

THURSDAY, SEPTEMBER 14, 2023

GILFORD, N.H.

Caldon hat trick sends Gilford girls past Prospect Mountain

BY JOSHUA SPAULDING

Sports Editor ALTON — The Prospect Mountain soccer girls put up a pretty good fight against the defending champions in the heat on Wednesday, Sept. 6.

However, the Gilford Golden Eagles charged to life in the second half and turned a 1-0 lead into a 6-2 win behind a hat trick from Millie Caldon.

Out of the gate, Gilford had some early chances, with Prospect keeper Eve Roberge making the saves in net. Lianna Keenan had a nice cross for the Golden Eagles, but Prospect's Katie Jones was able to clear the ball out. Ella Smith made a good defensive stop on a Caldon bid and Kendal Heyman had a shot for Gilford that Roberge snared.

Caldon just missed connecting with Keenan

BY ERIN PLUMMER mnews@salmonpress.news

GILFORD – School is This school year the GES is doing a "Se-

three building could see dergarten or entering wrote. on the first day of school. middle school.

GMS principal Tara Beuchemin wrote in the a shot go wide at the other end of the field.

Photo by Joshua Spaulding

Jones and Juliette West had good defensive

plays for the hosts, while Gilford got a nice defensive stop from Gracey LeBlanc. Anna Coapland made a nice cross to Alana Gardner for a chance, but Prospect's Olivia Charles made a good defensive play.

The Golden Eagles got on the board when Macy Sawyer buried a shot from just inside the box to the top corner for the 1-0 lead. Ava Wilson came back with another chance for the Golden Eagles, but Prospect's Damonica Charles and Lani Demers made good defensive stops.

Roberge stopped another shot from Caldon and White just missed connecting with Laney Henry on a chance going the other way. Olivia Charles made a nice defensive stop on Wilson and Olivia Noyes sent a nice ball up to White SEE SOCCER, PAGE A10

Prospect Mountain's Laney Henry and Gilford's Leah Davignon battle for position in action last Wednesday.

other end, Smith had a bid that Gilford keep-

on a chance and at the Ava Tibbs just missed connecting with Sarah White on a Prospect bid, er Ariah Dewar got to. with Maddie McKenna stopped and Caldon had

making a strong defensive stop. White had another bid that Dewar

Gilford schools "opening doors" at the start of the school year

back in session for Gilford students with a new year focused on "Opening Doors" and helping students realize their potential.

The doors at Gilford Elementary, Middle, and High Schools opened on Sept. 5 for the 2023-2024 school year.

The Gilford District PTA welcomed students and staff back to all three schools with a Chalk the Walk event on Sept. 2 and 4. Participants wrote positive messages on the sidewalks that people returning to all

district has adopted the theme "Opening Doors in 23-24."

"As we embark on this journey, let's reflect on the doors we're excited to open," GES Principal Danielle Bolduc wrote in on the school's website. "Will it be the door to reading, problem-solving, or forming new friendships? Our goal is to embrace new opportunities."

She wrote that doors usually symbolize transition, which many students are going through whether entering kin-

cret Doors" activity. Students are asked to look for tiny doors around the school, take a photo of them, and send them to Bolduc. The photos will be showcased on the school's social media pages.

Students and parents are also encouraged to explore outdoor resources such as the school's Panda Path, Mount Rowe, Weeks Woods, Gunstock, and the Locke Hills Trails.

"Open the door to nature and enjoy the beauty of our town," Bolduc latest school newsletter that students and the administrative team talked about how the "Open Doors" theme applies to them and talked about what doors they could potentially open.

This year GMS has moved to a universal schedule across grades 5-8.

"Our learners were excited to see that we have moved from the homeroom model to advisories this year which will help support all of our students in developing relationships with

The Gilford District PTA hosted a Chalk the Walk where members of the community could write positive messages for students returning to all three Gilford schools. Photo from the Gilford District PTA's Facebook page.

their peers in addition to developing relationships with staff through activities, conversations, and other positive communication that will lead to a strong start of school each morning." Beauchemin wrote.

There will also be an Intervention and Learner Lab. For Intervention, smaller groups of students will have the opportunity to meet with their individual core teachers to get more direct support. Learner Lab is a learning classroom based on inde-

SEE GILFORD, PAGE A10

Laconia Multicultural Festival brings many cultures together in one place



Samba Viva demonstrates Brazilian dance at the Laconia Multicultural Festival.

BY ERIN PLUMMER

mnews@salmonpress.news

LACONIA - The food, music, dance, clothing, and much more from so many different cultures could be found in one place right during the annual Laconia Multicultural Festival.

On Sept. 9, vendors and performers from many different cultures were set up in Rotary Park and the city hall parking lot for the annual festival. Different vendors sold food and items and performers displayed their talents in Rotary Park throughout the day.

Becky Guyer, Executive Director of the Laconia Multicultural Festival, said this event is a celebration.

SEE FESTIVAL, PAGE A1

Crews from around the area extinguish fire at Alton transfer station

BY ERIN PLUMMER

mnews@salmonpress.news

ALTON – A fire broke out in a mulch pile at the Alton Transfer Station, bringing fire crews from around the area.

The Alton Fire Department received a call on Sept. 8 around 7:32 a.m. about an outside fire at the transfer station. According to a statement Alton FD, the duty crew was handling an emergency transport to Wentworth Douglass Hospital in Dover and Engine 4 was the only crew in the village responded to the call. When arriving on scene, crews found a large pile of mulch and debris on fire.

Alton's Engine 1, 2, 3, and 4 as well as Forestry

Fall at the New Durham Public Library



Congratulations to Remington Parent for completing the 1,000 Books Before Kindergarten challenge! At 4-years-old Remington has read more than 1,000 books. What an accomplishment! All families are invited to bring their kiddos down to the library to register them for the 1,000 Books Before Kindergarten or 500 Books Before Middle School programs that NDPL has to offer.

NEW DURHAM Fall is here at the New Durham Public Library and there are lots of activities going on this

season. Be sure to come in and check out a program, and don't forget to sign up for a library card! For the month of September the library is giving out limited edition My First Library Cards to kiddos.

Storytime is back on Wednesdays at 10 a.m. starting Sept. 20.

Homeschool Hangout will be the second Monday of each month from 10:30-11:30 a.m. Homeschooling families are invited to come and hangout with other families while we do fun activities such as playing with robots, making candy sushi, creating Pokémon characters, and more.

"A Genealogy Starter Guide" on how to be a genealogical researcher will be at 5:30 p.m. on Sept. 13. This program is made possible through a grant by NH Humanities.

Join us on Sept. 20th at 5:30 p.m. for "Putting the Garden to Bed," a program to teach you how to prepare your gardens for winter.

Kids ages 5-9 are invited to attend a Robopets program with Snapology of Dover. There will be two programs on Sept. 27: 2:15 p.m. and 3:30 p.m. Please call or email the library to register your child as spots are limited.

Homeschool Book Club is back in October! Come to the library to pick up your copy of the book and meet at the library to discuss and do activities.

"The Old Man: His Life and Legacy" is on Oct. 3 at 5:30 p.m. This program features stories, myths, and legends about the iconic stone face of New Hampshire. This program is made possible through a grant by NH Humanities.

Join us at Butternut Farm on Oct.6 at 10:30am for Pumpkin Picking. Families are asked to meet at the farm and to bring money, as there is an associated cost.

Join us for Pumpkin Carving with New Durham Parks & Recreation on Oct. 17 at 3:30 p.m. Pumpkin Carving and extra activities will be hosted at the library. but families should register on the Parks & Rec website.

Do you have questions about what conservation easement is, or what the process for conserving your land means to you? Join us for "Conservation 101" on Oct. 25 at 3:30 p.m.

"Wizard Crafts" is October 24 at 3:30 p.m. Come to the library and



Madison Moore is the winner of the First Annual NDPL Ice Cream Trail. The NDPL Ice Cream Trail is sponsored by the Friends of the New Durham Public Library. This year 12 local ice cream shops were featured and participants were invited to visit and eat ice cream at all 12 to win a prize and be entered into a raffle drawing for a \$100 Amazon Gift Card. Madison and her mother went to all 12 stops over the summer and she was the grand prize winner. Congratulations, Madison!

ball, and play with pomake a wand, tell your tions. This program is the library to register.

fortunes with a crystal for ages 5 and up. Families need to call or email

Next plastics Event Sept. 16





COURTESY PHOTO

Alton painter wins first place

Duane Hammond of Alton proudly displays his First Place winning pastel painting titled "Ode to Ogden" which was also judged Best-in-Show, in the Lakes Region Art Association's Annual Show. The contest included over 100 entries featuring

all mediums from oil paintings, watercolors, pen and ink and pencil drawings to photography. Hammond's painting, along with all other winners in each category, is on display for the month of September at the LRAA Gallery. Tanger Outlet.

Tilton. The gallery is open Thursday-Sunday 10 a.m. to 5 p.m.



From left to right: Lori Chandler, Patricia Sommers, Inez Andrews, Matt Soza, Jean Jamison with a collection box

LACONIA - The latest soft plastics recycling collection will be held, weather permitting, on Saturday Sept. 16, 11 a.m.-1 p.m., in front of the little white Unitarian-Universalist church at 172 Pleasant St. in Laconia. Volunteer members of the Laconia/Gilford Lions Club and the UU Green Sanctuary Committee will be curbside to collect donated clean soft dry plastics.

the Gilford Hannaford's delivery point to the Trex Corp. in Maine, to be repurposed responsibly as composite decking and outdoor deck furniture. There is no charge or fee to drop off unwanted plastics. Also, this collection is not limited to residents of Laconia and Gilford. All are welcome.

"We now have three collection boxes at different spots in the church explained building,"

Chair and Lion member Roger Andrews. "People who cannot attend the event itself can drop off their plastics earlier and still be part of this effort. They also won't have collected plastics cluttering their homes."

"Our last two events each collected exactly the same amount—514 pounds," added Lion Bill Chandler. "Will we match that a third time or exceed it? Come help us find out."

All plastics are sent via Green Sanctuary Co-

Don't miss the next to last hazardous waste event in Wolfeboro

ter storage of toxic prod-

ucts, stale gasoline, etc.

Oct. 14 will be the last

event in 2023. Program

Wolfeboro, before Sept.

16, at the Solid Waste Fa-

cility. Alton folks bring

passes with you, avail-

able at Alton Transfer

Obtain passes for

reopens May 18, 2024.

WOLFEBORO - Sat- from worry about winurday, Sept. 16, Lakes Region Household Hazardous Product Facility (LRHHPF) will have its next to last monthly collection for 2023 from 8:30 a.m.-noon at 404 Beach Pond Road. We are open rain or shine.

Attend early and enjoy your fall days free



Station. All other towns \$45 cash/check for each zero-to-five-gallon increment counting the size of the cans. Multiple increments accepted. Select non-member towns offer some reimbursement, ask Site Coordinator for details.

Call 603-651-7530 for the most accurate information. No latex paint as it is not a hazardous waste. Oil base paints, stains, automotive fluids, pool chemicals, cleaning products, and pesticides are common items collected. Placing containers in a cardboard box will speed up removal and keep the vehicle tidy.

"Sound Off" A Cappella: Modern Pop with A Soulful Twist

WOLFEBORO - Wolfeboro Friends of Music launches its 88th season with one of America's great all vocal ensembles, "Sound Off" A Cappella, "Modern Pop with A Soulful Twist." The premiere concert takes place at Anderson Hall, Brewster Academy on Sunday, September 17 at 3 p.m.

"Sound Off' is an award-winning a cappella group based in Boston. They are unique large format a cappella ensemble. They are a mix of upper and lower voices brought together by an unabashed love for a cappella music and performance. They are a proud member of the Contemporary A Cappella League (CAL) and have been finalists for the national championship at Carnegie Hall in New York City.



Wolfeboro Friends of Music launches its 88th season with one of America's great all vocal ensembles, "Sound Off" A Cappella, "Modern Pop with A Soulful Twist." The premiere concert takes place at Anderson Hall, Brewster Academy on Sunday, September 17 at 3 p.m.

Their contemporary pop repertoire is infused with high energy and features acclaimed original arrangements. They aim to leave their hearts on every stage and hope that our Wolfeboro audience feels like "they are in the heart" of the party.

They have been lauded for their recorded music and live performances alike, and are proud

SNHU Announces Summer 2023 Dean's List

MANCHESTER - It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Summer 2023 Dean's List. The summer terms run from May to August.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the Dean's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired eight-week terms grouped in fall, winter/spring, and summer.

The following students were on the SNHU Dean's List:

- Lara Renner of Alton
- Leah Gorneau of Alton
- Anthony Cusson of Center Barnstead
- Corey Porter of Center Barnstead
- Alec Carpenter of Alton

Southern New Hampshire University (SNHU) is a private, nonprofit institution with a 90-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as one of the «Most Innovative» regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www. snhu.edu. to have achieved the following awards:

W G B H Sing That Thing! Season Champions

Varsity Vocals "Aca Open," Finals at Carnegie Hall;

Boston Harmony Sweepstakes, First Place Champions/ Audience Favorite/ Best Original Arrangement; C o n temporary National 'A Cappella Recording Awards', Winners and Nominees in 2015, 2016, 2017, 2018,

and 2019.

Original arrangements and compositions (available on iTunes) include:

"Everglow" (2023), "Never Let Me Go"

Gilford and Gilmanton students on SNHU President's List

MANCHESTER - It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Summer 2023 President's List. The summer terms run from May to August.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

The following local students are on the SNHU President's List:

- Peter Christensen of Gilford
- Liza Mahar of Gilmanton
- Kelsey Harriman of Gilmanton

Southern New Hampshire University (SNHU) is a private, nonprofit institution with a 90-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as one of the «Most Innovative» regional universities by U.S. News &

(2019), "Walk On Water" (2018), and "Not A Drill" (2017).

The Friends of Music thanks its season sponsor, Paul Zimmerman, again in 2023-24. They thank their concert sponsors, Meredith Village Savings Bank and J Clifton Avery Insurance. They thank all corporate sponsors for their amazing support over the years!

This is the first of eight concert performances comprising the current season running from September of 2023 to May of 2024; 88 years of artistic excellence in service to NH's Lakes Region!

Tickets are available for \$30 at the website: www.wfriendsofmusic. org; at Black's Paper & Gift Store, Main Street, Wolfeboro, and at the door on the day of the concert. High School students with ID will be admitted free of charge. Children accompanied by an adult ticket purchaser will be admitted free of charge. For more information, visit: www. wfriendsofmusic.org or call: 603-569-2151



Husqvarna VIKING

baby lock)

World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www. snhu.edu.

SNHU Announces Summer 2023 President's List

MANCHESTER - It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Summer 2023 President's List. The summer terms run from May to August.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

The following students are on the SNHU President's List: John Sunderland of New Durham Marissa Labrie of Alton Bay Cameron Michaud of Center Barnstead Kelly Barnes of Barnstead Eythan Valdepena of Barnstead Krista Argiropolis of Alton

Jenna Brophy of Alton Bay

Southern New Hampshire University (SNHU) is a private, nonprofit institution with a 90-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs,

available online and on its 300-acre campus in Manchester, NH. Recognized as one of the «Most Innovative» regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.





JANOME



SECTION A, PAGE 4

Governing Beyond Faith: Elected Officials Must Serve All

In a diverse and pluralistic society, the principle of separation between church and state is fundamental to preserving individual liberties and ensuring that government serves the interests of all citizens, regardless of their religious beliefs or lack thereof. Elected officials have a solemn duty to represent the entire community, making decisions that respect the rich tapestry of religious beliefs that exist in our nation. However, there have been instances where some officials have allowed their personal religious convictions to guide their governance, raising concerns about the fairness and inclusivity of their actions.

One of the cornerstones of democracy is the idea that elected officials are entrusted with the responsibility to serve the interests of all their constituents, not just those who share their religious beliefs. Our society is incredibly diverse, with individuals from various faiths and belief systems coexisting harmoniously. It is imperative that our elected representatives reflect this diversity in their decision-making processes and refrain from imposing their own religious beliefs upon the broader population.

When elected officials allow their personal religious convictions to dictate policy, it can lead to the exclusion of those who hold different beliefs. This is not only unjust but also undermines the very essence of a democratic society that values religious freedom and tolerance. Our nation's history is replete with instances where religious intolerance and discrimination have caused immense harm, and we must not forget the lessons of the past.

Furthermore, the potential for religiously driven governance to teeter into radicalism is a grave concern. While most people practice their faith peacefully, there is a risk that individuals with extreme religious views may seek to impose their beliefs on society through the political process. Such radicalism can lead to policies that not only infringe on the rights of those outside the particular faith but also create an environment of hatred and divisiveness.

It is crucial for elected officials to remember that the separation of church and state is not an attack on religion but a safeguard for both government and faith. It ensures that religious institutions remain free from government interference and that government remains neutral and inclusive. This principle allows people of all faiths and none to coexist peacefully and participate fully in our democracy without fear of discrimination or marginalization. To uphold the values of fairness, inclusivity, and religious freedom that our nation holds dear, elected officials must commit themselves to serving all their constituents, regardless of their religious beliefs. They must resist the temptation to govern based on personal religious convictions and instead prioritize policies that promote the common good and respect the diverse beliefs of the people they represent. The importance of elected officials serving all people, irrespective of their religious beliefs, cannot be overstated. Our democracy thrives when it respects the principles of religious freedom, tolerance, and inclusivity. Elected officials must uphold these principles by governing without bias and ensuring that their decisions reflect the diverse and pluralistic nature of our society. By doing so, we can build a stronger, more united, and truly democratic nation where every citizen is valued and protected.



On the road again

Alton residents Paul and Denise Pouliot, head speakers of the Cowasuck Band of the Pennacook Abenaki People, bring a traveling museum of Abenaki artifacts, hands-on activities, and informational materials to a wide variety of venues. Here, at the recent Laconia Multicultural Festival, Paul (center) describes a war club made from a tree root, while Denise smooths a red fox pelt in a display designed to give people a better idea of the relative size of animals.

Letters to the Editor

New Durham Police Chief under investigation

To the Editor:

Police Chief Sean Bernier has a written complaint against him by a fellow New Durham police officer. In the complaint, the officer states that on May 17, 2023, Police Chief Bernier took and drove the officer's personal truck without his permission. The Chief then videotaped himself driving the officer's truck. This officer stated that he was uncomfortable making the complaint due to possible retaliation. He ultimately came to the conclusion that "no one is above responsibility and accountability for their actions".

The officer further stated that, "this incident concerns me for a number of different reasons. At best, it demonstrated a severe lack of judgement on the part of a Supervisor, Department Head and Chief Law Enforcement Officer... it is also a failure on the leadership level. What kind of message does this send to the rest of the police department?"

This matter is now being investigated by the New Hampshire Police Standards and Training Council and the Attorney General's Public Integrity Unit. This information was obtained by me through a "Right-to-Know" request to the Town on August 9, 2023.

> Gregory Anthes New Durham

We have a fitness hero in Alton

To the Editor:

We have a a fithero among us-Alton. ness warrior right here in KellieTroendle,ParksandRecreationDirector,teachesaweighttrainingclasstwiceaweekwhichcanbetaken in person at the Gilman Library or as a Zoom class. She has extensive fitness knowledge which she

shares while teaching a comprehensive class. The class is easily accessible for all fitness levels. My recent improvement in bone density has been attributed to Kellie's strength classes. Thanks, Kellie!

SALMON PRESS, THURSDAY, SEPTEMBER 14, 2023

TO PLACE AN AD: Advertising Executive Tracy Lewis (603) 575-9127 tracy@salmonpress.news SUBSCRIPTION SERVICES: KERRI PETERSON (603) 677-9085 kerri@salmonpress.news TO PRINT AN OBITUARY: E-MAIL: obituaries@salmonpress.news CALL: 603-677-9084 TO SUBMIT A LETTER TO THE EDITOR: E-MAIL: E-MAIL: brendan@salmonpress.news Thi paper is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. ISSN: 1945-5836. USPS 024921 periodicals postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to Salmon Pressr, P.O. Box 729, Meredith, NH 03253. USPS 024967 The Gilford Steamer is published weekly by Salmon Press, P.O. Box 729, 5 Water

by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals, postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to the Gilford Steamer, P.O. Box 729, Meredith, NH 03253.



PRESIDENT & PUBLISHER FRANK G. CHILINSKI (603) 677-9083 frank@salmonpress.news BUSINESS MANAGER RYAN CORNEAU (603) 677-9082 rvan@salmonpress.news **OPERATIONS DIRECTOR** JIM DINICOLA (508) 764-4325 **DISTRIBUTION MANAGER** JIM HINCKLEY (603) 279-4516 Editor JOSHUA SPAULDING (603) 941-9155 josh@salmonpress.news MANAGING EDITOR BRENDAN BERUBE (603) 677-9081 brendan@salmonpress.news **PRODUCTION MANAGER** JULIE CLARKE (603) 677-9092 julie@@salmonpress.news

Make dental, vision, and hearing a benefit under Medicare for all seniors.

To the Editor

I recently finished a year-long process of replacing a broken front tooth with an implant. I am covered by what many might consider "good dental insurance," but even with my insurance that one tooth cost me thousands of dollars out of pocket. Isn't it crazy that one artificial tooth should cost as much as a used car or a family vacation?

For those of us on Medicare, wouldn't it make sense to expand Medicare to cover dental, vision, and hearing? In the lakes region, very few dentists accept my insurance, which is another reason for my high out of pocket costs. However, most of the doctors in our area accept Medicare.

According to the Centers for Disease Control and Prevention, one in three adults over the age of 65 has untreated dental decay. This can lead to pain, infection, and other health problems. For instance, if you need cancer treatment, your doctor may need to delay it if you have dental decay. Your dental issues would need to be addressed before your cancer treatment can start. Dental decay causes pain that can affect seniors' ability to eat, sleep and socialize. It's also been proven that bacteria from dental decay and gum disease can travel to the heart causing life-threatening issues.

Currently, Medicare only covers surgical vision procedures such as cataracts. Many seniors can't

afford Medicare advantage plans which cover regular eye exams and corrective lenses. Left untreated vision problems can lead to falls, accidents such as burns, and social isolation.

Cochlear implants are covered by Medicare, but they treat moderate to severe hearing loss. Hearing aids are not covered by Medicare as of 2023. A bill was introduced in Congress in January, but has yet to be passed. A recent study at Johns Hopkins found that older adults with severe hearing loss were more likely to have dementia, but the likelihood of dementia was lower among hearing aid users compared to non-users. Over-the-counter hearing aids have helped reduce the cost of hearing aids from thousands of dollars to a much more affordable amount. Unfortunately, they aren't for everyone.

As a nation, we have a moral obligation to ensure that our seniors have access to the healthcare they need to live healthy and fulfilling lives. This includes access to preventive dental care, vision care, and hearing aids which can help prevent more serious health problems down the road.

Let's urge Congress to take action on this important issue and make dental, vision, and hearing a benefit under Medicare for all seniors.

> Susan Stevens Alton

Sometimes I'm pretty good about controlling my impulse to snack. I have a perpetual supply of road munchies in all my vehicles as well as

next to my rocking chair. There are my usual containers of nuts and such. Boxes of crackers and cookies and even bags of ing for

chips. I can usually keep

LETTERS FROM EDWIN

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. the consumption down to just a few. Usually.

I've been doing real well at not reaching for the road food at all lately. In fact, the extra 10 pounds that I had recognized in the spring, rapidly retreated as I fasted my snacking through the summer I finally finished all those past sell by dated packages of dietary doom that I had collected while I wandered through various stores to be tantalized by suggestion of culinary delights.

So now that I'm back to high school weight, I should be able to just have a little snack. Wouldn't you think? Sitting here in my rocking chair I just reached down a picked up one of the little plastic containers there and opened it up. Dark chocolate covered almonds. I didn't think I had any more of those left. I give them out at Christmas and they usually disappear quickly.

I took out a couple, replaced the cover, and put them back down on the floor. It wasn't long before I was reaching down for a couple more. Then a couple more. And again and again. Needless to say, I didn't live up to my pre-*SEE* EDWIN, PAGE A5

Gilford Public Library Events

Classes & Special Events

Sept. 14-21

Thursday, Sept. 14 Geri Fit, 9-10 a.m. Spanish Storytime,

10:30-11:30 a.m. T(w)een 4-H Cooking

Class, 2:45-3:45 p.m.

Join Karen Deighan from 4-H for a hands-on, interactive international cooking class for kids ages 11-18. Sign up is required at the Front Desk for this six-week workshop.

French Club, 4-5 p.m.

Friday, Sept. 15 Senior Sculpt, 9-10

a.m. Bridge, 10 a.m.-12 p.m. Preschool Storytime,

10:30-11:30 a.m. Hand & Foot, 12:30-2:30 p.m.

Happy Crafters, 1:30-2:30 p.m.

Advanced Conversational German, 2:30-3:30 p.m.

Beginner Line Dancing, 4-5 p.m.

Saturday, Sept. 16

Beginner Line Dancing, 10:30-11:30 a.m.

Drop-In Craft: CD Wind Chime, 10:30-11:30 a.m.

Create your own wind chime out of recycled materials.

> Monday, Sept. 18 Geri Fit, 9-10 a.m. Baby Storytime, 10-11

a.m. Discover Live: Santorini, Greece, 11:30 a.m.-12:30 p.m.

Santorini, Greece is one of the most famous islands in the world and situated in the Aegean Sea. Your guide will take you through winding streets and observe the traditional whitewashed houses to understand local life better. Be immersed in conversations with your local guide to dive deeper into your Santorini live experience. This program will be held at the Gilford Community Church in the Fellowship Hall next to the library. There will be a Greek luncheon following the tour for

\$10. Sign-up with our co-sponsor Gilford Parks and Rec.

Mahjong, 12:30 p.m.

Tuesday, Sept. 19 Senior Sculpt, 9-10 a.m.

Bridge, 10 a.m.-12 p.m. Preschool Storytime, 10:30-11:30 a.m.

Intermediate Line Dancing, 2:30-3:30 p.m.

Food Preservation, 6-7 p.m.

Join UNH Extension Home Horticulture Program Manager Sean O'Brien for an introduction to food preservation techniques. We will talk about the proper and safe ways to preserve food at home and touch on the topics of freezing, drying, lacto-fermentation, pickling, refrigerator water-bath canning, and pressure canning. You will learn where and how to find vetted recipes, the equipment needed for different methods of home preservation, and how to gain confidence in your skills.

Wednesday, Septem- 10:30-11:30 a.m. ber 20 Volunteer I

Senior Stretch Yogaaah!, 9-10 a.m.

Check out an Expert, 10 a.m.-12 p.m.

Hand & Foot, 10 a.m.-12 p.m.

Little Math Wiz, 10:30-11:30 a.m.

Check out our new math program for little ones that involves fun stories & games! Ages 3-6

Chess Group, 1-3 p.m. Paint Group, 1pm-3pm

T(w)een Afterschool Club, 3-4 p.m.

Science @ The Library: Create a Foosball Table, 3:30-4:30 p.m.

Join us in making a foosball table with recycled materials and playing it when it's finished!

Book Discussion: The Bear, 5-6 p.m.

This month's book is "The Bear" by Andrew Krivak. Books are available at the front desk.

Thursday, Sept. 21 Geri Fit, 9-10 a.m. Spanish Storytime, 10:30-11:30 a.m. Volunteer Luncheon 12:30-1:30 p.m.

If you volunteer at the library, we are showing our appreciation for you by hosting a luncheon! Come by for some good food and fun at our way of saying thank you. Please RSVP!

T(w)een 4-H Cooking Class, 2:45-3:45 p.m.

Learn to cook and explore new international foods with 4-H and Karen Deighan from the UNH Cooperative Extension. This is a six-week work-

shop. Sept. 14, 21, 28 and Oct. 5, 19, and 26. Sign-up is required at the Front Desk. No fee.

French Club, 4-5 p.m. Facts, Myths and Tales, Regarding Mountain Lions in NH, 5:30-6:30 p.m.

Join us to learn about Eastern Mountain Lions, Western Mountain Lions, New Hampshire sighting reports, hoaxes, misidentifications, some tall tales, and facts on these unique animals relative to New Hampshire.

Gilford Public Library Top Ten Requests

- 1. 23 ¹/₂ Lies by James Patterson
- 2. Tom Lake by Ann Patchett
- 3. Lessons in Chemistry by Bonnie Garmus
- 4. Lion and Lamb by James Patterson
- 5. Obsessed by James Patterson
- 6. Demon Copperhead by Barbara Kingsolver
- 7. Cross Down by James Patterson
- 8. Simply Lies by David Baldacci
- 9. Near Miss by Stuart Woods
- 10. Zero Days by Ruth Ware

Alton Parks and Recreation Community Connection

Scarecrow Art Contest

Alton Parks and Recreation is sponsoring a Scarecrow Art Contest now through Oct. 15. Using the provided Scarecrow outline (pick one up at Town Hall, Gilman Library, Parks and Recreation office), use any form of art supplies such as colored pencils, paint, fabric, yarn, etc. Artwork will be displayed on the Alton NH Parks and Recreation Facebook Page for voting. Submit your entry in person, by mail or email to the Parks and Recreation office. Go to www. alton.nh.gov for more information and to get a copy of the Scarecrow outline.

Weight Training Classes- Mondays and Wednesdays

The Alton Parks and **Recreation** Department is sponsoring Weight Training Classes on Mondays and Wednesdays from 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abilities. Learn new exercises and build strong muscles bones, and flexibility increase and develop better balance. Bring light hand weights, a mat and water. For more information contact parksrec@alton.nh.gov or 603-875-0109. Free classes will be held Sept. 13, 25 and 27- try for free before the session starts on Oct. 2. \$20 per month/session or \$5 drop in.

ment will be available to use if needed. Space is limited, register early at alton.nh.gov or ndparksandrec.com.

Seriously Social Bridge Club

The Alton Parks and Recreation Department started a new Bridge Club in August that is a fun group of people playing Bridge. If you like card games like Hearts or Whist try the newly formed SS Bridge Club. The group meets weekly on Tuesdays from 6-8:30 p.m. at the Pearson Road Community Center. Join in the fun by learning a new game or refreshing your skills. All abilities are welcome. Perfect for singles or couples. Meet people. Pre-regnew ister for your spot by contacting 603-875-0109 or parksrec-asst@alton. nh.gov. Ages 14 and under must be accompanied by an adult.

a.m. at the Alton Bay Community Center, 58 Mt. Major Highway. Fall themed activities include games, crafts, dancing and music. This event is free for Alton residents. Please RSVP by Sept. 25 to reserve your space and craft kit at 603-875-0109 or parksrec-asst@alton.nh.gov.

Project Linus Blankets- Volunteers Needed

The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring a No Sew Blanket night on Thursday, Sept. 21 from 5:30-7 p.m. at the Gilman Library. Participation is free. Join us as we make fleece no sew blankets using a simple technique of cutting and tying. A variety of blanket patterns will be available to make. Our goal is to make 22 blankets to donate to Project Linus, a community-based program that provides security to those in need through homemade blankets. The materials have been donated, we just need the hands of community members to complete the project. If you have a pair of fabric

cutting scissors please bring them for your use. For more information contact parksrec-asst@ alton.nh.gov or 603-875-0109. We hope to see you there.

Trivia Night Kahoot!-Test your Knowledge

The Alton Parks and **Recreation** Department and Friends of the Gilman Library are sponsoring their second Trivia Night on Oct. 19 at the Gilman Library from 6-7:30 p.m. This interactive Trivia Program is free: bring a smart phone/tablet or laptop per person. Questions are asked on the big screen and participants pick the best multiple choice answers by using their own device. The most correct answers in the fastest time wins. Bring friends and family and compete for first place. Categories include History, Pop Culture, Entertainment, Art, Science, Sports, Geography, and more. All ages are welcome. Light refreshments will be provided. Please RSVP at 603-875-0109 or parksrec-asst@ alton.nh.gov to guarantee your seat in the game by Oct. 16.

Volunteers Wanted

The Alton Parks and Recreation Commission is looking for volunteers to make a difference. Do you enjoy sharing ideas, helping at community events and planning for the Town's future needs? If so, please contact the Alton Parks and Recreation office, and ask about serving on the Parks and Recreation Commission, parksrec@ alton.nh.gov; 875-0109.

> Instructors Wanted The Alton Parks and

Recreation Department is looking for instructors to teach programs,

Beginner Pickleball-Drop In Play

Pickleball will be held on Tuesdays and Thursdays from 9:00-11 a.m. at the Liberty Tree Park Courts on Route 140 now through October for beginners. Sign up online at www.altonparksandrecreation.com. Players will need to bring their own equipment. Learn To Play Pickleball- Free Clinic

Join the Learn to Play Pickleball Free Clinic on Wednesday, Oct. 4 from 5-6:30 p.m. at the Liberty Tree Park Courts located on Route 140 for ages 13 and up. The Clinic is hosted by Alton and New Durham Parks and Recreation Departments. A limited amount of equip-

Preschool Playtime-Fall Fest

Alton Parks and Recreation is sponsoring a Fall Fest Playtime for Ages 3-5 on Wednesday, Sept. 27 from 10-11:30 classes and activities. If you would like to be an instructor as a volunteer or as a sub-contractor please contact us at 603-875-0109 or parksrec@ alton.nh.gov. Areas include Line Dancing; Exercise Classes; Art Classes; Guitar and Ukulele; Photography; Crafting Classes, Woodworking and Automotive; Cooking techniques; and more.

EDWIN

(continued from Page A4)

vious claim. At least I didn't finish off the container, so I'll be able to "find" them again some other night. Now that I know they are there, that shouldn't take to long.

Now that the weather has returned to being hot again, I'm finding myself visiting the lake every day on my way home from work. After spending hours in the hot sun, I'm totally ready for my end of the day plunge. The top five feet or so of the water gets warmed by the sun, below that, the water temp. is much cooler. Makes me wish that I could breathe under water. I can only hold my breath for a short swim down into its refreshing depths.

If I were to be granted that wish, I'm sure that my next wish would then be to be able to see better while down there. Seeing under water is pretty marginal without a face mask. Webbing between my fingers and toes might be a nice addition also. There was a boy in church when I was growing up that had webbing between his fingers. It was pretty cool. They'd cut it away every now and then but it would eventually grow back. Weird stuff. God sometimes comes up with custom designs I guess. Maybe he's supposed to be a swimmer?

Without his fingers all tied together, he got himself an electric guitar and learned to play it. He faded away from my life so I really don't know what happened to him. I haven't seen any pictures of a guitarist with webbed hands on a "do you know" web sight. Maybe I should go check some sometime, I never do.

Stone Wall

Repair

Fieldstone/Granite

35 years experience

Tony Luongo

707-2727

Like Facebook, I don't waste any of my time there. He's most likely out there somewhere.

It's that time of year for my phone to once again ring after five thirty asking if I'd like to come and sub. If the school were air conditioned I may be tempted to take them up on their offer with these sweltering September days. It has always been this way. Those wonderful days in September. Ask anyone who doesn't have kids and goes on vacations. This is the time to take advantage of off season rates, no crowds or traffic to deal with, and spectacular weather. There, the secret is out.

I'm tempted to



stow myself away on a schooner again to be relegated to sitting on deck all day while the ship sails at its meandering pace, powered only by the wind, to some distant port town out in Penobscot Bay, to anchor and spend the night. Voluntary imprisonment, with fantastic food, friendly people, and glorious freedom to do nothing but possibly help raise the anchor or the sails.

My work promises and the phoning robot tries to keep me grounded while my heart urns for me to once again regain my sea legs. E.Twaste

Correspondence welcome at edwintwaste@ gmail.com

welste@ 5. VINTAGE RACE BOATS AND PROMOTIONAL RIDES

> 399 Center Street, Wolfeboro 603.569.4554 • nhbm.org

BOAT MUSEUM

WOLFEBORO VINTAGE

RACE BOAT

REGATTA

SEPT. 15+16

8 AM - 4 PM

Volleyball Golden Eagles rally past Kingswood

BY JOSHUA SPAULDING Sports Editor

GILFORD — It was a back-and-forth battle in a toasty warm gymnasium last Wednesday night, as the Kingswood volleyball girls made the trek to the other side of the lake to take on Gilford.

After the teams went back and forth over the first four games, the Golden Eagles pulled out a 15-11 win in the fifth and deciding game to secure a 3-2 win.

"It's not quite the way I like to win, but a win is a win," said Gilford coach Amy Tripp. "I know we do a lot of conditioning for a reason, so when you get in fivegame matches, at the end you have the skills that will outlast others."

"We have to figure out that we are a good team and play to the game caliber that we can," said Kingswood coach Lynette Place. "They need to work on the mental aspect of the game."

Kingswood got off to a quick start in the first game, jumping out to an 8-0 lead, with Brooke Tasker getting a pair of service aces and Morgyn Stevens coming up with a block and a kill. Sadie Lydick got Gilford on the board with a kill and Sienna Diaz got the Golden Eagles another point.

Stevens and Lydick exchanged points and then Caelynn Blattenberger had a great tip for the Knights for the 10-4 lead. Makenzie Boisvert got a service ace for another Knight points, but Abby Kenyon got a kill for the hosts. Stevens added an ace to push the Kingswood lead to 14-5, but Gilford slowly started coming back, with Darby Hughes and Kenyon getting kills as they



PHOTO BY JOSHUA SPAULDING Gilford's Abby Shute goes up to the net to defend a Morgyn Stevens hit in action last Wednesday night.

cut the lead to 17-11.

A Tasker tip got Kingswood back on track, but Lydick got a couple more points for the Golden Eagles to cut the lead to 21-13. However, Kingswood was able to close things out with a 25-15 win, as Stevens had a service ace to close out the win.

The second set saw Gilford get out to a 4-0 lead, with Lydick getting a kill in the early run. Tasker got Kingswood on the board with a kill, but a tip from Brook Kimball helped Gilford go up 7-3. Abby Shute had a kill, while Stevens had a block on the other side of the net. Ryan Guyer had a nice tip for Gilford and a Shute kill pushed the lead to 13-5.

get the Knights back on en Eagles.

the board, but Lydick answered with a kill and a service ace for an 18-9 lead. Boisvert, Stevens, Blattenberger and Savannah Hughes pulled the Knights back within 18-15. Shute helped bring Gilford back out to a 23-15 lead and after Tasker got the Knights another point, Gilford was able to close out the 25-18 win, with Belle Dow getting a solid hit to help close out the victory.

A Tasker ace helped Kingswood get out to a 2-0 lead out of the gate in the third game, but Gilford battled back and took the 4-3 lead. After Stevens pulled Kingswood even, Shute had a pair of kills and Dow added a service ace for Tasker had a tip to the 7-4 lead for the Gold-



Ryan Guyer sets the ball during her team's win over Kingswood last week.

Blattenberger helped the Knights pull back even at nine with a service ace and the Knights took the 10-9 lead. A Shute hit tied the match at 10, but then Tasker took over, getting a couple of kills and a couple of service aces before a Stevens kill pushed the Knight lead to 19-11. The teams went back and forth from there, with Kingswood closing out the 25-14 win for the 2-1 lead.

The teams went back and forth again to start the fourth game, with Tasker and Dow exchanging kills. Boisvert for the Knights and Kenyon for Gilford kept their teams even with kills. The teams were tied at one, two, three, four, five, six, and seven before Gilford went up

swood up by two before Gilford came back and roared to a 9-8 lead behind a Shute kill. Tasker pulled Kingswood even, but Shute had a couple of kills and Diaz and Mara Bugnacki had service aces to close out the 15-11 win and the 3-2 victory for the Golden Eagles.

teams were tied at four.

A Tasker block got King-

"It felt like the senior crew came through," said Tripp, noting that Shute had the best game of her career off the bench with 13 kills and Guyer did a great job setting things up from the setter position.

"We got everyone in and they all supported each other and did their part," the Gilford coach continued. "It takes a whole team and we needed a whole team tonight.

"Kingswood did a nice job swinging, but we had great composure and we needed that at the end," Tripp added.

"They know how to win, they just need to get that mental aspect and just play," Place stated. "They're not communicating on the floor, they've just got to play. They can do it."

Gilford is scheduled to host Campbell today, Sept. 14, then will visit Plymouth on Monday, Sept. 18, both with 5:45 p.m. scheduled start times.

Kingswood will be hosting Kennett tonight, Sept. 14, then visits Oyster River on Monday, Sept. 18, and Manchester Central on Wednesday, Sept. 20, all with 5:45 p.m. scheduled starts.

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

10-9 behind a Lydick ace and a Shute kill.

Stevens pulled King-

swood even with a kill and a Tasker ace pushed the Knight lead to three. Shute and Kenyon answered for Gilford, but Boisvert and Stevens did their job for the Knights. After Kingswood went up 16-12, Gilford battled back to tie the match at 18 and then took the lead behind a Lydick hit. Tasker had a couple of kills to keep the Knights close, but Gilford pulled out the 25-20 win to force the fifth game.

A Tasker hit got Kingswood started on the right foot, but a nice placement by Diaz helped Gilford pull even at two. Stevens had a pair of hits, but Kimball answered on the other side of the net and the

Golden Eagles bounce back from loss to Saints

BY JOSHUA SPAULDING

Sports Editor

GILFORD — After suffering a loss in a rematch of last year's championship game, the defending Division III champion Gilford girls' soccer team bounced back with a win to close out the first full week of the new season.

The Golden Eagles traveled to Dover and dropped a 1-0 decision to St. Thomas on Tuesday, Aug. 29.

"This was a close throughout," game said coach Rob Meyers. "Overall, while the girls were competitive and moved the ball well at times, I don't feel they

Paid Advertisement

played their best game. "Early on we had a lot

of trouble with the speed of our through balls on the artificial surface, which seemed to slow us down a bit in the midfield and look for the diagonal movement rather than through the middle," the Gilford coach continued.

Both teams created some chances in the first half, with Gilford hitting the post 10 minutes into the game before the Saints scored on a shot from 18 yards out with 10 minutes to go in the first half. Gilford controlled much of the play in the second half, though the Saints created some

chances on counter attacks, hitting the post on a breakawav bid.

Goalie Ariah Dewar played a strong game in the net for the Golden Eagles, moving to the ball well and controlling the box.

On Thursday, Aug. 31, Gilford hosted Hopkinton and came through with a 2-1 win.

"Hopkinton is a wellcoached and organized team and we knew they are going to play us tough," Meyers stated. "We controlled the game from the opening whistle, but this was a strange game ending 2-1, it could easily have been 5-0 or 6-0.

"We created a lot of chances against a strong team and just were not able to finish," the Golden Eagle coach continued. "We had seven or eight one-on-one chances with the goalie and didn't capitalize on any of them.

"In addition, we also had two broken plays that resulted in Hopkinton scoring and hitting the post," Meyers said. "We came away with the win, but this game definitely showed us some things to work on over the next couple of weeks."

Gilford scored 20 minutes into the game and took the 1-0 lead at half-

Paid Advertisement

time and added a second goal 15 minutes into the second half for the 2-0 lead. Hopkinton scored midway through the second half to cut the lead to one.

Millie Caldon had a goal and an assist, Kendal Heyman had a goal, and Gracey LeBlanc added an assist. Dewar finished with seven saves in net.

After beating Prospect Mountain to start last week (see separate story), the Golden Eagles traveled north and shut out White Mountains 8-0 on Friday, Sept. 8.

Gilford scored two goals int eh first five minutes and six in the first half and added two more goals in the second half to round out the

"This was a game we needed after a tough going into this game and

wanted to work on our control and distribution."

The Golden Eagle coach noted that the team played a smart game and got everyone quality minutes and the starters a bit of rest.

Caldon had two goals and two assists, Anna Coapland had two goals and an assist, Liz Albert had a goal and an assist, Ava Wilson had a goal and an assist, Macy Sawyer had a goal, and Chloe Romprey scored her first varsity goal. Makenna Clayton, Addy Harris and Lianna Keenan each had an assist.

Gilford is slated to be hosting Newfound today, Sept. 14, and Kearsarge on Tuesday, Sept. 19, both at 4 p.m.

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



If you own a small business or are self-employed, you've always got plenty to do, but you can't forget about the days when you'll be less busy — that is, when you're retired. How can you prepare for that time of your life?

One key step is establishing a retirement plan for your business or yourself. And thanks to the 2022 SECURE 2.0 Act, you can now receive tax credits for opening and administering a 401(k), SEP-IRA or SIMPLE IRA. These aren't the only plans available for small businesses or sole proprietors, but they are among the most popular. Let's look at each of them:

• 401(k) - A 401(k) offers several key benefits: First, any earnings growth is tax deferred, and your contributions can be tax deductible. (Taxes are due upon withdrawal, and

withdrawals prior to age 591/2 may be subject to a 10% penalty.)

Paid Advertisement

If you choose a Roth 401(k), your contributions aren't deductible, but your earnings and withdrawals will be tax free, provided you meet certain conditions. And a 401(k) offers a variety of investment options. If you have workers, you'll need to consider whether to offer matching contributions, which are tax deductible to you, up to the limit of 25% of compensation paid to eligible employees.

But even if you're self-employed, with no employees other than your spouse, you can establish what's known as a "solo" or "owner-only" 401(k). In 2023, you can put in up to \$22,500 as an employee, plus a catchup contribution of \$7,500 if you're 50 or older, for a total of \$30,000. Plus, you can contribute an additional 25% of earned income as an employer, up to an overall employee and employer maximum of \$66,000 (or \$73,500 if you're 50 or older).

Paid Advertisement

Paid Advertisement

Edward Jones: Financial Focus

Own a business? Consider these retirement plans

• SEP-IRA – An SEP-IRA may be attractive to you if you're self-employed or if you own a business but have few or no employees. That's because you must contribute an equal percentage of your own compensation to every eligible employee. In 2023, you can contribute up to \$66,000 or 25% of your income, whichever is less.

• SIMPLE IRA – A SIMPLE IRA is easy to establish and administer. As with an SEP-IRA, earnings in a SIM-PLE IRA can grow on a tax-deferred basis. If you have employees, they aren't required to contribute to this plan - but you are. You must match up to 3% of employees' contributions or provide 2% of their annual salaries, although

you do have some flexibility. If your business goes through a rough patch, you can temporarily decrease SIM-PLE IRA contributions to 1% for up to two years out of the previous five. Your contributions to your employees' accounts are tax deductible, but in in terms of building resources for your own retirement, a SIMPLE IRA may be less appealing because of its contribution limits, which are relatively low compared to a 401(k) or SEPIRA. In 2023, you can put in up to \$15,500, or \$19,000 if you're 50 or older.

You should consult with your tax advisor to determine which retirement plan is right for you. Your financial advisor can also help you explore your options. And the sooner you put a plan to work, the better.

Jacqueline Taylor inancial Advisor 3 Mill Street PO Box 176 eredith NH 03253 603-279-3161 Fax 866-532-8685 ine.taylor@edwardjones.con

scoring.

opening couple of weeks facing St. Thomas and Hopkinton," said Meyers. "We felt confident

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC sting in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds car crease, and the investor can lose principal value if the investment is sold prior to maturity.

Golden Eagles hold off Mountaineers in rain-shortened affair



Gilford's Grace Southworth and Berlin's Emma Rancloes go after the ball in action last week in Gilford.

BY JOSHUA SPAULDING Sports Editor

GILFORD — It turned out that the one thing the Gilford and Berlin field hockey teams could not get past on Friday, Sept. 8, was Mother Nature.

After a thunder and lightning delay just more than a minute into the second half that lasted more than an hour, the teams returned to the field and almost finished off the third

quarter before another lightning sighting sent them off the field again, this time for good. With the rain coming and the daylight disappearing, the game was eventually called off. with Gilford's 1-0 lead becoming a 1-0 win.

While Gilford got the only goal of the game, Berlin certainly had plenty of chances both before and after the original weather delay.

Gilford golfers sweep match at Canterbury Woods

BY JOSHUA SPAULDING

Sports Editor

CANTERBURY — The Gilford golf team finished with another win on Tuesday, Sept. 5, sweeping a four-team match at Canterbury Woods. Gorham, Hillsboro-Deering, and host Belmont rounded out the field of competitors.

Ryan Folan led the way for the Golden Eagles in



Olivia Richard made a good run in for the Mountaineers, with Lilly Winward turning in a good defensive stop for the Golden Eagles. Richard and Emily Smith connected on a chance that Ally Onos cleared out of the zone. Maddison Valerino had a good centering pass that Brooke Baron cleared out of the zone and Olivia Keenan had a nice long clear for the hosts. Addy Wernig had a run in for the Golden Eagles, but Berlin's Olivia Clorite made the defensive stop in front of keeper Makenna Kelly, who returned to action for the first time since a presea-

son injury. The Golden Eagles got what turned out to be the only goal of the game with 2:10 to go in the first quarter, as Grace Southworth buried the ball in the net for the 1-0 lead. After a strong defensive play from Winward, Keenan made a run the other way late in the quarter, but the frame ended with Gilford up Richard got in the zone early for Berlin in the second quarter, but Onos had a good defensive stop. Richard, Smith and Valerino teamed up for a bid that Gilford goalie Caroline Guest was able to stop. Berlin had a corner chance but could not convert and Aravanna Bedard made a good run for the Mountaineers,



Lilly Winward had a strong defensive game against Berlin last Friday afternoon.

only to see Winward and Maddie Guest step up for the defensive stop.

Smith and Richard teamed up on another chance that went wide of the net and Smith had another bid stopped by good defense from Winward. Maddie Guest had a shot blocked at the other end and Gilford got a corner chance. Leilah Horne had a good defensive clear on the corner for the Mountaineers and Horne then turned in a good defensive stop on Maddie Guest.

Valerino had a good centering pass for the Mountaineers, with Southworth clearing the ball out and Richard and Kennah Scott teamed up for a Berlin chance that Caroline Guest saved and the game went to halftime with the Golden Eagles up 1-0.

With 1:05 gone in the third, thunder and lightning sent the teams off the field before they finally returned just before 5:30 p.m., two hours after the game had started. Berlin had six corners in a row out of the gate and Richard and Clorite had good bids, but the Gilford defense stood strong, led by Keenan, Winward and Wernig.

Richard made another run that Golden Eagle Addy Normandin turned away and Wernig had a great defensive play on a Mountaineer corner just before the game was stopped again with 1:02 to go in the third quarter.

Berlin is slated to be in action on Friday, Sept. 15, at home against Newfound, then hosts Bishop Brady on Monday, Sept. 18, both at 4 p.m.

Gilford is slated to host Mascoma on Friday, Sept. 15, and will be at Bishop Brady on Wednesday, Sept. 20, both at 4 p.m.

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



the sweltering heat, scoring 22 points from the top spot in the Gilford lineup, while Chris Port scored 18 points in the third spot.

Brett Skoog finished with 17 points from the second spot in the lineup and Brendan Folan rounded out the scoring with 10 points from the fourth spot.

Ali Lyman finished with four points from the sixth spot and Colton Byars had three points in the fifth spot.

Gilford is slated to be at Mount Washington Resort on Friday, Sept. 15, for a 3:30 p.m. match.

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

B-BOYS AUTO REPAIR

603-269-7712

19 Gray Road

Barnstead, NH

Paul Bousquet Sr. & Jeff Bousquet Sr.

75+ years of combined auto repair experience

KATHY SUTHERI AND

Win for T-Wolves

After dropping the first game of the season, the Prospect Mountain volleyball team won two games last week, defeating Newfound 3-2 and Hillsboro-Deering (pictured) 3-0 to move to 2-1 on the new season. The Timber Wolves will be in action on Friday, Sept. 15, at Trinity at 6:15 p.m. and will be hosting Inter-Lakes on Monday, Sept. 18, at 5:45 p.m.

BUSINESS Directory



Cooling Sys

Diagnostic

O Differential

Ilectrical

Engine
 Eng

Suspension

Timing Belts

Tire Rotation

Transmissions

Image: mand more!

Solid reputation of

dependable, quality service!

Also, Bathroom, Kitchen & Interior Renovations, Decks & Porches

> **Free Estimates** Call 603-455-2014



OBITUARY

Manuel S. Segura, Jr., 87

Manuel S. Segura, Jr. of Wolfeboro, New Hampshire, 87, died peacefully Wednesday, September 6, 2023 in his beloved town of Wolfeboro. Former long-time Albany, New York resident, Manuel "Manny" was born in Bogota, Colombia and was the son of the late Andrea (Joineau) and Manuel S. Segura, Sr. of Valencia, Spain, and loving husband of 59 years to his late wife Ann (Davis) Segura.

Manny moved to America in his midteens to attend Chauncy Hall School in Boston, MA to learn better English, before attending Tufts University and graduating from Suffolk University with a business degree. He started his career as a buyer for both Jordan Marsh and then Montgomery Ward, which brought his growing family to Albany, NY. For 18 years, Manny served as the Controller, International Division. for Cluett Peabody & Co. in Troy, NY, which enabled him to utilize his multilingual skills and travel throughout the United States, South America, and Europe. Manny continued on in Finance Director roles at the Jard Co. and U.S. Tsubaki Co. both in Bennington, VT, and retired from Affinity Industries in Ossipee, NH. Manny also served each community in which he lived, by volunteering at Christian Brothers Academy in Albany, and the Wright Museum of World War II and Huggins Hospital Street Fair in Wolfeboro, NH.

Manny was a devout Catholic, St. Katharine Drexel Church parishioner, and Knights of



Wolfeboro/Alton Council #7533 alongside his brothers. Manny enjoyed planning and working on events to meet their mission to help others, such as the 3-point basketball tournament, Tootsie Roll drives, and the annual lobster roll sales to name a few. He sang tenor in the choirs for St. Teresa of Avila in Albany and St. Katharine Drexel, and was also an avid stamp collector and a member of the Wolfeboro Stamp Club and American Philatelic Society.

With a zest for life, Manny loved being with Ann "Mommy" and his family, his fraternal brothers, and many good friends, taking drives, seeing new and familiar places, and going out to eat. Manny will always be remembered for his incredibly entertaining stories about growing up in Colombia and trips to Spain to see family, spending his early adulthood in America and becoming a United States citizen at age 27, and meeting "Mommy," as well as a myriad of tales about his work and extensive business travel.

Survived by his loving and devoted son Charles "Charlie" Segura and wife Sharon of Albany and daughter Suzanne "Suzie" Segura Taylor and husband Anthony

thony Segura and wife Becca and great-grandchildren Parker Anthony and Lyla Rose of Niskayuna, NY; brother Roberto Segura and his wife Julie of Chicago, IL; nieces and nephews Kathy (Davis) and Deo Tomas (Al and Emma), Greg Davis (Christopher and Ellie), Alex Segura, and Pablo Segura; many cousins in Spain; family friends Betty and Steve Cram of Wolfeboro; and a multitude of cherished friends. Predeceased by his brother-in-law Charles B. Davis and sister-in-law Elizabeth (Begley) of Natick, MA and members of the Segura, Davis and Ecker families.

The Segura family gives their sincerest thanks to the nurses and caregivers at Huggins Hospital for their unwavering care and compassion as well as at Mountain View Community. Funeral services, Thursday, September 14, 2023 from Baker-Gagne Funeral Home, Mill Street, Wolfeboro. Relatives and friends may call at the funeral home on Thursday from 9:00-10:30 a.m. and are invited to Manny's Mass of Christian Burial at 11:00 a.m. at St. Katharine Drexel Church. An internment at St. Joseph Cemetery in West Roxbury will take place in Massachusetts at a later date. Those wishing to remember Manny may send contributions in his memory to Knights of Columbus, St. Katharine Drexel Church, 40 Hidden Springs Rd, Alton, NH 03809. To leave the family a special message on their guest book, obtain directions or other helpful services, please visit baker-gagnefuneralhomes.com.

Golden Eagles come up a little short in season opener



Anakin Underhill powers his way forward during action against Kennett on Sept. 2.

BY JOSHUA SPAULDING

Sports Editor GILFORD — With the Kennett football team holding on to a 14-7 lead late in the fourth quarter in Gilford on Saturday, the Gilford-Belmont Golden Eagles were driving, moving the ball inside the 10yard line.

However, Patrick Cunio had a big sack on second down and after the hosts got back to the two, Jason Baker came up with a huge stop on fourth and goal, essentially sealing the win for the northern Eagles.

"That was a great stand, the guys came up big," said Kennett coach Scott Stearns. "We had a few penalties kill us and I thought we'd lose momentum, but the made plays when they had to."

"Both teams had opportunities, we had a couple droves down there and weren't able to punch it in," said Gilford-Belmont coach Josh Marzahl. "We knew we'd get some experience under their feet and this was a good game to get them some game experience.'

The hosts started with the ball and quarterback Anakin Undernill and Hutch Haskins

did the running, mov-

ing the ball over mid-

field. However, a sack

Porter seemed to spark

the Eagle defense and

Gilford-Belmont punted

away. The visitors were

unable to get anything

going, punting away

themselves, but a sack

from AJ Guida and a

big stop from Porter in

the backfield shut down

G-B's drive, forcing an-

proved fruitful. Quar-

terback Brody Nagle

hit Daven Bailey on

third and seven to give

the Eagles a first down

and then Bailey made

a huge catch on fourth

and nine to get the ball

to the three and from

there, Porter carried

into the end zone with 23

seconds to go in the first

quarter. Tyler Walcott's

extra point gave Ken-

Kennett's next drive

other punt.

bv

Kennett's Tavon

nett the 7-0 lead after one quarter of play.

Gilford-Belmont started the second quarter strong, as Noah Harder, Underhill, and Haskins combined to move the ball up the field. Underhill hit Logan Grant with a screen on third and one to convert, but Bailey then stepped in front of a G-B pass and Kennett had the ball back.

The Eagles needed just three plays to get to the end zone, with Bailey again making a spectacular catch, this time with one hand, getting the ball to the one, with Nagle powering in from there for the 14-0 lead with 8:48 to go in the first half.

The Golden Eagles had another solid drive, with Underhill and Harder doing the running, though Greyson Witchley had a sack for the Eagles. After getting inside the 10, a penalty on fourth and two put the hosts back to the 20 and Baker made a big stop on Underhill to give Kennett the ball back.

The Kennett drive didn't last long, as on the second play, Nagle's pass attempt was tipped and Zakk Ober was able to haul in the ball for the interception. Underhill then converted a fourth and two to get the ball to the five yard line and he then ran in from there with two minutes to go and Grant's extra point made it 14-7. Walcott had a couple of carries and a great one-handed catch, but penalties kept them from moving very far and the game went to the half with the visitors up 14-7. The G-B defense came up big to start the third, with Neal Downs, Gavin Clark and Aiden Schofield all coming up with big stops to keep the Eagles from getting a first down. Haskins and Underhill got the ball moving for the hosts on their next drive, moving to the 35, but back-toback sacks from Cunio and Witchley forced Gilford-Belmont to punt away. Harder, Haskins, and Schofield were strong on defense for the hosts on Kennett's next drive and again they punted away, but Gilford-Belmont could not generate any offense either. Bailey caught consecutive passes to start the next Kennett drive, but the Golden Eagle defense held tight and Kennett punted away as the third quarter ended. Underhill and Haskins moved the ball to start the next drive for the Golden Eagles, but a bad snap put them in a tough position and they couldn't convert on fourth and seven. G-B then forced Kennett to punt again and took over for what was their best drive of the game. Haskins, Grant and

Underhill all had runs to pick up a pair of first downs. A sack from Ryan Chick and Porter set the Golden Eagles back a bit, but Underhill hit Grant for a key conversion. Kennett appeared to have the drive stopped when a pass fell incomplete on fourth and five, but a penalty gave the hosts new life at the nine. Haskins got to the seven and after Cunio's sack pushed them back to the 13, Haskins ran again, getting to the two before Baker came up with the stop.

Kennett was able to run out the clock and secured the 14-7 win.

"I'm proud of the guys, proud of their fight," Stearns said. "We're still trying to figure out the offensive line a little, but they all played well today.

"We like to run the football," the Eagle coach continued. "Brody is more confident, but we want to kill some clock and run it."

Stearns also praised the play of Bailey, who had a couple of big catches to extend drives and also came up with an interception. He also praised Underhill for his work under center

Columbus member serv- "Antonio" of Boston, and Treasurer for the

ing as Grand Knight MA and Wolfeboro, NH; grandson Michael An-

Baker-Gagne Funeral Home Γ **Cremation Service**

Pre-Arrangements - Traditional Funerals Simple Burials - Cremation Services Monument Company

F. Rick Gagne - Funeral Director Mill Street, Wolfeboro, NH 603-569-1339 Route 16, West Ossipee, NH 603-539-3301 baker-gagnefuneralhomes.com

(800) 539-3450



ABUNDANT HARVEST FAMILY CHURCH

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

ALTON BAY CHRISTIAN CONFERENCE CENTER

Sundays throughout the summer 10:am & 7pm; 875-6161

BEFREE COMMUNITY CHURCH, ALTON Alton-9:30 a.m. Sun. Meeting at Prospect Mount School. Pastor Ben Ruhl, www.befreecburch.net.

CENTER BARNSTEAD CHRISTIAN CHURCH

Worsbip Service 10:00am Bible Study 11:15am Rte 126 next to Town Hall Call or Text (603)269-8831 centerbarnsteadcc.org

CHRISTIAN COMMUNITY OF PRAISE C.C.O.P PRAISE GATHERIN Gathering Saturday evenings at 5:30 p.m. The Gilmanton Community Church

1803 NH Route 140, Gilmanton Ironworks, NH ccoppraisegathering@gmail.com

- COMMUNITY CHURCH OF ALTON Prayer Meeting 9:00 am Rev. Dr. Samuel J. Hollo. 875-5561. Bay service 8:30am Alton Bay Gazebo, Alton , NH 10 am Worship Service 20 Church Street, Alton Our services are live streamed on YouTube
- Sundays at 10 am www.ccoaalton.com

CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC Sunday School and Worship Services Rev. Rebecca Werner Maccini 603-776-1820

Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom, Sundays at 10 a.m. ccnortbbarnstead.com

FIRST CONGREGATIONAL CHURCH UCC FARMINGTON

Worship Services 11:00 A.M Sunday School 10:15 AM 400 Main Street Farmington, NH 03835 Pastor Tom Gardner 755-4816 www.farmingtonnbucc.org

FIRST FREE WILL BAPTIST CHURCH Sun. School 9:30am; Church 10:30am; Evening Service 6pm

Wed. Prayer Meeting 7pm. Depot St., New Durbam, Pastor James Naso

PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H. on the Parade in Barnstead

Sunday Morning Worsbip Service for all ages begin at 9:00 a.m. Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings. Pastor Sandy Pierson - 483-2846

ST. KATHARINE DREXEL

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

ST. STEPHEN'S EPISCOPAL CHURCH Sunday 9:30. 50 Main St., Pittsfield

Rev. Miriam Acevedo with Rev. Stephen Ekerberg www.ststepbenspittsfield.com

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

UNITARIAN UNIVERSALIST SOCIETY OF LACONIA Sunday services and religious education 10:00 a.m. All are welcome 172 Pleasant St.Laconia • 524 6488 • uusl.org

MAPLE STREET CHURCH Sunday Service 11am 96 Maple Street, Center Barnstead NH 03225



obituaries@salmonpress.news Deadline is Monday at noon Send all obituary notices to Salmon Press, by e-mail to

PEASLEE FUNERAL HOME = & Cremation Service = (603) 755-3535 www.peasleefuneralhome.com

Main Office: 24 Central Street, Farmington, NH

2079 Wakefield Road, Wakefield, NH

Alton Funeral Home 12 School Street, Alton, NH



HIGHEST PRICES PAID All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals. NORTH COUNTRY COINS. Main St., Plymouth, NH 536-2625.

for Gilford-Belmont.

"Daven, he's an unbelievable player, he gives everything he's got all week," Stearns noted. "He'll do whatever he can to help us win.

"And 24 (Underhill) is a hell of a player," Stearns said. "He took some shots and he kept getting up and coming back.

"We're building momentum and coming together as a team," the Eagle coach added.

"A couple of penalties put us a little behind in a couple series," Marzahl said. "Third and three became third and eight or third and nine, that makes a difference.

"We have to open up our passing game a little more," the Gilford-Belmont coach continued. "Anakin did a great job and battled all game, it was his first time under center.

"Our backs did well keeping their feet moving and fighting for extra yards," Marzahl added. "For a lot of guys, this was their first varsity game.

"I can't question their effort throughout," the Golden Eagle coach added.

The Golden Eagles rebounded with a 42-35 win over Sanborn on Saturday, Sept. 9.

Gilford-Belmont will be back in action at Bow at 7 p.m. on Friday, Sept. 15.

Kennett will be back at it hosting Pembroke on Friday, Sept. 8, at 7 p.m.

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

Learn to curl at Pop Whalen on Sept. 24



The Lakes Region Curling Association will host a learn to curl clinic on Sept. 24 at Pop Whalen Arena in Wolfeboro.

WOLFEBORO — Residents of central New Hampshire are invited to a learn-to-curl clinic on Sunday, Sept. 24, from 4 p.m. to 6 p.m. at Pop Whalen Ice and Arts Center, Route 109A, Wolfeboro.

The event, hosted by Lakes Region Curling Association, is open to those 14 years or age or older, and pre-registration is required.

In a two-hour session, experienced LRCA curlers will introduce participants to the basic rules and game play of the increasingly popular Olympic sport.

All needed equipment will be supplied. However, participants are asked to bring a pair of clean-soled shoes that they can change into at the arena. Athletic shoes with rugged soles are a good choice. It is suggested that those attending the event dress in layers and wear warm socks.

Registration is available from Events page of

the Lakes Region Curling Association website (lakescurlingnh.org).

Also, a few spots remain available for Lakes Region Curling's Fall 2023 curling season, which runs Sunday afternoons from Oct. 15 to Dec. 17, with a break for Thanksgiving weekend. For information about Lakes Region Curling and the upcoming season, visit the club's web site at lakescurlingnh. org

Emmett Shea of Center Barnstead is enrolled at Lebigh University

BARNSTEAD - Emmett Shea of Center Barnstead was enrolled at Lehigh University as an undergraduate student.

Lehigh University is proud to welcome the Class of 2027!

Members of the incoming undergraduate class represent 49 U.S. states and territories, including Puerto Rico and the District of Columbia, and 52 countries and is the largest and among the most diverse classes ever admitted to Lehigh.

Emmett, Lehigh is thrilled to count you among the 80,000+ members of the Lehigh family. Welcome to Lehigh!

For more than 150 years, Lehigh University (lehigh.edu) has combined outstanding academic and learning opportunities with leadership in fostering innovative research. The institution is among the nation's most selective, highly-ranked private research universities. Lehigh's five colleges - College of Arts and Sciences, College of Business, College of Education, College of Health, and the P.C. Rossin College of Engineering and Applied Science - provide opportunities to 7,000+ students to discover and grow in an academically rigorous environment along with a supportive, engaged campus community.

HIGH SCHOOL SLATE

Thursday, Sept. 14 **KENNETT** Golf at Bow; 3:30 Volleyball at Kingswood; 5:45 **KINGSWOOD** Girls' Soccer at Bow; 4 Golf Home Match; 3:30 Volleyball vs. Kennett; 5:45 PROSPECT MOUNTAIN Boys' Soccer at Inter-Lakes; 4 Cross Country at Belmont; 4 Unified Soccer at Newfound; 4 Friday, Sept. 15

KENNETT Cross Country at Portsmouth; 4 Field Hockey at Kingswood; 7 Football at Laconia; 7 **KINGSWOOD** Field Hockey vs. Kennett; 7 Football at Kearsarge; 6:30 Golf at Alvirne; 3:30 PROSPECT MOUNTAIN Girls' Soccer at Stevens; 6 Volleyball at Trinity; 6:15

Saturday, Sept. 16 **KENNETT** Boys' Soccer at Kingswood; 7 Girls' Soccer at Kingswood; 5:30 KINGSWOOD Boys' Soccer vs. Kennett; 7 Girls' Soccer vs. Kennett; 5:30 Monday, Sept. 18

KENNETT Field Hockey vs. John Stark; 4 Volleyball at Laconia; 5:45 KINGSWOOD

HIGH SCHOOL SLATE

Thursday, Sept. 14 BELMONT Cross Country Home Meet; 4 GILFORD Girls' Soccer vs. Newfound; 4 Volleyball vs. Campbell; 5:45 WINNISQUAM Volleyball vs. Fall Mountain; 5:45 Friday, Sept. 15 BELMONT Boys' Soccer at Farmington; 4 Girls' Soccer vs. Campbell; 4 Golf Home Match; 3:30 Volleyball at Farmington; 6:15 GILFORD Boys' Soccer vs. Newfound; 4 Cross Country at Belmont; 4 Field. Hockey vs. Mascoma; 4 Golf at White Mountains; 3:30 **GILFORD-BELMONT** Football at Bow; 7 WINNISQUAM Boys' Soccer vs. Manchester West; 4 Cross Country at Mascenic; 4 Field Hockey vs. Franklin; 4 Saturday, Sept. 16 WINNISQUAM Football at Newport; 2

Volleyball at Oyster River; 5:45 PROSPECT MOUNTAIN Volleyball vs. Inter-Lakes; 5:45 Tuesday, Sept. 19 **KENNETT** Boys' Soccer vs. Plymouth; 4 Girls' Soccer at Plymouth; 4 Golf at Goffstown; 3:30 KINGSWOOD Boys' Soccer at Oyster River; 7 Field Hockey vs. Milford; 5:30 Girls' Soccer vs. Oyster River; 7 Golf at Goffstown; 3:30 PROSPECT MOUNTAIN Boys' Soccer vs. St. Thomas; 4 Wednesday, Sept. 20 **KENNETT** Volleyball at Manchester West; 5:45 KINGSWOOD Volleyball at Manchester Central; 5:45 PROSPECT MOUNTAIN Cross Country at Newfound; 4 Girls' Soccer vs. Trinity; 4 Golf at Sunapee; 3:30 Unified Soccer vs. Portsmouth; 4 Thursday, Sept. 21 **KENNETT** Golf at Pembroke; 3:30 KINGSWOOD Girls' Soccer at Plymouth; 4 Golf Home Match; 3:30 PROSPECT MOUNTAIN Boys' Soccer at Hopkinton; 4 Volleyball at Belmont; 6:15

All schedules are subject to change.

Monday, Sept. 18 BELMONT Volleyball vs. Trinity; 6:15 GILFORD Volleyball at Plymouth; 5:45 WINNISQUAM Volleyball at St. Thomas; 5:45 Tuesday, Sept. 19 BELMONT Boys' Soccer vs. Fall Mountain; 4 Girls' Soccer at Fall Mountain ;4 GILFORD Girls' Soccer vs. Kearsarge; 4 WINNISQUAM Field Hockey vs. White Mountains; 4 Wednesday, Sept. 20 BELMONT Cross Country at Newfound; 4 GILFORD Boys' Soccer vs. Kearsarge; 4 Field Hockey at Bishop Brady; 4 Thursday, Sept. 21 BELMONT Golf at Farmington; 3:30 Vollevball vs. Prospect Mountain: 6:15

All schedules are subject to change.

Big Bad Robotics Team showcases skills at air show



COURTESY PHOTO

The Big Bad Bob Robotics Team, representing Prospect Mountain High School, showcased their passion for science, technology, engineering, and mathematics (STEM) at the Thunder Over New Hampshire Air Show.

ALTON - The Big Bad Bob Robotics Team, representing Prospect Mountain High School, showcased their passion for science, technology, engineering, and mathematics (STEM) at the Thunder Over New Hampshire Air Show, sponsored by the New Hampshire Air National Guard (NHANG) this past weekend. This thrilling event brought together

multiple FIRST Robotics Competition (FRC) teams from across New Hampshire, as well as teams from FIRST Tech Challenge (FTC) and FIRST Lego League (FLL), for an unforgettable experience.

Among the roar of jet engines, students demonstrated their robot by participating in game matches and providing engaging demonstrations to the public.

CORNERSTONE VNA Providing trusted care for 110 years! We'd like YOU to become part of our amazing history. We are looking for RNs, LPNs, PTs, Homemakers, and more!

Apply at CornerstoneVNA.org/jobs

Home Care - Hospice - Palliative Care - Life Care - Community Care

The Thunder Over New Hampshire Air Show offered a unique

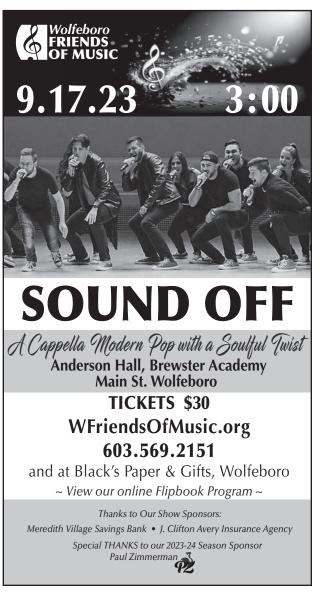


opportunity for FRC, ment for students to ex-FTC, and FLL teams to come together, share their knowledge, and spread the excitement of STEM fields to a diverse audience. The event emphasized the importance of fostering an interest in science and technology among the youth, inspiring the next generation of innovators.

Mountain Prospect High School students are invited to become part of the Big Bad Bob Robotics Team. Currently, the team meets every Thursday after school in Mr. Hikel's room, providing a collaborative environ-

plore robotics and STEM. About Big Bad Bob Robotics Team:

Big Bad Bob Robotics Team, Team 319, is a passionate group of students from Prospect Mountain High School dedicated to exploring the world of robotics and STEM. With a focus on innovation, teamwork, and problem-solving, they participate in various robotics competitions, inspiring young minds to embrace the exciting world of technology and engineering.



SOCCER

(continued from Page A1)

for a chance. Gardner fired a shot over the top of the net and Caldon went wide with her bid. Keenan made a run, with Damonica Charles making a good defensive stop.

Gardner and Keenan combined on a chance that Roberge grabbed Charlotte Cumand mings had a shot go wide of the net for the Golden Eagles. Leah Davignon made a run in for the visitors, but Prospect's Avery Thoroughgood was there to make a defensive stop. Sawyer had another bid denied by Roberge and Jones stopped Sawyer on another bid. Roberge denied a Keenan bid and Jenna Sykes made a good defensive play on a Gilford corner.

Smith had a shot stopped by Dewar and White and Maddy Howlett combined for a great chance, with Dewar diving to make the save and the game went to the half with Gilford up 1-0.

White made an early

GILFORD

(continued from Page A1)

pendent projects where students can explore different topics they choose and do a project based on a topic of interest each trimester.

The Gilford District PTA purchased four new square mats that were installed behind the school. The PTA recognized Boucher's Landscaping, Nutter Enterprises, and True Value Rental of Belmont for their work in this project.

Gilford High School started a "Walk Around the School" in August. Art pieces can be found in the school's stairwells

run in the second half for the Timber Wolves. while Davignon had a bid turned away by Roberge at the other end. LeBlanc had a good defensive clear for Gilford and Keenan had a good cross that missed connecting. Howlett had another chance that Dewar stopped and Roberge hauled in another Keenan bid and another Caldon chance. Caldon continued to pressure and Roberge made an-

other big save. With 28:42 to go in the game, Davignon gave the Golden Eagles a bit of breathing room. Gardner had a couple of bids that were turned away by Roberge and Prospect was able to answer just about five minutes after the Gilford goal, as Smith delivered a beautiful direct kick from outside the box to the top corner, cutting the lead to 2-1.

Gilford answered less than three minutes later, as Caldon scored from outside for the 3-1 lead. Gardner and Tibbs exchanged chances at op-

demonstrating the different attributes of "Portrait of a Learner."

The school's Senior Parent Night will take place this Thursday, Sept. 14 at 6:30 p.m.

On Sept. 22 motivational speaker Ed Gerety will talk to the students in a presentation starting at 9:30 a.m. Gerety speaks at middle schools, high schools, colleges, and conferences across the country on different topics that promote positive and inclusive school environments and teaching students leadership skills. For more information on Ed Gerety visit www.edgerety.com.

posite ends of the field. Caldon then drained another beautiful shot with 15:20 to go for the 4-1 lead and then less than three minutes later, Smith got her second of the game, again from the edge of the box to cut the lead to 4-2.

Liz Albert scored with 7:27 to go for the 5-2 lead and after Smith and Caldon had bids denied at opposite ends, Caldon was able to score in the final minutes to finish her hat trick and seal the 6-2 win for the defending champs.

Gilford is slated to be hosting Newfound today, Sept. 14, and Kearsarge on Tuesday, Sept. 19, both at 4 p.m.

Prospect is scheduled to be at Stevens on Friday, Sept. 15, at 6 p.m. and will be hosting Trinity in a makeup game on Wednesday, Sept. 20, at 4 p.m.

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

(continued from Page A1)

"It's all about sharing everyone's culture and heritage," Guyer said.

She said she was happy to see so many people come to the festival and experience so many different cultures.

The day began with a flag parade featuring so many dogs from around the world followed by a proclamation from Mayor Andrew Hosmer.

"I always get tearyeyed when I see the Flag Parade, she said.

The event is an offshoot of the Laconia Human Relations Committee and is its own nonprofit organization. Guyer said this event gets lot of support from the community and this year they had a lot of sold baklava, rice, collared greens with beef and peppers, sambusa (a beef wrap), and more. Members of the group have been living in Laconia for the past 20 years.

the food tent, the group

This was their first time selling at the Multicultural Festival.

'Every year we come and just taste different food," said Margaret Logo, who said they thought, "Why can't we try and see how its done?"

Logo said they just cooked at home and shared it at the festival.

Gloria Lodiong said it was a great experience and it was an honor to share South Sudanese culture with others.

Gamil's sold cuisine from Egypt, including many different vegetarian dishes. Gamil Azmy moved to the United States from Egypt in 1969 and after living in California for a time, he now lives in Warner. He used to have restaurants in Warner, Concord, and Ashland, but all those locations closed after the onset of the pandemic. He is looking for a new location where he can open back up.



Olivia Noyes looks to get the ball around a defender during action last week in Alton.

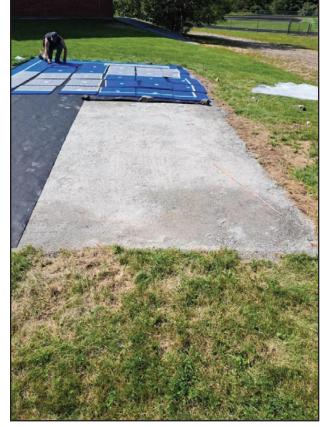


Millie Caldon delivered a hat trick to pace the Gilford soccer girls past Prospect Mountain.



Mariachi Mexico perform at Rotary Park.





New square mats were installed behind Gilford Middle School thanks to the Gilford District PTA and local businesses. Photo from the Gilford District PTA's Facebook page.

donations and sponsorships.

This year they got a lot of new vendors as well.

"You've got to breathe new life in it every year," Guyer said.

A group of friends and family from South Sudan sold food and dresses made from traditional African materials during the festival. At



Gamil Azmy serves Egyptian cuisine.

Margaret Logo and Gloria Lodiong were part of a group of people from South Sudan sharing Sudanese food and clothing at the Multicultural Festival.

Gamil's has been at the Multicultural festival for the past 11 years and Azmy said they have improved a lot over the years.

"It's beautiful, brings people together," Azmy said.

Andrzej's Polish Kitchen sold an assortment of Polish cuisine. Andrzej Mikijaniec moved from Poland to the United States 33 years ago. After living in New York, Boston, and Florida, he now lives in Vermont and sells his cuisine at events around New England with help from family members.

His stand also raises

money for Ukrainian refugees in Poland, raising \$5,000 last year.

"We're doing very well with that," he said.

Mikijaniec said he has heard many stories of what these refugees have gone through.

"People have no clue what's going on," he said.

He is planning to return to Poland next year to be with his family and help Ukrainian refugees.

Andrzej's Polish Kitchen has been at the Multicultural Festival for the past seven years.

"We have a lot of Polish Americans, they miss their grandma's food," he said.



Yukon

Meet Yukon! He is very excited about moving to New Hampshire and would thrive in an active home. Yukon would be great for a family that craves more energy in their life. Yukon is very smart and could even do well making some dog friends.



Max

Meet Max! In his prime years, this gentle fella is looking for a cozy bed and quiet home to call his. He is an easy going boy and enjoys the simple things in life; naps, wet food, and classical music playing in the background.

NH Humane Society Over a century of love for those without a voice. 1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539

FIRE

(continued from Page A1)

and Utility 1 responded to the scene. A first alarm was requested due to the limited number of personnel available. Crews from several neighboring communities including Wolfeboro, New Durham, Gilford, Gilmanton, and Barnstead responded to the call with tankers and forestry vehicles. Farmington provided station coverage.

Around 15 firefighters worked to extinguish the fire with tankers getting water from the cistern on Evans Hill Road. Crews also received help from staff from the Transfer Station and the Department of Public Works, who used heavy equipment to help overhaul the scene.

According to the statement, Alton FD said there were no injuries or property loss from the fire. After the fire was brought under control, the transfer station returned to its normal business.

The cause of the fire is unknown at this time.

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address
Alton	Echo Shores Road
Alton	Hill Lake, Lot 40
Alton	Lake Shore Drive
Alton	78 Rollins Rd.
Alton	8 Sleepers Island
Alton	Upper Meaderboro Road
Alton	15 Wentworth Way
Alton	N/A (Lot 28)
Alton	N/A (Lot 20)
Barnstead	305 Gilmanton Rd.
Barnstead	192 Parade Rd.
Barnstead	40 Winchester Dr.
Gilford	109 Chestnut Dr.
Gilford	60 Weirs Rd., Unit C1
Gilford	35 Welch Island
Gilmanton	Burke Road
Gilmanton	Sawyer Lake
New Durham	Route 11
New Durham	370 S. Shore Rd.

Type N/A Price \$180,000 N/A \$45,000 N/A \$200,000 Single-Family Residence \$2,490,000 Single-Family Residence \$1,200,000 N/A \$152,000 Single-Family Residence \$2,625,000 N/A \$299,000 N/A \$575,000 Single-Family Residence \$650,000 Res.-Mtl. Bldg. \$580,000 Single-Family Residence \$399,933 Single-Family Residence \$468,000 Condominium \$500,000 Res-Mtl. Bldg. \$725,000 N/A \$75,000 N/A \$320,000 N/A \$62,533 Single-Family Residence \$100,000

Seller Buyer Kevin J. Berry Katherine Ford Cheryl L. Duquette Dawn M. Mears David M. Beattie and Carol A. Skrickis Cathy-Ann Beattie and Chris-Ann Fullen Alvan A. Traffie 1995 Trust Amy L. Gaff RET Allan B. and Julie L. Smith John M. and Donna M. Miller Robert Sederquist III David Doucette Terry Monks Shawn C. and Katelyn H. Moran Matthew D. Webb and Sarah S. Henrich Alessandr Bertelli Spicer NT and Stephen J. Spicer Mfs RET and Michael F. Scanlon Anne R. Smith Stewart H. McLean, Jr. Parade Road LLC Single Barrel Jack LLC Ryan Klement Robert Joscelyn and Hannah Buss Daniel W. and Yvonne M. Bono Stacy J. S. Perro RET and Adam S. Perro Henry C. and Diane V. Brueggeman Westaway Fiscal Trust and Paul M. Westaway Ann and James P. Hodsdon Lisa L. and Stephen F. Waldorf, Jr. Scott V. Buren Jenna Rogato and Tyler Romprey **Collins Fiscal Trust and Gertrude Collins** Shawn Hillsgrove W. Edward Magiera Fiscal Trust and Sibyl N. Tarbell Donald F. Magiera T.O. Mottl Estate Planning Trust Mottl NH RT and Thomas O. Mottl

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are

usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and

data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium.

New Hampshire Boat Museum Hosts Wolfeboro Vintage Race Boat Regatta



On Friday, Sept. 15 and Saturday, Sept. 16, the New Hampshire Boat Museum (NHBM) will host the 13th biennial Wolfeboro Vintage Race Boat Regatta on Wolfeboro Bay.

WOLFEBORO - On Friday, Sept. 15 and Saturday, Sept. 16, the New Hampshire Boat Museum (NHBM) will host the 13th biennial Wolfeboro Vintage Race Boat Regatta on Wolfeboro Bay.

Sanctioned by the Vintage and Historic Division of the American Power Boat Association (APBA), the event fea-

tures dozens of vintage boats, including small outboards, Grand Prix hydroplanes, Jersey Skiffs and Gold Cup racing boats.

COURTESY PHOTO

The Regatta is a free

spectator event. "

This is so much fun to watch as a spectator," said NHBM Executive Director Martha Cummings, who noted the Regatta features several social events with the Awards Dinner on Saturday, Sept. 16 at Wolfeboro Inn open to the public.

"It's a great chance to meet the drivers, many of whom come from across the nation and Canada to participate," she added.

Race boat heats take place on Friday, Sept. 15 and Saturday, Sept. 16 from 8 a.m. to 5 p.m. The Awards Dinner takes place at Wolfeboro Inn from 6 p.m. to 9:30 p.m. with tickets priced at \$65 per person.

To see a full schedule of events, or purchase tickets to the Awards Dinner, visit nhbm.org/ the-regatta.

The 13th biennial Wolfeboro Vintage Race Boat Regatta is sponsored in part by Eastern Propane & Oil, Goodhue Boat Company, Belletetes, North Water Marine, JC Signs, TM Crane Service Diamond Shine Boat Detailing. Stark Creative, and Epoxy Floor New England.

"I wish we could individually thank all the sponsors and individuals who work so hard to plan and run this event," said Cummings. "We are so very grateful to everyone who has supported the 13th biennial Wolfeboro Vintage Race Boat Regatta."

Founded in 1992 by antique and classic boating enthusiasts, NHBM is committed to inspire people of all ages with an understanding of, and appreciation for, the boating heritage of New Hampshire's fresh waterways. To learn more about NHBM or upcoming events and programs, visit nhbm.org.

Pastor speaks Hope Ministries welcomes new pastor

about new book 19 at 7 p.m.



Camp Constitution Speaker's

Bureau is sponsoring a

speaking engagement for Pastor Charl van Wyk, a

Christian missionary, author

and activist in Africa at the

Community Church of Alton

20 Church Street in Alton,

ALTON - Camp Con-

Speaker's

sponsor-

Tuesday, Sept. 19 at 7 p.m.

is

ing a speaking engage-

ment for Pastor Charl

van Wyk, a Christian

missionary, author and

activist in Africa at the

Community Church of

Alton 20 Church Street

in Alton, Tuesday, Sept.

stitution

Bureau

His belief in his Christian duty to protect the

innocent, vulnerable and oppressed led him to single-handedly return fire in the midst of a terrorist attack, saving many lives! Armed with only a 38 revolver, Pastor Charl returned fire as a group of communists armed with automatic rifles were attending to kill every man, woman, and child in the church. While they murdered 11 and wounded dozens more, Pastor Charl's actions saved dozens of people from death.

The story of how God led Charl to forgive and pursue reconciliation with his attackers is captured in his best-selling book, "Shooting Back – The Right and Duty of Self-defense."

Admission is free. Donations accepted. For more information call Hal Shurtleff (857) 498-1309

GILFORD - Hope Ministries, First United Methodist Church of Gilford, welcomes its new pastor, Rev. Nami Yu.

Pastor Yu is originally from In-Cheon, South Korea, where she studied in Seoul Theological University and worked in Korean Holiness Church as a Sunday school minister for many years. After arriving in Boston in 2012, she studied at Boston University School of Theology where she earned her Master of Divinity degree. She has served churches in Medford, Mass.; Brattleboro, VT; Leyden, Mass.; and Lenox, Mass. Pastor Nami says that she has a great interest in nurturing disciples and comforting isolated and marginalized people.

Hope Ministries is an open and inclusive church. We welcomed her with a celebration of our church's life together with her during regular worship on Sunday, Sept. 10, at 10:30 a.m. The church is located at 18 Wesley Way, Gilford, NH (Off route 11A near the 3/11 bypass). Nursery care is provided. All are welcome to attend.

Masons bost breakfast in Alton, Sept. 17

ALTON - On Sept. 17, the Masons of Winnipisaukee Lodge in Alton will be hosting their monthly Breakfast Buffet, open to the public, at the Lodge on Route 28, a quarter mile south of the Alton Circle. With fresh fruit, biscuits and gravy, scrambled eggs, omelets, bacon and sausage, home fries, beans, pancakes, French toast, coffee, and juice being served, it is a perfect time for family and friends to sit down and enjoy an all you can eat breakfast buffet. So join them for breakfast between 7:30 a.m. and 11 a.m. Cost is \$12. They hope to see you there, always on the third Sunday of the month. For more information, contact David Cumming at 603-767-2057





COURTESY PHOTO

Hope Ministries, First United Methodist Church of Gilford, welcomes its new pastor, Rev. Nami Yu (right).





Not getting enough attention?

Call your Sales Representative Today Tracy Lewis: 603.616.7103

Easterseals NH Military and Veterans Campus groundbreaking ceremony Sept. 20

FRANKLIN – In a sweeping and unprecedented effort to provide enhanced support for service members, veterans, and their families through access to a variety of services and recreation activities in one location, Easterseals NH will join veterans, dignitaries, and the public for a special ceremonial groundbreaking at its new Military & Veterans Campus in Franklin, NH, Wednesday, Sept. 20. Everyone is invited to participate in a patriotic event on the campus, featuring a special dedication program, groundbreaking, tours, light fare, and outdoor activities.

The first-of-its-kind

center of excellence for veterans, military members, and their families will include affordable housing, hub of services, retreat center, and therapeutic recreation opportunities. The entire project was made possible through partnership with the State of New Hampshire and Governor Chris Sununu. Easterseals NH was awarded \$23M from the State of NH through the American Rescue Plan Act (ARPA) State Fiscal **Recovery Funds (SFRF)** to develop the campus and its programs.

"This is truly coming together the New Hampshire way because there is no other facility within the region that has in-

corporated housing, hub of services, therapeutic recreation, and family supports the way this project has been developed," explains Maureen Beauregard, President & CEO of Easterseals NH. "We are hoping the public, veteran and military community will help us bring this full vision into a reality, and we want everyone to join us on this historic day."

Additional funds will be raised to complete the retreat center, build the multipurpose therapeutic recreation building, military-themed playground, and outdoor performance stage. Easterseals NH is committed to completing the project and collaborating with stakeholders, partners, the State of NH. and the public. This has included seeking robust and thorough feedback from the community process such as creating a Campus Taskforce, attending local and regional site visits of high-quality military and veteran programs; conducting interviews and outreach with state officials, nonprofits, and other providers; creating, distributing, and analyzing surveys sent to providers and members of the military and veteran community and more. This has been a community-wide conversation and the input is feeding the final plans for the campus.

The first phase of the

project, construction of the affordable housing for veterans, hub of services, and portions of the retreat center, begins in October of 2023. The completion for the first phase of the project is in early 2025.

"New Hampshire has one of the highest per capita populations of veterans in the country, so we know the need for access to programs and housing is high," says Andy MacWilliam, Chair of the Board of Directors for Easterseals NH. "We are confident with the support of our statewide community, the nonprofit sector, private businesses, and citizens that we can raise the remaining funds

needed to fully complete this incredible campus. The Easterseals NH Military & Veterans Campus will change lives, support families, and offer a much-deserved way of saying thank you to all who have served or are serving in the military today."

The Groundbreaking Ceremony for Easterseals NH Military & Veterans Campus will be on Wednesday, Sept. 20, 3–5 p.m. at 27 Holy Cross Road in Franklin.

All attendees are required to RSVP at https://www.easterseals.com/nh/ our-programs/military-veterans-campus/ groundbreaking.html.

Communi-

A Tribute to Hollywood by The Jersey Tenors Saturday, Oct. 28

LACONIA - We Care of Temple B'nai Israel is excited to announce the return of The Jersey Tenors, on Saturday evening, Oct. 28 in an all-new show being performed for the first time in New Hampshire. The Jersey Tenors will be featuring the music from Hollywood blockbusters and the bravest, most debonair, and heroic leading men in the movies. The concert will benefit the Interlakes Community Caregivers that is celebrating 25 years of providing rides, errands, and community resources in the Lakes Region.

The new show features unforgettable music from some of the all-time greatest movies such as "The Godfather," "Rocky," "Saturday Night Fever," "Gladiator," "Forrest Gump," "Top Gun," "Life is Beautiful," "Mis-



We Care of Temple B'nai Israel is excited to announce the return of The Jersey Tenors, on Saturday evening, Oct. 28 in an all-new show being performed for the first time in New Hampshire.

sion Impossible," and "Scent of a Woman" to name but a few! They will also perform the music from those Jersey heavy hitters like Frank Sinatra, Frankie Valli, Bruce Springsteen, and many more!

he You will want to be The by-there when they raise ce od-the roof with their powlat-erful voices, for one giv r," night only in the Lakes W est Region. Tickets are but n," available on the TBI ne is-website, (www.tbinh. In

org) \$40 per person for general admission seating. The doors will open at 7 p.m.

We Care of Temple B'nai Israel has been "Lending a Helping Hand to Lakes Region Non-Profits" since 2013. The Jersey Tenors concert will benefit Interlakes Community Caregivers, thus continuing Caregivers, Inc, a 501(c)3 nonprofit organization, has been supporting the Lakes Region communities of Center Harbor, Moultonborough, Meredith, and Sandwich for 25 years. Volunteers provide rides to local and long-distance medical facilities, help with grocery shopping, and running errands, at no cost. ing kindness and supporting their local communities to help others in need has an incredible positive impact on their lives and the lives around them. To find out more visit their website, www.interlakescare. org, call 603-253-9275, or email contact@interlakescares.org.

COURTESY PHOTO

The We Care events

ty Caregivers and We Care thank the following event sponsors of The Jersey Tenors concert: Miracle Farms Landscaping, Audi Nashua, Interlakes Family Dental, McCarthy Lawn and Property Management, Comfort Keepers, and The Platinum Group of Re/Max Bayside. These generous businesses, along with the advertisers in the TBI Lakes Region Business Directory make it possible for We Care and Temple B'nai Israel to continue their commitment to lending a helping hand in the Lakes Region of New Hampshire. Temple B'nai Israel also thanks their media sponsor "The Laconia Daily



We Care's dedication to building bonds with partners in the community. Interlakes Community It has been shown time and time again that no matter what walk of life people come from, show-

would not be possible without the support of the generous businesses in the community.

Lakes Region Art Gallery "Art Talk" TILTON - Theresa School of Art. She greatly enjoys day Sept. 21 at 10 a.m. A

established

artistic reputa-

TILTON - Theresa D'Esopo Spinner is the Guest Speaker at this month's "Art Talk" on Monday Sept. 18 at 7 p.m. at the Lakes Region Art Gallery, Tanger Outlets, 120 Laconia Road, Tilton. "Art Talk" is free and open to the public.

Teresa D'Esopo Spinner, a native of New Haven, Conn., began her art career at the Whitney tion during her travels around the United States and Europe. Her first solo exhibitions were in the 1970s. Throughout her broad experience in various artistic endeavors

Teresa

her

ious artistic endeavors, Teresa always comes back to a love of painting custom portraits.

Theresa D'Esopo Spinner is the Guest Speaker at this month's "Art Talk" on Monday Sept. 18 at 7 p.m. at the Lakes Region Art Gallery, Tanger Outlets, 120 Laconia Road, Tilton. "Art Talk" is free and open to the public.

She greatly enjoys the connection she experiences with those she paints, recognizing the privilege and honor it is to capture their personalities and translate their emotions into artistic form.

Ms. Spinner's work hangs in public and private collections throughout the United States and in Latin America.

The public is invited to attend her "Art Talk", as well as her exhibit which opens at the LRAA Gallery on Thursday Sept. 21 at 10 a.m. A meet and greet reception will be held on Saturday, Sept. 23 from 5-8 p.m. at the LRAA Gallery.

Sun."

Art Talks are held on the third Monday of each month at the Lakes Region Art Gallery, Tanger Outlet, Suite #300, Tilton.

For more information about the Gallery, visit our website: www. LRAANH.org

Sue Sampson in New Role at Badger Peabody & Smith Realty



Sue Sampson

HOLDERNESS - After 15 years as the office manager and Managing Broker of the Badger Peabody & Smith Realty Plymouth office, Sue Sampson has returned to the team of agents to work as an Associate Broker with the firm. Sampson said, "One of the most rewarding

of the most rewarding parts of my job was helping our agents with buyers and sellers – it was great getting to see a first time home buyer or a seller who was moving onto something new. I had started my real estate career as a Sales Associate and am looking forward to returning to full time sales by showing, listing and selling property for our clients and customers."

Andy Smith, Broker/ Owner of Badger Peabody & Smith Realty said, "Sue has been a tremendous asset to our firm helping all of our agents, our clients and our customers. I know she will continue to be a guide for our sellers and buyers as she helps them in their real estate journey."

Sampson added, "For most of my adult life, I've been a resident of the Lakes and Mountains Regions of New Hampshire. Having enjoyed a teaching career in Plymouth after retiring from education in 2008, I received my real estate license - turning a lifelong love of real estate into a full-time job."

For much of her time with Badger Peabody & Smith Realty, Sampson worked out of the Plymouth office on Tenney Mountain Highway. With this new role, she will be working full time from the firm's Holderness, NH office – directly on Squam Lake at Curry Place. When not showing and listing property, Sampson can be found hiking the trails that surround Squam Lake and the peaks of Castle in the Clouds in Moultonborough.

Badger Peabody & Smith Realty is the Lakes Region, Central, Mt. Washington Valley, North Country, Western Maine and Northeast Kingdom of Vermont representative of LeadingRE (www. LeadingRE.com). With a membership that spans six continents, LeadingRE connects more than 550 firms and 135,000 sales associates who produce over 1.1 million real estate transactions each year. With combined resources of over 60 full time agents, and eight offices, Badger Peabody & Smith Realty can be reached online at www. badgerpeabodysmith. com.

Do we have your attention? Print Advertising is a very powerful medium and can deliver strongly for you business. Consumer immersion in trusted content has a massive impact on awareness, trust, and effectiveness of its associated advertising. Media attention scores as applied to regular consumers of each medium, with print newspapers topping the table with a score of 80%, followed by regional print newspapers (76%). www.SalmonPress.com

Special Household Hazardous Waste event coming this fall



REGION - Over the summer people in 24 Lakes Region communities had the opportunity to safely dispose of hazardous wastes from their homes at seven different collection sites around the region. Nearly 1,400 households took advantage of this opportunity, dropping off more than 55,000 pounds (27.5 tons) of household hazardous wastes (HHW).

The Lakes Region Planning Commission (LRPC) has arranged to hold a special HHW Collection event in Tamworth this fall on Saturday Oct. 7. Residents and residential taxpayers in the Lakes Region Planning Commission's 24 participating communities will be able to drop off up to 10 gallons or 50 pounds of HHW. No fee will be charged for this.

products include items such as oil-based paints and stains, lawn and garden chemicals, kitchen and bathroom cleaners, old gas, and automotive products. Because these products can have severe impacts on the environment, contaminating our water, soil, air, ecosystems, and bodies, it is important to dispose of these items properly.

On Saturday Oct. 7 bring your household hazardous waste to the K. A. Brett School parking lot (881 Tamworth

Household hazardous Road - NH 113) in Tamworth for drop-off. The collection will run from 8:30 a.m. to 12:00 p.m. Please remain in your vehicle. All participants will be asked a few survey questions upon arrival.

> As a reminder: latex/ acrylic paint and alkaline batteries are not considered HHW and will not be accepted. These products can go in with the household trash (dry out the paint before disposal). This year universal waste products such as fluores

cent bulbs, rechargeable batteries, and mercury-containing devices (thermostats, thermometers, and switches) will not be accepted at these collections.

Visit the LRPC HHW website http://www. lakesrpc.org/serviceshhw.asp to see if your community is participating, learn more information about wastes, and alternate methods of disposal. You can also call us at 603-279-8171 or 603-279-5341.

MVSB Announces Photo Contest Winners

REGION - Meredith Village Savings Bank (MVSB) is excited to announce the winners of their annual community photo contest. Photos representing the Lakes Region, White Mountains and Seacoast areas were selected through a blind review process by MVSB employees.

Complimentary calendars are expected to arrive in all 13 branch offices this fall where community members can come in to pick up desk tent or wall styles. Winning photos will also be featured on the website, social media and notecards throughout 2024.

"Highlighting professional and amateur artists who celebrate the people, environment and overall beauty of New Hampshire is one ways we show that MVSB cares about the communities we serve," said Cindy Hemeon-Plessner, MVSB Senior Vice President and Chief Marketing & Experience Officer. "We received over five hundred truly beautiful and unique photographs this year and we are grateful to everyone who participated."

Previous calendar photos can be viewed at mvsb.com/annual-community-photo-contest. The 2024 calendar photos will be added later this year.

The winning selections for the 2024 Community Calendar include:

January: "Bald Eagle Looking Over Lake Opechee" by Kathleen Curran

"Winter February: Sunrise" by Joanna Michno

March: "Morning has Broken" by Deborah Noseworthy

April: "Flynn Admiring the Beauty of Lake Winni" by Kendra Eldridge

May: "Hello Baby" by Noel Haley

June: "Sugar Hill Lupines and Horse" by Colleen E. Eliason

July: "Last One In's A Rotten Egg!!!" by Cyn-

thia Cote

"Monarch August: Butterflv" by Holly Heath

September: "Sunset Over Groton" by Emily Vale Photography

October: "Meredith Fall Reflections" by Wayne Justason

November: "Gilford's General Store" by Lindsev Bickford

December: "Lobster Buoy Tree" by Sue Bean

The MVSB website features photos from many years of previous contests as well. The following artists will have photos added to the catalogue of pictures that are featured throughout the year: Karla DeVincent, Lisa Fontaine-Storez, Robert Kozlow, Susan Lirakis, Joanna Michno, Haley Noel, Hollie Rogers and Marie Sapienza.

MVSB has been serving the essential banking needs of people, businesses, nonprofits and municipalities for over 150 years. As a mutual savings bank, MVSB



COURTESY PHOTO

"Meredith Fall Reflections" by Wayne Justason is the October 2024 MVSB calendar feature. Complimentary calendars are expected to arrive in all 13 branch offices this fall where community members can come in to pick up desk tent or wall styles.

has no stock-holders but rather operates for the benefit of its customers. employees and community. Since its founding, one thing has always remained true: caring is at the heart of everything MVSB does. By building and nurturing relationships. MVSB believes that we can cultivate a community where we all thrive. To learn more, visit branch offices located in Alton. Ashland, Center Harbor, Gilford. Laconia. Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester, and Wolfeboro, call 800.922.6872 or visit mvsb.com.

Registration for Lakes Region Scholarship Foundation's Annual

Pumpkin Figure Contest is in full gear



REGION - With the rapid approach of fall, registration for Lakes Region Scholarship Foundation's annual Pumpkin Figure Contest fundraiser, which this marks the fourth year of the annual fundraiser, is now open.

"There were many wonderful entries last year from a variety of areas including families, businesses, schools, individuals and non-profit agencies," said Executive Director, Karen Switzer. "The time invested, the creativity and the willingness to share their creations with the entire community is great to see! This has become a seasonal fundraiser for us in Pumpkin Figure Contest which the whole community gets involved!"

Assistant Director. Chris Guilmett stated, "The scholarship foundation is looking forward to building on the success of their annual Pumpkin Figure Contest. To register your pumpkin figure for the contest, follow the link under the Pumpkin Figure Contest tab on our website. You'll also be able to purchase raffle tickets to our two autumn raffles, our popular Harvestfest Raffle and our Cake n' Sweets Calendar Raffle, which is returning for a second year! You do not need to be participating in the

COURTESY PHOTO

With the rapid approach of fall, registration for Lakes Region Scholarship Foundation's annual Pumpkin Figure Contest fundraiser, which this marks the fourth year of the annual fundraiser, is now open.

Lakes Region Art Gallery is "Thinking of You"

TILTON - Nothing says you care more than sending a personal note to friends and relatives. To encourage this, "Thinking of You Week USA" suggests weekly themes throughout September, leading up to the official "Thinking of You Week" which is Sept. 18-25. The letter-writing theme for Sept. 7 is "National Grateful Patient Day." Pick a doctor or other caregiver you appreciate and send them a thank you note."

The artists and photographers at the Lakes Region Art Association Gallery have a wide selection of original art greeting and note cards available. Please stop in at the Gallery located at 120 Laconia Road, Tanger Outlets Suite 300, Tilton, NH to browse the art and pick up your greeting cards!!!

More information on "Thinking of You Week" can be found on their website www.thinkingofyouweekusa.com

For more information about the Gallery, visit our website: www.LRAANH.org

to purchase raffle tickets."

The Pumpkin Figures are judged in several categories and prizes awarded for Best Overall, Cutest, Scariest, Best by a Child, Most Unique, Best Non-Profit, Best Business. Best from a School, Creative Use of Materials, and Best by Family or Group.

Switzer also noted that "If you would like to take advantage of a beautiful Fall weekend to view the creations first hand, maps with the locations of the Pumpkin Figures will be available to download on our website. Also, for those looking to check out the raffle prizes and/ or to purchase Harvestfest raffle tickets, or a Cakes n' Sweets Calendar (tickets are limited),

we will be at the Belknap Mill's Sock Hop on Sept. 8 from 5-8 p.m., as well as on Sept. 23 from 9 a.m.-2 p.m. in downtown Laconia and at Happy Cow Ice Cream from 5–8 p.m. on Oct. 13."

The contest is open to individuals, families, schools, businesses and non-profits. Pumpkin figures must include at least one pumpkin. In order to qualify for the contest, an entrant must live in the Lakes Region, and the entry forms must be received by Lakes Region Scholarship Foundation by Oct. 4 with judging taking place Oct. 13 and 14.

To register for the Annual Pumpkin Figure Contest, or purchase Harvestfest Raffle tickets visit our website at: www.lrscholarship.org

For Advertising Information Call 603-279-4516 email: Tracy@ salmonpress.news

Barnstead man injured in UTV crash

BY ERIN PLUMMER

mnews@salmonpress.news

BARNSTEAD - A Barnstead man was injured in a utility vehicle crash in Millsfield.

Around 9:30 p.m. on Sept. 1, NH Fish and Game received a call about a single Utility Task Vehicle (UTV) that crashed in Millsfield. According to a statement from Fish and Game, Joshua Whittier, 23 of Barnstead, was riding a UTV on Mill Pond Road in Millsfield around 8:30 p.m. on Sept. 1. According to the investigation, Whittier lost the use of the vehicle's headlights and braked abruptly in response, causing the UTV to roll over.

Whittier was helped by other riders on the trail. A call was made to 911 reporting that Whittier was being transported top Upper Connecticut Valley Hospital in Colebrook in a family's private vehicle to be treated for his injuries.

According to Fish and Game, conservation officers determined that since Whittier was riding half an hour past sunset, he was allegedly operating the UTV beyond the legal time limit to operate recreational vehicles on the trails. Fish and Game said speed was also a factor in the crash and Whittier was issued a summons for "unreasonable speed." Fish and Game said in the statement alcohol or drugs were not factors in the crash.

"NH Fish and Game would like to remind all operators to ride within their limits and always be mindful legal times of operation while recreating on New Hampshire's Trails," Fish and Game said in the statement.

SHAKER REGIONAL SCHOOL DISTRICT **ADVISORY BUDGET COMMITTEE**

The Shaker Regional School District is seeking community members to serve on the Advisory Budget Committee. The board will select 3 members from Belmont and 3 members from Canterbury to serve on this committee at its September 26, 2023 board meeting. All members must be registered voters for the town in which they are serving. Please visit www.sau80.org to review the charge of this committee. Please submit a letter of interest to Debbie Thompson, Business Administrator at dthompson@sau80.org or Shaker Regional School District, 58 School Street, Belmont, NH 03220 no later than September 20, 2023. Please contact Ms. Thompson at 267-9223 ext. 5303 with any questions.

Bank of New Hampshire Presents the 2023 Taylor Community Music Series

COURTESY PHOTO

The Cat Faulkner Trio performs at the Taylor Community Woodside Pavilion during a Ban of New Hampshire Music Series concert.

LACONIA - Bank of New Hampshire is proud to be the naming sponsor of the Taylor Community's 2023 Bank of New Hampshire Music Series.

The Taylor Community is a Continuing Care Retirement Community with its primary location in Laconia, the heart of the Lakes Region. The Taylor Community has built a reputation of excellence over the last century and beyond, that has given them the label of one of the most premier retirement desti-



The mission of this non-profit organization is to allow residents to enjoy maintenance-free, active retirement living. while also giving them the time and opportunities to pursue the many recreational, cultural, and entertainment opportunities that this area has to offer.

Since 2013, Bank of New Hampshire has partnered with the Taylor Community to present free monthly concerts open to the public, featuring a variety of talented musicians. The Taylor Community reflects similar values to Bank of New Hampshire, prioritizing their community's needs over all else. The Bank of New Hampshire Music Series will allow both the Taylor Community and the greater Lakes Region community, to enjoy some of the recreational and entertainment opportunities that this area has to offer.

"We are grateful for Bank of New Hampshire's continued partnership," said Michael Flaherty, Taylor Community's President & CEO. "As a local bank with local roots and ownership, they have a

www.MeredithLanding.com

unique understanding of the people and businesses they serve. Their ongoing help in bringing this free concert series to the greater Lakes Region is a testament to their commitment to making a difference in the lives of the people they serve."

The Bank of New Hampshire Music Series is widely popular, featuring high-caliber musical talent in genres ranging from classical to folk, swing and the blues. Thanks to Bank of New Hampshire and Taylor Community resident donor support, the music series has expanded in 2023, with upwards of sixty free concerts happening year-round on Taylor's Laconia and Wolfeboro campuses.

Bank of New Hampshire is proud of this partnership as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service. while assisting our employees, customers and communities to build brighter futures.

Bank of New Hampshire, founded in 1831 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 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1.800.832.0912 or visit www.BNH.Bank.





ERS. CAN WE DELIVER ONE TO YOU

EQUAL HOUSI

E DELIVERED OVER 10,000

3, Tilton NH, exit 20 on Rt. I-93 ac

Wright Museum presents lecture and book signing by author Matthew F. Delmont

WOLFEBORO — On Tuesday, Sept. 19, the Wright Museum will welcome Matthew Delmont presenting his book "Half American: The Epic Story of African Americans Fighting World War II at Home and Abroad." This is the final program of the Wright Museum's 2023 Education Series.

Over one million Black men and women served in World War II. Black troops were at Normandy, Iwo Jima, and the Battle of the Bulge, serving in segregated units and performing unheralded but vital support jobs, only to be denied housing and ed-

ucational opportunities on their return home. Without their crucial contributions to the war effort, the United States could not have won the war. And yet the stories of these Black veterans have long been ignored, cast aside in favor of the myth of the "Good War" fought by the "Greatest Generation."

"Half American" is American history as you've likely never read it before. In these pages are stories of Black heroes such as Thurgood Marshall, the chief lawyer for the NAACP, who investigated and publicized violence against Black troops and veterans; Benjamin O. Davis, Jr., leader of the Tuskegee Airmen, who was at the forefront of the years-long fight to open the Air Force to Black pilots; Ella Baker, the civil rights leader who advocated on the home front for Black soldiers. veterans, and their families; James Thompson, the 26-year-old whose letter to a newspaper laying bare the hypocrisy of fighting against fascism abroad when racism still reigned at home set in motion the Double Victory campaign; and poet Langston Hughes, who worked as a war correspondent for the Black press. Their bravery and

patriotism in the face of unfathomable racism is both inspiring and galvanizing. In a time when the questions World War II raised regarding race and democracy in America remain troublingly relevant and still unanswered, this meticulously researched retelling makes for urgently necessary reading.

Dr. Matthew Delmont is the Frank J. Guarini Associate Dean of International Studies and Interdisciplinary Programs and the Sherman Fairchild Distinguished Professor of History. An expert on African American History and the history of Civil Rights.

He was awarded a Guggenheim Fellowship and National Endowment for the Humanities (NEH) Public Scholar Award to support this research. Dr. Delmont has spoken and consulted with Fortune 500 companies, universities, colleges. and community organizations regarding civil rights, diversity, and inclusivity, and how to reckon with the history of racism in America.

Doors open at 6:30 p.m., the program begins at 7 p.m. on Tuesday, Sept. 19 at the Wright Museum's DuQuoin Education Center, 77 Center Street in Wolfeboro. Admission is \$5

for members and \$10 for non-members. Reservations are strongly encouraged and can be made online at www. wrigthmuseum.org/lecture-series or by calling 603-569-1212.

The region's leading resource for educators and learners of all ages on World War II, the Wright Museum features more than 14,000 items in its collection that are representative of both the home front and battlefield. For more information about the 2023 Lecture Series, or museum, visit wrightmuseum.org.

ELP WANTE

Call our toll-free number 1-877-766-6891 and have your help wanted ad in 11 papers next week!



Brewster BREWSTER ACADEMY Wolfeboro NH Vacancies

Brewster Academy, a private boarding/day school in Wolfeboro NH, is currently accepting applications/ resumes for the following position:

Dining Services

We are currently accepting candidates for a full-time Utility Associate for dining services. The Utility Associate is responsible for cleaning of kitchenware (dishes, glasses, utensils, baking sheets, etc) in accordance with dining hall sanitation procedures, general dining duties such as cleaning dining area, stocking kitchenware, delivery of meals, etc.

Interested candidates should forward a resume and cover letter to HR@brewsteracademy.org or mail to Human Resources, 80 Academy Drive, Wolfeboro, NH 03894

Brewster Academy is an academically challenging and intellectually diverse college preparatory community that nurtures curiosity, confidence, collaboration, and character in preparation for lives of meaning and accomplishment. Learn more about Brewster Academy at www.brewsteracademy.org

OFFICE MANAGER WOLFEBORO CHIROPRACTIC

Looking for a self-motivated individual who is comfortable in a small office setting doing a variety of functions. Must be competent with computers, light bookkeeping, dealing with the public and phone work. Monday - Friday 30 hours. Full training provided. Position open immediately. Send resume to drdiane@wolfechiro.net.

Director - Business Office

Carroll County Mountain View Community is looking for an experienced individual to fill the position of Director - MVC Business Office. The successful candidate will have five+ years' experience in a long term care facility. A Bachelor's degree in Accounting, Business, or Healthcare Administration is preferred. Extensive knowledge of Medicare/Medicaid billing, nursing home regulations and reimbursement formulas, accounting practices and administration is required.

Duties include planning, organizing, developing, and directing the overall operation of the Business Office to ensure that the financial and health information related needs of the residents and the facility are met/maintained.

Generous benefits include a medical, dental, and vision benefit package with employer cost share, pension plan, 457 tax-advantaged retirement savings plan, Flexible Spending Accounts, Earned Time/Paid Time Off. and short-term disability. Applications are available online at http://www.carrollcountynh. net and may be dropped off, mailed, emailed, or faxed as follows: **Carroll County Human Resources** hr@carrollcountynh.net 95 Water Village Road Ossipee, NH 03864 Secure Fax (603) 539-9297 EOE

For Advertising Information Call 603-279-4516 email: Tracy@

salmonpress.news



Energysavers Inc, a 48 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. Starting pay, \$18-\$20 hour based on experience.

LEARN WHILE YOU EARN!

No prior experience required. Must have a valid driver's license and pass the pre-employment drug screening. Stop in to fill out an application:

Energysavers Inc. 163 Daniel Webster Hwy, Meredith NH

Nursing Unit Managers

Carroll County Mountain View Community is looking for unit managers, one for each of our "neighborhoods." The successful candidate will possess and maintain a current, active license to practice as an RN or LPN in the state of New Hampshire and maintain current CPR certification. Three to five years' experience as a staff urse in a long-term care facility and progressively responsible nursing management experience required. IV Certification Preferred Medical, dental, vision benefit package (85/15 employer/employee cost share) Pension plan through New Hampshire Retirement System 457 tax-advantaged retirement savings plan Flexible Spending Accounts Earned Time/Paid Time Off Short-term disability Duties include but are not limited to ensuring day-to-day resident needs are met by participating, supervising, and monitoring nursing activities on a designated unit in accordance with all the provisions of applicable laws, rules, regulations, policies, and procedures. This role is essential to every operational aspect from ensuring individual resident needs are being met to the effectiveness of procedures and staff morale.

Brewster Academy is an Equal Opportunity Employer. We welcome applicants whose background and experiences enrich the diversity of our community.

HELP WANTED MECHANIC/LABORER

Excavation/Landscape company in Tuftonboro looking to hire person with mechanical abilities to work on Trucks and heavy equipment. Other duties include operating dump trucks and heavy equipment. Position is full time and year-round. Pay and benefits based on experience and skill level. **Please contact** mtnsidelandscape@roadrunner.com or text/call 603-345-5766

Dishwashers Wanted

Mostly weekends Friday night to Sunday Noon. Must be at least 14 yrs old. If interested please contact: Alton Bay Christian Retreat Center 5 Broadway Blvd Alton Bay, NH Brad@altonbay.org 603-875-6161

Applications are available online at http://www.carrollcountynh.net and may be dropped off, mailed, emailed, or faxed as follows:

> Carroll County Human Resources hr@carrollcountynh.net 95 Water Village Road Ossipee, NH 03864 Secure Fax (603) 539-9297 EOE

NC-I Upper Connecticut Valley Hospital

JOB OPPORTUNITIES

Spotlight Positions:

Phlebotomist **Registered Nurse**

FRIENDLY &

RELIABLE

NIGHT

CASHIERS

needed at the

Following Location:

Bosco Bell

on Route 28

Barnstead

Please apply in person.

RN - ORRN – Med/Surg Charge Nights RN Nurse Manager – ED/Med-Surg Endoscopy Technician Physical Therapist

Health Unit Coordinator **Environmental Services Technician**

Certified Surgical Technician Multi-Modality Radiologic Tech Medical Assistant Medical Technologist

APPLY ONLINE WWW.UCVH.ORG

Upper Connecticut Valley Hospital 181 Corliss Lane, Colebrook, NH 03576 Phone: (603) 388-4236 Ucvh-hr@ucvh.org EOE

Conservation Coalition chair to speak at Alton Historical Society

MEDICARE

EDUCATIONAL WORKSHOP

- Do you have questions about Medicare?
- Learn about Supplements and Advantage Plans!
- Do you have the correct Prescription Drug Plan?
- Learn how to shop for the plan for you!

*Featured speaker Amanda Rydlewski

Saturday 10:00 AM - 11:30 AM

September 16th October 21st November 18th

At the Wolfeboro Public Library

Hosted By:

RSVP recommended

603-569-6464



We do not offer every plan available in your area. Currently we represent 12 organizations which offer 308 products in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE, or your local State Health Insurance Program to get information on all of your options. ALTON - Our September program for the Alton Historical Society will be held on Tuesday, Sept. 19 at 7 p.m. at the Gilman Library, Main Street, Alton, in the lower-level meeting room. Russ Wilder, Chair of the Belknap Range Conservation Coalition will be our guest speaker.

Through the efforts of the Alton Conservation Commission, NH Fish & Game,



18 Weirs Rd. Gilford 🗰 (603) 293-0841 🏶 PatricksPub.com

Lakes Region Conservation Trust, Society for the Protection of New Hampshire Forests, the Belknap Range Conservation Coalition and other partners, 3,788 acres have been conserved by fee ownership and another 1,702 have conservation easements on them. These lands include high value wetlands, ponds, large contiguous forested areas, and agricultural lands. Many of these lands have hiking trails maintained by the Conservation Commission, Lakes Region Conservation Trust and the Society for the Protection of New Hampshire Forests. Russ Wilder, Chair of the Belknap Range Conservation Coalition and member of the Alton Conservation Coalition, will present the progress made to date conserving land in Alton and what additional land might be conserved in the future.

All are welcome to our Society programs and they are always free of charge.







Our Roots Run 5 Generations Deep

Discover the heartfelt difference of a family owned and operated funeral home with a legacy spanning over a century and five generations. At Wilkinson-Beane-Simoneau-Paquette Funeral and Cremation Services and 603Cremations.com, we're not just a business; we're an integral part of the community, offering unparalleled trust and care during life's most difficult moments. Our roots run deep, and our commitment to New Hampshire is unwavering. When you choose us, you're

choosing a team that understands the unique needs and values of the community. Our funeral directors and staff are not just professionals; they're your neighbors, friends, and confidantes. Experience the warmth and compassion that only a family-owned funeral home can provide, where every detail is handled with the utmost respect and consideration.

Wilkinson-Beane-Simoneau-Paquette Funeral and Cremation Services and 603Cremations.com your trusted companions in honoring and remembering your loved ones.

164 Pleasant Street, Laconia, NH | 603.524.4300 | www.wilkinsonbeane.com

If you hold your pre-arrangements with another funeral home, for any reason at anytime they can be transferred to any funeral home at no charge.

salmonpress.com



Move your smile and life forward with Invisalign! Invisalign's clear, custom-designed aligners can be an inconspicuous way to get a beautiful

new smile without interruputing your lifestyle. Meaning you can still enjoy the activities you love and the foods you can't live without, while shaping your smile more gently.

STRAIGHT TEETH ARE WITHIN REACH.

Call Dr. Alan Kennell today for a free, no-obligation consultation.



Schedule a Free Consultation Today! Dr. Alan F. Kennell invisalign * The Clear Alternative to Braces

f

KennellOrtho.com | 524-7404 Laconia | 536-7404 Plymouth | 444-7403 Littleton

