

Gilford Steamer

THURSDAY, SEPTEMBER 5, 2024

GILFORD, N.H.

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

FREE

State Primary is Tuesday

BY ERIN PLUMMER

ernews@salmonpress.news

REGION — Voters across the region will decide on the candidates for Republican and Democrat nominations for federal and state offices during the primary election on Sept. 10.

In Gilford, voting will be at the Gilford Youth Center from 7 a.m.-7 p.m. Voting in Alton will be at prospect Mountain High School from 7 a.m.-7 p.m. Voters in Barnstead will take the polls at Barnstead Elementary School from 7 a.m.-7 p.m. New Durham voters will cast their votes at New Durham School from 8 a.m.-7 p.m.



ERIN PLUMMER

Area Republican candidates marched in Alton's Old Home Days Parade.

On the Republican ticket, voters will be deciding between five gubernatorial candidates.

Chuck Morse, Frank Nigus Staples, Kelly Ayotte, Shaun Fife, and Robert Wayne McClory are running for the Republican nomination.

For Representative in Congress for District 1, seven candidates are seeking the nomination. Chris Bright, Joseph Kelly Levasseur, Andy Martin, Walter J. McFarlane III, Hollie Noveletsky, Russell Prescott, and Max Abrahamson are vying for the position.

Incumbent Joe Kenney is running uncontested as the Republican

candidate for Executive Councilor for District 1, which includes Gilford and Alton.

Republicans in Barnstead will decide between six candidates for the nomination for Executive Councilor in District 4. Ryan Terrell, Ross Terrio, Terese Bastarache, Robert Burns, John Reagan, and John Stephen are seeking the nomination.

For State Senator in District 2 (which includes Gilford and New Durham), Sen. Timothy Lang running uncontested

for the Republican nomination

For State Senator in District 6 (including Alton and New Durham), Sen. James Gray is the only candidate on the Republican ballot.

Howard Pearl is the lone Republican Candidate for State Senator in District 17 (including Barnstead).

On the Democrat ballot, Cinde Warmington, Joyce Craig, and John Kiper are seeking the nomination for governor.

For Representative in Congress for District

1, Rep. Chris Pappas is seeking another term and is running against Kevin Rondeau for the nomination.

The rest of the offices are uncontested and all the candidates on the Democrat ticket will be running in the general election.

Emmett Soldati is running for Executive Councilor in District 1.

Jim O'Connell is running for Executive Councilor in District 4.

Carlos Cardona is running for State Senator for District 2.

Kelly Roberts is seeking the position of State Senator in District 17.

John Cesavich is the lone Democrat candidate for State Senator in District 6.

For State Representative in Belknap County District 6, Gilford voters will decide between six candidates for four nominations. Incumbents Harry Bean, Richard Beaudoin, Russell Dumais, and David Nagel are running again for their seats against Glen Aldrich and Ronnie Abbott.

SEE PRIMARY, PAGE A7

Alton selectmen to further examine swap shop options

BY ERIN PLUMMER

ernews@salmonpress.news

ALTON — The selectmen will further examine options for bringing back the swap shop, including putting it up at the Senior Center or the transfer station. Several residents, however, are urging the board to keep it at the transfer station.

The town had a swap shop in a trailer at the solid waste center for around 20 years. It was closed in 2020 with the official reason given that it was because of the pandemic. Before then a slip and fall at the swap shop resulted in a lawsuit that the town's insurance company Primex settled out of court.

Several residents have been urging the town to reopen the swap shop and the selectmen have discussed options to bring it back. Selectman Richard Shea did research on what other towns do for their swap shops and shared the findings with the selectmen during the July 23 meeting. After extensive discussion, the selectmen decided to further review this with the goal of having it before voters at the 2025 town meeting. Several residents, however, asked the board to bring it back sooner.

The board discussed the shop again during the Aug. 27 meeting after further research and a site visit.

Shea said the board members discussed possibly outting the swap shop at the Senior Center instead of the transfer station. Shea and board chair Paul LaRochelle said the shop could be located on a part of the center's large parking

lot that was already a secure area located close to an electrical hookup, restroom facilities, and WIFI for security cameras. The transfer station would require some sitework and there were concerns about it being further away from an available electrical hookup and the facility's portable toilets.

LaRochelle said they could construct a building of around 10-feet-by-20-feet close to the Senior Center and put a dumpster in back to dispose of items that couldn't be put in the shop or items that had been there for too long. Shea said a lot of people associate recycling and the swap shop with the transfer station when it could be a part of the Senior Center.

LaRochelle said the Senior Center would be a cleaner and safer environment for shoppers than the transfer station and possibly reduce liability.

Members of the board said having the swap shop at the Senior Center might be less costly than having it at the transfer station. They also said the shop could be entirely run by volunteers and not pull staff away from other duties. Security cameras could catch people who are dumping items illegally and get license plate numbers.

Selectman Drew Carter, however, said he was more in favor of keeping it at the transfer station. He said solar lighting and another portable toilet could be added at a small cost and logistics such as overlapping with

SEE SWAP SHOP, PAGE A10

Primary voters to decide on county nominations

BY ERIN PLUMMER

ernews@salmonpress.news

REGION — Voters will decide on the nominations for several different offices in Belknap and Strafford Counties this Tuesday during the primary election.

Voters in Gilford, Alton, and Barnstead will be voting for Belknap County officials with voters in New Durham deciding on candidates in Strafford County.

In Gilford, voting will be at

the Gilford Youth Center from 7 a.m.-7 p.m. Voting in Alton will be at prospect Mountain High School from 7 a.m.-7 p.m. Voters in Barnstead will take the polls at Barnstead Elementary School from 7 a.m.-7 p.m. New Durham voters will cast their votes at New Durham School from 8 a.m.-7 p.m.

On the Republican ballot, Sherriff Bill Wright is running uncontested for the nomination as Belknap County Sherriff.

For Belknap County Treasurer, Michael Muzzey is running for another term and is running against Leo Bernier for the nomination.

Laura Lapointe is running uncontested for the Republican nomination for Belknap County Register of Deeds.

Steven Hodges is seeking another term as County Commissioner for District 3 and is running

SEE VOTERS, PAGE A10

Girls' cross country springs back to life at Kingswood Boys' team returns strong group, led by Butka and Carpenter

BY JOSHUA SPAULDING

Sports Editor

WOLFEBORO — The Kingswood cross country program didn't have a single girl last year. With an influx of four freshmen and one upperclass runner, the Knights will have a full girls' team to go along with a strong returning core on the boys' team who picked up plenty of experience last year.

"Our primary goal is for everyone to stay healthy and to achieve personal bests throughout the season," said coach Tony Belisle, who enters his first year at the helm of the Knights. "The offseason training has been exceptional and the athletes have proven to be exceptionally dedicated."

The Knight boys will be led by senior Simon Butka, who returns to the fold after running a 2:59 marathon at age 16 and posting a 4:40 mile during the spring track season.

"He has been training hard all summer for the upcoming season," Belisle noted. "Simon is a very accomplished runner."



JOSHUA SPAULDING

Kaylee Pellerin, Simon Butka and Mack Carpenter are the captains for this year's Kingswood cross country team.

Butka will be joined in captaining the team by fellow senior Mack Carpenter, who has also run for four seasons. The other boys returning to the fold include Grady Steele, Thomas Bronson, Felix Roberts, Nate DeMain, Malcolm Clark, Ben Wright and Evan Thurston.

The Knight boys will also be joined by freshmen Jacob Pinard and Jonathan Bronson, who Belisle expect will be running with the varsity squad as the season gets into gear. David Garner,

Dean Richards and Eric Santangelo are also out for the team for the first time and will provide needed depth in the new year.

On the girls' side of things, ninth grader Kaylee Pellerin will serve as the team captain and she will be joined in the "founding sisterhood" by Lexi Maloney, Lauren Reitler, Sophia Nichols and Gianna Santangelo.

The Knights will be competing in meets at Gunstock, Manchester, Kennett, Plymouth and Merrimack Valley in ad-

dition to hosting their home race, which will take place at the Abenaki Ski Area in Wolfeboro on Monday, Sept. 16. Belisle notes that Butka is looking to capture the course record for the race.

The season officially kicks off at the Gilford Early Bird Invitational, which takes place today, Sept. 5, at Gunstock Mountain Resort in Gilford at 4 p.m.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or 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 or ndpark-sandrec.com.

Trivia Night — Test your knowledge
The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring 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 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 or parksrec@alton.nh.gov.

Weight Training Classes- Mondays and Wednesdays — starts Sept. 9

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. 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 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 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. 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.

Club Picklbal! indoor Pickleball club to open at Belknap Marketplace

BELMONT — Club Picklbal!, the Lakes Region's first indoor pickleball club, is looking forward to opening its doors at Belknap Marketplace at 96 Daniel Webster Highway late this Fall.

Fun for all ages and abilities, pickleball is one of the fastest growing sports in the nation, including here in the Lakes Region where until this fall, players have only been able to play on outdoor courts, or in gymnasiums. In fact, according to USA Pickleball, 36.5 million people are currently playing pickleball in the U.S. Why? Because you can play a social or competitive game, keep moving, have fun, and build a network of friends and supporters! According to a Mayo Clinic study, racket sports players add 6.2 to 9.7 years to the average life span.

Lounge / Event Space, and plenty of viewing areas for spectators to watch games at play.

Club Picklbal! will be a standout to other pickleball facilities, hosting organized programming for lessons from a Club Picklbal! Pro / Coach, leagues, ladders, and level-specific open play. And, for those looking to play a game with their own group, court reservations will be available. While Club Picklbal! is happy to welcome guests, it will also have various levels of membership offering advantages over playing as a guest.

Additionally, Club Picklbal! will be available for hosting private events. Their lounge will serve up a great space for corporate events, family reunions, birthday parties, and more. Party hosts can even make pickleball part of their event by reserving courts as part of the event's festivities.

Whether seeking lessons or leagues, open play or court reservations, a club membership or non-member status, all will be welcome at Club Picklbal!, opening late Fall, 2024.

If you're curious about Club Picklbal!, you're invited to join the email list at ClubPicklbal.com today. As a part of the email community, you'll get to follow along on Club Picklbal!'s progress, see updates in real time and have the opportunity to take advantage of pre-opening membership options. Visit ClubPicklbal.com for more.

NHBM's Alton Bay Boat Show draws hundreds of attendees

ALTON — In mid August, the annual Alton Bay Boat Show, organized by New Hampshire Boat Museum (NHBM), drew eighteen boats and approximately 300 guests who voted for first, second, and third place winners.

"We had a great turnout this year," NHBM Executive Director Martha Cummings said. "The boats were unique and everyone who attended seemed to have a great time."



At the event, part of Alton's Old Home Days, attendees were invited to walk up to moored boats, talk to owners, and vote for their favorites. In first place was Gypsy, owned by Russel Lunt. Paul St. Hilaire's boat, Mutual

Fun, won second place, while third place was a tie between All Aboard, owned by Charley Train, and Shillelagh, owned by Don Minor Jr.

According to Cummings, the popularity of the annual event under-

scores the relevance of NHBM's broader mission. "We celebrate boating, the outdoors, lake life, and both historic and modern boating culture, which is increasingly diverse," she said. "We believe boating and getting

to experience our beautiful lakes is for everyone."

NHBM's Moultonborough Campus is open Thursday through Saturday, 10 a.m. to 4 p.m., and Sunday noon to 4 p.m., through September. Admission is free.

Founded in 1992 by antique and classic boating enthusiasts, NHBM offers dynamic exhibits and engaging programs and events tailored to the diverse boating lifestyles and values of people of all ages. NHBM is sponsored in part by Goodhue Boat Company, Eastern Propane and Oil, Stark Creative, KW Lakes and Mountains, Taylor Community, Belletetes, and North Water Marine.

To learn more about NHBM, visit nhbm.org.

Laconia Adult Education Fall 2024									
Enrichment Class Schedule									
Course Title	Day(s)	Start date	Start Time	End Time	# weeks	Cost	Location	Instructor Name	
Cooking									
Authentic Thai Cooking	Tue	09/24/2024	5:30 pm	8:30 pm	1	\$85.00	H-220	Sophie Wentworth	
Authentic Thai Cooking - session 2	Tue	10/01/2024	5:30 pm	8:30 pm	1	\$85.00	H-220	Sophie Wentworth	
Authentic Thai Cooking - Session 3	Tue	10/08/2024	5:30 pm	8:30 pm	1	\$85.00	H-220	Sophie Wentworth	
Authentic Thai Cooking - Session 4	Tue	10/15/2024	5:30 pm	8:30 pm	1	\$85.00	H-220	Sophie Wentworth	
Health & Wellness									
Beginner Ballroom Dance Class	Tue	09/23/2024	6:45 pm	7:45 pm	8	\$160.00	Cafe	Juli Pruden	
Beginner West Coast Swing	Mon	09/23/2024	7:45 pm	8:45 pm	8	\$160.00	LHS-Cafe	Juli Pruden	
BEYOND BEGINNER BALLROOM	Mon	09/23/2024	5:45 pm	6:45 pm	8	\$160.00	LHS-Cafe	Juli Pruden	
Freedom Through Forgiveness	Thu	12/05/2024	6:00 pm	8:30 pm	1	\$45.00	615	Brenda Paquette	
Introduction to Spiritual Energies	Thu	10/03/2024	6:00 pm	8:30 pm	1	\$45.00	615	Brenda Paquette	
Meditation 101	Thu	11/14/2024	6:00 pm	8:30 pm	1	\$45.00	615	Brenda Paquette	
What are Angels & How to Communicate w/them	Thu	10/24/2024	6:00 pm	8:30 pm	1	\$45.00	615	Brenda Paquette	
Yoga for Everyone: Beginning (Tues & Thurs) Session 1	Tue, Thu	09/24/2024	5:00 pm	6:15 pm	4	\$50.00	ctc-H225	Bonnie Morin	
Yoga for Everyone: Beginning (Tues & Thurs) Session 2	Tue, Thu	10/22/2024	5:00 pm	6:15 pm	4	\$50.00	ctc-H225	Bonnie Morin	
Yoga for Everyone: Beginning (Tues & Thurs) Session 3	Tue, Thu	11/19/2024	5:00 pm	6:15 pm	4	\$50.00	ctc-H225	Bonnie Morin	
Language									
Introductory Spanish	Tue	10/01/2024	6:00 pm	7:00 pm	10	\$25.00	205	Richard Gilson	
Learning a skill									
Basic Woodworking	Thu	09/26/2024	6:00 pm	8:30 pm	8	\$110.00	517	Wes Anderson	
Dog Obedience: Advanced	Wed	09/25/2024	7:00 pm	8:00 pm	8	\$70.00	Gym	Carolyn Bancroft	
Dog Obedience: Beginning	Wed	09/25/2024	6:00 pm	7:00 pm	8	\$70.00	Gym	Carolyn Bancroft	
Guitar I for Beginners	Tue	09/24/2024	7:00 pm	8:00 pm	8	\$79.00	813	Matthew Wood	
Intro to Intermediate Woodworking - Shaker End Table	Wed	09/25/2024	6:00 pm	8:30 pm	10	\$140.00	517	Ed Philpot	
Open Shop Woodworking	Tue	09/24/2024	6:00 pm	8:30 pm	10	\$110.00	517	Ed Philpot	
Welding Fundamentals: ARC,GAS,MIG&TIG- Tuesdays	Tue	09/24/2024	5:30 pm	8:30 pm	10	\$350.00	Welding Lab	Bruce Beckford	
Welding Fundamentals: ARC,GAS,MIG&TIG- Wednesday	Wed	09/25/2024	5:30 pm	8:30 pm	10	\$350.00	Welding Lab	Bruce Beckford	
Diploma Classes									
Earth/Space Science	Mon	9/9/2024	6:00-9:00		15 Weeks	\$280.00	LHS-919	J. Lacroix	
English	Tues	9/10/2024	6:00-9:00		15 Weeks	\$280.00	LHS-612	J. Ratcliffe	
Psychology	Wed	9/11/2024	6:00-9:00		15 Weeks	\$280.00	LHS-304	T. Osborne	
Foundations of Math II	Thurs	9/12/2024	6:00-9:00		15 Weeks	\$280.00	LHS-611	A. Stefanik	

** Additional Supply/book fee or pre-class requirement is additional in this course.

Check out our other great offerings:

HSE (GED or HISET) Prep- Free Monday & Wednesday nights 6:00-8:30-Starting September 9
Adult Basic Education - Free Classes for those looking to improve reading skills - Tuesday & Thursday nights 6:00-8:30-starting E.S.L. - Free for those learning English Tuesday & Thursday nights 6:00-8:30-starting September 10

Classes are in-person except when location is listed as remote.

CHECK ONLINE FOR MORE DETAILED COURSE INFORMATION (Including materials, book fees or Labs)
REGISTER AND PAY ONLINE at: adultedlaconia.weebly.com
Still have questions? Call Laconia Adult Education at 524-5712

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MVSB sponsors Laconia Multicultural Festival

LACONIA — The annual Laconia Multicultural Festival will take place Sept. 7 from 10 a.m.-3 p.m. in downtown Laconia, and will feature a celebration of worldwide music, arts, crafts and cuisine for the public to enjoy. MVSB (Meredith Village Savings Bank) is proud to support the event as the City Hall Stage Sponsor. Bank employees will also volunteer at the event hosting a selfie station with a butterfly backdrop celebrating diversity in our communities.

“We are excited to feature so many diverse participants and programs this year, including the International Flag Pa-

rade, Wonderful World of Dogs Show, live music, children’s crafts, food, exotic animals and more,” said Becky Guyer, Co-Director of the Laconia Multicultural Festival. “We are grateful to the support we have received from the community and our sponsors and we hope to see everyone there.”

“The Festival is a long-running tradition in Laconia and we are proud to be a part of this unique celebration that highlights the different cultures and traditions in our local communities,” said Jessica Ruel, MVSB Branch & Business Development Manager. The Laconia Multicul-



From left, Becky Guyer, Co-Director of the Laconia Multicultural Festival, and Jessica Ruel, MVSB Branch & Business Development Manager, pose for a photo at the MVSB Laconia Office.

tural Festival started in 2001 and celebrates the rich cultural diversity of Laconia and the Lakes Region. It was conceived and supported by the Laconia Human Relations Committee. Go to laconiainmulticulturalfestival.org to learn more. MVSB has been serv-

ing the essential banking needs of people, businesses, nonprofits and municipalities for more than 150 years. As a mutual savings bank, MVSB has no stockholders but rather operates for the benefit of its customers, employees and community. Since our founding,

one thing has always remained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit

any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Exeter, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Dispose of household hazardous waste Sept. 14 at Alton Transfer Station

ALTON — Saturday, Sept. 14, from 8:30 a.m.-noon, will be a Lakes Region Household Hazardous Product Facility collection at the Alton Transfer Station, 74 Hurd Hill Rd. Prevent accidental poisoning of your loved ones, young and old, dispose of toxic chemicals.

Alton LRHHPF free business card passes are available at Alton Transfer Station prior to attendance or the day of the event.

Alton residents are encouraged to attend this convenient local satellite collection as only 2

hazardous waste events remain in 2023 at Wolfeboro’s Facility the third Saturday of Sept and Oct. As members, Alton folks can attend all of the Wolfeboro collections as well as the ones in Alton.

Call 603-651-7530 for the most accurate information. No latex paint as it is not a flammable hazardous waste. Oil base paints, stains, automotive fluids, pool chemicals, cleaning products, old boat and lawn mower gas, and pesticides are common items collected. Placing containers in a cardboard box will speed up removal and keep your vehicle tidy.

Plastic collection program leads to donation of recycled benches

LACONIA — Six years ago, the Green Sanctuary Committee at the Unitarian Universalist Society of Laconia planned their first monthly soft plastic collection event. Early in the collections, the Green Sanctuary Committee combined with the Laconia/Gilford Lions Club to provide this valuable service.

Over the years, the groups have not only collected soft plastics, but also canned food for CAP. In 2021, the church received Green Sanctuary Certification from the UUA (Unitarian Universalist Association).

A Green Sanctuary Church is one that has transitioned, recognizing the importance of addressing the Climate



COURTESY

Frank Allen on Cogswell Mountain displaying the Trex Bench donated to the Gilmanston Conservation Trails by the Laconia/Gilford Lions Club and the UUSL Green Sanctuary Committee.

Crisis through real action, considering the Climate Crisis in all of its activities, including Climate Justice. Little did the committee know that their efforts would not only help save thousands of pounds of soft plastics from ending up in landfills, but it would also lead to providing a scenic bench on a hiking

trail. Collection events often bring in from 400 to 650 pounds of soft plastics.

The Laconia/Gilford Lions Club worked with the Trex Corporation that has an option to receive a bench made from the materials the recognized party helped to collect. Thanks to the efforts of the Lions Club,

the UUSL received its first bench in 2020. A second one was awarded to them in 2024. A member of the Green Sanctuary Committee was also involved with the Gilmanston Conservation Trails Committee. Together, the Lions Club and the Green Sanctuary Committee decided to donate the second bench to the Gilmanston Conservation Trails Group. A Trex bench was placed on one of the scenic trails in Gilmanston.

The collection events have also grown to accept not only soft plastics, but styrofoam. Donations of pet food are also accepted. The next collection will be held on Saturday, Sept. 28 curbside at the church (172 Pleasant St., Laconia) from 11 a.m. to 1 p.m.

PLYMOUTH TOWN WIDE YARD SALE

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We Will NOT be Undersold

Opinion

SECTION A, PAGE 4

SALMON PRESS, THURSDAY, SEPTEMBER 5, 2024

A salute to workers and a reminder to vote!

As we fire up the grills, enjoy the last days of summer, and maybe even hit the beach one more time, let's learn a bit about the origins of Labor Day.

This holiday isn't just an excuse for a three-day weekend (though we'll gladly take it!). It's a day to celebrate the contributions of workers who have built this country, brick by brick, and to honor the labor movement that fought for the rights many of us enjoy today.

Labor Day has its roots in the late 19th century, at a time when the average American worked 12-hour days, seven days a week, just to make ends meet. Sounds exhausting, right? The labor movement emerged from these tough conditions, with workers organizing for better hours, safer workplaces, and fair pay. In 1882, the very first Labor Day parade was held in New York City, where 10,000 workers took unpaid leave to march for their rights. This courageous stand laid the foundation for the national holiday we now celebrate on the first Monday of September.

But let's not get too bogged down in history. Labor Day is also about appreciating the present and looking forward to the future. It's a time to relax, spend time with family and friends, and enjoy the fruits of your hard work. Whether you're taking a mini-vacation, hosting a backyard BBQ, or just chilling at home, remember that this holiday is a tribute to you—the worker.

We hope that while our readers enjoyed their well-deserved day off this past Monday, they haven't forgotten that the New Hampshire state Primary is just around the corner on September 10th! After all, what better way to honor the spirit of Labor Day than by exercising your right to vote? It's a chance to have your say in who represents you and to ensure that those in office continue to fight for the rights and interests of all workers.

We hope you enjoyed your Labor Day weekend, everyone—but don't forget that part of getting back to work now is to get out and vote!

Let's Talk. That Thing.

BY PAMELA MOTT

Alton

That thing called life happens all around us,

in a community and between people. Us locals we are all good, all's good between us.



COURTESY
Win a Larry Frates Lilac Giclee Print valued at \$1,500, complete with a Certificate of Authenticity! Support art programs at the Belknap Mill by purchasing a raffle ticket for a chance to win. Only 100 tickets will be available. Enter the raffle at www.belknapmill.org for \$25 per entry. This stunning framed artwork was donated by former artist-in-residence Larry Frates and measures 42 by 32.5 inches.

If you are snarling at the idea of the locals being all good, I'd like to ask you? You good? For the most part locals just go about their business. Business of living, raising families and trying to get by.

Around here, us locals know the trails, we know the lake, ponds and the bends in the road. We even know about that rock near the road, you know the one. It's about the journey, not the destination. Life goes by day after day, why not create a life full of opportunities for health and wellbeing. Sound scary? What do you have to lose, stress?

A wise man told me of opportunities, about reaching for the "a

golden ring" That man said to me, "anytime you have the opportunity to reach for the golden ring, grab for it, it might be the last time you will get the chance."

That Thing in the Bay has already happened, yet I am writing this before it has. That Thing came about from a conversation about our locals. About our town and what it would be like to have our town get together without any motive other than the love of the community and its people.

Whether it rained or it didn't, I do know. What I know is that That Thing has happened. Thank you.

Letters to the Editor

Let's not let extremism overtake New Hampshire

To the Editor:

The coming election on Nov. 5 will be, in many ways, the most important election in the history of our state and our country. Women's rights will be at stake from the top of the ballot to the bottom. For 50 years, women controlled their own reproductive care, but Donald Trump and his Supreme Court ripped it away.

Most of us know a friend, or maybe ourselves, who used that freedom of choice to make a very difficult and very personal choice. That all changed in 2022, when the Trump Supreme Court overruled Roe v. Wade, the law of the land for 50 years. Now our daughters and granddaughters have fewer rights today than we did.

Project 2025, a blueprint for a Trump administration, and which Trump is trying to disavow, would have negative consequences for the citizens of New Hampshire. The dangers are greatly increased if Republicans maintain their control of state government.

1. Project 2025 would affect nearly 200,000 women in New Hampshire who would lose access to free emergency contraception.

2. Project 2025 will instruct the DOJ to use the Comstock ACT from 1873 which would criminalize the mailing of abortion medication, which was used in 63

percent of all pregnancy terminations in 2023

3. Project 2025 would criminalize doctors — your doctor — who violate state abortions bans, leaving some women to die or never be able to have another child.

4. Project 2025 would allow states to surveil patients (women), monitor pregnancies, abortions, still births, restrict women to travel for healthcare and allow US health care data to be used against patients and doctors in court.

So, people of this great Granite State, where will you stand in one of the most important elections of our lives? What side will you tell your daughters and granddaughters you stood on when everything was on the line? If we allow Kelly Ayotte and a GOP majority to be elected in November, they will follow the Republican playbook... Project 2025.

This is why I am running for state representative in Belknap District 7 (Alton and Barnstead). We saw what happened when the Supreme Court was stacked by extremists; let's make sure that doesn't happen in New Hampshire.

Stephanie Vuolo
Alton Bay

Throw your support behind rational Republicanism

To the Editor:

I am David Bickford, and I am a Republican candidate for State Representative for Strafford District #3, which comprises of Middleton and New Durham. I have always lived in New Durham, except when training in the Army Reserves.

Altogether, I have served 18 years as a State Representative.

I also served New Durham for nine years as a Selectman, seven years on the Planning Board, two years on the Advisory Capital Improvement Program, two on the Zoning Board of Adjustments and three as a Trustee of Trust Funds. Presently, I serve on the New Durham Budget Committee, and Trustee of Trust Funds.

I have always been cautious with taxpayer funds as well as my own. My campaign has no frills or glossy postcards like my opposition funded by Americans for Prosperity (AFP). Some Americans may prosper from them, but it's not meant to be us. I operate on my own that's why I won't owe AFP your vote. I owe only you.

I also am concerned with government getting too much control over our private affairs. I support gun owner rights and believe New Hampshire laws for the most part have served us well.

Last year, I filed HB 1514, relative to excess funds paid to municipalities for the use of school districts

which will give a greater share of state school funds to New Durham and even more so to Middleton reducing local property taxes. It will also satisfy the Superior Court's Rand decision. It is being studied this fall and I will need to file it again this next term.

In the past, I worked and succeeded to help reform the court system and wrote the first subpoena ever requiring the Supreme Court to explain its shortcomings to the investigative committee I was assigned to by the Speaker of the House.

I am often referred to as a "Rational" Republican. The other candidate, Susan DeRoy, opposing me, is a bit of a rebel.

At nhexit.us/petition/, you will see Ms. DeRoy signed a petition as #151 letting legislators know she supports New Hampshire declaring independence from the United States. To me, this is just too extreme. The United States certainly has its faults, but I feel those can be overcome without ceding from the Union. So much for the word indivisible in the pledge of allegiance.

I am rational, and I ask for your vote in the Primary election on Tuesday, Sept. 10.

Thank you,

Rep. David A. Bickford
New Durham

Out with the negativity

To the Editor:

The past few weeks have been an exciting time in national politics, as we witness an explosion of joy and energy with the Harris/Walz campaign for President and Vice President. We are seeing enthusiasm and energy bursting out from younger voters, who are joining an amazingly diverse cross section of the country supporting this positive campaign. The DNC had one uplifting speaker after another, some famous and others not. Patriotism was everywhere, "USA" was the theme.

This optimistic and inclusive vision of our country stands in stark contrast to the angry and bitter tone of the MAGA Republicans. Signs held at the RNC read "MASS DEPORTATIONS NOW," as the grim speakers aired their laundry list of grievances.

On the day Kamala Harris was to give her acceptance speech, I woke up to this email:

"You're a repulsive jewess. Jews have no place in a healthy society, especially New England. Our NH chapters are making that known."

The author of the email, with whom I have had prior dealings, is a known white supremacist and anti-Semite, whose angry and racist view of the world leads him to create enemies and try to intimidate them. It isn't coincidental that he sent this after I filed to run for state representative from Alton and Barnstead.

My reaction to the email was twofold. First, I joined the exuberance as Vice President Harris reached out to all of us with her enthralling and positive message. Next, I returned to my campaign with renewed energy and enthusiasm, ready to talk to voters in my district, ready to share my own positive message. The electoral odds are not in my favor, so I need your help. Please check out my Web site (ruthlarson4nhrep.com) and Facebook page ([RuthLarsonforNHStateRep](https://www.facebook.com/RuthLarsonforNHStateRep)) and come join me!

Out with the negativity!

Ruth Larson
Alton

LETTERS CONTINUED, PAGE A8

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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TO SUBMIT A LETTER:

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This paper is published weekly by

Salmon Press, P.O. Box 729,

5 Water St., Meredith, NH 03253.

ISSN: 1945-5836. USPS 024921

periodicals postage paid at Meredith,

NH 03253. POSTMASTER:

Send address changes to Salmon

Press, P.O. Box 729,

Meredith, NH 03253.

USPS 024967

The Gifford Steamer is published weekly

by Salmon Press, P.O. Box 729, 5 Water

St., Meredith, NH 03253. Periodicals,

postage paid at Meredith, NH 03253.

POSTMASTER: Send address changes to

the Gifford Steamer, P.O. Box 729, Meredith,

NH 03253.



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Going out of Town

Walking through the ever-evolving Concord

BY ERIN PLUMMER
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Concord is best known as the Capital of the state of New Hampshire and the center of state government, as well as a center for businesses, medical facilities, major retailers and restaurants, and much more. I also know Concord as an awesome place for walks and exploring. Downtown Concord is such a fun area to go for a stroll and look through all its little nooks and crannies. It's a place with a lot of little corners with fun things ranging from shops and restaurants to statues and parks along with a few miles of sidewalk for walks as long or as short as one wants.

Downtown Concord was one of the first drives I went on when I got my first car after college, and I fell in love with it the moment I walked its streets. Being less than an hour away, it is one of my most frequently visited spots and it's one of the places I'm likely to go if I just need to get out for a few hours without wanting to a further drive. I might walk downtown with different frequency, sometimes going maybe once a week or more or sometimes being away from it for months before coming back.

In the two decades that I've been exploring Concord, I have seen all of its huge evolution. At first it was seeing a few businesses open, close, or change locations. Then I saw the whole revitalization project, from construction to the finished product around 2017. I personally love the remodeling, including the different tiers of walkways, the new metal benches, the sculptures, the stone crosswalks, and not having to finagle two narrow lanes through downtown.

This is just a fraction of the evolution the city has undergone in a few hundred years. According to the city of Concord, the area was originally the home of the Penacook branch of the Algonquin tribe. By the late 1600's more Europeans settled the area and in 1725 the area became the Plantation of Penacook under the Massachusetts Bay Colony. After a series of border disputes and other names, the municipality was incorporated Concord in 1765 with the name signifying harmony between the communities. The city thrived through the American Revolution and in the 1800's became a site of industry. According to the state of New Hampshire, discussion went on after the War of 1812 on where to put a suitable capital building with Concord, Hopkinton, and Salisbury vying for that title. Concord won and construction of the capital building started in 1816. The building is the oldest state capital in the country where the legislature still uses its original chambers.

It's always fun to see Concord's evolving history and provides yet another thing to look for when walking.

My usual route when walking involves the sidewalks at the intersec-



The New Hampshire Statehouse is one of the most prominent buildings in Concord with grounds that are fun to walk around.



The fountain at the top of Eagle Square.

tion of North Main Street and Loudon Road to around the Capital Center for the Arts around a mile away, but this is an area that can be explored for a few blocks or a few miles. Sometimes I just walk around one area and sometimes I might walk all the way to Exit 13 a few miles away.

The main downtown area has so many different shops and small restaurants with more popping up on a regular basis. In the past 20 years I've had my favorites and always discover new ones. When picking up a bite or sitting for a cup of coffee, The Works Cafe has long been my usual spot with amazing bagels, sandwiches, and baked goods and a great atmosphere. I also am a big fan of Teatotaler for a great cafe experience and Siam Orchid for amazing Thai food.

When I'm in the mood for some retail therapy, Gibson's Bookstore and Pitchfork Records are my usual stops but I always like exploring more shops.

There are a few other businesses that have since closed that I still have fond memories of. Caffenio was my go-to cafe downtown and House of India was the first place I ever experienced Indian food. Both these places are gone, but certainly not forgotten.

The main dragon Main Street is fun to walk, but there are some side areas downtown that I just love wandering. There's a lovely courtyard in Capital Plaza beside Teatotaler and leading to New Hampshire Doughnut Co. with a net of blinking lights overhead. Just a walkway away is Bicentennial Square with a series of granite sculptures including "Turtle" and "Stone Hole." This area has a plaque paying tribute to the city's historical granite quarries. Eagle Square is also a great

LETTERS FROM EDWIN

Aging

I stopped doing this years ago because I could no longer hear correctly. My ears lie. I no longer hear the various frequencies in proper proportion. Added to that, I have the constant ringing of tinnitus, like listening to someone sitting on the upper register of an organ in my head. Needless to say, I no longer can trust the sonic accuracy of my hearing.

I was asked if I would provide sound for the wedding of some friends of my son. He would help me. He used to help me with sound gigs back a few years, so he knows the ropes.

Yesterday, Sunday, it being a nice day, I decided to make sure that everything would work. Something you don't want to find out down by the seashore, a day's drive from home.

My bass boxes had been piled in the corner and were all covered with time deposits and needed to be cleaned up to make them presentable. I carried them outside where I could serenade the neighborhood with music while I ascertained that everything would work together.

I made these boxes back in the seventies and used them for years while playing bass and running sound. All speaker boxes back then were just speakers inside a box, like the words say. I'd say in the eighties, they came out with these things called plate amplifiers that you could mount inside speakers and consolidate things a bit. I bought the most powerful ones I could find and fit them into the boxes. Now everybody makes powered speakers. Everything worked!



"Taper Deco" by Rob Lorenson is one of a series of sculptures installed around downtown Concord since the city's major revitalization project.



Just a few of the stone statues in Bicentennial Square paying tribute to Concord's historical granite quarries.

place to just sit for a moment or have a picnic. The biggest focal point

of Concord is of course the State House and you can see that big gold dome from most points downtown. I enjoy strolling along the spoked walkways of the statehouse grounds and looking at the statues. Soon a statue of Christa McAuliffe will join Daniel Webster, John Stark, and many others. I recently passed by what will be the base of the statue that is still under construction.

This is just a taste of the many things that can be found in downtown Concord. This doesn't even get into the museums, publicly accessible government buildings, and many historical sites, but perhaps that's a column for another time. One of the things that of course makes downtown Concord so great is its variety and all the little things you can find in the first visit or the hundredth.

Even my new little mixer that will greatly condense packing volume. Quickly I figured out where to input a headphone send from my computer and sonic disturbances were blanketing these normally serene surroundings.

Trying my best to ascertain sound quality and to fine tune things, I switched from King Crimson to the Carpenters. I'm sure the neighbors appreciated that, and maybe even the local critters.

I got it sounding pretty good and at plenty of volume for a wedding dance party. But there was one issue, there was an intermittent ground hum in one of the amps. It would only be heard during quiet parts between songs or speeches, but would be sonically annoying and totally inappropriate for quality sound.

I had figured out the solution many years ago, but it was evading me now. It took a while, but I figured it out again. It's too bad that these Chinese junk amps can get shipped out without proper grounding. But they do. I fix it with a custom made wire and an alligator clip.

Pleased with my afternoon's accomplishments, I packed all the boxes, cables, and such into my car. No sense putting it all back in the cellar only to take it back out

in a couple of weeks. I'll just use my truck as my primary vehicle, which is pretty close to usual.

After all this fun, my back was complaining as was my right wrist. Too many years hustling speaker cabinets and turning screw drivers. Driver drills saved the day, but not in time to save mine. Just another on the list of those totally annoying ever-present pains of living I guess.

So I had thought that today I'd get to doing some more wood processing for next winters heat. Once again, I had taken into account what the weather forecasters said and figured that I'd have the morning before the rains came in. Right now, it's partly cloudy with the sun shining brightly. Things might change this afternoon, but no matter, I can't do any wood with my wrist as it is.

Thunder? Time to get to walking.

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SPORTS

Knight soccer boys aiming to continue run of success

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Kingswood boys' soccer program has enjoyed a run of success unseen in the past for Knight soccer. The team made the quarterfinals in 2020, the semifinals in 2021, the finals in 2022 and the semifinals again last year.

As the team enters a new season, seventh-year head coach Erik Nelson is hoping to continue the trajectory that his team has been on.

However, there will have to be some new faces stepping into the spotlight, as the Knights lost a lot of talent to graduation and will be looking to plug some holes.

"This team represents the start of a new generation of Kingswood soccer, looking to build off the success of the past," Nelson said. "Losing 11 seniors and seven starters this season will come down to the work ethic of this team in getting many new players prepared for



Captains (l to r) Thomas Benker, Nate Cloos and Brady Moulton represented the Kingswood soccer boys at media night last week.

varsity soccer."

With a large group of kids leaving the program the last few years

and moving on to college soccer, including Caleb Russo, Brayden Rapoza, Noah Silva and Dom Al-

berto, newcomers will need to step up and join the returning players from last year.

"The last generation of Kingswood soccer spanned four years of success and included key players that went on to play in college," Nelson said. "It is up to this next generation to determine what comes next."

The Knights will be led by a trio of junior captains who have all played key roles on the team in the last few years and will be asked to step into the leadership roles left vacant by last year's graduation.

Brady Moulton and Thomas Benker are both back for their third year starting on the defensive side of the ball while Nate Cloos returns to the midfield for his third season.

The Knights will also look to senior Ben Libby

in the net, as he returns for a second season holding down the fort in the back.

As far as newcomers, Nelson notes that first-year midfielders Tait Marbury and Noah Seeley have shown some promise in the early portion of the preseason.

"The boys worked hard to learn a new system at the NHTI Jambo-ree on Friday and I was pleased with their work," Nelson said. "I think we may surprise a lot of teams this year with a very young team that works hard."

The Knights will be playing a schedule that includes two games with Kennett and single games with Bow, Pembroke, Merrimack Valley, Milford, Lebanon, Oyster River, Plymouth, John Stark, Coe-Brown, Campbell, Con-Val, Hollis-Brookline, Laconia and Pelham.

The season officially kicks off on Friday, Aug. 30, as the Knights head to Bow for a 4 p.m. contest. They also play at 4 p.m. on Tuesday, Sept. 3, at Pembroke.

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

Veteran leadership, young talent have Knight soccer girls poised for success

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — With some successes behind them and a solid mix of veteran leadership and young talent, the Kingswood soccer girls are looking to take the next step and make a run in the Division II playoffs.

"This group thrives as the underdogs," said coach Shane Flood, in his fourth year at the helm of the Knight girls. "They know they have to work for every win and they wouldn't want it any other way."

"I am looking forward to seeing what they can do together this fall," the Knight coach added.

The Knights will be led by a trio of senior captains who have been integral parts of the program since their freshmen campaigns in Madison Eaton, Kylie Rapoza and Rowan Donovan-Laviolette.

Rapoza, who also excels on the track in the spring season, was the Girls' Soccer Player of the Week at the end of last season and led the Knights in goals during the season, using her stellar speed to get behind defenses.

"Kylie puts her head down and goes to work for her team, game after game, year after year,"



Rowan Donovan-Laviolette, Kylie Rapoza and Madison Eaton will be serving as the Kingswood girls' soccer captains this fall.

Flood said. "Our opponents will be intent on keeping her off the score-sheet, if they're able to or not is entirely up to her."

Donovan-Laviolette has been a force for the Knights over the last few years and will once again be asked to shoulder a heavy load.

"Rowan's a player the team always looked to in tight games," Flood pointed out. "Her energy and compete level never fails to impress, she's earned the captain's band twice over."

In Eaton, the Knights actually will be getting a solid addition to the team, as she missed last year after suffering an injury and her return is anticipated by her teammates and coaches alike.

"Saying that Maddie's happy to be back would be an understatement," Flood noted. "Maddie's leadership from the sidelines last fall was stellar,

this season she's where she wants to be, on the field, changing outcomes of games."

The Knights also gained a valuable addition in Jenny Baldwin, who served as a captain of the girls' hockey team last winter and brings valuable leadership skills and fantastic athletic ability to the soccer program.

"Jenny had some options when deciding where to play this fall, we're happy she chose soccer," Flood said. "I'm sure coach (Kaitlin) Reilly (field hockey) and coach (Lynette) Place (volleyball) are happy for the girls' soccer program as well."

The Knights also return juniors Kendal Oliver, Annissa Desrochers and Phoenix Piekarz, with the latter two returning to the midfield and Oliver dropping back to fill a defensive void left by graduation, with Flood praising her ability to play anywhere on the field.

Sophomores Taylor Allar, Saige Griffin, Megan Nicol and Norah Pelletier are also back and will be looking to make their presence felt.

"These four gained valuable experience and a couple hard lessons last season," Flood said.

"They've looked great this preseason, composed, poised and ready to compete."

The lone freshman on this year's squad is Hadley Nance, who comes to the team with talent and work ethic that feed off each other.

The Knights are also looking to replace All-State goalie Heidi Roiter and senior Marina Roy will take over in net and she will look to Oliver, Eaton, Pelletier and Nance to solidify the backline in front of her.

After qualifying for the playoffs last year as the eighth seed, the team will be looking to build on that success in the 2024 season.

Kingswood will play a schedule that includes two games with Kennett and single games with Bow, Pembroke, Merrimack Valley, Milford, Lebanon, Oyster River, Plymouth, John Stark, Coe-Brown, Keene, Con-Val, Hollis-Brookline, Laconia and Pelham.

The season kicks off today, Aug. 29, at Bow at 4 p.m. and continues at home against Pembroke on Tuesday, Sept. 3, at 6:30 p.m.

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

PSU soccer alumni game set for Sept. 28

PLYMOUTH — Plymouth State University head men's soccer coach Rob Wright has announced a date for the program's annual Alumni Game.

The team will hold the game on Saturday, Sept. 28, on Panther Field at 3:30 p.m. The current Panthers host Rhode Island College for a Little East Conference (LEC) tilt at 1 p.m. on Arold Field prior to the alumni

contest.

Interested men's soccer alums are asked to register online at <https://www.eventcreate.com/e/psumenssoccer-alumnigame2024>. Any questions can be directed to Gareth Stephens at garethstephens23@gmail.com.

Plymouth State opened the 2024 campaign on Friday, Aug. 30, with a home contest against New England College.

HIGH SCHOOL SLATE

- Thursday, Sept. 5**
- BELMONT**
- Boys' Soccer at Mascoma; 4
- Cross Country at Gilford; 4
- Golf at Hopkinton; 4**
- GILFORD**
- Cross Country at Gunstock; 4
- WINNISQUAM**
- Cross Country at Gilford; 4
- Friday, Sept. 6**
- BELMONT**
- Girls' Soccer at Mascoma; 4
- Volleyball vs. Portsmouth Christian; 6:15
- GILFORD**
- Boys' Soccer vs. Manchester West; 4
- Field Hockey at Bishop Brady; 4
- Football at Sanborn; 6
- Girls' Soccer at Newport; 4
- Golf at Campbell; 4
- Volleyball vs. Coe-Brown; 6:30
- WINNISQUAM**
- Volleyball at Oyster River; 6
- Saturday, Sept. 7**
- GILFORD**
- Cross Country at Oyster River; TBD
- Monday, Sept. 9**
- BELMONT**
- Boys' Soccer at Winnisquam; 4
- Girls' Soccer at Raymond; 4
- Volleyball vs. In-ter-Lakes; 6:15
- GILFORD**

- Boys' Soccer at Hillsboro-Deering; 4
- Girls' Soccer vs. Hillsboro-Deering; 4
- Volleyball vs. Con-Val; 6
- WINNISQUAM**
- Boys' Soccer vs. Belmont; 4
- Field Hockey vs. Berlin; 4
- Tuesday, Sept. 10**
- GILFORD**
- Golf at Con-Val; 4
- Wednesday, Sept. 11**
- BELMONT**
- Volleyball at Mascoma; 6:15
- GILFORD**
- Boys' Soccer at Winnisquam; 4
- Field Hockey at Newport; 4
- Girls' Soccer vs. Monadnock; 4
- Golf at Trinity; 4
- Volleyball at Plymouth; 6
- WINNISQUAM**
- Boys' Soccer vs. Gilford; 4
- Volleyball vs. Hanover; 6
- Thursday, Sept. 12**
- BELMONT**
- Cross Country Home Meet; 4
- GILFORD**
- Cross Country at Belmont; 4
- WINNISQUAM**
- Cross Country at Belmont; 4
- All schedules are subject to change.**
- SPORTS CONTINUED, PAGE A7 & A8**

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League of NH Craftsmen Gallery welcomes new juried member

MEREDITH — The League of New Hampshire Craftsmen Meredith Fine Craft Gallery is delighted to announce newly juried member Steve Arcone, who creates incredibly striking art of ice-macro images on aluminum. Arcone's

macro-imaged subjects fix art and science using an abstract process that captures details that are too small to see with the naked eye.

Arcone uses ice formations of interesting patterns, textures, and color variations that dis-

play a wide range of features from delicate fractals to bold, crystalline structures, along with a laminar flow of oil over water, and spider web threads for a stunning visual effect. Most of Arcone's ice images are of thin pond crystals during



Arcone's unique work makes him a perfect fit for the Gallery. Come in and experience these visually pleasing, nature-inspired ice-macro images.

For more information please call the Gallery at 603-279-7920 or visit our web site Meredith.nhcrafts.org. The League of NH Craftsmen Gallery is located at 279 DW Hwy. Meredith.

League of NH Craftsmen Gallery offers Beginner Felting with Patsy Frasier

MEREDITH — Join artist Patsy Frasier at the League of NH Craftsmen -Meredith Fine Craft Gallery on Sunday, Sept. 8 from 10 a.m. to noon for "Who Gives a Hoot?" a Beginner Felting class.

Learn the craft of needle felting to create your own adorable felted Owl! Great for adults and children eight and up (a sharp needle is used in the process). A simple felting project as you'll start out with a premade base shape. A fun activity for Grandparents Day! Students will learn all of the basics of needle felting to create a fully formed owl figure to take home with them.

This class is good for



those new to needle felting, but all skill levels are welcome.

Tuition is \$45 per student with an additional materials fee of \$15 paid by cash or check to the instructor at the time of the class.

Space is limited and pre-registration is required. Those who wish to attend must sign up by Wednesday, Sept. 4.

To register for this workshop, please call the League of NH Craftsmen - Fine Craft Gallery

at (603) 279-7920 or stop by the gallery located at 279 Daniel Webster Highway in Meredith.

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

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

change and decay caused by melt, sublimation and recrystallization. Arcone enhances the photos using digital editing tools that adjust contrast, brightness, and saturation to highlight the ice's details which are intertwined with twig, leaf or other colorful fall organic debris protruding or resting on the water surface. Arcone's stunning images are then printed on aluminum and fin-

ished off with a protective coating.

Arcone's aesthetic ice-macro images aim to utilize visual characteristics such as color, composition, lighting, and subject matter that creates a visually pleasing photograph. Most of the images are from a near-shore area of a pond near Arcone's home that were taken during the fall, early winter and early spring.

The League of NH Craftsmen is a non-profit organization that encourages and promotes the creation, use and preservation of fine contemporary and traditional hand craft. The League represents the signature of excellence in fine craft, through the work of its juried members, and its rigorous standards for self-expression, vision, and quality craftsmanship.



ERIN PLUMMER

Democrats marching in the Alton Old Home Days Parade.

SPORTS

TOLLAND SOCCER 3V3 PLAY WITH PRIDE SOCCER TOURNAMENT

JOSHUA SPAULDING
Rowan Donovan-Laviolette, Kylie Rapoza and Madison Eaton will be serving as the Kingswood girls' soccer captains this fall.

PRIMARY

(continued from Page A1)

For State Representative in Belknap County District 7, Republicans in Alton and Barnstead will choose between four candidates for three nominations with incumbents Barbara Comtois, Paul Terry, and Peter Varney running against Brianna Weller for seats.

New Durham voters will decide between two Republican candidates for Strafford County District 3 with Rep. David Bickford running against Susan DeRoy.

For Strafford County District 18, Rep. Michael Harrington is the lone candidate on the Republican ballot.

For State Representative in Belknap District 6, Kurt Webber, Jonathan Arsenault, Bob McLean, and Lena Nirx are running for the four available spots.

Two Democrats are running for three available nominations for Representative for Belknap County District 7. Susan Church Stevens and Ruth Larson are running with the third candidate available by write-in votes.

Ellen Phillips is the only Democrat running for State Representative in Strafford County District 3.

For Representative in Strafford County District 18, Kimberly McGlinchey is the lone Democrat candidate.

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Red, White & Brew event to benefit Veterans Count program

LACONIA — Belknap Subaru announced that they have committed to their sponsorship of the seventh annual Red, White & Brew craft beer and wine festival, becoming the event's presenting sponsor. Through the "Subaru Share the Love" event, the Belknap Subaru Team will help raise funds for the event, which benefits Veterans Count, a program of Easterseals NH that is dedicated to supporting ser-

vice members, veterans, and their families. "We are incredibly grateful for the continued support of Belknap Subaru," said Cynthia Makris, Chair of Lakes Region Veterans Count. "Their generosity and commitment to our veterans and their families is truly inspiring. This increased sponsorship will make a significant impact on the lives of those who have served our country." Red, White & Brew,

scheduled for Sept. 28, will be held at Funspot in Laconia, NH. Now a Lakes Region tradition, the event features live music, local food, and a variety of local craft beers and wines. Proceeds from the festival benefit Easterseals NH's Veterans Count programs and services, which include housing assistance, mental health support, and employment training. Register in advance at <https://vetscount.org/>

events/red-white-brew/. "Mark Johnstone and family and the dedicated team at Belknap Subaru are proud to support Veterans Count and the Red, White & Brew Festival," said Mark Mallahan, General Manager of Belknap Subaru. "Our Share the Love Campaign allows us to give back to the community and make a difference in the lives of our veterans." **About Belknap Subaru and Share the Love**

Over the last 16 years, through the Subaru Share the Love® Event, Belknap Subaru, located in Tilton has donated more than \$300,000 to charities in their communities. **About Veterans Count** Veterans Count, a program of Easterseals NH, provides critical and timely clinical and

social services and financial assistance to the military community to ensure their dignity, physical and mental health, and overall well-being. Through its unique care coordination and clinical services program, Veterans Count provides confidential support to meet specific needs.

SPORTS

Golden Eagle runners kick off season today at Gunstock

BY JOSHUA SPAULDING
Sports Editor

GILFORD — A little of the firepower may be gone from the Gilford cross country team, but there is still plenty of talent toeing the starting line as the Golden Eagles kick off another season with coach Kathy Aldridge at the helm.

"The girls' team has lost a bit of its firepower due to graduation and some opting to pursue other activities, but new additions will certainly bring surprises at season end," Aldridge said. "The boys' team is a reduced version of its 2023 self, graduation has greatly lessened its size with few newcomers filling those

gaps." For the girls, seniors Georgia Eckhardt, Kaitlyn O'Brien and Alana Sawyer and juniors Athena Booth and Maria Tiley all return to the squad and bring experience, leadership and talent to help propel the team to the top five in the division.

"The enthusiasm and strong work ethic displayed to date will prove to be the foundation for a very successful season," Aldridge said. "This team, with its developing newcomers, has the potential to attract some attention during the championship phase of the 2024 season."

Aldridge notes that

ninth grader Tess Eckhardt has been a standout in the preseason and the Golden Eagles, who finished fourth in Division III last year, will also look to seniors Adelyn Beck and Mallory Daley, juniors Megan Lego, Emilia Burlock and Callie McKay, sophomores Brooke Baron, Bailey Juurlink-Gagne and Alissa O'Brien and ninth grader Morgan Eastman to help shoulder the load in the new season.

On the boys' side of things, a Gilford runner has won the Division III individual championship for the last four years, with Patrick Gandini winning three titles before graduating and mov-

ing on to the US Naval Academy and freshman Bocelli Howland-Vlahakis capturing the title last year.

However, Howland-Vlahakis has transferred to Phillips Exeter Academy, leaving the Golden Eagles with two runners who helped the team muscle its way to a fifth place finish in the Division III State Meet.

Senior Ben Smith and junior Gunnar Marvel have put in a lot of work over the summer and Aldridge expects them to put forward some solid performances this year.

"They showed their future potential at the Meet of Champions (last year), and the future is now," Aldridge said. "They have completed the requisite summer preparation and they are ready for a successful season."

Aldridge expects them to be followed closely by senior Ian Lofblad, who has upped his training over the summer and should be ready to turn in some eye-popping performances.

Also returning to the fold are seniors Brody Testa and Ben Wolpin and juniors Malcolm Breton, Wren Reinholz and Noah Suranyi. Newcomers include senior Emanuel Montoyo and Mark Warren and sophomore Jinsu Kim.

The Golden Eagles will run in races at Belmont, Manchester, Hopkinton and Merrimack Valley in addition to their annual Early Bird Invitational.

The Early Bird Invitational will run today, Sept. 5, at Gunstock Mountain Resort at 4 p.m.

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

Letters to the Editor Continued

You can kiss federal aid goodbye with a Trump re-election

To the Editor:

If Trump should win in November, and conservatives have their way, you can kiss goodbye the FBI, EPA, HUD, CDC, FEMA, DHS, FCC, FTC, DOE, DOJ, VA, to name many of the government agencies in jeopardy. The responsibilities of some of these agencies would be turned over to the states. The DOJ would fall under the Office of the President. Veterans Affairs would be privatized.

How many times do you hear about the federal government coming to the aid of overwhelmed states during natural disasters? Pretty much always. If your child is kidnapped and taken out of state, wouldn't you want the FBI to step in? Well,

if Trump wins that won't be possible. You'll have to rely on your local and state police. Is your state prepared to handle another pandemic? Right now, we've got a mosquito-borne virus (EEE) spreading around New England. So far, there's been one case in New Hampshire. Is our state ready to handle this illness that can be 30-50 percent fatal to those who take severely ill? Are you willing to risk it?

In all these incidents I've just listed, Americans are accustomed to the aid received from our federal government agencies. I, for one, would like to keep it that way.

*Susan Stevens
Alton*

Public input needed on swap shop

To the Editor:

Alton's Board of Selectmen has put considerable effort over the past few months into exploring reestablishment of a swap shop, where residents could donate a range of unneeded but still good common household items which would then be available for others to use. We had such a facility at the recycling center, and it had been in operation since 2003, but it was shut down during the covid pandemic and never reopened.

Among the issues being considered are cost, staffing, hours and operating policies, and it appears all are addressable with a range of options being discussed. One key issue is location. There are two possible sites, and each has advantages and disadvantages. Placing a swap shop at a recycling center is the usual practice in New Hampshire, and the Board has identified a workable location at our recycling center. Also being considered is a possible alternate loca-

tion at the town's Senior Center on Pearson Road.

The board is seeking input from residents as to which location is preferred. The recycling center location would include a fenced area in the southeast corner of the landfill. The Senior Center location has been marked with traffic cones so residents can preview it.

There is a good deal of public support for restarting a swap shop, but the board needs public input on location preference. If you have a preference, or other thoughts regarding the swap shop, please email to selectmen@alton.nh.gov or mail a note to Alton Board of Selectmen, Town Hall, Alton. Better yet, attend our next Board of Selectmen meeting on Tuesday, Sept. 9 at 6 p.m. at the Town Hall. We need as much public input as possible to make the right decision.

Thank you,
*Richard Shea
Alton*

HIGH SCHOOL SLATE

Thursday, Sept. 5

KENNETT

Girls' Soccer vs. Oyster River; 4
Golf at Winnacunnet; 3:30

KINGSWOOD

Cross Country at Gilford; 4
Golf Home Match; 3:30

PROSPECT MOUNTAIN

Cross Country at Gunstock; 4

Friday, Sept. 6

KENNETT

Boys' Soccer at Oyster River; 7
Field Hockey at Milford; 6
Football vs. Con-Val; 7

KINGSWOOD

Boys' Soccer vs. Merrimack Valley; 7
Field Hockey at Plymouth; 4
Football at Hollis-Brookline; 7
Girls' Soccer at Merrimack Valley; 4
Volleyball at Merrimack Valley; 6

PROSPECT MOUNTAIN

Boys' Soccer vs. Fall Mountain; 4
Girls' Soccer at Fall Mountain; 4
Volleyball at Somersworth; 6

Saturday, Sept. 7

KENNETT

Cross Country at Great Glen; 10

KINGSWOOD

Cross Country at Great Glen; 10

Monday, Sept. 9

KENNETT

Girls' Soccer vs. Coe-Brown; 4
Volleyball vs. Plymouth; 6

PROSPECT MOUNTAIN

Boys' Soccer vs. Somersworth; 4
Girls' Soccer at Campbell; 4
Golf Home Match; 4

Tuesday, Sept. 10

KENNETT

Boys' Soccer at Coe-Brown; 4
Field Hockey at Derryfield; 4:30
Golf at Bow; 3:30

KINGSWOOD

Boys' Soccer vs. Milford; 6:30
Girls' Soccer at Milford; 6

Wednesday, Sept. 11

KENNETT

Girls' Soccer at Hollis-Brookline; 4
Volleyball vs. Prospect Mountain; 6

KINGSWOOD

Volleyball vs. Oyster River; 6
PROSPECT MOUNTAIN
Boys' Soccer at Hopkinton; 4
Girls' Soccer vs. Hopkinton; 4
Volleyball at Kennett; 6

Thursday, Sept. 12

KENNETT

Golf Home Match; 3:30

KINGSWOOD

Girls' Soccer vs. Lebanon; 6:30
Golf at Kennett; 3:30

PROSPECT MOUNTAIN

Cross Country Home Meet; 4
Golf at Somersworth; 4

All schedules are subject to change.

Church Service SCHEDULE

<p>ABUNDANT HARVEST FAMILY CHURCH Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union. Pastors Daniel and Sherrie Williams, 473-8914. For more information, please visit abundantharvestnh.org or e-mail ahf@faith.com.</p>	<p>FIRST CONGREGATIONAL CHURCH OF FARMINGTON Worship Services: 10:00 AM Sunday School: 10:15 AM Sept. To June 400 Main Street Farmington, NH 05855 www.farmingtonchurch.org</p>
<p>ALTON BAY CHRISTIAN CONFERENCE CENTER Sundays throughout the summer 10 am & 7 pm: 875-6161.</p>	<p>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</p>
<p>BEEFEE COMMUNITY CHURCH, ALTON Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Ben Raub, www.befreechurch.net.</p>	<p>PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H. on the Parade in Barnstead Sunday Morning Worship Service for all ages begins 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>CENTER BARNSTEAD CHRISTIAN CHURCH Worship Service 10:00am Bible Study 11:15am Rte 126 next to Town Hall Call or Text (603) 269-8831 centerbarnsteaducc.org</p>	<p>ST. KATHARINE DREXEL 40 Hidden Springs Rd., Alton, 875-2548 Father Robert F. Cole, Pastor. Mass Saturday 4pm; Sunday 8:30 & 10:30am; Daily Mass Mon., Tues., Wed., Fri. 8:00am.</p>
<p>CHRISTIAN COMMUNITY OF PRAISE C.O.P. PRAISE GATHERING Gathering Saturday evenings at 5:30 p.m. The Gilmanton Community Church 1803 NH Route 140, Gilmanton Ironworks, NH ccoppraisegathering@gmail.com</p>	<p>ST. STEPHEN'S EPISCOPAL CHURCH Sunday 9:30, 50 Main St., Pittsfield Rev. Miriam Acevedo with Rev. Stephen Ekerberg www.ststephenspittsfield.com</p>
<p>COMMUNITY CHURCH OF ALTON Pastor Jared Cassidy 10am Worship service Sunday 20 Church St Alton (603) 875-5561 www.ccaalton.com</p>	<p>UNITARIAN UNIVERSAL SOCIETY OF LACONIA Sunday services and religious education 10:00 a.m. All are welcome. 172 Pleasant St. Laconia • 524 6488 • uusd.org</p>
<p>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. ccnorthernbarnstead.com</p>	<p>MAPLE STREET CHURCH Sunday Service 11am 96 Maple Street, Center Barnstead NH 03225</p>

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	Clay Point Road	N/A	\$275,000	Ec Systems LLC	Cheryl B. and Brian C. Cronin
Alton	NH Route 140	N/A	\$400,000	Seh Investments LLC	Treasure Coast Spe LLC
Alton	Prospect Mountain Road	N/A	\$150,000	Bruce and Sharon Waterman	Stephanie and Dillon Sirrine
Barnstead	36 Hemlock Rd.	Single-Family Residence	\$460,000	Donald M. Morse and Krystin Corliss	Adam Engel
Gilford	37 Glendale Pl.	Mixed Use (Residential/Commercial)	\$525,000	Two Mark Island RT and Annie S. Hartford	Kyle McCullough
Gilford	46 Glendale Pl., Unit 5	Condominium	\$125,000	Naq Guilford LLC	Marie S. McKean and Stephen A. Duggan
Gilford	46 Glendale Pl., Unit 8	Condominium	\$125,000	Naq Guilford LLC	Marguerite L. McKean
Gilford	282 Hounsell Ave.	Municipal Property	\$75,000	City of Laconia	Marbo Kaison Realty LLC
Gilford	191 Scenic Dr.	Residential-Other	\$1,500,000	Catherine A. and Michael J. Derderian	191-192 Scenic Dr. LLC
Gilford	192 Scenic Dr.	Residential-Other	\$1,500,000	Catherine A. and Michael J. Derderian	191-192 Scenic Dr. LLC
Gilford	88 Terrace Hill Rd.	Single-Family Residence	\$940,000	Ian T. and Michelle P. Hand	Se Family LLC
Gilford	N/A	N/A	\$670,400	Briana L. Stroud	Heather M. Strohm
Gilmanton	17 Drake Ave.	Single-Family Residence	\$330,000	Kourtney M. Poland	Donald and Victoria Stratton
Gilmanton	N/A	N/A	\$655,000	Elfriede H. Fleischhacker	Helen S. Godfrey
New Durham	48 Brienne Rd.	Single-Family Residence	\$475,000	Alexa J. Schimmel and Daren W. Hayes	Adam L. Radford
New Durham	Davis Crossing Road	N/A	\$190,000	Darlene A. Benner	Bill A. and Sharon B. Kriete
New Durham	99 S. Shore Rd.	Single-Family Residence	\$460,000	Steven T. and Destiny A. Briggs	Mathew T. and Amanda L. Stanton
New Durham	N/A (Lot 109)	N/A	\$438,000	Robert O. Ledoux and Jean Pastorello	Brian J., Jr. and Bria Burby
New Durham	N/A (Lot 129)	N/A	\$438,000	Robert O. Ledoux and Jean Pastorello	Brian J., Jr. and Bria Burby
New Durham	N/A (Lot 130)	N/A	\$438,000	Robert O. Ledoux and Jean Pastorello	Brian J., Jr. and Bria Burby

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.

NH teens inspire Ukrainian children of war as volunteers at trauma counseling retreat

ZAKOPANE, Poland — In an act of global peer leadership, high school students from Holderness School in New Hampshire traveled to Poland last week to volunteer at the nonprofit Common Man for Ukraine's monthly mental health retreat for Ukrainian children of war.

At a presentation this past school year by the nonprofit's co-founders, the pair of high school juniors — Kelly McVeigh and Maeve Rhatigan — first learned of Common Man for Ukraine's impactful residential trauma counseling program for Ukrainian children whose soldier-fathers have been killed in the ongoing war. From there, several Holderness Service Council students were first introduced to

Ukrainian children attending Common Man for Ukraine's April retreat over Zoom and served as pen pals in the following months. This letter-writing relationship was meaningful for the American teens and inspired them to make an even greater impact — flying to Eastern Europe and volunteering in-person at the August retreat session in Zakopane, Poland.

"It has been an absolute honor to have the chance to connect with these resilient individuals, and to contribute to creating a super positive and supportive environment," said McVeigh. "Having spent the last eight weeks as a camp counselor in the United States, I have used that experience to bring some joy and comfort to the (Ukrainian)

kids."

"These kids are only slightly younger than us and they've already been through so much," added Rhatigan, who with the Holderness Service Council helped organize fundraisers for the nonprofit. "When I found out about this opportunity to spend time with them directly, I thought: How could I not?"

To date, the all-volunteer Common Man for Ukraine and its Polish Rotary partners have hosted more than 800 Ukrainian children between the ages of eight and 16 at the monthly Children of Ukraine Health Retreat, which provides both group and individual counseling, art and nature therapy sessions, and therapeutic physical activities and outings. Each

three-week program hosts 30 to 35 children and is staffed by certified Ukrainian teachers, doctors, and counselors.

"We cannot overstate how powerful and impactful it has been to establish a connection between Ukrainian children and the students at Holderness School, who have developed their own commitment to and compassion for Ukraine's children and what they are going through," said Common Man for Ukraine co-founder Lisa Mure. "By volunteering at our August retreat this week, American teens are making friendship bracelets, playing soccer and volleyball, and bringing the Ukrainian children a sense of comfort that the world is watching out for them and caring about

what they are going through."

"We can see it is as moving and inspiring for the Holderness students as it is for the Ukrainian children," Mure added. "These types of opportunities that build relationships between young people of different cultures and experiences help make the world smaller, kinder, and more loving for our future generations."

By the end of the trip, the two teenage students, and their trusted guardians who accompanied them from Holderness School, spent five days with the Ukrainian children of war. As peer volunteers, the teens made crafts, gone on hikes, played games, and ate many meals together with the Ukrainian orphans. Most importantly, they cre-

ated deep bonds with them, and gave the Ukrainian children the knowledge that even youth who live on the other side of the world are determined to help them in Ukraine's time of need.

The Holderness Service Council supports a variety of local nonprofits. Last year, students provided more than 5,500 hours of service to the local community, earning 13 volunteer Presidential Service Awards and raising more than \$30,000 through service initiatives.

Donations to the 501c3 Common Man for Ukraine can be made online at its website (commonmanforukraine.org), check by mail (71 Main St., Plymouth, NH 03264), and by Donor Advised Fund (DAF).

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SWAP SHOP

(Continued from Page A1)
Household Hazardous Waste Day could be worked out.

"I think it's the logical place and I think that there are ways we could do this in stages and even do a test run, maybe do a test run up at the Senior Center as well," Carter said.

LaRoche said they could do a test run by putting the prefabricated building at the senior center and see if it works. If it doesn't work at that location, the sitework and set-up could be done at the transfer station and another test could be done there.

Members of the

board also discussed where the money would come from to do any swap shop. Selectmen discussed if this might be eligible for any of the solid waste funds if the shop was at the Senior Center, but decided they would need a legal opinion before proceeding further.

"This is our stalemate at this point," LaRoche said. "We're at a default budget, we're working on all the departments to make it through this year, make the departments work, keep costs down, payroll taken care of. There isn't a lot of extra money floating around to

fund some of these other programs."

The board discussed putting an article on the warrant for a swap shop at either location, though agreed they wanted to see more feedback and get more information before deciding. The board decided to table the issue until the next meeting and get more public input and information on this before then. They also discussed putting cones around where the shop would be on both sites to give people an idea of what it would look like.

"I just urge people to go to both sites, look at them, study them, and look at the possi-

bility of either one," LaRoche said.

Several residents voiced their opposition to putting the swap shop at the Senior Center.

"It befuddles me to understand why it's so difficult to get something back that we had for so long," said Kelly Sullivan. "I just don't understand that we had it for a number of years, it closed because of COVID, and it just never came back, and we do have volunteers that will do it."

Some speakers said having an all-volunteer staff with no town employees around could have safety issues. Town employees

could lift large objects a volunteer might have a hard time handling. Staff could also intervene if someone tried to dump an item that isn't eligible for the shop and was argumentative or resolve conflicts between shoppers about items. Some also said security cameras wouldn't be enough to keep people from dumping items there and questioned how often the security feed would be checked. Speakers also said there has been great collaboration between volunteers and staff members.

A few residents said the swap shop is a key form of recycling by keeping a lot of unwanted items out of landfills and should be at the transfer station. Some residents also said it's unlikely

funds meant for solid waste could be used for a facility outside the transfer station.

Other speakers said there is enough interest to bring back the swap shop and there are also people who would be willing to donate money to make it happen.

"This conversation about going a warrant article to see if all of the townspeople want it, I don't recall there being a warrant article when we changed the hours of operation at town hall and I can guarantee not all of the townspeople like it even though it's already been a year in this change," said Donna Richardson.

The swap shop will be discussed again at the next selectmen's meeting on Sept. 9.

PETS OF THE WEEK



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VOTERS

(continued from Page A1)

ning uncontested on the Republican ballot.

No Republican filed for the office of County Attorney and register of Probate and the nominations will be decided by write-in votes.

For Strafford County positions, all Republicans are running uncontested for the nomination.

Scott Tingle is running for County Sherriff. Nancy Sirois is run-

ning for another term as Register of Probate.

John Pitre is seeking a term as County Commissioner.

No Republicans are running for Strafford County Attorney, Treasurer, and Register of Deeds and those nominations will be decided by write-in votes.

For Delegates to the State Convention, seven candidates from Gilford are seeking four positions with Gisele Lambert, Matthew Wood, Tiffany Abbot, Susan Greene, Sue Higgins, Gregg Hough, and Douglas Lambert running.

Six candidates from Alton and Barnstead are running for three available positions on the State Convention. Tess Conroy, Alan Glassman, Philip Taro, Priscilla Terry, Elizabeth Varney, and James Conroy are seeking those positions.

No one is running for Delegate to the State Convention for Strafford District 3 and those positions will be decided by write-in votes.

New Durham voters will choose between two candidates for Delegate to the State Convention for Strafford District 18: Angela Pruitt and Marilyn Rivera.

On The Democrat ballot, Keith Gerard Cormier is running for Belknap County Attorney.

No Democrats have filed for Belknap County Sherriff, Treasurer, register of Deeds, Register of Probate, and County Commissioner. Those positions will be open for write-in votes.

In Strafford County, three Democrats are seeking the nomination for Sherriff. Steven Bourque, Tracy Hayes, and Kathryn Mone are seeking the position.

The rest of the Democrat offices for Strafford County are uncontested and the candidates will run for the general election.

Incumbent Emily Garod is running again for County Attorney.


Pamela Arnold is seeking another term as County Treasurer.

Catherine Berube is running for reelection as Register of Deeds.

Jan Nedelka is running for register of Probate.

Tim Fontneau is running for County Commissioner.





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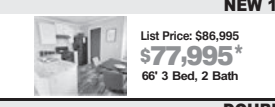
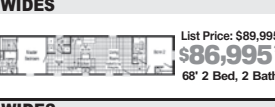
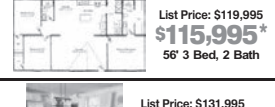


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Alton's Cydney Shapleigh named next President of NHTrust

CONCORD — Cydney Shapleigh, long-time banking executive and current senior vice president at NHTrust, has been named the company's next president.

Shapleigh joined NHTrust in January 2024 and currently serves as a member of the leadership team. She moves into this position October 1 as part of a leadership transition as current President Paul Provost – who has led NHTrust and predecessor companies for the past 22 years – shifts into a dedicated role serving and advising core clients he has personally worked with for many years.

NHTrust focuses on providing individuals and institutional clients in New Hampshire and beyond with personalized wealth management strategies and solutions with investment, trust and custodial services. Managing more than \$1.3 billion in assets, NHTrust is an affiliate of New Hampshire Mutual Bancorp.

"To prepare for this key leaderships transition, the board and I have been evaluating succession candidates," said Gregg Tewksbury, CEO of New Hampshire Mutual Bancorp. "When Cydney joined us in January as a member of NHTrust's leadership team, we recognized the strength and experience she brought to us and her committed focus on future growth and new opportunities. Cydney's tremendous experience, past wealth industry successes, and vision for NHTrust made her the obvious and right choice to lead NHTrust to the next level for our company. The Board and I are truly excited about her assuming this key role to lead us into a new chapter."

Shapleigh has nearly three decades of deep and diverse executive level experience in the banking industry in New Hampshire. Prior to joining NHTrust, she was a senior transformation manager at Bottomline Technologies. From 2007-2022, Shapleigh worked in several leadership capacities at Bank of New Hampshire (BNH). This included serving as head of wealth management, executive vice president – chief wealth management officer, chief retail banking officer and member of the executive committee. Prior to working at BNH, she served in many capacities with TD Bank, including senior financial advisor.

"I am excited about taking on the role as president of NHTrust," Shapleigh said. "We have tremendous re-



Cydney Shapleigh

sources across our organization that enable us to provide a level of professional services through staff expertise, experience and technology tools that rival firms with a national focus. I believe these resources, when combined with our deep local roots, enable us to really emphasize personalized customer service. I look forward to building on Paul's leadership, the solid foundation and the collective efforts of NHTrust team members to further enhance our reach and ability to be the first-choice provider of wealth management services across New Hampshire and beyond."

For the past 22 years, Provost led NHTrust and its predecessor companies to build, grow and manage what is today a company managing \$1.3 billion in assets. While serving as president, he also fills the role of chief relationship officer for many clients. As he transitions exclusively to client work, Provost will continue to provide financial planning expertise, economic and investment knowledge and personal customer service to the benefit of NHTrust clients.

"We are also very excited that Paul will continue to focus directly on client work and his passion for fulfilling client needs by continuing to utilize his many years of advisory and consulting expertise," Tewksbury said. "This is a win-win scenario for the NHTrust team and its clients. Through our succession planning, we've found our next president for NHTrust in Cydney, while affording Paul the ability to serve as a wealth advisor and providing continuity for the clients that he's personally cared for over these many years."

Shapleigh is a long-time New Hampshire resident with a history of deep community involvement. She has been very active within her hometown of Alton, currently as School Moderator and serving on and chairing numerous local boards over the past

20 years. She also serves on the Northeast Delta Dental Board where she chairs the Corporate Governance Committee. Shapleigh attended Southern New Hampshire University and holds a Bachelor of Science degree in business administration, graduating magna cum laude. She also earned a project manager certificate from IAP Career College and is a Certified Financial Trust Advisor.

About NHTrust

With deep local roots, NHTrust offers comprehensive wealth manage-

ment solutions tailored to individual and institutional clients across the Granite State and beyond. There is a team of experienced professionals dedicated to building and managing long-term relationships based on trust, integrity, and exceptional service. NHTrust is an independently run organization that puts personalized service and sophisticated investment strategies at the forefront through investment, trust, and custodial services. NHTrust manages more than \$1.3 billion in assets with its resources, technology tools and

expertise rivaling those of large national firms, while maintaining a high level of customer care reflected in a local organization. NHTrust is an affiliate of New Hampshire Mutual Bancorp, a shared services organization providing operational support for NHTrust and three premier independent mutual savings banks: Meredith Village Savings Bank, Merrimack County Savings Bank and Savings Bank of Walpole. For more information, visit NHTrust.com.

Garden Club member shares tips on growing vegetables

ALTON — Not everyone has a green thumb, but most Alton Garden Club members love to have dirty hands!

On Aug. 20, one of our own Garden Club members, Liz Dominick, invited us to her home to demonstrate different ways to grow vegetables. We were welcomed by her warm personality and lively sense of humor that kept us entertained and laughing. She explained that to be successful, we should begin by rototilling the planting area and improving the soil, if necessary, especially if it consists of sand or clay.

Before planting your seeds or starts, Dominick recommended installing a drip hose, which the plants prefer over spray watering, and she suggested washing all gardening tools in a wa-



Liz Dominick

ter-bleach solution to kill bacteria or fungus. She concluded the program by speaking about straw bale gardening, where vegetable plants are grown in properly prepared bales of straw

(not hay) and showed us examples of her success using this procedure. Growing vegetables can be difficult and daunting, but with the right equipment and your good nature, Mother Nature

will provide you with an abundance of healthy vegetables and a feeling of achievement.

If any of the above tickles your funny bone, you might want to consider joining our group. Our programs are enjoyable and enlightening. Our dues are only \$10 a year, which covers the cost of the membership book and more. The friendships and fun are free. For more information, please check us out at Altongardenclub.com.

Our next meeting will be held on Tuesday, Sept. 24 at 1:30 p.m. with a rain date on Sept. 26. The program will be presented by another of our members, Jill Houser, and the topic will be Native Plants. For more information, feel free to call Peggy McKinney at 603-776-6032 for place and other information.

HELP WANTED



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.
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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,
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LEGALS

Moultonborough Zoning Board of Adjustment Public Notice – Public Hearings

The Moultonborough ZBA will meet on Wednesday, September 18, 2024, at 7:00 PM to hold a public hearing on the following application(s):
Special Exception pursuant to Section 6.3.1 of the Zoning Ordinance for GMR Holdings of NH, LLC for parcels located on Governor Wentworth Highway, (Tax Map 150 Lots 5 & 6 - Owner of Record, MYVY, LLC) in the Residential/Agricultural zone to permit, construct and operate a wireless telecommunications service facility.
Variance from Section 7.8 of the Zoning Ordinance for GMR Holdings of NH, LLC for parcels located on Governor Wentworth Highway, (Tax Map 150 Lots 5 & 6) in the Residential/Agricultural zone to allow for the construction of 120 foot self-supporting monopole tower.
Variance from Sections 6.6.2 and 6.5.2.1.2 of the Zoning Ordinance for GMR Holdings of NH, LLC for parcels located on Governor Wentworth Highway, (Tax Map 150 Lots 5 & 6) in the Residential/Agricultural zone to provide a fifty foot setback and fifty foot vegetative buffer.
The Hearings will be held at the Moultonborough Town Hall located at 6 Holland St.
A complete copy of the application and supporting materials are available for the public to review at Town Hall in the Land Use Department and may be viewed during regular business hours, Mon. - Fri. 7:30 am to 4:00 pm.
Robert H. Stephens, Chairperson

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 to review the charge of this committee. Please submit a letter of interest to Debbie Thompson, Business Administrator at 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.

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Fine Arts and Crafts Festival brings artisans from across the US to Meredith

BY ERIN PLUMMER
mnews@salmonpress.news

MEREDITH – A part of Main Street became a haven for artists and shoppers over the weekend during the 44th Annual Fine Arts and Crafts Festival.

The Meredith Area Chamber of commerce hosted the event on Saturday and Sunday, Aug. 24-25, featuring juried artisans from across the country with many different mediums. Part of Main Street was closed off from Water Street to High Street and vendors set up space on the street as well as the upper parking lot of Mill Falls.

The event also featured live music, food vendors, and a demonstration by the Inter-Lakes Middle High School Lakerbots robotics team.

Shoppers could look over art such as pottery, paintings, jewelry, artisan food and drinks, furniture, wood creations, and so many others.

Mary Ellen and John Grasso work together to make items that combine sea glass, wood, and other elements for their company Every Little Thing.

The couple lived in the Hampton area for about 30 years, and Mary Ellen liked to collect sea glass from the beach. The couple moved to Florida and Mary Ellen said she found herself getting bored. On John's suggestion, she spent more time outside and rediscovered her love for collecting little items in nature.

"When I need support, I go out and find some sticks and rocks," Mary Ellen said.



ERIN PLUMMER

Shoppers look over the tables of many vendors over the weekend at the 44th annual Lakes Region Fine Arts and Crafts Festival.

Her findings became art pieces thanks to a collaboration between her and her husband. Mary Ellen will assemble the findings into images and John will contribute turned wood items. John also makes turned wood items to sell at the stand.

Mary Ellen said selling the items has kept both of them outside and socializing with other people. She said they enjoyed being at the Meredith fair.

"The area is beautiful; it's great to be in New Hampshire," she said.

Kevin and Missy Heneghan of Boston, Virginia, sold different tea blends for their company Loose Leaf Tea Company.

They have been making their tea blends for around 13 years. Missy said they used to sell lamb at farmer's markets, but when that became too difficult for them, they decided to sell tea instead.

They will get different kinds of teas from suppliers around the world, especially from higher elevations. They put together different tea blends by smell.

The Heneghan's have been doing different fairs along the East



ERIN PLUMMER

Mary Ellen and John Grasso work together to make items that combine sea glass, wood, and other elements for their company Every Little Thing.

Coast, including Virginia, North Carolina, South Carolina, New York, and beyond.

"She likes to be out with people," Kevin said.

Coming to New Hampshire was coming closer to home for them

"We used to live in Vermont; we're trying to get back to New England," Missy said.

They said the fair went well overall with nice weather.

Mackenzie Bowker of Scarborough, Maine, sold leather bracelets and jewelry she makes for her company Mackenzie Rose Designs.

Bowker has been making jewelry for about 12 years.

"You find a little bit of something for everyone," she said.



ERIN PLUMMER

Kevin and Missy Heneghan of Boston, Virginia, sold different tea blends for their company Loose Leaf Tea Company.



ERIN PLUMMER

Mackenzie Bowker of Scarborough, Maine, sold leather bracelets and jewelry she makes for her company Mackenzie Rose Designs.

Bowker has been coming to the Meredith fair for two years and she enjoys it, saying the volunteers are organized and helpful and the location is beautiful.



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Sept. 7th 9am-1pm

1 Parade Circle, Barnstead, NH



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