

Driver killed in tractor-trailer crash



TILTON — The driver of a tractor-trailer unit was killed last week after a crash on Interstate 93.

At 1:52 a.m. on Friday, Aug. 8, the State Police dispatch received a report of a tractor-trailer unit crash on Interstate 93 southbound close to mile marker 57.

Troopers assigned to the Troop D barracks responded and, upon arrival on the scene,

identified the tractor as a 2025 Black Western Star and the trailer as a 2017 Blue Manac Trailer.

The preliminary investigation determined that the driver of the tractor-trailer unit had, for reasons that remain under investigation, failed to negotiate a curve in the road, broke through the center median guardrail, traveled through the median and the embankment,

across the railroad tracks, where the tractor-trailer unit came to a final rest on its side in the Winnepesaukee River.

The driver of the truck was later identified as 48-year-old Benjamin A. Wilson of Granby, Vt.

The left lane of Interstate 93 southbound by mile marker 57 remains closed at this time, and delays are to be expected in this area. Troopers are being assist-

ed on scene by members of the Tilton-Northfield Fire District, the Tilton Police Department, and the New Hampshire Department of Transportation.

All aspects of this crash are still under investigation. Anyone who witnessed the incident or has information that may assist the investigation is asked to contact Trooper Conor Davis at Conor.K.Davis@dos.nh.gov.

Belmont named Purple Heart Community



Donna Rhodes

The Belmont Highway Department holds up one of the beautiful new signs that will soon be displayed at each end of Routes 3,106,107 and 140 in the town, designating it as one of more than 22 other Purple Heart Communities in New Hampshire.

BY DONNA RHODES
Contributing Writer

BELMONT — Belmont’s Board of Selectmen celebrated a milestone during their Aug. 6 meeting, when, after a few town matters were completed, Chair Ruth Mooney then had a special proclamation to read, announcing that the Town of Belmont has been designated as one of more than two dozen towns and cities in New Hampshire to be known as Purple Heart Communities.

SEE PURPLE HEART PAGE A8

NASCAR drivers excited to race in front of passionate New England fans



Sam Nappi - NHMS - COURTESY PHOTO

Todd Gilliland, NASCAR Cup Series driver of the number 34 Front Row Motorsports Ford, fist bumps fans along the red carpet at New Hampshire Motor Speedway on June 23, 2024.

LOUDON — Of course New England race fans look forward to experiencing their annual NASCAR weekend at New Hampshire Motor Speedway (NHMS), but the NASCAR Cup Series (NCS) drivers look forward to coming to “The Magic Mile” each year, and much of that has to do with the fans themselves. Some of the NCS drivers re-

flect on New England race fans as they look ahead to Sept. 21 when they will kick off the Round of 12 in Loudon:

“I feel like New Hampshire is just always a great place for the fans to go. They are very passionate in the Northeast about their racing, that’s for sure,” said Todd Gilliland, driver of the number 34 Front Row Motorsports Ford.

“You know, getting to camp out at the race-track, you always can feel their presence, and I feel like that’s my favorite thing about going up there.”

“Man, I’m honestly looking forward to the campsites, the fans,” said Ryan Preece, driver of the number 60 RFK Racing Ford. “New Hampshire Motor Speedway, I think it’s called ‘The X Lot’

SEE NASCAR PAGE A8

‘12er’ Home Run Derby set for Aug. 24 in Tilton

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

The derby will benefit the former Winnisquam standout and Endicott College Hall of Famer’s scholarship fund, established after his passing in 2022, and the Winnisquam High School baseball program. The event was postponed in April due to rain. The derby is open to all ages and will feature four divisions in baseball and softball.

“We couldn’t think of a better way to honor Bryan’s memory than hitting some dingers with a home run derby,” said Bryan’s dad and Winnisquam varsity baseball coach Fred Caruso. “He launched some majestic shots during his high school career, many on this field.” Bryan, a 1998 graduate, still holds the Winnisquam career record for home runs with 22.

There will be four divisions for baseball and softball: 12-and-under, middle school, high school and adult. The 12-and-under and middle school divisions will start at 10 a.m., the high school and adult around noon. All participants are encouraged to stay, shag some fly balls and enjoy the day. Trophies will be awarded in each division. Each participant is asked for a \$20 donation and will be entered into a number of raffles including gift and Winnisquam baseball gear. An added bonus, there will be a separate raffle for a pair of Celtics tickets with prime seats in the lower bowl loge section at TD Garden. Tickets are five dollars or three for 10 dollars. Pizza, snacks and ice cold drinks will be available.

“We had no idea when we did the first one back in April of 2024 what to expect,” Fred Caruso said. “It was terrific. We had more than 60 participants and everyone had a great time. Some of Bryan’s former high school teammates took part as did many of the players he coached in high school and through his Concord Cannons travel program. We’re hoping for another wonderful day.”

You can pre-register for the derby and purchase tickets for the Celtics ticket raffle. Venmo [@cheri-caruso-1](https://www.venmo.com/cheri-caruso-1). Please indicate the age of the participant and/or how many tickets you’d like for the raffle. You can also register the day of the event starting at 9:30 a.m. Raffle tickets will also be available during the derby. Rain date is Saturday Aug. 30. For more information, contact Fred Caruso at 603-455-7950 or e-mail caruso@metro-cast.net.

Local runners hit the road in Alton 5K

BY JOSHUA SPAULDING
Sports Editor

ALTON — For the second week in a row, former Kingswood cross country and track stand-out Simon Butka captured an Old Home Week 5K title. After winning the Freedom Old Home Week 5K last Saturday, Butka led the field in the Alton Old Home Week 5K on Saturday, Aug. 9, posting a time of 16:35. John Doherty of Norwell, Mass. was second overall in 18:18 and Owen Boucher of Hooksett rounded out the top three in 18:40.

Tara Hemond of West Burke, Vt. was the top female finisher, crossing in 20:40 with Amy Dreher of Westford, Mass. right behind in 20:50 and Samantha Swanbon rounded out the top three women with a time of 20:52.

Prospect Mountain cross country and track coach Brent Coope of Wolfeboro was fourth overall in a time of 19:00 with Alton's James Azara in 20:11 for 11th place. Nate Archambault of Alton was 19th overall in 20:58 and Kingswood runner Ben Wright finished in 20th place in 21:03. Kingswood runner Felix Roberts was 23rd overall in 21:20 followed by teammate Kelsie Davis in a time of 21:29 for 24th place.

Pierre-Luc Rivard of Wolfeboro was 30th overall in 22:00, Michael Kern of Alton was 32nd in 22:06, Jason Inglis of Wolfeboro was 35th in 22:12 and Kingswood runner Nate Demain finished in 40th place in 22:41. Kingswood cross country and track coach Tony Belisle finished in 42nd place in 22:51, Andrew Fuller of Alton was 43rd in 22:53, Philip Tatro of Barnstead was 44th in 23:06 and Zoe Kaplan of Barnstead was 45th in 23:06.

Addy Celena of Wakefield was 46th overall in 23:15, Elizabeth Bronson of Wolfeboro was 48th in 23:17, Peter Franke of New Durham placed 50th in 23:27 and Mark Maynard of Alton was 54th in a time of 23:50.

Lucia Roth of Alton was 59th in 24:06, Dylan Tuttle of Alton was 61st in 24:13, Kingswood Middle School track and cross country coach Sarah Christian was 64th in 24:22, Kingswood runner Thomas Bronson was 66th in 24:28, Amber Ferland of Alton was 69th in 24:39, Judy Copley of Alton was 70th in 24:44 and Amy Kiley of Wolfeboro finished in 71st place in 24:57.

Tracy Dickey of Alton was 74th in a time of 25:08, Darren Jordan of Sanbornton was 78th in 25:18, Rick Wehrhan

of Wakefield was 79th in 25:21, Katie Doran of Littleton was 81st overall in 25:26, Russell Foss of Alton was 83rd in a time of 25:29 and John Tuttle of Alton finished in 84th place in 25:34.

Wolfeboro's John Hammond was 90th in a time of 25:56, Jonathan Wright of Sanbornton was 92nd in 26:05, Kolebi Snow of Alton was 100th in 26:26, Keith Letourneau of Alton was 104th in 26:44, Lily Rivard of Wolfeboro was 106th place in 27:00, Kingswood runner Kaylee Pellerin was 110th in 27:20, Adam Sparkman of Meredith was 112th in 27:25, George Stevens III of Wolfeboro was 114th in 27:27, John Dickey of Alton was 123rd in 28:23 and Mark Burns of Alton was 124th in 28:24.

Kingswood runner Sophia Nichols finished in 125th place in a time of 28:26, Bentley Britland of Freedom was 136th place in 29:04, Joseph DeJager of Alton was 142nd in 29:21, Christopher Calisi of Alton was 144th in 29:23, Connor Allen of Sanbornton was 145th in 29:26, Evan McCracken of Alton was 149th overall in 29:27 and Ana Centina of Gilford was 150th in 29:29.

Kara Boulay of Middleton was 154th in 29:44, Sam Addy of Middleton was 155th in 29:46, Devyn

VonKadich of Belmont was 157th in 30:09, Shayna Rivard of Wolfeboro was 167th in a time of 31:42, Cristina Kearns of Alton was 172nd in 32:08, Lina Cetina of Gilford placed 173rd in a time of 32:14 and Caleb Charney of Belmont was 183rd in 32:49. Roxanne Leslie of Alton was 186th in 33:11 and Alton's Betsy Kretchmer finished in 33:30 for 188th place.

Maggie Matheson of Belmont was 190th in 33:33, Katelyn Kern of Alton was 191st in 33:34, Megan Thompson of Moultonborough was 195th in a time of 33:46, Anna Rivard of Wolfeboro was 197th in 33:51 and Ester Bertolami of Alton was 201st in a time of 34:13. Emilie Defrancesco of Belmont was 207th in a time of 34:27, Avery VonKadich of Belmont was 208th in 34:27, Daniel Moss of Middleton was 209th in 34:55, Mary Kaplan of Barnstead was 210th in 34:56, Kelsey Moss of Middleton was 224th in 36:24, Ralph Newhouse of New Durham was 231st in 37:03 and Gabriela Oliviera of New Durham was 232nd in 37:04.

Christine Calisi of Alton was 233rd in a time of 37:04, Tiffanie Hartnett of Alton was 238th in 37:32, Ricky Mullaney of Sanbornton was 239th in 37:50, James Howard

of Alton was 249th in 38:32, Emily Bloom of Alton placed 250th in 38:33, Cindy Fairbanks of Wolfeboro finished in 251st in 38:34, Ashli Snow of Alton was 252nd in 38:39, Bremen Snow of Alton was 253rd in 38:40, Vincent Viscariello of Wolfeboro was 254th in 38:45, Noah Chabot of Gilford was 256th in 39:01 and Mary Charlotte Scott of Gilford finished in the same time for 257th place.

Terri Gemas of Alton was 259th in 40:15, Rich Broughton of Alton finished in 263rd place with a time of 40:25, Meghan Kern of Alton was 265th in 40:33, Lindsey Roth of Alton finished in 41:12 for 268th place, Michelle Kern of Alton was 270th overall in 41:29, Alexandra Zikking of Wolfeboro was 271st overall in 41:30, Wolfeboro's Melody Pitman was 272nd in 41:30 and Nikki Grondin of New Durham was 273rd in a time of 41:32. Sheryl Paquin of Barnstead finished in a time of 41:58 for 275th place, Noelle McGraw of Alton was 282nd in 42:52 and Tim McGraw of Alton was 283rd in a time of 42:53.

Tara Gillon of Alton was 293rd in a time of 45:52, Samantha Blackard of Alton was 294th in 45:53 and Kimberly Bilo-deau of Alton crossed in

the same time for 295th place. Alton's Dave Kern was 296th in 46:49 and Alex McKenzie of Alton was 299th overall with a time of 47:45. Alicia Foss of Alton was 302nd in 48:44, Rhylie McConkey of Freedom was 305th in a time of 50:16, Madison Carr of Alton was 306th in 50:17, Dale McConkey of Freedom was 307th in a time of 50:50, Amanda Carr of Alton was 308th in the same time, Pam Filby of Gilford was 309th in 51:03, Alexis McConkey of Freedom was 310th, also in 51:03, Sully Chabot of Gilford was 311th in 51:12, Carol Dellapiana of Alton was 313th in 51:56 and Mary Starck of Alton was 314th in 51:58. Alton's Kendall Foss was 316th in 52:06, Maryalice McGough of Alton was 317th in 52:25, Victoria Dow of Northfield was 320th in 54:18, Brenda McKay of Tamworth was 321st in 54:18, Carol McConkey of Freedom was 322nd in 54:29, Victoria McConkey of Freedom was 323rd in 56:59, Susan Matheson of Wolfeboro was 325th in 1:15:11 and Rhonda Thompson of Tuftonboro was 326th in 1:15:36.

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

Locals shine in Top Notch Triathlon in Franconia

BY JOSHUA SPAULDING
Sports Editor

FRANCONIA — Triathletes descended on Franconia on Saturday, Aug. 2, for the annual Top Notch Triathlon, which features seven miles of biking on paved roads, an uphill wooded trail climb and the Franconia Notch State Park bike path, a one-third of a mile swim in Echo Lake and a 2.2-mile climb to the top of Cannon Mountain to the finish line. All told, athletes reach a total vertical climb of 3,320 feet.

Four-time Olympian Kris Freeman of Camp-ton took top honors overall with a time of 1:07.44 with Brian Desmond of Berkeley, Calif. in second in 1:09.52 and Tom Direnzo of South Burlington, Vt. rounding out the top three in 1:13.23.

The top overall female in the race was Sarah Rak of Concord, who put up a time of 1:37.41 and Abigail Angwin of San Diego, Calif. was right behind in 1:37.44. Jennifer Marts of Sandwich rounded out the top

three for women with a time of 1:38.09.

Local athletes were peppered throughout the field.

Alton's Josh Flanagan was seventh overall in 1:15.28, Dennis Claire of Plymouth was eighth in 1:17.12, Kyle Bergevine of Woodstock was 11th in 1:27.15, John Marshall of Sugar Hill was 12th in 1:27.25, Colin Basler of Franconia placed 13th in 1:29.1 and Caiyu Demaggio of Sugar Hill was 13th in 1:29.12.

James Krebs of Free-

dom was 19th in 1:31.04, Danny Ballentine of Franconia was 21st in 1:32.05, Sugar Hill's Evan Carmean was 29th in 1:35.23, Bill Kearney of Plymouth was 39th in 1:37.46, Ben McGinnis of Plymouth was 40th in 1:37.58 and Dan Huntington of Bethlehem crossed in a time of 1:38.32 for 43rd place.

Freedom's Carli Krebs was 52nd overall in a time of 1:40.29, Tara Soraghan of Lancaster placed 54th in 1:40.32, John Krebs of Freedom was 59th in 1:42.42, Henrik Pedersen of Franconia placed 62nd in 1:43.41, Florence Bartlett of Lincoln placed 65th in 1:44.08, Robert Pyles of Bethlehem finished in 1:44.2 for 66th place and Betty Dobbins of Franconia put up a time of 1:44.3 for 67th place.

Isaac Reeder of Franconia was 71st overall in 1:45.36, Derek Roberts of Littleton was 77th in

1:48.27, Michael Rhodes of Sugar Hill was 78th in 1:48.54, Zachary Bushway of Bethlehem was 82nd in 1:50.59, Kayla Tocci of Meredith finished in 84th place in 1:51.32, David Smith of Bethlehem finished in 96th place in 1:54.24 and Meg Kennedy of Littleton rounded out the top 100 with a time of 1:55.16.

James Berube of Whitefield was 103rd in 1:55.49, Scott Gilbert of Sugar Hill was 104th in 1:56.47, Gabrielle Croto of Conway was 107th in 1:57.38, John Gribbin of Belmont was 110th in 1:57.55, Lydia Kresin of Littleton was 112th in 1:58.32, Bess Hultgren of Franconia was 113th in 1:58.49, Zach Gilbert of Sugar Hill was 124th in 2:03.35, Timothy Piper of Tilton was 130th in 2:07.1 and Joe Harrison of Franconia was 132nd in 2:07.28.

Littleton's Peter Ilgenfritz was 148th in 2:16.1,

Shelley Bushway of Meredith was 164th in 2:29.3, Toni Butterfield of Sugar Hill was 165th in 2:31, Emily Watson of Bethlehem was 166th in 2:31.15, Stephanie Ann Cram of Campton was 167th in 2:32.42, Timothy Healey of Franconia was 173rd in 2:42.13, Brian Reeder of Franconia was 176th in 2:53.21 and Emily Bushway of Bethlehem was 180th in 3:57.37.

There were also a number of locals competing on teams in the race, with the Franconia Inn men's team out of Littleton placing as the top overall team in 30:20. The Cheesyweeters out of Bethlehem finished second in the coed division and third overall in 1:22.55 and the Steinie Wannabes out of Sugar Hill won the women's division and placed fourth overall in 1:26.02. Tri 'n Catch Us from Woodstock finished seventh overall in 1:33.23, Notch Yer Mommas of Bethlehem placed 10th overall in 1:37.39, the Hall Family team out of Campton was 13th overall in 1:44.13, WOD Did We Get Into out of Lancaster was 17th in 1:48.44, She-Unit of Franconia placed 19th overall in 1:57.08, Bring Back the Dairy Bar from Franconia placed 20th in 1:58.4, the Clark/Lyndes/Labonte team of Lisbon was 22nd overall in 2:12.32 and Horn Power out of Sugar Hill was 24th in 2:25.29.

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



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Row for Winni raises funds, awareness for Lake Winnepesaukee Alliance



Left to right: Bob Manley Solo Rower & Co-Owner Hermit Woods Winery, LWA Board Chair, Mark Ishkanian, LWA Director of Outreach, Joanne Haight.

COURTESY

Lakes Region Annual Fine Arts & Crafts Festival returns Aug. 23 & 24

MEREDITH — The Meredith Area Chamber of Commerce is excited to announce the 45th Lakes Region Annual Fine Arts & Crafts Festival, taking place on Saturday, Aug. 23 from 9 a.m. to 5 p.m., and Sunday, Aug. 24 from 9 a.m. to 4 p.m.

This year, the festival promises to be a vibrant showcase of local talent, featuring more than 65 artists and artisans displaying their custom, handcrafted fine arts and crafts.

The festival will be held rain or shine on Main Street and the upper parking lot of Mill Falls in beautiful Meredith. Attendees will have the unique opportunity to browse a diverse range of artistic creations, from paintings and photography to handmade jewelry and pottery, all while enjoying the enchanting atmosphere of the Lakes Region.

"This festival has been a beloved tradition in our community for 45 years, and we are thrilled to continue celebrating the incredible talents of our local artists," said Corina Locke, Executive Director at the Meredith Area Chamber of Commerce. "We invite everyone to join us for a weekend filled with creativity, artistry, and community spirit."

In addition to the stunning array of artwork, festival-goers can expect live entertainment, local food vendors, and activities for the whole family. It's the perfect opportunity to support local artisans and find unique treasures.

For more information on the 45th Lakes Region Annual Fine Arts & Crafts Festival, including the complete list of participating artists, vendors, and event details, please visit www.MeredithAreaChamber.com/fine-arts-festival.

We look forward to seeing you there!

MEREDITH — Bob Manley, co-owner of Hermit Woods Winery, rowed 21 miles across Lake Winnepesaukee in June, raising \$3,370 for the Lake Winnepesaukee Alliance (LWA) and bringing attention to the urgent environmental issues threatening New Hampshire's largest and most iconic lake.

The inaugural Row for Winni was born from a decade-old idea: to show what one person can do to support and protect a place they love.

"This lake is the center of this region," said Manley. "It's the reason people come here from all over the world. If our lake is in danger, then our livelihood is in danger."

In 2024, Lake Winnepesaukee experienced record levels of cyanobacteria blooms—fed by warming temperatures

and rising nutrient levels. Some areas of the lake were closed to swimming for days at a time, signaling a wake-up call to residents and visitors alike.

"For years, I've watched the impact of pollution, unchecked development, and invasive species," Manley said. "I knew I had to act—and hoped others would join me. This was the first of what I hope will be many Rows for Winni."

More than just a physical challenge, Row for Winni was a statement of shared responsibility. The funds raised will support LWA's vital work in water quality monitoring, education, and restoration.

Bob extended his gratitude to everyone who donated, followed the journey, supported the journey and shared encouragement along the way. He encouraged

those interested in getting involved can visit winnepesaukee.org to learn more.

"Bob Manley is a business leader who understand the direct connection between protecting the clean water of Lake Winnepesaukee and maintaining the economic health of a region dependent on water-based recognition," said Mark Ishkanian, Chair of the Lake Winnepesaukee Board of Directors.

About the Lake Winnepesaukee Alliance The Lake Winnepesaukee Alliance (formerly the Lake Winnepesaukee Association) is a

nonprofit organization dedicated to protecting and preserving the water quality and natural resources of Lake Winnepesaukee. Through education, advocacy, and science-based initiatives, LWA works with residents, businesses, and stakeholders to safeguard this critical resource for generations to come. For more information contact, Joanne D Haight, Director of Outreach and Development at 603-916-20210.

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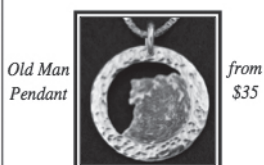
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Opinion

Striving for a world free from stereotypes

In a world where information is at our fingertips and connections span continents, it is baffling to us that stereotyping still prevails. We pride ourselves on progress, yet we allow preconceived notions to shackle our understanding of each other. It's high time we collectively recognize the damage of assumptions and vow to liberate ourselves from the confines of stereotypes.

Stereotyping is the enemy of empathy, born from our innate need to categorize and simplify complex realities. It's natural for the mind to seek shortcuts, but these shortcuts often lead us astray, blinding us to the richness of human diversity. When we assume we know someone based on their appearance, background, or a single characteristic, we deny them the depth of their individuality and inadvertently perpetuate ignorance.

Let's face it, we've all been victims of stereotypes. Whether it's being judged by our nationality, gender, appearance, or hobbies, we know the frustration of not being seen for who we truly are. So, why do we continue this harmful practice? Fear, laziness, or perhaps a lack of awareness? Regardless of the reasons, it's time to shatter this cycle.

Consider the story of the introverted librarian who's also a salsa dancing champion, or the tattooed artist who spends weekends volunteering at a shelter or going to classical music concerts. These are glimpses into the lives that stereotypes fail to capture. It's not enough to say, "Don't judge a book by its cover." We must actively seek to turn the pages, engaging with the stories beneath the surface.

The path to change begins with acknowledging our biases. Recognizing that we all hold them allows us to confront them head-on. Education is a formidable weapon against stereotypes. By learning about different cultures, histories, and experiences, we open the door to a more inclusive perspective. It's a journey toward realizing that our world is a mosaic of vibrant, individual lives, each with its own colors and textures.

But this change isn't just about self-improvement; it's a societal shift. By resisting stereotypes, we create an environment where empathy flourishes. We extend the hand of understanding to those who've been marginalized and silenced. We pave the way for collaboration that's based on shared goals rather than preconceived judgments.

It's time to rewrite the script of our interactions. Let's ask questions and listen attentively. Let's engage in conversations that bridge gaps and build bridges. Let's be curious about the people we encounter, seeking to understand their unique perspectives.

As we strive for a world free of assumptions and stereotypes, let's remember that change is gradual. But every step taken is a step closer to a society where each person is seen, heard, and valued for who they truly are. Let's be the generation that breaks the chains of stereotype, forging connections that are genuine, lasting, and transformative.

Letter submission policy

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

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



The Belmont Police Department offers a huge thank you to everyone who came out to make last week's joint National Night Out event with Gilmanton a success. From the engaging demos by the amazing police and fire departments from both communities to the games, food, and smiling faces everywhere, it was a true celebration of community, safety, and connection. Photo courtesy of the department's Facebook page.

Matter of Law



Do you have a "Death" File?

BY ATTORNEY ORA SCHWARTZBERG

Schwartzberg Law, Plymouth

Everyone needs a "Death" File because everyone of us will die. Although this is a certainty, we also have the ability to make things go smoothly for our families and friends who survive us.

This file should contain among other things a Last Will and Testament and a Revocable Living Trust. These documents memorialize your wishes as to who you would like to inherit your money, your real estate and your stuff. The file should also have your retirement and investment account statements with beneficiary designations.

Other documents you might want to include are: Passwords—Security Codes—Safe locations and combinations—Email addresses and how to access each—Social Media Accounts and how to access them—Instructions on how to access your cell phone—Funeral instructions—Letters to family members—Location of safety deposit keys—Life insurance policies.

A "Death" File is a precious gift to your loved ones that which will be received with unspeakable appreciation during a very difficult time.

Don't pray like a beggar!

Stop praying like you're begging for scraps.

That's why your plans fall apart. That's why the world ignores your voice.

You kneel, you whisper, you plead—but all it shows is a lack of faith.

You weren't made to beg. You were made to command.

Don't get me wrong—prayer is a form of faith. But if you pray like someone who doesn't believe... if you doubt, if you're just hoping for a miracle you secretly think will never come... if you're waiting, crying, complaining—then it's not faith at all. It's a broadcast of fear and lack.

Neuroscience tells us your brain listens to the story you repeat. It takes your words as marching orders. Pray like a beggar, and your brain wires itself to expect scraps. Pray like a commander, and you activate the networks in your mind that seek solutions, recognize opportunities, and pull you toward what you claim.

Scientists found that just watching tiny particles changed how they behaved. Prayer works the same way—what you focus on with expectation shapes what shows up.

Life works the same way. If you expect little, you'll get little. If you expect abundance with unwavering certainty, you start tuning into the version of reality where it's already yours.

You're not here to plead for crumbs—you're here to speak as if the feast is already set before you.

The master put it plain: "If anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in their heart but believes that what they say will happen, it will be done for them." That's authority! It's knowing reality bends to conviction.

He also said, "According to your faith, let it be done to you." In other words, you don't get what you want; you get what you expect.

And "Whatever you ask for in prayer, believe that you have received it, and it will be yours." That's the mental blueprint—see it done before it's done.

Begging mode doesn't just feel weak—it makes you weak. Neuroscience calls it a low-agency mindset. When you approach your goals from desperation, your brain

flips into survival mode. You become less capable of spotting opportunities or making bold moves. You're programming your reality to deliver the same disappointments, over and over.

Flip the lens, and everything changes. When you speak and act with certainty, your nervous system recalibrates. Dopamine and serotonin rise, your motivation climbs, and your tolerance for risk increases. You start scanning for proof that what you've declared is already unfolding. It's not magic—it's chemistry.

Faith in command mode looks different. It's not passive, waiting on the sidelines for something to change. It steps onto the court and plays to win. It's the voice that says, "This will happen," instead of "I hope this happens." It's moving your feet before you see the finish line, because you know it's there.

Every great spiritual teacher, every revolutionary leader, every game-changer in business, art, or science—whether they spoke in the language of God, the universe, or the human spirit—operated with that same unshakable conviction.

Before David killed the giant, he declared it first. Standing in front of Goliath—armed with nothing but a sling, a few stones, and an unshakable belief—he didn't whisper a prayer of survival. He spoke a statement of victory. "This day the Lord will deliver you into my hands!" It wasn't just a declaration; he was saying that his prayer was already answered, and the answer was yes!

You are not here to rehearse defeat in your mind. You are not here to train your nervous system for scraps. You are here to speak life into your own story—out loud, without apology, without retreat.

Every word you speak, every image you picture, every act you take is casting a vote for the reality you will live in tomorrow. Stop praying in fear. Stop reinforcing lack.

Pray like you own the place. Speak like the thing you want is already written in the book of your life, not from an attitude of pride, but from humility.

The truth is simple: reality doesn't give you what you hope for—it gives you what you command, and then work for like it's already yours.

Winnisquam Echo

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League of NH Craftsmen Gallery hosting belted birch landscape class with Hannah Gage

MEREDITH — Join us at the League of NH Craftsmen – Meredith Fine Craft Gallery on Wednesday, Aug. 27 from 2 – 4 p.m. for a Felted Birch Landscape class with juried artist Hannah Gage.

In this beginner-friendly class, fiber artist Hannah Gage will guide students through the process of creating a small (approximately 4x6 inch), simple, birch tree scene using needle felting techniques. The focus will be on layering

wool to create clean lines and natural texture, capturing the distinctive look of birch trunks and forest elements.

All materials, including wool and felting tools, will be provided for use during the workshop. Students will complete a finished felted piece that can be framed later. No prior experience is necessary—just an interest in learning a new fiber art technique. Students should bring water, and a snack if desired.



Tuition is \$40 per student, with a \$25 materials fee paid cash or check to the instructor on the day of class.

Space is limited and pre-registration is required.

Those who wish to take the class must sign up by Sunday, Aug. 24.

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

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

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

Laconia Historical & Museum Society presents “Ebenezer Smith, Meredith’s Prime Mover”

LACONIA — A presentation by Rudy VanVeghten on his most recent book, “Ebenezer Smith, Meredith’s Prime Mover: Biography of a Founding Father,” will be presented on Tuesday, Aug. 19, at 6 p.m. at the Leavitt Park Clubhouse in Lakeport.

“Every town had one,” VanVeghten wrote in the book’s introduction. “In neighboring Gilmanton, it was Joseph Badger. Over in Moultonborough, it was Jonathan Moulton. Here in Mer-

edith, the prime mover, the individual who, through hard work, perseverance, and support of his fellow settlers, is most responsible for the establishment of a new town, was Ebenezer Smith.”

VanVeghten is the author of five books on Meredith’s history. This most recent publication delves deep into the life and times of the one individual who championed the cause of settling the township that today encompasses Meredith, Laconia, and Cen-

ter Harbor Village.

Rudy VanVeghten was born and raised in Manchester, Vermont. He began his career as a journalist at the Meredith News in 1973, spending most of that time as editor. After leaving Meredith in 2001, Rudy worked in publications and website management at his alma mater, Northeastern University in Boston, until moving back to Meredith following his retirement in 2020.

This free program is open to the commu-

nity and is part of the Laconia Historical & Museum Society’s ‘Our Yesterdays 2025 Presentation Series.’

For additional information about this program or to learn more about LHMS and upcoming events, please visit laconiahistory.com or LHMS on Facebook and Instagram. To learn more about the Meredith Historical Society, visit meredithhistoricalsocietynh.org.



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Granite VNA offers Living with Grief support group in Laconia

LACONIA — Granite VNA is offering a six-week Living with Grief Support Group on Wednesdays beginning Sept. 10 from 1:30 - 3 p.m. Sessions will be held at Granite VNA Office – Laconia, 780 North Main St.

This six week group session offering for adults is a safe, caring space to share and learn alongside others whose lives and hearts have been broken open by loss. Together, we discuss ways of coping with our grief and the challenges of making our way in a changed world. We welcome people who have suffered the loss of any beloved – in a partnership, family of origin, family of choice, or friendship. While each of our loves and lives are unique, grief is a deep-

ly shared human experience – one where we have much to learn from listening and sharing with each other.

Registration is required and space is limited. To register, please call (603) 410-9519 or visit www.granitevna.org.

All community members are welcome to attend. This program is offered at no charge.

Masks optional.

About Granite VNA
Granite VNA is a not-for-profit licensed and certified home health and hospice care provider. The agency serves people of all ages in 72 communities across the Greater Capital Region and Central New Hampshire by providing home care, hospice care, pediatric and maternal child health services, and

wellness programming. The agency has offices in Concord, Laconia and Wolfeboro. Formed through the merger of Concord Regional VNA and Central New Hampshire VNA & Hospice, Granite VNA has served New Hampshire since 1899. For more information about Granite VNA, visit www.granitevna.org.



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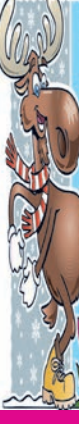
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She may have a little attitude, but it's all part of her charm. Diamond knows what she wants, when she wants it, and she's not afraid to let you know! If you're looking for a cat who's got style, sass, and

Please email adoptions@nhhumane.org with additional questions or to make an appointment to meet Billy!



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Concord Hospital - Laconia welcomes Glenn Lieberman and Joseph Sicard

LACONIA — Concord Hospital Health System is pleased to announce Glenn Lieberman, MD has joined the organization as a new orthopaedic surgeon at Concord Hospital Orthopaedics – Laconia and Joseph Sicard, MPAS, PA-C has joined Concord Hospital General Surgery – Laconia.

Dr. Lieberman has more than 20 years of experience in general and advanced orthopaedics, including trauma and spine surgery, and is board-certified by the American Board of Orthopedic Surgery. He received his medical degree at Rutgers University, Robert Wood Johnson School of Medicine in Piscataway, N.J. and completed his orthopaedic surgery residency at Temple University Hospital in Philadelphia.

“Dr. Lieberman has provided excellent orthopaedic care to the Lakes Region community for many years,” said Bill Dooley, vice president of provider services. “We are excited to welcome him to Concord Hospital-Laconia.”

Dr. Lieberman also



Dr. Glenn Lieberman

completed advanced specialty training during a fellowship in orthopaedic trauma and reconstructive surgery at Grant Medical Center in Columbus, Ohio as well as a fellowship in neurosurgical spine surgery (minimally invasive techniques) at the Northeast Institute for Minimally Invasive Spine

Surgery in Gilford.

Sicard has more than 10 years of experience in healthcare, including emergency and trauma-related medicine. He earned his master’s degree as a physician assistant from Franklin Pierce University in Rindge, where he graduated magna cum laude, and is currently on pace



Joseph Sicard

to receive his doctorate in medical science-critical care from Butler University in 2027.

“Joe brings a wealth of experience to the general surgery team, ensuring we can continue serving the Laconia community with local, quality care,” said Dooley.

Concord Hospital Health System (CHHS) is

a nationally accredited, not-for-profit health system delivering comprehensive acute-care services and programs to more than 250,000 residents across New Hampshire. CHHS encompasses the Payson Center for Cancer Care, Urologic Institute, Orthopaedic Institute, Cardiovascu-

lar Institute, The Family Place; hospitals in Concord, Franklin, and Laconia; and more than 60 locations offering ambulatory and specialty services throughout the state.

CHHS has earned national recognition, including being named to Forbes’ list of America’s Best Midsize Employers and Best-In-State Employers, Newsweek’s America’s Best Maternity Hospitals, and the Lown Institute’s Most Socially Responsible Hospitals.

As a teaching organization, CHHS provides specialty training in medical, clinical, and nursing through apprenticeships, rotations, and residencies. With nearly 5,000 employees, CHHS is dedicated to meeting the healthcare needs of the communities it serves by delivering high-quality, compassionate care.

Visit concordhospital.org for more information or to schedule an appointment.



COURTESY

“Menopause The Musical®” closes Interlakes Summer Theatre’s 18th season from Aug. 13 - 17 with special license from GFour Productions, winners of more than 50 Tony Awards®. The laughter-filled 90-minute production gets audience members out of their seats dancing and singing along to parodies from classic pop songs of the ‘60s, ‘70s and ‘80s. Inspired by a hot flash and a bottle of wine, the show was created as a celebration of women and “The Change.” Menopause The Musical® has entertained more than 17 million fans worldwide and comes right here to Meredith for its one-week run. Visit www.MenopauseTheMusical.com for more information or go to www.interlakes theatre.com for tickets or call the box office at (603) 707 - 6035. Performances take place at 1 Laker Lane in Meredith.

Learn how to make a ring with bezel set stone



MEREDITH — Join us at the League of NH Craftsmen – Meredith Fine Craft Gallery on Saturday, Aug. 23 from 10:30 a.m. – 4:30 p.m. for a Silver Ring with a Bezel Class with juried artist Joy Raskin.

In this one-day workshop, students will make a silver ring band out of wire or sheet metal, and then they will make a bezel to set a cabochon stone. The bezel will then be soldered to the ring, a cabochon stone will be set, and the finished ring will be polished and ready for you to wear and enjoy. Materials are not required, but students can bring in a favorite stone or any silver they may have. The instructor will supply silver wire and sheet, plus cabochon stones of assorted sizes for students to purchase. The estimated cost of materials ranges from \$10 to \$50, depending on the cost of materials you use.

Tuition is \$75 per student. Materials fee is between \$10-\$50, depending on the stones and amount of silver the student uses. The materials fee will be paid cash or check to the instructor on the day of class.

Space is limited and pre-registration is required. Those who wish to take the class must sign up by Wednesday, Aug. 20.

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

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

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



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Northern Border Regional Commission awards \$250,000 to Boat Museum for Phase 2 renovation



rector Devon Kurtz. “By expanding our facilities, we are building on NHBM’s legacy as a trusted institution and ensuring that the Lakes Region continues to benefit from dynamic cultural and economic opportunities.”

The Northern Border Regional Commission’s Catalyst Program supports projects that stimulate economic growth and inspire partnerships across rural communities in Maine, New Hampshire, New York, and Vermont.

For more information about NHBM and its capital campaign, visit nhbm.org.

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

MOULTONBOROUGH — The New Hampshire Boat Museum (NHBM) has been awarded a \$250,000 grant from the Northern Border Regional Commission (NBRC) to support Phase 2 of its renovation project at the museum’s Moultonborough campus. The award is part of a \$500,000 project that will renovate 6,500 square feet of the main floor, creating new educational spaces, flexible exhibits, and conference

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of July 28 to Aug. 4.

Andrea D. Fournier, age 45, of Dedham, Mass. was arrested on July 29 in connection with a warrant.

A 54-year-old from Laconia received a summons in lieu of arrest on July 30 for Criminal Trespassing.

and office areas.

The NBRC grant is a matching award, which requires additional funds to complete the project. The renovation is expected to be completed over the next year, with the “revitalized” space available to the local and regional community by summer 2026.

“I was thrilled to learn that the New Hampshire Boat Museum has been awarded a significant Northern

Border Regional Commission Award,” said Jaime Laurent, Board Chair. “This is a recognition of the positive impact that the NH Boat Museum will continue to have on strengthening our local community’s vitality.”

The project will expand NHBM’s capacity for educational programming and community engagement, supporting the region’s tourism economy and workforce retention.

“This investment from the NBRC will help us realize our vision for a modern, accessible museum that serves as a hub for education, tourism, and community connection,” explained NHBM Executive Di-

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PURPLE HEART

CONTINUED FROM PAGE A1

Before the proclamation was read however, select board member Sharon Ciampi, who is also a Cemetery Trustee, explained how the idea to become a Purple Heart community first came to mind. She said she and other trustees, including her daughter Hillary Horn, attended a meeting of the N.H. Cemetery Association

last spring where a representative spoke on the topic. The two became quite interested and Hillary began to do her homework on what was required and how to proclaim Belmont as yet another proud town saluting their heroes. The Purple Heart Award was first introduced in 1782 and is the oldest military declaration to be awarded still today. It is given to

those (or, in their honor, a surviving family member) who were wounded in battle or gave their lives through “courage and selfless sacrifice” while in combat against enemies of the United States. It has become the nation’s most honored way of solemnly recognizing their ultimate sacrifices. Through their research, Ciampi said they learned the town had to be able to identify one

resident from Belmont, past or present, who received a Purple Heart. As she searched the archives, Hillary finally came across the name of Bernard Romprey and proceeded to fill out the paperwork necessary to register and get special signs made for the town. Bernard Romprey was born in Center Harbor in 1933, raised in Lakeport then moved to Belmont in 1961. He joined the US. Army and took part in the Korean Conflict. During his time in service, Romprey achieved the rank of Corporal and was awarded not only a Purple Heart, but a Bronze Star as well. The Bronze Star is awarded to those who demonstrate meritorious and/or heroic achievement, or meritorious service while in a combat zone. Romprey met the brave and heroic requirements for both medals.

Returning to Belmont

he joined the Disabled American Veterans organization and served as both a member and exalted ruler of Laconia Elks Lodge 876. Some may also remember him from his many years working as a mechanic at Irwin Motors in Laconia. On Aug. 29, 2000, Romperly passed away and was buried with honors at South Road Cemetery in Belmont. While the proclamation to make Belmont a Purple Heart Community occurred on Aug. 8 this year, it is worth noting that National Purple Heart Day is annually recognized on Aug. 9, and Romperly, whose name helped Belmont earn the proclamation, was born on Aug. 10, 1933. An amazing coincidence; or is it? Attending the meeting last week were several members of Belmont American Legion Post 58. As they thanked the board for the recognition

of all of Belmont’s heroes, veteran Ron Mitchell took a moment to also recognize two other town residents whom he knew and died in service to the country. They were Air Force Cpt. John Moynihan, age 27, who died while on duty in Lubbock, Texas in 1969, and Marine LCpl. Steven Craig Santy, who was killed in Viet Nam in 1968 at the age of 18 and also received a Purple Heart. Selectmen were then pleased to display the special signs that will designate the town’s pride and support for the men and women who have and continue to serve the United States military. The eight large signs will soon be erected at each end of Routes 3, 140, 106, and 107 in Belmont so those entering the town from either direction will be able to see that pride.

NASCAR

CONTINUED FROM PAGE A1

or whatever lot it is now, yeah, everything about New Hampshire. The race fans there are second to none, so looking forward to that.” “The New Hampshire race always has just an awesome fan base,” said Chase Briscoe, driver of the number 19 Joe Gibbs Racing Toyota. “A ton of camping, and the fan base up there is so passionate, so for us to be able to bring a play-off race down there and just add to that layer of excitement that was already there is going to be really, really cool.” “Looking forward to the atmosphere though, the racetrack is always great. Those New England fans are a lot of fun,” said Kyle Busch, driver of the number eight Richard Childress Racing Chevrolet. “I hang out with them and been to some of the short tracks up there, so I know they like their racing.” “We always get a great crowd, especially since we’ve, you know, been going there one time a year, so that’s always cool to see how packed it is,” said Erik Jones, driver of the number 43 Legacy Motor Club Toyota. “The fans there are great, you know, passionate race fans,” said Kyle Larson, driver of the

number five Hendrick Motorsports Chevrolet. “The stands are always packed.” “The people up there, they love motorsports in general, so I think they deserve to have a playoff race too,” noted Ryan Blaney, driver of the number 12 Team Penske Ford. “Just some really passionate fans up there, and it’s always great to go up there and experience that,” added Tyler Reddick, driver of the number 45 23XI Racing Toyota. “Just the atmosphere up there is a lot of fun, said Bubba Wallace, driver of the number 23 23XI Racing Toyota. New England’s only NASCAR Playoffs weekend is Sept. 19-21 at NHMS. On-track action kicks off Friday with NASCAR Whelen Modified Tour (NWMT) practice sessions, NASCAR Craftsman Truck Series (NCTS) practice and qualifying plus Sig Sauer Academy Dirt Duels at The Flat Track. The action continues on Doubleheader Saturday with NWMT qualifying, the Mohegan Sun 100 NWMT race, the Team EJP 175 NCTS playoff race and NCS practice and qualifying. The on-track action culminates Sunday with the NCS taking on “The Magic Mile” to kick off the

Round of 12. Don’t miss all of the exciting off-track action including “The Magic Mile” Happy Hour Show, Trackside Live, The Groove fan hangout, concerts from Draw the Line and Being Petty: The Tom Petty and The Heartbreakers Experience, Family Movie Night featuring “Captain America: Brave New World,” driver appearances, a variety of live performances, fireworks and much more. For a full NASCAR weekend schedule, visit NHMS.com/Events/NASCAR-Cup-Series/Schedule/. 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.

CLUES ACROSS

1. Auto manufacturer
4. The 23rd letter of the Greek alphabet
7. Two-year-old sheep
10. Member of indigenous people in Asia
11. Airborne (abbr.)
12. Actress de Armas
13. Not moving
15. Cool!
16. Plants of the arum family
19. Perceptible by touch
21. Rorschach test
23. Monetary units
24. Art
25. Cardinal number
26. Dueling sword
27. Hates
30. Fixed in one place
34. Pie ___ mode
35. Moved on foot
36. Passenger’s spot on a motorcycle
41. A way through
45. “Rule, Britannia” composer
46. Leader
47. Flowing
50. Common greetings in Arabic countries
54. Solution for all difficulties
55. Soft clothing fabric
56. Building material
57. Sea bream
59. A way to cause to be swollen
60. One and only
61. Skin color
62. Wreath
63. Nevertheless
64. They ___
65. Sea eagle

CLUES DOWN

1. Policemen (French)
2. Toy dog
3. Inflamed colon disease
4. Muscular weaknesses
5. Helps little firms
6. References
7. Takes down
8. Facilitates
9. One-time empress of the Roman Empire
13. Engine additive
14. Chemistry solution
17. Written account
18. Consumed
20. Coming after all others
22. No (slang)
27. Government lawyers
28. Super Bowl winner Manning
29. Small amount
31. A way to save for your future
32. A way to travel behind
33. Midway between northeast and east
37. Head pain
38. Loud lawn insect
39. Actress Hathaway
40. Boat race
41. About fish
42. Nursemaid in India
43. Marketable
44. Tinier
47. Parts per billion (abbr.)
48. Paddle
49. Oneness
51. Bitter compound
52. Not around
53. Very fast airplane
58. Swiss river

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Tamworth: Escape to nature! Charming 2-bed seasonal cabin near White Lake & Chocorua. Screened porch, woodstove, and outdoor adventure await. Affordable White Mountains retreat—relax, recharge, enjoy!

\$279,900
MLS# 5055158

Laconia: Stunning lake views! Updated 3-bed, 2-bath condo with screened porch, renovated baths, new floors, custom touches, and more. Saltwater pool, tennis, pet-friendly. Near Weirs Beach and Gunstock—STRs allowed!

\$550,000
MLS# 5054634

Belmont: Charming 3-bed, 2-bath cape on 1.8 acres with timeless craftsmanship, modern updates, wide pine floors, granite kitchen, bonus room, 2-story barn with rental income. Peaceful, convenient rural location!

\$1,995,000
MLS# 5054254

Moultonborough: Experience unmatched privacy on 11± acres with stunning Winnepesaukee views. This 4-bed, 5-bath estate features a soaring great room, chef's kitchen, & dual primary baths. Enjoy effortless indoor-outdoor living moments from Long Island Beach and boat launch.

Over 10,000 CLOSED transactions in New Hampshire!
Voted #1 BEST Real Estate Company in NH's Lakes Region six years in a row, and #1 BEST Commercial Real Estate Broker!

* 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.

285 Daniel Webster Highway
(603) 677-7007 • www.MeredithLanding.com

NEW HAMPTON: DEVELOPMENT POTENTIAL!
Two lots of record totaling 184+/- acres in a great location along I93 & Rte 132N. Incredible development potential with many permitted uses in this zoning district. Developers don't miss out!!
\$995,000 (4900572)

TUFTONBORO: COUNTRY SETTING!
Wonderful 5.5 acre lot for your dream home ideas in a low property tax town. Property features a roughed-in driveway, an installed drilled well, temporary electric meter, plus a 4BR septic design in hand!
\$189,000 (5040529)

Equal Housing Opportunity

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination. (The Fair Housing Act of 1968 at 42 U.S.C. 3604(c)) This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll free at 1-800-669-9777 For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275. You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301 Neither the Publisher nor the advertiser will be liable for misinformation, typographically errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

TO VIEW THESE AND OTHER PROPERTIES, VISIT:

Alpine Lakes Real Estate: www.alpinelakes.com
Badger Peabody & Smith Realty: www.peabodysmith.com
Bean Group: www.beangroup.com
Century 21 Country Lakes Realty: www.countrylakesrealty.com
Century 21 Twin Rivers Realty: www.nhreal21.com
Coldwell Banker: www.cbldmill.com
Coldwell Banker Residential Brokerage www.newenglandmoves.com
ERA Masiello: www.masiello.com
Exit Lakeside Realty Group: www.exittlakeside.com
Granite Group Realty Services: www.granitegrouprealty.com
Gowen Realty: www.gowenrealty.com
Kressy Real Estate: www.kressy.com
Lakes Region Realty: www.lakesregionrealestate.com
Lamprey & Lamprey Realtors: www.lampreyandlamprey.com
Maxfield Real Estate: www.maxfieldrealestate.com
McLane Realty: www.mclanerealtyplymouth.com
Mountain Country Realty: www.mountaincountryrealestate.com
Nash Realty: www.nashrealty.com
New Hampshire Colonials Real Estate: www.squamlake.com
Noseworthy Real Estate: www.noseworthyrealestate.com
Old Mill Properties: www.oldmillprops.com
Pine Shores Real Estate: www.pineshoresllc.com
Preferred Vacation Rentals: www.preferredrentals.com
Remax Bayside: www.baysidenh.net
Roche Realty: www.rocherealty.com
Strawberry Lane Real Estate: www.strawberrylane.com
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For Advertising Information
Call
603-279-4516
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NEW 14' WIDES

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66' 3 Bed, 2 Bath

List Price: \$89,995
\$86,995*
68' 2 Bed, 2 Bath

DOUBLE WIDES

List Price: \$119,995
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56' 3 Bed, 2 Bath

List Price: \$130,995
\$127,995*
48' 3 Bed, 2 Bath

*PRICES SUBJECT TO CHANGE
Homes From COLONY, MARLETTE, NEW ERA & TITAN

MODULARS

List Price: \$131,995
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\$119,995*
2 Bed, 1 Bath

\$179,995*
1,568sq ft. 2 story, 3 Bed, 2.5 Bath.

Visit Our Website: WWW.CM-H.COM

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?
Rt. 3, Tilton NH, exit 20 on Rt. I-93 across from Lakes Region Factory Mall

PROPERTY FOR RENT

Prince Edward Island, Canada

Summer/Fall Weekly Cottage Rental

2-bedroom newly constructed oceanfront cottage that sleeps 8.

Sweeping views of the pond, ocean and lighthouse.

Enjoy kayaking, bicycling and beach walking.

\$900/wk.

Contact Scott at 603-254-5032 or scottm@plymouth.edu

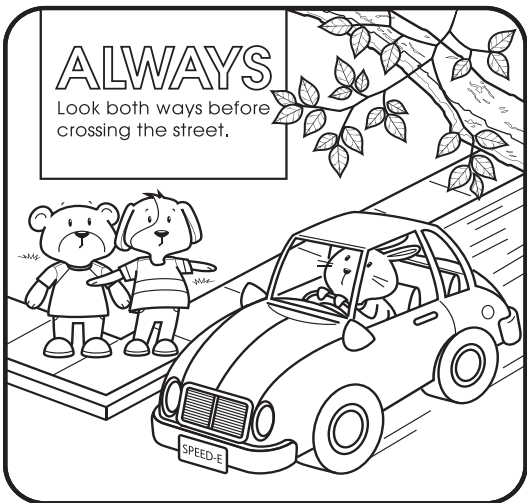
Make the move!

Find the homes of your neighborhood



Creative Coloring

Color in this picture to create your own masterpiece.



THIS DAY IN HISTORY



1851: Isaac Singer is granted a patent for his sewing machine.

1914: The United Kingdom and the British Empire declare war on Austria-Hungary.

1981: The IBM Personal Computer is released.

World FACT:

Thailand, the United States and the United Kingdom often appear on lists that say they have a lot of this.

Answer: Traffic

Double Word Puzzle

Unscramble the words to reveal the sentence.

SREIT

1	2	3		4

AFTS

5	6		

NRUTK

		7	8	9

RCSA

10			

4	1	7	10	9

2	8

1	3	6	5	5	2	10

Answer: Stuck in traffic

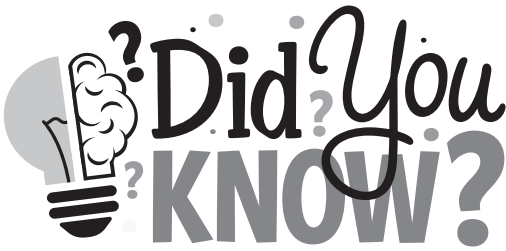
NEW WORD

CONGESTION

a state of crowding or accumulation

How they say that in...

English: Traffic
Spanish: Tráfico
Italian: Traffico
French: Circulation
German: Verkehr



Traffic officers enforce traffic laws and help manage the flow of traffic.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Traffic cone



Solve the code to discover words related to farmers markets.
Each number corresponds to a letter.
(Hint: 10 = R)

A. 11 4 2 13 15 10

Clue: Merchant

B. 1 17 10 4 8

Clue: Products

C. 20 10 15 13 6 18 4

Clue: Fruits and vegetables

D. 18 10 17 14 22 8

Clue: Handmade items

Answers: A. vendor B. wares C. produce D. crafts

SUDOKU

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

Level: Advanced

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!

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

ANSWER:

WANTED
HELP



Loon Mountain Resort

Are you ready for a new career?

We offer great work environment, unique benefits package, generous discount package.
The only thing that would make it better — is you!

Immediate Full Time Year Round Position Available:

Groomer Mechanic

Apply Online at www.loonmtn.com/jobs

Benefits include: Medical, Dental, Vision, HSA, FSA, 401k, PTO, Retail and Food & Beverage discounts, Seasonal Passes for the employee, and competitive wages.

Equal Opportunity Employer



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Now Hiring Full Time Seasonal Snowmakers

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NIGHT CASHIERS

needed at the Following Location:

Bosco Bell

on Route 28
Barnstead

Please apply in person.



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.

LEARN WHILE YOU EARN!

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

Stop in to fill out an application:

ENERGYSAVERS INC.

163 Daniel Webster Hwy., Meredith NH

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.

SHAKER REGIONAL SCHOOL DISTRICT

ROBOTICS DIRECTOR

Shaker Regional School District is seeking a Robotics Director to oversee all robotics programs, clubs, coaches, and advisors across the district. Duties include, but are not limited to, planning, coordinating, and attending the District-hosted January tournaments as well as any Signature, National, or World Championship trips. The full job description can be found on the District's website, https://www.sau80.org/news/now_hiring. Individuals interested in this position should submit a letter of interest and current resume, no later than August 22, 2025, to Debbie Thompson, Business Administrator, via mail at Shaker Regional School District, 58 School Street, Belmont, NH 03220 or via email at dthompson@sau80.org.

Employment Opportunity: Chief of Police

– Town of Woodstock, New Hampshire

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

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

Qualifications:

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

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

The Role

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

Compensation & Benefits:

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

How to Apply:

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

Town Administrator
Town of Woodstock
PO Box 156
Woodstock, NH 03262
Or via email: admin@woodstocknh.gov

Application deadline: Open until filled.

The Town of Woodstock is an Equal Opportunity Employer.

Hiring?
Reach More
Local/Applicants

Email:Tracy@salmonpress.news
Phone:(603) 279-4516

Help
Wanted

Twin Rivers Food Pantry hosting Sixth Annual Wheels for Meals Car Show!

FRANKLIN — Twin Rivers Food Pantry is holding the Sixth Annual “Wheels for Meals” Car Show Fundraiser on Saturday, Aug. 16, 10 a.m.-2 p.m., in the grassy area at the Franklin Han-

naford, 952 Central St. in Franklin. Car parking at the event starts at 9 a.m. Come and enjoy this

awesome event!

The event is free and open to the public. Entrance fee for show cars is \$15. At the event, a raffle of prizes from generous area businesses, a 50/50 raffle, and food sales will provide vital funding for the Pantry’s mission to nourish, empower and support our neighbors in need. We are grateful to our premier show sponsors, Benson Auto, Franklin Savings Bank, Han-

naford, Mix 94.1 FM, Service Credit Union, B&H Automotive and Watts Water Technologies!

The Pantry provides nonperishable food items, fresh produce, frozen meat, dairy items, baked goods, and personal hygiene items to residents in need in Franklin, Tilton, Northfield, Hill, Andover, Salisbury and several other surrounding communities. We currently serve an average of 160 households each week. Service hours are 9-11

a.m. on Tuesdays and Thursdays and 5-7 p.m. on Wednesdays. The Pantry is located in the lower level of 2 Central St. in Franklin. The entrance is off the parking lot behind the building.

Always appreciated (and always needed!) are Volunteers, reusable grocery bags, fresh garden produce, eggs, and nonperishable food items. Call (603) 934-2662 or email info.twinrivers@gmail.com for more information.



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www.homeenergyproducts.net



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The Morrison Skilled Nursing Facility

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NEW HAMPSHIRE

SATURDAY AUGUST 16 4PM-8PM

★★★★

WATERVILLE RODEO

IN WATERVILLE VALLEY NH

★★★★

MECHANICAL BULL
PHOTOBOOTH
WESTERN GAMES
WILD WEST SHOOT OUT
COWBOY COSTUME CONTEST
FUN LIGHT UP COWBOY HATS

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When you trade in your lead (Pb) fishing sinkers or jigs at participating shops.



TRADE-IN



\$100 AWARDED TO THE PARTICIPANT WITH THE LARGEST TRADE-IN OF ELIGIBLE TACKLE AT EACH PARTICIPATING SHOP*

through December 31, 2025. See LOONSAFE.ORG for details.

PARTICIPATING SHOPS:

1 2 Bros 24/7 NH Bait and Tackle
13 McLaren Ave
Nashua, NH 03060
(603) 943-7276

2 Berry's Bait
404 Main Street
Alton, NH 03810
(603) 875-0169

3 LL Cote
7 Main Steet
Errol, NH 03579
(603) 482-7777

4 Lopstick Outfitters
10 Metallak Place
Pittsburg, NH 03592
(603) 538-6010

5 Newfound Sales & Trading Post
381 Lake Street #6
Bristol, NH 03222
(603) 744-8658

6 Newhook's Bait & Tackle
1763 US-302 UNIT 2
Lisbon, NH 03585
(603) 838-8117

7 North Country Angler
2988 White Mountain Hwy
North Conway, NH 03860
(603) 356-6000

8 Ossipee's Bait and Tackle
306 Pine River Road
Effingham, NH 03882
(603) 730-7674

9 Ray's Corner Country Store
1156 West Milan Road
Milan, NH 03588
(603) 449-2236

10 Rocky's Ace Hardware
257 Newport Road
New London, NH 03257
(603) 526-2800

11 Sam's Outdoor Outfitters
74 Monadnock Highway
North Swanzey, NH 03431
(603) 352-6200

12 Squam Lake Boat Livery
853 US Route 3
Holderness, NH 03245
(603) 968-7721

13 The Loon Center
183 Lees Mill Road
Moultonborough, NH 03254
(603) 476-5666

14 Winnisquam Country Store
1021 Laconia Road
Tilton, NH 03276
(207) 387-0075







THANK YOU FOR HELPING PROTECT NEW HAMPSHIRE LOONS FROM LEAD POISONING!

*One trade-in voucher per customer. Full trade-in details, list of participating shops, disposal locations, and more at: LOONSAFE.ORG

Funding for the buyback program and this ad is provided by the Loon Preservation Committee and by the US Fish and Wildlife Service on behalf of the Bouchard Barge 120 Buzzards Bay Oil Spill Trustees.