

## Rumney celebrates Old Home Day this weekend

## Hill FD ramps up for Splish Splash fundraiser

**BY DONNA RHODES**  
Contributing writer

RUMNEY — Summer is rolling along, and it's time once again for the Rumney Old Home Day this Saturday, a day filled with parades, local vendors, games and competitions, food trucks, dinner, ice cream, and fireworks.

The theme selected by the Old Home Day committee this year is "Naturally Rumney," appropriate for a community known for world-renowned rock climbing on the cliffs of Rattlesnake Mountain, the clear waters of Stinson Lake and the Baker River, and the miles of hiking and snowmobiling trails. And let's not forget about all the wildlife that also calls Rumney home!

Everyone is invited to come by the Town Common early on Aug. 10 to stroll the grounds, grab a bite to

SEE RUMNEY PAGE A6

**BY DONNA RHODES**  
Contributing writer

HILL – It's time for the third annual Splish Splash Fun event in Hill, and the Hill Firefighter Association promises this year will be even more fun than the past two years with games, ice cream sundaes, padding on the pond and more on the schedule.

Splish Splash is a summer activity held by the town pond on Crescent St., designed to not only invite everyone out for some fun under the summer sun, but to help the Firefighters Association raise funds for the purchase of a Jaws of Life Combi-Tool. The specialized tool is battery operated and assists rescue personnel with the extrication of persons who may become trapped in a vehicle as the result of an accident. The Town of Hill includes four miles of heavily trafficked Route 3A and has seen several accidents over the years when a tool such as this was very much in need. While local fire/rescue companies may have one that they will race to the scene for assistance, there are times when they are busy on other emergency calls. Having one on board at the Hill Fire Department is the best solution. The problem is the cost however, which can range from \$10,000 to \$14,000. So far fundraising has been good but they still have a way to go before they tuck a Jaws of Life into their apparatus inventory.

This year's Splish Splash fundraiser will include ice cream sundaes, courtesy of ice cream donated from Shackett's Store and toppings supplied by Mt. Prospect Academy. The cost for a sundae is \$5/person, but for \$10 people can not only enjoy the ice cream, but join in on the games and activities planned for the afternoon.

Chief Mark Labonte said that besides games for the kids, there will be a Splash Booth, a Fire Truck Sprinkler for those who want to cool

SEE HILL PAGE A19

## Keeping Team USA healthy at the Paris Olympics

## Ed Strapp's family has deep connections to Lakes Region

**BY JOSHUA SPAULDING**  
Sports Editor

PARIS, France — Ed Strapp has lived in numerous places and has traveled around the world following some of the globe's best athletes.

Through all that, the one place in the world that he has always called home, despite not living there full time, is the Squam Lake Region of New Hampshire.

"Squam is more home to me than anywhere else in the world," he said. "We moved five or six times as a kid, but it was always summers on Squam Lake."

Strapp's great aunt founded Camp Asquam in Center Harbor in 1914 and then bought the property that the family still owns in 1916 and moved the camp there. The family ran it as a camp until 1973 and since then it has just remained as family property. They have had

SEE STRAPP PAGE A19



COURTESY

Ed Strapp poses with the Olympic rings at the Olympic Village in Paris, France. Strapp is serving as a Certified Athletic Trainer with Team USA.

SEE HILL PAGE A19

# New public safety facility opens in Bristol



**COURTESY**

On Sunday, July 28, members of the Bristol Police Department and Bristol Fire Department were happy to officially move their equipment and vehicles to the town's new Public Safety Building at 230 Lake Street in downtown Bristol.

**BY DONNA RHODES**  
CONTRIBUTING WRITER

BRISTOL – July 31 was the last day of the month, but the first day of a new era for public safety in the Town of Bristol and the surrounding communities as firefighters, EMTs, and police officers invited the public to the grand opening of their new facilities on Lake Street in downtown Bristol.

Bruce Dorner of the Public Safety Building Committee welcomed a large crowd to the ceremony and reviewed the nearly 30 years of committees, studies and research that took place prior to that day. Over the years many proposals ran into stumbling blocks as residents first had their sights on a much needed new police station, but it was in 2018 when then Police Chief Jim McIntire met with Fire Chief Ben LaRoche and the duo came up with the ideal plan: a Public Safety Building to house both departments, since by then the fire station was no longer meeting their needs either. Through research the two showed the town how the combined facility would not only solve two problems at once, but it would also save the taxpayers money in the long run.

When the town heard their proposal, Dorner said, "The game was on!"

**DONNA RHODES**

As the Grand Opening of Bristol's new Public Safety Building came to a close, Police Chief Kris Bean and Fire Chief Ben LaRoche shared a handshake outside the main entrance before heading in to their respective offices to resume their duties.

Standing in the completed structure last week, he was pleased to say that the new public safety building was not only completed within the projected timeline, it was also within the \$4.8 million budget approved by voters in 2021. He proclaimed it to be a "tangible testament" to what can be accomplished when a community comes together for the common good.

"It isn't just a structure- it's a symbol of support for our brave men and women [first responders], a beacon of commitment to our community."

SEE SAFETY PAGE A8



# SLA presents a morning meander with magnificent mosses

HOLDERNESS — Join LRCC member Elly for a morning meander through Belknap Woods while we look for and chat about magnificent mosses! The program runs from 9 a.m. to noon on Sunday, Aug. 11. Learn fun facts about uses of moss by indigenous people, WWI medics, animals, and how mosses are still used today, as well as facts about the plants themselves and what makes them so special! Printed materials will be provided to help us identify the different types of moss we will see. Feel free to bring any material you have on moss like books or identification guides. Come learn or share your knowledge about moss!

Participants should come prepared with sturdy shoes, lots of water, and any snacks they would like. The Belknap Woods trail is a two-mile loop and is considered an easy hike, without much elevation change and good trail conditions. Bug spray and sunscreen are encouraged. This event will take place rain or shine, so bring rain gear if that's what the weather is looking like.



For more information, or to sign up for this Adventure Ecology program, visit the SLA Web site (squamlakes.org) or contact the SLA directly (603-968-7336). The SLA also offers other guided hikes and Adventure Ecology programming throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. Adventure Ecology programs are presented by the SLA's Lakes Region Conservation Corps AmeriCorps members, who perform important conservation work in support of the Association's mission. To see and register for all our upcoming events, please visit [squamlakes.org/calendar](http://squamlakes.org/calendar).

The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes Region.

# Rumney Art Walk returns Aug. 18

RUMNEY — The planning committee for the Rumney, NH Art Walk is excited to announce the participants in this year's art walk taking place on Sunday, Aug. 18, 1-4 p.m.

The following exhibitors will have their artwork displayed at the following locations: Studio at 11 Mill, Rumney Village Store, Byron G. Merrill Library, Rumney Historical Society, Sole Track Brewing, Ripple Pottery, Shaneware Pottery, and on the Rumney Town Common:

Marie Nolan-Mixed Media, Joan Turley-Mixed Media, Sheila L Bonfiglio-Oil, Jane Pappe-Oil, Carol Young-Basketry and Gourd Art, Lisa Famosi-Philips-Mixed Media, Diane Moulton- Ceramics, Kim Davis-Watercolors, Penny Huynen -Ceramics, Michelle McElroy-Oil Painting, Richard Wetterer-Pottery, Brian O'Hare-Pottery.

Stop by Rumney Village Store to pick up a map of the artists' locations.

The artwork of Katherine N. Grimes, a former resident of Rumney, will be on display at the Rumney Historical Society building. A make and take, hands on art project will be available on the common for the kids. Visit all the vendors, have them initial the flyer and receive a discount at Sole Track Brewing.

Plan to spend an afternoon exploring beautiful Rumney village, enjoy the talent of local artists and consider purchasing a piece or two. We hope to see you at this family-friendly event. Check us out on Facebook at Rumney NH Art Walk. Contact Sheila at [sheila@rumneyvillagestore.com](mailto:sheila@rumneyvillagestore.com) for more information.

# NH state historical marker program in Ashland

ASHLAND — Michael Bruno will present his illustrated talk "Cruising New Hampshire History-The New Hampshire Historical Marker Program" at 7 p.m. on Tuesday, Aug. 13, at the Booster Clubhouse in Ashland.

His 2018 book, also titled "Cruising New Hampshire History", is a comprehensive guide, with photographs, of all 255 New Hampshire State roadside historical markers that had been erected as of that date.

There are now 291 state roadside markers, covering a wide variety of historical topics, in all parts of the state. This free public program is sponsored by the Ashland Historical Society (who will also serve refreshments) and was generously funded by the Elaine Hughes Realty Group of Ashland. The Booster Clubhouse is located at 99 Main St. (Routes 3 and 25) in Ashland village, next to the Town ballfields and playground.

# NHEC board appoints two new members

PLYMOUTH — The New Hampshire Electric Cooperative (NHEC) Board of Directors has appointed new members to fill two vacancies on the 11-member board.

Peter Laufenberg of Thornton and John Goodrich of Littleton were selected by the board to finish the terms of two former members, Sharon Davis of Campton and Madeline McElaney of Plymouth, who recently resigned in June.

Laufenberg was one of nine candidates running for election to the board this year finishing sixth in voting. Only the top four who received votes from Co-op members were elected to the board of the nonprofit cooperative. Goodrich previously ran for election to the board in 2022 and participated in the Nominating Committee this past election.

"We are delighted to have recruited two highly qualified individuals to serve as Board members who have demonstrated a strong commitment to the New Hampshire Electric Cooperative and its members," said NHEC Board Chair William Darcy.

Following the appointment of Laufenberg and Goodrich, the NHEC Board also announced its slate of officers:

- William Darcy – Chair
  - Alana Albee – Vice Chair
  - Jeffrey Morrill – Secretary
  - Jerry Stringham – Treasurer
  - Thomas Mongeon – Assistant Treasurer
- For more information about the Board of Directors, visit the board's page at [nhec.com](http://nhec.com).

# Immerse yourself in nature's beauty with the SLA

HOLDERNESS — Immerse yourself in the serene beauty of nature on this unique hiking adventure designed for artists and nature enthusiasts alike on Aug. 20 from noon to 3 p.m. This hike will take participants through the beautiful Five Finger Point Trail. This 2.7-mile loop showcases unique sights of Squam Lake. With a sketchbook in hand, you'll have the opportunity to capture the breathtaking scenery and intricate details of the natural world. At the same time those that sign up will have the opportunity to learn about the plants and animals that make up the ecosystems around Squam Lake.

Participants should be prepared for warm

weather and/or possible rain. Feel free to bring your own art mediums, sketchbooks, and field guides. Snacks are always a good idea as well!

For more information, or to sign up for this Adventure Ecology, visit the SLA Web site (squamlakes.org) or contact the SLA directly (603-968-7336). The SLA also offers other guided hikes and Adventure Ecology programming throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. Adventure Ecology programs are presented by the SLA's Lakes Region Conservation Corps AmeriCorps members, who perform important conservation work in support of the Association's mission. To see and register for all our upcoming events, please visit [squamlakes.org/calendar](http://squamlakes.org/calendar).

The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes Region.

**Mountain Fare Inn**  
in Campton Village  
603-726-4283

[WWW.MOUNTAINFAREINN.COM](http://WWW.MOUNTAINFAREINN.COM)  
Your Base Camp In The Whites!  
~ Just minutes from Local Ski Areas ~

**Hire A Professional Who Is Properly Insured**

- Shingles
- Metal Shingles
- Copper
- Standing Seam Metal Roofs

**Mention This Ad!**  
Ask About Our Special Offers!

**10 YEAR LABOR WARRANTY**  
Financing Available

**DWIGHT & SONS, INC.**  
The ROOFING Experts!  
We do it right the first time.

**Instant Roof Quote!**

TEXT or CALL  
**603-766-3377**

[www.603Roofers.com](http://www.603Roofers.com)

**SUMMER SALE EXTRA 10% OFF**

**We Are Your Denim Destination**  
« « « «  
**Styles For Everyone**

**Over 100 Designers XS to XXL**

**GONDWANA & DIVINE CLOTHING CO.**  
13 N. Main Street, Concord, NH • Open 7 Days  
603-228-1101 • Shop at [GondwanaClothing.com](http://GondwanaClothing.com)



# Ashland selectmen meet with developers behind hydroelectric project

BY DAVID RUELL  
CONTRIBUTING WRITER

ASHLAND — At their Aug. 5 meeting, the Ashland selectmen met with the developers of a hydroelectric project on the Squam River, learned about rising electric costs, discussed the need and costs of campground improvements, and dealt with other issues from unpaid taxes to committee appointments.

Three of the four partners who are buying the Golden Pond Hydroelectric dam and plant on the Squam River met with the selectmen to discuss their proposed revival of the facility for the production of electricity. They explained that the dam appears to be in very good

condition and will require little work, but that the actual generator will have to be upgraded. Their next step is to find the money for the work that is needed. The promoters said that the actual generation of electricity will not occur for at least another year.

Selectmen Meghan Semiao reported later on efforts to locate a supplier of electricity for the town owned electric utility. Electric

power costs are rising, so the Town is looking at both the cost of buying the electricity from a power generator and the wheeling cost to get that electricity to Ashland. The nuclear power plant in Seabrook may prove to be the best deal, but no final proposal has been made yet.

The issue that prompted the most discussion was the improvements needed at the campground. The selectmen had already approved a survey of the boundaries of the individual campsites in the campground. Ann Barney, who is both a selectman and the director of the Parks & Recreation Department, reported that the surveyor cannot do the survey until the campers' dwellings and other items have been removed from the campground. The selectmen subsequently agreed to that removal of personal property at the close of the camping season. Selectman

Semiao will draft a letter to the campers about the removal. Barney also reported that the hydrants in the campground have to be replaced, backflow issues have to be addressed, and the electrical system has to be upgraded. Even with DPW workers providing much of the labor, these improvements will cost about \$47,000. Selectman Charles Bozzello felt that the taxpayers should not have to pay for the improvements, and there seemed to be general agreement with that sentiment. Town Manager Fred Welch suggested a three to five year bond that would be paid off by the campground revenue. This bond issue will require a town meeting vote, which cannot occur until March, so the actual work would be delayed for another year. Selectman Chris Janosa also felt that the campground rates were too low. Chairman Andrew Fitch suggested the

formation of a committee to work on the campground issues, with two selectmen members. Barney and Janosa agreed to serve as those selectmen members.

The selectmen began the meeting with a very brief public hearing for an amendment to the Recycling ordinance to add plastics 1 and 2 to the list of recycled trash. The Town has been recycling those plastics for years, so there was no public discussion and the selectmen promptly approved the change. The Town Manager also asked the selectmen to hold a public hearing on a change to the Hawkers, Peddlers & Vendors ordinance to prohibit house calls from 4 p.m. to 9 a.m.

The selectmen reviewed with Town Clerk/Tax Collector Becky Hartley the status of seven properties that were up for tax deeding for unpaid taxes. Most owners had made payments, but the owners of two properties had not responded in any way, so she asked that a message be delivered personally to them. The selectmen did grant an abatement on one

property where the square footage had been miscalculated.

Lisa Rollins was appointed to the Housing Standards Committee. Four townspeople have volunteered to serve on the proposed Economic Development Committee, but Bozzello suggested that the se-

lectmen should discuss the proposed Committee's work further so that they could give the Committee clear objectives. So, a decision on the Committee will be delayed until September.

The selectmen authorized the erection of a temporary sign on the street in front of Memorial Park from 6 a.m. to noon daily for a breakfast business. They gave permission to Health Officer Kendall Hughes to take part in a webinar on at-risk children, and authorized the Town Manager to sign an agreement with the NH Department of Transportation on the Union Bridge repair project. They ended their meeting with a non-public session.

**LITTLE VILLAGE**  
**TOY & BOOK**  
**SHOP**

603-444-4TOY (4869)  
81B Main Street  
Littleton, NH 03561  
Monday-Saturday 10-6  
Sunday 10-5  
Littlevillagetoy.com

Toys | Books | Games | Greeting Cards | Local Authors |  
Puzzles | Arts & Crafts, & More!  
Open for in-store shopping, curbside pickup, &  
Shipping. Free gift wrapping on any purchase!  
*"Play. Laugh. Learn."*

Alexandria United Methodist  
**Church Fair**  
Saturday, August 10<sup>th</sup>  
9:00 – 3:00  
Food, Fun, &  
Family Fellowship  
12 Washburn St.  
Alexandria, NH

Wonderful Things  
Come In Small Packages...

Old Man  
Pendant

from  
\$35

especially if they're from  
**Alan F. Soule Jewelers**  
286-8649  
422 W. Main St. AS  
Tilton, NH AS  
(across from Winnisquam HS)  
Gold • Sterling • Diamonds  
Colored Stones • Repairs  
Custom & Handcrafted Items  
Wedding & Family Jewelry

**LEGACY STRATEGIES, PLLC**  
EXPERIENCE MATTERS

*We provide the tools to pass on  
your property  
and your wisdom  
to the ones you love.*

Attorney Ora Schwartzberg, CEO

572 Tenney Mountain Hwy, Plymouth, NH 03264  
603-536-2700 | [WWW.NHLAWYER.NET](http://WWW.NHLAWYER.NET)  
[ora@Legacy-strategies.us](mailto:ora@Legacy-strategies.us)

**ShopLocal**

**LET'S PLAY.**

We're thrilled to announce that NFL Flag Football is coming to Plymouth for the very first time! This is your chance to experience the thrill of the game like never before!

**WHAT'S NEW AT THE "RUGH"**

10' LONG, SOLID PINE SLAB, FARM OR FEASTING TABLE-  
BY DANA SOUTHWORTH;

NEW TO CURRENT MARKET, TWO,  
COLOR ETCHINGS/ENGRAVINGS- BY KATHLEEN CANTIN;

TWO, SOLID YELLOW BIRCH, FINE FURNITURE  
SOFA/SIDE TABLES- BY STEVE CHISHOLM;

ABSTRACT AND MODERN OIL PAINTINGS- BY SAM MORGAN;

STAINED GLASS, READY TO HANG-  
BY LINDA HUNT AND JOHN MISCI;

TEN UNIQUE JAM AND JELLY FLAVORS, 1 PINT JARS-  
BY ARTHUR HUNT

Open Thursday thru  
Saturday 9:30 to 4:00

1 Middle St. • P.O. Box 487, Lancaster, NH 03584  
[wmrugh@gmail.com](mailto:wmrugh@gmail.com) • 603/788/5531 • 603/631/7477

Exclusive sales agent for: GARLAND JOINERY fine and live edge furniture.



# Opinion

*'The unity of freedom has never relied on uniformity of opinion.'* John Fitzgerald Kennedy

SALMON PRESS, THURSDAY, AUGUST 8, 2024

## CADY Corner

### The importance of family meals and family codes

BY DEB NARO  
Contributor

Children need a certain amount of face-to-face time and eye contact for optimal physical and mental health. One of the best opportunities for social connection is at the family dinner table, picnic table, kitchen island, and even in a restaurant. A strong relationship exists between children having frequent dinners with their parents and decreased risk of engagement in high-risk behaviors, such as smoking, vaping, drinking, and using other drugs including marijuana. Frequent family meals are also associated with lower rates of depression, higher self-esteem, better vocabularies, lower rates of obesity, and improved academic performance.

It's hard to believe the simple act of breaking bread together can be such a powerful prevention tool. However, making time during hectic weekdays is easier said than done. As children grow, their schedules get busier too, making family meals more difficult to achieve consistently. A good, realistic target might be to have five to seven family meals per week. To be effective, rules need to apply for all, including parents: turn off screens, including TVs and phones, this will emphasize the importance that you are placing on face-to-face time. There are so many amazing interactions that can occur during meals which develop social, emotional, and executive brain function skills. Here are some of the positive outcomes: parent-child bonding; sibling bond building; regulating emotions; hearing each other's voices; having fun and laughing together; practicing empathy; discussing risky behaviors; sharing hopes and dreams—the list goes on and on.

Mealtime is also a perfect time to discuss your Family Code. A Family Code is a simple set of rules a family lives by; repeated often; and each member of the family is held accountable to the code. When my children were young, we created, "The Naro Family Rules." This framed declaration of our family's values and behavioral expectations still hangs proudly on our dining room wall. Each of us contributed four of the 12 timeless values including: Respect feelings; read together; play outdoors; game time; honesty; bedtime on time; share special moments; and eat meals together. With the exception of bedtime on time, our kids were the strongest enforcers of the rules.

An example of a Family Code based on prevention might read something like this: "In our family, we treat others with kindness, compassion, and respect on- and offline. We take care of our brain development and do not engage in risky behaviors. We never use drugs, and only use alcohol when we are 21 or over."

For an engaging, memorable activity for all ages, enjoy a family meal together and then design your own family code. You can find a Family Code Building Activity on the cady website at cadyinc.org: go to Programs/Parent Advisory Council/Family Code Activity. Have fun!



COURTESY

### Flower arranging workshop at Moulton Farm

With the "pick your own" flower garden in full bloom at Moulton Farm, the farm is offering a hands-on workshop, "Making Better Bouquets & Flower Arrangements," at 1 p.m. on Saturday, Aug. 17. Sue Dail, part of the team that makes flower arrangements at the Meredith farm, will start the workshop by sharing the secrets of creating

beautiful, fresh cut flower bouquets and flower arrangements, as well as demonstrating how to cut the blooms to help them last longer. Participants will then head into the farm's extensive cutting garden to pick flowers before practicing what they've learned with more tips and guidance from Dail. The workshop includes one and a half pounds of flowers from the farm's "pick your own" flower garden. Participants should bring their own vase or can purchase one at the farm. The workshop costs \$39.99, and space is limited, so pre-registration is required. Register by calling the farm at 603-279-3915 or on the events page of MoultonFarm.com.

## We don't have forever

### POSITIVELY SPEAKING

TOBY MOORE

I recently lost a close friend. His death was unexpected and came out of nowhere. Having known him since the fifth grade, his passing left me reeling.

This loss struck me profoundly and reminded me that our time is finite. We often forget how limited our time is until a loss brings this reality crashing down on us. It's a startling realization, driving home the point that we have so little time to pursue our dreams and make the most of our lives.

Life is fleeting. When we're young, we feel like we have all the time in the world. It seems like yesterday when he and I were in 6th grade, dumping dish soap into the hot tub and filling the neighborhood with bubbles.

In a flash, we were graduating high school and

swimming 375 miles from the top of Lake Michigan to Chicago with three other friends. As the saying goes, "Time flies." It is a relentless force, always moving forward, never waiting for anyone.

"Time is the most valuable thing a person can spend," said Theophrastus.

You may think it's too late. You may think your time has passed. But consider this: London is eight hours ahead of Los Angeles, but there is still time for LA. While this might seem like a silly analogy, it illustrates an important point. Have you ever heard about a person who became a CEO at 25 and died at 50, while another person became a CEO at 50 and died at 90? Obama retired at 55, while Trump started at 70.

Some people may seem ahead of you, and you might think, "Why bother? It's too late for me." But everyone in this world runs their race in their own time. They are in their time zone, and you are in yours.

SEE POSITIVE PAGE A16

## Comfort Keepers

### The importance of staying hydrated

BY MARTHA SWATS

Owner/Administrator  
Comfort Keepers

Warmer weather is a great invitation to enjoy the outdoors and nature.

Staying hydrated is essential for maintaining health and keeping critical bodily functions working properly. Hydration can be a challenge for some seniors because seniors may have a diminished ability to sense thirst, notice changes in body temperature, and may be taking medications that have a dehydrating effect. Keeping a few tips in mind will ensure that seniors stay hydrated and continue to enjoy the activities that bring them joy.

Older adults looking to stay hydrated throughout the day should try these tips to get started. Being dehydrated can cause confusion, headaches, elevated heart rate, muscle weakness, and fatigue. Seniors who think they may be dehydrated should discuss their symptoms with their doctor before changing their fluid intake. Seniors should discuss hydration with their doctor as only a healthcare professional recommend how much water someone needs, and they can also provide guidance and tips on managing water intake.

1. Create a schedule – drinking a lot of water in one sitting can be difficult. However, creating a schedule that accounts for daily activity, physician-recommended intake levels, and the preferences of the senior can help keep hydration on track.

2. Eat water-rich foods – cucumbers, watermelon, apples, and other water-rich produce can help seniors get more fluids at mealtimes. Broth is also a good option.

3. Make water more interesting – For those that don't enjoy drinking water, adding small amounts of juice or flavoring to water can make it less boring. Popsicles are also a great option...especially on warm days!

4. Reduce water loss – excessive sweating can contribute to dehydration – keeping inside temperatures at a reasonable level, and being mindful of fluid loss during outside activities, can help seniors stay hydrated.

5. Don't wait for thirst – often, when seniors feel thirsty; they may already be dehydrated.

Comfort Keepers® can help

Comfort Keepers can provide support for seniors that are concerned about the issue of hydration. Our caregivers can provide transportation to healthcare appointments, assist with meal preparation and planning, and provide support for physician-prescribed hydration regimens. Our goal is to support physical and emotional care goals and to elevate the spirits of our clients and their families every day.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

References

Centers for Disease Control and Prevention. "Get the Facts: Drinking Water and Intake." Web. 2016.

FamilyDoctor.org. "Hydration: Why It's So Important." Web. 2017.

Mayo Clinic. "Dehydration." Web. 2018.

WebMD. "What is Dehydration? What Causes It?" Web. 2019

Healthline – The Causes and Symptoms of Dehydration in Older Adults



WWW.SALMONPRESS.COM  
(603) 279-4516

TO PLACE AN AD:  
ADVERTISING EXECUTIVE  
Tracy Lewis  
(603) 575-9127  
tracy@salmonpress.news

SUBSCRIPTION SERVICES:  
KERRI PETERSON  
603-279-4516 x303  
kerri@salmonpress.news

TO PRINT AN OBITUARY:  
E-MAIL: obituaries@salmonpress.news  
CALL: 603-677-9084

TO SUBMIT A LETTER  
TO THE EDITOR:  
E-MAIL: brendan@salmonpress.news

The Record Enterprise and Newfound Landing is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. USPS #436-460 periodicals postage paid at Plymouth PO, NH 03264. POSTMASTER: Send address changes to Salmon Press, P.O. Box 729, Meredith, NH 03253.

PLYMOUTH RECORD  
ENTERPRISE  
PUBLISHED BY  
SALMON PRESS

PRESIDENT & PUBLISHER  
FRANK G. CHILINSKI  
(603) 677-9083  
frank@salmonpress.news

BUSINESS MANAGER  
RYAN CORNEAU  
(603) 677-9082  
ryan@salmonpress.news

OPERATIONS DIRECTOR  
JIM DiNICOLA  
(508) 764-4325

DISTRIBUTION MANAGER  
JIM HINKLEY  
(603) 279-4516

MANAGING EDITOR  
BRENDAN BERUBE  
(603) 677-9081  
brendan@salmonpress.news

PRODUCTION MANAGER  
JULIE CLARKE  
(603) 677-9092  
julie@salmonpress.news





# Talk of the Towns

## News from our Local Correspondents

### Alexandria

Merry Ruggirello 744-5383  
merrysunshine51@yahoo.com

Welcome, first week of August! Just a few more weeks of lazy, hazy, crazy summer days, then it'll be time for the young ones to get ready for another school year! Fun times and new adventures.

#### Town

Board of Selectmen meeting Tuesday, Aug. 6 at 6 p.m. in the Municipal Building. There will be a work session at 5 p.m.

Budget Committee meeting Tuesday, Aug. 13 at 6 p.m. in the Municipal Building.

Hazard Mitigation Team Planning Session Wednesday, Aug. 14 at 2 p.m. via Zoom.

#### Alexandria UMC

Alexandria UMC Annual Church Fair Saturday, Aug. 10 from 9 a.m. until 3 p.m. There will be several vendors, White Elephant, bake sale, lunch, games and crafts for the kiddos, and the Alexandria Volunteer Fire Department and Police Department will be there as well.

Sunday, Aug. 11, services will begin at 10 a.m., with Pastor Mark Lamprey officiating. Coffee hour will be served immediately following the services.

Sunday everything under the White Elephant tent is up for grabs! Get there early, because it'll be headed for the dumpster as the day wears on.

I'm headed out to do some laps around the yard before rain decides to hit. Sure don't want to go out too late, because the mosquitoes are fierce! Have a wonderful week ahead that's filled with all good things and be safe in your travels!

### Ashland

David Ruell 968-7716  
davidruell@gmail.com

#### Family Fun Day at Library

The Ashland Town Library will hold a Family Fun Day from 1 to 3 p.m. this Saturday, Aug. 10, with games, prizes, popcorn, cotton candy, sno-cones, and a carnival photo booth. So come to the Library on Saturday and have some fun.

#### State Historical Markers program

Michael Bruno, the author of a guide to the state's roadside historical markers, will present an illustrated talk "Cruising New Hampshire History-The New Hampshire Historical Marker Program" at 7 p.m. next Tuesday, Aug. 13, in the Booster Clubhouse. Two of those 291 state markers, remembering George Hoyt

Whipple and the Boston, Concord & Montreal Railroad, now stand in Ashland. Both were sponsored by the Ashland Historical Society, which is also sponsoring this free public program and serving refreshments. The program is being generously funded by the Elaine Hughes Realty Group.

#### Apitherapy Program

The Pemi Baker Beekeepers Association is hosting a presentation on Apitherapy by apitherapist Reyah Carlson from 1 to 3 p.m. on Saturday, Aug. 17, in the American Legion Hall on Main Street. Apitherapy, medical treatments involving bees, includes not only the use of bee made products, but also the use of bee stings for cures. Carlson has used her therapy bees to sting over 2000 people and has received over 25,000 stings herself. There is no charge for the program, although donations will be accepted.

#### Historical Society Museums

The Ashland Historical Society's three museums will be open for the rest of August. The Whipple House Museum and the Ashland Railroad Station Museum are open from 1 to 4 p.m. on Saturdays, while the Pauline E. Glidden Toy Museum is open from 1 to 4 p.m. on Thursdays. The Whipple House Museum is a general local history museum, with displays this year on the mills and tourism on Squam Lake. The other two museums are more specialized, with the Glidden Museum focusing on antique toys and the Railroad Station Museum focusing on transportation, mostly the railroads but also the Squam Lake steamboat line.

### Bristol

Al Blakeley  
adblakeley0@gmail.com

It was heartwarming to see the turnout for the MacLean family on Saturday. It makes you tremendously comforted to know you live in such a caring community that the Newfound Area provides. Truly blessed to live here!

Congratulations to the Town of Bristol Employees who celebrate their August Anniversary Date of Hire: Andrew Bird - Fire Department - four years, Jeff Chartier - Water/Sewer Department - 40 years, Tyler Ford - Fire Department - 17 years, Martha Hulsmann - MSL - two years, Terri Kulacz - Fire Department - three years, Trevor Robie - Highway Department - five years, Donna Sullivan - Assessing/Land Use Department - two years, Joseph Sullivan - Fire Department - three years, Josiah Towne - Police Department - six years. Thank you all for your dedication.

Several Town depart-

ments are hiring -Please consult the Town website for information.

The Town Clerk/Tax Collector's Office will be closed several times in August: Aug. 6 closed for the day, Aug. 8 closed until 1 p.m. for voter training, and Aug. 14 closed from 10:30 a.m. - 4 p.m. for employee training.

The Annual Bristol Rotary Penny Sale will be held at the Newfound Regional High School on Thursday, Aug. 8 at 6:30 p.m. to benefit the Bristol Rotary Club Scholarship Fund.

On Thursday, Aug. 8, the MSL Summer Reading Program will have its finale with the Joyful Noise Ukulele Band from 1:30 - 2:30 p.m. at the MSL.

On Sunday, Aug. 11, Hazel's Market will be held at Wells Field to benefit the Hazel's Light Foundation, a non-profit organization that creates natural focused retreats for families that have experienced the traumatic loss of a child. This event will last from 11 a.m. until 3 p.m., featuring a groovy retro-themed celebration with food, vendors, a whiffleball tournament, tie-dye station, raffles and live music with Rebecca Turmel.

The Bristol Summer Concert Series will feature Club Soda Band on Aug. 15 and the Jordan Tirrell-Wiysocki Trio on Aug. 22.

On Friday, Aug. 16, the NH Food Bank will bring a truckload of food to distribute to families and individuals at Newfound Regional High School. This is a drive through event; all items will be distributed to you in your vehicles. This event will be from noon to 2 p.m.

Bristol Old Home Day will be celebrated on Saturday, Aug. 24 with many events to fill the day for the whole family: Pancake breakfast at the Masonic Union Lodge #79 from 7:30 to 10:30 a.m., Antique car show on Kelley Park from 10 a.m. - 3 p.m. (register 8 - 10 a.m.), crafters, vendors, food, games, music, and much more on the Park from 10am to 3pm, with the Firemen vs. Policemen softball game at 3:30 p.m. Top the day off with the Annual Lobster & Chicken Supper that will be held from 5:30 - 7 p.m., along with music from "Solitary Man." For tickets and more information call 744-2713.

A Community Wide Worship Service at Inspiration Point at Slim Baker Area will be hosted by Bristol United Church of Christ at 9:30 a.m. on Sunday, Aug. 25. All are welcome!

The TTCC has opened the registration for the After-School Program costing \$50/week and announce that at this time there will be no 'drop-in'

option. The program operates Monday through Friday until 5:30 p.m. There is limited space and each participant must be pre-registered to attend the program. This program is open to kids in the Newfound Area School District in grades K-12. For more information on the Awesome After School Adventures program, please call 744-2713 or email info@ttccrec.org or stop by the TTCC office at 30 N. Main St.

The TTCC has announced the registration for Fall League Soccer and Field Hockey programs is open online now! These programs will start in early September with a skills assessment date of Sept. 7 at Kelley Park for Soccer and a date TBD for Field Hockey. The cost for each program is \$40 per player. For more information on both programs call the TTCC at the contact's listed above. Volunteers are the backbone of these programs and if you are interested in getting involved, please fill out an online coach form at the TTCC.

The TTCC is holding a raffle to benefit the TTCC Youth Baseball and Softball Program. Tickets are available at the TTCC. They are \$10 each and the prizes are Custom Corn Hole Boards and a Yeti Backpack Cooler. Winners will be announced at the Annual Ron Bucklin & Floyd Colby Golf Classic on Saturday, September 21 at Den Brae Golf Course in Sanbornton.

The Minot-Sleeper Library will be closed on Wednesday, Aug. 14, 10:30 a.m. - 4 p.m. for a staff training through the Town of Bristol. There will be no Storytime or Mahjong. An

author Talk and Book Signing will be held with Bob Fleck, local author and photographer on Tuesday, Aug. 13 at 6:30 p.m. Another Author Talk and Book Signing with local author Virginia K. Bennet will be held at the MSL on Tuesday, Aug. 20 at 6:30 p.m. Refreshments will be provided at both.

Wishing the Western-bound TTCC contingent safe travels and great weather for their adventure.

### Campton-Thornton

Joël Freeman 398-4368  
bearfootfarm@aol.com

#### 2024 National Night Out

Join our community for a night of celebration on Tuesday, Aug. 6 at the Sugar Shack Campground on Route 175 in Thornton from 5 p.m. to dusk. Enjoy music, games, live demos, food and fireworks! Best of all, this event is free and sponsored by the towns of Thornton, Campton, Plymouth, Waterville Valley and Ashland.

#### Campton Thornton Transfer Station

Campton Thornton Transfer Station has new stickers. Make sure you get your new sticker before Aug. 31. This is a mandatory recycling facility and transfer station stickers are required for access or use. All residents and/or property owners may acquire a sticker at their appropriate Town Hall or at the Transfer Station, by providing their vehicle registration and proof of residency/ownership with non-New Hampshire registrations. Stickers are vehicle specific and cannot be transferred between vehicles. Stick-

ers shall be affixed to the exterior of any passenger side window. Sticker Enforcement: In an effort to keep costs down, the staff at the Transfer Station enforce the requirement of stickers. Sticker enforcement is necessary to confirm that ONLY residents or property owners of Campton, Thornton and Ellsworth are utilizing the facility. Please be sure to have your new orange sticker in place as required. Thank you for your continued compliance with sticker requirements.

#### Campton Library news

Campton Public Library has summer hours until Aug. 19. Sunday closed, Monday closed, Tuesday 9 a.m.-3 p.m., Wednesday 9 a.m.-3 p.m., Thursday 9 a.m.-3 p.m., Friday 2-7 p.m., Saturday 9 a.m.-4 p.m. Join us with the kids or grandkids for any of our fun events this summer! Our events are free and do not require prior registration. We have an outreach visit from the McAuliffe-Shepard Discovery Center on Thursday, July 11. They will lead kids in building and launching paper rockets at the library! For more details and to learn about our other events this summer, please visit our website at campton-nhlibrary.com or call us at 603-726-4877.

#### Thornton Summer Concert Series

Don't miss that last-Thornton Family Summer Concert on Sunday, Aug. 11. Join us at the Benton Sugar Shack Field for good local music and bring your own picnic and the great music of Manning & McBrien 3 - 4:30 p.m. and Fred Willie Hill 4:30 - 6 p.m.

SEE TOWNS PAGE A7

## Protect your world

Auto • Home • Life • Retirement



**Sharon Thorne, CIC**  
**603-536-5161**  
56 Main St.  
Plymouth  
sthorne@allstate.com

**Call me today to discuss your options.**  
Some people think Allstate only protects your car. Truth is, Allstate can also protect your home or apartment, your boat, motorcycle - even your retirement and your life. And the more of your world you put in Good Hands®, the more you can save.



Insurance subject to terms, qualifications and availability. Allstate Property and Casualty Insurance Co., Allstate Fire and Casualty Insurance Co., Allstate Insurance Co., Allstate Indemnity Co. Life Insurance offered through Allstate Life Ins. Co. & Allstate Assurance Co. Northbrook, IL; Lincoln Benefit Life Co., Lincoln, NE; and American Heritage Life Insurance Co., Jacksonville, FL. Securities offered by Personal Financial Representatives through Allstate Financial Services, LLC (LSA Securities in LA and PA). Registered Broker-Dealer. Member FINRA, SIPC. Main Office: 2920 South 84th Street, Lincoln, NE 68506. (877) 525-5727. © 2010 Allstate Insurance Co.



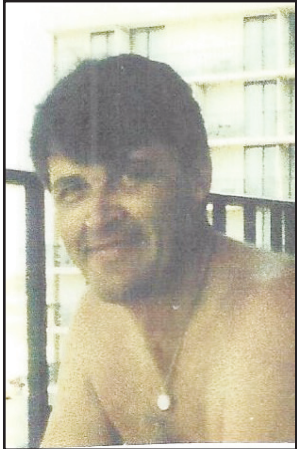
OBITUARIES

Steven Newell Burrows, 77

Steven Newell Burrows, 77, of Campton, NH, formally of Holderness, NH, died of cancer on Monday, July 29th, 2024, at his home. His wife of 38 years, Doreen (Ouellette) Burrows, and his daughters, April Burrows Hibberd and Stephanie Burrows Erskine were at his side when he passed.

Steve was born in Plymouth, NH on April 22nd, 1947, to James M. Burrows and Rita (Morrison) Burrows. He graduated from Ashland High School, Class of 1965. In 1966 Steve signed up to join the United States Navy under the "Buddy System" with his best friend, Willy Holland. Shortly before reporting for active duty, Steve and Willy, attempting to enjoy one more ride, were involved in an automobile accident and Steve suffered a broken neck. Therefore, Steve was honorably discharged from the Navy on August 17th, 1966, after officially serving for 1 month and eleven days.

Steve started his adult career at Kip & Joe's VW-Audi- Mazda of Gilford, NH. His first position was as the car wash/auto detailer, then as a mechanic, moving to service advisor and finally in the sales department where he truly belonged. During the 40 + years in the auto business, he worked at Beranger Volkswagen in Rochester, Skip King VW-Mazda-Audi in Gilford, and Rheinhardt Buick GMC in Plymouth. In May of 2008 his career path brought him to work for the State of New Hampshire, Department of Safety, Division of Motor Vehicles as a Licensing Agent until May 2011. Later that same year he became a Court Security Officer for the State of New Hampshire, Administrative Office of the Courts and retired from this position in June 2015. All throughout his adult years he was involved in serving his



community. He was a certified EMT and a Deputy Fire Chief working for the Ashland Fire Department. Steve also served as an Auxiliary State Trooper for the State of New Hampshire, Troop F, from 1979 to 1987 and later returning to the same position from 1994 to 2000.

The past several years he enjoyed volunteering for Restore of Plymouth organizing the tool section and later working for the Got Lunch Program of Campton working with a dedicated and amazing group of individuals.

You would often find him in jeans and a "Life is Good" t-shirt enjoying the simple pleasures of life. A few of his favorite activities included going out for breakfast, listening to the police/fire scanner, collecting baseball cards and coins, mowing his lawn on his John Deere mower with a beer in the cup holder, becoming a grilling expert, enjoying nature with frequent visitors of owls, moose, deer and bears in his back yard, pruning the peach tree on the front lawn and finally finding different ways to deter the bears and chipmunks that would come to eat the peaches.

But Steve's most important passion was his family. Steve and Doreen shared an extraordinary and happy marriage and Steve was blessed with 5 children. Jeff, April and Michael and a bit later in life adding Andrew and Stephanie. He genuinely enjoyed his 14 grandchildren and 3 great grandchildren. Steve was a



gentle man and had a kind soul. He shared his values by setting the example of what it means to have integrity, a high moral compass and he was respected, admired and truly loved by family and friends.

Steve is survived by his wife, Doreen, his daughters April Hibberd, and Stephanie Erskine & her husband George, his son Andrew Burrows and his wife Erica.

His grandchildren, Brittany & Lem Lemelin, Steven Southworth, Winter Hibberd, Bella Hibberd, Kaila Burrows, Carlie Burrows, Darren & Kaitlynn Pratt, Andrea Burrows, Aven Burrows, Brady Miller Erskine, Bentley Miller Erskine, Eleanor Erskine and Oliver Erskine. His great grandchildren, Carter Burrows, Lincoln Southworth and Arlett Lemelin. His siblings, John & Cindy Burrows, Susan White and Dana Lott. His sisters /brothers in law, Deborah & Michael Andriski, Dennis & Gale Ouellette, Denise & Jim Novak, Darlene & Gary Bolduc, Dan & Amanda Ouellette & Raymond

Poulin, Dave and Tammy Ouellette and Don & Terri Ouellette, his treasured cousin, Althea Dunscombe, numerous nieces, nephews and additional cousins and extended family.

He was predeceased by his father, James M. Burrows, his dad, Donald Lott, his mother, Rita Lott, his sons, Michael Burrows and Jeff Burrows, his grandson, Ricky Southworth, a niece

Jennifer Burrows Temples and a nephew Michael Andriski.

Calling hours will be on Friday August 9th from 4pm-7pm at the Dupuis Funeral Home of 11 Hill Avenue, Ashland. On Saturday August 10th at 10:30am a graveside service will be held at Trinity Cemetery, 926 NH Rt 175, in Holderness. A memorial breakfast at the Flying Monkey in Plymouth will immediately follow the service.

In lieu of flowers, please consider donating to Pemi-Baker Hospice & Home Health of 101 Boulder Point Drive, Suite 3, Plymouth NH 03264, or to a fund held by the Burrows family to support an annual scholarship for a Senior student(s) of Plymouth Regional High School who plan to further their education with an EMT Certification or a degree in Fire Science or Criminal Justice. Please send this donation directly to Northway Bank of 414 NH Route 49, Campton, NH 03223 ATTN: Michael Crompton. Payable to Doreen J. Burrows, and in the memo please reference the Steven Burrows Memorial Fund.

Steve's family would like to express their sincere appreciation to the Pemi-Baker Hospice Team who assisted Steve and his family for the past few months, especially his favorite nurse, Colleen. We would also like to recognize the numerous family members and friends that took Steve out for a meal or for a car ride, called, texted or stopped by to check on him or made his family food, sent gift cards, etc...just to make it easier. We want you to know that Steve was impacted in a positive way by all of your kind and loving gestures of friendship. So, when you have an opportunity, raise a glass to Steve in Heaven and consider making a difference by paying it forward.

Towns

FROM PAGE A5

**Campton Historical Society Program**

Join the Campton Historical Society on Monday, Aug. 19 at 7 p.m. for "The History of Franconia Notch" presented by: Dan Heyduk. From glacial times to the present, New Hampshire's Franconia Notch has seen dramatic changes. Its natural wonders and resources - both enduring and fragile - have attracted people with very different visions. The story of the Notch includes geologists and naturalists, teamsters and tourists, hotel entrepreneurs, loggers, conservationists, artists, hikers and skiers. Each found a place there, while nature and time have kept their enduring grip. Now retired, Dan Heyduk did anthropological and archaeological research in South America, was a college professor, and ran educational programs worldwide, before settling in New Hampshire.

**Free Child Car Seat Safety Check**

Mark your calendars for this free child safety seat check on Saturday, Aug. 24 from 5-7 p.m. at the Campton Town Office 12 Gearty Way in Campton. Hosted by the Campton Thornton Fire Rescue, you will learn how to properly install your child's car seat or booster seat. Find out if it is time for a change.

**Holderness**

Fran Taylor 968-3846

At their recent meeting, selectmen approved the purchase of the LCHIP (Pemi Oxbow Preserve) properties and assigned the conservation easement to the Squam Lakes Conservation Society. The purchase price of \$300,000 will be funded by \$90,000 from the Conservation Comm capital reserve fund and \$210,000 from LCHIP Grant awarded to the town for that purpose. The management of the property will be funded through Conservation Society funds and another fund which will be named for Chris Buckley, a long-time advocate for the project with overall management by the Holderness Conservation Commission.

At the same meeting, resident Willy Holland discussed his concerns regarding the lack of response to calls by the fire department and what he understands to be communication issues between the Chief and members of the department. Members and former members stressed the need for better communication, more opportunity for training and standardizing and improving departmental procedures where necessary.

Larry Spencer has submitted a letter of resignation from the Conservation Commission as he will no longer be a full time resident of Holderness. He has been a driving force behind many of the acquisitions and management of conservation of property in our town.

Officiating at Chocorua Island Chapel at the 10:30 a.m. service on Sunday will be The Rev. Jonathan Adams, Rector, Trinity Episcopal Church, Upperville, Va.

Ernest Thompson, well known author of the play "On Golden Pond," will speak at the Library about "The Book of Maps" in a conservation about his debut novel and book signing on Tuesday, Aug. 13 at 5 p.m.

Check a look at the Library's Digital Library and check out some of past interviews including a talk by Peter Francesco entitled "Holderness, Past and Present." Also, there's excellent WiFi reception inside and on the grounds of the library. Sit on the porch or on a chair overlooking the channel while you take advantage of this service.

Squam Lakes Association held its Annual Meeting last Saturday in the newly renovated Fisher Family Barn followed by tours of the nearly completed offices. The organization is looking forward to the completion of their water quality lab with modern and high-quality field sampling equipment and lab equipment for rapid quantitative analysis through water and sediment chemistry. The SLA is also working on a diversion system for the sediment flowing down Range Road.

Coming up at the Gazebo in our Summer Concert Series will be Uncle Steve and The Dreamers on Aug. 8, The John Irish Duo on Aug. 15 and the final concert, Sky Road Band on Aug. 22. All rain dates will be the following Monday.

This week, Gordon Research attendees will be discussing "Circuits for Complex Behavior Across the Lifespan." Heady stuff!

Don't forget that we have a State Primary coming up on Sept. 10. If you are supporting candidates and wish to put signs on your property this is the time to do it. Remember, you cannot put up signs without an owner's permission.

Plymouth

Highs and Lows Tour, Robert D. Cass and 2 others

This event takes place at the Holderness School on Saturday, Aug. 10, from 8 a.m. to 5 p.m. It is open to the public. Come join the fun at Holderness School where the Highs and Lows Tour will start and end! There will be 4 routes with riders participating from near and far, riding to raise awareness for mental illness and suicide prevention on behalf of NAMI NH. The event will be fun for the entire family. You don't need to ride to join us. Come for music, games, food and other fun activities including raffles for great prizes! Most of all help us cheer on our riders as they cross the finish line in support of a great cause!

Rumney

FROM PAGE A1

watch the parade, scheduled to begin at 10 a.m.

Along the common will be a number of booths filled with specialty crafts and goods that only a New Hampshire Old Home Day can offer. Nearby, the library will have town scrapbooks on display to bring back some memories for residents past and present. Everyone is also invited to explore the history of the Town of Rumney through displays and artifacts found in the adjacent Historical Museum.

Special Rumney T-Shirts will be on sale throughout the day, too. Artwork for these commemorative shirts was created by local artist/illustrator Rachel Anderson. A member of the Old Home Day committee, Anderson designed this year's colorful posters as well.

Raffles will be another big part of the day. Committee member Kathy Grabier said tickets will be on sale at a booth on the common for drawings that will take place throughout the day.

Among the additional prizes up for grabs in the 50/50 cash raffle will not only be 50-percent of the money brought in, but other prizes awarded that will be awarded at noon and 2 p.m. Grabiell said that among them both will be a pair of tickets to Polar Caves and Squam Lakes Science Center.

The other raffle will also have great rewards for lucky winners, including three major prizes. Dead River Oil has donated 100 gallons of heating fuel this year and resident Rick Borger has chipped in with a cord of firewood. If you're all set with heat for the winter, Central N.H. Aggregates, LLC has donated a new 43-inch television to the raffle.

After the shopping and afternoon festivities are done, Rumney Baptist Church will be welcoming one and all to join them at 4:30 p.m. for their traditional ham and bean dinner. The church is located directly across from the Town Common.

The ever-popular Frying Pan Toss and Hay Bale Toss competitions will take place on the common after dinner as everyone enjoys the annual ice cream social. Drawings for the raffles will take place at that time, too, but Grabiell assured that winners do not have to be present when their names are announced.

The focus for the evening hours then moves to the Russell Elementary School, just up the road on School Street. Spectators can bring along their chairs or stretch out on the lawn to enjoy the fireworks that will cap off the day beginning at approximately 9 p.m.

*Dupuis*  
**Funeral Home**  
*Service Since 1953*

11 Hill Avenue  
Ashland, NH 03217

Tel: (603) 968-3372  
Fax: (603) 968-9367

www.dupuisfuneralhome.com

Elliott E. Dupuis, Director



Towns

FROM PAGE A6

Lunch, Lounge and Listen

Pack a picnic lunch or get one to go in town, come lounge and listen from 11am to 1pm on Friday, August 9th (rain date Aug. 16). Bryan Conway, known as a One Man/An Entire Band will be playing. This takes place at 43 Old Ward Bridge Rd. (Fox Park).

Outdoor Movie Night

This is sponsored by the Plymouth Police Department, and it takes place on Wednesday, Aug. 14 (Rain Date: Aug. 21). The movie starts after the concert. There is free popcorn, but you need to bring your own blanket or chair. The movie is still to be decided.

Adventure Day Camps (Mountain biking, paddling, Rock climbing and more)

This event is open to students in Grades 6 through 8. There are two sessions: Aug. 12—16 and Aug. 19 —23. No experience is necessary. Scholarships are available. Sign up at ADAPT-NH.ORG

August State Park Day Trips

The first trip in August is to Wellington State Park. This takes place on Tuesday, Aug. 13 (rain date Aug. 14). It is for students in grades 1 to 8. To register check the Plymouth Park and Rec Web site.

The Plymouth Regional Senior Center (PRSC), located at 8 Depot St., Plymouth, is open for meals and activities Monday through Friday from 7 am to 3 pm. Please stop in and pick up a newsletter and/or go to [www.gcsc.org](http://www.gcsc.org) and look under Our Senior Centers/Plymouth for a digital version. Also, plan to join us for a delicious meal at noon.

The Center is holding its Annual Summer Fashion Show on Wednesday, Aug. 21. Plan to join us either as a ‘model’ or as part of the audience and stay for lunch afterwards.

“Did you know that August is Boomers Making A Difference Month? From social activism in the ‘60s and ‘70s to vol-

unteering and giving back today, baby boomers continue to make lasting contributions to changing the world. It only makes sense that there should be a month dedicated to celebrating the generation’s impact. Doing good deeds actually helps you lead a better, healthier life with many health benefits including:

~ Staying physically and mentally active (many activities offered daily at the senior center!)

~ Decreased risk of depression (volunteer!)

~ Reduced stress levels (Socialization! Community! Fun!)

\*Source - <https://blog.kohud.kendal.org/boomers-making-a-difference>

How are you making a difference? We would love to hear from you . . .

And, are you looking for a wonderful way to give back to the community? Try volunteering at PRSC, if interested call 603-536-1204 and ask for Melanie.

Spiral Songs

This takes place at 2 p.m. on Aug. 17 and 18 at the Quincy Bog Nature Center This event includes group singing, musical performance and nature based mindfulness. It is presented by Claire and Molly McCahan with Omar Najmi and Brendon Shapiro. \$25 tickets are available the same day or online in advance at [spiralsongs.org](http://spiralsongs.org).

Keniston—Freeman Summer Concerts on the Common

The concerts continue on Wednesday, Aug. 14 with The Shawna Jackson Band, 6:30—8 p.m. on the Plymouth Town Common. All concerts are free. Concessions by Plymouth Fireman’s Association

Parent Cafe

Join us on Aug. 20 from 11 a.m. until noon at the Whole Village Family Center, 258 Highland St., Plymouth, for an interactive and engaging conversation regarding your successes, challenges and strategies for parenting. Included in the discussion will be how to navigate both positive and negative school experiences. Child Care is available, but you need

to register in advance with Kristine Perry at [kristine.Perry@graniteuw.org](mailto:kristine.Perry@graniteuw.org) or 6035363720.

Richard III

The Winnepesaukee Playhouse is presenting this play from Aug. 8 to 17, with both matinees and evening performances. For more information and tickets, go to <https://www.winnepesaukeeplayhouse.org/jersey-boys.html>.

Legally Blonde

Interlakes Summer Theater is presenting this show from July 31 to Aug. 11, with both matinees and evening performances. For more information and tickets, go to <https://www.interlakes-theatre.com/shows>.

Operation Santa

You don’t need to wait until Christmas. There is year round collection of toys for children ages 12 and under. The drop-off location is the Plymouth Fire Department.

Wild Wings Equestrian Summer Camp

The final session is from Aug. 12 to the 16th The sessions include care and grooming of horses as well as riding and take place during those days from 9 a.m. to 3 p.m. Ages six to 14 are welcome and no prior experience is necessary. Register and pay online.

The Secrets of Cellar Holes

This fascinating presentation takes place on Wednesday, Aug. 28 at 5:30 p.m. at the Rumney Historical Society. Pease Public Library Mystery Bring-Your-Own-Book Book

Group

Tuesday, Aug. 13 at 3 p.m.

Do you love mysteries? Have you been looking for a space to read with like minded individuals? Come to Pease Public Library for our Mystery Bring-Your-Own-Book Book Group on the second Tuesday of every month at 3 p.m. You can sit and read your latest mystery and/or come discuss your favorite books and authors.

Plymouth’s very first 1929 Vintage Fire Truck needs a home

This classic antique measures 21 feet by six feet and three inches, and because of the acquisition of a new truck, the fire department needs another place to house it. It requires electricity to charge the battery. If you know of a potential garage or barn for it, please contact Fire Chief Tom Morrison at 603-536-1253.

Plymouth’s Online Farmer’s Market

Sponsored by Local Foods Plymouth, it is for everyone who likes locally raised food.

You can order online (<https://localfoodsplymouth.org/>) from noon Saturday to 7 a.m. Wednesday and pick up your order on Thursday from 3:30 to 5:30 p.m. at the corner of Fairgrounds Road and Route 3 in Plymouth.

Warren/Wentworth

Gary Jesseman 707-7129 [garyj@together.net](mailto:garyj@together.net)

Greetings everyone. Hope you all had

a nice week. The summer seems to be moving along at breakneck speed! I wish things would slow down.

WARREN NEWS

Moose Scoops Ice Cream is now open the following hours...Monday through Friday from 4-8 p.m., Saturday and Sunday noon-8 p.m.

The next outdoor concert on the common will take place on Aug. 2 with Catfish Howl Zydeco Band.

Following that... Aug. 16-Marvel Prone Aug. 30-Highway 603 Sept. 13-Patrick Ross Band

WENTWORTH NEWS

The Wentworth Market is open the first Saturday of the month, from July through October from 10 a.m.-2 p.m. at Hamilton Field. There’s food for sale, pottery, baskets, soaps, jewelry and so much more plus food trucks available. Stop by and have a look!

The Wentworth Historical Society Museum will be open on Saturday mornings through the summer, from 10 a.m.-noon. Please stop by and check it out.

There will be a community yard sale on Saturday, Aug. 31 from 10 a.m.-2 p.m. at Hamilton Field. Rain date is Sunday, Sept. 1. Come check out the goods!

Mark your calendars for this year’s “Dinner On The Bridge”

It will be on Aug. 31 from 5-7 p.m. Dinner donation is \$25, benefiting the Wentworth Veteran’s Memorial. The

event will be catered by Smokin’ Bear BBQ. Menu will be forthcoming.

For tickets, mail a check to PO Box 64, Wentworth, NH 03264 or go to [wentworthvet-eransmemorial@gmail.com](mailto:wentworthvet-eransmemorial@gmail.com)

Have a good week, and remember to count your blessings!

Waterville Valley

Jan Stearns [jstearns@waterville.com](mailto:jstearns@waterville.com)

Laser Light Show

Head to Waterville’s Town Square on Saturday night, Aug. 10, for outdoor laser light shows starting at 9 p.m. Admission is free and all are welcome.

Denali Hiking Challenge

The mountains surrounding Waterville are some of the highest peaks in New England. The Denali Challenge is to hike five of these peaks totaling 20,000 feet in elevation in one weekend, Friday-Sunday, Aug. 9-11. This is a self-guided adventure with hikers choosing from 13 peaks. See the list on [waterville.com/calendar](http://waterville.com/calendar). Email [marketing@waterville.com](mailto:marketing@waterville.com) to sign-up. There’s no charge to participate. Registrants can check in on Friday, Aug. 9, from 6-8 p.m. in Town Square and pick up a map, hiker card and t-shirt (limited quantities). Share your adventures on social media with hashtags #denalichallenge and #aliveafter5.

SEE TOWNS PAGE A8



**NORTH COUNTRY COINS, LLC**  
BUYING · SELLING · APPRAISALS  
*Est. 1989*  
[WWW.NCCNH.COM](http://WWW.NCCNH.COM)  
TUES - FRI 10 - 5 • SAT 10 - 3

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

**Forest Pump & Filter Co.**  
Serving The Greater Lakes Region Area for Over 50 Years


**WE DO IT ALL**



**WELL DRILLING      PUMP SYSTEMS**

**FILTERS**

*Family Owned Business for 40 Years*

**CALL FOR SERVICE**  
**FOREST PUMP & FILTER CO., INC.**  
**603-332-9037**

**North Country Home Health & Hospice Agency**



**7th Annual BUTTERFLY RELEASE**  
*a Community Memorial Series Celebrating Life*  
*The Butterfly Release Series offers individuals the chance to honor and remember their loved ones in a beautiful and symbolic way. Each butterfly is available for purchase at \$20 for the first one, and \$15 for each additional butterfly. Pre-ordering is recommended to ensure availability for the ceremony. Each event will feature music, readings, and the uplifting sight of butterflies taking flight, rain or shine.*

<b>Saturday, September 7th at 1:00 pm</b> Remich Park Pavilion 165 Pleasant Street, Littleton, NH 03561	<b>Saturday, September 14th at 11:00 am</b> Friendship Park 4 Bell Lane, Berlin, NH 03570
<b>Saturday, September 14th at 3:00 pm</b> North Stratford Pavilion US Route 3, Stratford, NH 03590	<b>Sunday, September 15th at 11:00 am</b> Soldier's Park Main Street Woodstock, NH 03262

If you would like to reserve a butterfly, please visit [bit.ly/Butterfly2024](http://bit.ly/Butterfly2024) to make an online purchase or complete and mail the below form to **536 Cottage Street Littleton, NH 03561**. If you cannot attend the event but still want to participate, you can purchase a butterfly, & our volunteers will be honored to release it for you.

**All butterfly orders must be placed by September 1, 2024.**

**PLEASE SELECT WHERE YOU'LL BE JOINING US:**  
☐ Littleton 9/7 @ 1p    ☐ Berlin 9/14 @ 11a    ☐ N. Stratford 9/14 @ 3p  
☐ Woodstock 9/15 @ 11a    ☐ I prefer to make a donation without an honoree

**NAME:** \_\_\_\_\_ **PHONE#:** (\_\_\_\_) \_\_\_\_\_

**EMAIL ADDRESS:** \_\_\_\_\_

**BILLING ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE/ZIP:** \_\_\_\_\_

**In Loving Memory Of**  
(Please, only *one* name per butterfly purchased):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**HOW MANY BUTTERFLIES WOULD YOU LIKE TO RELEASE:**  
First Butterfly **\$20.00 x QTY: 1 = \$ 20.00**  
Additional Butterflies ea. **\$15.00 x QTY: \_\_\_\_ = \$ \_\_\_\_.**  
I'd like to support NCHHHA's community care through an additional donation of: **\$ \_\_\_\_.**

**TOTAL \$ \_\_\_\_.**

**PAYMENT OPTIONS:**    ☐ VENMO ID    ☐ PAYPAL ID  
☐ CHECK (enclosed)    Your Handle: @ \_\_\_\_\_    Your Handle: @ \_\_\_\_\_  
☐ CREDIT/DEBIT (complete information below)

**CARD#:** \_\_\_\_\_ **EXP DATE:** \_\_\_\_\_ **CVC:** \_\_\_\_\_

**NAME ON CARD:** \_\_\_\_\_ **SIGNATURE:** \_\_\_\_\_

☐ Please check box if you will not attend and would like a volunteer to release butterflies on your behalf

**Mail or Drop Off At: 536 Cottage Street | Littleton, NH 03561 | 603.444.5317 | [bit.ly/Butterfly2024](http://bit.ly/Butterfly2024)**



# Towns

FROM PAGE A7

## Theatre Under the Stars

On Friday, Aug. 9, enjoy the world-premiere of “The Ox Pasture Incident” (PG). Based on a real-life murder mystery, the play tells the story of Mary Scannell, a young wife and mother living in a timber mill encampment in NH’s North Country who disappeared in 1860. On Saturday, Aug. 10, it’s a fun for all ages parody performance of ‘Interactive Robin Hood.’ The audience gets to decide plot points, including the ending. Shows are outdoors at the Gazebo Hill Amphitheatre (adjacent to Town Square). House opens at 6 p.m. for pre-show picnics. All shows rain or shine. If inclement weather, the performance moves indoors at the Snowy Owl Inn.

## Live Music

Town Square’s free outdoor concert series continues with John Chouinard performing on Friday, from 6-9 p.m., and Dan Morgan Duo on Saturday from 6-9 p.m. Chairs, blankets and coolers welcome.

## Blood Drive

The Historical Society is hosting a Red Cross blood drive on Saturday, Aug. 10, from 9:30 a.m. to 2 p.m. at the Recreation Department (Noon Peak Rd.). The Red Cross is offering \$20 Amazon gift cards to all donors. Call 1-800-733-2767 to schedule an appointment.

## Adaptive Cycling

Waterville Valley Adaptive Sports, in partnership with UNH’s Northeast Passage, is hosting adaptive cycling in Waterville on Saturday, Aug. 10, with two sessions, 10 a.m. to 12 p.m. and 1-3 p.m. The cost is \$30 per session and veterans ride free. Volunteers and non-adaptive cyclists are welcome. Email [wvas22@gmail.com](mailto:wvas22@gmail.com) to sign up. Details (including meeting location) will be emailed to participants.

## Free Outdoor Movie

This Monday’s movie is “Homeward Bound!”

Movie starts at dusk (8:30-ish). All are welcome!

## Sunday Hike

This Sunday’s guided hike will be to Bridal Veil Falls in Franconia. Meet at the Recreation Department on Sunday, Aug. 11, at 9:30 a.m. and return by 4 p.m. The hike is 4.8 miles and ascends 1079 ft. \$20 (\$5 WVRD members) includes transportation to and from the trailhead. Space is limited. Register: 603-236-4695

## Rail Trail Cycling

The Recreation Department’s next cycling destination is the Seacoast Greenway Rail Trail from Hampton to Portsmouth and back on Wednesday, Aug. 14. Meet at the Recreation Dept. at 8:15 a.m., return by 3 p.m. \$30 (\$20 WVRD members) and includes transportation for cyclists and bikes. Space is limited. Register: 603-236-4695

# Safety

FROM PAGE A1

che thanked everyone who worked over the years in addressing the growing needs of the police, fire and highway departments and brought them to where they are today. He said that when he and Jim McIntire toured other public safety buildings around the state they found one built by Groen Construction that fit all of their needs at a price they felt voters in Bristol would approve. In fact the 20,000 square foot design would meet the needs of not just today, but for many years to come. Built by Groen and his regular group of subcontractors, as well as many local contractors, they incorporated several special features that will save on operational costs. The facility was constructed with Insulation Concrete Forms that provide high-energy efficiency for heating and cooling. In addition to that, the lighting is so efficient, LaRoche said,

that it literally just costs pennies a day to light not only the offices and other rooms but the huge equipment bays, too.

Others on hand to celebrate with the community that day were N.H. Executive Councilor Joe Kenney and Grafton County Commissioner Omer Ahern who offered their congratulations on a job well done. Letters of congratulations were also received from Sen. Maggie Hassan and Sen. Jeanne Shaheen. Among those also in attendance were members of state and local police and fire departments, along with past and retired members of Bristol police and fire.

To officially “cut the ribbon” on the new building, traditions of police and fire departments were used instead. LaRoche and Police Chief Kris Bean first followed the firefighter tradition of “uncoupling” two fire hoses, then Chief Bean got on his radio to officially sign in from his

new police station.

Dorner then presented LaRoche with a commemorative photo of the new facility and a note expressing the thanks of the town for his “start to finish” hard work and guidance to complete the project.

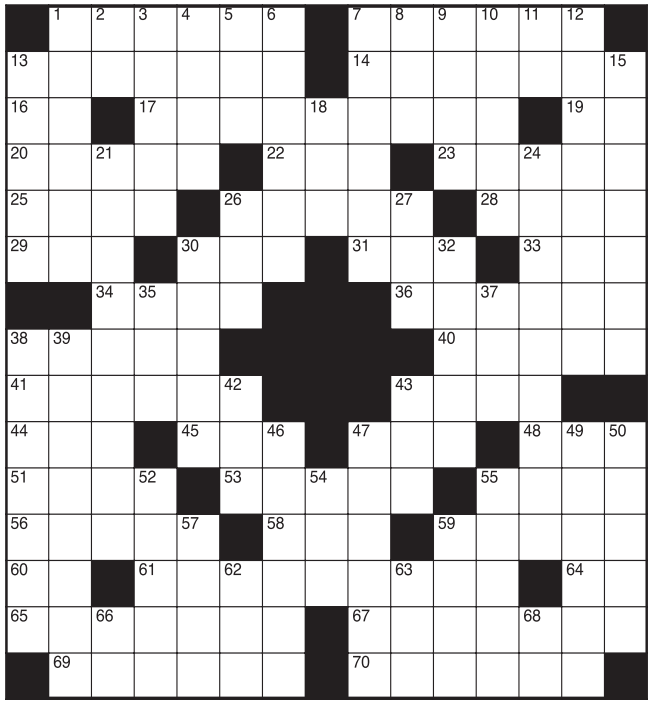
“To show our deep appreciation, this can be displayed with pride. This message recognizes your efforts and is a small token of our immense gratitude for all you have done to make this new Public Safety Building a reality,” it concluded.

The public was then invited to tour the building. Besides having room to keep all of the fire apparatus inside, there are equipment rooms, a place to store supplies, sleeping quarters for those working overnight shifts, lockers and showers and a fitness room so firefighters and police officer can stay in top shape for their duties. In addition to lockers and showers and office space

for each officer, police now have a Sally Port where officers can pull their vehicles inside to safely transfer people to the Booking Room and Holding Cells. There is also a private holding area for juveniles now as well, which is mandated by law. A conference room for meetings, training sessions and use as an incident command center when necessary for large incidents that may occur, is available for use by both departments as well.

Visitors to the Public Safety Building may now enter the secured lobby through the glass front doors. They will find police assistance to the left, fire and EMT offices on the right. The drug dropoff box is also located beside the police department’s service window and available year round for people to dispose of unwanted/unnecessary medications, with the exception of any sharps or liquids.

## TAKE A BREAK



### ACROSS

- 1. Spiritual leaders
- 7. A solution
- 13. Fortified wine
- 14. Edible mollusk
- 16. Blood group
- 17. A way to compare
- 19. Gov’t lawyer
- 20. Actor Ciaran
- 22. Calendar month
- 23. Very willing
- 25. \_\_\_ ex Machina
- 26. Satisfies
- 28. Type of berry
- 29. Distinctive practice
- 30. Popular pickup truck model
- 31. Dekagram
- 33. Naturally occurring solid material
- 34. Company officer
- 36. Villains

- 38. Cricket frogs
- 40. German founder of psychology
- 41. Endured
- 43. A female domestic
- 44. A situation you can be in
- 45. Cigarette (slang)
- 47. Fiber optic network (abbr.)
- 48. Belgian composer Walter
- 51. Employee stock ownership plan
- 53. Belonging to the bottom layer
- 55. Musical or vocal sound
- 56. Yankees’ great Judge
- 58. Dickens character
- 59. Beloved late sportscaster Craig
- 60. South Dakota
- 61. Exposing human vice or folly to ridicule
- 64. Atomic #79
- 65. Former Braves pitcher Julio
- 67. Humor

- 69. Shawl
- 70. Hospital unit

### DOWN

- 1. Animal disease
- 2. Commercial
- 3. Arts and crafts supplies
- 4. Containers
- 5. Investment vehicle
- 6. A way to greet in a friendly way
- 7. Bulged downward
- 8. “A Day Without” singer
- 9. Lay about
- 10. Intestinal
- 11. Negative
- 12. Caused to be loved
- 13. Prominent in Islamic eschatology
- 15. Sincere
- 18. Not in
- 21. Number above the line in a fraction
- 24. Bill Murray chased one
- 26. Pouch
- 27. Swedish krona
- 30. Start over
- 32. Wild white or yellow flower
- 35. Fourteen
- 37. Visual way of interacting with a computer (abbr.)
- 38. Up-to-date
- 39. Campaigns
- 42. Touch lightly
- 43. “Boardwalk Empire” actress Gretchen
- 46. Violent seizure of property
- 47. One who supports the Pope
- 49. Malaise
- 50. Body fluid
- 52. Inauthentic person
- 54. Title of respect
- 55. Chilean city
- 57. Central Japanese city
- 59. Garment
- 62. Draw from
- 63. Automobile
- 66. The man
- 68. Top government lawyer

## ADVENTUROUS WORD SEARCH

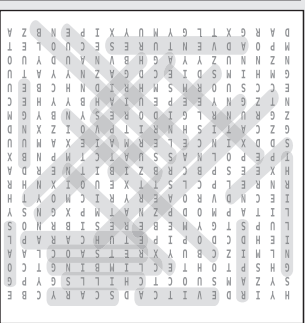
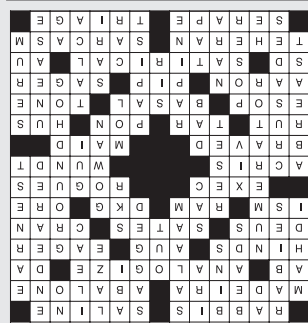
H Y I R D E V I T C A D S C A R Y C B E  
S Y Z A M S U O C T C H I L L S G Y P G  
G H S P T O H T E C L I M B I N G T C O  
N L M I Z C B U Y X R E T S A O C L A O  
I E H D C D O P I P E T U H C A R A P L  
L U P S T G Y M E B E R E S I B R N O S  
L I T A P M O D P Z N A T M P X G N S Y  
I E C N D V R O A E R Y R I C M O Y T H  
R N R E L P C L S T T X E U O I X N H R  
H X E E S P B C R B Z I B I T N E R D A  
T P E P O L N A S S U A T C T M P N B X  
S D D X I N C E L E R M A I E X A M U U  
G Z C A T I S H N R I T P V O I Z X N D  
Z G R U N R L G I D O R E S Y N B Y G M  
N T Z G N Y E E P E U I A H B Y Y H E C  
E C C S U O R M S M H R I D N H C B E U  
G M H I M S D I E C D G A Z N Y A T U  
N Z N N U Z Y Y A G H B V N A U D Y U O  
M P O A D V E N T U R E S E C U O L E T  
D A R G X T L G Y M U Y X I P E N B Z A

Find the words hidden vertically, horizontally, diagonally, and backwards.

## ADVENTUROUS SEARCH

ACHIEVEMENT, ACTION, ACTIVE, ADVENTURES, BARRIERS, BOUNDARIES, BUMPS, BUNGEE, CHILLS, CLIMBING, COASTER, COMPETITION, ENDURANCE, EXERTION, EXTREME, GOALS, HEART-RACING, HIGH, PARACHUTE, RAPIDS, SCARY, SPEED, THRILLING, TRAIL BLAZE

## This Week’s Answers





# Summer Blow Out Tent Sale

July 26<sup>th</sup> – August 11<sup>th</sup>

4 MILLION DOLLARS OF INVENTORY

**ATOMIC - SALOMON - ROSSIGNOL - VOLKL - TECNICA LANGE - FISCHER - ELAN - DYNASTAR AND MUCH MORE!**

### SKIS up to 70% OFF

Hundreds of adult high-end demos priced to move! Starting at \$199

### SKI HELMETS

Starting as low as \$39

### SKI & BOARD WEAR

UP TO 70% OFF

KARBON • MAMMUT OAKLEY • PICTURE HELLY HANSON • 686 QUICKSILVER • ROXY AND SO MUCH MORE!

### HOT DEALS

Elan Wildcat 76 w/ELW 9 Women’s Retail \$750 ————— Sale \$449

Elan Explore 6 w/binding Retail \$450 ————— Sale \$299

Rossignol Sprayer w/XPR 10 Retail \$500 ————— Sale \$299

Atomic Maven 86c w/Attack 11 Retail \$825 ————— Sale \$529

VolkI Yumi 80 w/TP10 Binding Retail \$799 ————— Sale \$549

VolkI Revolt 86 Crown/Scorpion (twin tips) Retail \$399 ————— Sale \$299

Dynastar Speed FIS 165cm (Clement) w/SPX 12 Retail \$1625 ————— Sale \$599

Atomic Redster Q4 w/binding Retail \$600 ————— Sale \$399

### SKI BOOTS

As low as \$149 Thousands In Stock!

### COMPLETE JR. SKI PKG.

Includes Boots Starting at \$199

### SNOWBOARD GEAR

Up to 40% off

GNU • LIB TECH SALOMON • 32 ACADEMY • NEVER SUMMER AND SO MUCH MORE!

### Special RACE Equipment Buys!

FOR MORE INFO: [sales@rogersskiandsport.com](mailto:sales@rogersskiandsport.com)  
Main Street, Lincoln, NH ~ UNDER THE BIG TOP  
603-745-8347 • Open 9-6 Daily – ALL SALES FINAL –





## SEEKING EXCAVATOR OPERATORS

GPS EXPERIENCE DESIRED BUT NOT NECESSARY

(603) 279-4444 or email [tracy@ambrosebros.com](mailto:tracy@ambrosebros.com)

Route 3 • Meredith, NH 03253



## Not getting enough attention?

Call your Sales Representative Today

Tracy Lewis : 603.616.7103

[tracy@salmonpress.news](mailto:tracy@salmonpress.news)



# CHURCHES

## Campton Congregational

Sunday, Aug. 11  
9:30 a.m. Worship Service led by Rev. Jeff Robie  
10 a.m. Children's Sermon/Sunday School. Following Worship we gather for fellowship.

Tuesday, Aug. 13  
10 a.m. Bible study  
Noon BYOL Lunch  
1 p.m. Ladies Guild

We invite you to join us this Sunday for an inspiring sermon on the Fruit of the Spirit : Patience (Galatians 5:22-23). In a world filled with upheaval and uncertainty, patience is more important than ever. Pastor Jeff will explore how this essential virtue can transform our lives, relationships, and communities. Whether you're seeking guidance, support, or simply a place to reflect, our church offers a warm and welcoming environment for all. Let's gather to grow in faith, share insights, and learn how to embrace patience amidst life's challenges. We hope to see you Sunday!

Our Church is a member of the National Association of Congregational Christian Churches, a national

body of churches dedicated to preserving traditional Congregational principles and practices in the world. Our Services are available on Facebook. If you are unable to be with us in person, tithes and offerings may be sent to PO Box 328, Campton, NH 03223. Please direct any questions or needs to ourcccc1774@gmail.com or call 603-536-2536.

## Chapel of St. John of the Mountains

Sunday, Aug. 11  
The Gospel singers The Shirks will join us. Please be on hand to welcome Deb and Barry as they bless us with their gifts.

Sunday, Aug. 18  
Celebration of Life  
Rev. Raymond D. Hahn  
There will be a time for all to share a memory of our wonderful Pastor Ray. This will be followed by our annual banquet. Please let Pastor Cindy know you will be joining us for this very special service of Celebration as reservations for the banquet need to be made soon, please make your reservations with us today.

Sunday, Aug. 25

Rev. Christopher Drew, Pastor of the Holderness Community Church will be with us. Please join us for our service and the fellowship to follow.

Every Sunday of our season  
The Good News of Jesus Christ and His Love for us is shared in Christ centered, Biblically based messages. God's Holy Spirit will always help us to find a deeper understanding of His Word and His Will for our lives. Come join us and return to your lives better able to fulfill God's Will with running feet.

In prayer  
Please contact Pastor Cindy at your convenience for prayer requests. We are an Ecumenical Christian Church gathering to share the Gospel as we strive to strengthen our relationships with Jesus Christ.

More information  
Contact Pastor Cindy your e-mail or mailing address. Contact Pastor Cindy by Phone home (603) 539-7064, or text (603) 515-6684; Please call at your convenience, serving you is a privilege.

## Holy Trinity

## (Roman Catholic)

Weekend Masses are at 4 p.m. on Saturdays at St. Matthew Church in Plymouth, 7:30 and 11:30 a.m. at St. Matthew Church on Sundays, and 9:30 a.m. at Our Lady of Grace in Bristol. If you need more information, check our website at holytrinityparishnh.org.

Thursday, August 15th is the Feast of the Assumption.

There will be three Masses, one at Our Lady of Grace at 8 a.m., and two Masses at

St. Matthew Church in Plymouth at noon and 6:30 p.m.

Bristol Knights of Columbus welcome you to their Fish Fry on Friday, Aug. 16 from

4:30 to 7 p.m. at the Marian Center. Check our Facebook page, Holy Trinity News and Info for more information, or check the Web site.

Vacation Bible School starts up in just a couple of weeks, Aug. 19 through the 23rd from 7:45 a.m. to 3 p.m. Register through email at faithformation@holytrinityparishnh.org.

Are you interested in becoming Catholic, or are you baptized wanting to complete your sacraments? The RCIA program will be starting soon with a period of inquiry where you

can come and learn about the Catholic faith. E mail Christine Chiasson, RCIA Coordinator at chrischiasson@holytrinityparishnh.org if you would like to register.

Deadline is Sept. 30.

The Holy Trinity Women's Gospel Encounter Group will be starting in September. We will meet at the St. Matthew Conference Room every other Thursday from 1-2:15 p.m., beginning on Sept. 5. Bring a Catholic bible, notebook and pen. If you want more information, check the Web site. Men's Group continues on Saturday mornings from 7 – 8 a.m.M at Pope Francis Hall in Plymouth.

## Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship holds Sunday services each Sunday at 9:30 a.m., both in person at 101 Fairgrounds Rd., Plymouth, and live streamed via Zoom.

Aug. 11: Becoming Yourself

During this interactive service, participants will listen to readings, view a video and

discuss some of the following ideas:

Who or what has made you who you are? What is the most problematic emotion that you deal with? Why? How do you get better at it?

Join us as we discuss these issues and more.

Unitarian Universalism is a caring, open-minded religion that encourages you to seek your own spiritual path. Our Faith draws on many religious traditions, welcoming people with different beliefs. We are a Welcoming Congregation recognizing no distinction of class, nationality, race, gender, or sexual orientation.

For more information and Zoom link, visit our Web site, www.star-kingfellowship.org.

## Wentworth Congregational

Here is our list of upcoming speakers:

Starting June 9, our services will be 9 a.m. through Labor Day.

Aug. 11—Rev. Cindy Petrie (Annual Meeting after the service)

Aug. 18—Rev. Cindy Petrie

Aug. 25--Rev. Lynn Morrison



**ALEXANDRIA**  
**Alexandria United Methodist**  
12 Washburn Rd.  
Alexandria Village, Alexandria  
9 a.m. Sunday Worship Service  
Pastor Mark Lamprey • 603-744-8104  
Methodist Church  
April 16th Easter Worship @ 9a.m.

**ASHLAND**  
**Ashland United Methodist**  
18 Washington St., Ashland  
9:30 Sunday morning Worship Service  
Visit our Website:  
https://ashlandumc.faithlifesites.com/  
for more information and recordings of the Services.  
Pastor Roger Kleinpeter  
1-603-254-7796

**Ashland Community Church**  
55 Main Street - Ashland  
(across from Shurline Market)  
10:00 a.m. Worship  
August 18 – September 15 Teaching Series: "I Love My Church!"  
Toddler Zone (infants – five years old) led by Kara Hamill and Kid Zone (for K-6th grade) led by Debbie Madden.  
Small groups: We offer adult small groups that meet on Sunday, Tuesday, Wednesday, and Thursday evenings.  
New Women's Ministry: A women's group will be starting this fall the 1st and 3rd Thursday of each month beginning October 2019.  
Pastor Ernie Madden  
(603) 968-9464  
accernie@hotmail.com

**Emmanuel Episcopal Church**  
18 Highland Street, Ashland  
(603) 968-7640  
9:30 am Sunday School and Worship  
Rev. Stephen Rugg

**BRISTOL**  
**Bristol Baptist Church**  
30 Summer Street, Bristol, NH 03222  
(603) 744-3885  
SUNDAY  
• Worship service with music as well as the Scriptural message and time of fellowship. 10:00 a.m.  
bristolbaptistchurch.org

**Bristol United Church of Christ**  
15 Church St., Bristol  
9 a.m. Bible Study • 10 a.m. Sunday School  
10 a.m. Worship Service • Child Care Available • 744-8132

**Our Lady of Grace**  
**(part of Holy Trinity Parish)**  
2 West Shore Rd Bristol, NH 03222  
Mass Schedule: 9:30 AM on Sundays (this is the only Mass on Sundays year round now).  
Daily Masses: Tuesdays and Thursdays at 8 AM.

Eucharistic Adoration every Thursday after Mass until 10:00 AM.  
Parish office for both locations:  
11 School St, Plymouth, NH 03264,  
Phone: (603) 536-4700.

**CAMPTON**  
**Campton Baptist Church**  
1345 Main Street, Campton (603) 726-4662  
Sunday 10 a.m. Worship Service followed by Time of Fellowship  
Monday 4 p.m. Bible Study  
Wednesday 7 p.m. Prayer  
Friday 5:30 p.m. Dinner & Movie (free)  
Women's Gathering 2nd Tuesdays 10 a.m.  
Men's Breakfast 2nd Saturdays 7 a.m.  
"Digging Deeper" Service 3rd Sundays 7 p.m.  
Food Pantry by Appointment  
All are Welcome • Handicapped Accessible  
Pastor Chuck Green

**Campton Congregational**  
#495 Rt. 175, Campton  
9:30 a.m. Sunday Worship Service  
Nursery and Child Care Available  
10:30 a.m. Tue. Bible Study for Youth & Adults  
Rev. Jeffery Robie • 536-2536  
Member NACCC

**New Light Chapel**  
Southmayd Plaza (off I-93 Exit 28)  
24 Southmayd Road, Campton  
(Across Route 49 from Campton Mobil)  
10:00 a.m. Sunday Worship Service  
Childcare and Children's Ministry available  
Pastor Steven Veinotte  
www.newlightchapel.com

**DANBURY**  
**Danbury Christian Church**  
High St., Danbury  
9:30 a.m. Sunday School  
11 a.m. Morning Worship  
Tuesdays 6:30 p.m. AWANA  
Thursday. 7:00 p.m. Prayer Group/Bible Study

**United Church of Danbury**  
"All Are Welcome"  
Rt. 104 — Near Center of Town  
9:30 a.m. Sunday Worship Service  
9:30 a.m. Sunday School  
Contact: Sylvia Hill, Deacon at 768-3936  
danburypastor@myfairpoint.net

**HANOVER**  
**Our Savior Lutheran Church**  
5 Summer Street, Hanover • 643-3703  
10:30 a.m. Sunday Service of Holy Communion and Children's Church  
9:15 a.m. Adult Education Hour

**HEBRON**  
**Union Congregational Church**  
Union Congregational Church  
15 Church Lane, Hebron  
603-744-5883  
We welcome all persons  
The Rev. Ralph S. English  
Worship Service - Sunday 10am  
Communion is celebrated on the first

Sunday of each month  
Mass until 10:00 AM.  
A Coffee Hour following worship  
Recorded Services on website  
www.hebronchurchnh.org

**HILL**  
**Hill Village Bible Church**  
9 a.m. - Sunday School  
10 a.m. - Morning Worship  
11 a.m. - Coffee Fellowship  
11:30 a.m. - Bible Hour  
6:30p.m. - Wed. Prayer & Bible Hour  
Teen/Childrens' Ministries  
Nursery provided at all services  
Pastor: Andrew Hemingway  
www.hillvillagebiblechurch.com  
Look for us on Facebook

**HOLDERNESS**  
**Holderness Community Church**  
919 US Route 3 – P.O. Box 613  
Holderness, NH 03245  
Worship Service – Sunday 10 a.m.  
Rev. Chris Drew – 968-3219  
www.holdernesscommunitychurch.org

**NEW HAMPTON**  
**New Hampton Community Church**  
(603) 744-8252  
A Christian Church with a Family friendly atmosphere • Main St. New Hampton  
10 a.m. Sunday Worship  
Nursery care, Children & Youth ed.  
Life Groups meet throughout the week at the church, in area homes and via ZOOM.  
Pastor Scott Mitchell  
pastorscott@newhamptoncc.org  
https://newhamptoncc.org/  
Join us also online:  
https://www.youtube.com/@NewHamptonCommunityChurch

**PLYMOUTH**  
**Calvary Independent Baptist** • 536-3024  
115 Yeaton Rd., West Plymouth  
8:45 a.m. Sunday Morning Service  
10:30 a.m. Sunday School  
6:30 p.m. Sun. Evening Service–Tilton  
7:00 p.m. Tuesday Evening Service  
Dr. Chester W. Kulus, Pastor

**Christian Science Society**  
7 Emerson St., Plymouth  
10-11 a.m.–Sun. Service/Sun. School  
Wed. 6:00-7:00–Testimonial Meeting  
www.cs-plymouth-nh.org

**Church of Jesus Christ of Latter-Day Saints**  
354 Fairgrounds Rd., Plymouth  
10:00a.m. Worship Service  
11:10a.m. Sunday School  
Tom Lopez (603) 998-4356

**Gateway Alliance Church**  
9 Fairgrounds Road, Plymouth  
536-4122  
Worship Service and  
Sunday School 10:00 a.m.  
(Nursery care is available)  
Dennis Simmons, Pastor  
gatewayalliancechurch.org

**Holy Trinity Parish (Roman Catholic)**  
*Our Lady of Grace Chapel*  
2 West Shore Rd, Bristol  
*St. Matthew Church*  
11 School St in Plymouth NH.  
Parish Office: 11 School St in Plymouth  
(603) 536-4700.  
Office email: holytrinitynh@gmail.com  
Communications coordinator:  
Christine Chiasson email:  
chrischiasson@holytrinityparishnh.org.  
Pastor: Fr. Mark Dollard.  
Instagram: holyTrinityNH.  
FB page is Holy Trinity News and Info.

**Plymouth Congregational United Church of Christ**  
4 Post Office Square  
Morning Worship with Sunday School  
9:30 am  
An Open & Affirming, Just Peace,  
Anti Racism Church  
536-2626, www.uccplymouth.org

**Plymouth United Methodist Church**  
334 Fairgrounds Road  
(603)536-1941  
Sunday Morning Worship 9:30 am weekly

**Restoration Church**  
319 Highland Street, Plymouth NH  
10:30 am morning service  
We Care Food Pantry  
Open every Monday from 10-2

**Starr King Unitarian Universalist Fellowship**  
101 Fairgrounds Rd., Plymouth  
536-8908  
9:30 a.m. Sunday Service and Church  
School & Nursery Care  
Rev. Linda Barnes  
www.starringfellowship.org

**RUMNEY**  
**Rumney Baptist Church**  
Rumney Baptist Church  
Rev. Seth Powers, Pastor  
375 Main Street • 786-9918  
rumneybaptist.org  
office@rumneybaptist.org  
Like us on Facebook  
Sundays: 10:00 a.m. Sunday Worship Service  
Livestreaming on YouTube  
Blended, worshipful music  
Relevant Bible teaching  
Children's ministry  
6:30 p.m. Mondays: Teen Worship Service  
Small group Bible studies throughout the week

**West Rumney Community Church United Church of Christ**  
1218 Old Route 25, West Rumney  
Sun. Worship 9 a.m., All are welcome.

**THORNTON**  
**Thornton United Methodist**  
22 Church St., Thornton  
Off Cross Road between Rts 3 & 175

Call 603-726-3774 for more information or to leave a message.

**WARREN**  
**Warren United Methodist Church**  
On the Common, Warren, NH  
Sunday Worship 1:30 p.m.  
Sunday School 10 a.m.  
Rev. Dr. David Palmer • 787-6887

**WENTWORTH**  
**Grace Bible Church of the White Mountains**  
259 Moosilauke Hwy. (NH-25)  
Sunday Schedule:  
Sunday School - 10:00 AM  
Worship Service - 11:00 AM  
Wednesday Schedule  
Bible Study - 6:30 PM  
Patch the Pirate Club for Ages 5-12  
6:30 PM  
Teen Youth Group - 6:30 PM  
ChoirChime Rehearsal - 7:30 PM  
Live-streaming the Worship Service on YouTube  
Nursery and Children's Church provided each service.  
Handicap Accessible  
Pastor: Rev. Steven Anglea  
Phone: (603)530-2866  
Mailing Address: P.O. Box 500,  
Rumney, 03266  
www.gbcnh.org

**Wentworth Baptist Church Independent, Fundamental, K.J.V.**  
260 Cape Moonshine Rd.,  
Wentworth  
9:30 a.m. Sunday School  
10:30 a.m. Sunday Service  
1 p.m. Sunday Afternoon Service  
7 p.m. Wednesday Evening Service  
764-9800 www.wbcnh.org

**Wentworth Congregational Church**  
Wentworth Village Road (Common)  
wentworthcongregationalchurch.org  
Sunday services: 10:15 a.m., Sept.thru May.  
9:00 a.m., May thru August  
764-9081

**WOODSTOCK**  
**Pemi Valley Church**  
1091 Rte 3 South Woodstock, • 745-6241  
ALL ARE WELCOME  
Wednesday - 6:30 p.m. Bible Study and Prayer Group.  
Sunday 9-10 a.m. Worship Service and Children's Sunday School. 10-10:30 a.m. Refreshments.  
Reverend John Muehlke Jr.





# Last chance to fish in Squam Canoe Classic

HOLDERNESS — Aug. 10 is the final date for the Squam Lakes Association’s 10th Annual Squam Canoe Classic, a bass fishing tournament on Big Squam!

This is a motorless event, open to any vessel that’s completely human powered, with the exception of the Adaptive Angler category. The Squam Lakes Association has partnered with Eastern Adaptive Sports to provide a quiet water fishing experience, allowing adaptive anglers the opportunity to fully participate in this event. All registrations for the Adaptive Angler category will be handled through Eastern Adaptive Sports (EAS) and participants must fish on an EAS vessel.

Fishing should only occur on Big Squam for this tournament regardless of launch site. Anglers may launch from any legal location; the Squam Lakes Association, Dog Cove, and the public boat launch or from any private launch spot on Big Squam if participant secures permission from landowner. There is no physical check-in, though participants can check-in at the Squam Lakes Association campus. All entries (photo of fish against ruler

and data sheet) must be submitted via email to [bass@squamlakes.org](mailto:bass@squamlakes.org) by 1:00pm the day of the tournament.

For more information, or to register for the tournament, visit the SLA Web site ([squamlakes.org](http://squamlakes.org)) or contact the SLA directly (603-968-7336). The SLA also offers other guided hikes and Adventure Ecology programming throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the LRCC AmeriCorps members at the SLA who perform important conservation work in support of the Association’s mission. To register for this event or others, visit [squamlakes.org/calendar](http://squamlakes.org/calendar).

The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes Region.

# Oscar winner Ernest Thompson to speak at Holderness Free Library

HOLDERNESS — Academy Award winner Ernest Thompson will appear at the Holderness Free Library on Tuesday, Aug. 13 at 5 p.m. to talk about his debut novel, “The Book of Maps.” An acclaimed author, actor, playwright, filmmaker, and songwriter, Thompson is best known for his Oscar-winning screenplay adaptation of the iconic film “On Golden Pond,” filmed here in New Hampshire’s Lakes Region. Thompson will be signing copies of “The Book of Maps,” which will be available for purchase.



Ernest Thompson

“The Book of Maps” tells the story of a complicated father, Brendan Tibbet, a struggling filmmaker, who takes his young son on a cross-country trek from Los Angeles to New Hampshire in the summer of 2002. Just as funny and deeply moving as “On Golden Pond,” “The Book of Maps” covers 16 states in 15 days, but it’s the interior journey that resonates. Brendan must break the news to his son that his parents are getting divorced. He puts it off for as long as he can, knowing it will affect the boy forever.

“While ‘On Golden Pond’ is a story of forgiveness, ‘The Book of Maps’ is about redemption and learning to become a better person,” Thompson said, “a lesson all of us could profit from when we’re seeing folks who don’t necessarily exemplify the best in the human condition.”

Like all of Thompson’s plays and films, “The Book of Maps” glimmers with what he calls the Three Hs: Heart, Humor and Hope. If you liked ‘On Golden Pond,’ you’re going to love “The Book of Maps.”

As an actor who has starred in two TV series, many films and on Broadway, Thompson is a dynamic speaker whose book tour has taken him from California to the South and throughout the Northeast. “I love engaging with readers and to share my stories with them” — which, for Thompson, includes not only his latest novel, “The Book of Maps,” but also anecdotes from the 35 fellow Oscar winners and nominees with whom he’s had the honor of working. Through his Write On Golden Pond workshops and his Rescind Recidivism prison writing program, Thompson has heard literally thousands of stories.

The event on Aug. 13 is free and open to the public. Refreshments will be provided by the Friends of the Library. The Holderness Free Library is located at 866 US Route 3 in Holderness. Additional parking will be available at the Squam Lakes Natural Science Center. For more information, call (603) 968-7066 or visit [www.thebookofmaps.com](http://www.thebookofmaps.com).

# Lauren Kras hired as Squam Lakes Conservation Society’s Executive Director

HOLDERNESS — Squam Lakes Conservation Society (SLCS) is pleased to announce Lauren Kras has been hired to succeed Roger Larochelle as its Executive Director. Lauren has deep and relevant experience in the land conservation community, and her hands-on approach, infectious enthusiasm, and passion for the outdoors make her the ideal candidate to lead SLCS.



Lauren Kras

Kras stated, “I am truly honored and excited to help lead SLCS in this next chapter and build on the amazing work that’s been done over the last 64 years. I fell in love with Squam and the surrounding area the first time I visited over twelve years ago, and I cannot wait to put down roots in the Squam community.”

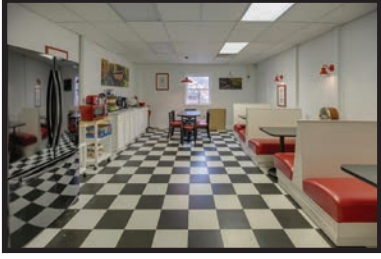
Roger Larochelle, who will retire as Executive Director around Labor Day after 21 years of exemplary service, adds, “Lauren is in for a remarkable journey.

SLCS has a great staff, board, partners, and members. I’m confident she’ll fit right in and have as rewarding an experience as I’ve had.”

Kras will be introduced during SLCS’s Annual Meeting on Saturday, Aug. 17 at 10:30 a.m. at Camp Hale on Millbridge Road in Sandwich. All are welcome to attend. Lunch will be served at noon.

The Squam Lakes Conservation Society is an accredited land trust whose mission is to preserve the unique quality and character of the Squam watershed by protecting its lands for present and future generations since 1960. For more information about SLCS, conserving land or volunteering go to [www.foreversquam.org](http://www.foreversquam.org) or call (603) 968-7900.

## NOW AVAILABLE RESIDENTIAL / COMMERCIAL 5 Water Street, Meredith, NH



Once home to the historic Meredith News. 5 Water Street, Meredith, NH, is now available with 6,670 SF+/- of heated and cooled space, located in the central business district, allowing flexible use for residential & commercial ventures. Three-phase electric, interior front & back Stairs, fire suppression system, hard wired smoke detectors, emergency lighting, high speed internet, town water & sewer, loading dock, & furniture included.

Call Linda Matheson to  
view 603.348.3764



Badger, Peabody, Smith Realty  
603.823.5700  
383 Main St, Franconia, NH 03580



**Not getting enough attention?**  
**Call your Sales Representative Today**  
**Tracy Lewis: 603.616.7103**



# Hospice care is a gift to the whole family

BY ANNA SWANSON  
Pemi-Baker Hospice & Home Health

REGION — Pemi-Baker Hospice & Home Health is proud to announce the Gift of Hospice Care, a heartfelt initiative aimed at educating the community about the profound benefits of opting for hospice care early as loved ones age. This initiative underscores the compassionate, comprehensive support available to patients and their families during life's final stages.

Opting for hospice care is a compassionate choice, not a negative one.

Selecting hospice care is a loving decision, not something to fear.

Embracing hospice care is a blessing, not a burden.

Hospice care provides a holistic approach to end-of-life care, focusing on the physical, emotional, and spiritual needs of patients. By choosing hospice care early, patients receive personalized medical care designed to manage pain and symptoms, allowing them to live their remaining days with dignity and comfort.

Families also experience significant benefits when hospice care is initiated early. They gain access to a dedicated team of healthcare professionals, including nurses, social workers, chaplains and volunteers who provide guidance and emotional support. This network of support helps families navigate the complexities of end-of-life care, offering respite and ensuring that they are not alone during this challenging time.

Additionally, early



Dr. Kristi Saunders, MD, Hospice Medical Director

hospice care can lead to better quality of life for both patients and their loved ones. It enables more time to create meaningful memories, facilitates important conversations, and provides peace of mind knowing that compassionate, expert care is readily available day or night.

"Our mission is to ensure that patients and families receive the best possible care and support during one of life's most natural transitions," said Dr. Kristi Saunders, MD, Hospice Medical Director at Pemi-Baker Hospice & Home Health. "By choosing hospice care early, families can focus on spending quality time together while we take care of the rest."

Don't wait to ask about how our compassionate staff can help your loved ones with the Gift of Hospice Care. To qualify for hospice care patients, families and providers can refer to the program if the patient's condition is life limiting and the patient is seeking symptom management support at home or in a nursing home/hospital. Our focus is on providing comfort to patients and support to families, with our

team available 24/7 to address any concerns. The call is free, and our professionals are ready to assist you! Call us today at 603-536-2232 to learn more.

Pemi-Baker Hospice & Home Health is a trusted, nonprofit agency proudly serv-

ing 32 towns in central and northern NH since 1967. Expert services include at-home healthcare and physical therapies (VNA), hospice and palliative care, and community programs including American Red Cross CPR/AED/FA, Care-

giver and Bereavement Support Groups and Ask A Pemi-Baker Nurse days at your local senior centers. Providing compassionate care with experienced staff who are trained, certified professionals and your neighbors. In your time of need,

we're right where you need us.

Pemi-Baker is located at 101 Boulder Point Dr., Suite 3, Plymouth. To contact us please call: 603-536-2232 or email: [info@pbhha.org](mailto:info@pbhha.org) Like our Facebook Page: [@pemibakerhospicehomehealth](https://www.facebook.com/pemibakerhospicehomehealth).

# capitalwell

**Clean Water Center**

Residential & Commercial

Well Drilling

Pump Systems

Service & Repairs

Water Filtration

Irrigation Design & Installation

Hydrofracking

Geothermal Heating & Cooling

Water Testing

Radon Mitigation / Arsenic Removal

PFOA-PFAS Removal / Uranium

## JOIN OUR TEAM

Truck Drivers -CDL A and B, Grader and Roller Operators, Laborers, Paver Operators, Detail and Maintenance Foreman

Competitive Pay and Benefits

Experience preferred, driver's license a MUST

**CALL TODAY 603-286-8182**

**[porterpaving@gmail.com](mailto:porterpaving@gmail.com)**

**THE EXPERTS IN ALL THINGS PAVED**

**BRYANT PAVING**

**603-279-1499**

GRADING  
PAVING  
CRACK FILLING  
SEALCOATING  
REPAIRS  
PLOWING

**FREE ESTIMATES**

[WWW.BRYANTPAVING.COM](http://WWW.BRYANTPAVING.COM)

### OUR "NO CAVITY CLUB" WINNERS!

**Congratulations ARIA!**

**Congratulations ELENA!**

**Congratulations JACKSON!**

**Congratulations HENRY!**

**CHILDREN'S DENTISTRY**

Lakes Region | White Mountains | North Country | North Conway

[www.ChildrensDentistNH.com](http://www.ChildrensDentistNH.com)

### INDEPENDENT LIVING - ASSISTED LIVING - MEMORY CARE

**Best value in the Lakes Region**

## Assisted Living Now Available!

"After weeks of searching, I found myself at Peabody Place. It was immediately apparent that I had found something special. I saw caring, professional and good-natured staff. I saw an environment that encouraged social engagement and community. Peabody has exceeded all of our expectations as a family. My parents have made wonderful friends, enjoy the food, field trips, group activities and social gatherings. The peace this has brought to our family is immeasurable." Chris P.

- 85 years of exemplary care
- No entrance fee with all-inclusive amenities
- Pet Friendly
- Beautifully well-appointed suites
- Not for profit organization

**Peabody Place**

"A place for all seniors, we welcome diversity."

**Call today for a personal visit and tour:**  
603.934.3718 24 Peabody Place, Franklin, NH [Peabody.Place](http://Peabody.Place)



# Three-peat for Post 36 Junior American Legion boys

BY JOSHUA SPAULDING  
Sports Editor

MANCHESTER — The Berlin Post 36 Junior American Legion baseball team played its way into the state tournament finals on Sunday, July 28, earning a 9-2 win over Londonderry to earn a spot in the championship game. The team entered the season as the two-time defending state champions and on Tuesday, July 30, took the 6-0 win over Weare to bring home the third championship in a row.

Jacob Brown and Jack Saladino were the stars of the day for Post 36, as Saladino had four hits and Brown gave up just two runs and seven hits over seven innings.

Saladino had a pair of doubles and a pair of singles, drove in three runs and scored twice while Isaac Langlois had two hits, drove in two runs and scored a run and Jake Sanborn had two hits and scored a run. Noah Shaw had a hit, scored a run and drove in a run, Brown had a hit and drove in two runs, Thomas Daigneault had a hit and drove in a run and Joey Cristoforo had a hit and scored two runs.

Post 36 scored twice in the first inning and added four more in the second and two in the third for the 8-1 lead and added one last run in the bottom of the fifth to close out the 9-2 win.

The win sent Post 36 into the state championship against Weare, which took place on Tuesday, July 30, at Gill Stadium in Manchester.

Berlin scored two runs in the bottom of the first and never looked back. They added three runs in the bottom of the fourth and got the final run in the bottom of the sixth to clinch the 6-0 win and the third title in a row.

Saladino had a triple and a single, drove in two runs and scored twice, Langlois had two hits, scored a run and drove in a run, Brown had a hit and drove in a run, Cristoforo had a hit and scored a run and Kyle Dodge had a hit and scored a run.

Saladino also did the job on the mound, pitch-



KRYSTAL BROWN – COURTESY PHOTO

The Berlin Post 36 Junior American Legion baseball team won its third straight New Hampshire state championship last week in Manchester.

ing into the seventh inning, giving up just three hits and striking out seven while Noah Shaw got

the final out of the game to finish off the 6-0 win. Post 36 moves on to the Northeast Regional

Tournament in Bangor, Maine. The tournament kicks off on Friday, Aug. 9, at 10 a.m. against the

runners-up from the Maine tournament. Sports Editor Joshua

Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

## Belmont 10-Mile Road Race is Saturday

BELMONT — Time is fast approaching for the 55th running of the Belmont 10-Mile Road Race. As one of the oldest road races in New Hampshire, it's a challenging course for the experienced runner with curvy back roads and plenty of hills tossed in to keep it interesting. It makes for a "great story" bucket list item, or a chance to try out long distance running for exercise.

The race will take place on Saturday,

Aug. 10, and has an early start time of 7:30 a.m. to beat the August heat and give participants the rest of the day to float in a pool, attend a barbecue, or enjoy other Belmont Old Home Day activities. The \$25 registration fee includes race entry and a t-shirt to commemorate the achievement of a challenging 10-mile run. Organizers are excited to offer online registration for the first time this year (RunSignup Belmont 10-Miler).

Pre-registrations are appreciated, however, day of registrations are also accepted starting at 7 a.m. in the Belmont Middle School parking lot on School Street/Memorial Drive. Other registration options are available (refer to registration form on the town of Belmont's website Belmont Old Home Day Activities. Questions? Contact Courtney (603) 707-0517 or Gretta (603) 998-7998.

## Is there a more iconic Olympic venue? I'd say not

BY JOSHUA SPAULDING  
Sports Editor

PARIS, France — The stadium was literally rocking.

As the in-house DJ urged the crowd to jump and sway, both the woman next to me and I let out a gasp at almost the same time. The temporary stadium seating we were perched on high above the beach volleyball court at the Paris Olympics was literally swaying and it kind of caught us off guard.

That being said, there was nothing about the beach volleyball venue that was going to spoil the atmosphere on Sunday, July

28, as the United States team of Kelly Cheng and Sarah Hughes opened their Olympic tournament.

When Paris announced the locations for their sports in the 2024 Summer Olympics, they wanted to include the iconic sites that people come to the city to see. Equestrian is at Palace of Versailles, the urban sports park is built in the Place de Concorde, archery takes place at Invalides and the triathlon and marathon swimming take place in the heart of the city in the River Seine.

But no venue is more iconic than the



## Positive

FROM PAGE A4

"There is no right time. There is just time and what you choose to do with it," said J.K. Rowling.

The essence of this wisdom is that the perfect moment to start living your dreams will never come on its own. You must seize the moment, create the opportunity, and decide to start now.

So, how do you start? Begin by acknowledging where you are and where you want to be. Set goals, no matter how small, and take steps towards them. Each moment spent working towards your dreams is a moment well spent.

As the great philosopher Lao Tzu said, "The journey of a thousand miles begins with one step."

Embrace your journey, and remember that it's always possible to make a change, take a step forward, and pursue what truly matters to you. Time is precious; the only way to honor it is by making the most of every moment.

"Don't watch the clock; do what it does. Keep going," said Sam Levenson.

This means that instead of fixating on the passage of time, focus on your actions and the progress you're making. Every second is a chance to move closer to your goals and to live a life that fulfills and excites you.

So, ask yourself: Are you living the life you want? If not, now is the time to start. Reflect on your dreams, passions, and the steps needed to reach them. Take inspiration from those who have walked before you, and remember that your unique journey is valuable and significant.

"Your time is limited, so don't waste it living someone else's life," Steve Jobs once advised.

This is your life, your time. Make it count. Live authentically, chase your dreams with vigor, and appreciate the beauty of every moment you have. Make sure your friends and family know you love them. Hug them and spend time with them.

Every heartbeat and breath is a gift, an opportunity to make a difference, love, create, and live fully. Don't let the minutes slip away unnoticed. Embrace each one, for they are the building blocks of your legacy.

Time waits for no one. Start today—live passionately, dream boldly, and remember it's never too late to begin again. We don't have forever and never know when our time will be up. Take advantage of every moment, seize opportunities, and make the most of the time you have now.

temporary stadium they built at the foot of the Eiffel Tower where beach volleyball takes place. Sunday night was my first trip to the stadium and despite once again making a detour through the spectator entrance instead of the media entrance, I found my way to the media center and then up to the media tribune.

Without a doubt, this was probably the most incredible place I have ever sat and watched a sporting contest. The media tribune sits high above the volleyball court looking directly at the Eiffel Tower. In fact, the view was so iconic that a countless stream of people made their way up the stairs next to the media tribune to take pictures with the

monument in the background.

At times, it was hard to even remember that there was a beach volleyball game going on that night, as I was just taken in by where I was sitting and the fact that what I was doing was in fact work.

In addition to seeing some of the best athletes in the world doing their thing, it's things like this that make these trips truly memorable. There is no doubt in my mind I will ever forget sitting at the Eiffel Tower watching beach volleyball as the bleachers swayed under me.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).



# Plenty to see and do as Paris Olympics continue along

SPORTING  
CHANCE



By JOSHUA SPAULDING

Last week's column left off before I headed off to the Eiffel Tower for beach volleyball. That venue turned out to be incredible, as the media tribune sits directly across the court from the Eiffel Tower, so our view was absolutely amazing. In fact, all night long random spectators came up the stairs next to where I was sitting to take their selfies with the tower.

Monday morning, I boarded the train and headed out to the rowing venue. I had been there the day before for the whitewater event, so I had a good idea how to get there and get around. I had made contact with Brett Johson of US Rowing and let him know I wanted to talk to Brewster graduate Chris Carlson, who was racing in the eight boat. His boat won its heat to advance directly to the finals on Saturday.

From there I finished out the night with a trip to the Bercy Arena to see the men's gymnastics team competition, where New England's Stephen Nedoroscik helped the US clinch its first medal since 2008 with a great pommel horse performance.

The next day I headed to the Pont Alexandre for the triathlon, only to find that it was cancelled moments before I got there due to the water quality (they competed the next day). After a quick break I made my way to the urban sports park, which is located at the Place de Concorde. It was incredibly hot, so I spent some time in the venue media center, watched a little BMX park and 3v3 basketball. I also did a couple of interviews with locals working at the Olympics, including Ed Strapp, a trainer with Team USA and Kristine Adams, who works for TSA.

Wednesday, I started the day at the new aquatics center to see Dover's Jessica Parrotto in the platform diving com-



JOSHUA SPAULDING  
**Roland Garros was one of the places on the bucket list to see in Paris and I got out there last week.**

petition. After she and her partner won a silver medal in Tokyo, they came up a bit short of a medal this time around, finishing in sixth place. From there, I made my way across town to the Paris South Arena to see the US women's volleyball team and when that was over, I made my way across the same arena complex to see a little table tennis to close out the day.

I wanted to see the beautiful fencing venue, Grand Palais, so I

headed there on Thursday morning and it was indeed, gorgeous. After watching the US women beat China in the first round of the team competition (they went on to win gold), I wanted to see another venue, so headed out to Roland Garros to see some tennis. This was another spot on the bucket list of famous sports venues that you want to see when in Paris. I finished up the day with a trip to Bercy Arena again, this time

to see the women's all-around, where Simone Biles earned gold with an incredible performance.

Friday, after the glamorous task of finding a laundromat, I made my way out to Golf National to see a little of the golf competition. It was a beautiful day to sit in the stands for a little while and watch the golfers move around the course. I made another short trip to the BMX track to see some racing and get in

another local interview, this time with Dr. Tamara Lovelace, who is working with the US Cycling team.

There was plenty of stuff still to come over the weekend, with more rowing, a first few trips to track, more triathlon and gymnastics heading into the final week of my stay in Paris.

For updates on the trip, follow the blog at [salmonsportsguy.blogspot.com](https://salmonsportsguy.blogspot.com) or on social media (X and Instagram) at [SalmonSportsGuy](https://salmonsports-guy) as there are multiple updates a day out there to see.

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

## Biles back on top of Olympic podium

*US women win pair of medals in all-around competition*

BY JOSHUA SPAULDING  
Sports Editor

PARIS, France — Simone Biles is used to having all eyes on her. As one of, if not the best gymnasts in the world, she knows what the pressure to perform is like and she knows how to keep calm.

However, in the all-around finals at Bercy Arena on Thursday, Aug. 1, she also had to know that teammate Suni Lee and Brazil's Rebeca Andrade knew how to perform under that same pressure.

But in the end, all eyes were indeed on Biles, as she was the lone athlete left on the floor of the arena as she prepared to do her floor routine in the final rotation of the night. Lee and Andrade had just finished their floor exercises and currently stood in third and second place, respectively.

Biles proceeded to score a 15.066 on floor, the best of any gymnast in the all-around finals, and became the first woman to win an individual Olympic gymnastics medal twice in non-consecutive Olympic Games.

"It's been eight years," she said, refer-

encing the all-around title she won at the Rio Olympics in 2016. "It feels amazing. I was a little bit naive in the process, so I appreciate my craft a little bit more."

Her score of 59.131 was 1.199 more than Andrade, who received a 57.932. Lee, the reigning Olympic all-around champion after Biles had to bow out in Tokyo three years ago, won the bronze medal for Team USA, scoring 56.465. It is the first bronze medal for Team USA in the event, to go along with six gold and three silver medals.

Biles joins Larisa Latynina of the Soviet Union and Vera Caslavskaja of Czechoslovakia as the only three women to win Olympic all-around titles twice. With five Olympic titles, Biles trails only Latynina (who has nine) and Caslavskaja (seven) with opportunities to add to her total in the apparatus finals.

Biles recorded the highest scores in three of the four events, scoring 15.766 on vault, 14.566 on balance beam and 15.066 on floor exercise. Andrade ranked second on vault (15.100) and floor (14.033), while



JOSHUA SPAULDING  
**Simone Biles (left) and Suni Lee celebrate their medals in the women's all-around at Bercy Arena in Paris last week.**

Lee had the second-highest score on uneven bars (14.866) behind the 15.533 from Kaylia Nemour of Algeria.

"I just couldn't believe that I did it. I know that I did it, but I don't think it's hit me just yet," she said about her final tumble on the floor exercise. "It will probably hit me whenever I go back to the Village."

"I'm just ecstatic with my performances tonight. And we still have three finals left for me," she said. "Now it's time to have fun and the hard part is over."

"I went out there and

told myself to not put any pressure on myself. I didn't want to think about the past Olympics or even try to prove to anybody anything," Lee said. "I just wanted to prove (to) myself that I could do it because I didn't think (in the first place) that I could."

"It has taken a lot. I am very grateful I had my coaches," she continued. "Also, having Simone here today definitely helped me a lot because we're both freaking out. It was nice knowing that I wasn't out there freaking out by myself."

"I told Simone I didn't

even know how to do math in my head (to calculate scores) and then Simone said, 'Me neither.' It was great to be out there with her (Simone) and do it the right way this time."

After her highly-publicized withdrawal from the all-around in Tokyo three years ago, Biles said she didn't know if she'd make it back to the podium.

"Three years ago I never thought I'd step foot on a gymnastics floor again, because of everything that had happened," Biles said. "But with the help of Cecile

and Laurent (Landi, her coaches), I got back in the gym and worked really hard mentally and physically.

"All in all, I'm super proud of my performance and the fight I've had for the last three years, mentally and physically, to get back competing on a world stage," she continued. "The Olympic Games is an amazing experience, so I couldn't be prouder. "To see where I've grown from Tokyo (2020) and even the 19-year-old from Rio (2016) is amazing. I'm proud of (myself) for putting in the work and never giving up."

The win for Biles continues a stellar run for the US women in the all-around at the Olympics. Before Lee in 2021 and Biles in 2016, Gabby Douglas won in London in 2012, Nastia Liukin won in Beijing in 2008 and Carly Patterson won in Athens in 2004.

"I'm super excited to go home and celebrate with family and friends," Biles stated.

*Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).*

Got Space? we do.

FOR ADVERTISING CONTACT US TODAY!

Tracy Lewis  
(603) 616-7103  
[tracy@salmonpress.news](mailto:tracy@salmonpress.news)

Lori Lynch  
(603) 444-3927  
[lori@salmonpress.news](mailto:lori@salmonpress.news)



# New Englanders help US men clinch gymnastics team bronze

## Medal is the first for US team since 2008

BY JOSHUA SPAULDING  
Sports Editor

PARIS, France — Stephen Nedoroscik had one job.

After sitting around for the entire gymnastics team competition on Monday, July 29, at the Bercy Arena, the Worcester, Mass. resident was tasked with straddling the pommel horse as the final member of the American team in the final rotation of the night and a medal hanging in the balance.

The United States men, who hadn't won a medal since the 2008 Beijing Games, were in third place heading to the final rotation, where Paul Juda, Brody Malone and finally, Nedoroscik, put on clean pommel horse routines to keep the US men in third place and earning them that sought-after medal. Japan took gold and China, leading going into the final routine, finished in second place.

"I had my coach by my side and he does a great job of taking the nerves out of (me) and he hypes me up," Nedoroscik said.



Bercy Arena was the site for gymnastics at the Paris Summer Olympics.

"But these guys hit every routine before me and I have a statistic - when people hit before me, I also hit (my routine). So, I went out there and did my job and I enjoyed the moment.

"It was a really long day, and I sat in our room and thought about how I get to be the last person (competing for the USA team), and I framed that in my head as a positive - that I can be the exclamation point," he continued. "I saluted (after his

dismount) and looked at these guys (his teammates), and they were jumping up and down, and it was the greatest moment of my life."

That moment was the culmination of a lot of work for the team with the ultimate goal of breaking the cycle of not medaling at the Olympics.

"We got here with our director (Brett McClure) having basic strategies to try to do things and push in the direction of

building the difficulty - really raising the standard of who we are, not just to be Olympians, but to bring medals home," said fellow Massachusetts resident Fredrick Richard, who won the US Olympic Trials on his way to Paris. "Every routine has the potential to push us in the right direction and build that energy that makes us keep getting better and better and doing amazing, and that's what we did."

The Americans started the night on rings, and posted a higher score than they did in qualifying, with Asher Hong, Brody Malone and Richard putting the US in fifth place.

That fifth place didn't last long, as huge Juda and Malone back-to-back stuck efforts followed by a tremendous performance by Hong, which propelled the American team to the lead. Malone, Richard and Hong then competed on parallel bars and their consistent scores had the team in second place halfway through the competition.

After some struggles in qualifications on high bar, Team USA had a strong performance, with Juda kicking things off with a solid performance and Richard delivering a huge routine and Malone ended things with another stuck landing. The US stood in third place heading to the final two rotations.

Juda, Hong and Richard gave the very pro-American crowd plenty to cheer about in

the floor exercise and the team remained in third heading to the final rotation, the aforementioned pommel horse.

After Juda and Malone delivered solid performance, Nedoroscik emerged from the shadows, did his job and the medal was in the hands of Team USA.

"You start competing with this fire in you that says, 'It's going to happen, trust the process, trust your gymnastics and believe in your brothers, too,'" Richard said. "When they (his teammates) were going, I believed every ounce that it was going to come out a great routine, and it did every single time."

"All of us had a role to add to it, and it really worked and made us keep going like that throughout the whole thing," he added. "My goal was to show the US getting stronger and stronger. I'm getting stronger and stronger."

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

## Help Wanted

### HELP WANTED

JOB TITLE: Manufacturing Team Member  
PAY RATE: Rate based on Experience

**JOB DESCRIPTION:**  
The successful candidate will have 1 to 3 years of experience in each of a combination of the following areas: construction, metalworking or general assembly. The candidate will have experience working with large assemblies in a small team environment. Primary responsibilities will be assembly, construction and clean up. The successful candidate will have the ability to work well with others and take direction from the team leader. The candidate will also work independently so strong analytical and organizational skills with a proven ability to communicate with other Assembly Team Members, Team Leaders, Sub-contractors, and Management is critical. The candidate must be a team player able to work in a fast-paced environment. Dependability is a must.

This is a full-time position with benefits. Interested candidates please forward a resume or contact Rusty Burt at rburt@mmcmmedical.com or 802-535-0092.

### HELP WANTED

LOOKING FOR A STABLE, JO

FULL TIME

DE

### MAPLEFIELDS

We are looking for

### Part time, Full time Cashiers and Cooks

Competitive pay, flexible scheduling, different shifts, paid holidays, sick time, positions come with health benefits, paid 401K, opportunities for advancement.

Apply online at [www.jointeam.com](http://www.jointeam.com) or apply in person at our Littleton location 390 Meadow

Owned & Operated by

### MAPLE

Assiste

# NEED JOB

## Try the Bank.

# Find a Career in The Classifieds!

# Step Up Your Advertising Game

Talk our experienced ad consultants today about advertising in one of our papers.

## Advertising Works

## Contact Tracy

(603) 616-7103 • [tracy@salmonpress.news](mailto:tracy@salmonpress.news)

## or Lori

(603) 444-3927 • [lori@salmonpress.news](mailto:lori@salmonpress.news)

## Love Your Community Shop Local

[SalmonPress.com](http://SalmonPress.com)



# Pasquaney Garden Club and guests will tour and “pick” at Sweet Pea Farm

PLYMOUTH — Sweet Pea Specialty Flower Farm grows flowers for the cut flower market: florists and flower shops. On Tuesday, Aug. 20, Pasquaney Garden Club has arranged time for members and guests to participate in a tour of their colorful gardens and have an opportunity to pick if wanted.

Those wishing to attend may gather at 12:30 p.m. at the Masonic Hall parking lot in Bristol and car pool (as desired) to 61 Morse Road in Plymouth. Directions will be made available. We will arrive at the farm at 1. There will be a brief meeting while we have our lunches (bring your own), followed by the tour. There is no fee for the tour and guests are welcome.

Alison and Gary Thorp are the creators of Sweet Pea Farm in Plymouth. Their back ground includes years of landscaping, owning a cranberry bog and for Gary, an opportunity to work in Boston for the Rose Fitzgerald Kennedy Greenway Conservancy, a park comprised of 14 acres of gardens and lawns in the heart of Boston. This was a fabulous opportunity to work side-by-side with other horticulturists.

Eight years later, the pandemic hit, and their plans had to change dramatically. A course in Floral Culture evolved into a plan for retirement: continue growing things they loved!

In March 2020, they moved to 61 Morse Rd., Plymouth, at the peak of the pandemic and the property became Sweet Pea Specialty Flower Farm. Their goal was to create gardens of flowers for the cut flower market and also include new ideas for greens for use in floral arranging.

As of 2024, the gardens have expanded, and in addition to providing flowers on a commercial basis, they have added “u-pick flowers” and a “u-pick pumpkin patch.”

Join Pasquaney Garden Club for a pleasant afternoon visit at Sweet Pea Specialty Flower Farm.

## Join SLA for “Poe-Tree” hike

HOLDERNESS — Join the Squam Lakes Association on Aug. 13 for a two-mile hike through Belknap Woods where we will discuss native tree species and craft a poem for each tree that we learn about. Expand upon your writing skills and grow closer to the beautiful plant life all around us. This hike is open to all ages, however, all children must be accompanied by an adult. Please bring snacks, plenty of water, weather-appropriate clothing and hiking gear, rain gear, etc. We will meet at the SLA trailer at 9:30 a.m. to carpool in the van to the trailhead. Belknap Woods is owned and managed by the SLA. The Squam Lakes Conservation Society holds the conservation easement.

Participants will need notebooks/ writing supplies. Make sure you have something sturdy to write on such as a clipboard. Participants should bring their own food and water for the hike. Be sure to have appropriate hiking attire such as closed toed shoes, sun screen, bug spray, and rain gear!

For more information, or to sign up for this Adventure Ecology program, visit the SLA Web site ([squamlakes.org](http://squamlakes.org)) or call the SLA office (603-968-7336). The SLA also offers other guided hikes and Adventure Ecology programs throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. Adventure Ecology programs are presented by the SLA's Lakes Region Conservation Corps members, who perform important conservation work in support of the Association's mission. To register for this event or others, visit [squamlakes.org/calendar](http://squamlakes.org/calendar).

The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes Region.

# Enjoy guided hike of Bear Mountain with NLRA

HEBRON — Join the Newfound Lake Region Association (NLRA) for a guided hike in Newfound Watershed conserved lands on Bear Mountain on Aug. 16 at 9 a.m.

Land conservation is one of the best ways to protect the health of Newfound Lake. NLRA has worked with the Newfound Land Conservation Partnership (NLCP) to increase the amount of conserved land in the watershed, and this hike will take participants through some of the watershed's publicly accessible conserved lands. Led by NLRA volunteers and staff, participants will explore parts of the Elwell Trail heading east to Bear Mountain, see views of the lake to the south, and get a new perspective on keeping the watershed healthy. This moderate, approximately four-mile hike has a few rocky scrambles and up-and-down sections at the top. Registration is required and space is limited. Register online at [NewfoundLake.org/events](http://NewfoundLake.org/events) or call 603-744-8689.

The NLCP is a collaboration among NLRA, the Society for the Protection of NH Forests, the Lakes Re-

gion Conservation Trust, the Nature Conservancy, and volunteer representatives from the towns of Hebron, Groton, Bristol, Bridgewater, and Alexandria. Since 2009, the Partnership has worked to promote land conservation within the Newfound Watershed through education and community outreach and has supported efforts to conserve nearly 8500 acres. Learn more about conservation in the Newfound Watershed and why land conservation is important at [NewfoundLake.org/NLCP](http://NewfoundLake.org/NLCP).

Land conservation is an important part of NLRA's work to protect the high-quality waters of Newfound Lake and its watershed, maintaining a healthy and diverse ecosystem. Through water quality and invasive species monitoring, educational events such as guided hikes and nature activities, and land conservation efforts that protect open spaces and help manage stormwater pollution, NLRA approaches conservation at the watershed level. You can learn more about NLRA's initiatives at [NewfoundLake.org](http://NewfoundLake.org).

## Squam Lakes Natural Science Center to hold Annual Meeting for members

HOLDERNESS — Squam Lakes Natural Science Center will hold their annual meeting for members on Thursday, Aug. 22 from 4:30 to 5:15 p.m. in Kirkwood Gardens at the Science Center.

Members will enjoy refreshments before the business meeting starts at 4:30 p.m. The agenda includes a welcome by Chair of the Board of Trustees, Sarah Brown, followed by approval of the 2023 annual meet-

ing minutes. Treasurer Anne R. Lovett will present the 2023 financial report. The meeting will honor retiring trustee Justin Van Etten. Voting will take place for trustees nominated for re-election including Cathy Denious, Diane Garfield, Martha Grant, Nan Grossman, Susan Lynch, and David Murphy. Trustees nominated as officers to serve a one-year term include Sarah Brown, Chair; Lisa Bennett, Vice Chair; Anne R. Lovett, Treasurer; and

Lisa Doner, Secretary. Nominated as new trustees are Michelle Janosa and Carol Stone. Biographies of new trustees are available at [nhnature.org/programs/annual\\_meeting.php](http://nhnature.org/programs/annual_meeting.php).

Executive Director Iain MacLeod will honor staff employment milestones and present the Horizon Award.

There is no charge to attend the Annual Meeting for Members but reservations are required.

Please RSVP to [info@nhnature.org](mailto:info@nhnature.org).

Please note: Parking for the 2024 Annual Meeting for Members is located in the field behind NH Fish & Game boat trailer parking on Route 113.

Members are invited to stay after the Annual Meeting, and purchase tickets to attend the Garden Party to Support the Science Center. Details at [nhnature.org](http://nhnature.org).

### PETS OF THE WEEK

#### Zeke

Meet Zeke!  
He is a lovable hound with a friendly disposition! Zeke absolutely adores being around adults and feels most confident when he's with his human friends. His sweet and social nature shines brightest when he has his favorite people by his side.

We think Zeke would thrive most in an adult only home as lots of loud noises or constant zooming of young kids may be stressful. Don't worry - your home will be filled with lots of hound dog personality AND his beautiful hound dog voice!



#### Buster

Meet Buster!  
This bundle of energy will be your new best friend! Buster is a sweet gentleman who loves to play, go on adventures, and hang out with his people. He'd do best as the only four-legged friend in the home, and would love to be your next adventure buddy! He loves kids, and always makes the most out of every moment. Come meet Buster, and he'll steal your heart!



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

## BUSINESS DIRECTORY

### ROOFING

#### AFFORDABLE ROOFING

"The Roofing Specialist"

#### VETERAN OWNED

All types of shingles, Asphalt, Standard Seam, Metal & Rubber

#### SPRING SPECIAL

Power Wash your home and vinyl siding like new again!

#### WILL BEAT ALL COMPETITION

FREE ESTIMATES

 **1-603-991-7476**  
OVER 45 YEARS OF EXPERIENCE

 **10% OFF VETERANS & SENIORS**

### DRYWALL/PAINT

## FARRELL

### Drywall/Paint

(603) 387-0246

Fully Insured

Center Tuftonboro, New Hampshire

## GENERAL SERVICES

### FOR SALE

Red 1966 Ford Mustang Coupe  
200 cubic inch, Straight 6 Engine  
3-Speed on Floor, Original Seats  
109,000 Miles, Excellent Condition

**\$20,000**  
**Call 603-631-1469**

### LOW COST SPAY/NEUTER

Rozzie May

Animal Alliance, cats and dogs.

Cat Cab service available. Military discounts.

Sign up on line  
[www.rozziemay.org](http://www.rozziemay.org)  
or call 603-447-1373

### FOR SALE

Victorian era sofa  
\$1,350 and chair \$650  
OBO Scott  
Pick up in Plymouth NH  
(603) 254-5032





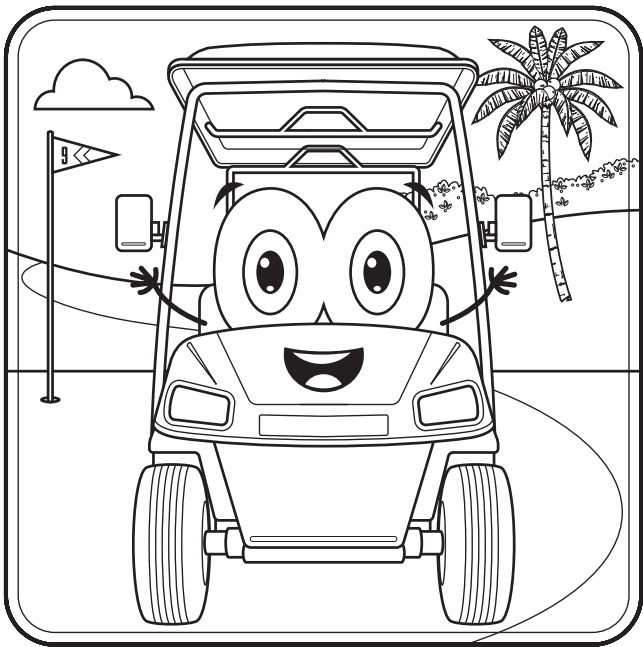


THIS POPULAR SPORT PLAYED WITH A BALL AND CLUBS IS BELIEVED TO HAVE ORIGINATED IN ST. ANDREWS, SCOTLAND IN 1552.

ANSWER: GOLF

Creative Coloring

Color in this picture to create your own masterpiece.



Double Word Puzzle

Unscramble the words to reveal the sentence.

LGOF

NSGSIW

GOBEY

IRWAFYA

4 5

6 7

8 1 2

3

1 2 T

3

H 4 5 2

6 7

8 7 2

Answers: Golf, Swings, Bogey, Flarway. Get a hole in one.

THIS DAY IN...

HISTORY

- 1492: CHRISTOPHER COLUMBUS ARRIVES IN THE CANARY ISLANDS ON HIS FIRST VOYAGE TO THE NEW WORLD.
- 1865: JOSEPH LISTER PERFORMS THE FIRST ANTISEPTIC SURGERY.
- 1992: CANADA, MEXICO AND THE UNITED STATES ANNOUNCE COMPLETION OF NEGOTIATIONS FOR THE NORTH AMERICAN FREE TRADE AGREEMENT.

New Word

PAR

the number of strokes a skilled golfer should need to complete a hole

How they SAY that in...

ENGLISH: Ball

SPANISH: Pelota

ITALIAN: Palla

FRENCH: Balle

GERMAN: Ball

Did you know?

A REGULATION GOLF COURSE USUALLY FEATURES 18 HOLES OF VARIOUS LENGTHS. TYPICALLY THERE ARE 4 SHORT HOLES, 10 AVERAGE AND 4 LONG HOLES.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: GOLF BALL AND HOLE

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to swimming pools. Each number corresponds to a letter. (Hint: 23 = E)

A. 20 10 1 23 19

Clue: Wet stuff

B. 11 3 6 15 19 13 9 23

Clue: Pool chemical

C. 6 10 7 7 23 19

Clue: Climbing device

D. 17 20 13 26 17

Clue: Moves through water

Answers: A. water B. chlorine C. ladder D. swims

SUDOKU

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

Level: Intermediate

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!

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!

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

ANSWER:



# THE REAL REPORT

Town	Address	Type	Price	Seller	Buyer
Ashland	21 Pine Arden Dr., Unit 79	Condominium	\$281,000	William Kondenwicz, Jr. Estate and Michael D. Kondenwicz	David Hall
Bridgewater	4 Hunt Rd.	Acc. Land Imp.	\$3,300,000	Kerry E. Reilly and Jane S. Savery	Sandra and Michael Connors
Bristol	154 Fox Run	Single-Family Residence	\$749,933	Michael F. Sharp RET	Steven C. Eubanks and Hayley G. Franz
Bristol	25 Red Fox Rd., Unit 8	Condominium	\$374,000	Juntwait Fiscal Trust and Eric D. Juntwait	Kimberly M. Leeds
Bristol	N/A	N/A	\$800,000	Kristen Axton	Rock Foundation LLC
Bristol	N/A (Lot 5)	N/A	\$389,933	Lance R. and Julie A. Bowler	Howard D. Hill II and Heather J. Cummings
Campton	32 Condo Rd., Unit 3	Condominium	\$360,000	John E., Jr. and Danielle Muldowney	Alex and Kimberly Lambert
Campton	76 Stickney Rd.	Single-Family Residence	\$110,000	Andrade Fiscal Trust and Ana M. Andrade	Robert and Caroline Howard
Campton	1497 US Route 3	Single-Family Residence	\$190,000	Ralph Leo Bartlett Estate and Margaret V. Hayden	Randal Schroeder
Campton	N/A (Lot 13)	N/A	\$180,000	Theron A. Beisiegel IV and Mary L. Bond	Wisteria Homes LLC
Dorchester	275 Streeter Woods Rd.	Single-Family Residence	\$336,533	Michael R. and Patricia G. Fanale	George and Karen Gallitano
Hebron	25 S. Mayhew Turnpike	Single-Family Residence	\$280,000	Jonathan D. Trossbach and Bank Of New Hampshire	Silver Star Realty LLC
Holderness	158 Cromwell Point Rd.	Single-Family Residence	\$5,900,000	Marcy L. and Robert K. Garriott	Mark G. Visnic
Holderness	143 Mount Prospect Rd.	Single-Family Residence	\$572,000	Matthew and Robin E. Stanley	Aaron C. and Eliza Dow
Holderness	751 NH Route 175	Single-Family Residence	\$234,933	Valeria L. Frisbey	Marcy Johnson
Holderness	325 Smith Rd.	Single-Family Residence	\$649,933	Killion Fiscal Trust and John J. Killion	335 Smith Road S P E LLC
New Hampton	42 Hillside Dr.	Single-Family Residence	\$485,000	Terryann Thompson Estate and Tracy Horan	Christian and Cammi Kotulak
Plymouth	19 Martin Estates Dr.	Charity Property	\$375,000	Pemi Valley Habitat For Humanity	Justin and Bridgette Hickey
Plymouth	N/A	N/A	\$40,000	Stanley C. Hadley	Jordan Estrada
Plymouth	N/A (Lot 2)	N/A	\$549,800	Alex Ray Development LLC	Mount Prospect Academy Inc.
Rumney	N/A	N/A	\$195,000	Mark William Davis Estate and Rebecca J. Robinson	Charles R. Hanscom
Thornton	N/A	N/A	\$41,000	Lynne Dugan Fiscal Trust	George Karageorgos
Waterville Valley	Windsor Hill Condu Unit D26	Condominium	\$370,000	S.T. & Priscilla W. Fay RET	Amy W. Lamarche

**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. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: [www.thewarrengroup.com](http://www.thewarrengroup.com)

## REAL ESTATE



Across from the Bike Path on Route 3A





**HEBRON, NH:** This 21.5 Acre Estate Parcel located on a paved town maintained road is nestled in the shadow of Bear Mountain in a quintessential New England town. There's a year round brook with swimming holes & waterfalls. Build near the back to take advantage of possible lake views. Access to public beaches on Newfound Lake & low Hebron Taxes. **Offered at: \$595,000**

507 Lake Street, Bristol, NH 03222 • 744-8526 • [www.OldMillProps.com](http://www.OldMillProps.com)



**97 Daniel Webster Highway  
Meredith, New Hampshire**

**Call us at:**  
**(603) 279-7046**

**Find us @rocherealty**



**Search New Hampshire properties at [www.rocherealty.com](http://www.rocherealty.com)**



**\$240,000**

**MLS# 5006895**



**\$140,000**

**MLS# 4989637**



**\$299,900**

**MLS# 5007342**



**\$1,350,000**

**MLS# 5002671**

Alexandria: 30.53+/- acre wooded lot featuring a well-maintained driveway leading to a beautifully constructed off-grid cabin. Located minutes from AMC Cardigan Mountain Lodge and perfect for nature lovers.

Danbury: 2 lots of record totaling 10.2 +/- acres can be sold together or separately. The gently sloping land is south facing on a peaceful dead end road overlooking Hoyt Brook. There is driveway in place and an expired septic design.

Alton: 0.45+/- ac. waterfront lot on Merrymeeting River with access to Lake Winnepesaukee under charming footbridge. Featuring a wharf, 4-bedroom septic design, and cement slab with frost walls. Seller is a licensed Realtor in NH.

Meredith: 5BR/3BA, 2,015 sf. cape in Fish Cove Association with 28' dock, new roof, double composite decking, flooring, water heater, and stunning Lake Winnepesaukee views. The association with just eight homes offers amenities such as sandy beach, water raft, common area, and more.



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

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

**Belmont Village Apts, Belmont, NH**

**AVAILABLE SOON!**

**Now accepting applications:**

Subsidized two bedroom town house style apartment.

On-site laundry, parking, 24-hr maintenance, close to center of town, No Pets, NO SMOKING.

Must meet income limit guidelines; rent starting at \$1,135.00, plus utilities; security deposit required.

Download application at <https://www.sterling-management.net>

or call office at 603 267 6787



Advertise Here




**285 Daniel Webster Highway  
(603) 677-7007 • [www.MeredithLanding.com](http://www.MeredithLanding.com)**



**NEW HAMPTON:** Quintessential 19th Century Colonial in beautiful New Hampton Village. Featuring 3BR/2BTHs, eat-in kitchen, open dining/living, HW floors, a grand staircase, a large barn for storage, and a private backyard! **\$449,000** #4999606



**TAMWORTH:** Great Opportunity with this 1+ acre corner lot with 300' for frontage on Route 25. Just 1 mile from Club Motorsport, this would be a great location for a 'Toy Box' storage facility or any commercial venture. **\$149,000** #5005268




**Whatever Your Style,  
find it in the  
Real Estate Section**


**Camelot Home Center**

**ALWAYS OPEN DAILY • 10 TO 6 SATURDAYS & 10 TO 5 SUNDAYS**

**NEW 14' WIDES**




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




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

**DOUBLE WIDES**



List Price: \$119,995  
**\$115,995\***  
56' 3 Bed, 2 Bath




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

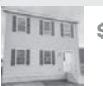
**\*PRICES SUBJECT TO CHANGE**

**Homes From COLONY, MARLETTE, NEW ERA & TITAN**

**MODULARS**



**\$119,995\***  
2 Bed, 1 Bath



**\$179,995\***  
1,500sq ft, 2 story, 3 Bed, 2.5 Bath.

**Visit Our Website: [WWW.CM-H.COM](http://WWW.CM-H.COM)**

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



**TO VIEW THESE  
AND OTHER  
PROPERTIES, VISIT:**

**Alpine Lakes Real Estate:** [www.alpinelakes.com](http://www.alpinelakes.com)

**Badger Peabody & Smith Realty:** [www.peabodysmith.com](http://www.peabodysmith.com)

**Bean Group:** [www.beangroup.com](http://www.beangroup.com)

**Century 21 Country Lakes Realty:** [www.countrylakesrealty.com](http://www.countrylakesrealty.com)

**Century 21 Twin Rivers Realty:** [www.nhreal21.com](http://www.nhreal21.com)

**Coldwell Banker:** [www.cboldmill.com](http://www.cboldmill.com)

**Coldwell Banker Residential Brokerage**  
[www.newenglandmoves.com](http://www.newenglandmoves.com)

**ERA Masiello:** [www.masiello.com](http://www.masiello.com)

**Exit Lakeside Realty Group:** [www.exitlakeside.com](http://www.exitlakeside.com)

**Granite Group Realty Services:**  
[www.granitegrouprealty.com](http://www.granitegrouprealty.com)

**Gowen Realty:** [www.gowenrealty.com](http://www.gowenrealty.com)

**Kressy Real Estate:** [www.kressy.com](http://www.kressy.com)

**Lakes Region Realty:** [www.lakesregionrealestate.com](http://www.lakesregionrealestate.com)

**Lamprey & Lamprey Realtors:** [www.lampreyandlamprey.com](http://www.lampreyandlamprey.com)

**Maxfield Real Estate:** [www.maxfieldrealestate.com](http://www.maxfieldrealestate.com)

**McLane Realty:** [www.mclanerealtyplymouth.com](http://www.mclanerealtyplymouth.com)

**Mountain Country Realty:** [www.mountaincountryrealestate.com](http://www.mountaincountryrealestate.com)

**Nash Realty:** [www.nashrealty.com](http://www.nashrealty.com)

**New Hampshire Colonials Real Estate:** [www.squamlake.com](http://www.squamlake.com)

**Noseworthy Real Estate:** [www.noseworthyrealestate.com](http://www.noseworthyrealestate.com)

**Old Mill Properties:** [www.oldmillprops.com](http://www.oldmillprops.com)

**Pine Shores Real Estate:** [www.pineshoresllc.com](http://www.pineshoresllc.com)


**Preferred Vacation Rentals:** [www.preferredrentals.com](http://www.preferredrentals.com)

**Remax Bayside:** [www.baysidenh.net](http://www.baysidenh.net)

**Roche Realty:** [www.rocherealty.com](http://www.rocherealty.com)

**Strawberry Lane Real Estate:** [www.strawberrylane.com](http://www.strawberrylane.com)

**Town & Forest Realty:** [www.townandforest.com](http://www.townandforest.com)



**Equal Housing  
Opportunity**

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))


This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call HUD toll free at 1-800-669-9777

For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.



**EQUAL HOUSING  
OPPORTUNITY**







**Strapp**  
FROM PAGE A1

many family gatherings on the shores of Squam Lake over the last number of years.

Adding more to his Lakes Region cred, Strapp also worked at Camp Deerwold in Holderness for 11 years. And his parents still live in Moultonborough.

As he sat in the stands at the Urban Sports Park in the Place de Concorde in Paris on Tuesday, July 30, he recounted how he ended up helping keep the athletes of Team USA healthy through the Paris Olympics.

Strapp, who is a Certified Athletic Trainer, currently lives in Maryland and serves as a flight paramedic with the Maryland State Police and helps to run the medevac service in Maryland through the state police. They help with aerial law enforcement and search and rescue and also deal with medevac situations as needed.

However, it was his time as the head



COURTESY

**Ed Strapp was on board the Team USA boat in the Opening Ceremony of the Paris Olympics last Friday night.**

athletic trainer at Carrabasset Valley Academy in Maine for eight years and through that, interacted with the US Ski and Snowboard Team, as

many Team USA skiers have traveled through that school, including legend Bode Miller.

Once he established a bit of a relationship with USSA, he was able to start traveling to World Cup and World Championship events around the world.

“I’ve pretty much hit all the disciplines at all the levels,” Strapp said. “I just spent three weeks in Korea (earlier this year) for the Youth Olympic Games, that was a really fun experience.

“I’ve been in the USOPC pool for a few years, in the rotation through the different training centers and that gets us into the system,” he said. “If it works out, you get invited to work a big event.

In his first Olympic Games as a Team USA medical volunteer, he’s had the chance to experience just how special the Olympics are.

“You can just feel it in the Olympic Village, in the Opening Ceremony, it’s just unbelievable,” he said.

As for the Opening Ceremony,

Strapp got the chance to ride on the Team USA boat down the River Seine. Despite the rain, he notes it was quite an experience.

“That was an absolutely unbelievable experience, to be able to support the teams and be there for them, was just amazing,” he said. “All the bridges down the river, and fans down both sides.

“People here love the USA, there was a lot of cheering for Team USA, there were flags everywhere,” Strapp continued. “It almost felt like a home field advantage.”

Through the first week of the Olympic Games, Strapp has had a chance to work in the skateboarding, BMX and badminton venues, among others and said that he’s thrilled to get the chance to help all the athletes as they go for their Olympic goals.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

**Hill**

FROM PAGE A1

and canoes available for a paddle around the pond. In addition to that, a Firemen’s Muster will also take place. During a muster, firemen compete against each other in a number of games or activities. Sometimes, like next Saturday in Hill, the public can also join in on the challenges. Musters are a tradition with many fire departments, and the very first one in the country actually took place in 1849 in Bath, Maine. So, sign up to keep the Yankee spirit and tradition going next weekend!

On top of all the activities, there will also be a raffle. This year Integrated Drywall & Construction has donated a new 20-inch Huffy bicycle, which will

be raffled off to one lucky ticket holder. Included in the drawing will also be two \$50 gift cards from Hannaford Supermarket. Tickets for the raffle will be available with for the option of \$5 for three tickets or 10 for \$10.

Last but not least, Hill Village Store is pitching in to help their neighbors from the fire department. Throughout the day, on Aug. 10 only, they will donate 50-cents for each slice of pizza purchased at the store, \$1 for each sub, and \$2 for each whole pizza they cook up for their customers.

All money raised at Splish Splash Fun, including the raffle and Village Store purchases, will benefit the Hill Firefighter Association.

The event will take place this Saturday from 1-4 p.m. People don’t have to participate in the activities, however; they can also bring a lawn chair, sit back and just enjoy the festivities if they prefer. Besides the purchase of the much needed equipment, the day is all about bringing the community together as well.

For those who wish to make any additional donations to the fire department’s cause, there will be firefighters and EMTs on hand to receive cash or checks of any amount. Checks can also be dropped off at the fire station at any time, or mailed to Hill Firefighter Association, P.O. Box 53, Hill, N.H. 03243. Please note the words “Jaws of Life” on the memo line.

**LEGAL**

**WALTER I. LEE EDUCATIONAL FUND**

Letters requesting a grant from the Walter I. Lee Educational fund are being accepted by the Campton School Board during the month of August.

Candidates must be high school graduates, residents of the Town of Campton and have attended Campton Elementary School.

The grants are available for attendance at college, nursing school, vocational school etc. The schools must be accredited and the student must be enrolled at the time when he/she applies for the grant.

Candidates may write to any member of the Campton School Board, stating where they are enrolled for the current academic year and requesting a grant.

Letters must be received no later than September 1. Grants will be decided at the September School Board Meeting. Payment will be made when the student notifies the Board by letter, of the successful completion of the first semester at his/her chosen school. Please be sure to include your name, mailing address, phone number and email in your letter.

Campton School Board Members

Danny Desrosiers, Amanda Guilbert, Donna Hiltz, Ryan Timms, Kelly Wieser

Mail letters to:

Campton Elementary School  
1110 NH Rte 175  
Campton, NH 03223

**LEGAL PROBATE NOTICE**

**THE STATE OF NEW HAMPSHIRE**  
2nd Circuit - Probate  
Division - Haverhill  
7/9/2024 thru 8/1/2024

**APPOINTMENT OF FIDUCIARIES**

Notice is hereby given that the following fiduciaries have been duly appointed by the Judge of Probate for Grafton County. All persons having claims against these decedents are requested to exhibit them for adjustment and all indebted to make payment.

**Mardin, Roy W.**, late of Ashland, NH.  
Melanie Mardin, 380 N Ashland Rd,  
Ashland, NH 03217. #315-2024-ET00268

**Micciulla, David**, late of Plymouth, NH.  
David M. Micciulla, 88 Powder Hill Road, Middlefield, CT 06455.  
Andrew S. Winters, ESQ, Resident Agent, Cohen & Winters PLLC, 64 N State St, Concord, NH 03301.  
#315-2024-ET-00472

**Michaud, Danny Wade**, late of Warren, NH.  
Jane Lustwerk-Michaud, 7 Rolling Hill Trail, Warren, NH 03279.  
#315-2024-ET-00420  
Dated: 8/2/2024

**THE STATE OF NEW HAMPSHIRE  
JUDICIAL BRANCH  
NH CIRCUIT COURT**

2nd Circuit- Family Division - Plymouth Telephone: 1-855-212-1234  
26 Green St. TTY/TDD Relay: (800) 735-2964  
Plymouth NH 03264 <https://www.courts.nh.gov>

**CITATION FOR PUBLICATION- MARITAL  
In the Matter of Halley Decosta and  
Curtis Cawley, SR  
Case Number 669-2023-DM-00161**

On December 22, 2023, Halley Decosta of Lincoln, NH filed in this Court a Parenting Petition with requests concerning:

The original pleading is available for inspection at the office of the Clerk at the above Family Division location.

Until further order of the court, each party is restrained from selling, transferring, encumbering, hypothecating, concealing or in any manner whatsoever disposing of any property, real or personal, belonging to either or both parties except (1) by written agreement of both parties, or (2) for reasonable and necessary living expenses or (3) in the ordinary and usual cause of business.

**The Court has entered the following Order(s):**

**Curtis Cawley, SR** shall file a written Appearance Form with the Clerk of the Family Division at the above location on or before **August 31, 2024** or be found in DEFAULT. **Curtis Cawley, SR** shall also file by **September 30, 2024** a Response to the Petition and by **September 30, 2024** deliver a copy to the Petitioner’s Attorney or the Petitioner, if unrepresented. Failure to do so will result in issuance of Orders in this matter, which may affect you without your input.

July 02, 2024  
Deborah A. Nichols, Clerk of Court  
(282)

**TOWN OF THORNTON**



**ZONING BOARD of ADJUSTMENT  
NOTICE OF PUBLIC HEARING  
Thursday, August 22, 2024**

The Zoning Board of Adjustment for the Town of Thornton will hold a Public Meeting on **Thursday, August 22, 2024**, beginning at 6:00 PM at the Thornton Town Offices for the purpose of conducting the following business:

**6:15 p.m. APPLICATION/PUBLIC HEARING:** Candace Andrew [Map 218, Lot 080] for an APPEAL OF ADMINISTRATIVE DECISION of the THORNTON PLANNING BOARD’S decision to approve a minor site plan: Kubik Yards, Contractor Yard [Map 218, Lot 081].

The Town Hall is open to the public and the public is allowed to attend; the public is also able to participate remotely using ZOOM by going to (or via telephone at 1-646-876-9923) with Meeting ID: 825 673 1802.

**For further information please visit our web page at [www.townofthornton.org](http://www.townofthornton.org)**  
Alan Rawson, Chairman

**TOWN OF PLYMOUTH  
PUBLIC NOTICE**

The Plymouth Planning Board will review and hold public hearings on the following applications at their meeting on **Thursday, August 15, 2024, at 6:30 PM** at Plymouth Town Hall, 6 Post Office Square:

1. A continuation of a public hearing on a site plan review application received from Hess Engineering and Construction Consultants on behalf of YTN TMH, LLC to develop an approximately 6,000 sf building featuring first floor commercial space and two residential units on the second floor, along with associated site and drainage improvements, as well as site improvements to support a potential future phase two. The development is proposed for property on the east side of Yeaton Road (PID 213-014). The property lies within the Agricultural zoning district.
2. A subdivision application from We Build NH LLC, on behalf of Binks Hill LLC to subdivide parcel 218-030, located on the east side of Binks Hill Road into three lots of 1.750, 1.492, and 5.922 acres. The application also proposes extending and improving approximately 750’-900’ of Binks Hill Road, including beyond the current end of Town maintenance, and providing a turnaround. The property is located in the Single-Family Residential and Agricultural zoning districts.
3. A street plat application from Alan Barnard on behalf of Neng Yu and Thomas Crossley to establish an approximately 1,200’ private road to provide road frontage to parcel 237-001. The private road is proposed to be located within a deeded right-of-way beginning on the west side of Mayhew Turnpike and crossing parcel 236-016. Property is located in the Agricultural Zoning district.
4. A Site Plan Review application from Three Lakes Properties, LLC, to construct a retail greenhouse and landscape material sales area, along with signage, lighting, and other improvements on parcels 213-012-003, 213-012-002, 213-012-001, and 213-012-000, to be merged into two parcels and located on Hamilton Way. The property is within the Industrial-Commercial Development zoning district.
5. A Boundary Line Adjustment application from Michael F. and Wanda A. Power; and Christine G. and Daniel R. Marion; to relocate a common boundary line between parcels 220-032-006 and 220-032-007. (17 & 19 Point of View Drive) Properties are located in the Single-Family Residential zoning district.

The meeting will be available electronically via Zoom and can be accessed from the Town’s website ([plymouthnh.gov](http://plymouthnh.gov)). For more information, please contact the Planning & Development Department at [planning@plymouthnh.gov](mailto:planning@plymouthnh.gov) or 603-536-1731.

**[www.NHFrontPage.com](http://www.NHFrontPage.com)**



Your Fight is Our Fight



**FRIEDMAN & BRESAW, PLLC**  
ATTORNEYS AT LAW


**Criminal Defense • DUI/Motor Vehicle  
Family Law • Personal Injury**

We Offer Free Consultations for All Legal Matters  
Experience Handling High-Profile, Serious and Complex Cases


Representing clients throughout the  
Lakes Region and the State of NH.

Over 50 Years of Combined Trial Experience

44 Main Street, Meredith, NH 03253  
603-707-4800 | [www.FBLawNH.com](http://www.FBLawNH.com)



**Sarah P. McClennen**  
CERTIFIED ADVANCED ROLF® &  
ROLF® MOVEMENT PRACTITIONER



Practicing Bodywork since 1992  
Specializing in Rolfing®  
Structural Integration, Rolf®  
Movement Education,  
Craniosacral Therapy,  
Brainspotting, and Ear  
Coning


**New Service:**  
Infra Red Laser Therapy for Injury Recovery and  
Chronic Pain and Inflammation

The goals of Rolfing® SI and Rolf® Movement Education:

- Align the body so the force of gravity does not weigh you down, helping increase the mobility of joints, and to lengthen and balance fascial tone.
- Teach a new way of moving, standing and sitting which supports the new length and alignment.
- Help our movements become less painful, easier, and better coordinated.

**Brainspotting** is a fixed eye position technique. By finding and holding one relevant fixed eye position, or brainspot, in relation to the felt sense of an issue, you access the deeper parts of the limbic system and self-regulatory parts of the brain where patterns are stored from old events, traumas, and injuries. This helps release stored patterns from your body & "rewire" the nervous system. Sessions are in person or via Zoom.

**Ear Coning** is a safe and painless way to remove ear wax for better hearing and sinus relief.



**HOURS**  
North Woodstock, NH  
Friday and Sunday, Monday  
  
and  
Tannery Marketplace Littleton, NH  
Saturdays  
  
603-520-5247  
[feelpeaceful.com](http://feelpeaceful.com)

**GREAT WATERS**

*Entertaining the Lakes Region*



**David Brighton's  
"SPACE ODDITY"**

The Quintessential David  
Bowie Experience

**SATURDAY, AUGUST 17**  
**7:30 p.m. to 9 p.m.**  
Castle in the Clouds

SPACE ODDITY is a live, theatri-  
cally staged, elaborately costumed  
multi-media spectacle that trans-  
ports audiences on a musical journey  
through the constantly metamor-  
phosing career of David Bowie.

All shows, unless indicated, are approximately 90 minutes long. Lawn Seats are General Admission and you must bring a chair or blanket to sit on.

Scan for tickets 

**GreatWaters.org**  
or call (603) 569-7710

**GREAT WATERS**

*Entertaining the Lakes Region*



**Rebecca Robbins**  
The Oscar Songbook

**WEDNESDAY, AUGUST 14**  
**7:30 p.m. to 9 p.m.**  
Brewster Academy

From timeless classics to contem-  
porary hits, The Oscar Songbook  
features 21 Oscar-winning songs sung  
by Broadway's Rebecca Robbins.  
This West Virginia native is a Broadway  
actress, headliner vocalist, cabaret  
artist, and regional theatre performer.

All shows, unless indicated, are approximately 90 minutes long.

Scan for tickets 

**GreatWaters.org**  
or call (603) 569-7710

**NH FOOD BANK FOOD DRIVE**

**August 1 - 31, 2024**

Drop off your donation at any of our locations.



"Last year as part of our year-long celebration commemorating our 125th year in business, we made a connection with the New Hampshire Food Bank. Millions of people in the U.S. face hunger and, here in New Hampshire, one in every 10 residents experience food insecurity and for children that number increases to one in every seven," said Mike Shea, president, Belletetes Inc. "Through the support of our employees and the community we serve, we were able to donate 43,484 pounds of food last September during Hunger Action Month—the largest single-day corporate food drive donation to the Food Bank to date. This September, we look forward to another successful food drive to benefit the New Hampshire Food Bank and the more than 400 partner agencies it supports throughout the state."



[www.belletetes.com](http://www.belletetes.com)

JAFFREY, NH 603.532.7716	ANDOVER, NH 603.735.5544	PEMBROKE, NH 603.224.7483
PETERBOROUGH, NH 603.924.9436	SUNAPEE, NH 603.763.9070	MOULTONBOROUGH, NH 603.253.4404
NASHUA, NH 603.880.7778	ASHLAND, NH 603.968.7626	WINCHENDON, MA 978.297.1162

**LOCAL FOLKS**

*Locally owned businesses here to serve you!*