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Gilford Steamer

THURSDAY, JULY 3, 2025
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GILFORD, N.H.
FREE

A Mission of great importance

Green Beret With a Mission Challenge benefits Camp Resilience

BY JOSHUA SPAULDING
Sports Editor

BRIDGEWATER — Your mission, should you choose to accept it? Negotiate a course with multiple stations where you will be required to complete Special Forces mission tasks that will challenge you physically and mentally.

No, it was not the latest Tom Cruise blockbuster, this was the fifth annual Green Beret With a Mission Challenge, which took place on Friday and Saturday at Ladd Farm in Bridgewater. The event is held as a fundraiser for the Patriot Resilient Leader Institute's Camp Resilience



JOSHUA SPAULDING

Gilford High School and West Point graduate Kris Webber makes his way across the rope bridge as part of the Lockheed Martin team in the Green Beret With a Mission Challenge on Saturday.

and brought together people from around the region to the remote hilltop farm to go through training with Green Berets.

Kurt Webber of Gilford, the Past President of the PRLI, helped to found the event, which came out of the Swim With A Mission events that happen annually on Newfound Lake.

"The military is in my blood, that's why I do Camp Resilience," Webber said as he waited for his two sons, both Gilford High School and West Point graduates, to complete one of the stations situated around Ladd Farm as part of the Lockheed Martin team. "This

SEE GREEN BERET, PAGE A14

Alton fireworks set for July 3

BY ERIN PLUMMER
mnews@salmonpress.news

REGION — A fireworks display and some concerts will celebrate Independence Day Weekend.

Independence Day is this Friday, July 4, and plenty of fun events will go on in the area over the weekend.

Fourth of July events started this week with freezer pops and fun with sidewalk chalk at the Alton Bay Gazebo on July 1.

On Thursday, July 3, Thursday Afternoon Band will play a concert at the Alton Bay bandstand from 7-9 p.m.

The town's fireworks display will shoot over Alton Bay starting at 9:20 p.m. from a barge. In case of rain, the fireworks will be rescheduled to July 5 at 9 p.m.

The Alton Parks and Recreation Department is encouraging people to bring a chair and find a place on the lawn or come by boat for the night's events.

Another concert is coming this Saturday, July 5, when Saxx Roxx performs at the Alton Bay Bandstand from 7-9 p.m.

Barnstead's summer concert series will also continue this weekend. On Saturday, July 5 White Dog Duo will perform their brand of 70s music. The concerts run from 6-8 p.m. at the Barnstead Parade Grounds.

Visitors are encouraged to bring blankets and chairs for the concert as well as cash for concessions.

Current Gilford DPW building closer to demolition

BY ERIN PLUMMER
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GILFORD — Construction of the town's new Department of Public Works facility is drawing closer as the department is managing the current building's coming demolition and another place to temporarily move operations.

Public Works Director Meghan Theriault gave the board an update on the project during their June 25 meeting.

Theriault said an asbestos survey was recently completed. As was anticipated, asbestos was found in the building particularly in the floors and ceilings of the administrative area.

Under state law, asbestos remediation must

be publicly posted and advertised with a 10-day waiting period before the work begins.

Theriault said remediation crews would likely be at the building the week after that meeting with work starting soon after.

Chemical storage has been relocated from the building to another location. Theriault said a crane came in to haul the materials and put them on a concrete pad in the back of the complex.

Before being demolished, the current DPW building would be used for a training exercise by the Gilford Police Department's SWAT team sometime that week.

Theriault said it's likely that the demolition

will begin in early July.

She said the project's sitework and the building demolition was all out to bid with bids due the day after that meeting and it would be likely Bonnette, Page, and Stone would be back with recommended bidders soon. Theriault said operations manager Roger Weeks reported to her that the pre-bid walk-through drew several companies.

The DPW is looking at using crushed glass as a material for the foundation. Theriault said the glass crusher is set up at the transfer station and they will take a sieve of the material to BPS to determine if it can be used.

"They sounded confident that we'll be able to use that, so that will be

nice; would go under the footing of the slab," she said.

If the material is approved, the crushed glass will turn into a three-to-four-inch layer that will be incorporated into the slab.

With construction on the new building, many DPW operations will be centered in temporary locations across the area. The town is now working to relocate the fleet department to a location in Belmont. Theriault said the building is nearly emptied out and DPW is working with the electrician at the site to hook up the DPW's compressor.

Lifts are being installed and Theriault said as soon as she knows the space is ready they will start bringing over the larger pieces of equipment.

First responders, road crews face summer heat, storm damage

BY ERIN PLUMMER
mnews@salmonpress.news

REGION — The region dealt with high heat followed by a sudden, severe thunderstorm that caused significant damages.

The National Weather Service issued extreme heat advisories across the region for June 22-24 with heat indices climbing over 100 degrees in Central New Hampshire on June 23 and 24.

Alton opened a cooling station at the Community Center at Pearson Road available by request. Anyone who needed the station could contact the Alton Police and Fire Departments and request access to the space.

The high heat was followed by a sudden, severe thunderstorm on June 24. In Gilford, the storm resulted in downed trees and wires, power outages, and even significant damage to a community baseball league's batting cages.

The Gilford Department of Public Works made posts about the



damage on its Facebook page.

Photos showed downed trees and wires on Gunstock Hill Road and Liscomb Circle. The highway department was clearing roads and the DPW worked with Eversource to ensure downed wires were cleared.

During the June 25

meeting of the Gilford selectmen, board member Chan Eddy said he only thought of that storm after reading the DPW's Facebook posts.

"I was very surprised when I got onto the Facebook page and said remember that storm came through?" Eddy said. "We had rumbles of thunder; it rained like

the dickens for 10 minutes and stopped. Okay, that's it. We're finding out that up here there were all the trees and everything down."

DPW director Meghan Theriault said six trees were downed in the storm. Eddy said he also heard about some significant power outages.

Mike Giovanditto,

president of Gilford Youth Baseball, said the storm wrecked the batting cage at one of the fields.

"The fierce winds we had last Friday or Thursday took three of my steel poles and snapped them in half, so its in a pile and it's getting ready to go to the metal scrap yard," Giovanditto said.

Most everything is in cold storage for the time being.

"We didn't want to rent storage containers, so literally the fleet mechanics are working outside like one can get inside, but there's no room because were bursting at the seams over there," Theriault said. "We also purged a lot of stuff too because we didn't want to lose 50 years of things in there, so we purged a lot of things."

The board also approved a motion to purchase six mobile lift columns for a total of \$85,795 including freight, a cost that will be included with the project bond. Theriault said the lifts are battery operated and on wheels so they can be moved wherever. She said four or six together can lift a fire truck while a couple alone can move large pieces of equipment.

Theriault said the DPW has six lifts currently and these will add on to those.

The selectmen unanimously approved the purchase.

Alton Parks and Recreation Community Connection

Alton Bay Fireworks
The Town of Alton is sponsoring Fireworks in celebration of Independence Day in Alton Bay on Thursday, July 3 at 9:20 p.m., rain date is Saturday, July 5.

Alton Bay Concerts at the Bandstand 2025
Summer Concert Schedule: 7-9 p.m. at the Alton Bay Bandstand, Alton Bay
July 3- “Thursday Afternoon Band”- Classic and Modern Rock- Fireworks to follow at 9:20p.m.; July 5- Saxx Roxx- Classic Rock with brass; July 12- The Visitors- Oldies, Classic Rock, Country Rock; July 19- Pub Pirates- Classic Rock; July 26- Got

It Covered Band- Cover Songs; Aug. 2- The Revolutionists- Classic and Modern Rock and Roll; Aug. 9- Bittersweet- Classic Rock; Aug. 16- Chris Bonoli- Soft Rock, Country and Classic Electric Blues; Aug. 22- “Thursday Afternoon Band” sponsored by Water Bandstand Committee; Aug. 23- Saxx Roxx- back by popular demand and Aug. 30- Cool Beans- ‘60’s and 70’s Rock.

July 2025 is Park and Recreation Month in the Town of Alton
The Alton Board of Selectmen have officially recognized July 2025 as Park and Recreation Month in the Town of Alton, and the

Board members encourage all residents to show their support and contact the Alton Parks and Recreation Department to participate in or volunteer for an upcoming event, program or project in July or anytime throughout the year. Congratulations Alton Parks and Recreation and thank you to all the volunteers that make the programs possible. For more information and how to be involved contact Alton Parks and Recreation at 603-875-0109 or parksrec@alton.nh.gov.

Singalong and Campfire at Alton Town Beach
Join friends and community members at the Alton Town Beach, located on Route 28A, on Friday, July 18 from 7-8:30 p.m. for a beach campfire and acoustic guitar sing along with John Irish. Bring a chair and toast s’mores with the cozy crowd. This program is free. Fun for the whole family.

Alton Old Home Days 5K Road Race
Co-Sponsored by Meredith Village Savings Bank. Aug. 9 at the Alton Bay Bandstand, 9:00a.m. Sign up by July 14 and receive a long sleeve race shirt. USATF Certified Course through Alton. Computerized timing with bib chip; results posted online. Scenic, slightly varied course, flat/downhill with one moderate incline, paved. Prizes, refreshments, water stops, traffic control and raffle for racers.

Forms and map available at www.alton.nh.gov or register online at <https://runsignup.com/Race/NH/Alton/AltonOldHomeWeek5KRoadRace>, \$20.

Pick Up Pickleball Games
Pick up Pickleball games are being held on Tuesdays and Thursdays from 8 a.m.-noon at the Liberty Tree Park Tennis Courts. Beginners are welcome, bring your own equipment. Sign up online <https://www.signupgenius.com/go/8050D4FA8AF2CA5F85-54716680-pick-up>. Courts are located behind 65 Frank C. Gilman Highway. Parking is across the street next to Mill Pond and by the Water Department. For more information, contact parksrec@alton.nh.gov.

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

Slow Flow Yoga with Pamela Mott, 500 YTT Certified
Classes are held on Mondays and Wednesdays from 6:30-7:30 a.m. at the Alton Bay Community Center or choose the online option and practice from home. All levels are welcome and encouraged. Class focus is Sun Salutation A and B; Hatha Yoga and the 8 Limbs. Pre-reg-

istration is preferred, text 603-393-0595. Cash and Venmo accepted. Pre-registration and virtual attendance is \$10; Drop in \$15. Classes are ongoing. For more information, contact Alton Parks and Recreation at 603-875-0109 or parksrec@alton.nh.gov.

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

Intro to Guitar
Alton Parks and Recreation is sponsoring an intro to guitar meetup on Thursday, July 17 from 10-11:30 a.m. with Sam Twinning at the Gilman Library, first floor meeting room. This is a free program to support you in picking up your guitar and trying it again. All are welcome. Session will cover the fundamentals including how to hold the instrument, tune it, strum it and how to play a few cords. Bring your own guitar and join us. Please register by contacting parksrec-asst@alton.nh.gov.

alton.nh.gov or 603-875-0109 by July 14.

Little Lake Explorers Playgroup
Join in this new playgroup led by Jennifer Lutz and Melissa Sciuto on Mondays at the Alton Bay Community Center from 9-11 a.m. This free program is open to all children newborn to seven years of age and their parents. Activities include free play, snack time, story time, music and more. Parents must stay and supervise their child during the program and are asked to bring a peanut free snack for their child. Please pre-register by the Wednesday before each meeting at littlelakeexplorersalton@gmail.com. Drop ins are also welcome. For more information contact Alton Parks and Recreation at parksrec@alton.nh.gov.

Concert Sponsored by Water Bandstand Committee
The Water Bandstand Committee is sponsoring a live concert on Friday, Aug. 22 from 7-9 p.m. featuring “The Thursday Afternoon Band”. The concert will be at the Alton Bay Land Bandstand with classic rock music. Stop by and watch a great performance that will put a smile on your face, and a tap on your feet.

Alton Bay Water Ski Show
Sponsored by the Water Bandstand Committee
Aug. 23 — Water Ski Show at 3 p.m. in Alton Bay.

Volunteers welcome for Gilford foam recycling

BY ERIN PLUMMER
mnews@salmonpress.news
GILFORD — The Department of Public Works has volunteer opportunities for the foam recycling program with members of the participating communities encouraged to sign up and help out.
Gilford’s Solid Waste Center has become a regional hub for foam recycling with several communities in the Lakes Region bringing their foam to be processed.
During the Gilford selectmen’s meeting on June 25, Selectman Gus Benavides said he saw something on social media about volunteers helping with Styrofoam recycling. He asked Public Works Director Michelle Theriault how that program was going and possibly bring more attention to it.
Theriault said the program hasn’t had a lot of volunteers, but a few groups have expressed interest,
“It was a way to get other people involved because people are excited about the program, they always ask how they can help,” Theriault said.
She said it was always the intention of this regional program to have strong volunteer involvement. They have already had a lot of volunteers for collections and transportation.
“The thought was

to open up the volunteer opportunities for people to come to our facility and see it working because it is a regional program,” Theriault said.
Theriault said she they have gotten requests from local groups such as the Girl Scouts and different schools. Theriault said volunteers need to be at least high school age and they have had high school students volunteer including members of her son’s robotics team.
“We had kind of a big spike on April because of Earth Day, we had a lot of events,” she said. “We were short staffed, so it was kind of overwhelming. Things settled down a little bit, we’re back in our regular routine of processing every Wednesday, doing well with that.”
She said volunteers aren’t necessary for this process, but they wanted to open this up to anyone who wants to help.
“I think it’s a great thing that you’ve done I think it brings awareness to is and if somebody wants to volunteer how great is that right, so I think that’s wonderful,” Benavides said.
For more information on the foam recycling program and volunteering, visit <https://www.gilford-nh.gov/towncloud/content/recycling-32>.

Barnstead Parks & Recreation Highlights

Motto: "Bringing Community Together by Doing Fun Stuff!"
Archery program
Barnstead Archery – Registration is open for session 2 (July 11 – Aug. 22) and session 3 (Aug. 29 – Oct. 10). Classes are every Fridays from 6 – 7:30 p.m. (weather dependent) at the TL Storer Scout Reservation. Equipment will be provided, or you can bring your own. \$10 for the session. The link for registration can be found on our Web site.

Summer Concert Series
Barnstead Parks & Recreation is pleased to welcome to the Summer Concert Series Stage, White Dog Duo on July 5 and Windham Community Band

on July 12.
White Dog Duo, playing on July 5, is a popular local Acoustic Duo playing your favorite ‘70’s music. They are sure to have you singing along and swaying in your seat to some great tunes.
Windham Community Band organization has a 40-piece concert band that has been performing in southern New Hampshire and northern Massachusetts for more than 25 years. They will perform selections from movies, Broadway shows, patriotic themes, marches and other popular concert band pieces. With such a large variety of tunes and the variety of instruments, the performance is sure to be a crowd pleaser.
Summer concerts

will take place at the Barnstead Parade Grounds every Saturday from June 21 through Aug. 23 from 6-8 p.m. No concert on Aug. 2 due to the balloon rally. This year’s lineup features a wide array of music and can be found at www.barnsteadnhparks-rec.com/events. Concessions will be offered by local organizations (cash only) and the concerts are free so grab a chair or a blanket and come on down to enjoy the show!
The concession provider for the July 5 show is the Old Home Day Committee. They will have plenty of snacks and drinks along with T-Shirts from past Old Home Day’s.

Commission member openings
Being a part of the commission is a great way to be more involved in creating, planning, and hosting activities or programs for our community. There are many dif-

ferent levels of involvement and time commitments. We have various openings on the commission, and we are excited to welcome new members. Contact Gail McCullough if you would like more information.

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

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

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MVSB ranks as Top NH Bank for home mortgages

MEREDITH — MVSB (Meredith Village Savings Bank) has been named the #1 Bank for number of single-family home purchases, among other top rankings, in New Hampshire's 2024 Top Lenders report published by the Registry Review.

Each year, the Registry Review publishes a report outlining the top purchase and non-purchase (refinance) loans made by banks, credit unions and mortgage companies in the state based on total dollar volume and total number of loans closed. The data is collected by The Warren Group, the industry's leading source for real estate and financial data, analytics and market insight.

MVSB ranked as a leader in the following areas:

- #1 Bank for Number of Single-Family Purchase Loans
- #2 Bank for Volume of Single-Family



The MVSB Mortgage Lending Team poses for a photo together. From left, Eric Petell, NMLS# 696445, Bonnie Leighton, NMLS# 37156, Denise Hubbard, NMLS# 47515, Charlie Dowd, NMLS# 737415, Marcy Dembiec, NMLS# 165849, Brittany Hodge, NMLS# 2387835, Nicole Ames, NMLS# 2370119, Deborah Miller, NMLS# 2425328, Kim Lesniewski, NMLS# 2281255, Elizabeth Brothers, NMLS# 69282, Lori Borrin, NMLS# 165814, and Kelly Beebee, NMLS# 1494373.

Purchase Loans

- #2 Bank for Number of Condo Purchase Loans
- #3 Bank for Volume & Number of Non-Purchase (Refinance) Residential Loans

"I have to credit this success to our exceptional mortgage lending and support teams, whose knowledgeable and caring service helps our customers discover the best financing solutions, remain competitive and reach their financial aspirations," said Jaime Frederes, Senior Vice President and Residential Lending Officer. "We take great pride in artfully merging innovative technology with a human touch, providing a unique, best of both worlds experience."

MVSB has been serving the essential banking needs of peo-

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

“Jeep Show” author Robert B. O'Connor to Speak at Wright Museum July 8

WOLFEBORO — Robert B. O'Connor, author of the compelling new historical fiction novel "Jeep Show - A Trouper at the Battle of the Bulge," will be the featured speaker at the Wright Museum of World War II's Lecture Series on Tuesday, July 8 at 7 p.m.

O'Connor will discuss his critically-acclaimed, meticulously-researched novel, which chronicles the remarkable journey of Jim Tanzer, a 30-year-old dance instructor who enlists in the Army during World War II despite having a draft deferment. The book offers a unique perspective on the war, focusing on enlisted entertainers, including Mickey Rooney, in the little-known Morale Corps and their efforts to boost troop morale through entertainment in combat areas where the USO and the Red Cross could not go.

"Jeep Show" intertwines personal narratives with historical events, notably the Battle of the Bulge, providing readers with a fresh perspective on World War II. O'Connor's presentation promises to shed light on the extensive morale-boosting ef-

forts of the U.S. Army during the war and the author's research process and inspiration for the novel.

The Wright Museum of World War II's Lecture Series encourages attendees to explore diverse topics through engaging presentations while enjoying the museum's welcom-

ing atmosphere. This event will appeal to history enthusiasts, WWII buffs, and fiction lovers alike.

Robert B. O'Connor, a Minneapolis-based author, has previously published the nonfiction book "Gumptionade." His work often focuses on stories of determination tri-

umphing over adversity in history and everyday life.

For more information about the event or to RSVP, please see <https://wrightmuseum.org/calendar/lecture-series-robert-oconnor-the-jeep-show/>. To purchase tickets, please scroll down and hit Lecture Series, then View Dates, then pick July 8 and click the 7pm Lecture Series button to purchase.

Alton resident named to Dean College's Spring Dean's List

FRANKLIN, Mass. — Dean College is pleased to announce that Aislinn MacStravic of Alton has earned a place on the Dean's List for the Spring 2025 semester. Students named to the Dean's List have demonstrated a serious commitment to their studies while at Dean College.

Founded in 1865, Dean College is a pri-

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



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About the Wright Museum of World War II

In 1994, the Wright Museum of World War II opened in Wolfeboro, a creation of its visionary founder the late David Wright. For thirty years and counting, this educational institution has fulfilled David's dream of creating a public understanding and appreciation of the exceptional contributions on the homefront and the battlefields made by World War II-era Americans.



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Please drive carefully.

Make the most of your summer

This past weekend’s wet weather aside, summer has finally arrived with its warmth and vibrant energy. As we step into this long-awaited season, it is crucial that we seize the opportunity to embrace the outdoors, bask in the sun’s rays, and make the most of these few precious summer months.

The transitional period from spring to summer has been marked by an uncharacteristic gloom, with the dreary weather dampening spirits and limiting outdoor activities. But as the days grow longer and the sun regains its strength, let us reinvigorate our spirits with the bright prospects of summer.

There is an inherent enchantment that comes with this season, leading us to explore and indulge in the myriad of activities that the warmer months offer. It is the time to relish in the simple pleasures that nature provides, to feel the grass beneath our feet and to savor the coolness of a refreshing dip in the water.

Embracing summer not only renews our connection with the natural world but also nurtures our mental and physical well-being. Studies have consistently shown the positive impact of spending time outdoors, from reducing stress and anxiety to improving overall mood and cognitive function. It is during these sunny months that we have the opportunity to recharge our batteries, to foster a sense of balance, and to enhance our overall quality of life.

Summertime presents us with a golden chance to reconnect with our communities. Festivals, concerts, and outdoor events are resuming, offering opportunities for shared experiences and the celebration of the arts and culture that make our society thrive. By participating in these activities, we not only support local economies but also foster a sense of unity and togetherness that can heal the wounds inflicted by recent hardships.

Moreover, summer offers an array of recreational pursuits that cater to everyone. Whether it is hiking, picnicking in scenic spots, trying out water sports, or simply lounging in the sun with a captivating book, there is something for everyone. These leisurely activities allow us to create lasting memories, deepen relationships, and inspire a sense of adventure within us.

As we immerse ourselves in the joys of summer, remember to do so responsibly. Climate change is an ever-present threat, and our actions must reflect a commitment to the environment. As we embrace outdoor activities, let us also prioritize sustainable practices, such as reducing waste, conserving water, and protecting natural habitats. By doing so, we can ensure that future generations will have the privilege to enjoy the beauty of summer as we do today. Let us make this one summer to remember!



COURTESY

Lions support learning

This year the Laconia/Gilford Lions continued their annual tradition of donating to Lakes Region Scholarship Foundation to assist area students attend college. "This year our donation helped more students than in any single prior year," explained Club Vice President Allyn Bridge. "Five students in total were aided, from Laconia, Gilford and Belmont, to study in fields including medicine & education. We have confidence in their scholastic success and wish them well in their future endeavors. And we want to publicly thank Lakes Region Scholarship Foundation for their work to help so many achieve so much. Education, and access to it, remains crucial to our society." From left: Lion Matt Soza, Lion Diane Lockwood, and LRSF Director Karen Switzer.

LETTERS FROM EDWIN

Navigating

praying for snow.

Saturday was a gig day, so I had to restrict my activities so that I would retain enough energy to perform all my related tasks. That meant cutting and splitting wood was out, and so was doing gardening things. It being a real nice day, I wanted to come up with something outside.

I marked a bunch of circles on a piece of corrugated cardboard and headed out back with my little pistol and a box of ammo. I rarely find such time to practice so this was a good idea. I kept reloading and putting more holes in the paper, and dropping all the used cartridges in my pocket.

The time seemed to disappear and soon I had to shift to get ready and head out to the gig mode. When I got back to the house, there was this rather large quantity of spent cartridges in my pocket. I had no idea how many there were as I just kept reaching into a loose box as I reloaded. I figured around a hundred, but counting to find out for sure, there were 125. Makes sense, I was a us-

ing a five-shot revolver. I didn't drop any!

A while ago, I wrote about not mowing a bunch of orange Indian Paint Brushes because not only the customer wanted them to be left, but so that I could come and snag a bunch once they went to seed to throw out behind my house. Isn't it funny how things rarely ever seem to turn out as expected?

An added fact about this situation was that I had noted that the drive belt for the mower deck was getting very “used” and looked near to needing replacement. I picked one up, but it was decided to continue using the old one until it broke. That old “don't fix it till it breaks” mentality. I'm totally fine with that.

Last week I got a call from this customer telling me that his son came to visit and took to mowing the yard and low and behold, the belt did break. I said “no problem,” and that I'd put the new one on next time I was there. His son seemed happy not to have to do it himself.

That left me wonder-

ing. How much did he mow? He easily could have wiped out all the orange IPB's? My concern won't be answered till next week.

The lazy day after the gig came and I decided to go visit a friend who lives on the other side of ground zero for motorcycle week festivities. Not wanting to invest my time and clutch the bike week traffic jam, I decided to take the long way from church. Instead of taking the usual route 11, I took 140 and in Gilman-ton turned right onto 107 and up through Laconia. For all you youngsters, that's old style navigation, using maps, signs and route numbers.

On the way, I actually passed my customer's house, so I slipped down his road and checked out the situation. His son actually knew enough to mow around the large patch of orange IPB's. That must be standard operating procedure. Works for me.

E.Twaste

Correspondence welcome at edwintwaste@gmail.com

Letter submission policy

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

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

Is time moving faster? That's what Terrence McKenna thought.

He asked the question, "What lasts longer: a million years with nothing happening or ten seconds packed with fifty thousand moments?"

He postulated that in the universe's early days, so little was going on that time itself felt slow. Back then, the cosmos was almost empty—few particles, few forces, few events—and now, there seem to be countless events and moments happening at an exponential rate. More and more events are piling up in our days. Which makes one feel as if time is speeding up.

McKenna saw this acceleration on a universal scale—but we feel it every day in our own lives. The average morning now contains more stimuli than a whole week used to. We're living in a digital downpour.

Everything we see is designed to pull at our attention. One sensational headline after another—storm warnings, market crashes, political scandals—but that's just the beginning. Every screen you look at flips to a new commercial, a pop-up ad, a push notification begging you to shop, a spon-

sored post in your feed, a "limited-time offer" email, or an autoplay trailer for the next hot show. Each one a mini-event in an avalanche of distractions.

With so many things happening at once—our days feel overloaded. Time seems to slip through our fingers.

Is there anything we can do about it? We could run away to a cabin in the woods and hide from all the screens. Short of doing that, there is no escape.

We are trapped in an ever-accelerating timeline—more events, and more noise happening faster and faster each day. If you let it. It can take you from your destiny.

We stand at a crossroads. One path leads us deeper into distraction, a life dictated by alerts, ads, and headlines we didn't choose. Another tempts you toward total escape—setting off for a remote cabin to become a hermit in the woods.

There is a third way, the most powerful of all: to become the navigator of your own timeline. You don't need to run from the storm. You just need to grab the wheel and live with intention.

POSITIVELY SPEAKING

TOBY MOORE

It's easy to become like a leaf blown around in the wind and tossed this way

and that by every notification, every breaking story, every flash of someone else's success. When we make those outside events our priority, we're not living our own dream but chasing pieces of someone else's. It's not wrong to stay informed or enjoy a viral moment, but when our attention is always pulled toward the next big thing, our own purpose gets lost in the whirlwind.

Living intentionally means waking each morning with a clear sense of where you want to go. It starts by naming your biggest dream—writing that book, launching that project, getting that promotion, mastering that skill. Keep that vision at the front of your mind as you move through your day. When a notification tugs at you, ask yourself: "Is this helping me get closer to my goal?" If not, let it go and steer back to your course.

Chart your journey in small, steady steps. Block out time on your calendar for your highest priority—twenty minutes of writing, fifteen minutes of practice, half an hour

of research. Whatever it is that you choose. Protect these pockets of purpose like sacred appointments.

As you return to them day after day, you'll see your timeline bend in your favor. The hours you invest become deep rivers of progress rather than shallow puddles of distraction.

Along the way, celebrate each mile marker. Did you apply for that job? Did you send that first email? Each success, no matter how small, proves you're charting the right course. Adjust as needed—if a path grows rocky, try a new route—but never lose sight of your horizon.

Even if the pace of life keeps accelerating, your path doesn't have to. Time, like clay, is shaped by the hands that hold it. Don't let it be molded by algorithms, ads, and someone else's agenda. Choose your moment. Chart your course. And let each small, steady step become the story of who you're becoming and advancing toward the life you've always imagined.

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

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July events at Gilman Library

Ending soon: The Friends of the Gilman Library Summertime BBQ Raffle tickets are selling out fast. We are going to draw the winner after the 100th ticket is sold. Tickets are \$5 each for a chance to win a prize valued at more than \$300. This is an Out-sunny rolling party cooler, an 80-quart, double-sided cooler on a raised stand, filled with summertime supplies: food, beverages, condiments, grilling utensils, outdoor toys, and a \$50 Hannaford

gift card, for one lucky winner to experience the best Summertime BBQ ever. Hurry in before the tickets are gone. We currently have some unusual items in The Friends Corner. We have a pair of very old Continental Wooden Skis in excellent condition, that would be perfect for the ski enthusiast or collector, who might display them as ornamental decor. We are accepting the price of a reasonable donation to the Friends of the

Gilman Library. There are also several other unusual items for sale, including a 60-cup electric coffeemaker and a mandolin vegetable slicer. For a complete list of regular items available for sale in the Gilman Library, visit our website at <https://gilmanlibrary.org/the-friends-corner>. Beginning July 3: Hawaii's "Danny K. Kila" (The "K" stands for "Kika"), AKA Alton's Daniel Tremblay, will be playing his Hawaiian lap steel guitar

at the Gilman Library again this summer. He will be here every Thursday, from 11 a.m. - 2 p.m. beginning July 3 weekly until Sept. 18. Please come in to enjoy his beautiful music and say hello. Danny Kila will also be conducting a hands-on training session, from 5 to 7 p.m. on Tuesday, Aug. 27, for those interested in learning how to play the Hawaiian lap steel guitar.

the second night is the same time on Thursday, July 24. Pre-registration is required and seating and materials are limited. Please call the library at (603) 875-2550 to sign up. You can earn a Summer Reading Raffle ticket for every hour that you read. You can also earn a ticket for attending a library program. The raffle prizes are in the display case at the circulation desk and the winners will be drawn after Summer Reading concludes on Aug. 9.

along. Taught by Samuel Twining, Recreation Assistant, Alton Parks and Recreation. July 30 Special Story Time: Local children's author, Patti-Ann Collins, of Alton, will be the guest reader for a special Story Time. She will read her book, "Doggie Lou and Long Legs." All are welcome to attend this very special event. All attendees will earn a Summer Reading Raffle Ticket. A copy of her book will be available for circulation after the program.

We hope you will come in and participate in our July Events at the Gilman Library, 100 Main Street, Alton. Remember we will be closed on Friday, July 4, in observance of Independence Day. Stay safe and see you at the library!

St. John's-on-the-Lake welcomes Father Jack Hurley

MEREDITH — Catholic mass will be said by Father Jack Hurley of St. Matthew's Cathedral in Washington, D.C. on Sunday, July 6, at Saint John's-on-the-Lake on Bear Island. Although Father Jack Hurley grew up in Massachusetts, he has strong ties to the Lakes region, having spent summers on Squam Lake and vacationing regularly in the Lakes Region. After 15 years

in the Foreign Service, he "switched hierarchies," attended Mt. St. Mary's Seminary in MD, He is a priest of the Archdiocese of Washington, now retired and in residence at St. Mathew's Cathedral. Founded in 1927, St. John's strives to meet the religious needs of the island and shoreline population of Lake Winnepesaukee. The sanctuary, built of

native stone, adjoins a former observation tower. Regardless of your religious affiliation at home, we hope that you will join us Sundays at 10:00 AM. The chapel can be reached by a short walk from the church docks located in Deep Cove on the west side of the island, or by "taxi" (email bear.island.church.ferry@gmail.com).

Gilford Public Library Classes & Special Events July 3 - July 10

Thursday, July 3
Geri Fit, 9-10 a.m.
T(w)een Drop-In
Craft: Among Us Felt Craft, 10 a.m.-4 p.m.
Hand & Foot, 12:30-2:30 p.m.
French Club, 4-5 p.m.

Friday, July 4
CLOSED FOR THE HOLIDAY

Saturday, July 5
Beginner Line Dancing, 10:30-11:30 a.m.

Monday, July 7
Fun and Fitness With Joyce, 9-10 a.m.
Baby Storytime, 10-11 a.m.
T(w)een Drop-In: Library Mini Golf, 10 a.m.-4 p.m.

The library is your putting green! Can you beat par? Go for the course record!
Mahjong, noon-3 p.m.
Mystery Book Group, 5-6 p.m.

Join us for this month's mystery book group! Betty Tidd will lead the discussion of The Searcher by Tana French. Copies of the book will be available at the circulation desk.

Tuesday, July 8
Geri Fit, 9-10 a.m.
Senior Sculpt, 10-11 a.m.
Bridge, 10 a.m.-noon
T(w)een Drop-In: Library Mini Golf, 10 a.m.-4 p.m.

Summer Storytime, 10:30-11:30 a.m.
Red, White, and Blue Craft, 11 a.m.-noon
Are you feeling Patriotic and want to jazz up your front door? Sign up for the Adult

Craft at the library and let your creativity flow! Space is limited so don't wait!
Intermediate Line Dancing, 4-5 p.m.
Bryson Lang: Comedy-Juggling Show, 4-5 p.m.
Enjoy some giggles with others at this juggling-comedy show starring Bryson Lang!

Wednesday, July 9
Senior Stretch Yogaah!, 9-10 a.m.
Card Games, 10 a.m.-noon
Check out an Expert, 10 a.m.-noon
T(w)een Drop-In: Library Mini Golf, 10 a.m.-4 p.m.
Storytime @ the Beach, noon-1 p.m.
Come to the beach for an exciting storytime and receive a prize (limited to Gilford residents).

Paint Group, 1-3 p.m.

Thursday, July 10
Geri Fit, 9-10 a.m.
T(w)een Drop-In: Library Mini Golf, 10 a.m.-4 p.m.
French Club, 4-5 p.m.

The Rise and Fall of New Hampshire's Railroads and the White Mountain Hotels, 5:30-6:30 p.m.
Frank J. Barrett, Jr. will present his illustrated talk on The Rise and Fall of New Hampshire's Railroads and the White Mountain Hotels. The railroads brought tourists to the White Mountains and spurred the construction of the grand hotels in the region. Later, the automobile led to the decline of both the railroads and the large hotels.

Gilford Public Library Top Ten requests

1. "The President's Shadow" by James Patterson
2. "The First Gentleman" by Bill Clinton & James Patterson
3. "The Correspondent" by Virginia Evans
4. "Nightshade" by Michael Connelly
5. "Hidden Nature" by Nora Roberts
6. "Finders Keepers" by Stuart Woods
7. "The Frozen River" by Ariel Lawhon
8. "The Lions of Winter" by Ty Gagne
9. "My Friends" by Fredrik Backman
10. "Strangers in Time" by David Baldacci



COURTESY

The board members of the Elwin Stillings Vocational Award are pleased to announce that the 2025 recipient of this Award is Charlie Stevens of Alton Bay. Stevens is entering the carpentry trade following his studies at the Lakes Region Technology Center. He was chosen as this year's recipient by the faculty of Lakes Region Technology Center. The board is working with Home Depot in Rochester to provide up to \$2,000 of high quality tools to help Charlie get started in the carpentry trade. This Award has been given each year in memory of Elwin Stillings, who died from kidney cancer in 2007. Elwin was a carpenter, handyman, and snow removal contractor in the Ossipee area. After his death, his friends and family raised the funds to establish this annual award through fundraising golf tournaments held at Indian Mound Golf Course. We thank the faculty of Lakes Region Technology Center for their help with choosing and providing guidance for tool selection for this deserving student.

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Gilford Parks and Recreation announces exciting lineup of summer specialty camps!

GILFORD — Gilford Parks and Recreation is thrilled to announce three engaging and educational specialty camps for summer 2025! From robotics and LEGOs to the ever-popular world of Minecraft, there's something for every young learner and creator:

Minds in Motion: AI Smart Core 4 Robot Workshop
Dates: Monday, July 21 & Tuesday, July 22
Time: 9 a.m. – 4:30 p.m.
Ages: 6–10
Location: Gilford Middle School Cafeteria

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Registration Deadline: July 7
Get ready to build the future! In this exciting two-day workshop, children will build and take home their very own AI SmartCore 4 Robot—featuring four modular smart vehicles powered by cutting-edge AI technology. Whether it's the speedy Turbo Trike or the all-terrain Titan Tank, each day is packed with hands-on fun, creativity, and STEM learning. Limited spots available—register early!

Wicked Cool for Kids: LEGO BricQ Physics Camp
Dates: Aug. 4 – Aug. 8
Time: 9 a.m. – 4 p.m. (Full Day)
Grades: Entering 1st – 5th Grade (Fall 2025)
Location: Gilford Middle School Cafeteria
Cost: \$400
Explore forces and motion through awesome LEGO builds! Campers will engineer obstacle courses, spring launchers, and even create a LEGO Minifigure dance party. End the week with Olympic-inspired LEGO challenges and build a Kiwi Crate Basketball Catapult to take home. A perfect blend of physics, design, and pure LEGO fun!

Wicked Cool for Kids: Minecraft

Mania Camp
Dates: Aug. 11 – Aug. 15
Time: 9 a.m. – 4 p.m. (Full Day)
Grades: Entering 1st – 5th Grade (Fall 2025)
Location: Gilford Middle School Cafeteria

Cost: \$400
Back by popular demand! Minecraft Mania uses the Minecraft Education platform to bring engineering, biology, and geology to life. Campers will explore virtual towns in the

morning and dive into real-world STEAM activities in the afternoon—including a dinosaur dig and rock/mineral exploration. Campers will take home a Kiwi Crate Geologist Starter Kit featuring real samples of

obsidian, calcite, sandstone, and pyrite.
Spaces are limited for all camps. For more information, visit www.gilfordrec.com or contact Gilford Parks and Recreation at 603-527-4722.



COURTESY

Come and celebrate the holiday at the 4th of July Weekend Gunstock Craft Fair on July 5-6 at Gunstock Mountain Resort, 719 Cherry Valley Rd., Rt. 11A, Gilford, Saturday & Sunday, 10 a.m. to 5 p.m. both days! There will be 120 amazing arts & crafts exhibitors displaying a wide array of awesome arts & crafts, including pottery & demonstrations, dyed yarns & spinning wheel demos, chainsaw wood carvings & demos with Elise, Adirondack chairs with Gunstock name, various jewelry styles including leather/crystal/silver/beaded & gold jewelry, stained glass art, laser art creations, resin artwork, watercolor art, skincare, hand-poured soy candles, books with authors, knits & crochet items, fused glass art, CBD wellness products, balsamic vinegars/oils, gourmet foods/baked goods & local honey, 3D art, luminaries, wooden clocks, local roasted coffees, personalized cutting boards, amazing quilts, hand-painted home decor, & lots more! Live Music Sat & Sun with North River! Enjoy Adventure Park - Zip Lines - Aerial Lift Ride with views of Lake Winnepesaukee - Mountain Coaster - Hiking - New Restaurant with Deck & Views of Gunstock! Food! Free admission & free parking to the Craft Fair! Rain or shine under canopies! For more information, call Joyce at (603) 387-1510. Preview online at joycescraftshows.com. See you there!

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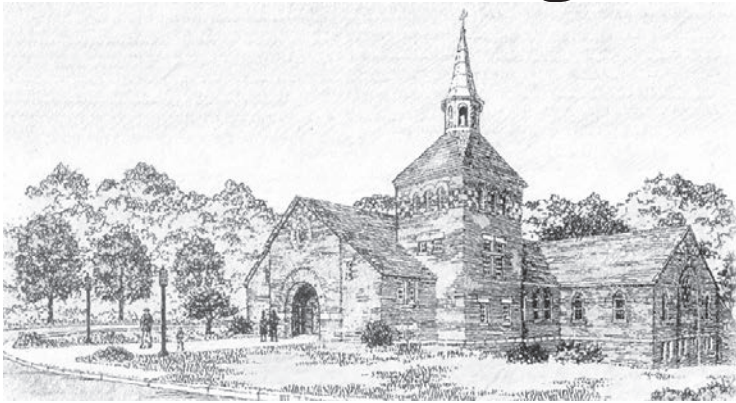
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God took a day off after creating us.



But you can find Him here all summer.

Genesis 2 tells us, “On the seventh day God completed the work he had been doing; he rested on the seventh day from all the work he had undertaken.”

This summer your own vacation from work need not be a vacation from your faith. Here are a few of the regular events at our church—*your* church—this summer. You are welcome to join us for any or all of them:

- Saturday afternoons:**
Confession at church at 3:00. Mass at church at 4:00.
- Sunday mornings:**
Mass at church at 7:00, 8:30, and 10:30.
Mass online at 10:30 at stkdxel.org.
- Monday evenings:**
“Discovery Group” discussion at church at 7:00 p.m.
- Friday mornings:**
Eucharistic Adoration in church from 9:00 a.m. to 1:00 p.m.
- Weekday mornings** (except Thursday):
Mass at 8:00.

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Love From Liverpool kicks off summer concerts in Cate Park

WOLFEBORO — If you love the Beatles, take a walk down to Cate Park on Saturday, July 5, for the opening concert in the Friends of the Wolfeboro Community Bandstand summer concert series. Love From Liverpool, a band that made its debut in the bandstand last summer, has come together to perform for the Wolfeboro audience in the 7 p.m. concert.



COURTESY PHOTO

Love From Liverpool consists of Bryan Conway, Bobby Burns, Mike Chatigny and Dan Haedicke. The group will perform in Cate Park on Saturday, July 5, to kick off the Friends of the Wolfeboro Community Bandstand summer concert series.

The band bills itself not as a lookalike group but a soundalike group, representing the timeless era when the Beatles crossed the Atlantic Ocean and invaded the United States with a brand new sound, setting off a

volcano of activity. Audiences should come down to Cate Park, dance, clap and sing along with the numerous Beatles hits that everyone knows. The concert is sure to provide something for everyone, from age eight to 88, including 64.

This custom-built band is comprised of some local musicians who are probably pretty familiar to many in town. Bobby Burns will be playing bass, Bryan Conway will be on keyboard, Dan Haedicke will be on guitar and Mike Chatigny will be providing the beats on the drums.

Love From Liverpool will take to the Wolfeboro Community Bandstand on Satur-

day, July 5, at 7 p.m.

The Friends of the Wolfeboro Community Bandstand summer concerts take place each Saturday night in July and August in the bandstand, which is located in Cate Park in downtown Wolfeboro. The concerts start at 7 p.m. and run for two hours, with a short intermission. The concerts are free, but a pass-the-bucket collection is taken at intermission to help support the concert series.

In the event of bad weather, check the Friends of the Wolfeboro Community Bandstand Facebook page and signs will also be posted at the entrance to the park.



COURTESY

“Calendar Girls” tickets on sale!

Tickets are now on sale for the July 25 – Aug. 3 production of “Calendar Girls” at Village Players Theater in Wolfeboro. Based on a true story, Calendar Girls follows a group of women in a small English village who decide to pose—nude!—for a charity calendar after one loses her husband to cancer. Tickets are available at Black’s Paper Store and village-players.org. Based on the film by Juliette Towhidi and Tim Firth, “Calendar Girls” is presented by arrangement with Concord Theatricals on behalf of Samuel French, Inc.





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Gilford Community Church welcomes new members

GILFORD — The Gilford Community Church (GCC) continues to grow, recently welcoming 5 new members, including Jean Clougherty, Kathy Ford, Scott and Maryann McNeil and Aryssa McCarter.

“Prior to joining, we knew a lot of what the

COURTESY
(Right) Seated, left to right: Jean Clougherty, Mary Cegelski (she joined in March but missed having her picture taken then), Kathy Ford. Back row, left to right: Maryann McNeil, Scott McNeil, Aryssa McCarter.



GCC offered the community,” said Scott and Maryann McNeil. “We knew from all the years our son was in Boy Scouts. We also liked supporting Gilford Got Lunch. Our children participated in the After-School Program at the community center (Gilford Youth Center) and both our children also attended the Village Nursery School. When we were looking for a new church, we knew where to go.”

“The GCC has such a positive vibe in sup-

porting the local community and has always been inviting. We met with Michael Graham to learn more and that convinced us to join,” added the McNeils.

Located in Gilford at 19 Potter Hill Rd., Gilford Community Church (GCC) is an inclusive, open community that welcomes believers and doubters, seekers and skeptics, young and old. Viewable live on Facebook and available later on YouTube, Sunday service takes place at 10 a.m.



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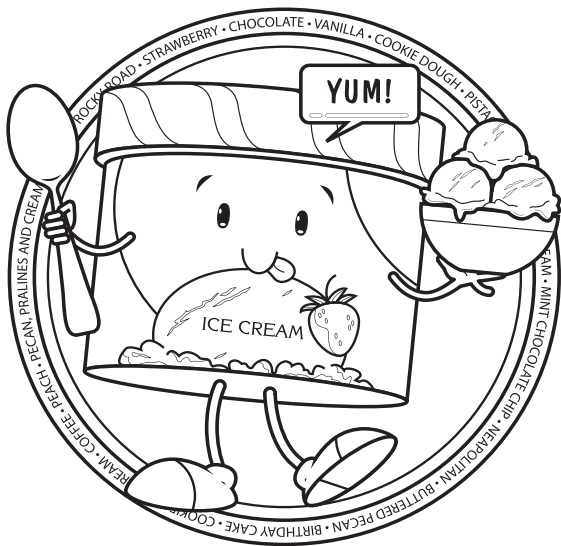
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CANADA

MONTH

HISTORY

1866

The colonies of Vancouver Island and British Columbia are united, bearing the Mainland's name as the Colony of British Columbia. The Island capital, Victoria, is set as the seat of government for the colony.

NEW WORD

CUSTARD

a dessert made with cream and egg

Food FACT:

This is believed to be the first ice cream flavor.

Answer: Nectar/honey

Double Word Puzzle

Unscramble the words to reveal the sentence.

OPSCO

1

2

3

NECO

4

ERFZEE

5

6

SATE

7

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M

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1

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7

5

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6

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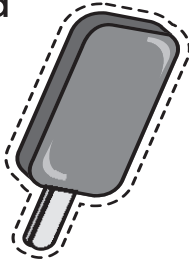
Answer: I scream for ice cream

How they say that in...

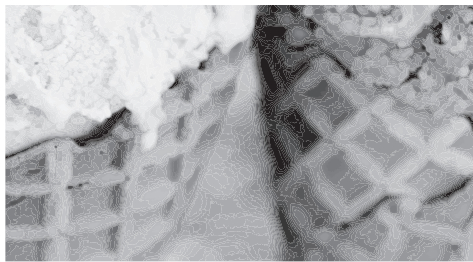
- English: Freezer
- Spanish: Congelador
- Italian: Congelatore
- French: Congélateur
- German: Gefriertruhe

Did You Know?

The countries that consume the most ice cream are the United States, Australia and Norway.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Ice cream cones

CRYPTO FUN

Solve the code to discover words related to the beach.

Each number corresponds to a letter.

(Hint: 10 = S)

A. 10 9 7 23

Clue: Granular material

B. 10 8 4 16 15 25 20 7 15

Clue: Where ocean meets sand

C. 5 9 2 15 10

Clue: Swells of water

D. 10 8 15 25 25 10

Clue: Protective coatings of sea creatures

Answers: A. sand B. shoreline C. waves D. shells

SUDOKU

3		6						7
			4		5			8
				6		4		
								1
		3	9				8	
9	6	1		4		2		
			1			9		
	8	4	7	9		5		
	9							2

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

1	9	5	6	3	4	8	7	2
6	8	4	7	9	2	5	1	3
7	3	2	1	5	8	9	4	6
9	6	1	8	4	7	2	3	5
5	2	3	9	1	6	7	8	4
4	7	8	5	2	3	6	9	1
8	5	7	3	6	1	4	2	9
2	1	9	4	7	5	3	6	8
3	4	6	2	8	9	1	5	7

ANSWER:

URI's Kayla Loureiro of Gilford recognized for academic excellence

KINGSTON, R.I. — Each year, the University of Rhode Island presents Academic Excellence Awards to graduating seniors for their exceptional academic performance. Departmental faculty and deans select students for these prestigious awards based on grade point average and other indicators of excellence, such as the completion of an honors project, a research presentation, community service, and extraordinary professional and civic promise.

Kayla Loureiro of Gilford was recognized for academic excellence in Elementary Education.

"As educators, there is little we enjoy more than celebrating the achievements and impact of our students," URI Provost and Executive Vice President for Academic Affairs Barbara Wolfe told attendees. "Through your hard work and determination, you have set an example for what can be accomplished here at URI. Thank you for taking full advantage of the opportunities you have had to learn and to grow at URI, setting yourselves up for success in whatever challenge or opportunity you take on next."

Awards were conveyed at a ceremony in Edwards Hall by URI President Marc Palange, Wolfe, and the deans of each student's respective college. Each recipient of a University Academic Excellence Award receives a certificate of academic excellence suitable for framing and a URI medallion.

To watch the awards ceremony in its entirety, visit the University of Rhode Island on YouTube.

About the University of Rhode Island

The University of Rhode Island is a global education leader and the state of Rhode Island's flagship public research institution. URI offers its undergraduate, grad-

uate, and professional students distinctive educational opportunities designed to meet the global challenges

of today's world and the rapidly evolving needs of tomorrow. Founded in 1892, URI now enrolls more than

18,000 students and has earned the prestigious Carnegie R1 designation for high research activity. As a

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significantly to the health and vitality of the state and New England region. Discover more at www.uri.edu.

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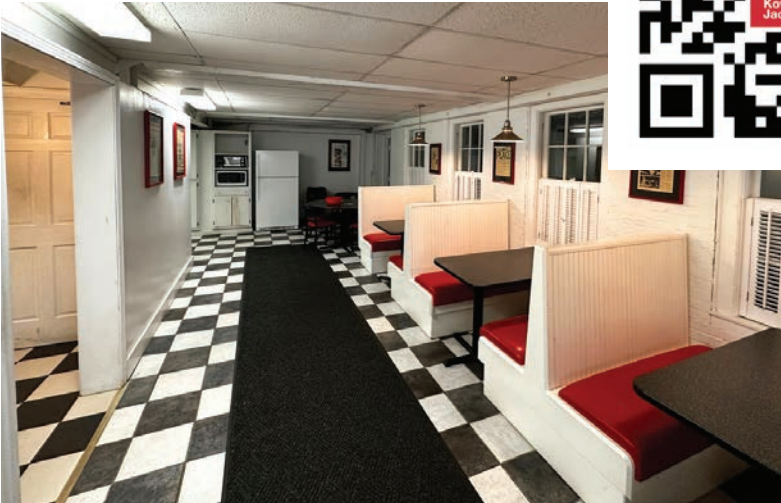
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SPORTS

Six Golden Eagles earn All-State honors for girls' lacrosse



JOSHUA SPAULDING
Olivia Keenan of Gilford earned First Team All-State honors as a midfielder.



RC GREENWOOD
Gilford's Addy Normandin earned First Team All-State honors at attack.



JOSHUA SPAULDING
Abby Watson of Gilford was named All-State Second Team as a midfielder.



JOSHUA SPAULDING
Goalie Lilly Winward of Gilford earned First Team All-State honors for the spring season.



JOSHUA SPAULDING
Gilford's Leah Davignon earned Second Team All-State honors as a midfielder.



JOSHUA SPAULDING
Abby Watson of Gilford was named All-State Second Team as a midfielder.

Folan stellar as Post 1 drives past Conway

BY JOSHUA SPAULDING
Sports Editor

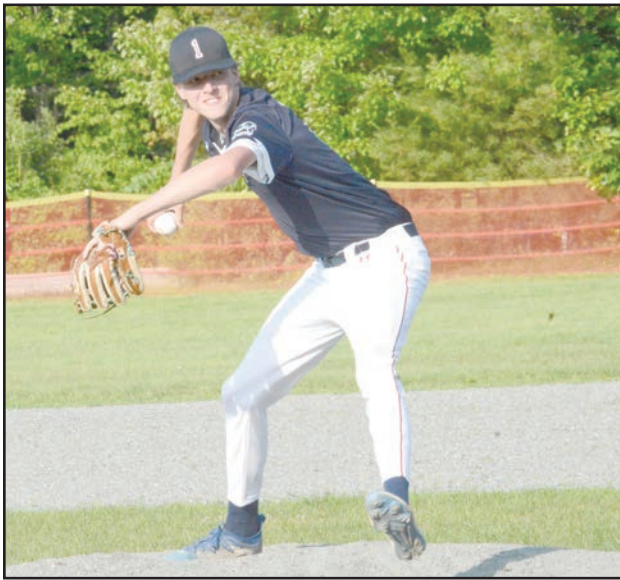
CONWAY — Laconia Post 1 used a five-run fifth inning to rally past host Conway Post 46 in American Legion Baseball action at Nasby King Field in Conway on Monday, June 23.

The hosts scored the game's first run in the third inning but were held off the board the rest of the way and Post 1 took the 5-1 win.

Jacob Brown got the start on the hill for the Conway squad and worked around a base hit from Owen Waldron in the top of the first inning. Waldron moved to second on a passed ball and took third on a groundout by Jake Tryon but was stranded there.

Ryan Folan got the start on the mound for Post 1 and after he retired the first two batters, Brown reached on an error. Folan came back with a strikeout to end the inning. Brody Emery tracked down a long fly ball in center as Brown set the side down in order in the top of the second inning.

Conner Keaton reached on an error to start the bottom of the second inning, but Folan set the next three down in order, with Liam Manning adding a nice pick at first base to end the inning. Landon Sargent led off the top of the third with a base hit and one out



JOSHUA SPAULDING
Ryan Folan pitched a near-complete game against Conway Post 46 last week as Post 1 got the 5-1 win.

later, TJ Charbono and Waldron worked walks to load the bases. Keaton took the mound for Post 46 and Tryon grounded to third, with Mat Charrette firing home for the force out and then got a fly ball to end the inning.

Danny Stinson led off the bottom of the third with an infield hit, stole second and moved to third on a wild pitch. Charrette grounded to short and Sargent gunned a throw to Jaxson Embree at the plate to cut down Stinson. Devin Jakubec was then hit by a pitch and a Brown base hit scored Charrette with the first run of the game. Embree then gunned down Brown stealing second to end the inning.

Embree was hit by a pitch to open the top of the fourth inning and one out later, Serghio Espe-

zua, Brown and Stinson turned a 4-6-3 double play to end the inning. Jonah Pepin was hit by a pitch with one out in the bottom of the inning and Espezua worked a walk, but a line drive to short was snared by Sargent and turned into a double play to end the inning.

Jakubec took over on the mound for Conway in the top of the fifth inning and after getting the first out, Connor Dunn worked a walk, Charbono had a base hit and a walk to Waldron loaded the bases. A base hit from Tryon tied the game and Folan worked a walk to give Post 1 the 2-1 lead. An Embree base hit plated another run and Liam Manning worked a walk to make it 4-1. Korbin James took over on the mound for Conway and after a sacrifice fly from

Asher Svindland plated the fifth run of the inning, got the final out.

Folan set the side down in order in the bottom of the fifth inning and James did the same in the top of the sixth, with Espezua making a nice catch at the fence in left field to end the inning. Brown reached on an error to open the bottom of the sixth inning, but Folan set the next three down in order.

Tryon's pop fly fell in shallow center and he hustled into a double. However, a line drive to Brown at short turned into a double play. Embree followed with a base hit before James got a strikeout to end the inning.

Espezua led off the bottom of the seventh for the hosts with a walk before Folan struck out the next two batters and reached the pitch limit. Dunn was summoned to the hill and he got a fly ball to left to end the game.

Laconia Post 1 is scheduled to be at Bedford on Monday, July 7, at 7 p.m., will host Concord on Tuesday, July 8, at 7 p.m. and will be at Lebanon on Thursday, July 10, at 6 p.m.

Conway Post 46 will be hosting Sweeney at 6 p.m. on Tuesday, July 8, at 6 p.m.

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

fielders Reese Gandt of Winnacunnet, Ava Martin and Riley Taylor of Merrimack, Cassidy Loughman and Maeve Bradley of Hanover and Mia Brissette of Goffstown, defenders Liv Mitchell of Merrimack, Lenna Quiter of Merrimack Valley, Eleanor Edson of Hanover and Amelia Cole of Goffstown and goalies Izzy Orrell of Spaulding and Eliza Farwell of Oyster River-Newmarket.

In Division III, First Team honors went to a quartet of Gilford girls in Addy Normandin at attack, Olivia Keenan at midfield, Addison Harris on defense and Lilly Winward in goal. Teammates Leah Davignon and Abby Watson earned Second Team honors as midfielders.

Also earning First Team honors were attacks Zoe Lawson of John Stark, Lizzy Holden of St. Thomas, Ella Gray of Bow and Sydney Westover and Maeve Owens of Hopkinton, midfielders Charlotte DeTolla and Reece Anderson of St. Thomas, Kylie McKee of Bow, Maddie Mousseau of Laconia and Sara Forman of Lebanon, defenders Ava Lyder of St. Thomas, Abby Foote of Bow, Brianna Murray of Derryfield and Lucy Esbhaugh and Tori Palys of Lebanon and goalie Gianna Trott of Bow.

Joining Davignon and Watson in earning Second Team honors were attacks Kaycie Rhodes and Ryan Mucci of John Stark, Kensley Harris of St. Thomas, Maddy Paolino of Derryfield, Olivia Wheeler of Trinity and Ava Currier of Laconia, midfielders Talula Gregg of St. Thomas, Zoe Bourque of Campbell, Ella DeSimone of Pelham, Addison Moynihan of Trinity and Avery Keefe of Coe-Brown, defenders Natalie Lawson of John Stark, Macy Swormstedt of Laconia, Adalynn Moynihan and Breanne Peters of Coe-Brown, Tori Wooten of Kearsarge and Ryan Lang of Hopkinton and goalies Lily Kfoury of Derryfield and Drew Kantor of Lebanon.

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

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SPORTS

Heroes Cup Baseball Game will benefit Special Olympics

NASHUA — Police and fire personnel from across New Hampshire will take to the diamond at historic Holman Field in Nashua on Friday, July 11, at 6:15 p.m. in the Heroes Cup Baseball Game to benefit Special Olympics New Hampshire (SONH). In addition to great baseball, the evening will feature an emergency vehicle “touch-a-truck” display as well as fireworks at the game’s conclusion. Admission to the game is \$10 and tickets can be reserved at sonh.org.

But this event is about far more than baseball. The relationship between SONH and members of law enforcement in the Granite State is long and mutually admirable. The annual Law Enforcement Torch Run (LETR) celebrated its 41st year in 2025. It was a natural fit, then, to broaden the relationship to include fire-fighting personnel when the game became a fundraiser for SONH in 2023.

Although the traditional Summer Games scrimmage was cancelled due to severe thunderstorms, many police and firefighters attended the competitions to cheer on and spend time with SONH athletes and volunteers. One of those fire fighters was Adam Hamilton of the Pelham Fire Department. He’s already made a lasting connection with his SONH athlete partner, Xavier Webster.

“I went to the Games thinking we would be scrimmaging but figured I would catch Xavier competing in swimming. I was blown away by the skills the athletes showed,” Hamilton said.

In fact, he got to watch Webster, who competes with the Plaistow Panthers, in a very successful meet, taking home gold, silver, fourth and six place in his freestyle and backstroke events.

“Xavier and I stuck around to watch some of his teammates compete and then we spent some time at Olympic Town building small projects from Home Depot and just having a blast. In the end, the scrimmage was cancelled but I’m so glad I went and got to hang out with Xavier, his family, and friends.”

Hamilton knows this is just the start of his friendship with Xavier. In addition to meeting up at the make-up scrimmage on June 24, Webster and a friend visited him at the Pelham Fire Department earlier this month.

SONH President and CEO Mary Conroy has seen the effect that these relationships have on everyone involved. “Fire and police professionals are great fans of Special Olympics athletes, and through the Heroes Cup individual friendships are formed,” she said. “And I know that spending time with each other brings so much joy to everyone involved. We love to help them make those connections that go far beyond game day.”

The Heroes Cup Baseball Game is sponsored in part by The Friendly Beaver Campground, Racine Realty Team, The Casale Family, and Gameday Men’s Health Nashua.

More information about the Heroes Cup can be found online at www.SONH.org. For questions about the Brav-

est vs. Finest Baseball Cup, please e-mail Phoe-

be VanScoy-Giessler at PhoebeVG@sonh.org.

More information about Special Olympics New

Hampshire is available at www.SONH.org.

EJ Prescott adds name to Craftsman Truck Series playoff race at NHMS

LOUDON — New Hampshire Motor Speedway (NHMS) announced that its longest-standing partner, E.J. Prescott, Inc. (Team EJP), will serve as the title sponsor of the Team EJP 175 NASCAR Craftsman Truck Series (NCTS) playoff race on Saturday, Sept. 20, and multiple years to come.

“My father Peter has been involved with New Hampshire Motor Speedway since the first shovel went into the ground,” said third-generation E.J. Prescott, Inc., President and CEO Steven Prescott. “I am proud to say that since the first NASCAR event at NHMS in 1990, the Prescott family has never missed a NASCAR event at the speedway. We are so excited not only to be a part of the return of the Truck Series to NHMS, but also to have our company’s name on the Team EJP 175.”

Under Peter’s leadership, Team EJP has been deeply involved with “The Magic Mile” and NASCAR for decades, holding the oldest active ticket account and standing as the longest partnership in NHMS history. E.J. Prescott, Inc. provided all the materials for the water, wastewater and stormwater systems at the facility, and several of the employees, Steven included, spent time at NHMS installing and ser-

vicing the infrastructure.

“We are absolutely thrilled to put Team EJP’s name on our NASCAR Craftsman Truck Series playoff race,” said New Hampshire Motor Speedway Executive Vice President and General Manager David McGrath. “Peter Prescott worked closely with the Bahre family to build New Hampshire International Speedway and played an important role in making New Hampshire Motor Speedway what it is today, and it’s exciting to see Steven continue to carry that torch.”

Through the years of NASCAR involvement, with Peter either owning or sponsoring a team, Team EJP Racing has played an important role in the career development of stars like Steve Park, Kevin LePage, Ricky Craven, Andy Santerre and Deny Hamlin. Steven tried his hand at racing for his father in the Legend Car Series (1993-98), picking up more than 30 feature wins as well as track and series titles. He also raced on the PRO Tour truck series (1997-99), picking up 17 poles and enjoying 19 victory lane celebrations and back-to-back series titles (1998 and 1999). In 2000, he made three starts in the NCTS behind the wheel of the family-owned number 03

Chevrolet Silverado; one of those being at “The Magic Mile.” He then stepped down as driver for Team EJP Racing and became team owner until 2005, always remaining an active part of the team. Now under Steven’s leadership, Team EJP has continued to help local, regional and national touring series drivers through sponsorship.

“NHMS and racing in general has meant so much to my family over the years,” said Prescott. “I am honored to have this opportunity to not only continue what my grandfather Everett and my father Peter started, but also to engrain our whole team into the excitement of New England’s only NASCAR Playoffs weekend. I can’t think of a better or more exciting way to celebrate our 70th anniversary.”

Through the partnership, Team EJP will receive a multitude of assets, including the ability to host customers and employees throughout the event weekend, offering them unique experiences such as being named the Grand Marshal or Honorary Starter of the race, as well as signage throughout the property.

The NCTS last raced at NHMS in September 2017. This year’s Team EJP 175 will be the 21st NCTS event overall at

NHMS’s flat 1.058-mile oval and is a critical stop in the NCTS playoffs, as the field of championship contenders will be reduced from 10 to eight after the event.

The Team EJP 175 NCTS playoff race at 12 p.m. on Saturday, Sept. 20, is one of three NASCAR races at “The Magic Mile” from Sept. 19-21. It will be preceded on Doubleheader Saturday by the Mohegan Sun 100 NASCAR Whelen Modified Tour (NWMT) race at 9:15 a.m. and followed by the NASCAR Cup Series (NCS) playoff race at 2 p.m. on Sunday, Sept. 21.

For tickets and camping for New England’s only NASCAR Playoffs weekend, featuring the NCS and Team EJP 175 NCTS playoff races, Mohegan Sun 100 NWMT race and Sig Sauer Academy Dirt Duels, fans should visit NHMS.com or call 833-4LOUDON. Tickets for kids 12 and under are just \$10 on Sunday, free on Doubleheader Saturday and start at \$10 on Friday.

Keep track of all of New Hampshire Motor Speedway’s events by following on Facebook (@NHMotorSpeedway), X (@NHMS) and Instagram (@NHMS). Keep up with all the latest information on the speedway website (NHMS.com) and mobile app.

Arenstam, Fernald earn LEC All-Academic honors at Plymouth State

PLYMOUTH — Six Plymouth State University varsity athletic teams were honored on last week as the Little East Conference (LEC) announced its 2024-25 Team Academic Award winners.

The LEC Team Academic Award is presented to the team with the highest grade point average in the current academic year among each of the league’s 21 championship sport offerings.

The Plymouth State men’s lacrosse, men’s outdoor track and field, women’s indoor and outdoor track and field, and women’s swimming teams claimed the honors, while the men’s basketball team tied for the top mark in the LEC. PSU’s six recipients were tied with VTSU Castleton for the most in the conference.

Additionally, the men’s indoor track and field (0.01), women’s lacrosse (0.03), women’s cross country (0.06), women’s basketball (0.07), and women’s volleyball (0.08) teams were just behind the conference leaders in their respective sports.

The Little East Conference (LEC) announced a league-best 79 Plymouth State University student-athletes competing in the league’s spring championship sports have been named to the

2025 LEC Spring All-Academic Team.

To earn LEC All-Academic Team honors a student-athlete must be at least a sophomore in the classroom, have a cumulative GPA of 3.30 or higher through the completion of the previous semester and have been at their current institution for at least one full academic year.

A total of 559 student-athletes league-wide were recognized in the sports of baseball, softball, men’s and women’s lacrosse, men’s and women’s outdoor track and field and men’s tennis.

Plymouth State’s 79 honorees easily led the conference. Keene State was second with 69 recipients, while Eastern Connecticut and Southern Maine tied for third with 66.

The LEC announces its All-Academic Teams following the conclusion of their respective championship seasons.

Included on the list for local athletes were baseball players Cole Johnston of Campton, Cam Manning of Woodstock and Jackson Curtis of Jefferson and track athletes Nick Arenstam of Gilford, Logan Rines of Littleton, Brayden White of Whitefield and Amber Fernald of Alton.

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Meet Lotso!

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With a gentle purr and a sweet disposition, Lotso is ready to find a loving home where he can finally relax, feel safe, and share all the love he has to give. One hug and you'll know he'll be your best friend.

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ATV operator escapes serious injury after New Durham accident

BY ERIN PLUMMER
mnews@salmonpress.news

NEW DURHAM — The operator of a recreational vehicle escaped serious injury after a crash

Around 7:30 p.m. on

Sunday, June 22, a 911 call reported an accident at a private residence on Old Bay Road in New Durham.

According to NH Fish and Game Kyle Goyette was operating an ATV

Fish and Game responded to the scene. Responders transported Goyette to Frisbee memorial Hospital in Rochester for treatment and evaluation.

Fish and Game said in a statement that Goyette was allegedly not wearing a helmet at the time of the accident.

“The initial investigation revealed that speed and inattention to terrain were contributing

factors to this accident,” Fish and Game said in its statement. “NH Fish and Game recommends that safety equipment to include a helmet should always be worn when operating an ATV.”

GREEN BERET

(continued from Page A1)

is our big fundraiser, we're hoping to raise around \$200,000 today.”

Former Gilford resident Daniel Fielding is an author (The Asset Mindset), podcaster, former celebrity bodyguard and a Green Beret and on Saturday morning was charged with overseeing the group from Kilter Fitness of Bristol. Each group (there were seven in the morning and seven in the afternoon) completes the course with a Green Beret overseeing their work and offering advice (and stories) as they go. The event means so much to Fielding that ever since leaving the area, he travels from Tennessee to take part.

“Civilians always wonder what it's like to be a Green Beret or Special Forces,” Fielding said. “What we're doing here is going through the training exercises as a Special Forces team and running missions.”

The stations included a rope bridge, where participants had to cross a “river” using one of the provided rope bridges, an ambush halftrack station, where they had to lob “grenades” into a moving armed vehicle from a hiding point in the woods along the road, a water supply station where they had to lug jugs of water up a hill, the hand grenade station, where they engaged in an ambush situation amongst an old foundation in the woods, a react to enemy contact station, where local Scouts armed with water guns charged out



Scouts from Troop 243 of Gilford served as “enemy combatants” armed with water guns during Saturday morning’s Green Beret With a Mission event in Bridgewater. The Scouts later got a chance to complete the course.

of the woods portraying enemy attackers, an ammo resupply station, where participants carried heavy ammo boxes through the woods, a pistol shooting station and a rifle shooting station, a first aid station, where they had to treat one of their own who was “injured” and carry him or her out to safety and a log walk and wall climb, which tested their balance walking on wet and slippery logs and their teamwork in going over a wooden wall.

“Each group has a Green Beret and they get to hear stories and ask questions,” Fielding said. “It’s good for the public to understand what Green Berets have done.”

Fielding and Webber, who were working together on the board for PRLI, saw the successful SWAM events and wanted to do something similar involving Army operations and when they met with John and Brenda Ladd, Fielding knew they had the perfect location in the Ladd Farm.

Fielding walked the

property with a GPS, figuring out how each of the stations could work and how the course could be set up.

“We took the scenarios we’d see in our training and just brought them here,” he said. “The Ladd Farm has been invaluable since the beginning.”

“I can’t say enough good things about John and Brenda Ladd,” Webber added. “They work as hard as we do in running this event.”

For Rachel Lacasse of Kilter Fitness, the Green Beret With a Mission event has been an annual thing since it started five years ago and while her team may change every year, it’s still something she looks forward to with her family-owned business.

She notes a member of the Bristol Fire Department heard about the event and told her they should do it and they’ve been coming every year.

“It’s fun,” she said moments after firing the rifle at targets, where five out of five people in her cluster hit all five shots. “Most



As his father, Kurt, records on his phone in the background, Ken Webber moves over the rope bridge in the Green Beret With a Mission Challenge on Saturday morning.



An armored halftrack makes its way down the driveway of the Ladd Farm in Bridgewater moments before it was ambushed by Green Beret With a Mission Challenge participants armed with “grenades” that they were trying to lob into the vehicle.

of us are either first responders or involved with the military, so it’s close to our hearts.”


And the military is at the heart of Camp Resilience, which Webber points out has been holding retreats for 11 years. He estimates they’ve done about 140 free retreats and had more than 1,300 participants in that time. Most of the retreats take place in Gilford, utilizing local businesses like the Fireside Inn and Suites, Ames Farm Inn and the Gunstock Inn. The retreats are open to military members, veterans, first responders and their families and the Lakes Region was chosen because of its access

to so many outdoor recreational opportunities.

The Camp Resilience mission is to leverage the scenic outdoors of the New Hampshire Lakes Region to improve the physical, social, mental, and emotional well-being of military service members, military veterans, first responders, and their families. They facilitate outdoor experiential learning activities, life skills training classes, along with peer-to-peer counseling opportunities, in order to enable and empower participant resilience and well-being. Additionally, they prepare and encourage partici-



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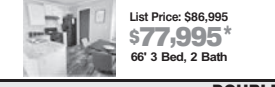
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“Best Commercial Real Estate Broker” (Gold, 2020-2025)

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


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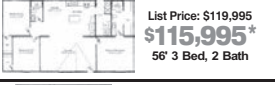


List Price: \$86,995
\$77,995*
66' 3 Bed, 2 Bath




List Price: \$89,995
\$86,995*
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DOUBLE WIDES



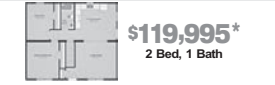
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\$115,995*
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pants to positively impact their home communities throughout New England.

“Outdoor sports activities are an important part of the retreats,” Webber said, noting studies have shown that physical activity is good and outdoor physical activity is even better for those attending. “All the retreats have peer-to-peer counseling, we teach life skills workshops and have the sports activities.

“We have mental health professionals that teach how to deal with PTSD and depression,” he added, noting every aspect of the camp is geared toward helping those in attendance move forward.

Webber also got Gilford Scout Troop 243 involved and along the way, helped bring in Bridgewater Troop 50 and Scoutmaster Josiah Towne had a number of his kids on site on Saturday along with kids from the Gilford Troop.

“The Scouts have had great experiences with the veterans,” Towne said. “Part of Scouting is patriotism and service to our nation and they got to see that first-hand with the sacrifices the veterans have made.”

Not only did the local Scouts serve as “enemy combatants” for one of the stations in the morning session, they also got the chance to do the course in the afternoon session, though the Green Beret in charge of their station was working on devising a plan to throw them off when they got to that particular station.

The Green Beret With a Mission Challenge is a cooperative effort between Swim With A Mission, a 501(c)(3) non-profit organization supporting veterans services and the Special Forces Association (SFA), which serves as the voice for the Special Forces Community; perpetuates Special Forces traditions and brotherhood; advances the public image of Special Forces and promotes the general welfare of the Special Forces community. The proceeds of the event will support the SFA and the Patriot Resilient Leader Institute, also a 501(c)(3) non-profit organization, which runs outdoor therapeutic Camp Resilience retreats for military personnel, veterans and first responders.

More information about the Green Beret With a Mission Challenge can be found at SWAM.org and more information about Camp Resilience can be found at camp-resilience.org.

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

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	134 Black Point Rd.	Single-Family Residence	\$3,300,000	David L. Bruhm	Michael A. and Melissa Murray
Alton	247 Main St.	Single-Family Residence	\$365,000	Courtney E. and Brock C. Mitchell	Emily R. and Peter J. Guzzo
Alton	N/A	N/A	\$575,000	Edward W. Dyer	Brock C. and Courtney E. Mitchell
Barnstead	10 Rod Rd.	N/A	\$299,000	David E. Gillis RET and Lisa M. Evon	Deborah J. and Robert P. Valentine
Barnstead	22 Shelburne Lane	Single-Family Residence	\$405,000	Darlene Davis	Faith A. and Patrick W. Fontaine
Barnstead	349 White Oak Rd.	Single-Family Residence	\$450,000	Joan M. and Reginald L. Burnette	Shawn Hillsgrove
Gilford	222 Dockham Shore Rd.	Single-Family Residence	\$939,000	Louis A. and Debra A. Signorine	Cutler Family Real Prop. LLC
Gilford	168 Intervale Rd.	Single-Family Residence	\$429,000	Eric E. Walsh and Lauren M. Murphy	Thomas P. and Jacqueline M. Landry
Gilford	71 October Lane	Single-Family Residence	\$571,000	Chadwick R. and Michelle Baron	Scott and Mary K. Currier
Gilford	White Birch Drive	N/A	\$38,000	Francis X. and Linda A. Metcalfe	JRM Group Inc.
Gilford	132 Yasmin Dr.	Single-Family Residence	\$560,000	Ryan M. Schevis	Daniel and Leah M. Veducchio
Gilford	N/A	N/A	\$575,000	Pondside Association	Building Planet LLC
Gilmanton	354 Mountain Rd.	Single-Family Residence	\$500,000	Gordon C. Lacourse and Robin Daly-Lacourse	Nicholas A. Ferre
New Durham	51 N. Shore Rd.	Single-Family Residence	\$1,900,000	C.A. Miller Fiscal Trust and Carol A. Miller	Richard W. Miller II

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.

Alton’s Park of the Week — Liberty Tree Park

ALTON — Liberty Tree Park is a multi-functional outdoor space efficiently utilizing the five acres that it shares with the Central Fire Station and Alton Water Works on Route 140 (65 Frank C. Gilman Highway). Rec-

reational amenities that are available include a basketball court, sand volleyball court, skate/board park, two tennis/Pickleball courts, a playground area with a slide and swing set, a picnic area, seasonal water spig-

ot and drinking fountain, a canoe/kayak launch to the Merrymeeting River, seasonal sanitary facilities, and resting benches disbursed throughout the park. Parking, which was recently expanded, can be found next to the

Alton Water Works Department. Throughout the course of its development, the park was renamed "Liberty Tree Park" due to the American Liberty elm tree that currently stands on the

property. According to historical information dating back to the 1700's, there was an elm tree in Boston named the "Liberty Tree," and it was deemed our country's first symbol of freedom. Come discover this

hidden gem tucked away on the banks of the Merrymeeting River. For more information on Liberty Tree Park and its amenities, contact Alton Parks and Recreation at (603) 875-0109 or parks-rec-asst@alton.nh.gov.

HELP WANTED

Bookkeeper/Office Admin

We are seeking a reliable, detail oriented and highly organized individual with a strong knowledge of accounting principles and practices. The ideal candidate must possess excellent organizational skills, a sharp attention to detail and the ability to work independently, prioritize tasks and meet deadlines. This is an in-office position. Mon – Fri 8-4:30

Principle accountability and essential functions:

The duties and responsibilities described below do not represent a comprehensive list for this position.

- Maintain and update financial records
- Conduct bank reconciliations to ensure accuracy of financial data
- Familiarity with tax regulations and compliance requirements
- AP, AR and Payroll

Key Qualifications:

- Minimum 3 years Bookkeeping experience
- Solid understanding of financial reports, accounting standards and procedures
- Strong organizational and time-management skills
- Ability to manage multiple responsibilities independently
- High level of accuracy and attention to detail

To Apply:

Send your resume and cover letter to Construx, Inc 630 Daniel Webster Highway Suite 1, Plymouth, NH 03264, via e-mail: hdombrowsky@construxinc.com or apply in person.

Salary based on experience

Job Type:

- Full Time

Benefits:

- Health & Dental Insurance
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Sander – 1st shift and 2nd shift - Pay \$19.00

Process Engineer – Salary Position

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Process Engineer – Salary Position

\$2.00 per hour shift differential on 2nd shift.

\$3.00 per hour shift differential on 3rd shift.

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SHAKER REGIONAL SCHOOL DISTRICT GIRLS VARSITY LACROSSE COACH

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

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

SHAKER REGIONAL SCHOOL DISTRICT GIRLS VARSITY SOCCER COACH

Shaker Regional School District is seeking a coach for the 2025-2026 season for Girls Varsity Soccer. Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at cbelyea@sau80.org. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.



Full-Time Installers Apprentice

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

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

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Schedule of Events

July 3rd - 6th, 2025

Picnic in the Park

Gorham, New Hampshire

Thursday, July 3rd

5:00 pm - 10:00 pm Miller Amusements Carnival Midway
Night Bracelet Pay ONE PRICE On The Rides \$27.00
6:30 pm - 8:30 pm **CONCERT:** Open Mic Night at the Gazebo
Run by the Medallion Opera House Committee

Friday, July 4th

10:00 am - 10:45 am REGISTRATION For Kiddies Parade
(Registration is a MUST at Holy Family Church Parking Lot)
11:00 am **Kiddies Parade** *(Starts at Holy Family Church and proceeds down Railroad Street to the Common)*
Sponsored by Gorham American Legion Auxiliary & Sons of the American Legion
12:00 pm - 5:00 pm Miller Amusements Carnival Midway Opens
Afternoon Bracelet Pay ONE PRICE On The Rides \$27.00
1:00 pm Parade Line up begins
2:00 pm - 4:00 pm DJ Music at the Bandstand by Mountain Music
2:00 pm **Main Parade** (Starts at Dublin Street down Rt 16 to Railroad St.)
5:00 pm - 11:00 pm Miller Amusements Carnival Midway continues
Night Bracelet Pay ONE PRICE On The Rides \$27.00
7:00 pm - 10:00 pm **Concert:** CTRL + SHIFT
10:00 pm **Fireworks Display** by JPI Pyrotechnics

NEW ROUTE!

Saturday, July 5th

12:00 pm - 5:00 pm Midway Open: Miller Amusements Carnival
Afternoon Bracelet Pay ONE PRICE On The Rides \$27.00
5:00 pm - 10:00 pm Miller Amusements Carnival Midway
Night Bracelet Pay ONE PRICE On The Rides \$27.00
6:30 pm - 8:30 pm **CONCERT:** Still Kickin'

Sunday, July 6th

11:00 am Classic Car Parade Line Up (Ed Fenn School)
11:30 am **Classic Car Parade**
Sponsored by ColorWorks (Down Rt 16 to Railroad St)
12:00 pm - 5:00 pm Midway Open: Miller Amusements Carnival
Afternoon Bracelet Pay ONE PRICE On The Rides \$27.00
12:00 pm - 2:00 pm **Classic Car Show** on the Common
12:00 pm - 2:00 pm Music at the Bandstand by Mountain Music

Visit us on Facebook at
Gorham 4th of July Celebration
for updates.



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