

# Gilford Steamer

THURSDAY, SEPTEMBER 12, 2024

GILFORD, N.H.

COVERING ALTON, BARNSTEAD, &amp; NEW DURHAM - WWW.SALMONPRESS.COM

FREE

## Community steps up to support family of beloved local volunteer

BY CATHY ALLYN  
Contributing Writer

NEW DURHAM — Although saddened by the unexpected loss of one of its most beloved members, the community has sprung into action to support the family of town volunteer Mark D'Entremont.

D'Entremont, a member of the New Durham Parks and Recreation Commission and a mainstay of Town events, died Aug. 31 at home, leaving his wife Susan and sons

Kingswood freshman Ryan and middle-schooler Nicholas.

New Durham School Principal Kelly Colby-Seavey said the school is working with the New Durham Recreation Department to offer a spaghetti dinner at the school on Thursday, Sept. 12 from 5 – 7 p.m. with proceeds to benefit the family.

"Mark has been an active parent and volunteer for the school and the recreation department, sup-



CATHY ALLYN

Mark D'Entremont, whose recent passing has left a void in New Durham, is seen here volunteering at the town's Winter Carnival in March. He was known among friends and co-workers as someone who was always positive and willing to help.

porting his boys and local children, for the past ten years," she said.

The suggested donation is \$5.00 per person or \$20 per family. The dinner includes spaghetti, salad, roll, and drink.

A Go Fund Me page, that includes a way to sign up for a Meal Train, has been set up by one of D'Entremont's friends who lost her husband several years ago. It can be found at <https://www.gofundme.com/f/support-the-dentremont-family-after-their-loss>.

Celeste Chasse, Recreation Director, is one of many devastated by the loss.

"Mark was nine-

ty-nine per cent of all events in New Durham," she said. "He was just so valuable; always in attendance and always going above and beyond in his volunteering."

She recalled a dinner held once for coaches, noting "He hand cut every steak, then got his own grill, brought it to the beach, and cooked for everyone."

She said when he worked the cotton candy stand for a recent event, he then brought the machine home to clean it all out for her.

"He was constantly helping with tables or removing trash, or doing anything that was needed," she added.

D'Entremont served for four years on the Recreation Commission, but his volunteering days started almost as soon as he and his family moved to town when his sons were very young.

He helped coach basketball and track and field.

"During the state meet," Chasse said, "he was out on the field doing the softball throw

SEE MARK, PAGE A14

## Gilford community power going into effect next month

BY ERIN PLUMMER  
mnews@salmonpress.news

GILFORD — The town's community power plan will go into effect in October with town officials and representatives from the New Hampshire Community Power Coalition sharing information and answering questions about the coming change.

The board of selectmen held an informational meeting on the coming change on Aug. 28. Residents received letters about this plan form their power companies and several residents attended the meeting.

Under state law, communities can provide their own power supply to customers. The electrical companies still own and manage the grid and will deliver electricity to customers, but the supply line on the electrical bill will now be under Gilford Community Power. Most of the town is serviced by Ever-source while several customers are served by the NH Electric Co-op.

Gilford's power plan started with discussions by the selectmen and meetings by the Energy Committee. The committee presented a draft plan where it advocated joining the New Hampshire Community Power Coalition. Voters approved the community power plan this March and it will go into effect in October.

During the Aug. 28 meeting, Henry Herndon, Director of Member Services for the Community Power Coalition of New Hampshire, made a presentation on Gilford Community Power and what customers can expect once the program is implemented.

"Objectives of the program are to low-

er electric rates and create more energy choices for residents and businesses within the town while expanding local control over some of the energy decision making," Herndon said.

Herndon said customers will see immediate savings. As of that meeting the supply cost for Ever-source customers was 10.4 cents per kilowatt hour. Under the new program that cost will be closer to 8.6 cents per kilowatt hour. The supply rate under this NHEC would be more competitive with the new rate.

Herndon said most electrical suppliers charge on a six-month cycle from August through January with rates for the next cycle changing starting Feb. 1 and running through July. Any rate changes will be made publicly known 30 days before then.

The NH Community Power Coalition is a nonprofit organization with around 60 cities and towns as members. Representatives from each of the communities take part in the organization's governance. Herndon said the organization is also subject to the Right to Know Law and all its meetings are open to the public.

Herndon said the collective of communities has considerable buying power on power supply. Right now, there are 130,000 customers that are part of the coalition. Many of the communities will be part of this program starting in October, bringing that number to around 170,000. Herndon said since last year the coalition has saved customers \$14 million.

Herndon said the program is entirely voluntary. Most customers are automat-

SEE POWER, PAGE A6

## Group working toward Jones Field playground renovations

BY ERIN PLUMMER  
mnews@salmonpress.news

ALTON — A local group is working toward renovations to the Jones Field playground, starting with a feasibility study and taking public input leading up to a fundraising effort.

Recreation Commis-

sion members Jill Houser and Carol Diveny spoke with the selectmen during the Aug. 27 meeting about the process leading up to a possible renovation of playground. Houser the Friends of Alton Parks and Recreation has been looking at doing upgrades at the

Jones Field playground for some time. The group has been gathering information from the public on what people of all ages want to see for that playground, including holding up charts for kids to choose what they would want. She said they have taken input at numerous

town events including Old Home Week, Harvest Happenings, and others.

The Friends group is a 501(c)3 nonprofit organization to raise money for a possible project and the next step will be to do a feasibility study.

Houser said the pro-

SEE JONES, PAGE A6

## Tilley runs to the win in Early Bird Invitational

### Gilford girls second, boys fifth at Gunstock Mountain Resort



JOSHUA SPAULDING

Maria Tilley captured the win at the Early Bird Invitational last Thursday at Gunstock Mountain Resort.

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — Talk about starting the season strong.

Maria Tilley charged out of the gate strong and never took her foot off the gas, as she cruised to the win in the Early Bird Invitational, held last Thursday, Sept. 5, at Gunstock Mountain Resort.

The Gilford junior finished in 21:20, more than 20 seconds ahead of her closest competitor and in doing so, led the Golden Eagle girls to a second place finish overall be-



JOSHUA SPAULDING

Gunnar Marvel was the top boy for the Gilford cross country team in last week's opening meet of the season.

hind Division II Hanover. Georgia Eckhardt came home in fifth place with a time of 22:35 to kick off her senior year, while Alana Sawyer was 11th in a time of 24:03 and Kaitlyn O'Brien finished in 18th place in 25:35. Tess Eckhardt kicked off her high school career with a 20th place finish in 25:41 to round out the scoring for the Golden Eagles.

Alissa O'Brien was 49th in a time of 29:42, Adelyn Beck finished in 60th place in 30:58, Brooke Baron was 62nd in 31:02, Mallroy Daley



JOSHUA SPAULDING

Alana Sawyer comes out of the woods portion of the Early Bird Invitational course last Thursday afternoon.

crossed in a time of 31:11 for 63rd place and Bailey Juurlink-Gagne finished in 67th place in a time of 32:16.

The Gilford boys also had a solid day, finishing fifth overall, with Hanover also picking up the win in that race.

Gunnar Marvel led the Golden Eagle boys with a time of 20:36, which placed him in 25th place overall in a time of 20:36. Benjamin Smith was close behind, finishing in 29th place in a time of 20:57 and Ian Lofblad put up a time of 21:14 for



JOSHUA SPAULDING

Ian Lofblad runs for Gilford during the opening meet of the season last Thursday at Gunstock Mountain Resort.

33rd place overall. Mark Warren was 65th in 24:37 and Benjamin Wolpin finished in 70th place with a time of 25:02 to round out the scoring for Gilford.

Emanuel Montoyo was 72nd in 25:16 and Jin Su Kim finished in 102nd place with a time of 28:25.

The Golden Eagles are scheduled to compete at Belmont today, Sept. 12, at 4 p.m.

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

# Alton Parks and Recreation Community Connection

## Learn to play Pickleball — free clinic

Join the Learn to Play Pickleball Free Clinic on Monday, Sept. 16 from 5-6:30 p.m. at the Liberty Tree Park Courts located on Route 140 for ages 13 and up. The Clinic is hosted by Alton and New Durham Parks and Recreation Departments. A

limited amount of equipment will be available to use if needed. Space is limited, register early at [alton.nh.gov](http://alton.nh.gov) or [ndpark-sandrec.com](http://ndpark-sandrec.com).

## Trivia Night — Test your knowledge

The Alton Parks and Recreation Department and Friends of the Gilman Library are spon-

soring Trivia Night on Thursday, Sept. 19 at the Gilman Library from 6-7:30 p.m. Program is free. Join the game as a team or an individual player. Test your knowledge and compete for the first place prize. Categories include: History; Pop Culture; Entertainment; Art; Science; Sports; Geography; and more. Light refreshments will be provided. First place gets a one of a kind prize—a hand painted Trivia Brick Trophy by Joan Blackwood. Please RSVP at 603-875-0109 or [parksrec-asst@alton.nh.gov](mailto:parksrec-asst@alton.nh.gov) by Sept. 16 to guarantee your seat in the game.

## Pilates Classes in Alton Bay- Tuesdays and Thursdays

The Alton Parks and Recreation Department is sponsoring Pilates

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

## Weight Training Classes- Mondays and Wednesdays

The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednesdays from 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abil-

ities- Classes start Sept. 9. Learn new exercises and build strong muscles and bones, increase flexibility and develop better balance. Bring light hand weights, a mat and water. For more information, contact [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov) or 603-875-0109. Try a class for free. \$20 per month/session or \$5 drop in.

## Guided Meditation with Instructor Karen Kharitonov

The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring a Guided Meditation Class on Thursdays: Sept. 12 and Sept. 26 from 6:30-7:15 p.m. at the Gilman Library, Agnes Thompson Meeting Room. Stop in and experience the positive state of meditation. Chairs will be available;

bring a pillow/cushion/mat if desired. The program is free, donations are greatly appreciated to support local charities. For more information, contact Alton Parks and Recreation at [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov) or 603-875-0109.

## Alton Trails- All Star

Alton Parks and Recreation is sponsoring a get outside and hike program. Hike seven local trails, and receive an Alton Trails All Star sticker. All you have to do is take a photo on each trail, and send the photos to [parksrec-asst@alton.nh.gov](mailto:parksrec-asst@alton.nh.gov). Trails include: Mike Burke Trail; Knight's Pond; Trask Swamp and Fort Point Woods Conservation Area; Gilman Pond; Mt. Major; Pine Mountain and Cotton-Hurd Brook.

## Masons holding monthly breakfast Sunday

ALTON — On Sunday, Sept. 15, the Masons of Winnipisaukee Lodge in Alton will hold their monthly Breakfast Buffet starting at 7:30 a.m., open to the public, at the Lodge on Route 28, a quarter mile south of the Alton Circle.

With fruit, biscuits and gravy, scrambled eggs, omelets, bacon and sausage, home fries, beans, pancakes, french toast, coffee and juice being

served, it is a perfect time for family and friends to sit down and enjoy an all you can eat breakfast buffet. Cost is \$12.

The Masons serve breakfast between 7:30 and 11 a.m. They hope to see you there (always on the third Sunday of the month). For more information about the breakfasts or Winnipisaukee Lodge, please contact Dave Cumming at 603-767-2057.

## Gilford police log

GILFORD — The Gilford Police Department reported the following arrests from Aug. 8 to Sept. 5.

Shawn M. Patraw was arrested on Aug. 8 for Theft By Unauthorized Taking after Two Prior Convictions.

Multiple individuals were taken into protective custody for intoxication on Aug. 9.

William F. Ventura was arrested on Aug. 10 for Public Urination or Defecation.

Multiple individuals were taken into protec-

tive custody for intoxication on Aug. 10.

Jennifer J. Cusson, age 51, of Dartmouth, Mass. was arrested on Aug. 13 for Domestic Violence-Simple Assault.

Jacob Adam Jason, age 37, was arrested on Aug. 14 for Driving After Revocation or Suspension of license (subsequent offense) and Suspension of Vehicle Registration.

A 44-year-old male was taken into protective custody on Aug. 14 for intoxication, Resisting Arrest or Detention, Stalking, Obstructing Government Administration, and in connection with a warrant.

Multiple individuals were taken into protective custody for intoxication on Aug. 14.

Regan Elishya Duchrocher, age 22, was arrested on Aug. 14 for Disobeying an Officer and Driving After Revocation or Suspension of license due to DUI.

Devin Scott Savage, age 23, was arrested on Aug. 16 for Violation of a Protective Order.

Zachary E. Gorski, age 38, was arrested on Aug. 16 for Driving After Revocation or Suspension of license, Suspension of Vehicle Registration, and for operating an Unregistered and Uninspected Vehicle.

Edward J. O'Brien, age 70, was arrested on Aug. 16 for DUI-Impairment.

Daniel Brian Tousignant, age 57, was arrested on Aug. 17 for DUI-Impairment.

Robert James Witham, age 24, was arrested on Aug. 17 in connection with a warrant.

Multiple individuals were taken into protective custody for intoxication on Aug. 17.

Bryanne E. Fitzgerald, age 18, was arrested on Aug. 17 for Unlawful Possession of Alcohol.

David A. Weber, age 40, was arrested on Aug. 21

for operating a motor vehicle with an Unofficial Inspection or Registration Decal.

Heather Anne Thompson, age 40, was arrested on Aug. 21 in connection with a warrant.

Patrick Cameron Hamel, age 18, was arrested on Aug. 23 for Disobeying an Officer; Possession and/or Use of Tobacco Products by a Minor; and Reckless Operation.

A 24-year-old male was taken into protective custody on Aug. 21 for intoxication and Simple Assault.

Multiple individuals were taken into protective custody for intoxication on Aug. 23.

A 59-year-old male was taken into protective custody on Aug. 23 for Domestic Violence-Simple Assault.

Daniel R. Melillo, age 37, was arrested on Aug. 24 for DUI-Impairment.

Multiple individuals were taken into protective custody for intoxication on Aug. 24.

Multiple individuals were taken into protective custody for intoxication on Aug. 25.

Multiple individuals were taken into protective custody for intoxication in Aug. 28.

Tyler Benjamin Grant, age 30, was arrested on Aug. 29 for Simple Assault.

Scot W. Stebbins, Sr., age 55, was arrested on Aug. 29 for DUI-Impairment.

Stacey C. Prest, age 46, was arrested on Aug. 31 in connection with a warrant.

Brittany Estey, age 31, was arrested on Aug. 31 in connection with a warrant.

Multiple individuals were taken into protective custody for intoxication on Aug. 31.

Multiple individuals were taken into protective custody for intoxication on Sept. 1.

Safet Dinarica, age 35, was arrested on Sept. 3 for Possession of a Controlled Drug and Driving After Revocation or Suspension of license.

A 37-year-old male was taken into protective custody for a drug related offense on Sept. 4.

Adam James Belleville, age 34, was arrested on Sept. 5 for Driving After Revocation or Suspension (subsequent offense).

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# Get back into your fall routines at the Gilman Library

ALTON — Did you make a resolution to 'Read More in 2024' but then fell away from it? Well, fall back in! September is a great time to get back to your regular routines at the Gilman Library. Have you been meaning to get a library card put it off? Well, come on

in. September is recognized by the American Library Association as National Sign-Up for a Library Card Month. Let the Gilman Library help you keep your reading and other healthy resolutions as well.

Alton Parks & Recreation will be resuming

Weight Training with Kellie, on Mondays and Wednesdays, from 1:30 to 2:30 p.m., starting Sept. 9. Our Tail Wagging Tutor, Rylee, the Reading Dog, will resume her sessions with the boys and girls, on Wednesday, Sept. 11, at 4 p.m. Our year-round regular programs con-

tinue. Saturday Sit & Stich meets every Saturday at 10 a.m. Story Time with Nanny Rosebud meets twice a month on the first and third Wednesdays, at 10:30 a.m. Our monthly programs continue with Alton Book Chat, at 7 p.m. on the second Tuesday

of each month, Sm-Ar-Ti-Es Kids Science Club, at 4 p.m. on the second Thursday of each month, and our Third Thursday Family events, sponsored by the Friends of the Gilman Library and Alton Parks and Recreation.

In addition to these library-sponsored programs, we have several organizations that meet monthly in our lower-level Agnes Thompson Meeting Room. A Bible Study Group meets on Wednesdays at 9:30 a.m. and a Mahjong Group meets at 10 a.m. on Fridays. There is a Meditation Class that meets on alternate Thursday evenings as well.

If you are not already involved in any of these programs, why not give one a try? If you have ideas and interests in other programs that may have been discontinued or have not yet been created, please give us your requests and suggestions. You might also consider reserving our meeting room for your club or non-profit organization meetings. Call the library at 875-2550 or see our Web site at [gilmanlibrary.org](http://gilmanlibrary.org), for more information.

Danny K. Kila will only be with us for two more weeks. If you haven't had a chance to hear him play, he will be at the Gilman Library at 11 a.m. on Thursday, Sept. 5, and

Sept. 12, before heading back to his winter home in Hawaii.

There will be an Aging & Disability Resource Center Information Table at the Gilman Library at 1 p.m. on Wednesday, Sept. 25. This event was originally scheduled for an earlier date.

ADRC Generalist, Betsy Budesky, will be available to assist you with your questions and needs. Formerly known as Service Link of New Hampshire, the Aging and Disability Resource Center, or ADRC for short, helps older adults, people with disabilities, Veterans, their families, and caregivers, connect to valuable services. ADRC Generalists address specific needs and understand the frustrations that go with searching for the right answers. Their role is to objectively provide information about long-term services and support programs, both public and private. They assist individuals in making informed choices about everything from counseling services to legal advice, healthcare benefits, family and caregiver support, transportation assistance, and housing options.

Stop by the Gilman Library, 100 Main St., at 1 p.m. on Wednesday, Sept. 25. Reliable, unbiased information is served up at the table to you. See you at the library!

## Join the Walk for Jim Sept. 28

ALTON — On Saturday, Sept. 28 from 9-11 a.m., in the parking lot of St. Katharine Drexel church on Route 28, Alton, the second annual "Walk for Jim" will be held. All ages are invited to participate, walking in support of the James W. Foley Legacy Foundation begun by Jim's parents, John and Diane Foley, following Jim's death at the hands of ISIS terrorists in Syria 10 years ago.

Jim was a freelance conflict journalist, a man of moral courage who put his own life at risk to tell the stories of the people of war-torn Iraq and Syria. His imprisonment and sacrifice remind us all to stand for those who have no voice. Jim grew up in Wolfeboro, graduated from Kingswood Regional High School, and attended then St. Cecilia's Church on Main Street. In 2022, the parish of St. Katharine Drexel erected a black granite image of Jim outside the church entrance memorializing him and his work.

This year's event asks participants find sponsors for their walk. For example, if you get 10 sponsors at \$1 a lap and you complete 10 laps [two miles], you donate \$100. If 50 people come to walk and do

the same, we can raise \$5,000 for the foundation. Individual contributions in any amount are also encouraged. Checks should be made out to the James

W. Foley Legacy Foundation and brought to the church grounds on Sept. 28. All donations go directly to the foundation and its on-going work to bring Ameri-

cans unfairly detained around the world back home. Walk to help this cause and in memory of Jim, who would turn 51 on Oct. 18. Hope to see you there.

## Masons holding monthly breakfast Sunday

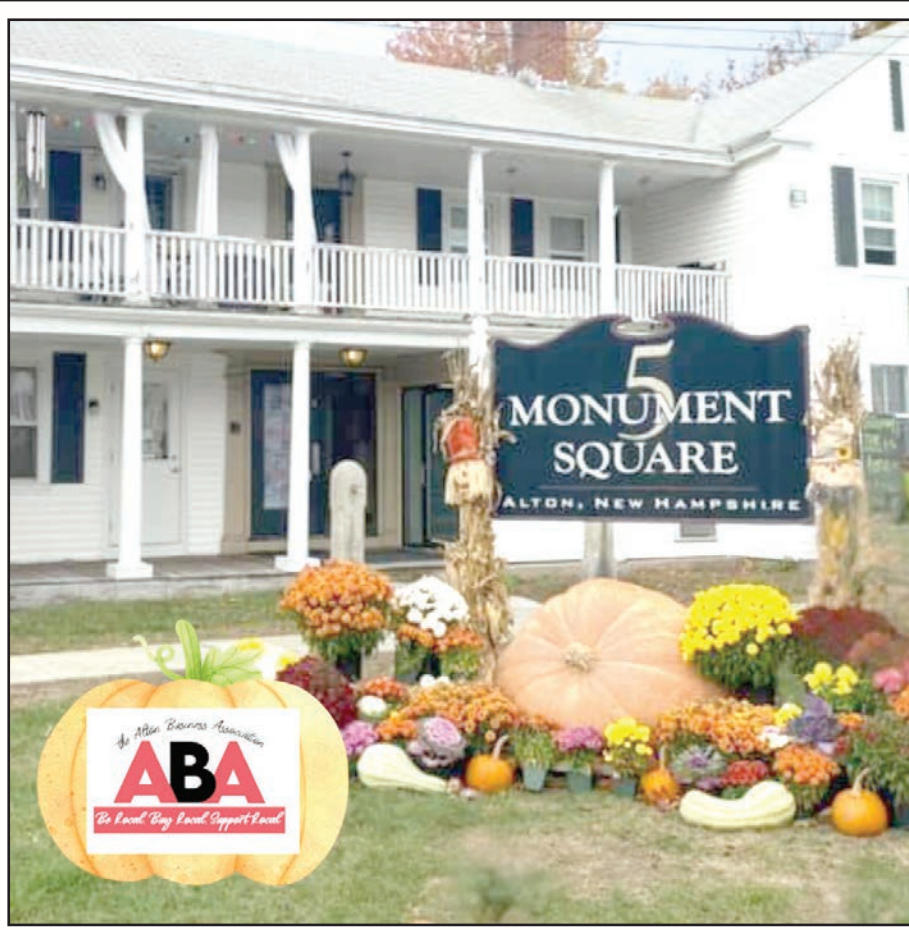
ALTON — On Sunday, Sept. 15, the Masons of Winnipisaukee Lodge in Alton will hold their monthly Breakfast Buffet starting at 7:30 a.m., open to the public, at the Lodge on Route 28, a quarter mile south of the Alton Circle.

With fruit, biscuits

and gravy, scrambled eggs, omelets, bacon and sausage, home fries, beans, pancakes, french toast, coffee and juice being served, it is a perfect time for family and friends to sit down and enjoy an all you can eat breakfast buffet. Cost is \$12.

The Masons serve

breakfast between 7:30 and 11 a.m. They hope to see you there (always on the third Sunday of the month). For more information about the breakfasts or Winnipisaukee Lodge, please contact Dave Cumming at 603-767-2057.



COURTESY

### Giant pumpkin wanted

Very large. Very photogenic. Very demure pumpkin? No, we're looking for something a bit more... monumental! We're looking for the perfect pumpkin to take center stage in Monument Square! The Alton Business Association is on a mission to find a huge pumpkin to display in Monument Square in Alton this fall! If you've got a pumpkin that's ready to be the star of the season, we'd love to feature it right in the heart of our town. Help us make Alton's autumn extra special! If you can help or know someone who can, please send us an email at [info@altonbusinessassociation.com](mailto:info@altonbusinessassociation.com). Let's celebrate fall in a big way! #GreatPumpkinSearch #FallFun #AltonNH



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We Will NOT be Undersold

# Opinion

SECTION A, PAGE 4

SALMON PRESS, THURSDAY, SEPTEMBER 12, 2024

## Raising the bar for decency and leadership

There was a time when being American meant standing for something bigger than ourselves—when looking out for one another, showing respect, and upholding certain standards was simply the way things were. But somewhere along the way, we've lost our way a bit. The tone of our politics has shifted from a place of professionalism and decorum to something more like a never-ending reality show.

The truth is, politics was never meant to be a joke. It's about the serious business of leading a country—of shaping policies that affect all of us, from the farmers in the heartland to the teachers in our towns. Yet lately, it feels like decency and respect have taken a backseat to personal attacks, name-calling, and divisiveness. It's not just embarrassing—it's harmful. We deserve better, and it's time we demand better.

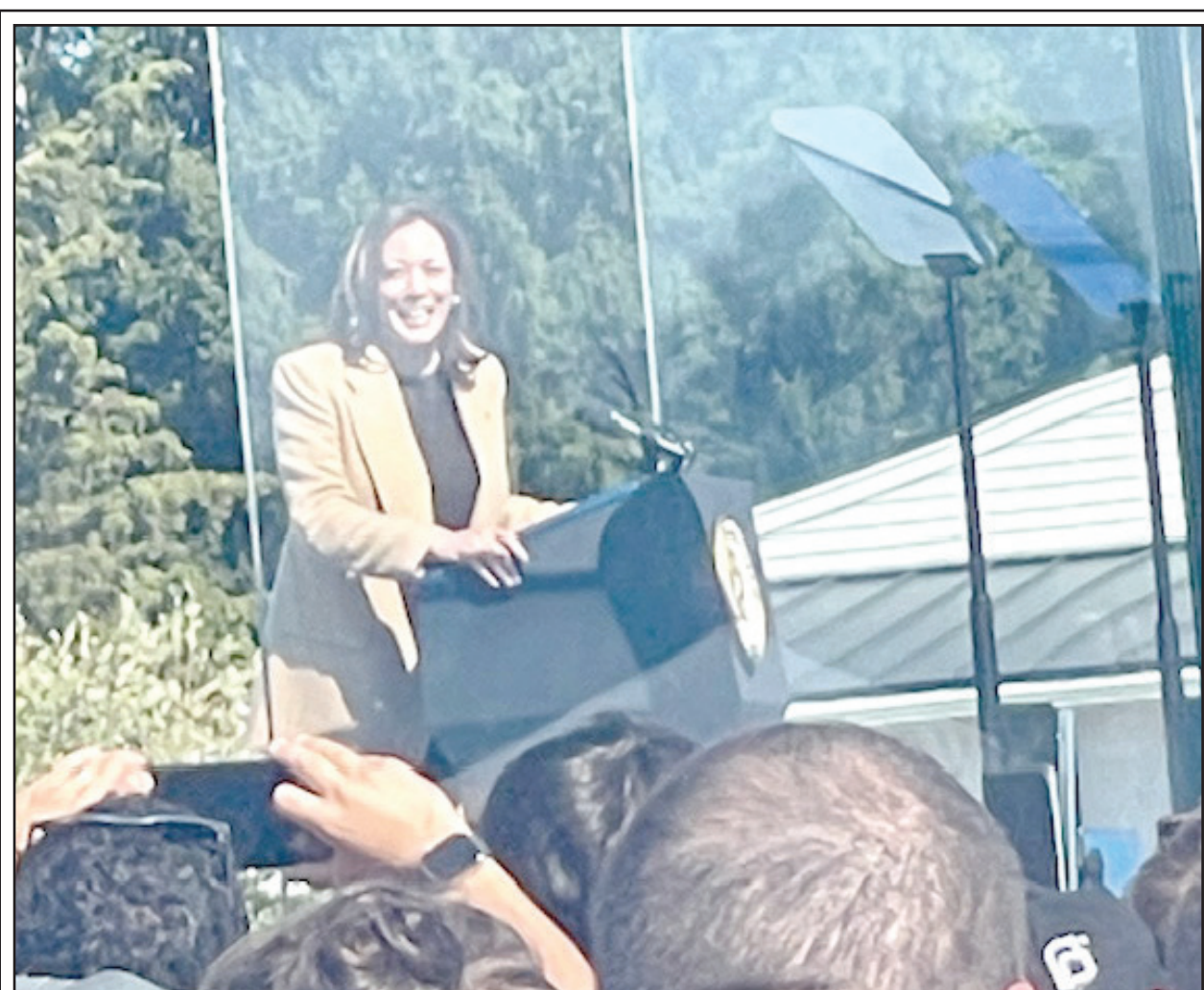
As Americans, we need to band together and make kindness a priority once again. Not just in our daily lives, but in the way we engage with politics. Our leaders should be held to higher standards. They should represent us with dignity and professionalism, not petty squabbles and cheap shots. Politics should be about problem-solving, not point-scoring.

Imagine what we could accomplish if we focused on bringing people together instead of tearing each other down. Kindness doesn't mean we all have to agree on everything, but it does mean treating each other with respect—even when we disagree. The strength of America has always been in our diversity of thought and background. But diversity only works when there's a foundation of decency and empathy.

We have to stop lowering the bar and start raising our expectations. Our political leaders should exemplify the best of us—people who are informed, compassionate, and ready to fight for what's right, without losing their humanity in the process. Let's return to a time when class, integrity, and decorum mattered in public life. When we disagreed with one another civilly, knowing that, at the end of the day, we're all on the same team.

America is at its best when we care about our neighbors, when we stand up for those who can't, and when we hold our leaders accountable to a higher standard. Together, we can make America kind again. Not just in the way we treat one another, but in how we demand professionalism, decency, and class from our leaders.

The future of this country depends on all of us—not just the people we elect, but the expectations we set. Let's set them high.



Members of the New Durham and Strafford County Democratic Committees joined approximately 3,000 Kamala Harris supporters at a rally at Throwback Brewery in North Hampton on Sept. 4. Harris spoke on economic opportunity, with an emphasis on her new plan for small businesses.

COURTESY

## Letters to the Editor

### Conservatives will protect our freedom in dangerous times

To the Editor:

A couple of years ago, a group called "Citizens for Belknap County" materialized to try to affect our primary and general elections. Saying that they were a "bi-partisan" group, anyone with half a brain could see they were a group of leftists trying to influence the elections. They partially succeeded in Belknap County but the voters in Alton and Barnstead saw through the charade and voted back in our three conservative state reps.

Their group now publishes an online "voter's guide." It would probably be worth viewing to see who not to vote for in the primary election. The voters of Alton and Barnstead will return our state reps, Paul Terry, Peter Varney and Barbara Comtois for the nominations despite their efforts because they continue to represent the conservative values of the majority of voters.

Conservatives in Belknap County should also vote for Hollie Noveletsky for the House of Representatives in District 1 and Chuck Morse for Governor. Both are successful business people, are pro-life and staunch supporters of our Second Amendment rights, border security and small government. They have both supported President Trump, past and present. Unlike other candidates, we do not have to guess as to whether they will flip-flop on the most vital issues facing New Hampshire and our country.

We are living in exceptionally dangerous times. If you care about your state and America, if you care about freedom, we urge you to cast your vote for Paul Terry, Barbara Comtois, Peter Varney for state representatives, Hollie Noveletsky for House of Representative, and Chuck Morse for governor.

Phil and Chris Wittmann  
Alton

### Letters misrepresented history, mischaracterized conventions

To the Editor:

This letter is in response to Stephanie Vuolo and Ruth Larson's letters to the Editor in the Sept. 5 issue of The Baysider.

In Stephanie Vuolo's letter "Let's not let extremism overtake New Hampshire," she claims that for 50 years, women controlled their own "reproductive care" — a euphemism for abortion. That statement is not true. Many women are forced to get abortions by their husbands, boyfriends, and parents. Donald Trump's Supreme Court didn't "rip away" anything. It simply repealed the horrible and unconstitutional decision "Roe v Wade" leaving the issue of abortion in the hands of the states. She should not worry about abortion in New Hampshire where one can kill their baby up to 24 weeks and with some exceptions after 24 weeks. If she wants to see extremism first-hand, she can look at her party that calls for abortion up until and after a baby is born. Ironically, the modern Pro-Life movement created in the wake of "Roe," was primarily made up of Catholic Democrats. Today, the Democrat Party will not support any Pro-Lifer in its ranks. The only one left in Congress is Henry Cuellar of Texas and the party has spent millions to unseat him.

She made reference to Project 2025, which is a paper issued by the independent think tank Heritage Foundation. Trump said that he doesn't support the goals listed in Project 2025, but the Democrat Party keeps pushing the lie that he does. Not surprising since they still promote the lie that Trump called WWI veterans who died in combat "suckers and losers." They also lied to the American people for three and a half years about Biden being fit for the job, and that our southern border is secure.

In Ruth Larson's letter "Out with the negativity," she claimed that the Democratic National Convention was bursting with optimism and "Patriotism was everywhere." While I didn't watch the convention, I did see excerpts of it. It reminded me more of the Orwellian "Two Minutes Hate" than it did an optimistic love fest full of joy and optimism. Outside of the convention, pro-Hamas Democrats were burning both the Israel and U.S. flags while chanting "Death to Israel" and

"Death to America." Not terribly patriotic, in my opinion. I wasn't alone in this conclusion. Long-time liberal attorney Alan Dershowitz said that the convention was an anti-Semitic event replete with anti-Semitic speakers which included Al Sharpton and Elizabeth Warren forcing him to officially leave the Democrat Party. By the way, Black Lives Matter, an organization embraced by the Democrats, came out in support of Hamas and not one Democrat had the courage to condemn the racist and anti-Semitic organization.

She claimed that the Republican National Convention was "angry," had a "bitter tone," and their "grim" speakers aired a "laundry list of grievances." I didn't watch the RNC Convention either, but I did see excerpts. I did see speakers rightfully denounce the destructive policies of the Biden/Harris Administration which included their open border policy leading to deaths of innocent people, the worst inflation in over fifty years, a disastrous foreign policy leading to two wars, promoting men in women's sports, the weaponization of the Justice Department which included spying on conservative Catholics and parents who speak out at school committee meetings.

Ms. Larson mentioned that she received an e-mail from a white supremacist and anti-Semite. Is this her way of attempting to imply that those who oppose to her agenda must be anti-Semites or racist? I wish she would make his name known to us. As much as I disagree with her views, I would stand with her and against this person, and others like him. Nasty E-mails are no stranger to me. I received my share of death threats and nasty name calling from triggered anti-Christian leftists due to my lawsuit against the City of Boston.

Finally, the voters of Alton and Barnstead need to know that Ms. Larson is not a supporter of free speech. In 2021, she was one of the signers of an ugly letter to this paper demanding that one of its writers — a conservative Christian, Mr. Larry Scott — be canceled due to his religious views on homosexuality. Thankfully, this paper didn't cave in to Ms. Larson and her anti-free speech ilk.

Hal Shurtleff  
Alton

### Letter submission policy

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

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

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# Peace Pilgrim

It's easy to feel like everything is falling apart these days. The economy is uncertain, with prices climbing and jobs becoming more unstable. We hear endless news about war and global unrest, and as elections approach, the sense of instability only grows. Many of us lie awake at night, wondering how we'll make it through these difficult times.

Wouldn't it be nice to let go and trust that everything will be OK?

That's precisely how Peace Pilgrim lived her life. In 1953, she set out on a mysterious journey that would last nearly 30 years, walking over 25,000 miles zig zagging across the United States.

She gave up her name, her possessions, and her home, choosing to live with nothing but the clothes on her back, a comb, a pen, and a few small pieces of paper. She had no money, no food, and no specific destination, yet she walked without fear, relying on the kindness of others for food and shelter.

Her mission was to spread a message of peace, and through her unwavering faith, she trusted that everything she needed would be provided.

Peace Pilgrim lived in simplicity.

"Unnecessary possessions are unnecessary burdens. If you have them, you have to take care of them!" she would often say.

Her life was proof that there is great freedom in simplicity.

She believed that "those who have enough but not too much are the happiest." With nothing but her faith and her message, she showed that peace and contentment come from within, not from material things.

Throughout her journey, she encountered challenges that would have caused most people to lose hope, but her trust never wavered. She believed that "a pilgrim is a wanderer with a purpose." Her purpose was to spread peace, and she trusted that life would support her in that mission. And time after time, the help she needed arrived—often in mysterious ways.

Once, while walking through the Rocky Mountains, she was caught in a fierce snowstorm with no shelter in sight. It seemed impossible that she could make it through the night. But instead of panicking, she kept walking, trusting that something would come. Sure enough,

## POSITIVELY SPEAKING

TOBY MOORE

just as the storm became unbearable, a stranger appeared, offering her a warm coat and a place to stay. The stranger had no reason to be there but had felt an inexplicable urge to drive down that road.

Another time, while walking through the Mojave Desert, she went days without food. Hunger gnawed at her, but she remained calm. She knew that help would arrive when she needed it. And sure enough, a man driving down that empty road stopped to offer her food and water. He had felt a nudge to take a detour, not knowing why, but was surprised to find her there.

She once said, "for light, I go directly to the Source of light, not to any of the reflections." She trusted not in the material world but in a deeper, spiritual source. She showed that peace comes from within, which can produce a knowing that everything will be taken care of.

The true mystery of Peace Pilgrim wasn't just how she survived physically, but how she radiated such calm and positivity in every situation.

"When you find peace within yourself, you become the kind of person who can live at peace with others," she said.

And indeed, wherever she went, people felt drawn to her message of peace. Her calm, centered presence inspired thousands of people.

Though her identity remained unknown for many years, it wasn't until after her death in 1981 that people learned she had been the born Mildred Lisette Norman. She had lived a normal life before experiencing a spiritual awakening that led her to dedicate her life to peace.

Despite her hardships, she always remained positive, saying, "Keep your feet on the ground and your thoughts at lofty heights."

The secret may be found in trusting the journey and believing in the goodness of others and the world. By following the example of Peace Pilgrim, we can learn to embrace uncertainty, knowing that even in the most trying times, life provides exactly what we need.

# LETTERS FROM EDWIN

## Laxing

It's the last weekend of summer proper, I must be on the mountain top. Yes, I slept once again last night in the shelter on top of the ridge that looks out at Mount Madison. I was shrouded in stars last night as I turned in, this morning it was in and out of clouds as the sun came up from the far left horizon that was hidden by the trees. The sun coming and going between total white outs.

Last night was in the 40s and breezy, so I donned long johns and a hat to make for a comfortable night and had no issues with being warm. I've been doing this every year except the one when they closed down the camp since two thousand three. That's twenty two years by my math. It's kind of become a habit. Almost a family tradition. The rest of the family has taken to other ways to cap off the summer.

There are always familiar faces and new friends to meet. The whole staff this year are former staff or campers whom I remember from when they were small and starting on their life's journey.

That's how it goes. This thing we call our life. I too was a rambunctious little kid like they were. I may still feel that way in my heart but know full well that those times are long gone. I'd knock something out of whack if I tried doing some of the things I used to do.

Sitting around watching the clouds slowly thinning out, I finished a book given to me for Christmas. There's another one in waiting that I had been given even before that. Instead of having one complete essay, it contains multiple stories making it easier to put down till some other time. I brought a couple more even more distant acquisitions.

I like books, and newspapers too. You can hold them in your hands. Fold the pages. They're always full access. All I need is some light and my reading glasses. I guess the same goes for my journals. As long as the pen doesn't run dry, I can take notes.

I did bring my little computery thing on which I usually write these letters, and being

here allows me lots of time to crank one out. As long as I can come up with the inspiration. That's pretty usual. Only up here, I have no way to charge its battery. It's not like most gadgets that charge with a USB phone charger. This one has a priority charging device that I didn't bring. I have faith that the battery will have sufficient power. It's down to eighty six percent at this point so if I don't forget to turn it off or fall asleep while using it, I should be alright.

The sun is finally shining its light down upon us again, foretelling of a nice day tomorrow. The breaks in the clouds are becoming more regular. The humidity is subsiding as a nice breeze flutters through the collection of heart felt pictures we drew after breakfast that are hanging up on the lines. Being after ice cream, time it's family time, so I have nothing vying for my attention than taking care of business.

I didn't figure in when I accepted my colonoscopy date, that I would be prepping up at camp.

But I am. Usually, things bind up for a few days after coming up here. Maybe it's the change in altitude. This time, I don't know what doing a triple dose of laxative each day will do either. This is my second day. So far nothing has happened, and it's hike day. In packing my backpack, I slipped in a roll of TP just in case. Wouldn't want any explosive episodes out on the trail.

All was fine for our wonderful hike. Supper was fantastic. I oh so enjoy it when someone else does the cooking, and she does a very good job. Before I knew it I was back up in the shelter for the last night on the ridge. Morning brought packing and cleaning and saying goodbyes. Friends slipped into their cars and headed on down the mountain road, I soon followed. Will I make it back again next year? I'd miss it if I didn't. It's become the thing for me to do when it's time for school to start.

E.Twaste  
Correspondence welcome at edwintwaste@gmail.com

## Barnstead seeking proposals for rink project

BY ERIN PLUMMER  
ernews@salmonpress.news

**BARNSTEAD** — The town is taking proposals from contractors to rebuild the town skating rink including the option of turning the rink into a year-round recreation space.

The town put out a Request for Proposals on Aug. 22 for the rink project and will accept proposals for the project until Sept. 16. The Parks and Recreation Department posted a reminder about this opportunity on its Facebook page this past week.

According to the RFP, the town's rink was built 30 years ago and is showing signs of wear. The rink's plywood walls are worn with splinters and a few are broken. The asphalt floor has high and low spots as well as cracks on the surface.

In addition to the repairs, the town is hoping to have a more even surface that can be used over four seasons.

"This in turn will improve the preparation for the ice-skating season and also make it possible to use the space for roller hockey, pickleball and other multi-season activities," read the RFP.

The base project will involve removing the

rink's walls and leveling the surface and creating an asphalt surface with a more consistent slope. Under the RFP the end of the rink near the river would be around five inches lower than the end of the rink by the garage. This will be followed by milling, sweeping, and pavement shim and overlay. The walls will also be replaced.

The RFP has a pro-

posal alternate including work on the basketball court including tearing up the asphalt, adding gravel for the grade, doing a fine grade to level the surface, and repaving the court.

The second proposal alternate is providing a dumpster for asphalt removal and removing it after the project.

For the full RFP visit the Barnstead Parks

and Recreation Web site at <https://barnsteadnhparks-rec.com/forms%2Fdocuments>.

All proposals must be submitted to Parks and rec by 3:30 p.m. on Monday, Sept. 16.

Contact Gail McCullough at 802-332-3799 or email [barnstead-parks@gmai.com](mailto:barnstead-parks@gmai.com) of the proposal sheet, which will add the contractor to the bidder's sheet.

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# OBITUARIES

## Terry Sandra Gilmore, 86

Terry Sandra Gilmore (Card), 86, passed away on August 31st after a long illness.

She is survived by daughters Kim E. Patterson and husband Robert, Holly S. Brown and husband Dexter, both of Alton, son Robert S. Gilmore and wife Linda of Norwalk, Ct as well as grandchildren, Heather Corriveau and Heath Patterson of Alton, Norman Gilbert of Laconia, Vanessa Rogan of Manchester, and her great grandchildren.

She was predeceased by her son Dale Gilmore and her beloved husband of 54 years, Norman Gilmore.

Terry grew up in



Dover and spent many summers camping in the White Mountains where her father was working. She had a love for antiques and had an antique shop in Cheney Kansas where her husband was stationed in the military.

New Hampshire was always home and after returning to Alton

Terry owned and op-

erated the Village Video for a number of years. She was a member of the Friends of the Gilman Library and volunteered there as well.

She hosted so many holidays and birthdays for the family and left us with wonderful memories of each and every one.

She enjoyed movies, music and sitting on her deck with Norman and her dogs.

Terry was a wonderful mother, grandmother and great grandmother. She was the heart of our family and will be dearly missed.

There will be a private celebration of life with her family.

## Mary DeSouza Tavares, 96



Mary DeSouza Tavares, 96 of Alton Bay, NH formerly a lifelong resident of East Falmouth, MA died peacefully at home in July.

Mary was born in Waquoit, MA to her parents Antone and Margaret DeSouza, and was the eldest daughter in a family of nine children. Because Mary's mother passed away at an early age, Mary left school at the age of 14 to care for her brothers and sisters. It was a daunting task, but she was a loyal and loving family member, and did her utmost to provide what was needed to keep things running in the household.

Mary married Manuel R. Tavares in 1951 and the two settled in East Falmouth, MA where they provided a home for Mary's two younger sisters, Genevieve

and Margaret, who at the time were in their teens. Mary and Manny also raised three daughters of their own (Renee, Carlene and Margaret), and were surrogate parents to countless other children and teens over the years. Mary always provided a warm and nurturing home to anyone who needed a place to land, complete with meals, snacks and a comfortable place to rest. Mary's faith was the centerpiece of her life. She loved to pray, sing and

share the love of Jesus with others.

Mary leaves her daughters: Renee Miller and her husband Jim, of Alton Bay, NH; Carlene Tavares of Lenox, MA; and Margaret Gallipoli and her husband, Ric of Hillsdale, NJ; 11 grandchildren, 18 great grandchildren, and a number of nieces and nephews.

Mary was predeceased by her husband, Manny in 1995, as well as by all of her brothers and sisters (Tony, Louie, Frank, John, Manny, Genevieve, Margaret and Adiline).

A graveside service will be held at St. Anthony's Catholic Church in East Falmouth, MA at 10 a.m. on September 7, 2024. There will be no visiting hours. Donations in lieu of flowers may be made to the Falmouth Senior Center.

## JONES

(continued from Page A1)

cess will involve interviewing people from the town and doing a community wide survey on what people want to see for the playground.

"That will give us a sense of whether or not people in the community have buy in to this project, is this the right one to select, and get their feedback as to whether or not they might be inclined to support the project," Houser said.

Diveny said the Friends group is collaborating with Parks and Recreation, as well as the Alton Youth League, about what is going on in that area.

She said the study will also look into what else is happening in the community for fundraising efforts.

Diveny asked whether it was possible to use some of the selectmen's names on the cover letter to people they would like to interview for more information on this project. Houser said having the names of selectmen as part of the interview

requests would give the effort more credibility.

Diveny is spearheading the fundraising efforts. Board chair Paul LaRochelle asked what some of their fundraising ideas were. Houser said this will come form the report they will put together after the feasibility study is done. She said after they get the results of the feasibility study they will develop a fundraising plan. Possible sources for funding might include donations from individuals, foundations, and businesses and possible state funding.

Members of the board voiced their support for this process.

"Certainly, everyone would agree it's a worthwhile project and...at least my feeling when I looked at it is boy that's a big mountain to climb," said Selectman Richard Shea. "I hope you get to the top."

Board Chair Paul LaRochelle said he was fine with his name being on the cover letter and was happy to help in any way.

"It's a great effort and definitely should be done,

needs to be done, and it would be good to get the input from the townspeople as to what they'd like to see," LaRochelle said.

## POWER

(continued from Page A1)

ically enrolled in the program with a few exceptions. Customers that already use a third party supplier will not be opted in, but can decide to change later.

Customers who use net metering, including those with solar arrays or other forms of power, will also not be part of the program. Details are discussed out that could allow net metering customers to be part of the program with the power they generate part of the purchasing pool, but those details are still being worked out.

A few residents protested the plan, especially how customers are automatically opted in.

Skip Murphy said this plan going into effect took customers' choices away.

He questioned the original legislation that resulted in people opting in. He said when the law for community power was put in place few people were opting in, resulting in lobbying for the law to be changed opting people in.

Murphy also questioned the legality of how the power plan was enacted. He said the plan reads that the selectmen agreed to enter into the joint power agreement last October, but said there was no



COURTESY PHOTO

Henry Herndon, Director of Member Services for the Community Power Coalition of New Hampshire, made a presentation on Gilford Community Power during the Aug. 28 selectmen's meeting.

meeting agenda or minutes for that decision.

"I wanted to know how the board of selectmen voted based on all the information that I read because I wanted to say, how dare you," Murphy said. "How dare you do this to the town of Gilford by taking away people's choices."

Bill Rohr also protested being automatically opted into the program.

"Does Gilford Community Power have the authority to tell me I have to opt out?" Rohr said. "That is, in and of itself, a Communist way of doing things. I, for one, will not sit here and stand for it."

Herndon said state law gave the town that ability after voters approved it at town meeting.

Rohr said he worked as the facilities director for a college and the school went with a third party power sup-

ply option. He said under that arrangement they were soon paying more for power than they would get under Eversource and was told opting out of that company could take months to complete.

Energy Committee members Robert Binder and Eliza Leadbeater explained the work of the committee and spoke in favor of the plan.

Binder said this was all done through public meeting and not meant to be political. Binder said he got involved as a former business owner and Leadbeater said she came in with experience in economic development.

"I joined for one specific reason: only for the benefit of the citizens of Gilford, which I live in, and I also purchase electricity," Binder said. "So, I can assure this group here that we were not a Communist organization trying to steal customers from anybody."

Binder and Leadbeater said committee interviewed several different entities as potential power suppliers and narrowed that list to three over the course of several public meet-

ings.

Binder said he was initially skeptical about going with a nonprofit, but after further review and discussion he decided the NH Community Power Coalition was the best option.

He questioned why outrage was directed at a program like this and not power companies that regularly raise transmission rates.

A few residents asked clarifying questions about the change and what it meant for their bills and individual situations with Herndon providing answers.

Later that meeting Murphy reiterated his protests of the program and questioned why the selectmen supported this.

Board Chair Gus Benavides emphasized that this was a decision of the town's voters and not an action by the selectmen.

"I don't want anyone out there thinking well you guys snuck this through or you guys passed this or you guys made that decision," Benavides said. "No, no, we made the decision to allow Gilford residents to make that decision on voting day."

Murphy said he understood that, though said the article was for a low number of overall votes at town meeting and selectmen could have advocated against going in this direction.

Rohr also clarified that he didn't intend to say anyone was Communist, but automatically opting everyone into this program was a Communist act.

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## Church Service SCHEDULE

<p><b>ABUNDANT HARVEST FAMILY CHURCH</b> Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union. Pastors Daniel and Sherrie Williams, 473-8914. For more information, please visit abundantharvestnh.org or e-mail abj@faith.com.</p> <p><b>ALTON BAY CHRISTIAN CONFERENCE CENTER</b> Sundays throughout the summer 10am &amp; 7pm, 875-6161.</p> <p><b>BEFREE COMMUNITY CHURCH, ALTON</b> Alton 9:30 a.m. Sun. Meetings at Prospect Mountain High School. Pastor Ben Ruhl, www.befreechurch.net.</p> <p><b>CENTER BARNSTEAD CHRISTIAN CHURCH</b> Worship Service 10:00am Bible Study 11:15am Rte 126 next to Town Hall Call or Text (603) 269-8831 centerbarnsteadlcc.org</p> <p><b>CHRISTIAN COMMUNITY OF PRAISE C.C.O.P PRAISE GATHERING</b> Gathering Saturday evenings at 5:30 p.m. The Gilmanton Community Church 1803 NH Route 140, Gilmanton Ironworks, NH ccopraisegathering@gmail.com</p> <p><b>COMMUNITY CHURCH OF ALTON</b> Pastor Jared Cassidy 10am Worship service Sunday 20 Church St Alton (603) 875-5561 www.ccoalton.com</p> <p><b>CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC</b> Sunday School and Worship Services Rev. Kate Kennedy 603-776-1820 Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom, Sundays at 10 a.m. ccnorthbarnstead.com</p>	<p><b>FIRST CONGREGATIONAL CHURCH OF FARMINGTON</b> Worship Services: 10:00 AM Sunday School: 10:15 AM Spt. To June 400 Main Street Farmington, NH 03825 www.farmingtonlcc.org</p> <p><b>FIRST BAPTIST CHURCH OF NEW DURHAM NH</b> Sun. School 9:30am; Church 10:30am; Evening Service 6pm; Wed. Prayer Meeting 7pm. Depot St., New Durham; Pastor Ryan Blackard</p> <p><b>PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H.</b> on the Parade in Barnstead Sunday Morning Worship Service for all ages begin at 9:00 a.m. Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings. Pastor Sandy Pierson - 483-2846</p> <p><b>ST. KATHARINE DREXEL</b> 40 Hidden Springs Rd., Alton, 875-2548 Father Robert F. Cole Pastor. Mass Saturday 4pm; Sunday 8:30 &amp; 10:30am; Daily Mass Mon., Tues., Wed., Fri. 8:00am.</p> <p><b>ST. STEPHEN'S EPISCOPAL CHURCH</b> Sunday 9:30 50 Main St., Pittsfield Rev. Miriam Acevedo with Rev. Stephen Ekerberg www.ststephenspittsfield.com</p> <p><b>UNITED METHODIST CHURCH</b> Rt. 171 at Tuftonboro Corner. Sunday services 10:30 am. Church 603-539-8058</p> <p><b>UNITARIAN UNIVERSAL SOCIETY OF LACONIA</b> Sunday services and religious education 10:00 a.m. All are welcome. 172 Pleasant St. Laconia • 524 6488 • unsl.org</p> <p><b>MAPLE STREET CHURCH</b> Sunday Service 11am 96 Maple Street, Center Barnstead NH 03225</p>
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# SPORTS

## Shorthanded Timber Wolves place third in opening match

BY JOSHUA SPAULDING  
Sports Editor

FARMINGTON — Despite having just four golfers available for the season-opening match last Wednesday afternoon, the Prospect Mountain Timber Wolves still managed to pick up a win, thanks to some strong play at the top of the lineup.

Joseph Rawnsley played in the second spot in the lineup and finished with 15 points while Gavin Gorton finished with 14 points in the third spot in the lineup. Mikey Perry added 12 points from the top spot in the lineup and Brady Glidden rounded out the field in the sixth spot.

Prospect Mountain finished with 41 points on the day, placing third behind Littleton's 77 points



JOSHUA SPAULDING  
Joseph Rawnsley tees off on the first hole at Farmington Country Club during last week's season-opening match.



and Moultonborough's 64 points. The Timber Wolves finished ahead of host Farmington, who finished with 40 points on the afternoon.

The Timber Wolves will be back at it today, Sept. 12, at The Oaks for a match hosted by Somersworth and will then host a match at Farmington Country Club on Wednesday, Sept. 18, both with 4 p.m. scheduled start times.

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

JOSHUA SPAULDING

(Left) Gavin Gorton putts on the ninth hole during the season opening match at Farmington Country Club last Wednesday.

## Good leads Prospect girls to fourth at Gunstock

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — The Prospect Mountain cross country team made the short trip up to Gunstock Mountain Resort to tackle the annual Early Bird Invitational on Thursday, Sept. 5. The Timber Wolf girls finished in fourth place overall and the boys finished in 13th place to open the new season.

Prospect's first girl to cross the finish line was senior Whitney Good, who finished in 19th place in 25:36, with Layla Baker not far behind, opening her junior year with a 24th place finish in a time of 26:09. Paige Harding finished in 38th place in a time of 27:49 to place third for the Timber Wolves while EmmaLynn Weller ran to 41st in 28:34 and Lyndi White was one spot behind in 28:37 to close out the scoring for Prospect Mountain.

Kira Campanile was 56th in a time of 30:17, Scarlett Pinto finished in 57th place in 30:18, Madelyn Briggs was 66th in 32:09 and Alexis Briggs finished in 68th place in a time of 32:16. Patricia Englehart rounded out the field of Timber Wolves with an 80th place finish in a time of 35:47.

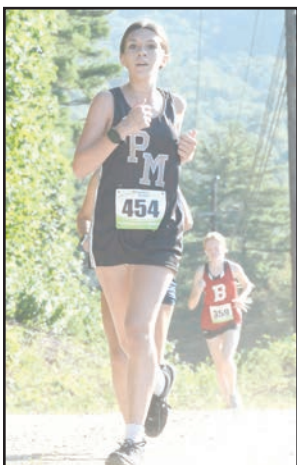
The Timber Wolf boys were led by a 50th place finish from freshman Stockton McKnight, who crossed in a time of 22:51. Caiden Wainwright ran to 84th place in a time of



JOSHUA SPAULDING  
Whitney Good led the Prospect Mountain girls to a fourth place finish at the Early Bird Invitational last Thursday.



JOSHUA SPAULDING  
Prospect Mountain's Avery Giunta offers a pat on the back and words of support to a Bishop Brady runner as he competes in last week's Early Bird Invitational in Gilford.



JOSHUA SPAULDING  
Kira Campanile crests the first hill at the Gunstock Early Bird Invitational last Thursday in Gilford.



JOSHUA SPAULDING  
Stockton McKnight led the way for the Prospect Mountain cross country boys in last week's race in Gilford.

26:08, Parker Wood was 96th in 27:30 and Cole Hikel finished in 97th in 27:32. Avery Giunta rounded out the scoring with a time of 28:27 for 103rd place.

Logan Andrews was 105th in 28:41, Trew Reed was 110th in 32:21 and Domenic Scarpa finished in 116th place with a time of

42:53.

The Timber Wolves are slated to be in action today, Sept. 12, with a home meet and again next Thursday, Sept. 19, at Belmont, both at 4 p.m.

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

## Golden Eagle girls notch a pair of shutouts



COURTESY  
The Gilford soccer girls celebrate a Macy Sawyer goal during action at Newport in the season's first week.

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — The Gilford girls' soccer team picked up a couple of shutouts on the road last week, knocking off Trinity and Newport.

The week began with a 5-0 win over Trinity on Wednesday, Sept. 4. The Golden Eagles scored early to take the 1-0 lead and then added another before halftime. The Golden Eagles scored three more times in the second half to seal the 5-0 win.

"This was a tricky game for us," said coach Rob Meyers. "Trinity has a good program and plays hard."

"We didn't get to play our first game last Friday and the holiday weekend interrupted the practice schedule, so we really wanted to come out and play well," Meyers added. "We controlled the ball and moved to the open player but were a little sluggish at times. Glad to

get this game under our belt and start looking toward a more consistent schedule as we get into the season."

Leah Davignon and Gracey LeBlanc each scored a pair of goals, while Anna Coapland added a goal, Macy Sawyer had two assists and Lianna Keenan and Ava Wilson each had an assist.

On Friday, Sept. 6, the Golden Eagles came out and dominated from the opening whistle, scoring five goals in the first half on the way to a 7-0 win over Newport. The Eagles hadn't seen the Tigers in the last eight years and Meyers thought the team had a good chance of winning but wanted to get some goals early to rest some players heading into a busy stretch.

"We scored early and were able to rest payers and give some younger players valuable playing time," Meyers noted. "This disrupted our

rhythm and we wasted a lot of opportunities, which we will have to clean up as we enter a busy three-game week."

Ariah Dewar and Lily Bishop each had two saves in the net for Gilford, while Sawyer had a pair of goals and Addy Harris, Keenan, LeBlanc and Clara Thompson each netted a goal. Coapland and three assists and Thompson and Sawyer each had a pair of helpers.

"Their field was small and they had a good-sized team, which really condensed things and threw off some of our strengths, speed and ball movement," Meyers added.

The Golden Eagles are slated to host Derryfield on Friday, Sept. 13, then visit Sanborn on Tuesday, Sept. 17, both at 4 p.m.

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

## Two-time defending champs reloaded for another run

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — The Gilford field hockey team is coming off back-to-back Division III championships and the Golden Eagles are returning seven starters and nine players total to the fold as they look to begin their title defense.

"They are all hungry and striving for daily improvement," said second-year head coach Joy Southworth. "They believe it's not about what they did, it's about what they are doing."

The returning players are joined by a host of newcomers who Southworth believes will be playing key roles in the title defense this year.

Ninth graders Madi Breton, Avah Mason, Susanna Tildley and Brynn Blackwelder along with new players learning the game in Camryn Coutts, Isabelle Walton and Riley Coutts and juniors Celia

and Emerson Plourde are expected to help the squad as well.

"Their effort and dedication is impressive," Southworth noted. "These young ladies were built to love to work, they are trying a lot of new things and learning to trust one another."

The Golden Eagle coach noted that her goal as the coach is to help each girl improve, which in turn will help the team continue to take steps forward.

"My goal as the Gilford varsity field hockey coach is to help each girl, and the team as a whole, conquer challenges and reach their greatest potential," Southworth said. "I feel grateful and honored to lead this group of young ladies."

While the team is returning a bunch of starters, the Golden Eagle coach pointed out that every team is different and they are all learning how

each other work.

"The 2024 Gilford field hockey team is a brand new team and they are enthusiastically learning how to work well together," Southworth said. "The team is full of skill, drive and enthusiasm."

The Golden Eagles will play home games against Bishop Brady, Newport, St. Thomas, Littleton, Hopkinton, Berlin and Mascenic and road games at Bishop Brady, Newport, Mascoma, Newfound, Winnisquam and St. Thomas.

The Golden Eagles started the season with a 1-0 win over Bishop Brady on Friday, Sept. 6, and continued after deadline on Wednesday, Sept. 11, at Newport. They will be at Berlin on Tuesday, Sept. 17, at 4 p.m.

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

SPORTS CONTINUED, PAGE A10

## HIGH SCHOOL SLATE

Thursday, Sept. 12  
BELMONT

Cross Country Home Meet; 4

GILFORD

Cross Country at Belmont; 4

WINNISQUAM

Cross Country at Belmont; 4

Friday, Sept. 13

BELMONT

Boys' Soccer at Hopkinton; 4

Girls' Soccer vs. Hopkinton; 4

Volleyball at Moultonborough; 6:15

GILFORD

Boys' Soccer at Newfound; 4

Girls' Soccer vs. Derryfield; 4

Field Hockey at Berlin; 4

WINNISQUAM

Boys' Soccer vs. Raymond; 4

Field Hockey vs. Sanborn; 4

Volleyball vs. Souhegan; 6

Saturday, Sept. 14

GILFORD

Football vs. Laconia; 2

WINNISQUAM

Football vs. Hillsboro-Deering; 2

Monday, Sept. 16

BELMONT

Girls' Soccer at Berlin; 4

Golf Home Match; 4

GILFORD

Volleyball at Campbell; 6

WINNISQUAM

Volleyball at Somersworth; 6

Tuesday, Sept. 17

BELMONT

Boys' Soccer vs. Berlin; 4

Golf Home Match; 4

GILFORD

Boys' Soccer vs. Sanborn; 4

Girls' Soccer at Sanborn; 4

WINNISQUAM

Boys' Soccer vs. Fall Mountain; 4

Field Hockey vs. St. Thomas; 4

Wednesday, Sept. 18

BELMONT

Golf at Moultonborough; 4

Volleyball vs. Kearsarge; 6:15

GILFORD

Golf at Kearsarge; 4

Volleyball at Winnisquam; 6

WINNISQUAM

Field Hockey at Franklin; 4

Volleyball vs. Gilford; 6

Thursday, Sept. 19

BELMONT

Cross Country Home Meet; 4

GILFORD

Field Hockey vs. Bishop Brady; 4:30

All schedules are subject to change.

# Fall HOME & GARDEN



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## Signs a roof must be repaired or replaced

The exterior components of a home, such as the siding and the roof, help to protect its occupants from the elements. While many roofing materials can last for decades, at some point in time homeowners will likely have to repair or replace the roof on their home.

Roof wear and tear may not always be so evident, particularly because most homeowners do not make it a point to get on their roofs very often. The first sign of roof damage typically is a leak that is noticeable from the indoors. It may include a browned spot on the ceiling or even pooling water in the attic. Leak from storm damage or something minor like a water in-

trusion through a nail hole or from a lost shingle typically can be repaired easily enough. However, additional indicators may necessitate a complete roof overhaul. Here are some signs a roof is in need of repairs or replacement.

• **Sagging roof:** If the roof is sagging, it could be due to excess loads, such as water-damaged shingles or even weakened roof structure. A professional will need to restore the integrity of the roof.

• **Cracking and buckling:** It is likely that shingles will have to be replaced if there is cracking or if shingles are buckling and warping.

• **Exposed nails:** Exposed nails may rust and contribute to a leaky roof, says Family Handyman. How long the nails were exposed could indicate if the roof can be repaired or if everything should be redone.

• **Lost granules:** Asphalt roofing shingles have small granules on the surface. Over time these granules will slowly degrade and fall off. If there are many granules in gutters or if one can see that portions of the shingles are bare, it is likely time for a new roof.

• **Visible light:** Homeowners who can see light streams coming into the home need roof repair. This is indicative of holes, cracks or spaces in the roof.

• **Growth on the roof:** Mold and mildew on the roof is a sign that the roof needs to be repaired or replaced. Such growths contribute to rot that jeopardizes the integrity of the roof.

A durable roof protects a home from the elements. Various symptoms signal that it is time to repair or replace a roof.



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# Fall HOME & GARDEN



## Design ideas that can create a peaceful feel



Homes are often characterized as sanctuaries for their residents. A calm place to come home to after a busy day at work or school is often just what people need to unwind.

Certain design components can help individuals turn their homes into relaxing respites from the daily grind. With that goal in mind, individuals can consider these ideas to create a peaceful feel inside their homes.

- Paint with neutral colors. Wall colors can define the mood in a given room, and neutral colors have long been linked to a calming effect. Subtle shades like beige, taupe and light gray are known to create a relaxed vibe in a room, so these colors can be a go-to choice. Some people consider neutral colors a tad boring, so individuals concerned by that impression can limit neutral colors to rooms designated as sanctuaries, like a reading room, a spa bathroom or a bedroom.

- Employ natural light. Natural light also can help to establish a serene setting at home. Large windows that let daylight in can improve anyone's mood. A 2022 study from researchers at the University of Chile in Santiago found that the more natural light that entered a home, the happier people said they felt. Study authors even noted that the largest uptick in well-being was found

among participants who lived in homes in which windows covered at least 40 percent of the dwelling's wall space. Opening blinds or curtains and, if possible, installing larger windows in a home can help to establish the relaxing, happy vibe individuals are aiming for.

- Utilize plants to set a peaceful tone. The United Kingdom-based Royal Horticultural Society notes that research has found that indoor plants can benefit psychological well-being. The RHS notes that improved

mood and reduced stress levels are two benefits that indoor plants can provide. A good mood and less stress can help individuals establish the peaceful feel they're aiming for at home.

- Keep devices out of bedrooms. Watching television while lying in bed, scanning a smartphone before turning off a nightstand light and retiring for the night, or reading an e-reader instead of a print book at night can transform a bedroom from a serene setting into one that's

overrun with stimuli. According to the Sleep Foundation, technology stimulates the mind, which can make it harder to fall asleep. In addition, blue light emitted by devices disrupts the natural production of melatonin, a hormone

that makes it easier to fall asleep. That can negate any efforts individuals have undertaken to make their bedrooms as peaceful as possible. Designate bedrooms in the house as technology-free zones to ensure the peaceful vibe contin-

ues uninterrupted until everyone goes to bed.

A peaceful home makes for the perfect respite at the end of a busy day. Various design choices can help individuals establish a serene vibe throughout their homes.

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# Congregational Church of North Barnstead to hold Pumpkin and Pine Fair Sept. 14

BARNSTEAD — The Congregational Church of North Barnstead (CCNB) UCC, invites you to The Pumpkin and Pine Old Fashioned Church Fair on Saturday, Sept. 14, 9 a.m.-2 p.m. at 504 North Barnstead Rd. There are many

items for sale, including invaluable Carved Goldfinches and Carved Ducks by Robert Mitchell donated by Connie Mitchell, Cut your Own Christmas Tree at Neva Dunn Farm (on Peacham Rd.), from Dec. 2-9, donated by Ken

Burt, a beautiful Nativity Set by St. Nicholas Square and Waterford Crystal Goblets donated by Nancy Talbott, "Gardeners Soap" in boxes decorated with rice paper made by Marcia Christensen and Amy Beck, Salty Dog Pottery

by Teresa Taylor, art by Clare Bolster including a fall wreath, crafts by Women's Fellowship, and delicious baked goods including pies, coffee cakes and whoopie pies, and there's even a week-end in the White Mountains

with a bedroom suite donated by Cate Barraford and Robert McConaghy and abundant gift certificates including martial arts classes and Johnson's Restaurant. Outside are lovely, colorful dresses and other items from

Ghana offered by Marcia and Jim Christensen. If you're hungry, there's our outdoor cafe offering you breakfast or lunch with places to sit. Come and visit us from 9 a.m. to 2 p.m. on North Barnstead Road on Saturday, Sept. 14.

## SPORTS

### Playoffs return to NHMS next fall

LOUDON — NASCAR roars back to Loudon in a big way in 2025 with New England's only NASCAR weekend moving to the Playoffs Sept. 19-21, and the NASCAR Craftsman Truck Series (NCTS) joining the NASCAR Cup Series (NCS) at New Hampshire Motor Speedway (NHMS). The NCS will kick off the round of 12 while the NCTS drivers will battle it out to remain above the cut line for the round of eight.

"The two questions fans ask me the most are, 'When are we getting a September race back?' and 'When are we getting the trucks back?' and now we have both," said New Hampshire Motor Speedway Executive Vice President and General Manager David McGrath. "We are so thankful to our loyal fans who have supported us during NASCAR's annual summer stop in New Hampshire, but they wanted this, they deserve this, and we are ecstatic to not only be returning to the NASCAR

Playoffs, but we are thrilled to host the NASCAR Craftsman Truck Series as well.

"We're excited to bring our race fans a high-energy weekend with intense action from the sport's top names who will all be fighting to secure their spot in the next round of the playoffs during arguably the most beautiful time of year in New England."

The 2025 NHMS NCS race will be on Sunday, Sept. 21, while the NCTS race will join the Mohegan Sun 100 NASCAR Whelen Modified Tour (NWMT) race on Doubleheader Saturday, Sept. 20.

The NCTS most recently raced at NHMS in September 2017. NCS regular Christopher Bell marked his first trip to victory lane at "The Magic Mile" during that race, and he's since earned a total of seven wins at NHMS after 11 starts across all three series that includes one NCTS win (2017), four NASCAR Xfinity Series wins (2018, 2019, 2021, 2024) and two

NCS wins (2022, 2024). His most recent NHMS win came earlier this year after a history-making NCS race in which wet-weather tires specifically designed for racing on damp surfaces were used for the first time in the middle of a NCS race on an oval track.

The 2025 NASCAR

weekend will be the only visit by America's most popular form of motorsport to the six-state New England region. TV/radio broadcast start times, network affiliations and entertainment will be announced at a later date.

Tickets for kids ages 12 and under are just \$10 for Sunday's NCS race

and free for Doubleheader Saturday, featuring the NCTS race and the Mohegan Sun 100 NWMT race. Adult tickets start at just \$54 for Sunday and \$39 for Doubleheader Saturday. Tickets for Sig Sauer Academy Dirt Duels start at just \$30 for adults and \$10 for kids 12 and under. For individu-

al tickets, weekend packages and camping, fans should visit NHMS.com or call 833-4LOUDON. Ticketholders for this past year and campers can lock in their favorite tickets and camping spots for the 2025 NASCAR Playoffs weekend at NHMS.com through Friday, Oct. 4.

## HIGH SCHOOL SLATE

<p><b>Thursday, Sept. 12</b> <b>KENNETT</b> Golf Home Match; 3:30 <b>KINGSWOOD</b> Girls' Soccer vs. Lebanon; 6:30 Golf at Kennett; 3:30 <b>PROSPECT MOUNTAIN</b> Cross Country Home Meet; 4 Golf at Somersworth; 4 <b>Friday, Sept. 13</b> <b>KENNETT</b> Cross Country at Portsmouth; 4 Field Hockey vs. Con-Val; 4 Volleyball at Souhegan; 6:30 <b>KINGSWOOD</b> Boys' Soccer at Lebanon; 4 Field Hockey vs. Bow; 4 Football vs. Trinity; 7 Volleyball at Manchester Memorial; 6 <b>PROSPECT MOUNTAIN</b> Boys' Soccer at Kearsarge; 6:30</p>	<p>Volleyball at St. Thomas; 6 <b>Saturday, Sept. 14</b> <b>KENNETT</b> Football at Plymouth; 1 <b>Monday, Sept. 16</b> <b>KENNETT</b> Cross Country at Kingswood; 4 Field Hockey vs. Souhegan; 4 <b>KINGSWOOD</b> Cross Country Home Meet; 4 Field Hockey vs. Con-Val; 5:30 <b>PROSPECT MOUNTAIN</b> Volleyball vs. Plymouth; 6:15 <b>Tuesday, Sept. 17</b> <b>KENNETT</b> Boys' Soccer vs. Hollis-Brookline; 4 Golf at Portsmouth; 3:30 <b>KINGSWOOD</b> Boys' Soccer at Oyster River; 7 Field Hockey at Laconia; 4:30 Girls' Soccer vs. Oyster River;</p>	<p>6:30 Golf at Oyster River; 3:30 <b>PROSPECT MOUNTAIN</b> Boys' Soccer vs. Derryfield; 4 Girls' Soccer at Derryfield; 4 <b>Wednesday, Sept. 18</b> <b>KENNETT</b> Field Hockey vs. Bow; 4 <b>KINGSWOOD</b> Volleyball vs. Hanover; 6 <b>PROSPECT MOUNTAIN</b> Golf Home Match; 4 <b>Thursday, Sept. 19</b> <b>KENNETT</b> Boys' Soccer vs. Lebanon; 4 Golf at St. Thomas; 3:30 <b>KINGSWOOD</b> Golf Home Match; 3:30 <b>PROSPECT MOUNTAIN</b> Cross Country at Belmont; 4 <b>All schedules are subject to change.</b></p>
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### Revolution in action

COURTESY PHOTOS

These photos ran in last week's publication, but due to a production error, did not include the correct caption. We apologize for the error. The Revolution United had five teams head to Tolland, Conn. for a tournament prior to Labor Day Weekend. The Revs United 2010 Boys Nationals and Revs City 2012 Boys Regionals finished first in their respective divisions. Revs United 2010 Girls Regionals and Revs United 2012 Boys Nationals both finished in second place as finalists. Revs United 2014 Boys finished in fourth place.

# ABA Monthly Member Highlight: SUP-NH Paddle & Bike Co.

ALTON — Every month, the Alton Business Association sits down with one of our amazing ABA members to get to know them a little better! We ask each member the same questions, providing an opportunity for our members to highlight the important work that they do in our communities. If you're an ABA Member and would like to be considered for future Monthly Member Highlights, please reach out to us via email at [info@alton-businessassociation.com](mailto:info@alton-businessassociation.com).

**Q:** Tell us about your business?

**A:** In 2007, We started primarily a stand-up paddle board business, offering paddle board lessons, rentals, and tours. Over the years we have added kayaks, electric bicycles, regular mountain bikes, and fat bike rentals. Our goal is an Outdoor Adventure for everyone.

**Q:** Tell us about yourself.

**A:** I enjoy the outdoors I like that to be my gym and my playground. I've always been a surfer and enjoyed surfing since a very young age. In 2007, I was the first person to stand up paddleboard Lake Winnepesaukee. I enjoy that so much that I started a business so others could enjoy! Outside of water sports, I do plenty of



trail mountain biking and fat biking. In the winter I do Backcountry snowboarding. It's all in good fun.

**Q:** How did your business get started?

**A:** I took something that I enjoy and tried to re-create it so others could try. Each year we try to make it easier for people to get on the water. I feel that by adding outdoor activities in Alton will get more people to 'stay and play'. At the end

of the day, I enjoy what we do. It feels great knowing we're creating fun on the water with absolute zero pollution to the lake.

**Q:** What has your relationship with the Alton Business Association done for you or your business?

**A:** It's definitely spread awareness with other local business owners & I'm hoping in the following years we will see a lot more positive growth for locals.

**Q:** What do you value most about this community?

**A:** As a member of the Alton community for 20 years, I think the town's strength and weakness is its spirit & fight to keep big conglomerate companies away. It's very passionate to keep it the same and I can appreciate that. At the same time, I think it does hurt local businesses from growing and making Alton a place to stay &

play. I don't think we need to completely fear change, some change is actually good. At the end of the day, it is about local families.

**Q:** Why did you want to open your business in this community?

**A:** I felt that Alton needed some outdoor activities when we opened in 2014. I would love to see Alton be less of a drive-through town and people want to stay here just as much as they want to

stay in Meredith or Wolfeboro.

**Q:** What business accomplishment are you most proud of?

**A:** I 100 percent believe we added awareness about paddle boarding and helped the sport grow here on Lake Winnepesaukee.

**Q:** What does the future hold for you and your business?

**A:** I really want to offer more people to try outdoor activities, especially in Alton just to get more things for people to do because it does help personal Health and Longevity.

**Q:** What is one piece of advice you wish you had as a new business member?

**A:** If you're passionate about what you're doing and what you want to offer. Please don't give up! If you're not passionate with it, then people may see that eventually.

**Q:** How can people who want to learn more about you or your business get in touch with you?

**A:** Reservations can be made on our website at [www.supnh.com](http://www.supnh.com), or by calling 603-833-1211. Reservations, Lessons, and Delivery available. Our Facebook page is <https://www.facebook.com/supnh> to give a follow or a like #SUPNH.

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# Gunstock Wetlands Walk prepares for fall

GILFORD — The Wetlands Walk boardwalk and pollinator gardens at Gunstock are getting ready for fall. On Friday, Sept. 20, from 9 a.m. to noon, United Way and volunteers for the Day of Caring will assist with maintenance. If you can participate for the three hours, please preregister by Sept. 17 either by sending an email to [bccd-volunteer@gmail.com](mailto:bccd-volunteer@gmail.com) or at [www.graniteuw.org](http://www.graniteuw.org), then select volunteer (at mid-right), select Central New Hamp-



COURTESY

Owen and his mom Anneli Berman helped at the Wetlands Walk. Sept. 20 & 21 are the next days to help this all volunteer maintained boardwalk.

shire, select Wetlands Walk and Pollinator Gardens. 9/20 will include Volunteer recognition, pizza and T-shirts. Preparations will continue on Saturday, 9am-noon and if you can help for any time, please do and BCCD supplies water and snacks.

To see the area go to [www.gunstock.com/community](http://www.gunstock.com/community) and select the Belknap County Conservation District, then Boardwalk. Tasks include sweeping, adding woodfiller, priming and painting the bumper for the visually impaired, installing Buy a Board plaques, removing in-

vasive weeds, removing moss and lichen from boardwalk and minor carpentry. The pollinator gardens need weeding and trimming for winter. Under 18 must have a parent or guardian with them. Community Service Certificates are available. Just follow the volunteer signs. To visit any time, walk ¼ mile from the parking lot just off Route 11A (on right). For more information, call the Belknap County Conservation District office at 603-527-5880 or Jan, volunteer, at 603-707-9760.

## Wolfeboro Friends of Music launches 89th season with Scottish Fish



WOLFEBORO — long and unique history: Wolfeboro Friends of Music embarks on its 89th season with a highly innovative concert of traditional music of Scotland with Scottish Fish. This 'next generation of Celtic Music' concert takes place at Anderson Hall, Brewster Academy, South Main Street, Wolfeboro, on Saturday, Sept. 28 at 7 p.m.

Scottish Fish, an all-women ensemble, presenting a fresh take on traditional and contemporary Scottish and Cape Breton music. Their lively and unique arrangements are woven together from session music handed down from generations of the tradition's finest players, many of whom they have had the opportunity to share the stage with. These five young women have a very

they began the band as elementary school children and have remained together for more than a decade. Now in their twenties, their intense chemistry is clear in their performances and music. You won't be able to keep your toes from tapping and hands from clapping, especially when experiencing their arrangements live for 'Friends of Music'!

"One of the most energetic and creative acts to take root in the local Celtic music scene this century... the Scottish Fish ensemble has made the transition from carrying the mantle of the 'future of Celtic music' to thoroughly occupying the present," writes Sean Smith in the Boston Irish Reporter.

This is the first of nine

concert performances comprising the current season running from Sept to May, 89 years of artistic excellence in service to New Hampshire's Lakes Region!

Our season sponsors support the Wolfeboro Friends of Music:

Paul Zimmerman Co. and Diana Scott and Greg Jonas.

Tickets are available for \$37.50 at the exciting new website: [www.wfriendsofmusic.org](http://www.wfriendsofmusic.org); by calling (603) 569-2151 and at the door on the day of the concert.

High School students with ID will be admitted free of charge.

Children accompanied by an adult ticket purchaser will be admitted free of charge.

For additional information, visit [www.wfriendsofmusic.org](http://www.wfriendsofmusic.org).

## Mindreading, magic and hypnotism at Village Players Theater Saturday

WOLFEBORO — Magician, mentalist, comedian and hypnotist, award-winning performer Peter Gross returns to the Village Players Theater in Wolfeboro on Saturday, Sept. 14, with two different performances guaranteed to amaze.

At 4 p.m., experience "99 percent honest mind reading" – a captivating blend of magic and mentalism. Gross tells you what you're thinking, predicts what you'll do next and acts as a human lie detector. This show takes you on a highly interactive intellectual roller-coaster ride of "impossible outcomes."

At 7:30 p.m., get ready for "Get Hypnotized" – Gross gets into your head and creates a show full of surprises, comedy and 'family friendly' hypno-fun. Imagine, you look down at your hands and suddenly realize that you have 11 fingers. How would you feel? Imagine, a committee of volunteers talking to celebrities through phones hidden inside their shoes?



COURTESY PHOTO

Comedian and magician Peter Gross presents two hilarious shows at the Village Players Theater in Wolfeboro, Saturday, Sept. 14.

This is that show, your show.

With more than 20 years of experience performing in theaters, festivals and on cruise ships worldwide, Gross has taken his act to places like Tierra Del Fuego, Tahiti, and even Vladivostok. He has performed at the White House, the Kennedy Center, and Canada's National Theater, and has made several TV appearances. He also holds two

silver medals from the Oranjeboom International Variety Performer's Competition in Rotterdam, Holland.

Gross has been praised by the Vancouver International Comedy Festival as "hip, sophisticated, and very, very funny. A first-class performer."

Tickets are \$25 for a single show or \$40 for both. Get yours at [village-players.com](http://village-players.com) or at the door.

## New year begins at Gilford schools

BY ERIN PLUMMER  
[mnews@salmonpress.news](mailto:mnews@salmonpress.news)

GILFORD — The school year is now underway for the Gilford School District, with construction finishing up in the schools, some new learning opportunities, and a big anniversary this year.

Superintendent Kirk Beitler said by the third day of school things were going great.

This year marks Gilford Middle High School's 50th birthday. Beitler said the school building officially opened on Oct. 6, 1974. A few teachers who were part of the opening are still working at Gilford schools today.

A few construction projects went on throughout the summer, with one lasting a little longer.

Gilford Elementary School and High School both got new roofs with the projects finishing through Labor Day weekend and right up to the start of school.

Work will continue for a few more months on the GHS locker room. The locker room was being redone over the summer including asbestos removal.

"Initially we thought

we had all the asbestos out, then the workers cut open some ductwork and some sensors went off so there was more asbestos in the ductwork."

Beitler said the asbestos was removed and construction started back up. He said work on the locker room will likely continue for a few more months.

Gilford High School is seeing some expanded programming and new opportunities for students.

GHS offers some extended learning opportunities for students including internships and job shadows through its Extended Learning Opportunity program.

"Just giving kids opportunities to see what's out there and see if there's anything of interest prior to them graduating high school," Beitler said.

Beitler said they have had students who have done these experiences in years past and the school has been working to offer more of those opportunities.

Steve O'Riordan, who retired last year as the business teacher, recently took the part time

position of Extended Learning Opportunities Coordinator. Beitler said O'Riordan has been part of the school district for more than 20 years, and has made a lot of connections that can provide students with a lot of learning opportunities.

GHS is offering some new computer science classes again with a new teacher with expertise in that subject.

The school also has a new tech ed teacher and Beitler said they hope the program will evolve. They hope to have some possible lighting and electrical classes with students applying their skills in the auditorium.

Beitler said overall he wants things to really move forward going into this school year and especially move past the disruption of the pandemic.

"Just start talking more about academics and focus on doing things for learners that gives them opportunities to learn but also opportunity to experiment, get out into the community...just give them a lot of experiences," Beitler said. "I think we need to give those to our learners now."



COURTESY

Even though Alex looks like he can hardly believe he completed the 1,000 Books Before Kindergarten program at the Oscar Foss Memorial Library in Barnstead, he did it! Congrats, Alex!

# Wright Museum to host lecture by author Howard Mansfield

WOLFEBORO — On Tuesday, Sept. 17, the Wright Museum will welcome author Howard Mansfield. This is the fourteenth program of the Wright Museum's 2024 Education Series.

Growing up, World War II was omnipresent and hidden. This was also true of his father's time in the Air Force. Like most of his generation, it was a rule not to talk about what he'd experienced in war.

"You're not getting any war stories from me," he'd say.

Doors open at 6 p.m., the program begins at 7 p.m. in the Wright Museum's DuQuoin Education Center, 77 Center St. in Wolfboro. Admission is \$5 for members and \$10

for non-members. Reservations are strongly encouraged and can be made online at <https://wrightmuseum.org/>

## MARK

(continued from Page A1)

because they needed volunteers. He was always asking if anybody needed any help with anything."

She said if his sons were involved in two events, he would "juggle things so he could help with both."

Memories of D'Entremont's contributions pour from everyone who ever worked with or volunteered with him.

Dot Veisel, who served on the Recreation Commission with him, called him "the exemplary volunteer; always there when needed," and "hum-

ble, never seeking credit." She described him as "generous with his time" who was often "the behind the scenes guy who kept the project successful."

Her favorite memory of him was a time when she was working in the concession stand at the Elmer Smith Ball Fields on a cold day.

"He asked how I was doing, and I told him I was anxious to get home to warm up, but I first needed to clean up the stand," she said. "Without hesitation, he stepped in and said, 'Go home, I'll take care of the stand.'

lecture-series or by calling 603-569-1212. Books may be purchased in advance at the Country Bookseller or at the lec-

ture at the Museum. The region's leading resource for educators and learners of all ages on World War II, the

front and battlefield. For more information about the 2024 Lecture Series, or museum, visit [wrightmuseum.org](http://wrightmuseum.org).

That, in essence, is who this guy was." One resident who has years of memories is Jon Mouradian, who grew up in the same neighborhood as D'Entremont in Stoneham, Mass.

"We've been hanging around in the same circles ever since," he said. "We both ended up buying homes on the same road in the same small town. For over forty years, I've had the privilege of calling Mark my friend."

Mouradian and D'Entremont shared a love of music.

"We both found a lot

of joy in the fact that we were able to stay connected," Mouradian said. "I love him and his family. I will forever feel blessed and be grateful to say that Mark was one of my life-long friends."

An accomplished musician, D'Entremont wanted to bring music to others and create venues for local musicians to play. He set up an Open Mic Night for New Durham Day one year, and played guitar for a Christmas event at the 1772 Meetinghouse.

"He was a strong proponent of using the Meetinghouse space for local

concerts," Meetinghouse Restoration Committee Chairperson Bob Bickford said.

In a time when volunteerism seems to be on the decrease, the Town will sorely feel D'Entremont's absence.

"New Durham has lost a long time friend to the Town and one who had been a strong encouragement for a variety of Town initiatives, especially in the area of Parks and Recreation," Board of Selectmen Chairperson David Swenson said.

"Mark's support and active participation in these various Town events were an incredible help to make each one memorable and enjoyable for all. The board expresses its deep, heartfelt sympathies to Susan and the D'Entremont family and wishes them to always know the Board and New Durham will long remember the strong, positive impact Mark has had in New Durham."

Along those lines, the Recreation Commission has already voted to purchase a picnic table dedicated in his name to be placed at the ball fields.

"We also want to hold an annual commemorative event that would represent Mark, to set up a scholarship for families in need," Chasse said.

Several options have been discussed, such as a turkey trot or barbecue.

"The whole community has been helping the family," Chasse said, "and once we get the scholarship in his memory, we will get so much help. This is important because we want Mark's name to live on."

## SHAKER REGIONAL SCHOOL DISTRICT ADVISORY BUDGET COMMITTEE

The Shaker Regional School District is seeking community members to serve on the Advisory Budget Committee. The board will select 3 members from Belmont and 3 members from Canterbury to serve on this committee at its September 24, 2024 board meeting. All members must be registered voters for the town in which they are serving. Please visit [www.sau80.org](http://www.sau80.org) to review the charge of this committee. Please submit a letter of interest to Debbie Thompson, Business Administrator at [dthompson@sau80.org](mailto:dthompson@sau80.org) or Shaker Regional School District, 58 School Street, Belmont, NH 03220 no later than September 19, 2024. Please contact Ms. Thompson at 267-9223 ext. 5303 with any questions.

# LEGALS

## BARNSTEAD ELEMENTARY SCHOOL SAU #86

### INVITATION TO BID 2024 & 2025 Winter Seasons MANDATORY SITE VISIT

Contact Facilities Director, Sean Asdot, to set up a time to visit the location. Monday-Friday 6AM-3PM availability with a 24 hour notice.

**BIDS FOR:** Snow Removal Services

**DUE DATE:** 2:00 PM on Friday, September 27th, 2024

Bids for Snow Removal Services will be accepted until 2:00 PM on Friday, September 27th, 2024, at the Business Office, SAU 301, Prospect Mountain High School, 242 Suncook Valley Road, Alton, NH, 03809, at which time they will be publicly opened and read aloud. Bid specifications can be obtained from Heidi Duford, Business Administrator at [hduford@pmsau.org](mailto:hduford@pmsau.org) or 603.875.3800x2158. Questions can be answered by calling or emailing the Facilities Director, Sean Asdot, at 603.875-7500 EXT 3115 or [sasdot@pmsau.org](mailto:sasdot@pmsau.org).

Bids will be accepted only if sealed and clearly marked:

**BIDS FOR:** Snow Removal Services

**DUE DATE:** 2:00 PM on Friday, September 27th, 2024

The School Board reserves the right to accept or reject any and all bids, to accept any informality in a bid or to accept a bid which it deems to be in the best interest of the school district.



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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.

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<p>\$289,900</p> <p>MLS# 5007342</p> <p>Alton: 0.45+/- ac. waterfront lot on Merrymeeting River with access to Lake Winnepesaukee under a footbridge. Featuring a wharf, 4-bedroom septic design, and cement slab. Seller is a licensed Realtor in NH.</p>	<p>\$385,000</p> <p>MLS# 5011978</p> <p>Laconia: Two unit multi-family in excellent condition perfect for investors or affordable living with a tenant above. Each unit features 2 bedrooms, updated kitchens, stainless steel appliances and granite counter tops.</p>	<p>\$439,000</p> <p>MLS# 5009664</p> <p>Laconia: 1BR/1BA waterfront condo with covered boat slips in a pet friendly association with low fees. Featuring a private balcony with westerly views. Enjoy stunning sunsets and the Weirs Beach fireworks.</p>	<p>\$699,900</p> <p>MLS# 5002969</p> <p>Concord: 3BR/2BA, 3,518 sf. custom built ranch in a peaceful neighborhood known for its community spirit. Enjoy hosting gatherings with a well appointed kitchen, double wall ovens, breakfast nook, large living room, gas fire place, and landscaped yard with brick patio.</p>
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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	Hutchins Cricle	Single-Family Residence	\$500,000	Benjamin W. and Olivia Ruhl	Eric and Jessica Painter
Alton	Miramichie Hill Road	N/A	\$10,000	Jeffrey Hertel	Richard J. Lundy
Alton	New Durham Road	N/A	\$136,000	Kenneth Lurvey	David and Kimberly Arsenault
Alton	Railroad Ave.	Single-Family Residence	\$420,000	David J. Dolan, Sr. Trust	Jill A. and Robert C. Power
Alton	Stockbridge Corner Road	Single-Family Residence	\$540,000	Stuart Ruch	Catherine and Scott Bonneau
Alton	Stockbridge Corner Road	N/A	\$150,000	Joseph N. Tibbetts	Bethal Builders LLC
Alton	N/A	N/A	\$150,000	George H. Spencer III RET	Dan Laurin Construction LLC
Alton	N/A	N/A	\$289,933	Matthew S. Beaudry IRT	Zachary J. Roetzel and Marilyn F. Ortiz
Barnstead	Colony Drive	Residential Open Land	\$575,000	Fay Enterprises LLC	Andrew and Loreen A. Macchione
Barnstead	Locke Lake Colony	N/A	\$850,000	Robert Tillson and Robin Tortora	Neil L. Taitel LT
Barnstead	Pitman Road	Single-Family Residence	\$680,000	Kathryn and Anthony Maguire	William G. III and Francis B. Birch
Barnstead	Pitman Road	Single-Family Residence	\$525,000	Cynthia A. Huckaby Trust and Eugenia Huckaby	Hayden Shaw and Alana Samuelson
Barnstead	Winwood Drive	Single-Family Residence	\$330,000	Barbara A. Bennett RET and Deidre A. Bennett	John Leone and Jacquelyn Nicastro
Gilford	Blueberry Hill Lane	N/A	\$1,750,000	16 Blueberry HI Lane LLC	Brooke E. and Douglas C. Cook
Gilford	Dockham Shore Road	Single-Family Residence	\$1,800,000	Scott E. & Gina Leger RET	Tyler Fiscal Trust and Joseph Tyler
Gilford	Yasmin Drive	Single-Family Residence	\$1,010,000	Michael and Theresa Furlong	Matthew J. and Shannon B. Leland
New Durham	Winsor Way	Single-Family Residence	\$394,533	Hilary K. Lane	Matthew E. Burdzy
New Durham	N/A	N/A	\$2,975,000	Chiumiento Fiscal Trust and Patrick C. Chiumiento	Patricia Jurus

## 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.

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- Newfound Landing
- Coös County Democrat
- Carrol County Independent

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### Full-Time Position Warehouse/Service

Energysavers Inc is looking for a self-motivated individual to add to its staff. The position would include, but is not limited to, organizing and pulling parts for jobs as well as receiving deliveries. We are a highly recommended 49 yr old Lakes Region retailer of well-known hearth & spa products. You can earn while you learn! Potential to move into a service or installation position is a possibility. No prior experience required. Must have a valid driver's license & be able to lift/carry an 80lb min.

Stop in to fill out an application:

**Energysavers Inc,**  
163 Daniel Webster Hwy, Meredith NH



### Full-Time Installers Apprentice

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

LEARN WHILE YOU EARN!

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

Stop in to fill out an application:

**ENERGYSAVERS INC.**  
163 Daniel Webster Hwy., Meredith NH

### Christmas Tree Farm Manager, Forest Society North at The Rocks

Reports to: Managing Forester

40 hours/week

This position is Full-time, Exempt, Salary

Salary range begins at \$55,000, depending on experience.

#### Position Summary:

The Christmas Tree Farm Manager is responsible for running the Forest Society's 20,000-tree Christmas tree farm operation at The Rocks in Bethlehem, NH. Since 1989, this has been a successful retail and wholesale Christmas tree farm. The Rocks is an iconic part of the community serving as the Forest Society's north country hub for community engagement through recreation, educational programming, and tourism centered around this scenic Christmas tree farm and historic estate.

The Christmas Tree Farm Manager will ensure successful planting, cultivation, sales, and operations of the 45-acre tree farm. The Christmas Tree Farm Manager's focus is to ensure all aspects of the Christmas tree operation and business are implemented. This position is primarily responsible for the day-to-day farm operations with other duties helping with property, trails, and grounds at The Rocks. This person will also hire, train, and supervise seasonal farm staff, contractors, and suppliers.

The Christmas Tree Farm Manager is part of a larger team who support the activities, programs, and maintenance at the 1,500-acre Rocks property which hosts several miles of recreational trails and the buildings that serve as the hub of the Forest Society's north country operations. The Christmas Tree Farm Manager is also responsible for ensuring the farm and north country center are clear of snow in winter months and may work with other lands team staff as time allows to accomplish stewardship goals at The Rocks and other nearby north country properties.

This individual will represent the Forest Society on Christmas tree and farm organizations such as the Christmas Tree Growers Association and attend regional conferences. Effective communication skills, and the ability to interact with people positively are vital. The position is full time, year-round with more hours needed during peak events such as tree planting, tree harvesting, and Christmas season sales. The Forest Society promotes a balanced approach understanding that tree farming has busy and slow seasons.

#### Essential Duties and Responsibilities:

- Conduct operations for the Christmas tree farm, including planting, spraying (requires pesticide applicators license), tree shearing, de-coning, tree inventory, fertilizing, tree grading and tagging, tree harvesting, mowing, and Christmas tree stump cutting.
- Manage farm finances, equipment, stock, and supplies.
- Manage tree seedling, wreath, and other tree farm supply ordering.
- Responsible for all wholesale and retail Christmas tree and wreath sales.
- Responsible for recruiting, hiring, training, and managing seasonal farm staff.
- Ability to plan and implement detailed seasonal schedules of required tree farm maintenance and organize tasks and personnel to get this work done.
- Hire and oversee farm-related contractors when necessary.
- Responsible for the preparation and management of the Christmas tree farm budget and planning.
- Manage tree farm business relationships with local inns including billing and accounts receivable.
- Coordinate Christmas season retail operation at The Rocks in collaboration with other north country staff.
- Responsible for the timely deposits of all cash receipts related to sales at the Christmas tree farm.
- Represent the Forest Society's membership in National Christmas Tree Association, and the NH/VT Christmas Tree Association, including attendance of local meetings.
- Repair and maintain grounds equipment: tractors, mowers, ATV, utility trailers, saws, & trimmers.
- Provide back-up and support for north country campus maintenance, lawns, driveway, parking lot and roads.
- Ensure north country campus roads, walkways, and parking are kept clear of snow in winter.
- Coordinate with program and education staff to help facilitate educational programming which may entail tasks like driving the tractor and trailer during maple tours and other programming needs.
- Wild apple tree pruning in early spring at The Rocks and other north country forest reservations.
- Maintain, repair, and replace property signage as needed.
- Attend staff and lands team meetings, keeping the larger staff informed of program activities for the Christmas tree operation.
- Collaborate with the Forest Society lands team to help with forest and recreation management at The Rocks and other north country properties.

#### Contributions/Outcomes:

This position is primarily responsible for managing the Christmas Tree Farm operation as a core Forest Society program. This includes the hiring and supervision of farm staff and volunteers and providing a safe and productive workplace environment. Additionally, this position plays a key role in working with other north country staff to ensure a positive experience for visitors to The Rocks and to maintain relationships as community ambassadors to the north country. The successful candidate will foster a profitable and sustainable tree farm business while working as part of a team to accomplish the larger goals of the organization.

#### Qualifications and Skills required:

The Christmas Tree Farm Manager should have a minimum of 3-5 years of experience with hiring, training, and supervising others. Candidates shall have 3-5 years of experience working in an agricultural setting and/or Christmas tree farm and be competent in running tractors, chainsaws, and equipment. An education of a two-year associates degree or equivalent is preferred. A degree with a program focus in arboriculture, agriculture, or horticulture is preferred.

#### Demonstrable Competencies and Requirements:

- Excellent people skills and the ability to effectively communicate well both verbally and in writing.
- Good organizational skills both in the field and office (with strong attention to detail).
- Ability to use Microsoft Word, Excel and Quickbooks (for basic invoicing).
- Ability to work independently without supervision and manage crew members.
- Ability to hire, supervise and manage seasonal crews.
- Ability to operate and perform basic maintenance of farm equipment including one-ton truck and trailer, tractor, ATV, and chainsaw.

#### Experience, Education, and Licensure:

- Farming or agricultural experience, with preference for experience in cultivating Christmas trees.
- Knowledge and skill at safely operating farm equipment, including chainsaw and tractor operation.
- Driver's license and capacity to drive a one-ton truck with a 20-ft trailer; maintain the required Medical Examiners Certificate (acquired at expense of Forest Society).
- Possession of or willingness to acquire a private spray license from the Division of Pesticide Control, specifically for Christmas trees (acquired at expense of Forest Society).

#### Additional Beneficial Skills and Qualities:

- Self-starter with a proven ability to run and foster a successful business.
- Experience in forestry and forest management.
- Experience with marketing, tourism, and/or public relations.
- Experience in providing public educational workshops and developing outreach materials.
- Experience in horticulture, arboriculture, nursery work, or forestry.

**Working Conditions:** The Christmas Tree Farm Manager must be prepared to work year-round indoors and outdoors, conducting physically strenuous work in a wide variety of weather conditions. Schedule will include some evenings, weekends, and occasional holidays during parts of the year. Seasonally, this job may involve as much as 90% outdoors work.

**Physical Requirements:** Fieldwork in this position can be physically demanding. The individual should be able to walk long distances over variable terrain in fields as well as in the woods, sometimes carrying equipment. Must be prepared to work mostly outdoors, tolerating a range of weather conditions. Must be able to stand for extended periods of time in the cold or the heat, run handheld power equipment, climb stairs, and be able to lift approximately 80 lbs.

#### Direct Reports:

Seasonal staff and volunteers.

**Equity, Inclusion & Collaboration:** The Forest Society is an equity-based employer. We value a diverse staff and an inclusive culture. We value staff that work for the good of the whole; that can effectively collaborate to achieve shared goals of their department, as well as the organization. All qualified applicants will receive consideration for employment without regard to race, color, religion, gender, gender identity or expression, sexual orientation, national origin, genetics, disability, age, veteran status, or any other protected status as required by applicable law.

Questions regarding this position should be directed to:

Wendy Weisiger, Managing Forester

[wweisiger@forestsociety.org](mailto:wweisiger@forestsociety.org) or 603-224-9945 X340

Resumes should be sent to:

Stephanie Milender, Human Resources Director at [smilender@forestsociety.org](mailto:smilender@forestsociety.org)

# CAUTION

## Drivers

### YOU HOLD THE KEY TO OUR CHILDREN'S FUTURE

Each year, thousands of schoolchildren are killed or injured by automobiles. Remember, you hold the key to their safety and future in your hands.

*Please drive carefully.*



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## Aging Mastery Program®

Series is held Tuesdays and Fridays, starting on September 24 through October 25.

10:30 am - Noon

Sanbornton Public Library, 27 Meeting House Hill Road

Join us for this engaging series with a variety of guest speakers, topics, and relevant discussions all about creating a personal pathway for healthy aging.

The Aging Mastery Program® classes focus on:

- Sleep • Healthy Eating & Hydration
- Financial Fitness • Falls Prevention & More!

Registration is required by Sept 16.

This program is offered at no charge.



For more information or to register, call (603) 224-4093, ext. 85664 or visit [www.granitevna.org/calendar](http://www.granitevna.org/calendar).



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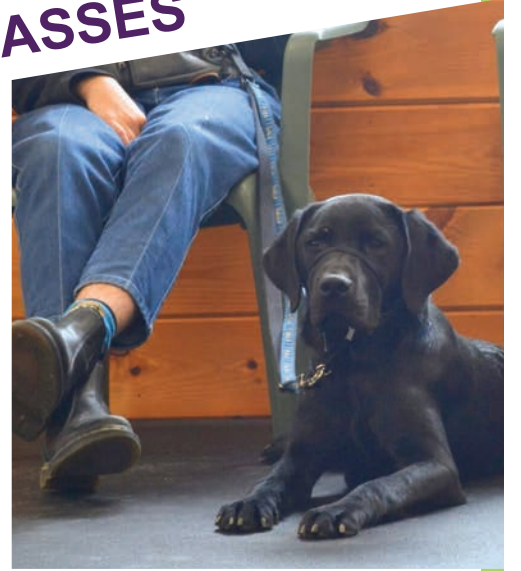
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- Learn about Supplements and Advantage Plans!
- Do you have the correct Prescription Drug Plan?
- Learn how we shop for the plan for you!

\*Featured speaker Amanda Rydlewski

Saturday

September 21<sup>st</sup>

10:00 AM - 11:30 AM

At the Wolfeboro Public Library

Hosted By:

RSVP recommended  
603-569-6464



We do not offer every plan available in your area. Currently we represent 10 organizations which offer 315 products in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE, or your local State Health Insurance Program to get information on all of your options.

Can you lend a kind ear?  
If so, we need YOU!



Granite VNA is looking for bereavement group facilitators in the Concord and Lakes regions!

Supporting those who are grieving by offering space to hear their stories and validate their experiences is both rewarding and a privilege.

Facilitator training includes an initial 16 hours of general hospice volunteer training along with additional grief education and skills development.

The next initial 6-week training begins on Monday, September 16 from 4:30 - 7 p.m. at the Hospice House in Concord.

If you are interested in becoming a bereavement group facilitator please contact Lisa Challender at [lisa.challender@granitevna.org](mailto:lisa.challender@granitevna.org) or call 603-224-4093, ext. 82826.

[www.granitevna.org](http://www.granitevna.org)



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