

THURSDAY, AUGUST 28, 2025

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FREE

Crowds flock to Gilford's Old Home Day

BY ERIN PLUMMER
mnews@salmonpress.news

GILFORD — Locals and visitors flocked to Gilford Village for the 2025 Old Home Day with a whole day's worth of activities celebrating the community.

The 2025 Old Home Day festivities with the theme of "Lake Living" took place on Saturday, Aug. 23, starting with the Rotary's Pancake Breakfast and the Gunstock Nordic Association's 5K in the early morning to fireworks and dancing late at night.

Activities went on throughout the village and centered on Village Field. Village Field was the place for food, craft, community, and other vendors as well as the entertainment tent, athletic



ERIN PLUMMER

The Wicked Witches of the Lakes Region do a dance on Village Field.

events, and much more. The day's events took place under clear skies with warm temperatures.

Parks and recreation Director and Old Home Day Committee member Brittini Stewart said they couldn't have asked for better weather that day.

Saturday afternoon Stewart said Old Home Day has a strong turnout.

She said the parade was well attended with a lot of great entries.

Members of the Old Home Day Committee will meet in September after that year's event and reconvene in February to discuss that com-

ing year's event.

Stewart has been part of the committee for a few years, and she said was quickly brought up to speed on putting everything together.

"The committee, they're fantastic; It's a

very well-oiled machine," Stewart said. "They're fantastic, super involved, and they love the day so they out everything into it."

Selectman Chan Eddy said it was a great day with gorgeous weather and an excuse to ignore one's diet for the day.

He said there were multiple things he loved about Old Home Day, one being the parade with a lot of different entries, and the nice weather.

"Doing quality assurance on all the food vendors," Eddy said was another favorite part of the day.

Members of the Gilford Fire Department grilled up sausage sandwiches and offered other food and refreshments at their stand. Proceeds from the sale go to the Gilford Firefighter's Association.

"It's basically more SEE OHD, PAGE A6

Alton officials discuss early budget considerations

BY ERIN PLUMMER
mnews@salmonpress.news

ALTON — Town officials are getting ready for the 2026 budget season and discussing options to prevent another year of being on a default budget, including tight budgeting and voter guides.

The selectmen and Town Administrator Ryan Heath discussed some early budget preparations during the board's Aug. 12 meeting.

For two years in a row, voters have rejected the proposed budget, and the town has been functioning on a default budget.

Heath said he was holding a meeting with the department heads the next week about the 2026 budget and giving them their "marching orders." He said he was ready to go in and ask that they request the "bare minimum" and don't include any major purchases or programs.

"Just get an operating budget that passes so we can keep our personnel and hire personnel," Heath said.

He asked the board for their consensus on whether they would be okay with a four percent merit increase for employees and the board agreed. That would be the maximum increase for any employee and Heath said the amount would depend on that employee's department heads.

Heath said he talked to a few other department heads about their budget and so far it was looking like the same numbers that had been proposed last year.

Heath also asked the board for any more suggestions to take into that meeting. He the departments will still have needs even

though there's concern about whether the budget will pass.

"There're still things that the department heads need, require, and it's getting to the point where it's exceptionally thin, and were going to start losing employees and things are going to change," Heath said.

Selectman Paul LaRochelle suggested putting out some educational materials on the budget process and what the town is facing with multiple years of default budgets.

"And it's important that each department knows that they've got to crunch as much as possible," LaRochelle said.

The board members agreed the departments have been working incredibly hard over the past few years.

"I think they've done good, I think it's more of an understanding of the townspeople what they voted for and where their tax dollars are going," LaRochelle said.

Board Chair Nicholas Buonopane said this reality was especially clear over Old Home Weekend when there were no fireworks. LaRochelle said a lot of people asked him about that.

"That was a topic that we talked about later last year in the budget process: informational voting guides, getting news out there," Heath said.

He said they have already been doing some early planning on how to get that information out, including options for distributing written information and using social media. LaRochelle said that information has to get out in multiple areas, and Heath agreed.

BY JOSHUA SPAULDING
Sports Editor

ALTON — As he takes over the Prospect Mountain girls' soccer team, head coach Bill Kriete is excited to see what his young group of girls can do in the Division III ranks.

"The offseason has gone well, the girls have been working hard," Kriete noted. "We have a younger team with lots of positions to fill, it may take a game or two to dial in, but we will get there."

With a young group, Kriete will be looking to seniors Laney Henry and Jenna Sykes to lead the way in the center of the

field, while junior Kiera Saalfrank will also be a strong competitor in the middle of the field. Sykes and Saalfrank will be serving as captains for this year's version of the Timber Wolves.

Senior Maddie Miller returns to the net for the Timber Wolves and Kriete notes that she is returning with a newfound confidence while sophomore Ravyn Paris has earned a spot on the back line, showing the skills and self-drive to get things done.

Ninth grader Amelia Gentile is expected to be one to watch in the mid-field, as her passion for

the game shows in everything that she does. Olivia Aulis will also be working her way into the front line group.

"I am excited to see what she can get done," Kriete said. "We have lots of great young players."

As the season kicks off, Kriete notes that the idea is to continue to be better with each step that they take along the way. Helping to make that happen will be strong conditioning, getting the girls ready to play a solid 80 minutes.

"We want to be better tomorrow than we are today," he noted.

The Timber Wolf

schedule will include two games each with St. Thomas and Gilford and single games with Hopkinton, Fall Mountain, Campbell, Kearsarge, Derryfield, Raymond, Berlin, Stevens, Monadnock, Conant, Sanborn and Hillsboro-Deering.

The Timber Wolves are slated to kick off the new season today, Aug. 28, at Hopkinton at 4 p.m. The season continues on Tuesday, Sept. 2, at St. Thomas, also at 4 p.m.

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

Bolduc Park Association hosts Randy Annis Memorial Golf Tournament



COURTESY PHOTO

Pictured (l to r), major sponsors of Bolduc Park Association's Randy Annis Memorial Golf Tournament: Dave Frasca of Irwin Automotive Group; Jessica Beane, Michelle Blake and Abby Quinn of Bank of New Hampshire; Tyler Morrisette of Joyce Janitorial Services; Devin Scott of Meredith Village Savings Bank; Bob and Marilyn Bolduc, Bolduc Park Association volunteers; Eric Petell of Meredith Village Savings Bank and Barbara Laros of Franklin Savings Bank.

GILFORD — Seventy-five golfers participated in Bolduc Park Association's recent Randy Annis Memorial Golf Tournament in Gilford.

Winners in their divisions included Henry Magdziasz, Will Barrett, Logan Barrett, Noah Thompson, Matt Hecht, Mikey Magdziasz, Aaron Bernadino, Haley Czesnick, Hannah Slattery, Thomas Maurier, Mark McClung, Tom Nadeau, Christine Blouin, Ken

Atkinson, Don Sinclair, Mike Sweeney, Anne Cusolito, Susan Riley, Diane Falconer, Greg Lemay, John Cusolito, Rick Walczewski, Cheryl Ann Johnson, Kende Corcoran, Ginny Clavett, Bob

Bolduc, Bill Strait, Norm Jeffrey, Nancy Magdziasz, Jane Kennedy, and Susan White.

The putting contest winners were David Osman and Richard Berg.

All tournament pro-

ceeds go to support the non-profit Bolduc Park Association's efforts to offer golf, disc golf, snowshoeing and cross-country skiing to the Lakes Region public.

Early deadlines for Labor Day

With our offices to be closed Monday, Sept. 1 in observance of Labor Day, the submission deadline for any press

releases and letters to the Editor intended for publication in that week's edition has been moved up to Thurs-

day, Aug. 28 at 4 p.m. Submissions can be e-mailed to the Editor at brendan@salmonpress.news.

Alton Parks and Recreation Community Connection

**Free Concert at the
Bandstand
— Aug. 30**

The last concert of the summer at the Alton Bay Bandstand is scheduled on Saturday, Aug. 30 from 7-9 p.m. featuring the band "Cool Beans" playing '60's and '70's Rock. All ages are invited to attend. Bring a chair and watch the live music or dance and enjoy a fun night out.

Soccer Cleat Swap

Used soccer cleats

in good condition, and in various sizes are available at the Alton Parks and Recreation Department located at 328 Main St., Monday- Thursday 7 a.m.-4:30 p.m. Before you purchase new cleats for this season check out what is available for free. For more information contact Alton Parks and Recreation at 603-875-0109 or parksrec-asst@alton.nh.gov.

Line dancing lessons

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

**Pilates classes in
Alton Bay —
Tuesdays and
Thursdays**

The Alton Parks and

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

Little Lake Explorers Playgroup

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

Guided Meditation

The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring Guided Meditation with Karen Kharitonov on Thursdays: Sept. 11 and Sept. 25 from 6:30-7:15 p.m. at the Gilman Library, Agnes Thompson Meeting Room. Meditation is helpful for reducing stress, and slowing our bodies down to breathe. The program is free, donations accepted to benefit local charities. For more information contact Alton Parks and Recreation at parksrec@alton.nh.gov or 603-875-0109.

Travel Club Trips Canyon Country and Scotland/England in 2026

The Alton Parks and Recreation Department is sponsoring two trips with Collette Tours in 2026. The first trip is to Canyon Country. Trip highlights include Grand Canyon; Lake Powell; Rafting on Horseshoe Bend; Bryce Canyon National Park; Zion National Park, Las Vegas and much more. Trip dates are May 15-22, 2026. The trip includes airfare, 11 meals, hotels, and guided transportation through Canyon Country, including walking, bus, and boat tours.


Alton Parks and Recreation is also

sponsoring a trip with Collette Tours to Scotland and England in 2026. The trip highlights include Edinburgh Castle; York Minster; Chester; Conwy Castle; Stratford-upon-Avon; Traditional Afternoon Tea; London and much more. Trip dates are Oct. 25-Nov. 3, 2026. Includes airfare, 12 meals, hotels and transportation.

These trips are a great way to travel in a group and with a knowledgeable guide. An informational session will be held on Sept. 22 at 10 a.m. at the Gilman Library about both trips. RSVP to attend the session-603-875-0109 or parksrec-asst@alton.nh.gov.


**Weight Training
classes Mondays
and Wednesdays —
Starts Oct. 6**


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 abilities starting Oct. 6. 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 or 603-875-0109. Try a class for free. \$20 per month/session or \$5 drop in.



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Wright Museum hosting lecture on diaries of WWII Air Corps flight engineer

WOLFEBORO — On Tuesday, Sept. 2 at 7 p.m., the Wright Museum will welcome Dennis P. Vachon. This is the fourteenth program of the Wright Museum’s 2025 Education Series.

The Diaries of TSgt. Raymond Vachon, a World War II Army Air Corps Flight En-

gineer and B-24 Top Turret Gunner in the Mediterranean Theater, tell the gripping story of surviving 50 bombing missions in the war-torn skies of Europe during World War II.

Dennis Vachon, Ray Vachon’s middle child, graduated from the University of New

Hampshire, served in the Peace Corps in Senegal, and practiced law in New Hampshire for thirty years. He served ten years in the New Hampshire Legislature. A self-taught artist, Dennis has been painting since his mom bought him a Paint By Numbers set of religious icons

when he was ten. He lives in Strafford, New Hampshire, with his wife Jane.

Doors open at 6 p.m., the program begins at 7 p.m. on Tuesday, Sept. 2 at the Wright Museum’s DuQuoin Education Center, 77 Center St. in Wolfboro. Admission is \$8 for members and

\$12 for non-members. Pre-paid reservations are strongly encouraged and can be made online at <https://wrightmuseum.org/lecture-series> or by calling 603-569-1212.

The region’s leading resource for educators and learners of all ages on World War II, the

Wright Museum features more than 20,000 items in its collection that are representative of both the home front and battlefield. For more information about the 2025 Lecture Series, or museum, visit wrightmuseum.org.

Alton Fire lends spare engine to Gilmanton

BY ERIN PLUMMER
mnews@salmonpress.news

ALTON — The town lent a fire engine to a neighboring community for a few days after their truck was damaged while responding to an Alton call.

Town Administrator Ryan Heath informed the selectmen during the Aug. 12 meeting that the Alton Fire Department was

loaning a spare fire truck to Gilmanton. Heath said Fire Chief James Reinert asked him to give the selectmen a heads up on this topic.

Heath said crews responded to a structure fire on Stockbridge Corner Road that brought out other neighboring departments as part of Lakes Region Mutual Fire

Aid. Gilmanton crews arrived at the scene with a new fire engine, but the truck went into the ditch line and sustained some damage.

Alton had a fire engine that had just been replaced, but was still in service and being used for mutual aid. Reinert offered the use of that engine to Gilmanton in the interim until their truck was

repaired and back in service.

Heath said Gilmanton’s truck was expected to be back the day after that meeting.

“It was sort of obvious — help to a fellow community,” Heath said. “Unfortunately, their truck got damaged responding to one of our calls, so we felt a little responsible for that.”

Mountain biker injured on Gunstock Mountain

GILFORD — On Sunday, Aug. 17 at 7:19 p.m., Gilford Fire-Rescue, Lakes Region Search and Rescue and New Hampshire Fish and Game Conservation Officers responded to the Gunstock Mountain Trail on Gunstock Mountain for a reported injured mountain bicyclist.

First responders located Alyssa Kessler of Gilford approximately one half mile from the trailhead with a leg injury. Kessler was treated and carried off the mountain in a litter to the trailhead. Kessler was transported to Concord Hospital in Laconia by Gilford Fire-Rescue. It was determined that Kessler crashed while descending the Gunstock Mountain Trail while traversing loose rock.

New Hampshire Fish & Game is a self-funded agency which relies heavily upon volunteer rescue groups to complete the mission of search and rescue in the woodlands of the state. The public is encouraged to help support search and rescue activities in the state by purchasing a Hike Safe Card. New Hampshire Fish and Game also reminds hikers to prepare themselves before venturing out into the wilderness, including packing the ten essential items; map, compass, warm clothing, extra food and water, headlamp, fire starter, first aid kit, whistle, rain/wind jackets & pants, and a knife. For additional information, please visit www.hikeSafe.com.

Must-have items when hosting a tailgate

The start of football season is a big deal for sports fans. After months away from the gridiron, college and professional teams return to the field over the final weeks of summer. Fans follow suit, returning to stadiums and, prior to kickoff, setting up outside in the parking lot to tailgate.

Tailgating is an integral part of the game day experience for millions of football fans. As a new season dawns, fans who want to take their tailgating to championship heights can be sure to bring along these must-have items.

- Portable grill: A portable grill that’s easily built and dismantled is an absolute must when tailgating. Tailgates are as much about food as football, and some grilled fare like hamburgers and hot dogs are go-to pre-kickoff selections. Don’t forget to bring along plenty of charcoal, a fire starter and a lighter when heading to a tailgate with a portable grill in tow.
- Foldable tables and chairs: Fans tend to mingle around a tailgate, but a foldable table and chairs are ideal for serving and eating food. Tailgate hosts can request guests bring their own foldable chairs to save room for additional items in their vehicles.
- Canopy: The elements are hard to predict, and savvy tailgaters know a canopy is a useful item to bring along to any tailgate. A canopy can

protect guests and food from the elements by blocking both the sun and rain. Fans who want to go the extra mile can bring along a canopy with an attachable sun wall to provide additional protection against the sun and wind.


- Insulated cooler(s): Insulated coolers can keep food from spoiling and ensure beverages stay cold throughout the tailgate. Let the number of guests dictate whether or not you bring along an extra insulated cooler or two. At least two coolers might be useful, as tailgate hosts can designate one for beverages and another for food.
- Collapsible food storage tubs: The right food storage tubs can make a tailgating host’s job that much easier. Use the tubs to store premade items like sides and chopped vegetables

that will ultimately be eaten during the tailgate. Once emptied, the tubs can be collapsed and easily stored in a reusable shopping bag, making for easy cleanup and transport home.

- Portable Bluetooth speaker: Music can set a festive tone for a tailgate, so bring along a portable Bluetooth speaker to set the right tailgating tone. A pre-selected playlist can keep the music playing throughout the festivities.
- Entertainment: A football is a no brainer when choosing some tailgating entertainment. But additional games can add to the fun. Pack a deck of cards for fellow fans who want to sit down and relax before the big game and some additional games, like cornhole and ring toss, for those who want to burn off some pregame energy.

- Smart TV: Fans know there’s no shortage of great games come football season. A smart TV with apps to stream games kicking off in other cities can take a tailgate up several notches. Fans will enjoy gathering around and watching a game in a different locale so they can keep up with all the action on game day. A high capacity battery pack can provide all the power a tailgate needs, while a portable tripod stand can save hosts the hassle of packing an additional foldable table.

Tailgating is a beloved tradition come football season. Some must-have items can enable football fans to take their tailgates up a notch this year.

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Everyone is living a story you don't know

We've all heard the saying, "Everyone is fighting a battle you know nothing about." But how often do we really live by that?

It's easy to nod in agreement when we hear it. Of course, we know people carry invisible pain. Of course we want to be kind. But then we get cut off in traffic, or someone's short with us at the store, or a neighbor doesn't return our wave, and we forget. We assume the worst. We get annoyed. We judge.

The truth is, every day, we pass by people who are grieving. People who just got bad news. People recovering from trauma or showing up to work while caring for a sick parent, or silently holding the pieces of a life that's shifted beneath them.

Not everyone wears their struggle on their sleeve. Some of the strongest people you'll meet are walking around looking perfectly "fine," while their world has been anything but.

This isn't a plea to excuse bad behavior or ignore our own boundaries. It's a reminder to pause before reacting. To lead with compassion. To offer a little grace to the person in line ahead of us, to the driver who seems distracted, even to ourselves.

Kindness doesn't always look like grand gestures. Sometimes it's just not snapping back. Sometimes it's patience. Sometimes it's letting someone go first. Sometimes it's just choosing not to assume.

We say we want a more empathetic world. That begins with practicing empathy when it's inconvenient, not just when it's easy. Every day is an opportunity to remember that we don't know the whole story, but we can still be part of a kinder one.

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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COURTESY
Come and celebrate the holiday at the Labor Day Weekend Gunstock Craft Fair on Aug. 30 & 31 at Gunstock Mountain Resort, 719 Cherry Valley Rd., Route 11A, Gifford, Saturday 10 a.m. to 5 p.m. & Sunday 10 a.m. to 4 p.m.! There will be more than 110 amazing arts & crafts exhibitors displaying a wide array of awesome arts & crafts including laser art boards, dyed yarns & spinning wheel demos and also weaving demos, chainsaw wood carvings & demos with Elise, awesome tie dye clothing, various jewelry styles including leather/crystal/silver/beaded/jade & gold jewelry, stained glass art, laser art creations, resin artwork, watercolor art, skincare, hand poured soy candles, books with authors, knits & crochet items, fused glass art, CBD wellness products, balsamic vinegars/oils, gourmet foods/baked goods & local honey, 3D art, luminaries, wooden clocks, local roasted coffees, personalized cutting boards, amazing quilts, hand painted home decor, floral decor & lots more! Live Music Saturday & Sunday with North River! Enjoy Adventure Park - zip lines, aerial lift ride with views of Lake Winnepesaukee; Mountain Coaster; hiking; new restaurant with deck & views of Gunstock! Food! Free admission & aree parking to the Craft Fair! Rain or shine under canopies! Friendly, leashed dogs are welcome! For information, call Joyce at (603) 387-1510. Preview online at joycescraftshows.com. See you there!

LETTERS FROM EDWIN

Loony

I really tried to do some productive work today. I did! I know that I said that I was going to blow the day off due to the heat index, but I sorted through the jobs I could do and came up with one job repairing some bike tires that wouldn't hold air. After that I figured that I

would head to the city and pick up some various paint products along with a couple other extraneous stops along the way.

At around 8:30, I texted a customer who wants me to paint her wooden stairway to the lake. I didn't have the color information so I

asked her to check the bucket in the garage and send me a pic of the label so I could pick it up more this afternoon. I have another customer who needs stain also. I try to consolidate my trips to the city as much as possible.

Heading first to the house with the bikes, I

found out that I wouldn't be able to get into the cellar until they woke up. Apparently, they work nights. So much for spontaneous morning drop ins. I was looking forward to working in their cool cellar.

Not having received the information by the
SEE EDWIN, PAGE A5

LETTERS FROM WINDY HOLLOW

Nature's activity

BY VIVIAN LEE DION
Contributing Writer
As the breezes of autumn signal changes in the weather, the birds take notice too. For instance, the bald eagle that flies along the shoreline searching for food is looking for a quick tasty treat of fish especially with the pond water lower because of lack of rain. As noted in an internet article, "Eagles are apex predators, meaning they sit at the top of their respective food chains. Their dietary habit profoundly influences the ecosystems they inhabit. Soaring from high altitudes eagles scan the water for potential prey. Once they spot their prey, they will dive down at

high speeds to make a swift attack."
Going from the largest to smallest of birds, let's analyze the petite hummingbirds. When we think of them we remember the sweet sugary liquid from the feeders. "Every day they consume pure sugar at an amount of about half their body weight to ensure their quick-winged flight and restful perching (hummingbirds spend about 75 percent of their time for perching and digesting)." With fall and winter just around the corner I've learned that they migrate to warmer regions in Mexico and Central America. I've read that "They travel hundreds to thousands

of miles to reach their wintering grounds. The migration can take two to three weeks, depending on the species and the route taken. They migrate primarily to find food and avoid harsh winter conditions. Their diet consists mainly of nectar and small insects, which become scarce in colder climates."
This year, I've observed a very aggressive one who won't allow others to drink the mixture. In fact he acts as a sentinel and watches on the rounded hook nearby. It swivels its head looking for other hummingbirds and when one approaches or settles on the feeder that little guy zooms down and nose dives at

them. There is enough sweetness for all three little birds but the master of the flock wants it all to himself. Perhaps he is the "big guy" in the group and the other two are hatchlings or inexperienced at protecting themselves.
I wish them the very best and know when May of next year comes around one little hummingbird will flutter near the picture window as if to say, "I made it through another winter and the long migration. Please make the special syrupy solution and come feed me. I'll happily fly around and put on a dedicated, caring show for you."
Vivian Lee Dion of New Durham is a writer and speaker

Letters to the Editor

Bolduc Park Association thankful for support of Randy Annis Golf Tournament

To the Editor:

Bolduc Park Association thanks all the sponsors, donors and tournament participants who made our recent Randy Annis Memorial Golf Tournament a great success. All proceeds go to keep the non-profit Bolduc Park an affordable recreation center for the Lakes Region public.

Our appreciation goes out to the tournament's major sponsors: Bank of New Hampshire, Franklin Savings Bank, Irwin Automotive Group, Joyce Janitorial Services and Meredith Village Savings Bank and to the many donors to the Tournament: Bob Gunter – RE/MAX Bayside Laconia, Nucar New Hampshire,

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Gail Malone
Laconia

Friends!

You can have the strongest mindset in the world, but hang out with the wrong people, and that mindset will begin to sink like an anchor.

I remember my parents drawing strict lines around who I could hang with—and it infuriated me. They were my friends, after all. But as I've grown, I've realized my parents understood something my youthful optimism didn't: the attitudes, habits, and moods of others seep into your life—unnoticed, until they've stuck.

I was a sneaky teenager, a little rebellious, always finding ways to hang out with my friends despite my parents' disapproval. Over time, I started to notice something strange—my thoughts, my behavior, even the way I talked started to sound less like me and more like them. Deep down, I knew something was off, because the way I was thinking didn't line up with how my parents raised me—it was more like I had borrowed my friend's mind without realizing it.

My dad took me to see the famous motivational speaker Jim Rohn one time, and I heard Mr. Rohn say, "You are the average of the five people you spend the most time with." At the time, it sounded like one of those catchy quotes you jot down and forget. But as the years have gone on, I've real-

ized it was more than a nice line—it was a scientific truth.

Ever hear of mirror neurons? These are neurons in your brain that fire when you see someone else act or feel something. In a way, your brain copies them without asking permission. Studies show that if your friends are negative, lazy, or full of doubt, your brain begins to mirror that state. Your focus drops, your motivation decreases, and slowly, their reality becomes your reality. You begin to think and act like them.

And it doesn't stop with your closest circle. Researchers at MIT ran a study on the "hidden influence of social networks." They found that our moods, choices, and even levels of ambition ripple out three degrees. That means your friend's friend's friend—someone you've never even met—can still be shaping your outlook.

It's called emotional contagion. Emotions spread through groups like the flu. If your circle is pessimistic, it spreads. If they're optimistic, that spreads too.

There's also something called the Default Mode Network, or DMN, in your brain. Think of it as your mental autopilot—the backdrop of your identity, self-image, and the story you tell yourself about who you are. Neuroscience shows your DMN is highly malleable. Spend

too much time around people who doubt themselves, and you'll doubt yourself too.

But here's the flip side. Mirroring isn't destiny. Just as negativity rubs off on you, so does passion. Hang around people who are building, creating, chasing their vision, and your brain taps into that energy too. Watch someone take bold risks, and your own neural circuits for courage light up. Inspiration isn't magic—it's your brain being reshaped by the people around you.

That's why Warren Buffett once said, "It's better to hang out with people better than you. Pick out associates whose behavior is better than yours and you'll drift in that direction."

And it echoes an even older truth, passed down in different forms for centuries: "Show me your friends, and I'll show you your future."

Curate your circle like it's an investment in your future. Spend time with people who believe bigger, live with more discipline, and push themselves further—not because they're flashy, but because their habits rub off on you. Their standards become your standards. Your brain literally rewires itself to match the company you keep.

So before you beat yourself up for not

EDWIN

(continued from Page A1)

time I headed out from there, I took a right and headed toward the lake instead of a left that would have directed me toward steaming hot parking lot land. Right now, it's three o'clock, and still no information has arrived. Looks like I'll just have to jump back in the lake, again. I'm certainly not heading to the city now.

So I jumped back in and swam out deep into the lake like I usually do. I felt so good that I considered swimming across the lake like I used to in a former life. I had a reality moment and reconsidered my feeling while I was out with the birds and the boats. A loon surfaced about thirty feet from me and I thought that this was about as close to a loon as I have ever been.

Meanwhile I had once again become a floating island in this great expanse of water for the big dragon flies to land upon. I can feel them when they land on my hair. There came to be two vying for my surface which resulted in a full scale aerial battle

of dueling dragon flies. One flew away, the other returned to my head. It's so nice to be wanted.

After probably twenty minutes, I headed back in to shore. As I approached the touch bottom zone, I noticed something white under a branch overhanging the beach. I thought it was probably drift trash. But it looked to intricate to be trash.

Taking a closer look, it was a loon, just lounging there on the beach. At that point, I was about forty feet away. I slowly moved in closer until I was probably twenty feet from it. Was it injured? I kept watch. It kind of lifted and repositioned itself in the sand and didn't look injured to me. So I kept watching. And watching.

Pretty soon, the sun was sneaking down behind the trees and I was losing my warmth. It was best to keep my whole body under the water, and the sunlight helped. I found myself moving with the sunny patches. Doing this brought me closer and closer to the loon. Pretty soon I was only about fifteen feet away and crouching to keep in the water. The bird kept

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living up to your full potential, pause and look around. Who are you spending most of your time with? Their doubts—or their dreams—are setting the boundaries for what you believe is possible.

LAKES REGION VNA

Regular guy

BY DAVID POOLE

CHAPLAIN

LAKES REGION VNA

Once upon a time, I dreamed of being James T. Kirk, Captain of the Starship Enterprise, exploring strange new worlds, boldly going where no one had gone before... and enjoying a few romantic entanglements along the way. But William Shatner beat me to it.

Once upon a time, I dreamed of being a songwriter and performer — winning awards, selling out concert halls, and making women weak in the knees with heartfelt romantic ballads. There was just one problem: I never learned to play the guitar, and crafting lyrics that rhyme — let alone the music to go with them — was a little out

If your people are impatient dreamers, grounded believers, creative disruptors—keep them close. If they're dragging you into doubt, laziness, or "good enough" thinking, let them go—gently, but firmly.

Your brain is wiring itself every single day. Intentionally

choose people who light sparks—not just for your mood, but for your mind, your vision, and your future.

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

to be making more money, is younger and better looking. And we feel less than. Inadequate. And some of us (me) will go to extraordinary lengths, making complete fools of ourselves, to prove otherwise.

Being a great ball player doesn't earn love. Babe Ruth, Ty Cobb, Pete Rose, Barry Bonds. Pretty much jerks, or so people say. Way too many musicians have paid a steep price, needing the love and adoration of fickle fans. A five-year mission exploring new worlds- well, I ll leave that one open.

I don't fully understand how or why we are loved — but I've come to be deeply grateful that I'm loved simply for being me.

That's what I hope for you, too.

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Alton Garden Club delves into permaculture

ALTON — The Alton Garden Club's July meeting was held at the gardens of member and Master Gardener Michelle Hanley. All were welcomed and encouraged to take some time to wander the grounds and admire the beautiful plantings on the property before leaving.

This month's regular program was "Permaculture," and the speaker, Christin Kaiser, is also a Master Gardener and a certified permaculture designer. Kaiser defined permaculture as working with nature, not fighting it, with the goal of creating a peaceful haven for humans while improving your environment for all the creatures living there. Examples she gave were using companion plants to conserve water; if slugs are a problem, making



a habitat for slug-loving toads; creating brush piles in an unobtrusive location for birds to nest; setting aside a few square feet for pollinators to feed and overwinter. Kaiser recommended several resources, including UNH Cooperative Extension, some books and a few authors for anyone interested in furthering their permaculture education.

We had some time to enjoy refreshments, converse with friends and enjoy the gardens before our next speaker, Derek Pappaceno, a teacher at Alton Central School, was introduced. Derek spoke of the ACS outdoor classroom that will give students an opportunity to learn in a natural setting surrounded by gardens. The space will include a pergola, a small amphitheater and a butterfly garden as a special feature, all connected by a brick walkway. Derek mentioned that any assistance Garden Club could give would be welcomed, especially donations of native perennials and help with planting. The group was very receptive to the invitation and looks forward to helping. Contact information was exchanged to keep members informed.

You may have noticed that Garden Club is a dynamic organization. We are honored to serve the Alton community through our work in beautification. Our meeting presentations provide opportunities for ongoing learning, and we invite you to join us as a guest.

See our Web site, altongardenclub.com, or our Facebook page to discover more about us.

Sounds of New Orleans round out Cate Park summer concert series

WOLFEBORO — At the conclusion of an exciting summer in the Lakes Region, the Friends of the Wolfeboro Community Bandstand's free summer concert series will welcome Soggy Po' Boys to the bandstand in downtown Wolfeboro on Saturday, Aug. 30, to finish out the two months of free concerts.

The Soggy Po' Boys include Jim Dozet on vocals and guitar, Shaina Schwartz on vocals, Eric Klaxton on clarinet and soprano sax, Josh Gagnon on trombone, Nick Mainella on tenor sax, Mike Effenberger on piano, Brian Waterhouse on drums and Scott Kiefner on bass.



THE SOGGY PO' BOYS will be in the Wolfeboro Community Bandstand in Cate Park on Saturday, Aug. 30.

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

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

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

The group formed in 2012 to shake the walls of a club on Fat Tuesday and since then have honed their sound and become more of a Mardi Gras centerpiece. The group explores the vast musical traditions of New Orleans and has expanded its repertoire to look beyond the New Orleans jazz to include traditional Caribbean tunes as well as funk, soul and brass band and street beat music.

Though native to New England, the Soggy Po' Boys are spreading the

good news of New Orleans music across the Northeast and beyond, playing at concert halls and street corners, music festivals and burlesque festivals, bars, libraries and wherever the party requires, as New Orleans music is celebrated and appreciated wherever it goes.

The Soggy Po' Boys are eager to explore what makes the music of New Orleans so special and those attending their show will hear the heavy influence of the New Orleans sound across the

band and in the stories told by their original tunes The Friends of the



Kids take off in the relay race at Gilford Old Home Day.



Firefighters Morgan McCarthy and Ron Skinner cook sausages at of the Gilford Fire Department's Old Home Day food stand.

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Students with Edgewater Academy of Dance show off their skills.

OHD
(continued from Page A1)

of a community event, a part of Old Home Day," said stand co-organizer Rick Andrews, a firefighter/EMT with the department. "That's why we keep coming back."

The sausage stand has been an Old Home Day tradition for 40 years and Andrews has been doing the stand for the past 38 years. He co-chairs the effort with his wife Rae Mello-Andrews, who is a firefighter/paramedic.

"We have our regular following who have to come get a sausage sub," Andrews said.

The Wicked Witches of the Lakes Region put

on their flashmob-style dance performance after the announcements. The Witches performed dances with their brooms around a cauldron with glass bubbles and then invited audience members to join them at the end. They also had a stand in Village Field selling jewelry and other items and hosting games for families.

This year, the Witches danced in honor of Karen Thurston, a member of their group and a long-time Old Home Day Committee member, who is battling cancer. Members of the group wore "Team Karen" shirts and wore teal clothing and ribbons

for ovarian cancer awareness.

"Today was all about her," said Wicked Witches founder Kathy DeNutte.

The Witches also took first place in the Neighborhood Float category in the parade.

"This is obviously our favorite Old Home Day," DeNutte said. "Gilford Old Home Day, it's like the whole entire town shows up. Gilford is always gracious to us."

Students with Edgewater Academy of Dance put on a series of performances under the Entertainment Tent and invited members of the audience to join in.

Owner Becky Gregoire

said the Old Home Day dance is the beginning of the school's season. Edgewater's summer program got students ready for this performance with the season officially starting at the beginning of September.

"We always have a performance at Gilford Old Home Day," Gregoire said. "This is our home as well, we love Gilford."

She said it was fun seeing everyone out for the event and some of the audience members are former Edgewater students.

Classes at Edgewater will start on Sept. 8 with classes for ages three and up. Information can be found at edgewaterdance.com.

SPORTS

Underdog mentality lives on for Kingswood soccer girls



Annissa Desrochers, Norah Pelletier and Kendal Oliver will be leading the Kingswood girls' soccer team this fall.

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Kingswood girls' soccer program graduated 11 seniors in June, a group that helped to lead the Knights all the way to the Final Four last fall and helped to build the program into a consistent contender.

And while that group graduated, coach Shane Flood notes that the attitude that they brought to the pitch every practice and game did not leave with them.

"With the departures, we have some key roles to fill but the good news is this team's underdog mentality didn't graduate with them," Flood noted.

"It's still here and strong as ever."

This year's team will be led by a trio of captains in senior Annissa Desrochers and Kendal Oliver and junior Norah Pelletier. Oliver returns in her defensive role where she showed her versatility last season while Desrochers is back in the midfield, a position she's been in since her ninth grade year. Pelletier will once again be anchoring the team's defense, which helped record 12 shutouts last season.

"Kenny's never needed a captain's band to lead, wearing one her senior year just makes official what the team already knew," Flood said.

"Annissa's a dynamic player, creative and fearless, she's a box-to-box midfielder who's impossible to ignore."

"Norah puts her head down and goes to work, her energy and compete level sets the standard for this team," the Knight coach noted.

The team will also look to seniors Phoenix Piekarz, Audrey Wood and Brynn Demers to help lead the way, as they each bring experience and composure to help lead the roster full of younger players and Flood notes their leadership will be invaluable.

Juniors Taylor Alar, Saige Griffin, Megan Nicol and Paige Boston are also ready

to make their presence felt.

"Taylor's the heart of our midfield, our opponents will be intent on keeping her off the scoresheet," Flood noted.

"Griffin shifts to defense to fill the gap left by graduation, she brings a mix of toughness and offensive instincts that solidifies our back line."

Nicol and Boston will be sharing time in goal, stepping into a crucial role after the graduation of Marina Roy.

"These two have stepped up when the team needed it," Flood said.

"It's great to see as a coach."

Sophomore Hadley Nance had a great ninth grade year, scoring some big goals, including the game-winner that sent the team into the Final Four and Flood notes that everyone is looking forward to what 2025 has to hold for her.

Ninth graders Abigail Locke, Stella Friesen, Gabby Ferland, Brianna Cann and Carly Weeks are bringing athleticism and energy to the roster.

"This group watched the girls run last fall from the stands," Flood said.

"They're ready to

make an impact from day one."

And after last year's stellar run into the semifinals, Flood is happy to see that the mindset hasn't changed for his group of girls.

"The Lady Knights are at their best when counted out and overlooked," Flood said.

"This group knows nothing is given, they're ready to earn every result, they take pride in it."

And the Knight coach also pointed out the team is not chasing the magic that last year's team had, they are building something new, entering a new year trying to defend its place among the top teams in the state.

The Knights will play two games with Kennett and single games with Pelham, Laconia, Bow, Pembroke, Hollis-Brookline, Keene, Coe-Brown, John Stark, Plymouth, Oyster River, Lebanon, Milford and Merrimack Valley.

The Knights will christen the new Alumni Field turf tonight, Aug. 28, as they host Bow at 6 p.m. in the season opener. Kingswood also will be at Pembroke on Tuesday,

Sept. 2, at 4 p.m. *ua Spaulding can be ext. 155 or josh@salmonpress.news.*

Offseason training expected to produce results for Kingswood runners



Kaylee Pellerin, Jacob Pinard and Kelsie Davis are serving as three of the captains for the Kingswood cross country team this fall.

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — Coach Tony Belisle had a good plan in place for his Kingswood cross country runners over the course of the summer and he's hopeful that it will pay off in the new season as the Knights hit the ground running.

"This is the first summer where the runners have followed a very strategic and intensive running program," Belisle noted.

"It is expected that the dozen or so runners who followed this program throughout the summer will improve their 5K times from last year by more than a minute in all cases and by two or more minutes for many of them."

The Knight boys will have to replace the top two runners from last season, but the majority of the girls from last year's team are all back and Belisle has added some new weapons to the arsenal as well.

The team's three captains for the boys will be seniors Grady Steele and Ben Wright and sophomore Jacob Pinard, who will all be counted on to step up and fill the shoes left by the graduation of Simon Butka and Mack Carpenter.

Fellow seniors Felix Roberts, Nate Demain and Thomas Bronson will also be expected to contribute significant results and sophomore Jonathan Bronson is back to contribute as well.

The boys will also be welcoming freshmen

Zach Dubuc, Drew Feyler and Langston Whyte to the program as they look to break into the scoring column in their first season.

For the Knight girls, four sophomores are all back in the fold after reinvigorating the Knight girls' team last year as ninth graders. Captain Kaylee Pellerin and classmates Sophia Nichols, Lauren Reitler and Lexi Maloney are all expected to improve on their times from last year.

The key addition to the girls' program is junior captain Kelsie Davis, who ran indoor and outdoor track and established herself as one of the top Kingswood female distance runners during that span.

Ninth graders Erolisa Agromonte Jose, Drea Benton, Ellie Fuller, Emi Ingham and Alice Shaw as well as sophomore Willow Swenson. Belisle said that he expects all of them to contribute throughout the season.

"Our primary goal is for everyone to stay healthy and to achieve personal bests throughout the season," Belisle said.

"Ideally, both teams will finish ranked in the top 10 teams in Division II."

Belisle has also welcomed Butka back to the fold as an assistant coach and Amy Kiley has joined the coaching rank to work with the girls' team.

The Knights will host their traditional home meet at Abenaki Ski Area on Sept 18, but will also serve as the hosts for the season opener, the Gunstock Early Bird Invitational, which will take place today, Aug. 28, at 4 p.m.

In addition to the home meets, the Knights will run at Oyster River, Manchester, Kennett, Plymouth and Merrimack Valley and will take part in the James Foley 5K in October.

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

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SPORTS

Football Knights looking to build on strong 2024 campaign

BY JOSHUA SPAULDING Sports Editor
WOLFEBORO — After the most successful season in recent memory and a win in the

Registration open for new season of curling in Lakes Region



COURTESY PHOTO
Members of the public learn "how to curl" from Lakes Region Curling Association members at the Pop Whalen in Wolfeboro at their recent learn-to-curl event

WOLFEBORO — After celebrating a decade of curling during the 2024-2025 season, Lakes Region Curling is back for its 11th year with three curling opportunities for residents of the greater Lakes Region of New Hampshire.

LRCA begins the Fall 2025 season with their learn-to-curl event on Sept. 7. In this two-hour session, curlers will be introduced to the basic rules and game play of the increasingly popular Olympic sport. All needed equipment will be supplied and the event is open to those 16 years and older. Registration is now open for limited spots and a waiting list will follow.

Following the league's LTC event, a new, shorter curling league for beginners will run ahead of the league's full fall season. With the Winter Olympics on the horizon, interest often grows for this unique sport, which has been played since those early Scottish curlers began on frozen ponds and lochs in the 16th century. However, some participants may find it a bit in-

timidating to join in the league's full season even having participating in a learn-to-curl program.

To meet this need, LRCA will host a new four-week instructional league on Sundays, Oct. 5, to 26 from 2 to 4 p.m. While playing matches against other beginners with coaching from experienced LRCA members, participants in this program will be well-positioned to enter the longer fall and winter seasons with confidence and a ready skill set.

Finally, LRCA's 10-week season league will take place on Sunday afternoons, Sept. 28, to Dec 14, 4-7 p.m. The full season allows for full season membership as well as associate and alternate member participation.

All of Lakes Region Curling's programming take place at Pop Whalen Ice and Arts Arena in Wolfeboro. Registration for the four and 11-week programs begins Aug. 31. Additional information and registration details can be found at lakescurlingnh.org.



JOSHUA SPAULDING
Devin Perkins, Serafin Agramonte and Brendan MacPhee represented the Kingswood football team at fall sports Media Night last week.

Carroll County Championship to cap off last season, the Kingswood football team returns to the field under second-year coach Cory Woodsome looking to prove that last year was just the beginning.

"The offseason has been great, they really bought into the weight room," Woodsome noted, pointing out they started back at the end of last year. "They have been getting after it pretty good."

That being said, Woodsome knows that there is still work to be done as the Knights hit the field in 2025.

"Our success is not measured on the scoreboard right now," the Knight coach said. "But we did have an opportunity to win every game we were in last season."

"The motto this year is 'finish,'" he continued. "That's what we have to do, we have to finish the drive, finish the game. They just aren't used to that, they just haven't been there before."

And Woodsome also knows that there are things his team will be good at and things that aren't in the team's lists of strengths.

"We have a system we run with that that's where our time is spent," he said. "We aren't really able to hit those long home runs. If we get behind the eight-ball, we're in trouble. The two-minute drills are not our thing."

Leading the way for the Knights will be senior Serafin Agramonte, who showed he can be a threat anywhere he is put on the field last year, despite playing the second half of the year while injured. "He's healthy and

he's a player," Woodsome stated. "There are lots of different places we can use him."

Agramonte will also have a relatively experienced line to work behind, as Drew Hunt returns as center and will be joined on the line by returning starters Brody Keyes and Peter Smith, with all three back for their senior years.

"We're kind of going with a different look, more of an option, not under center every snap," Woodsome said.

Nolan Chominski has given a strong showing in the defensive backfield as he returns for his sophomore season and Woodsome is excited to see what big things he can do on the defensive side of the ball.

The Knights do have new turf to play on, as Alumni Field was com-

pletely restored over the summer. An irrigation issue with the other fields has left them a bit dry, meaning there has been more splitting of turf space in the preseason between the numerous different fall sports teams than usual.

The Knights will be tested right out of the gate with some tough opponents.

"The top part of or schedule, Hollis-Brookline, Trinity, Bow and Plymouth, hopefully we can hold our own and try to get through it healthy," Woodsome said. "It's week to week, we can control our own destiny."

"They're excited," the second-year Knight coach noted, while also noting the program is still looking to continue to grow numbers to keep the program heading in the right direction into the future.

The Knights will play a schedule that includes games with St. Thomas, Manchester West, Hollis-Brookline, Merrimack Valley, Trinity, Plymouth, Bow, Pembroke and Carroll County rival Kennett.

The season kicks off on Friday, Sept. 5, at home against Hollis-Brookline at 7 p.m.

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

Loudon NASCAR weekend moves to August next year

LOUDON — NASCAR announced the 2026 national series schedule today that includes an Aug. 22-23 stop at New Hampshire Motor Speedway (NHMS). New England's only NASCAR weekend will feature the Team EJP 175 NASCAR CRAFTSMAN Truck Series (NCTS)

regular season finale followed by the second-to-last regular season race for the NASCAR Cup Series (NCS).

"Next year's NASCAR weekend will literally be a pressure cooker for those drivers," said New Hampshire Motor Speedway Executive Vice President and General Man-

ager David McGrath. "The drivers will undoubtedly be putting it all on the line, and the truck drivers specifically will be fighting for their final chance to make it to the NASCAR Playoffs. New England race fans are in for a wild weekend of racing at 'The Magic Mile' next August. What a perfect way to close out a summer of fun with family and friends."

TV/radio broadcast start times, network affiliations, additional racing action and entertainment will be announced at a later date.

Race fans who attend the Sept. 19-21 NASCAR Playoffs weekend at NHMS will be the first ones able to lock in their favorite seats and campsites for NHMS's Aug. 22-23, 2026 NASCAR weekend by renewing while they're onsite next month.

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

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

COMMUNITY CHURCH OF ALTON
Pastor Jared Cassidy
10am Worship service Sunday
20 Church St Alton
(603) 875-5561
www.ccoallton.com

CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC
Sunday School and Worship Services
Rev. Kate Kennedy
603-776-1820
Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom, Sundays at 10 a.m.
ccnoribarnstead.com

FIRST CONGREGATIONAL CHURCH OF FARMINGTON
Worship Services: 10:00 AM
Sunday School: 10:15 AM Sept. To June
400 Main Street
Farmington, NH 03835
www.farmingtonucc.org

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

JOY CHURCH
55 Barnstead Road
Pittsfield, NH 03263
Sunday Celebration 9:30 am
Prayer Night - 1st Wed of every month 6:30 pm
Pastors Mike & Kathy Marity
joychurchnb.com

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

ST. KATHARINE DREXEL
40 Hidden Springs Rd., Alton, 875-2548
Father Robert F. Oke, Pastor.
Mass Saturday 4pm;
Sunday 8:30 & 10:30am;
Daily Mass Mon., Tues., Wed., Fri. 8:00am.

ST. STEPHEN'S EPISCOPAL CHURCH
Sunday 9:30. 50 Main St., Pittsfield
Rev. Miriam Acevedo with Rev. Stephen Ekerberg
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UNITED METHODIST CHURCH
Rt. 171 at Tuffinboro Corner.
Sunday services 10:30 a.m. Church 603-539-8058

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SPORTS

Before the madness begins, a quick trek to the Midwest



JOSHUA SPAULDING

Took a short trip to Milwaukee to see a game at American Family Field and the Brewers obliged with a walkoff win.



JOSHUA SPAULDING

The retractable roof on American Family Field makes quite an impressive sight even as you approach the park from outside.

SPORTING CHANCE

It was pretty fitting that it was Stranger Things Night at American Family Field in Milwaukee, Wis. on Friday night, given that this guy is one of the stranger people you might meet and I was there, tucked along the left field foul pole as the Milwaukee Brewers took on the San Francisco Giants.

As longtime readers might know, I am on a (relatively slow) quest to visit all of the Major League Baseball ballparks and I try to tick at least one, if not two, off each season. Earlier this year after covering the Kennett baseball and softball teams and Kingswood baseball team in South Carolina, I journeyed over to Atlanta and saw the Braves play but I wasn't sure I was going to get another park in this summer.

However, when I looked at my schedule, I realized that there was one weekend in August that might work. The week after the Granite Man Triathlon and the week before Labor Day had nothing on the schedule and with my Friday and Saturday off from the Yum Yum Shop, I figured it would be a good time to get away for a day or so before the madness of the spring sports season begins.

I was supposed to come to Milwaukee a couple of years ago, but a cancelled flight ruined those plans, so it was first on my mind of places I might try to get to and when I looked at

the schedule, they were at home for a weekend series with the Giants. I bought a ticket, booked the flights, secured a hotel room and decided this would be the short getaway before it gets really busy.

I found myself on an early morning flight (actually the first flight of the day) out of Manchester on Friday morning, heading to Baltimore. Watching the Red Sox take on the Yankees the previous evening, I had seen a commercial for the Indy Car Series race, which was taking place in Milwaukee on Sunday, so I had a sneaking suspicion that my Baltimore to Milwaukee flight would be full and it was. Completely. Nonetheless, we got there on time and I took an Uber into the heart of the city and spent some time walking along the river on the Milwaukee River Walk, which was quite nice.

I was having lunch at the Milwaukee Public Market when my footwear (I hate shoes, I was wearing Adidas slides) decided it had had enough and broke, leaving me in a slight predicament. I walked barefoot a few blocks to a Foot Locker and bought a pair of similar slides (definitely not the same, definitely very uncomfortable) that got me through the rest of the weekend.

Once that disaster was over, I checked in at my hotel before heading to the ballpark. The woman next to me on the plane and my first Uber driver of the day both noted that everyone locally still calls in Miller Park, though it now bears the name American Family Field. Walking up it was

quite impressive with the retractable roof open on a beautiful evening. I got inside and found my Stranger Things hat (it was a special theme night ticket that needed redemption) and stopped at the team store for my traditional purchase of a hat and shirt. Because I spent over a certain amount of money, they threw in a free Stranger Things Funko Pop as well.

The game started out rough for the hometown Brew Crew, as a pair of solo homers by San Francisco had them up early, but Milwaukee rallied to

tie and then took the lead late. San Francisco then tied the game against the Brewers closer in the ninth inning before William Contreras deposited a two-out homer into the bullpen in left field in the bottom of the ninth inning for the walkoff win.

I am writing this in the airport on Saturday morning as I head back to New Hampshire (via Baltimore). By the time this hits newspapers, the fall sports season will have started and I will be somewhere on the road covering something.

But before that, I man-

aged to see two new ballparks this summer (and visit three new states as well, South Carolina, Georgia and Wisconsin). Left on the list are the parks of the Chicago White Sox, Kansas City Royals, Miami Marlins, Texas Rangers, Arizona Diamondbacks, all four California teams and the future Las Vegas Athletics. I also haven't been to the new Yankee Stadium, but did see a game at the old stadium in the

Bronx.

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

HIGH SCHOOL SLATE

- Wednesday, Aug. 27 PROSPECT MOUNTAIN**
Golf at Farmington Country Club; 4
- Thursday, Aug. 28 KINGSWOOD**
Cross Country at Gunstock; 4
Girls' Soccer vs. Bow; 6
- PROSPECT MOUNTAIN**
Boys' Soccer vs. Hopkinton; 4
Girls' Soccer at Hopkinton; 4
- Friday, Aug. 29 KENNETT**
Boys' Soccer vs. Souhegan; 4
Field Hockey vs. Pembroke; 4
Girls' Soccer at Souhegan; 11
- KINGSWOOD**
Boys' Soccer vs. Bow; 5:30
Field Hockey at Pelham; 4
- Tuesday, Sept. 2 KENNETT**
Field Hockey at Hollis-Brookline; 4
Girls' Soccer vs. Berlin; 5:30
Golf at Merrimack Valley; 3:30
- KINGSWOOD**
Boys' Soccer vs. Pembroke; 6
Girls' Soccer at Pembroke; 4
Golf Home Match; 3:30
- PROSPECT MOUNTAIN**
Boys' Soccer vs. St. Thomas; 4
Girls' Soccer at St. Thomas; 4
- Wednesday, Sept. 3 KENNETT**
Boys' Soccer at Berlin; 4
Golf at Winnacunnet; 3:30
- KINGSWOOD**
Field Hockey vs. Oyster River; 4:30
- PROSPECT MOUNTAIN**
Volleyball at Pelham; 6:15
- Thursday, Sept. 4 KINGSWOOD**
Boys' Soccer at Merrimack Valley; 4
Girls' Soccer vs. Merrimack Valley; 6:30
Golf Home Match; 3:30
- PROSPECT MOUNTAIN**
Golf at Moultonborough; 4
- All schedules are subject to change.

HIGH SCHOOL SLATE

- Thursday, Aug. 28 BELMONT**
Cross Country at Gunstock; 4
- GILFORD**
Cross Country at Gunstock; 4
- Friday, Aug. 29 BELMONT**
Boys' Soccer at Newfound; 5:30
Girls' Soccer at Newfound; 4
- GILFORD**
Boys' Soccer vs. Derryfield; 4
Field Hockey at Winnisquam; 4
Girls' Soccer at Derryfield; 4
- WINNISQUAM**
Boys' Soccer vs. Berlin; 4
Field Hockey vs. Gilford; 4
- Tuesday, Sept. 2 BELMONT**
Boys' Soccer vs. Sanborn; 4
Girls' Soccer at Sanborn; 4
- GILFORD**
Boys' Soccer at Trinity; 4
Field Hockey vs. Stevens; 4
Girls' Soccer vs. Trinity; 4
- Golf at Sanborn; 4 WINNISQUAM**
Boys' Soccer at Somersworth; 4
- Wednesday, Sept. 3 BELMONT**
Golf at Lake Sunapee Country Club; 4
- GILFORD**
Golf Home Match; 4
Volleyball at Fall Mountain; 6
- WINNISQUAM**
Volleyball at Laconia; 6
- Thursday, Sept. 4 BELMONT**
Boys' Soccer vs. Mascoma; 4
Golf at Androscoggin Valley Country Club; 4
Volleyball at Conant; 6
- WINNISQUAM**
Field Hockey vs. Stevens; 4
- All schedules are subject to change.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	Rines Road	N/A	\$265,000	Green Acre Woodlands Inc.	Nicholas R. Avellino and Kenneth L. Hallum
Alton	594 Suncook Valley Rd.	Single-Family Residence	\$455,000	David E. Shafer and Tracy Huyck	Joshua Clements
Alton	N/A	N/A	\$130,000	Averill Babson	James H. and Payson F. Swaffield
Barnstead	145 Bow Lake Rd.	Single-Family Residence	\$455,000	Jeffrey and Suzanne Murdough	Caiden J. Alberts and Joelee Gagnon
Gilford	288 Hounsell Ave.	Ind. Developed Land	\$226,533	Marbo Kaison Realty LLC	Mkon LLC
Gilford	5 Jolly Island	Residential-Other	\$250,000	Andrew W. King	Wesley and Elizabeth Jackson
Gilford	2393 Lake Shore Rd., Unit 17	Condominium	\$343,000	Donald H. & Polly S. May Trust and Deborah May	Nancy McGrath
Gilford	2761 Lake Shore Rd., Unit 13	Condominium	\$430,000	Nancy P. and Frederick Deroche	Michelle Wetherbee Fiscal Trust
Gilford	Morrill Street	N/A	\$575,000	Anthony F. Ferruolo Trust	Lion-Fish RET and David M. Ferruolo
Gilford	60 Weirs Rd., Unit C4	Condominium	\$505,000	Patricia E. Hafley RET and Samantha Hafley	Rita F. Naughton RET
Gilmanton	Mountain Road	N/A	\$540,000	Thomas W., Jr. and Gail B. Dowdney	Brian F. Hughes RET
Gilmanton	N/A	N/A	\$480,000	Mary T. Sullivan	Mark C. and Meghan J. Clark
New Durham	352 S. Shore Rd.	Single-Family Residence	\$1,400,000	Gerald H. and Bonnie R. Bach	Andrew H. Latham
New Durham	N/A	N/A	\$110,000	J Two Custom Homes LLC	William E. and Christine E. Walker

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax

stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land=land only; L/B= land and building; MH= mobile home; and COND=condominium.



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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, sec, 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))

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MLS# 5056389
Laconia: Fully furnished 2-BR, 2-BA first floor condo near Weirs Beach. Private patio, updated kitchen, pellet stove, saltwater pool, tennis, playground, pet-friendly, and close to Lakes Region attractions.



\$489,000
MLS# 5056686
Laconia: Beautifully preserved 1900 Victorian with 49BR, 2-BA, soaring ceilings, tinwork, hardwood floors, and modern updates. Charming details, period lighting, inviting flow, and prime location near downtown Laconia and community amenities.



\$849,900
MLS# 5056638
New Durham: Merrymeeting Lakefront! Charming 3-BR furnished seasonal home with 115' shorefront, sunroom, updated kitchen, composite decks, oversized dock, firepit, and sweeping lake/mountain views.



\$3,329,000
MLS# 5031068
Meredith: Tucked on Meredith Bay, this stunning 6-BR, 4-BA home blends timeless charm with modern updates. Featuring 110' of frontage, sandy-bottom swim area, 3,100± sf, furnished interiors, wraparound decks, brand-new dock, & breathtaking views—perfect for unforgettable lakeside living.



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NEWS

ESSENTIAL local NEWS



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apply at: www.gwrsd.org (employment tab)

Applications remain on file and can be updated for future openings.

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LEGALS

**TOWN OF NEW DURHAM
ZONING BOARD of ADJUSTMENT
PUBLIC HEARING NOTICE**

Tuesday, September 9, 2025

**7:00 PM @ NEW DURHAM COMMUNITY ROOM & ZOOM
Anna M. Kelley**

You are hereby notified that a Hybrid Public Hearing will be held by the New Durham Zoning Board on Tuesday, September 9, 2025, at 7:00 PM for Case #2025-008. The hearing is regarding an application submitted by Stephanie L. Richard, PE, of Changing Seasons Engineering, PLLC, on behalf of Anna M. Kelley for property located at Kendra Lane, Map 112, Lot 050. The applicant is requesting Variances to **Article VI. C. (3) (a)** – No privy, cesspool, septic tank, or sewage disposal area shall be constructed or reconstructed: ii. less than seventy-five (75) feet from any well, or from a dwelling other than to which it is appurtenant; **Article VI. C. (3) (b)**--No part of a leach field shall be located less than: i. twenty (20) feet from a property line on a lot less than 80,000 square feet; and **Article XX. C. (2)** – Such expansion does not make any existing lot, structure or use more non-conforming within the terms of this Ordinance. The full application is on file at the New Durham Town Offices for review by appointment by calling (603) 859-2091 ext. 2007. You can also contact via email: ndlanduse@newdurhamnh.gov



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CLASSIFIED SELLS IT ALL

Old Home Day Parade celebrates “Lake Living”



JB Dive Services won for the overall best display in the Gilford Old Home Day Parade.



Katie Dobbins Music won first place in the Mini Float category.



Bank of New Hampshire won in the Best Commercial Float category.

BY ERIN PLUMMER
mnews@salmonpress.news

GILFORD — Marchers, floats, and vehicles of all shapes and sizes took to the streets of Gilford Village to ring in Old Home Day.

The Old Home Day Parade kicked off at town hall at 10 a.m., with various displays centered on the theme of summer fun at the lake going with the theme of “Lake Living.” The parade went down Cherry Valley Road and then turned up Belknap Mountain Road with hundreds of people along the route.

All the different entries were judged with awards presented at the bandstand during opening ceremonies.

JB Dive Services was the Overall Best with their float on a pontoon boat displaying different scuba and recreational equipment.

In the Mini Float category, singer and musician Katie Dobbins was awarded first place with her float featuring a replica of a lake house. Darren Brown won second place with his creation of a small, armored car from cardboard. Hanaford won third place with its horse-drawn wagon and tiny replica of a semi-truck.

Bank of New Hampshire won the Commercial Float category



Bektash Shriners took the award for Motorized Boat.

with Downtown Gym coming in second and Gunstock in third.

For Neighborhood Floats, The Wicked Witches of the Lakes Region were awarded first place.

The Playroom was awarded second place and the Gilford Public Library took third place.

In the Other Vehicles category, the Gilford Department of Public Works took first place with the parade of different DPW vehicles. Second place went to Rebecca’s Aesthetic of Gilford, with a green Jeep with plastic eyelashes on the headlights. Third place went to a Ford Bronco from the Bronco Off-Road Adventure with a sasquatch passenger.

In the Vintage Vehicle division, the win-

ning entry was a 1966 Ford Mustang. Second place went to a 1934 Griffin and third went to a Volkswagen Bus.

This year included Motorized Boat entry with the Bektash Mariners Shrine Yacht Club winning first prize with their Shriners Yacht Club. The group is affiliated with the Bektash Temple of Shriners and part of the International Association of Shrine Yacht Clubs, an association of the Shriners who share an interest in boating and water activities as well as raising money for Shriners Hospitals.

The Bektash Shriners also took first place in the Neighborhood Marchers category.

The New England Wolves youth hockey team took second place



Bob Pomeroy rides in the Gilford Old Home Day Parade as the grand marshal.

and Franklin Savings Bank took third place.

This year’s grand marshal was longtime Old Home Day emcee Bob Pomeroy. Pomeroy rode in the parade and was back at the bandstand to do his hosting duties.

“Thank all you people who put up with my schtick for almost 45 years,” Pomeroy said to the crowd.

Pomeroy said he was “just thrilled” to

be this year’s grand marshal and said the declaration was a big surprise.

“This community is everything to me,” Pomeroy said.

He said he first came to Gilford 45 years ago from Michigan and didn’t know anyone.

“I’ve just been so lucky to meet so many great friends that are absolutely fabulous,” he said.

Members of his family came over from California, coming over the night before Old Home Day to surprise him.

Members of the family wore hats that read “Team Grand Marshal 2025” with a special hat for Pomeroy as the 2025 Grand Marshal.

His daughter Heather Wendlandt said the family members came back to Gilford from San Diego. She said they had been planning this since eh was announced as grand marshal, but everyone kept it a surprise until the night before.

“We’re so proud of him, we’re so excited,” Wendlandt said.

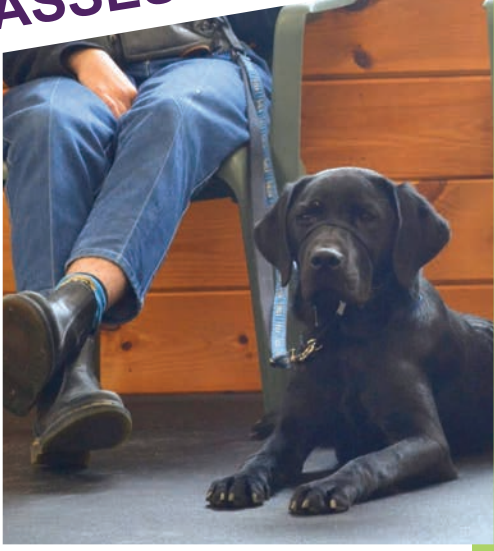
It was also an opportunity for his family members to return to Old Home Day.

Bob’s daughter Lindsay Pomeroy said it felt great to be back and see all the new families and kids taking part.



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