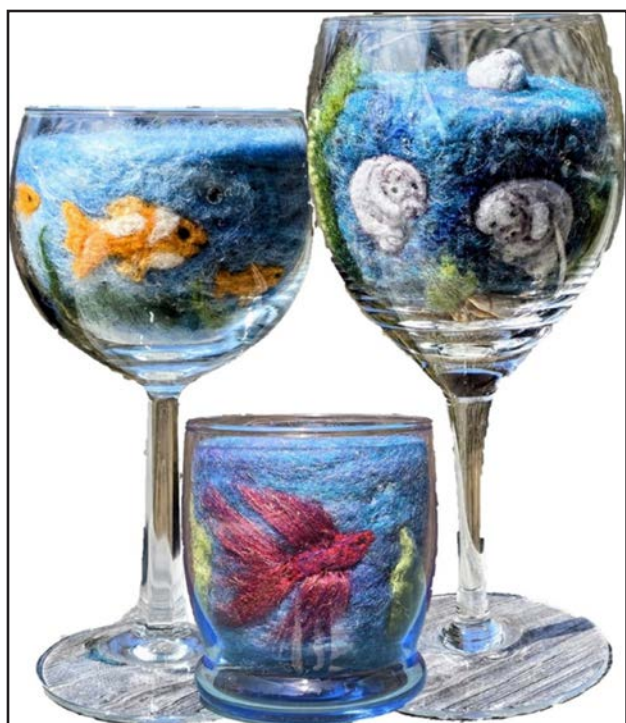
Space is limited and pre-registration is required. Those who wish to take the class must sign up by Wednesday, July 15.

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 NH’s fine craft tradition since 1932.

League of NH Craftsmen Gallery hosting felted fish bowl class with Patsy Frasier



MEREDITH — Join artist Patsy Frasier at the League of NH Craftsmen - Meredith Fine Craft Gallery on Saturday, July 11 from 1 to 4 p.m. for a Felted Fish Bowl class.

Learn the art of needle felting and create your own felted fish bowl in this fun one-day workshop! Juried artist Patsy Frasier will guide students through making a creative faux fish bowl that can sit anywhere with none of the maintenance a real fish bowl demands. It can be a simple goldfish or a fish straight from your imagination. This class is made to be fun for all experience levels.

Tuition is \$50 per student with an additional materials fee of \$20 paid by cash or check to the instructor at the time of the class.

Space is limited and pre-registration is required. Those who wish to attend must sign up by Wednesday, July 8th.

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/>.

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 NH’s fine craft tradition since 1932.

Grit to Grow Summit empowers youth with career exploration and life skills

LACONIA — The recent Grit to Grow Summit brought together 99 teens, along with families, educators, and industry professionals, for a dynamic, multi-day event designed to help young people build confidence, explore career pathways, and prepare for life beyond high school. The summit, held at Lakes Region Community College and the Inn at Mill Falls in Meredith, was widely regarded as a major success.

The three-day experience went far beyond a traditional career fair, offering students hands-on opportunities to develop practical skills and explore their futures. Participants engaged in sessions focused on budgeting, leadership, self-discovery, and entrepreneurship, while also connecting with peers during a social cookout that fostered a sense of belonging and community.

The second day welcomed both teens and their families for industry-specific workshops, training demonstrations, and the Future Pathways Expo, where students met directly with employers and educators. The final day expanded into a broader community and industry engagement event, including collaborative discussions and a public career fair that connected students with leaders shaping New



Hampshire’s workforce.

Organizers emphasized the importance of addressing the uncertainty many young people face as they transition from high school to adulthood.

“Many teens today feel unprepared for the leap from high school into adulthood. They face endless options but limited chances to experience them,” said Mike Harris, Belknap County 4-H Program Manager with UNH Cooperative Extension. “The summit closed that gap by giving students a safe, supportive place to ask big questions about their future and explore what pathways truly align with their strengths and interests.”

The summit highlighted a wide range of post-high school opportunities, from

skilled trades and college pathways to entrepreneurship, helping students envision meaningful futures within their own communities. By connecting youth with real-world experiences and local industry partners, the event contributed to strengthening the long-term vitality of New Hampshire’s workforce.

Accessibility remained a priority, with full scholarships ensuring Belknap County youth could participate regardless of financial barriers.

Community partners, educators, and families played a vital role in the success of the summit by encouraging participation and supporting students throughout the experience.

The Grit to Grow Sum-

mit demonstrated the power of collaboration in equipping young people with the tools, confidence, and connections they need to succeed in an ever-changing world.

About UNH Cooperative Extension UNH Cooperative Extension brings research-based education and trusted expertise to communities across New Hampshire. Through programs like 4-H youth development, Extension helps young people build critical life skills, explore career pathways, and become engaged, capable leaders. By connecting education with real-world experiences, Extension strengthens individuals, families, and the state’s workforce for the future.

Comfort Keepers

Healthy eating: Simple and on a budget

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

There is a lot of information on healthy eating and a lot of confusion to go along with it. What is certain is that we all know that we are supposed to eat healthily. Before we can do that, though, we need to understand what this means. Breastcancer.org gives an excellent, simple definition, one that is applicable to all people, not just cancer patients, of what eating healthy means:

"Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals."

While this definition is simple, putting it into practice is a difficult task for many people. For seniors, it may be particularly difficult for two reasons: they may have physical limitations that prevent them from preparing food regularly and they may believe they cannot afford to. However, the same strategies that can be applied by a working mother or a busy single father to get healthy food quickly, easily, and inexpensively on the table can be applied by a senior with limitations on a budget.

Tackling time and physical limitations

Plan, plan, and plan some more—that is the secret to a regular, healthy lifestyle. When not feeling well, it is very easy to resort to fast, processed, convenience foods, and these foods rarely match the definition of healthy eating. A better approach to avoid resorting to unhealthy foods and snacks is to take some time one day a week to plan meals. This takes the guesswork out of daily meal preparation.

Making a large quantity of food at one time easily cuts down on the amount of work involved in meal preparation; this can then be portioned into individual serving containers to freeze for later consumption. Homemade TV dinners are healthy alternatives to buying food out of a box. One-pot meals, such as soups and stews, are easy to prepare; do not dirty many dishes, so cleanup is easy; and freeze extremely well. Alternatively, when preparing a meal, always make extra servings freeze the rest for later. This has an added advantage for seniors whose caregivers may not come for every meal: if the caregiver prepares extra for the meals when they are present, the senior will have extra meals for those times when they are on their own.

Another strategy is to be

sure items that do not require cooking are on hand. Have a stock of whole-grain, no-added-sugar cereals available. Honey or fruit can add sweetness if the senior does not have any medical history that precludes the use of sugars. Make sure that ready-to-eat fresh fruits and vegetables are available for snacking. Try to buy "the rainbow" when shopping; look for leafy green vegetables, and bright orange, red, yellow, and purple vegetables and fruits so the senior has a colorful plate and gets a variety of nutrients. Dried fruits are also healthy choices, but the senior should eat them in moderation as these are basically concentrated forms of the fruit and therefore high in sugar.

Staying within a budget

Many seniors are on a fixed budget and need to watch their overall expenses. When you are shopping for foods with your senior, shop the perimeter of the store where the fresh foods are displayed and buy fruits and vegetables in season. (Out-of-season produce is always more expensive.) Unhealthier, processed foods are strategically located directly in the middle of the store so that you need to walk past these foods to get to popular fresh products such as dairy or cheeses, increasing the chance that you will buy the unhealthy products. Be aware of this and shop smartly; you can buy nearly everything you need in the fresh food departments around the perimeter of the store.

Keep in mind that while a processed food choice may seem cheaper than fresh food, you generally need to eat greater quantities of these to feel full, and you tend to feel hungrier sooner after eating foods high in fats, refined sugars, and carbohydrates. Complex carbohydrates (e.g. whole grains, quinoa, barley, wild rice); fresh fruits and vegetables, especially green, leafy vegetables; and good sources of protein such as chicken, fish, beans, and nuts break down more slowly in your system leaving you full longer. While some fresh products may seem too expensive, by only needing to eat smaller quantities, you actually spend less overall.

If the price of fresh products concerns your senior, the Environmental Working Group (EWG) offers a useful resource, Good Food on a Tight Budget. This guide lists the most popular fresh foods, rating them according to nutritional value versus cost. For example, fruits that pack the most nutrients for the lowest cost include bananas, pears, nectarines, and orange juice. Broccoli, collards and romaine lettuce are your most nutritious best values for vegeta-

bles. The EWG also offers shopping tips and recipes so you can plan meals with your senior using healthy foods while staying within budget. You can download the free guide at www.ewg.org.

Additionally, you can reduce your senior's food expenses by reducing the portion sizes of meals. Seniors may have increased nutritional requirements, but they also may have decreased caloric requirements. There has been a growing trend over the past decades of "super-sizing" everything, including meal portions, and since many of us are raised to believe we must eat everything on our plates, obesity is on the rise. A simple method to combat this is to serve food on smaller plates; this tricks the brain into believing that you are eating more than you are. Fill the plate with a variety of vegetables, grains, and complex carbohydrates rather

than with more expensive cuts of meats, and serve meats in smaller portions (e.g. cut a steak in half for two meals). A good way to make meats stretch by making soups and stews. These are filling and nutritious and can provide more meals than they would if prepared as a main dish. These techniques allow you to enjoy the foods you love, but in smaller quantities and more cheaply, and walk away from the table feeling satisfied.

When going out to eat, seniors should avoid fast food establishments and look for local places that may have good, healthy food at reasonable prices. Local farmer's markets and diners may be good alternatives for an inexpensive lunch. Taking home leftovers can also save money. This can convert one meal into two meals for the same price as one.

There are many re-

sources available that can help you and your senior plan meals that are healthy while not breaking the bank. In addition to the resources already mentioned, MyPlate.gov, The Harvard School of Public Health (<http://www.hsph.harvard.edu/nutritionsource/>), and Livestrong.com can provide additional information on nutrition and meal planning and offer healthy recipes. Probably the key to maintaining a healthy lifestyle in later years, though, is keep it simple. Look for fresh foods, prepare them simply, use minimal saturated fats, and enjoy your meals.

About Comfort Keepers
Comfort Keepers is a trusted provider of medical and non-medical in-home care, helping seniors and adults live safely, independently, and with dignity. Our comprehensive services include companionship, transportation, housekeeping, meal prepara-

tion, personal care, mobility assistance, private duty nursing, Live in and 24/7 caregiving. We also offer Comfort360™ Alert, part of our innovative Comfort360™ suite, delivering 24/7 response, proactive support, and added peace of mind for clients and families. Proudly serving New Hampshire since 2005, Comfort Keepers is committed to elevating the human spirit through compassionate, personalized care. To learn more, call 603-536-6060 or visit NHComfortKeepers.com.

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Environmental Working Group. (August 2012). Good Food on a Tight Budget. Retrieved from <http://www.ewg.org/goodfood/>

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The **Winnisquam Regional School District** will be disposing of Special Education & 504 files for former students born in the year 1999 & 2000.

If you or your child were born in 1999 or 2000, were receiving Special Education services and would like your file, please contact Student Services @

**603-286-4116 ext. 8100
before July 31, 2026.**

Castle in the Clouds has lots to offer in July



MOULTONBOROUGH — Castle in the Clouds is in full swing now that summer is officially here. This July there will be programs at the historic estate that range from guided hikes to yoga to a petting zoo!

There are several recurring programs that guests can participate in at the Castle this month, starting with Music Nights, which occur every Monday, Tuesday, and Wednesday. Registration is required for these evening dinner concerts with a view. On Mondays, you can also start the day with a family-centered Story Time & Craft Hour in partnership with the Moultonborough Public Library. These take place at the picnic pavilion from 11 a.m.-noon (there is a rain space for rainy days as well). Later on Mondays, guests can join in on Yoga on the Lawns of Lucknow from 6-7 p.m. On Sundays, guests can swing by for Solar Gazing from 11 a.m.-4 p.m. with the NH Astronomical Society.

Volcanoes & Cellar Holes: the History of Ossipee Park is a walking tour held every other Thursday at 10 a.m. There are also guided hikes most Thursdays as well as the Saturday Hikes most Saturday mornings. To see the complete list of hiking times and locations visit our website.

Lucknow Garden Tours continue this month, alternating between Friday and Saturday each week. Join this 10:15 a.m. tour to see outside Lucknow Mansion and learn about the gardens directly from the Castle's

head gardener.

Starting July 11, Concerts in the Clouds is back! Great Waters has a great line up this summer, starting with an Arrival from Sweden – an ABBA music experience. On July 17, guests can see Neil Berg; Peace, Love, and Rock & Roll. The following week will feature Chanticleer – A cappella, on July 24. For tickets and more information, interested parties should visit the Great Waters Web site: <https://greatwaters.org/>.

On July 18 and 19, there will be a Petting Zoo in the meadow – a call back to when Castle in the Clouds used to feature their own petting zoo. This is a special Castle Preservation Society 20th Anniversary event, free for guests and their families.

Teachers can attend a two-day professional development workshop on July 22 and 23. Science of Writing will help teachers design explicit, systematic instruction that supports all learners. Participants will have the opportunity to hike, tour the Castle, and eat at the Carriage House Restaurant as part of the two-day experience. Registration ends July 18, so be sure to secure a spot before then.

Also on July 23 is Constellations at the Castle, a great opportunity to learn more about, and observe, the night sky with a scenic view from the meadow and Carriage House. This event takes place in the evening from 8-10pm.

A day later, join Audrey Drake for a Sound Bath from 6-7 p.m. on July 24 and then, on July 26, join Bewitched Acres for a Small-Group Beekeeping

class from 11 a.m.-12:30 p.m.

In order to register for these programs, please visit <https://www.castleintheclouds.org/calendar-of-events/month/2026-07/>. For more information, please contact programs@castleintheclouds.org or visit www.castleintheclouds.org

About Castle in the Clouds

As the premier historical museum in the beautiful Lakes Region of New Hampshire, Castle in the Clouds provides each visitor with a look into the past while providing contemporary comforts to make every visit memorable. Originally called Lucknow, this breathtaking 6,300-acre property was developed in 1913 by Tomas G. Plant, a wealthy shoe manufacturer, to create a luxurious lifestyle with state-of-the-art amenities, beautiful hand-made furnishings, and a large staff to run the

estate. These days, visitors come from all around the world to tour the mansion and exhibit gallery, dine in the Carriage House Restaurant or Café in the Clouds, explore miles of hiking and walking trails maintained by partner organization the Lakes Region Conservation Trust, or enjoy one of our many programs and events. Operated by the Castle Preservation Society, a 501(c)(3) nonprofit organization, Castle in the Clouds is revered as a cultural and educational resource. The Lucknow Estate was designated a National Historic Landmark in 2024, recognizing its national significance in architecture and landscape architecture. Castle in the Clouds is also available as a fairytale wedding location and versatile private event rental venue. For more information about Castle in the Clouds, visit www.castleintheclouds.org.

NHBM announces summer Children's Story Hour dates

MOULTONBOROUGH — The New Hampshire Boat Museum (NHBM) will offer Children's Story Hour in collaboration with the Moultonborough Public Library on three Thursdays this summer: June 11, July 9, Aug. 6, and Sept. 10 from 11 a.m. to noon. Each session is open to families with children ages two through six.

Moultonborough children's librarian Sharon Gulla will lead each session, reading stories to attendees. A craft activity will follow each reading.

The program is free, and registration is not required, with sessions taking place in the museum's exhibit space near the toy boat collection and the full-size marina exhibit.

Children's Story Hour is one of several programs NHBM offers as part of its 2026 season, which highlights New Hampshire's freshwater boating heritage through dynamic exhibits, youth programs like Junior Skippers, and on-the-water experiences. To learn more about Children's Story Hour and other programs, visit nhbm.org.

30 Years
GREAT WATERS
 SUMMER CONCERTS

at Castle in the Clouds

ARRIVAL FROM SWEDEN:
 The Music of ABBA
SATURDAY, JULY 11 • 7:30 PM

NEIL BERG The 60's:
 Peace, Love, Rock & Roll
FRIDAY, JULY 17 • 7:30 PM

BLANK SPACE:
 Unofficial Taylor Swift Tribute
SATURDAY, AUGUST 1 • 7:30 PM

RHINESTONE COWGIRLS:
 Legendary Ladies of Country Music
SATURDAY, AUGUST 15 • 7:30 PM

ONE NIGHT OF QUEEN
 with Gary Mullen & the Works
SATURDAY, AUGUST 29 • 7:30 PM

Downtown Wolfeboro

CHANTICLEER: Our American Journey
FRIDAY, JULY 24 • 7:30 PM

MANDY GONZALEZ: Sings Broadway
SATURDAY, AUGUST 8 • 7:30 PM

GENTLEMEN'S QUARTET
 with guest vocalist Erin Shields
THURSDAY, AUGUST 20 • 7:30 PM

Tickets on sale now!
 Call (603) 569-7710,
 visit GreatWaters.org, or scan.

DON'T MISS...
Student Showcase Gala
 Thursday, July 9th, 5-8 p.m.
 Grayson Student Center at Brewster Academy
Cocktails, appetizers, dinner, dessert, and entertainment.

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