

# Household Hazardous Waste Day, Island Cleanup coming soon

BY ERIN PLUMMER  
mnews@salmonpress.news

GILFORD — Town residents will have the opportunity to dispose of their household hazardous waste and trash and debris from island properties during two events on July 26

Household Hazardous Waste Day on Saturday, July 26, from 8:30 a.m.-noon. Saturday is also the Gilford Island Cleanup going on from 9 a.m.-1 p.m. at the Glendale docks.

The Lakes Region Planning Commission is hosting Household Hazardous Waste Days in 21 different communities across Central New



PHOTO COURTESY — GILFORD DEPARTMENT OF PUBLIC WORKS

Island Cleanup Day and Household Hazardous Waste Day are coming up on July 26.

Hampshire. Gilford's day will be this Saturday at the DPW garage, located at 55 Cherry Valley Rd. Household Hazardous Waste Days are a safe way to dispose of toxic materials and contaminants. The LRPC said in

its annual flyer that these materials could result in environmental pollution or health and safety hazards if they are improperly disposed.

People can bring yard chemicals including pesticides, driveway sealant, pool chemicals, and herbicides. Household items that will be accepted include roofing tar, cleaning fluids, and toxic art supplies. For garage items, they will accept antifreeze, mixed fluids, gasoline and diesel, and car wax. For workbench items, the collection will accept oil-based paint, stains, and varnishes.

The collection will not accept electronics, batteries, ballasts, thermostats, asbestos, propane tanks, fluorescent tubes and bulbs, tires, devices that

SEE **CLEANUP**, PAGE **A14**

## Alton selectmen approve fire equipment purchases, repairs

BY ERIN PLUMMER  
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ALTON — The Fire Department will be able to purchase new equipment, repair and ambulance, and make improvements to part of the fire station with money from different reserve accounts.

The selectmen approved expending a total of \$108,550 from three of the fire department's different reserve funds to make some repairs and purchase replacements for some old and damaged equipment.

Fire Chief James Reinert spoke with the selectmen during the June 24 meeting about different capital requests that could be paid for from different reserve funds.

Reinert said some of these items were included in the department's 2025 budget but could not go forward after the town went to a default

budget. He said the department has done an in depth look at its equipment needs over the last few years and are presenting them to the board for possible approval and to answer any questions.

One of the items is renovating the upstairs area of the fire station at a cost of \$15,000, including the bunk area and a bathroom with heavy water damage.

Reinert said the bunk area is getting too small with the increase in staff members and they want to accommodate for female personnel as well. The project will also adjust the living room area to better meets the needs of the duty crew.

He said this is a matter of seeing where they will be a few years from now with their facilities.

"I don't want to throw good money away, but if we're gonna be a couple

SEE **FIRE**, PAGE **A14**

## TUNESDAYS in the Park brings music and community to New Durham

NEW DURHAM — Summer evenings in New Durham are getting a lively boost with TUNESDAYS in the Park, a free weekly concert series held every Tuesday night from 6 to 8 p.m. at Smitty's Ballfields. Organized by the New Durham Public Library in partnership with the Parks & Recreation department, and made possible through a grant from the New Hampshire State Council on the Arts, the event aims to bring people together with music, food, and fun under the open sky.

Each week features a different musical act, offering a variety of styles and entertainment for all ages. This past Tuesday, July 8th, the series welcomed the folk duo Hungrytown, drawing a crowd of 65 community members who turned out to enjoy a beautiful evening of live music. The rest of July lineup includes LITTL3few on



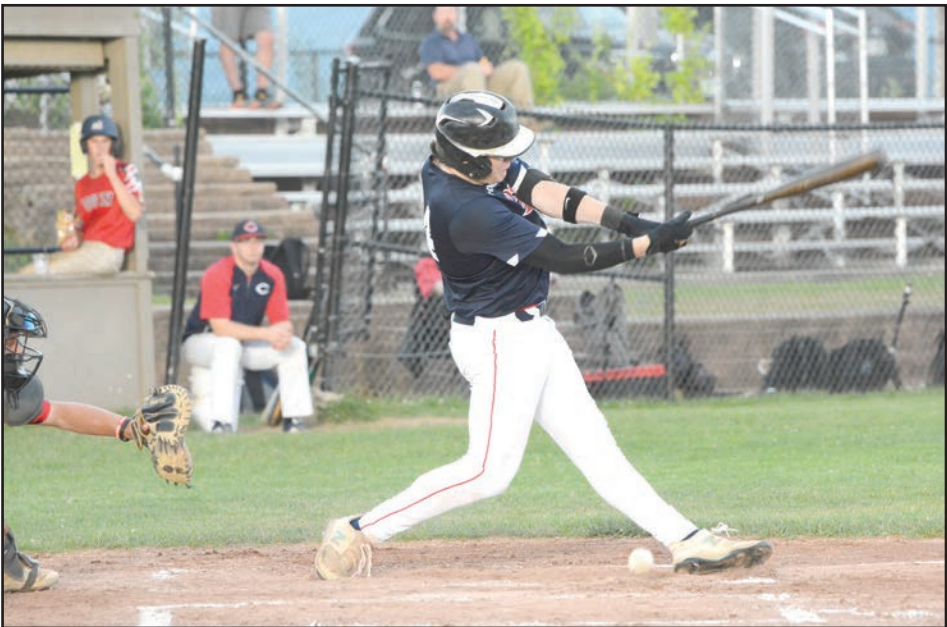
July 15, followed by The Fiddling Thomsons on July 22, and Wellfleet on July 29. Attendees are encouraged to bring chairs or blankets and settle in for an evening of live music in a relaxed, family-friendly setting.

In addition to the free concerts, the 3 Dogs Food Truck will be on site each night alongside the local concession stand, offering a variety of snacks and dinner options.

The summer series concludes on Aug. 5 with a special celebration in honor of National Night Out, a nationwide initiative aimed at strengthening relationships between communities and public safety de-

SEE **TUNESDAYS**, PAGE **A14**

## Post 1 rallies past Concord with four-run sixth inning



JOSHUA SPAULDING

Will Wallace takes a swing during Post 1 action against Concord last week in Laconia.

BY JOSHUA SPAULDING  
Sports Editor

LACONIA — The Laconia Post 1 American Legion baseball team woke up the bats in the bottom of the sixth inning and rallied past Concord Post 21 in action at Robbie Mills Park on Tuesday, July 8.

Connor Dunn got the start on the mound for Laconia and struggled with control in the first inning, as a pair of walks, a wild pitch and a sacrifice fly plated the first run and a ground-out plated another run. A pair of defensive errors and a base hit allowed another run to score before Dunn got out of the inning with a fly ball to center.

Post 1 came right back in the bottom of the inning, with TJ Charbono reaching on an error to start the inning and Brendan Dee followed with a base hit and stole second. One out later, a base hit from Will Wallace plated both runners to cut the lead to 3-2 after one inning.

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

Concord took the lead

SEE **BASEBALL**, PAGE **A14**

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# Alton Parks and Recreation Community Connection

## Alton Bay Concerts at the Bandstand 2025

Summer Concert Schedule: 7-9 p.m. at the Alton Bay Bandstand, Alton Bay

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.

**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.

**Free Soccer Program for Ages two to seven**  
Alton Parks and Recreation is sponsoring a free soccer program for ages two to seven led by the Kingswood Boys Varsity Soccer Coach and a group of awesome volunteers for Alton residents and surrounding Towns. The free Soccer Program will be held on Sundays at Alton Central School from Sept. 7-Oct. 19, 9-10 a.m. Cleats and shin guards are optional, bring your own. Uniform shirts will be provided to participants that register by Aug. 18. Register in person at the Parks and Recreation office

or online at [www.alton.nh.gov](http://www.alton.nh.gov). Contact Alton Parks and Recreation at 603-875-0109 or [parksrec-asst@alton.nh.gov](mailto:parksrec-asst@alton.nh.gov) for more information.

**Alton Old Home Days 5K Road Race**  
Co-Sponsored by Meredith Village Savings Bank. Aug. 9 at the Alton Bay Bandstand, 9 a.m. 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](http://www.alton.nh.gov) or register online at <https://runsignup.com/Race/NH/Alton/AltonOldHomeWeek5KRoadRace>.

**Community Plant Swap- July 26- Free**  
Alton Parks and Recreation is sponsoring a free Community Plant Swap with leaders Destiny Swezey and Molly Gillis on Saturday, July 26 from 10 a.m.-1 p.m. at the Alton Bay Bandstand. Stop by and bring what you’d like to share and take something home to grow. Featured items include seeds, plants, pots and cuttings. For more information contact Alton Parks and Recreation at 603-875-0109 or [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov).

**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-pickup>. 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](mailto: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-registration 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](mailto: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](mailto:breathepilates1@yahoo.com) or [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov).

**Guided Meditation**  
The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring Guided Meditation with Karen Kharitonov on Thursday July 31 from 6:30-7:15 p.m. at the Gilman Library, Agnes Thompson Meeting Room. The program is free, donations accepted to benefit local charities. For more information contact Alton Parks and Recreation at [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov) or 603-875-0109.

**Soccer cleats wanted**  
Drop off soccer cleats to pass along to others at the Alton Parks and Recreation Department, located at 328 Main St., Monday- Thursday 7 a.m.-4:30 p.m. For more information contact Alton Parks and Recreation at 603-875-0109 or

[parksrec-asst@alton.nh.gov](mailto:parksrec-asst@alton.nh.gov).

**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](mailto:littlelakeexplorersalton@gmail.com). Drop ins are also welcome. For more information contact Alton Parks and Recreation at [parksrec@alton.nh.gov](mailto: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.

## St. John’s-on-the-Lake welcomes Rev. Brad Wolff

MEREDITH — St. John’s-on-the-Lake on Bear Island in Meredith welcomes guest minister Rev. Brad Wolff this Sunday. There will be a Blessing of the Animals, so bring your leashed dog.  
Originally from Minnesota, Rev. Wolff graduated from Tufts University and subsequently earned his Master of Divinity Degree at Wittenberg University in Springfield, Ohio. He served churches in Connecticut and Pennsylvania before earning a Master’s degree in Education from Notre Dame College and embarking on a 25-year public school teaching career.  
After retiring from teaching, Rev. Wolff served as the Associate Pastor at Good Shepherd Lutheran Church, Laconia, as a staff member for the Community Action Program in Northern New Hampshire, as Adjunct Faculty at Plymouth State University, and as staff at Camp Calumet Lutheran in West Ossipee. He continues

to be active with several community organizations, maintains a year-round sports officiating calendar, and spends time with his wife Karen, two adult children and two grandchildren. He enjoys the outdoor wonders of New England, reading, swimming, developing historical presentations, and leading worship.  
St. John’s is a charming rustic chapel built in 1927 of local stone. An older observation tower (now closed to the public) is incorporated into the building. Stained glass windows honor some of those who tirelessly served the chapel and leaded windows note the earliest donors. Services are held Sundays during the summer at 10 a.m. Access is by a footpath from the church docks in Deep Cove/Church Cove by Dolly Island. For boat taxi service from Cattle Landing or Brown’s Boat Basin, email [bear.island.church.ferry@gmail.com](mailto:bear.island.church.ferry@gmail.com). For more information, check our Website, [www.stjohnson-thelake.com](http://www.stjohnson-thelake.com).

## Wright Museum Education Series continues with program on firebombing of Japan

WOLFEBORO — On Tuesday, July 22, the Wright Museum will welcome Edward Gordon. This is the eighth program of the Wright Museum’s 2025 Education Series.  
On April 18, 1942, Lieutenant-Colonel James H. Doolittle led a clandestine bombing raid of sixteen B-24 Mitchell bombers that flew from U.S. aircraft carrier Hornet to Tokyo, a distance of more than 650 miles. The damage inflicted was small, but it foreshadowed the mighty air raids to come.

This program on the bombing of Japan and the dropping of the atom bomb will chronicle the events that made U.S. airpower a decisive factor in the fall of Japan in 1945.  
Edward E. Gordon is an internationally known historian, speaker, researcher, and author. He taught history at DePaul University, Chicago and was a distinguished lecturer for the Organization of American Historians for 10 years. He has presented hundreds of historical programs

to museums, libraries, universities, and a wide variety of other organizations across the United States.  
Ed Gordon is also the president and founder of Imperial Consulting Corporation. He is the author of 20 books and over 150 articles in the areas of history, business, and education. His latest book, Divided on D-Day: How Leadership Failures Threatened the Normandy Invasion, co-authored with David Ramsay, was published by Prometheus Books.  
Dr. Gordon earned his B.A. and M.A. degrees in history at DePaul University, his Ph.D. at Loyola University Chicago, and pursued post-graduate studies at the University of Chicago.  
Doors open at 6:00

p.m., the program begins at 7 p.m. on Tuesday, July 22 at the Wright Museum’s DuQuoin Education Center, 77 Center St. in Wolfeboro. Admission is \$8 for members and \$12 for non-members. Pre-paid reservations are strongly encouraged and can be made online at <https://wrightmuseum.org/lecture-series> or by calling 603-569-1212.  
The region’s leading resource for educators and learners of all ages on World War II, the Wright Museum features more than 20,000 items in its collection that are representative of both the home front and battlefield. For more information about the 2025 Lecture Series, or museum, visit [wrightmuseum.org](http://wrightmuseum.org).

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# Compaq Big Band hits Wolfeboro Community Bandstand Saturday

**WOLFEBORO** — The sounds of the Big Band Era will emanate from the Wolfeboro Community Bandstand on Saturday, July 19, as the Compaq Big Band makes its return to town to bring to a close to the Friends of the Wolfeboro Community Bandstand summer concert series.

The Compaq Big Band got its start as the DECbigband, formed in 1975 as one of the many employee clubs at Digital Equipment Corporation (DEC) in Massachusetts. At that time, DEC was establishing itself as the premier company in the minicomputer industry and was one of the largest employers in New England.

The company provided a small amount of startup funds for music, stands and uniforms and employees from all sorts of positions at DEC came together for practices each week and performed for free, at first at DEC corporate functions then into community outdoor concerts and benefit dance events in the region.

In the late 1980s and early 1990s, the band, like Digital, experienced a membership turnover and as down-



JERRY EVERS - COURTESY PHOTO

THE COMPAQ BIG BAND will perform on Saturday, July 19, in the Wolfeboro Community Bandstand.

sizing hit the company, it became clear that the band would need to complement its Digital employee ranks with local area musicians and with fewer Digital-sponsored functions, the band's reach moved toward Worcester and southern New Hampshire.

When DEC was absorbed into Compaq in 1998, the band continued to present a positive image of the company by providing high quality, affordable big band music to the New England community and in 2000, the band became the Compaq Big Band.

Compaq was acquired by Hewl-

ett-Packard and received support from the company in the form of a weekly rehearsal venue and storage space for equipment, but in 2008, the band stopped receiving that support from the company and is no longer affiliated with HP.

However, several current band members are DEC, Compaq or HP alumni who maintain a connection to the company tradition and culture and the band is rounded out by various area musicians who embrace the band's non-profit operating philosophy.

The Friends of the Wolfeboro Community Bandstand concerts

take place each Saturday night in July and August, weather permitting, in the bandstand, located in Cate Park in downtown Wolfeboro on the shores of Lake Winnepesaukee.

If weather should cause the concert to be cancelled, signs will be posted at the entrance to Cate Park and a notice will be posted on the Friends of the Wolfeboro Community Bandstand Facebook page.

The concerts will begin at 7 p.m. and run for two hours, with a short intermission, at which time a pass the bucket offering will be held to support the free concert series.

## Park of the Week — Alton Town Beach

**ALTON**—Alton Town Beach, located on East Side Rd (Route 28) across from Bay Hill Road, offers beautiful scenery and plenty of space to relax. Recreational amenities here include a raised beach, covered picnic area, swimming area, benches, and seasonal restrooms.

In the 1950s, Alton Town Beach was developed to help enhance the town's recreational facilities. Since it's situated at the beginning of Lake Winnepesaukee, it

offers a unique spot for boating and other recreation activities. The proximity to other recreational facilities such as the Land Bandstand and the Alton Bay Community Center, provides visitors of the beach with many additional opportunities other than swimming.

For more information on Alton Town Beach and its amenities, contact Alton Parks and Recreation at (603) 875-0109 or parksrec@alton.nh.gov.

## Gilford man sentenced for theft, securities fraud, and conspiracy

**CONCORD** — Attorney General John M. Formella announces that Dennis Nordquist, 71, of Gilford has been sentenced in the Hillsborough County Superior Court – Northern District to serve two concurrent sentences of one and a half to three years in the New Hampshire State Prison, with a recommendation for administrative home confinement

after one year, on one class A felony count of Theft By Deception and one class B felony count of Securities Fraud.

Nordquist was also sentenced to three and a half to seven years on a class A felony count of Conspiracy to Commit Theft By Deception, all of which is suspended until 10 years after his release from incarceration. In addition, Nordquist has been ordered to pay restitution, the amount of which will be determined after further hearing.

In April, Nordquist was convicted for his role in securing a \$962,000 loan to White Birch Brewing, LLC, a

now-defunct brewery. The jury found that Nordquist conspired to obtain the loan by deception, including personally agreeing to repay the loan if the brewery defaulted, even though Nordquist had no ability or intention to repay the loan.

Investigator Calice Ducey investigated the case with assistance from the New Hampshire Bureau of Securities Regulation. Senior Assistant Attorney General Kevin Scura and Assistant Attorney General J.R. Davis prosecuted the case. Sunny Mulligan Shea assisted as victim-witness advocate. All are part of the


New Hampshire Department of Justice's Consumer Protection and Antitrust Bureau, which investigates and prosecutes deceptive and unfair business practices against New Hampshire consumers. To file a complaint with the Consumer Protection and Antitrust Bureau, call the Consumer Protection Hotline at 1-888-468-4454 or file a complaint online at <https://www.doj.nh.gov/citizens/consumer-protection-antitrust-bureau/consumer-complaints>.



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## Having a pet might just save your life

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

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

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

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

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

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

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

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

### 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.

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

popping, shimmering in and out of view all around you at the quantum level.

What you're seeing at this microscopic level isn't just a bunch of particles—it's the pixelated foundation of reality, like the tiny dots that make up an image on a screen. Up close, you'd see individual pixels—red, green, or



The Wetlands Walk boardwalk area at Gunstock benefits from volunteer help. Volunteers will be there on Saturday, July 17, 9 a.m.-noon and on July 19, 9 a.m.-noon. Volunteer tasks include applying sealant provided by Heath's Ace Hardware, removing leaves, moss and lichen from the boardwalk surface, minor carpentry for leveling and new posts, sanding and priming/painting the bumper for the visually impaired, removing invasive weeds, and planting small trees for streambank protection. To apply some of the stream safe sealant waders or hip boots are needed, please bring if you have. Belknap County Conservation District also has two pollinator gardens that will need some weeding. Help for an hour or the whole time, snacks, water and beverages provided. If you can participate, please email [bccdvunteer@gmail.com](mailto:bccdvunteer@gmail.com) for access information. Helpers under 18 must bring a responsible adult with them, Community Service Certificates are available. At any time, visitors can walk ¼ mile from the parking lot just off Route 11A. If the weather is severe, the day is canceled, showers are okay. For more information, call the office at 603-527-5880 or Jan, volunteer, at 603-707-9760 or send an email. Here, Jim Cropsey of Tilton and Ducks Unlimited installed a new duck box made by Campton-Plymouth Scouts at #5 on the Wetlands Walk's boardwalk. It is just visible to the left of Cropsey's ear.

## LETTERS FROM EDWIN

### Dipping

It's a Saturday afternoon. Tonight, I have a gig playing at one of those town bandstand fun family events that happen throughout the summer. All the extra equipment is already packed into the car, so all I need to do is hop in and drive there a couple hours before to set up. I know better than to get involved in doing too much of anything beforehand as everything involved with playing the gig is pretty much a full day's effort for me. I'm just too prone to over-extend myself once I get started on something. Things always tend to mushroom out of control, don't they?

I just had a cup of espresso so I'm doing fine. Maybe I'll take a nap later. Caffeine doesn't have as much effect on me anymore. I've returned to the coffee standard. It's nice to be able to have a cup any time of day.

It was cool outside this morning, in the fifties. The house was low sixties. I sealed up all the doors and windows and it's kept it's cool pretty well. It's 77 outside, and still only 71 in here. It usually can hold a five

degree delta. This is how it always used to be, the house could maintain it's cool during the day and every night get a recharge on the cool from the nighttime temps. That's no longer the case. During these hot spells, that now come more frequently, the high temp is much higher and the cool off doesn't happen at much night. Sometimes, it's downright sweltering in here. So far, I haven't resorted to sleeping in the cellar that is maxing out at around seventy.

I am beginning to loosen up on the thought of using air conditioning. There was a time when I would drive around with open windows in my car that had AC till it got about 82, then I'd switch to mechanical assistance. Like most everybody my age, I grew up with fans and opened windows. That's all we had. These days, I'm getting spoiled by the automatic temperature control in my car. It's just constantly comfortable.

Living in Lowell, Mass. in the '70s, there was this old bar/whore house called the Old Worthen, the upper

rooms were no longer used, but down in the bar where patrons partook of ten cent draughts, there were ceiling fans throughout the establishment that were hooked together by leather belts and powered originally by water power from the canal below. Moving air cools.

That's why riding bike on hot days can actually cool you off. Usually. One hot day I chose that methodology and kind of over did it, causing me to overheat. The doctor told my folks to cool me down by wiping me with alcohol. Maybe that's what they're doing in all those old movies when they're wiping the ill persons forehead with a towel-y thing, only with me it was more like a full body wipe. It worked and broke my fever. I have a lot of friends that would claim that alcohol cools them off too. Only they use it internally.

The gig went swell and now it's the lazy day after. When I left church, my dash temperature thing said 88. It kept dropping after I left town and when I finally got home it read 83. In the house it was

still 76. When I left to go jump in the lake, it was ninety outside but still 79 inside. Still hot enough to inspire me to take a dip.

It being a weekend, there are boats galore racing around the lake. Having recently taken a boating safety course, I find myself noting all the illegal and unsafe practices I'm observing. It's kind of like music, where once you know what in tune sounds like, it's hard to enjoy listening to music when things aren't.

I went to see a concert band the other night. Being early, I witnessed them tuning up. I remember when everybody would tune to a clarinet. This conductor actually went around with one of those electronic tuners and checked each band member individually. How tedious. Without a tuner, I could hear whether they were sharp or flat. I guess musicians these days are plagued by electronic tuner syndrome. They never have to learn to use their ears. Another loss for mankind.

E.Twaste  
Correspondence welcome at [edwintwaste@gmail.com](mailto:edwintwaste@gmail.com)

## Quantum field!

blue lights—but when you zoom out, they blend into the full picture. In the same

way, these particles are the smallest "dots" that build everything you see in the world around you.

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

The Quantum Field isn't something "out there" in deep space. It's right here. It's the invisible fabric reality is made from—and you are made from it, too.

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

How do we know?

POSITIVELY  
SPEAKING  
TOBY MOORE

In 1801, physicist Thomas Young ran a simple experiment with light.

He shined it through a single slit, then through two narrow slits, and observed the pattern it made on a screen behind.

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

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

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

They fired these electrons, one at a time, like bullets from a gun, through the two slits, and something unexpected happened.

When no one was watching, the electrons didn't behave like particles at all. Instead, they landed on the wall behind in a wave pattern—just

like Young's light. It was as if each single electron somehow went through both slits at once.

How did the scientists figure this out?

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

But then came the twist.

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

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

When the particles were observed, they behaved the way the scientists believed they should. When not observed, the particles had a mind of their own.

We all live our lives with an underlying expectation of what we

think will happen. We expect certain outcomes in our relationships, our work, our health—even without realizing it.

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

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

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

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

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

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

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Going out of Town

Taking in the sunset from Casco Bay



ERIN PLUMMER

Pulling away from a stop at Cliff Island.



ERIN PLUMMER

Experiencing Casco Bay on board a Casco Bay Lines boat.



ERIN PLUMMER

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



ERIN PLUMMER

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

BY ERIN PLUMMER  
mnews@salmonpress.news

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

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

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

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



ERIN PLUMMER

Returning to Portland as dusk settles.

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

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

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

sushi roll like a burrito. It is heavenly and the one I got was stuffed with scallops and avocado.

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

Casco Bay Lines offers cruises around Casco Bay and ferry service to its islands. Many of the people who utilize its services are traveling to the different islands and the ships will bring luggage, large cargo, food and supplies, and other freight. I was one of the many people who took the roundtrip cruise around the bay, but there were many others going on the islands while the ship would pick up people at the different ports.

A little after 6 p.m., the Wabanaki pulled out of Portland Harbor, and I watched as the city skyline grew smaller in the

distance. Instantly I was reminded why I loved being on a boat. It was a gorgeous day to be out on the water too. The temperatures on land were closer to 80 albeit with some mild humidity and some lingering haze.

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

I boarded in shorts and a t-shirt and after about half an hour on the water I was regretting that I didn't bring longer pants. I could deal with a little chill, and if this was the only problem with this cruise, then it was a good problem to have. The other problem I didn't mind was how a polite service dog was eyeballing my dinner. I just made sure to keep it away from the puppy, who soon gave

their attention to other things.

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

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

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

mate how to throw a line over a piling.

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

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

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

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

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# Barnstead Parks & Recreation Highlights

Motto: "Bringing Community Together by Doing Fun Stuff!"

## Masons hosting monthly breakfast buffet Sunday

ALTON — The Masons of Winnipisaukee Lodge in Alton hope that everyone had a great Fourth of July to celebrate our nation’s birthday. We can continue the celebration because they will hold their monthly Breakfast Buffet on Sunday, July 20, starting at 7:30 a.m., open to the public at the Lodge on Route 28, a quarter mile south of the Alton Circle.

With fruit, biscuits and gravy, scrambled eggs, omelets, bacon and sausage, home

fries, beans, pancakes, french toast, coffee and juice being served, it is a perfect time for family and friends to sit down and enjoy an all you can eat breakfast buffet. The cost is now \$15. The Masons serve breakfast between 7:30 and 11 a.m. They hope to see you there (always on the third Sunday of the month). For more information about the breakfasts or Winnipisaukee Lodge, please contact David Snyder at 603-717-1713.

**Archery Program** Barnstead Archery – Registration is open for session 2 (July 11 – Aug.

## Madison Nash earns Dean’s List honors at Roger Williams University

BRISTOL, R.I. — Madison Nash of Gilford has been named to the Spring 2025 Dean's List at Roger Williams University, in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a grade point average of 3.4 or higher are placed on the Dean's List that semester.

**About RWU**

Roger Williams University is a comprehensive university with a liberal arts core and professional programs, with campuses on the coast of Bristol and in the state capital of Providence, Rhode Island. Across eight schools of study, we provide real-world learning focused on social and

environmental justice, small classes, and direct access to faculty and staff. Our students create powerful combinations of degrees, credentials, research and internship opportunities, study-abroad programs, and involvement in clubs, student organizations, and athletics. Our Northeast location facilitates a strategic network between New York and Boston for community-engaged research and career opportunities for our students and alumni. Graduating with a unique skill set and the passion to make an impact in their careers, our students become the changemakers and leaders our world needs next.

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, Wayne Potash on July 19, and Visitors Band of NH on July 26!

Wayne Potash, playing on July 19, may not be new to the children’s music game, but his music still sounds fresh and fun. He will perform a combination of original tunes as well as covers of popular songs but with updated, kid-friendly lyrics. With topics like having a sweet tooth or a train heading down the track, children are sure to relate and enjoy the show.

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.barnstead-nh-parks-rec.com/events](http://www.barnstead-nh-parks-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 12 show is the Barnstead Parade Church. They will have plenty of treats to satisfy your

sweet tooth and drinks too.

## Game Night for Adults

Game night will be held on the third Wednesday of the month (July 16 and Aug. 20) at the Oscar Foss Memorial Library. Come for a fun night of socializing and play an old favorite or learning a new game.

## 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 different 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](mailto:barnsteadgc@yahoo.com) if you can lend a hand! We appreciate any help and support and hope you join our team!

Please watch our Web site ([barnstead-nh-parks-rec.com](http://barnstead-nh-parks-rec.com)) and Facebook page (@[barnsteadparks](https://www.facebook.com/barnsteadparks)) for additional details, date changes, cancellations, and pop-up events. We can also be reached at 802-332-3799 and [barnsteadparks@gmail.com](mailto:barnsteadparks@gmail.com) if you have any questions.

## New Durham resident graduates from Fairfield University

FAIRFIELD, Conn. — Zachary Shields of New Durham graduated from Fairfield University in May 2025.

At the time of graduation, a student must have earned a minimum of 120 credits and

completed at least 38 three- or four-credit courses, depending on the course of study, and have an overall grade point average of 2.0 or better at the conclusion of the senior year.

### Church Service SCHEDULE

**ABUNDANT HARVEST FAMILY CHURCH**  
Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union.  
Pastors Daniel and Sherrie Williams, 473-8914.  
For more information, please visit [abundantharvestnh.org](http://abundantharvestnh.org) or e-mail [ahf@faith.com](mailto:ahf@faith.com).

**ALTON BAY CHRISTIAN CONFERENCE CENTER**  
Sundays throughout the summer 10am & 7pm, 875-6161.

**BEFREE COMMUNITY CHURCH, ALTON**  
Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Ben Kuhl, [www.befreechurch.net](http://www.befreechurch.net).

**CENTER BARNSTEAD CHRISTIAN CHURCH**  
Worship Service 10:00am  
Bible Study 11:15am  
Rte 126 next to Town Hall  
Call or Text (603) 269-8831  
[centerbarnsteadcc.org](http://centerbarnsteadcc.org)

**CHRISTIAN COMMUNITY OF PRAISE C.C.O.P PRAISE GATHERING**  
We will not be meeting for the rest of July. Resuming regular summer schedule on August 2nd (Saturday evenings at 5:30pm)  
The Gilmanton Community Church  
1803 NH Route 140, Gilmanton Ironworks, NH  
[ccoppraisegathering@gmail.com](mailto:ccoppraisegathering@gmail.com)

**COMMUNITY CHURCH OF ALTON**  
Pastor Jared Cassidy  
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20 Church St Alton  
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**CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC**  
Sunday School and Worship Services  
Rev. Kate Kennedy  
603-776-1820  
Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom, Sundays at 10 a.m.  
[ccnorthbarnstead.com](http://ccnorthbarnstead.com)

**FIRST CONGREGATIONAL CHURCH OF FARMINGTON**  
Worship Services: 10:00 AM  
Sunday School: 10:15 AM Sept. To June  
400 Main Street  
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[www.farmingtonbucc.org](http://www.farmingtonbucc.org)

**FIRST BAPTIST CHURCH OF NEW DURHAM NH**  
Sun. School 9:30am; Church 10:30am; Evening Service 6pm; Wed. Prayer Meeting 7pm. Depot St., New Durham; Pastor Ryan Blackard

**JOY CHURCH**  
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Prayer Night- 1st Wed of every month 6:30 pm  
Pastors Mike & Kathy Marity  
[joychurchnh.com](http://joychurchnh.com)

**PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H.**  
on the Parade in Barnstead  
Sunday Morning Worship Service for all ages begin at 9:00 a.m.  
Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings.  
Pastor Sandy Pierson - 483-2846

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Sunday 8:30 & 10:30am;  
Daily Mass Mon., Tues., Wed., Fri. 8:00am.

**ST. STEPHEN'S EPISCOPAL CHURCH**  
Sunday 9:30, 30 Main St., Pittsfield  
Rev. Miriam Acevedo with Rev. Stephen Ekerberg  
[www.sistephenstpittsfield.com](http://www.sistephenstpittsfield.com)

**UNITED METHODIST CHURCH**  
Rt. 171 at Tuffinboro Corner.  
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# Golden Eagle girls, Timber Wolf boys earn tennis All-State honors

## Defregger named Division III Co-Coach of the Year



JOSHUA SPAULDING

After a strong season atop the lineup for Gilford, Jade Nicolas earned Second Team All-State honors.

BY JOSHUA SPAULDING  
Sports Editor

REGION — The tennis coaches around New Hampshire came together to pick All-State teams following the conclusion of the season and there were a number of local athletes who had great seasons and earned the All-State honors.

In Division II, Plymouth's Grady Marunowski earned Second Team honors.

Also in Division II, First Team honors went to David Cucceu and Chris Berry of Winnacunnet, Arjun Inakoliu of Hollis-Brookline, Tyler Dionne of Goffstown, Will Emerson of Milford and Ben Rondeau of Bow. Second Team honors also went to John Torpey of Hollis-Brookline, Jiles Tracz and Amitay Hay Tene of Portsmouth, Kyle Hines of Lebanon and Milo Cocola of



JOSHUA SPAULDING

Rylan Clifford of Prospect Mountain was named Division III Second Team All-State.



JOSHUA SPAULDING

Prospect Mountain's Sean McAneney earned Second Team All-State honors for Division III.

Bow.

Cucceu earned Division II Player of the Year honors while Gary Walsh of Goffstown was named Coach of the Year and Lebanon earned the Team Sportsmanship Award.

went to Rylan Clifford and Sean McAneney of Prospect Mountain, Clinton Sousa and Nick Sturgeon of Moultonborough and Caiyu Demaggio of Profile.

Joining Fjell in earning First Team honors were Alex Molda and Aaron Molda of St. Thomas, Jed Nelson of Monadnock, Teddy Yap of Bishop Brady and Liam Miller of Kearsarge while Graham West of Kearsarge also earned Second Team honors.

Alex Molda was named Player of the Year while Lynn Miller of Kearsarge and Marianne Thebodeau of Bishop Brady were named Coaches of the Year and Monadnock won the Team Sportsmanship Award.

For the Division III



JOSHUA SPAULDING

Ally Onos wrapped up her season on the tennis courts by earning Division III Second Team All-State honors.

girls, First Team honors went to Emma Rancloes of Berlin while Second Team honors were given to Grace Elliott and Caroline Elliott of Moultonborough, Addison Hadlock of Littleton and Allyson Onos and Jade Nicolas of Gilford.

Also earning First Team honors were Laura Hines of Lebanon, Anna Seifert of St. Thomas, Tucker Dragon of Kearsarge, Mariana Utell of Lebanon and Anya Koshy

of Bishop Brady. Irina Steinberg of St. Thomas was also named Second Team.

Hermann Defregger of Gilford and Rob Johnstone of Lebanon were named the Division III Coaches of the Year while Lebanon won the Team Sportsmanship Award.

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

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# “One Community Project” successfully completes 2025 projects

GILFORD — Each summer, the Gilford Community Church (GCC) selects a community service project to focus on through their One Community Project (OCP). This year, they decided to take on two projects. One at the Rollins property, which is well known as the Muehlke Christmas Tree Farm in Gilford, focusing on landscaping, scraping and repainting a garage. The second project was to work with the Historical Society committee to landscape around the Grange and



Town Meeting House located in Gilford Village. “It’s good to give back to our community and connect with others while helping a fellow neighbor. My entire family has worked on

these projects for over a decade, and it has been a valuable experience for all of us,” said longtime volunteer, Paul Buckley. The One Community Project (OCP) started in 2011 as a local Gilford community service event for kids. The focus of each OCP event is to provide all community members with the opportunity to make a difference in our community. Over the years, they have painted and landscaped fourteen homes, worked at the town fields, town beach, the Gilford Youth Center, and Gilford Community Church.

This year, the projects took place June 21st through 23rd, from 9 a.m. to 1 p.m.

“OCP is about making a difference in the community,” said Amber McLane, director of GCC’s Youth Program. “This year, we had more than 30 youth and adults involved in OCP ranging in age from 11 to 90 years old, and we are looking forward to increasing that number each and every year.”

The OCP is sponsored in part by Wal-Mart and Bank of NH.

“We are so thankful for these businesses supporting this event,” added McLane.

Jenny Tichich said, “This is an opportunity to get my entire family involved in a great cause. I was able to work on this project with my mother, son and husband. This experience gives me a feeling of warmth in my heart that I am making a difference in my community. Everyone is working hard to accomplish the task and the energy surrounding the project is infectious.”

“I like helping the community! People connect with each other, and I get to learn new skills like driving a tractor,” added Jenny’s son, Reed Tichich.

### Thank you to our 2025 volunteers:

- Adults**  
Al and Jane Rollins  
Tom Meierjorgen  
Amber and Billy McLane  
Jenny and Nick Tichich  
Ella Brown  
Donna Snow  
Melissa and Tom Fullerton  
Caroline Drouin  
Paul Buckley  
Donna Snow  
Amy Tripp  
Jean Clougherty
- Youth**  
Landon McLane  
Reed Tichich  
Lilly Bishop  
Jacoby Drouin  
Curtis Drouin  
Ben Coapland  
Ashley Houle  
Macy Sawyer  
Connor Cameron  
Bristol Weber  
Kael Weber  
Grace Southworth  
Located in Gilford at 19 Potter Hill Rd., the 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 on YouTube, Sunday service at GCC takes place at 10 a.m. To learn more, or virtually attend service, visit gilfordcommunitychurch.org.

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

GILMANTON — Tri-Town Democrats of Barnstead, Gilmanton, and Alton is pleased to announce that Emanuel Montoya of Gilmanton is the winner of their 2025 Scholarship Essay Contest.

Montoya attended Gilford High School, and will pursue a major in Biology at UNH this fall. At UNH, he hopes to contribute to the field of Biology through research and discovery. While at Gilford High, he was active in several groups and clubs, including the Environmental Club, Bagel and Book Club, Track and Field, and Varsity Club. In addition to Tri-Town’s scholarship, he received several awards, including Gold Keys from Scholastic and New Hampshire Scholar. He looks forward to the opportunities that await him at UNH.

Each year, Tri-Town Democrats submit a different essay question to seniors in our three towns who attend Prospect Mountain and Gilford High. This year’s



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

question was: Political courage in the face of adversity has played a crucial role in shaping this country into a more equal and just nation over the past 250 years. What does political courage mean to you? How might you exhibit political courage in the face of adversity? Consider the challenges you might face, the

values you hold, and the consequences of standing up for your beliefs. How might your actions or political courage effect positive change?

Montoya’s essay poignantly describes the challenges he experienced growing up as a gay teenager in a predominantly conservative town. He needed political

courage daily to simply just be himself and to speak up for what he believed in. Emanuel attributes much of his success in life to his mother and sister, who played a major supportive role in his upbringing. Through political courage, he hopes to be a catalyst for positive change in his community.

Here is his essay in its entirety:

“Political courage means standing firm in your beliefs even when doing so puts you at odds with your community, or your peers. For me, political courage is not just an abstract idea, but a lived experience that you have to encounter and persevere over throughout your life. As a gay teenager with strong environmental and progressive values growing up in a conservative, republican town, I face political adversity simply by existing authentically and speaking up for what I believe in.

Every day, I make small but meaningful choices that require cour-

age. Whether it’s wearing a pride pin to school, defending the science behind climate change in class discussions, or challenging stereotypes in casual conversations. These actions might seem minor, but in an environment where such views are often met with resistance or silence, they feel bold.

Exhibiting political courage in my life means refusing to hide who I am, even when it would be easier to do so. It means openly supporting policies that protect LGBTQ+ rights and environmental sustainability, even when those views are unpopular at family gatherings or community events. It means showing up to school board meetings or writing letters to the editor when issues that affect marginalized groups are ignored or attacked.

I know that standing up for these beliefs can have consequences. I’ve experienced isolation, mockery, and sometimes even fear. But I also know that silence allows injustice to grow. I hold the value that everyone deserves to live authentically, safely, and with dignity. If I can inspire just one person to feel seen, accepted, or brave enough to speak out themselves, then the risk is worth it.

Political courage has shaped this country from the men and women who fought for our freedom, to the women’s suffrage movement, to the activities who sparked the modern LGBTQ+ rights movement at Stonewall. These individuals acted in a better future. I believe that some spirit lives in young people today, especially those of us who speak up in the face of local opposition.

Through political courage I hope to be a catalyst for positive change in my school and community. I want to help foster a culture of acceptance, where diversity of thought, identity, and background is celebrated. I want to see policies that prioritize people and the planet, not just short-term profits or outdated ideologies.

Change doesn’t always come from loud protest or sweeping legislation. Sometimes, it starts with a quiet voice refusing to be silent. That’s what political courage looks like for me. And that is how I plan to continue standing up and not just for myself, but for a more just and equal future for all.”

Montoya received a \$1,000 scholarship. Tri-Town Democrats wish him the best in his future endeavors!

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**Friday, July 25 @ 8:30 PM**  
**The Beautiful Losers**  
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**Saturday, July 26 @ 8:00 PM**  
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Peaches and Politics fundraiser returns Saturday



COURTESY  
How sweet it is! Peach-themed items, as well as some political gag gifts, fill a basket to be raffled off at the New Durham Democratic Committee's annual fundraiser Peaches and Politics this Saturday.

NEW DURHAM — It's hard to decide what is more appealing: the food, the speakers, or the overall atmosphere. Peaches and Politics, hosted by the New Durham Democratic Committee, excels at all of them.

This year, the annual event will be held Saturday, July 19 at the Miller Farm, 51 Miller Rd. in New Durham, beginning at noon. Homemade food, friendly chatter, and live music by Chaz Proulx are first on the line-up.

A wide variety of peachy drinks, appetizers, salads, and desserts will grace the table, along with peachy baked beans, and peachy main dishes of beef, pork, and chicken. Vegetarian entrees will also be available.

Keynote speaker Jeanne Dietsch is scheduled for 1 p.m. presenting "Wake Up, New Hampshire!" A business entrepreneur and former State senator, Dietsch will present information on how the Free State Project, the Free Staters in the NH legislature, and the billionaires backing their agenda affect residents.

Strafford County District 4 State Rep. Heath Howard will provide an overview of the latest legislative session and state budget. He is a member of the Election Law Committee.

The five candidates vying for a seat in the U.S House of Representatives have all been invited to speak briefly regarding their platforms.

Attendees can also take chances on a basket filled with peach and political-themed items and a 50/50 raffle.

The Miller Farm offers expansive views, loads of free parking, and plenty of shady seating under event tents. Tickets are

All Saints Summer Fair returns this weekend

WOLFEBORO — The 63rd Annual All Saints Summer Fair will be held on Saturday, July 19 from 9:30 a.m. – 1:30 p.m.

The Summer Fair is an All Saints tradition that helps us serve the community of Wolfboro and the Lakes Region. The fair includes baked goods, home goods, plant and garden items, collectibles, toys, fabric, crafts, jewelry, books and Silent Auction items, and a place to receive prayer requests.

Proceeds help support the outreach and service ministries of All Saint Church. Be sure to check out the Summer Fair this year. It is a wonderful opportunity to have fun as we gather as a community of faith.

\$15 or two for \$25 and can be purchased at the door or online at <https://secure.actblue.com/donate/peaches-2025>. Children under 12 are free. Proceeds of this fundraiser support local Democratic candidates in upcoming elections.

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**OPEN HOUSE:** By Appointment, Sunday, July 13 from 10 a.m. - 12 p.m., Thursday, July 17 from 4 - 6 p.m., and Monday July 21 from 10 a.m. to 12 p.m. (gate code must be requested from auctioneer prior to your arrival)

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# Events at the Gilman Library

ALTON — Now until all 100 tickets are sold: Summertime Fun BBQ Raffle: valued at over \$300: an Outsunny rolling 80-qt party cooler, filled with food, beverages, condiments, games, cooking supplies, and more.

Now until Aug. 9: ‘Color Our World’ Summer Reading Program Challenge continues. Swap an art piece, color a book-mark, fill a challenge palette, read to earn exclusive Color Our World raffle tickets.

## Area residents graduate from Plymouth State University

PLYMOUTH — Plymouth State University congratulates more than 650 students who received their academic degrees during its 154th Anniversary Commencement Ceremonies on Friday-Saturday, May 9 & 10 at the Bank of New Hampshire Field House in the Active Living, Learning, and Wellness (ALLWell) North Building.

Joseph Gonsalves of Center Barnstead graduated with a Bachelor of Arts degree in Commun. and Media Studies.

Tyler Newhouse of New Durham graduated Cum Laude with a Bachelor of Science degree in Business Administration.

Hannah Thomas of Alton graduated Magna Cum Laude with a Bachelor of Science degree in Social Work.

Sarah Achorn of Gilman graduated with a Master of Education degree in Curriculum and Instruction.

Eva Bondaz of Laconia graduated University Honors; Summa Cum Laude with a Bachelor of Science degree in Elementary Ed & Youth Develop.

Justin Cox of Laconia graduated Cum Laude with a Bachelor of Science degree in History & Social Studies Ed.

Kylie Dolloff of Laconia graduated with a Bachelor of Science degree in Interdisciplinary Studies.

Jillian Gagnon of Laconia graduated Cum Laude with a Bachelor of Science degree in Business Administration.

John Guest of Gilford graduated Magna Cum Laude with a Bachelor of Science degree in Adventure Education.

Ashley Hart of Gilford graduated Summa Cum Laude with a Bachelor of Science degree in Elementary Ed & Youth Development.

Erin Hart of Gilford graduated Summa Cum Laude with a Bachelor of Science degree in Elementary Ed & Youth Development.

Daeron Hoffman of Laconia graduated with a Bachelor of Science degree in Biology.

Madeline Kelley of Laconia graduated Cum Laude with a Bachelor of Arts de-

gree in Commun. and Media Studies.

Keirra Kirk-Lampron of Laconia graduated with a Bachelor of Arts degree in English.

Riley McDonough of Gilford graduated Cum Laude with a Bachelor of Science degree in Marketing.

Sierra McIntyre of Laconia graduated Summa Cum Laude with a Bachelor of Science degree in Elementary Ed & Youth Development.

Andrew Perkins of Laconia graduated with a Certificate of Adv Studies degree in Learning Leadership & Community.

Mackenzie Roys of Gilford graduated University Honors; Summa Cum Laude with a Bachelor of Science degree in Mathematics.

Jordan Witham of Gilford graduated Magna Cum Laude with a Bachelor of Arts degree in English.

**About Plymouth State University**  
Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates, and by providing graduate education that deepens and advances knowledge and enhances professional development.

The Plymouth State Cluster Learning Model emphasizes open, integrative, and project-based experiences. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and New Hampshire. To learn more about Plymouth State University, visit [www.plymouth.edu](http://www.plymouth.edu).

Every Thursday, 11 a.m.-2 p.m.: Danny K. Kila's Hawaiian lap steel guitar music, weekly until Sept. 18.

Thursday, July 17, 10-11:30 a.m.: Intro to Guitar or Ukulele, Third Thursday Event with Alton Parks and Recreation.

Thursday, July 24, 4-6:30 p.m.: Paint and Pizza Night, age 14 and older, please sign up.

Wednesday, July 30, 10:30 a.m.: Story Time with Patti-Ann Collins, author of “Doggie Lou and Long Legs.”

Saturday, Aug. 2, 10-11:00 a.m.: Watercolor Wonders, for ages three to eight. Sign up is required.

Thursday, Aug. 7, 1 p.m.: Theater Thursday Movie Matinee. Snack and Beverage included. Door prize for one lucky person.

Thursday, Aug. 7, 3 p.m.: Friends of the Gilman Library Meeting. Please join our Friends.

Tuesday, Aug. 12, 7 p.m.: Author Visit at Alton Book Chat, with Milli Knudson, author of “Murder and Mayhem: True Crime in New Hampshire 1883-1915.”

Thursday, Aug. 21, 10-11:30 a.m.: Books and Board Games, Third Thursday Event with Alton Parks and Recreation.

Thursday, Aug. 26, 5-7 p.m.: Hawaiian Lap Steel Guitar Instruction with Danny K. Kila.

Visit at 100 Main St., Alton. View our website at [gilmanlibrary.org](http://gilmanlibrary.org), follow us on Facebook, Instagram, and X. Call (603) 875-2550 for more information. See you at the library!

Thursday, Aug. 21, 10-11:30 a.m.: Books and Board Games, Third Thursday Event with Alton Parks and Recreation.

Thursday, Aug. 26, 5-7 p.m.: Hawaiian Lap Steel Guitar Instruction with Danny K. Kila.

## Gilford Public Library Classes & Special Events July 17 - July 24

**Thursday, July 17**  
Geri Fit, 9-10 a.m.  
Exercise Social Luau, 10-11 a.m.

Stop by and socialize with your exercise buddies from Fun and Fitness, Geri-Fit, Senior Sculpt, Yoga and Line Dancing. Meet new people, laugh and enjoy light refreshments. Dress in your best Hawaiian attire!

T(w)een Drop-In: 8-Bit Self Portraits, 10 a.m.-4 p.m.

French Club, 4-5 p.m.

Beth the Music Lady, 4-5 p.m.  
Don't miss out on Beth the Music Lady, who will get everyone dancing out of their seats!

**Friday, July 18**  
Senior Sculpt, 9-10 a.m.  
Radiant Summer Flow: A Chair Yoga Journey, 10-11 a.m.

Bridge, 10 a.m.-noon  
T(w)een Drop-In: 8-Bit Self Portraits, 10 a.m.-4 p.m.

Hand & Foot, 12:30-2:30 p.m.  
Happy Crafters, 1:30-2:30 p.m.

Advanced Conversational German, 2:30-3:30 p.m.  
Beginner Line Dancing, 4-5 p.m.

**Saturday, July 19**  
Beginner Line Dancing, 10-11 a.m.

**Monday, July 21**  
Fun and Fitness With Joyce, 9-10 a.m.  
Baby Storytime, 10-11 a.m.

T(w)een Escape Room: Escape the Nether, 10 a.m.-4 p.m.

You and your friends are trapped in the nether! Get out before it's too late! Sign up for a time slot.  
Mahjong, noon-3 p.m.

**Tuesday, July 22**  
Geri Fit, 9-10 a.m.  
Senior Sculpt, 10-11 a.m.

Bridge, 10 a.m.-noon  
T(w)een Escape Room: Escape the Nether, 10 a.m.-4 p.m.

SummerStorytime, 10:30-11:30 a.m.

Living an Active Life with a Healthy Lower Back, 11:30 a.m.-12:30 p.m.

80% of Americans will experience lower back pain during

their lifetime and it is the number 1 cause of workplace disability. This is why understanding how we can maintain a healthy lower back is crucial to preventing chronic issues. Learn how you can improve your lower back health with this informative class. Presented by Dr. Amanda from Awakening Chiropractic.

Children's Museum of New Hampshire, 3-4 p.m.  
Join educators from the Children's Museum of New Hampshire for this summer's library program: Imagine, Build...Play! Participants will learn about the engineering design process, and work on a hands-on project to make, test,

## Gilford Public Library Classes

## & Special Events July 17 - July 24

and take home to play with!

Intermediate Line Dancing, 4-5 p.m.

A Yellowstone Spring: New Life Begins, 5:30-6:30 p.m.  
June is magic in Yellowstone National Park. After a long, cold, snowy winter, all of creation emerges with the spring warmth. Animals of every kind are bearing their young and flowers are bursting forth everywhere, setting the table for the magnificence of life anew. Yellowstone is a land of wonder, especially when one heads out on the trail into the backcountry. One never knows what surprises await or what discoveries will be made. Join Joe Callanan,

wildlife photographer, as he relates many remarkable tales of his adventures in the wild. Prepare to be amazed and delighted.

**Wednesday, July 23**  
Senior Stretch Yogaah!, 9-10 a.m.  
Card Games, 10 a.m.-noon  
Check out an Expert, 10 a.m.-noon  
T(w)een Escape Room: Escape the Nether, 10 a.m.-4 p.m.  
Storytime at the Beach, noon-1 p.m.  
Paint Group, 1-3 p.m.

## Local hikers have a new challenge

ALTON — What do you get when you cross a native Altonian, a graphic designer, and a hiking enthusiast?

Answer: a new local hiking challenge and patch!

The Alton Trail Chaser hiking challenge celebrates the multitude of trails within the borders of this one small Lakes Region town. There are more than 14 official public hiking destinations in Alton. Here you can explore gentle footpaths, rolling woodland trails, or rocky mountain climbs. Rewarding views of our mountains, waterways, and forests await hikers who accept the ATC challenge. Hike all 14 trails and earn an embroidered patch!

The popularity of hiking patch programs has exploded in recent years. These challenges offer a fun incentive to get out and explore new trails. There are options for everyone, from casual beginners to experienced adventurers. Benefits of hiking encompass both physical and mental

wellness. From healthy movement, variety and exploration, to nature therapy, goal setting and achievement, few activities compare. You can enjoy social interaction with hiking partners or peaceful solitude, depending on your preferences. It can even feed creativity, whether you're inclined to take photos along the way or simply be inspired by nature's wonders.

For hiking enthusiasts who want to add a new patch to their collection — or earn their first one — Alton Trail

Chaser is a fun, family friendly option. Get to know local conservation properties including Gilman Pond and Trask Swamp, “hidden” jaunts such as Levey Park and Precipice Falls, and beautiful summits like Pine Mt., Straightback, and of course the famous Mt. Major.

All the details on the ATC challenge can be found at [dragonflyhikes.blogspot.com](http://dragonflyhikes.blogspot.com) or on Facebook/Instagram @trail-chaserofficial. Twenty percent of all sales profits will go to conservation organizations.

**Thursday, July 24**  
Geri Fit, 9-10 a.m.  
T(w)een Escape Room: Escape the Nether, 10 a.m.-4 p.m.  
French Club, 4-5 p.m.  
Everyone's Trash, 5:30-6:30 p.m.

## 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. “Finders Keepers” by Stuart Woods  
6. “The Frozen River” by Ariel Lawhon  
7. “My Friends” by Fredrik Backman  
8. “Edge of Honor” by Brad Thor  
9. “The Lions of Winter” by Ty Gagne  
10. “Strangers in Time” by David Baldacci

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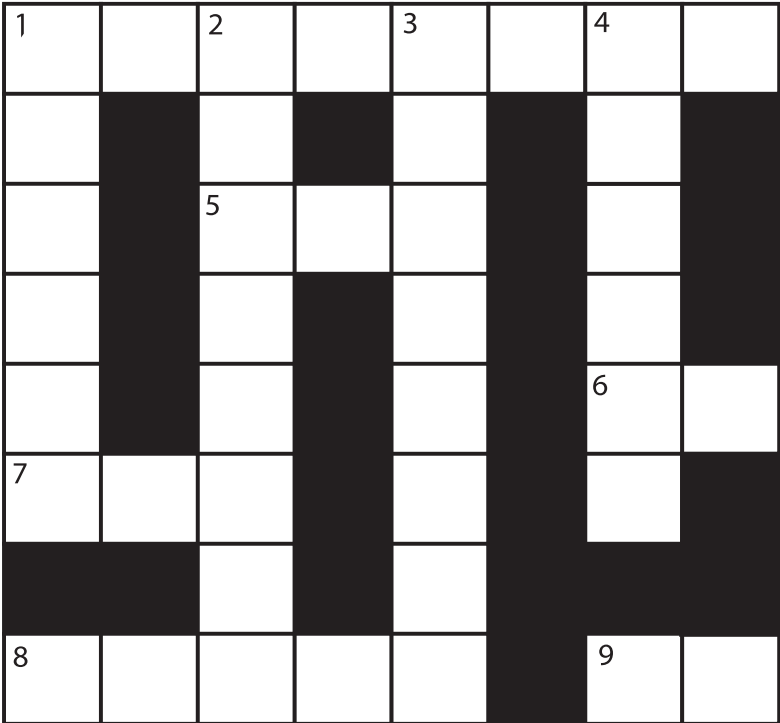


Animal  
FACT:

When enjoying parks, it is important to avoid close encounters with these.

Answer: Wild animals

Crossword Puzzle



ACROSS

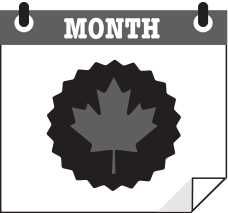
- 1. Figure out the route
- 5. Area of land
- 6. “City of Angels” (abbr.)
- 7. Breakfast food
- 8. Green areas used for recreation
- 9. Opposite of “yes”

DOWN

- 1. Plants, animals and the landscape
- 2. Person who lives in a village
- 3. Vacations, trips
- 4. Pathways to hike

Answers: Across 1. Navigate 5. Lot 6. LA 7. Egg 8. Parks 9. No Down 1. Nature 2. Villager 3. Getaways 4. Trails

CANADA



HISTORY

1908

The Royal Canadian Mint Opens. The Mint produces all of Canada’s circulation coins.

NEW  
WORD  
FUND

money for a particular purpose, like conservation

How they say that in...

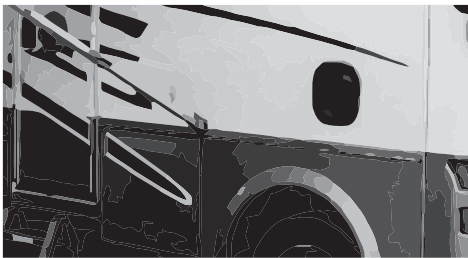
- English: Nature
- Spanish: Naturaleza
- Italian: Natura
- French: Nature
- German: Natur

Did You Know?

“Forest bathing” started in Japan and is the process of spending time in nature. There is growing research to show that it promotes overall health.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: RV



Solve the code to discover words related to air conditioning. Each number corresponds to a letter. (Hint: 22 = O)

A. 9 22 22 24 18 25 17

Clue: Make less warm

B. 5 21 25

Clue: Circulates air

C. 18 25 1 22 22 13 4

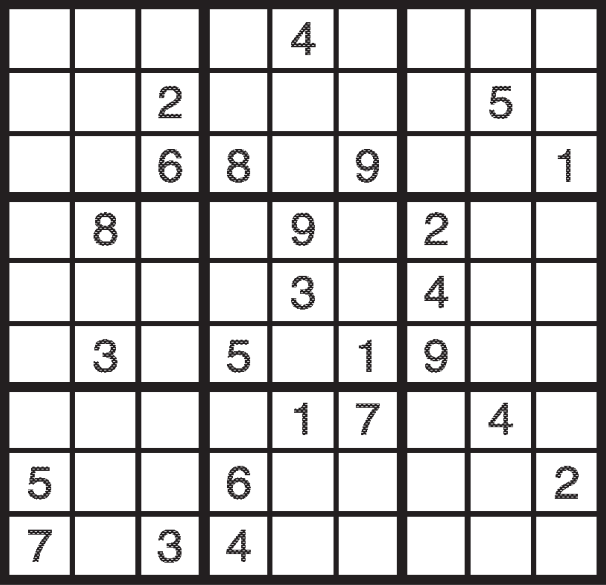
Clue: Inside

D. 13 26 16 21 18 13 4

Clue: Fixes

Answers: A. cooling B. fan C. indoors D. repairs

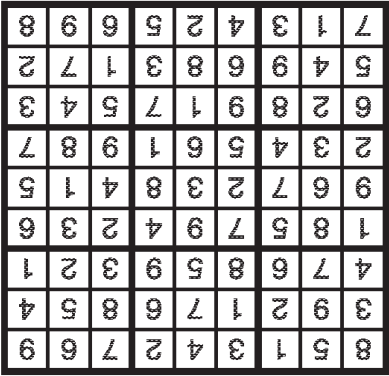
SUDOKU



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!



ANSWER:

Fun By The Numbers

Like puzzles? Then you’ll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!



# THE REAL REPORT

## RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	36 Larry Dr.	Single-Family Residence	\$400,000	Barbara and John Tuttle	George W., Jr. and Cheryl L. Destremps
Alton	NH Route 28	N/A	\$30,000	Hertel Investment Properties LLC	Richard J. Lundy
Alton	244 Sleepers Island	Single-Family Residence	\$650,000	Susan P. Gannon	Chabot Fiscal Trust and Joshua R. Chabot
Alton	N/A	N/A	\$1,350,000	Jeffrey P. and Lauren M. Mitza	Tanya R. Weed RET
Barnstead	45 Damsite Rd.	Single-Family Residence	\$569,933	George E. Van-Petten	Michael J. and Kelly A. Leighton
Barnstead	97 Parade Rd.	Single-Family Residence	\$395,533	Katelyn M. and Todd R. Nicholson	Shannon Hinton
Barnstead	374 S. Barnstead Rd.	Single-Family Residence	\$442,000	Brian and Tara Collins	Jeremy Adkins
Gilford	Airport Road	N/A	\$1,100,000	Narotam S. Grewal Trust	Yorkwind LLC
Gilmanton	113 Hemlock Dr.	Single-Family Residence	\$324,933	Brandy W. Daoust and Brandy W. Smith	Emily Harris and Seth Poirier
Gilmanton	Varney Road	N/A	\$265,000	Kyra and Thomas P. Brennan	Lauren and Seth J. Ross
Gilmanton	N/A	N/A	\$300,000	Thomits Fiscal Trust and Ilya Thomits	Mark Condodemetrakys
New Durham	Quaker Road	N/A	\$235,800	New Moon Properties LLC	Renewed Homes LLC
New Durham	392 S. Shore Rd.	Single-Family Residence	\$990,000	David Briscoe and Paula Roy	Scott A. and Ellen A. Arrigoni
New Durham	N/A	N/A	\$710,000	Larry M. and Paula B. Johnson	Throop-Gravel LT and Michael W. Gravel

## 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](http://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 Garden Club meets Tuesday

ALTON — Alton Garden Club's July meeting will be held Tuesday, July 22, beginning at 1:30 p.m. with the topic of Permaculture presented by Master Gardener Christin Kaiser. Permaculture, an agricultural system intended to be sustainable and self-sufficient, works with nature rather than fighting

against it. In 2015, Kaiser traveled halfway around the globe to take David Holmgren's second residential course in permaculture. During her presentation, she will share course fundamentals combined with her own experiences with farming and gardening. This month's meeting will be hosted by a Gar-

den Club member at her beautiful gardens, but with indoor accommodations available in case of poor weather. We would be happy to have you join us at this meeting as our guest. The public is always welcome. Call Peggy McKinney at 603-776-6032 to get directions to the meeting place and for other information.


## A Buck A Putt to win cash July 26 at Kingswood Golf Club

WOLFEBORO — Saturday, July 26, 8 a.m. to 4 p.m., Kingswood Golf Club, Wolfeboro, will host members of the Alton Rotary Club, who'll conduct a fund-raiser for the charities Rotary supports. A Buck A Putt, will take place on the golf courses driving range, next to the courses main entrance. The contest to win cash, is a contestant's ability to successfully score a "hole-in-

one" putt on a 15-foot putting green. Each attempt will cost \$1 per ball. For each successful attempt, the contestant will win a raffle ticket onto which they'll add their name and contact information. Their ticket is then placed into a receptacle from which the winning ticket is drawn and the winner receives half of all the cash collected this day, with the other half designated for Rotary's charitable giving.

There's no limit on how many attempts, no limit on age, and contestants can use their own putters, or a putter provided. You do not need to be present to win. For information, contact Alton Rotary Club President, Duane Hammond, 569-3745. A Buck A Putt, try your luck, promises to be a lot of fun and a great way to help raise funds for saving and improving lives, locally and globally.


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- Littleton Courier

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- Winnisquam Echo
- Newfound Landing
- Coös County Democrat
- Carrol County Independent



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# Proclamations celebrate Parks and Recreation Month in Alton

BY ERIN PLUMMER  
mnews@salmonpress.news  
ALTON — The select-

**CLEANUP**  
(continued from Page A1)  
contain mercury, smoke detectors, fireworks and ammunition, radioactive materials, any trash and garbage, medical waste, and acrylic or latex paint. Meredith will also hold a Household Hazardous Waste event at their transfer station that same day at their DPW garage at 17 Jeness Hill Rd. Upcoming events will take place in Moultonborough on Saturday, Aug. 2, Bristol on Thurs-

**FIRE**  
(continued from Page A1)  
years down the road and try to make it a little bit more comfortable for them in de-con, showering, living space,” Reinert said.

Another project would repair corrosion and paint damage one of the ambulances. Reinert said a 2018 ambulance is showing significant corrosion in its aluminum box. He said the department wants to keep this ambulance for at least another 10 years and want to control the corrosion before it gets worse. The project would cost around \$30,000 to strip the box, treat the corrosion, and repaint the vehicle. Board Chair Nicholas Buonopane asked Reinert if he is comfortable keeping that ambulance for another several years and Reinert said he was. “Obviously, it is kind of a big number, but it is far significantly less than obviously a new ambulance at half a million by the time we go to replace this,” Reinert said. He said they got one quote for the job from an ambulance company that does body and paint work. Another project would be replacing the mobile radio for \$16,000. “It would be the brain of the whole radio and

men issued proclamations celebrating Parks and Recreation Month day, Aug. 28, Laconia on Saturday, Sept. 20, and Tuftonboro on Thursday, Sept. 25. For more information on Household Hazardous Waste Day, visit <https://lakesrpc.org/Pages/Index/228929/household-hazardous-waste.asp#2025docs>. For questions contact Matt Rose at 603-279-5336 or [mrose@lakesrpc.nh.gov](mailto:mrose@lakesrpc.nh.gov) or Dave Jeffers at 603-279-5341 or [djeffers@lakesrpc.nh.gov](mailto:djeffers@lakesrpc.nh.gov). Saturday is also the Gilford Island Cleanup at

then the radio head,” Reinert said. He said these Motorola radios are obsolete, and they can’t be reprogrammed. The department is replacing several pieces of personal protective equipment that are damaged or expiring soon. Reinert said five sets of turnout gear are expiring at the end of the year and need to be replaced. The gear, that consists of a turnout jacket and bunker pants, have a cost of around \$4,000 a set. He said a larger purchase was submitted to the capital improvements plan for 2016, but these five need to be replaced by the end of the year to keep the department in compliance with the National Fire Protection Association. The gear might take between three to five months to be delivered and it’s best to address this now. The purchase will also replace four sets of ice protection suits. Reinert said each have around a four-year shelf life with maintenance that can be done to prolong their lifespan. This winter while doing ice rescue training they noticed some of the suits had significant leaks. One of the inflatable boats will also be replaced. Reinert said the department has three

in July and recognizing Parks and recreation Professionals Day this the Glendale Docks from 9 a.m.-1 p.m. This event gives island property owners a way to dispose of items in one place. Volunteers will help haul items out of boats to be disposed of at a dumpster onsite. Items accepted during this collection include appliances, bagged leaves, clean wood cut to three-foot lengths, brush, and furniture. The collection will not accept contractor debris, tires, liquid waste, household trash, electronics, or tires.

inflatable boats that are mostly used in smaller waterbodies such as the Merrymeeting River. “It’s a three-chambered boat, we’re having moderate leaks in it, so it is taking time to reinflate it,” Reinert said. “I’m concerned that we’re going to be out in a body of water and lose air.” Reinert is looking to replace it with a five-chamber boat, that can still stay afloat even with one or two punctures. All the equipment used on the current boat will be transferred to the new one. The department will also replace a nearly 20-year-old rotary saw for \$1,500. The saw is mostly used to cut metal and has been having problems starting. The selectmen unanimously approved three motions to allow these purchases to go through. For the equipment purchases, \$50,500 will come from the Fire Department Capital Equipment Fund, that had a balance of \$1.1 million. Another motion took \$43,000 from the Ambulance Revolving Fund, which had a balance of \$937,000. The \$15,000 for the fire station repairs came from the Fire Department Building Improvement Fund with a balance of \$643,000.

Friday. The Alton Parks and Recreation Department is celebrating Parks and Recreation Month the entire month of July and Parks and Recreation professionals Day on July 18. The department asked the selectmen to issue proclamations to recognize these events. During the June 24 selectmen’s meeting, board chair Nicholas Buonopane read both proclamations and the board voted unanimously in favor of issuing both. The proclamation for Parks and Recreation Month recognizes the importance of Parks and Rec programs for the community and all the benefits they bring. The proclamation stated that Parks and Recreation encourages personal health and well being and helps people with physical and mental health conditions.

**TUNESDAYS**  
(continued from Page A1)  
partments. The event begins at 5 p.m. with a performance by Mr. Aaron, a popular children’s musician known for his interactive, high-energy shows. Children will also have the chance to explore vehicles during a Touch-a-Truck experience with the town’s

**BASEBALL**  
(continued from Page A1)  
back in the top of the third inning. A trio of hits started the inning and plated the first run and after a walk and a strikeout, a grounder to second drove in another run to give Concord the 5-3 lead. Once again, Post 1 had an answer in the bottom of the frame. Dee walked to lead off and stole second. Owen Waldron beat out an infield hit, but he was gunned down stealing second. One out later, a Jaxson Embree base hit cut the lead to 5-4 and Jake Tryon and Cook both worked walks but were stranded on the bases. After Dunn hit the

Parks and Rec programs also encourages spending time in nature and increases awareness of the importance of protecting the environment. The proclamation also stated that parks and rec programs also promote volunteerism, create connections between people, brings in visitors, and deters crime. “Now therefore the town of Alton board of selectmen do hereby proclaim that July 2025 is celebrated as Parks and Recreation Month and encourage all residents to show their support and contact our Parks and Recreation Department to participate in or volunteer for an upcoming event project or program in July or any time throughout the year,” Buonopane read in the proclamation. The board also approved a proclamation

Department of Public Works, Fire Department, and Police Department. Food trucks, face painting, and other family activities will fill the park throughout the evening. The band Middleman will take the stage at 6:00 p.m. to round out the night’s festivities. Local vendors are invited to participate in Na-


first batter of the top of the fourth, Landon Sargent took over on the mound for Post 1, pitching for the first time since the regular season finale for Newfound on the same field. He hit a pair of batters, sandwiched around a sacrifice bunt and a sacrifice fly pushed the Concord lead to 6-4 in the middle of the fourth. Laconia went down in order in the bottom of the inning. Galloway made a great leaping grab of a throw to first in the top of the fifth inning as Sargent worked around a walk and a base hit. Wallace reached on an error with one out in the bottom of the fifth and Embree also reached

declaring July 18 as Parks and Recreation Professionals Day. The proclamation recognized all the professionals and volunteers who create opportunities for community well being through parks and rec programs. The proclamation also recognized the professionals and volunteers who work with people of all ages and ensure that parks and recreation spaces are safe and welcoming for all people. “The town of Alton board of selectmen do hereby proclaim July 18, 2025, as Parks and Recreation Professionals Day and the town of Alton encourages residents to celebrate this day and express appreciation to our parks and rec staff and volunteers for their contributions to the community,” Buonopane read from the proclamation.

tional Night Out and can sign up through the New Durham Parks & Recreation website. TUNESDAYS in the Park is designed to celebrate the spirit of community while showcasing the arts, and organizers hope to see residents of all ages enjoying these free events throughout the summer.

on an error, with both runners moving up on a passed ball, but they were stranded there. Zach St. Onge made a great grab in right field as Sargent set the side down in order in the top of the sixth inning before Post 1 took the lead in the bottom of the frame. Liam Manning led off with a pinch hit base hit and St. Onge doubled to right. Manning scored on a base hit from Charbono and a wild pitch brought St. Onge home to tie the game at six. Dee worked a walk and stole second and Waldron followed with a base hit to plate Charbono and Dee for the 8-6 lead before being cut down at second base. Wallace followed with a double and took third on a groundout by Embree and Jack Cook worked a walk before the inning came to a close. Dee made a nice grab on a line drive to short and Sargent got a strikeout and groundout to short to close out the 8-6 win for Post 1. Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).





### 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.

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Contact Linda Matchett for more information or submit your experience and proof of licensure via email or secure fax.

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EOE

## 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
- Paid time off

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

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

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

### Qualifications:

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

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

### The Role

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

### Compensation & Benefits:

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

### How to Apply:

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

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

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

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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 MIDDLE SCHOOL CROSS COUNTRY COACH

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

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

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

Shaker Regional School District is seeking a coach for the 2025-2026 season for Middle School Boys Soccer (B Team) Coach.

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



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