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COURTESY

The White Mountains Regional High School Class of 1975 celebrated their 50th class reunion at the VFW Pavillion in Littleton on Saturday, Aug. 30. The class of '75 was one of the largest classes from WMRHS with 139 graduates. In attendance at the reunion were 37 of those graduates. Everyone enjoyed reminiscing about their high school days and remembering those classmates who have passed. There was a special tribute tree to honor those classmates created by Sharon Bicknell, and Wayne Yunghans read a poem he wrote about losing friends. Dinner was catered by Chef Joe's of Franconia and music was provided by DJ Triple Play Entertainment. It was a cool night for an outdoor celebration, but north country people know how to dress for the weather. On Sunday following the reunion, the festivities continued with a Pancake Breakfast on the Whitefield Common, and a tour of WMRHS, given by George Carter. The attendees were very impressed with the improvements and technology that have been made in the last 50 years! Pictured: Greg Couture, Randy White, George Carter, Mark Worcester, Tim Cantin, Tom Dubreuil, Andy Foss, Carole Laflamme-Foss, Wayne Yunghans, Ray Bailey, Janet Caron-Seymour, Mark Saffian, Carol Falkenham-Dillingham, Cynthia Forbes-Chaudry, Lorraine Emerson, Mike Rosebrook, Cynthia Keith, Brenda deVillafane-Harwood, Colin Christie, Kathy Hubbard-Hustus, Vicky Stiles-Gunderson, Jerry McGee, Scott Merrow, Judy Glidden-Gooden, Mike Fahey, Roger Emory, Lorri Brown-Buteau, Doug Kilby, Phil Buteau, Bob Dufour, Vicky Willey-Herbert, Sharon Vendt-Bicknell, Judy Abbott, Mike Paquette, Tom Fadden, Kevin Sweeney, and Ken Matthews.

Weathervane Theatre to host Open House

WHITEFIELD — The Weathervane Theatre is pleased to host a Fall Open House on Saturday, Sept. 20, from 4:30 to 6 p.m. at the Weathervane Theatre, located at 389 Lancaster Rd. in Whitefield.

Free and open to all, Weathervane's Open House provides exclusive access to all the nooks and crannies of the Weathervane. In addition to backstage tours, the Open House will offer Season 60 and 61 programming previews, ticket and merchandise giveaways, and a Q&A session with Weathervane's artistic leadership team.

"The Weathervane really is a place for everyone in our community," said Weathervane Producing Artistic Director Ethan Paulini. "Connecting with longtime, new, and future patrons is key to ensuring that everyone has access to all that we offer the North Country. This event provides a glimpse into everything we do! A fun and lively way for our artists and audiences to connect and learn more about this historic institution."

Weathervane's 60th season runs now through Oct. 12. Remaining Season 60 productions include "Honky Tonk Angels," "Dirty Blonde," "The Tempest," and "The Producers." Single tickets are now available at www.weathervanenh.org. Season 61 subscriptions are now on sale.

The Weathervane Box Office is open on performance days from 10 a.m. to noon, and again two hours before performance time through the curtain. Tickets are available by phone (603-837-9322), in person (389 Lancaster Rd., Whitefield), and online at weathervanenh.org.

Local media expert to speak at St. Paul's

LANCASTER — At 5 p.m. Wednesday, Sept. 24, retired attorney Alan Robert Baker of Columbia will give a presentation at St. Paul's Parrish Hall in Lancaster posing the question, "Has Reliable News Gone Down the Rabbit Hole?"

Baker will lead us in a group discussion of that question hopefully leading to some helpful insights. Please come prepared to discuss these sub-topics:

- What do we expect from our news sources?
- What do we get from our news sources? Is it news or opinion?
- Who pays for the news we consume?
- Who owns our news sources and are they owner influenced?
- Do we rely on original sources or use social media posts?
- Are there reliable sources of news still available? If so, what are they?

This program is sponsored by Coös NH indivisible, which is part of the nationwide Indivisible network which hopes to restore and improve our struggling democracy and return to the work of creating a "more perfect union." For more information, contact coosnhindivisible@gmail.com.

*New exhibit,
screening
to highlight
women's
voices &
experiences
accessing
maternity
care in North
Country*

BERLIN — The Women of the Mountains Birth Initiative (WOMB), with generous support from the Neil and Louise Tillotson Fund of the New Hampshire Charitable Foundation, will host a special community event next Friday, Sept. 19 at White Mountains Community College in Berlin. The event is designed to elevate the voices of women in the North Country, strengthen community dialogue around maternity care, and connect families with local resources.

The evening begins with a free Photovoice exhibit from 4-5 p.m. This exhibit features photographs and narratives created by local women, who used the Photovoice method to document their lived experiences of birth and motherhood. The project aims to create a safe and creative space for women to share their stories, fostering awareness and community understanding of the challenges and strengths of rural maternity care. WOMB is grateful for the partnership of The Dartmouth Institute, North Country Maternity Network, and Geisel School of Medicine to bring this project to fruition
Care, PAGE A12

Mountaineers knock off defending champions



BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford Golden Eagles welcomed the state's northernmost field hockey team to town on Friday, Sept. 12, and the Berlin Mountaineers returned home with a 2-0 win over the defending state champions.

The first quarter went by with neither team able to score and Berlin was able to go in the second quarter, with Emily Smith and Olivia Richard picking up the assists for the 1-0 lead, which they took to halftime.

Berlin came back with some early chances in the third quarter, with Smith and Emma Rancloes making a nice run and Kierra Walker turning them away with a good defensive stop. Caitlin Kelley had a shot for the Mountaineers that Madi Bret
Mountaineers, PAGE A12

Caitlin Kelley raises her arms in celebration as the Berlin field hockey is greeted by coaches Nicole and Paul Arguin following the Mountaineers' win over Gilford on Friday.

WMRSD LEADERS & LEARNERS- Your COMMUNITY CONNECTION

At the Lancaster School
Lancaster Elementary School has transitioned its weekly Leaders and Learners article into a podcast format, featuring three guiding questions for each guest: What are you proud of? Why are you proud? and What's next?

In episode #002, the school welcomes Silas and Reid, Mr. Smith, and Ms. Brady. Reid and Silas open the episode with a conversation about their success at the Lancaster Fair. Mr. Smith highlights middle school Career and Technical Education opportunities, and Ms. Brady provides an update on fall sports. The episode concludes with Tenley sharing an interesting fact.

The podcast, The Big 3 – Lancaster School, is available on Apple Podcasts, iHeart Podcasts, and Amazon Music. Listeners are encouraged to search for the title and enjoy the episode.

The school also invites community members outside of the district to participate in future podcasts, with the goal of expanding the conversation beyond the school community.

At the Whitefield School
The halls of Whitefield School have been filled with activity as

faculty and staff diligently prepare students for a safe and successful year. A key focus has been on emergency preparedness, with students and teachers practicing evacuation drills and reviewing emergency procedures. These efforts ensure that everyone knows exactly what to do in any unexpected situation, helping to keep the school community safe.

Whitefield School is also completing its beginning-of-the-year assessments in reading, math, and language use. These assessments provide teachers with valuable insight into student strengths and areas where additional support may be needed. The information gathered helps guide instruction and set meaningful goals for the months ahead, ensuring that every student is on a path toward growth and success.

The school community recently came together for its annual Back to School BBQ, which saw a fantastic turnout. The event was a resounding success, giving families the opportunity to socialize, meet teachers, and tour the school during the Open House. It also provided an important chance to share information with parents during Title I Night. The strong attendance at this event highlighted the remarkable support and engagement of Whitefield School families.

At White Mountains Regional High School
During the Spartan advisory block, White Mountains Regional High School (WMRHS)

hosted a Club and Co-Curricular Fair for all Spartans in grades 9-12. The event provided students with the opportunity to connect with advisors and student leaders while learning more about the many activities offered at White Mountains.

Currently, WMRHS offers more than 20 co-curricular opportunities that students can access throughout the year. During the fair, students explored a wide range of interests—from building and competing with robots in Boston to showcasing their agricultural skills at state and national competitions. They also learned about opportunities to spend Thursdays playing chess after school, take the stage with the White Mountain Play-

ers, or join the Spartan TV broadcasting team. Additional options include planning hiking trips, sharpening critical thinking skills through debate competitions such as the Ethics Bowl and the Granite State Challenge, or stepping into leadership roles through the annual YMCA Youth & Government session at the New Hampshire State House in Concord.

WMRHS staff encourage parents to talk with their students about these opportunities and to support them in finding their “niche” and passion. Getting involved outside the classroom is a powerful way for students to connect, grow, and thrive as Spartans.

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Omni Mount Washington Resort & Spa elevates fall foliage season with adventures from trails to treetops

BRETTON WOODS — As fall foliage season approaches, travelers from across the country are already tracking the colors in New Hampshire's White Mountains. This year, Omni Mount Washington Resort & Spa is giving leaf peepers a new reason to visit: the chance to turn a scenic getaway into a full fall adventure.

“Our guests don't just have to watch the colors change from their cars,” said Céline McArthur, Slopeside Storyteller at Omni Mount Washington Resort & Spa. “Here, you can ride, climb, and soar right into the heart of the season.”

The resort's Mountain Terrain Adventure guides, Steve Nichipor and Carina Savukinas, show you a variety of unique ways to experience foliage beyond the roadside:

Mountain Biking: Explore more than 20 miles of trails that wind through diverse forests

bursting with reds, oranges, and golds. <https://qat-www.omnihotels.com/hotels/bretton-woods-mount-washington/things-to-do/summer-activities/mountain-biking>

Horseback Riding: Take a guided ride from the resort's historic stables and discover autumn beauty at a slower pace. <https://www.omnihotels.com/hotels/bretton-woods-mount-washington/things-to-do/stables>

Rock Climbing: Scale Mount Oscar's 300-foot West Wall for panoramic views of fall foliage from above. <https://www.omnihotels.com/hotels/bretton-woods-mount-washington/things-to-do/summer-activities/west-climbing-wall>

Canopy Tour & Zip-Lining: Glide through nine zip lines, two sky bridges, and three rappels for a bird's-eye view of New England's most famous season. <https://www.omnihotels.com/hotels/bretton-woods-mount-washington/things-to-do/summer-activities/mountain-biking>

Scenic Gondola rides: Take a 12-minute ride on the Bretton Woods Skyway Gondola for sweeping views of Mount Washington and the Presidential Range. At the summit, guests can enjoy the on-mountain dining at Rosebrook Lodge or explore hiking trailheads that begin right outside. <https://www.omnihotels.com/hotels/bretton-woods-mount-washington/things-to-do/summer-activities/lift-rides>

Hiker suffers medical emergency on Pine Mountain Trail

GORHAM — On Saturday morning at approximately 9:15 a.m., NH Fish and Game was notified of a hiker who had suffered an unknown medical emergency and collapsed on the Pine Mountain Trail in Gorham. Members of the 70-year-old man's hiking party immediately called 911 and started CPR while one ran down the trail to the Horton Center and grabbed an AED. This incident occurred three tenths of a mile from the Pine Mountain Horton Center.

While those on scene continued CPR, Gorham Ambulance, Gorham Fire, and a Gorham Police Officer responded to the scene. In addition NH Fish and Game responded and also called for assistance from Androscoggin Valley Search and Rescue (AVSAR).

At approximately 9:50 a.m., 911 was updated that the hiker had been resuscitated and he had become semi-conscious. First responders and medical personnel arrived on scene at approximately 10 a.m. The hiker was placed in a litter and carried down to an awaiting ambulance. From there he was transported to the Gorham Airport where he was transferred over to a Life Flight of Maine helicopter and flown to Central Maine Medical Center in Lewiston, Maine.

The hiker's condition remains unknown, and his identity is being withheld at this time pending family notification.

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Estate of Bonnie Seastrand leaves lasting legacy to Lunenburg School and Library

LUNENBURG, Vt. — The Alden Balch Memorial Library and Lunenburg Elementary School have each received bequests of more than \$150,000 from the Estate of Bonnie and Arnold (Nils) Seastrand of Fairfield, Conn., who passed away on Feb. 16, 2024.

The Seastrands were high school sweethearts who both went to high school in Fairfield, Conn. They both had a love for Vermont, in particular. Bonnie attended college in Vermont and her grandparents eventually moved there as well. In the ‘60’s, Bonnie and Nils purchased property in Vermont with the intention of building a second home there. They both loved nature and the outdoors and shared a deep connection to the Town of Lunenburg, where the couple owned land for more than 40 years. Known as quiet and thoughtful people, the Seastrands demonstrated their enduring fondness for the community through these generous gifts.

The gift to Lunenburg Elementary School is designated specifically to support scientific education, ensuring that students in the community will have enriched opportunities for learning in the sciences. The gift to the Alden Balch Memorial Library came without restrictions; the Library’s Board of Trustees has voted to add the funds to its endowment account, strengthening its ability to serve the community for generations to come.

Mrs. Seastrand also left gifts to several scientific organizations outside of Vermont, reflecting her strong commitment to education and discovery. Her late husband, Nils, was a retired scientist and founder of Seastrand Scientific, as well as creator and owner of Fins & Gills Aquarium and Shipwreck Aquarium in Connecticut. His obituary noted that, “the love for his very special Vermont will stay alive in him forever.”

“The Seastrands’ generosity will have a profound and lasting impact on our town,” said Librarian Debbie Thomas. “These gifts honor their love of reading, science, learning and Vermont, and we are deeply grateful.”

School Principal, Tammy MacQueen and her staff are thrilled about this opportunity for the Lunenburg students. Possible uses for the funds include overnight science field trips, expanding the school gardens and greenhouse, growing hydroponic plants in the classrooms, and building a composting station in the cafeteria.

“We are so happy about this amazing gift Mrs. Seastrand gave to our school, and we know it will make a huge impact on the education of our students,” stated Mrs. MacQueen. “Many elementary schools do not have the resources to offer robust science experiences and these funds will give our students this opportunity.”

The combined legacy of Bonnie and Nils Seastrand will continue to nurture curiosity, knowledge, and community life in Lunenburg for many years to come.

Magic, revenge, and redemption: “The Tempest” opens at Weathervane Theatre

WHITEFIELD — New Hampshire’s award-winning Weathervane Theatre is pleased to present Shakespeare’s “The Tempest.” Considered Shakespeare’s final work, this highly theatrical five-person adaptation plays in alternating repertory from Sept. 18 to Oct. 5.

“We are such stuff as dreams are made on.”

Embittered and betrayed, marooned sorcerer Prospero is consumed with thoughts of revenge. When fate places his old enemies within reach, tempests stir, allegiances shift, and young love takes root in this adventure, celebrating the essence of being human and the power of forgiveness.

Weathervane’s Director of Development, Jorge Donoso, directs the production. Passionate about Shakespeare and increasing its accessibility to all, Donoso is primarily credited with the return of Shakespeare to the Weathervane, not only on the Mainstage, but also with programs like North Country Shakes, Weathervane’s free Shakespeare in the Park program.

“With every Shakespeare production we do, I hope the audience finds Shakespeare more accessible than they might have expected,” said Donoso. “Even if the heightened language can be challenging, a strong production uses all aspects—sound, lighting, costumes, and staging—to create a visual story that’s easy to follow and emotionally engaging.”

Donoso continues, “Every time we stage a Shakespeare play on the Mainstage, it’s not just the actors who get excited—the entire design team is energized. These productions offer us the creative freedom to build a world from the ground up, which is always thrilling. The biggest challenge this time has been working with a company of only five actors—five incredibly talented and deeply committed artists. Shakespeare originally wrote for much larger casts, so assigning multiple roles to each actor has felt like solving a complex puzzle. But it’s also been a rewarding creative challenge.”

The five artists Donoso refers to are Ethan Paulini (Prospero, Antonio), Robert H. Fowler (Alonso, Stephano, Ceres/Iris, Ariel), Ria Yamdagni (Miranda, The Boatswain, Ariel), Vero Villalobos (Ferdinand, Ariel, Trinculo, Sebastian), and Marisa Kirby (Caliban, Gonzalo, Ariel, Juno).

“The Tempest” is adapted by Nathaniel P. Claridad (Broadway’s upcoming Ragtime revival), and runs one hour and fifty-five minutes, including one 15-minute intermission. “The Tempest” also features original music by Weathervane’s Resident Music Director, Andrew Morrissey.

Tasked with transforming the Weathervane stage to an abandoned island is Weathervane’s Resident Designer, Rein Schlecht. Known for her award-winning set designs, including 2023’s “A Midsummer Night’s Dream,” which featured unconventional materials (ie, a tree made out of CDs) and a jaw-dropping forest transformation, Schlecht designs the set and costumes for The Tempest, utilizing materials like gravel and foam.

In addition to Schlecht, “The Tempest” features design by Jeremy Baldauf (lighting design), Cass Burgess (puppetry and properties design), Doaa Ouf (projections design), Hillary Jeffers (wig design), and Connor von Rentzell (sound design). Additional creative team: Sam Powers (production stage manager), Tessamarie Beard, and Rien Schlecht (assistant stage management), Vero Villalobos (technical director), and Jason Luck (scenic charge).

“The Tempest” opens Sept. 18 and runs in alternating repertory through Oct. 5. Special events for “The Tempest” include an opening night champagne reception following the Sept. 18 performance, where patrons can mix and mingle with the cast and creative team.

Single tickets for “The Tempest” are available for purchase at weathervanenh.org or by calling 603-837-9322. Group rates are available for parties of 15 or more. Contact info@weathervanenh.org for more information. “The Tempest” is sponsored by Bank of New Hampshire.

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VIEWS AND COMMENTS

Preserving our small-town Main Streets

Walk down the center of nearly any town in the North Country and you'll see both the history and the heart of our communities. A row of brick storefronts in Lancaster, a corner hardware shop in Colebrook, a diner in Berlin—these places are more than businesses. They are landmarks of memory, where generations have gathered, traded stories, and built livelihoods.

Yet too many of our Main Streets are at risk. Rising costs, competition from big-box stores and online retailers, and the struggle to find workers all weigh heavily on local shopkeepers. Vacant storefronts, even a handful, change the feel of a town and dim the spirit of its civic center.

The good news is that we still have a choice. Each purchase made locally is a vote for the future of our communities. When we buy a gift from a local artisan, have lunch at the corner café, or hire a nearby contractor, the dollars don't just change hands. They ripple outward—supporting jobs, sponsoring Little League teams, keeping our libraries and fire departments funded through the tax base.

But Main Street revival cannot fall solely on the shoulders of shopkeepers. Town leaders and residents must work together to create the conditions for success. That means maintaining safe, attractive streetscapes, ensuring broadband access, and supporting events that draw people downtown. It also means asking ourselves whether we want to live in places defined by national chains or by the independent character of entrepreneurship in our local communities.

The strength of our communities has always rested on the idea of neighbors supporting neighbors. That spirit must extend to our local economies. If we want our children to grow up in towns with bustling centers, where shopkeepers know their names and history feels alive in the very walls, then the responsibility is ours—today, not tomorrow.

Preserving our Main Streets is not nostalgia. It is a practical investment in the vitality, resilience, and identity of the North Country.



COURTESY

The second annual 'White Mountain Cup' golf tournament concluded this past weekend between the Profile Club in Franconia and the Bretton Woods Omni Mt Washington Club. The Bretton Woods Club went into today's match down 7.5 to 4.5 points in the home course -home course match. Led by captain Fred Apple, the Bretton Woods Club was victorious over the Profile club led by PGA professional Ryan Pepper, 9 to 3 points, taking home the trophy, with a 13.5 to 10.5 point advantage. Each of the four match play matches went down to the 17th or 18th hole on a beautiful near end of summer day, with the leaves starting to change in the President Range. Next year Fred and Ryan hope to persuade Maplewood and Waumbek to join in the Cup tournament.



BY BARBARA R. ROBERTS

The autumnal equinox, the first day of fall, will happen on Monday, Sept. 22 at 2:19 p.m. EDT. The word "equinox" comes from the Latin *aequis* (equal) and *nox* (night). At the autumnal equinox the sun passes through an invisible equator, an imaginary extension of the earth's equator into space, and creates a brief time when the amount of daylight and night are approximately equal. In the northern hemisphere the movement is from north to south, and day light will decrease, causing shorter days. In the southern hemisphere the reverse is true, with the sun moving south to north bringing in longer days. The meteorological first day of fall was Sept. 1.

Thrillers seem to

Weeks Memorial Library

dominate the new books recently. Holly Jackson, best known for her "Good Girl's Guides to Murder," provides a unique premise which snowballs into a roller-coaster ride with "Not Quite Dead." Jet has been attacked by an unseen intruder and is told that her head injury will trigger an aneurysm which will kill her within the week. Jet never thought she had enemies and now is determined to find her attacker in the seven days she has left. Karin Slaughter starts a new series set in the small town of North Falls. "We Are All Guilty Here" involves the disappearance of two teenage girls and a search involving the interview of the town's other teenagers, each of whom has a personal secret. Pathological sibling rivalry between the biological daughter and the adopted daughter

of a wealthy Southern family sets the stage in Sarah Pekkanen's psychological thriller "The Locked Ward." James Patterson has two new titles this month. "Emma on Fire" is about high school student Emma, who wants to make a difference in the world, not tomorrow, but today. Her social post says "you—all of you—are sleepwalking through global catastrophe and I intend to wake you up." Very different is "Billion Dollar Ransom," which Patterson co-wrote with Duane Swierczynski. It was the perfect plan. Kidnap five members of a billionaire's family who are in different locations at the same time, and then collect a billion-dollar ransom. The problem: a stubborn FBI agent who doesn't want the kidnappers to paid a dime. Jeffery Deaver's "The Grave Artist" is

about a series of tragedies which initially appear to be accidents, but now seem to the work of a serial killer who is called the honeymoon killer. He doesn't care about the murdered individuals. His obsession is with the grief he causes in those who remain. Marc Cameron's "Dead Line," located in Alaska, finds U.S. Marshall Cutter and his partner on a desperate manhunt. The case takes a totally new twist after one of the two hunted men is captured and what everyone has been so afraid of is something else entirely. War thrillers include Jack Du Brul's "Clive Cussler The Iron Storm," set during the Great War as Detective Isaac Bell faces a mysterious anarchist group, and "Crossfire" by Wilbur Smith, the third novel in Smith's World War II series of thrillers.

Track your progress!

Motivation. We all want it, but half the time it feels like it walked right out of the front door. It has a way of slipping through your fingers. One minute you're fired up, ready to conquer the world. Next, you're sprawled on the couch, scrolling through your phone, telling yourself you'll "start tomorrow."

What is it? Testosterone? Purpose? Willpower? Is it in the food we eat, or is it some mystical force that appears from time to time?

Here's the truth: motivation isn't magic, and it isn't a mood. It's not some lightning bolt from the gods. Motivation is a pattern your brain runs, a rhythm you can learn to catch. The real question isn't "Where did it go?"—it's "How do you make it show up tomorrow, the next day, and the day after that?"

We've all started the project with lots of motivation, but it often disappears before the finish line.

Scientists recently discovered something fascinating about motivation. In September 2024, researchers hooked participants up to brain monitors while they worked on learning tasks. What they found

was striking: the instant someone realized they were making progress, their brain lit up like a switchboard. Focus sharpened. Distractions faded. Engagement skyrocketed.

Think about that for a second, it isn't about standing at the finish line—it's about noticing that you're moving forward. Each time you recognize progress—no matter how small—your brain tosses you a reward—effort feels lighter. Momentum builds.

But here's where some of us get stuck. We're so focused on how far we have to go, we forget how far we've come.

I'm not a mountain climber, but I have hiked some challenging trails. It's easy to start at the trailhead with determination, but when you're only halfway and passing out on a boulder from exhaustion, complacency can take over fast. Perhaps you didn't want to reach the top. Still, maybe you did, and you just lost motivation. Why?

It's called finish line fixation. When you only measure yourself against the summit, your brain feels incompetent. When you've been hiking for 14 hours, night is approaching, and you still have another 14 to

go, it's easy to feel inept, to think, "I thought I'd be at the peak by now!"

It's no good to beat yourself up, especially when you're giving it your all.

A 2018 study found that people do best when they keep two things in mind: big, meaningful goals and the small victories along the way.

So when you're only part of the way towards your goal, and frustration sets in, look back at the ground you've already covered. That perspective shift turns discouragement into momentum.

There have been many studies on motivation, and the science is clear: People are far more successful when they regularly track progress. Recognize how far you've come.

The summit matters, but so does the trail. Looking back at the challenges you've overcome thus far and recognizing your progress produces the dopamine your brain needs to gather more steam.

The brain doesn't hand out dopamine for nothing—it's a survival mechanism. Progress signals that you're learning, adapting, and moving closer to a reward, which is exactly what kept our ancestors alive. That same wiring still

runs the show today: every step forward tells your brain, "This path is working—keep going."

Your brain doesn't reward perfection—it rewards progress. That's why some people quit inches from the breakthrough—not because they weren't moving, but because their brain couldn't recognize how far they've come. No receipts equals no motivation.

Of course, there will still be days when even focusing on your progress feels like it's not helping. That's when you pitch a tent, take a break, and start climbing again the next day.

So, here's my challenge. Don't wait for a spark. Don't wait for the mood to hit. Today, write down one thing you've already done that proves you're moving. Then take another step forward. Track it. Tomorrow, repeat it.

Do this long enough, and you'll stop wondering where motivation went.

Because motivation doesn't reward the dreamers. It rewards the doers.

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

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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Hiker rescued on Jewell Trail, Mt. Washington

THOMPSON AND MESERVES PURCHASE — During the overnight hours of September 7 into September 8, 2025, Conservation Officers and Volunteer Search and Rescue Team members worked to assist an injured hiker off of Mt. Washington.

At approximately 5 p.m., New Hampshire Fish and Game was notified that a hiker, Karen Shaffer, 76, of Orange, Calif., had suffered a lower leg injury while hiking the upper reaches of the Jewell Trail. Shaffer had reportedly fallen multiple

times and was unable to keep going without assistance. Shaffer was still more than two and a half miles up the trail from the nearest road, with bad weather and dropping temperatures in the forecast. Given all of the know information, Conservation Officers mobilized a rescue party to respond to assist.

Shortly after 6 p.m., rescuers began arriving at the Base Station of the Cog Railway. The first team of rescuers were on the trail with emergency gear at about 7 p.m. By 8:25 p.m., the initial team made con-

tact with Shaffer and her husband on the Jewell Trail at about 5000 feet of elevation. Both parties had been stationary for four hours, and rescuers worked to warm them up and dry them off. Shaffer was treated for her injuries on scene and soon placed into a rescue litter. The rescue team began moving back

down the mountain with Shaffer at 8:49 p.m.

In all, 15 volunteers from the Androscoggin Valley Search and Rescue Team (AVSAR) and three Conservation Officers worked together to carry Shaffer out of the woods. Their efforts were successful, and the entire rescue party ar-

rived safely roadside at 12:40 a.m. on the morning of Sept. 8. Shaffer and her husband were very grateful for the effort of the team and expressed their gratitude to all involved.

Conservation Officers would like to remind hikers that a seasonal change is in full swing

in the mountains of New Hampshire. Daytime temperatures are warm, but nights are getting very cold. All outdoor enthusiasts are encouraged to pack emergency gear and be prepared for an extended stay in woods should their plans not go to plan.

Celebrate the music of Heart’s Ann Wilson at St. Kieran Center

BERLIN — St. Kieran Community Center for the Arts is pleased to present Heartless - A Tribute to Ann Wilson of Heart on Friday, Sept. 26 at 7 p.m. Heartless is sponsored with series support from Bryant’s Funeral Home and co-sponsored by an Anonymous donor. Tickets for the 7 p.m. show are \$25 in advance or \$30 at the door.

Heartless is a touring act playing each song as a true to live version of Ann Wilson of Heart’s performances. While there are some Heart Tribute bands touring the USA, they are the ONLY tribute, specifically to Ann Wilson of Heart. Heartless performs not only the classic Heart chart topping hits, but they also play Ann Wilson’ well known song covers (such as Led Zeppelin, The Who and many more) as well as her original solo songs.

Heartless carries a special message to the audience bringing focus to “Music speaks” and “bringing community together.” With the unmatched musicianship, they provide an unforgettable and inspiring concert experience, both by musical performance, costumes, and character delivery.

Jasmine White, lead vocalist, brings all the vocal flavors and personality of Ann Wilson alive. Jasmine delivers hit songs such as “Alone,” “What About Love,” “Straight On,” “Magic Man,” “Barracuda,” and “Crazy on You” with ease while bringing the rough edges of her vocals to the Led Zeppelin covers songs like “Whole Lotta Love,” “Stairway to Heaven,” and “Kashmir” as delivered by Ann Wilson on decades of tours. Complete in character, original stage worn attire from Ann Wilson, and the signature soaring vocals, Jasmine provides an unforgettable and undeniable “Ann Wilson” performance.

To purchase tickets, please contact the Arts Center at (603) 752-1028, visit our Web site at www.stkieranarts.org, or follow us on Facebook at www.facebook.com/stkieranarts.

Operator sustains injury in ATV crash

PITTSBURG — On Thursday, Sept. 11 at approximately 7 p.m., NH State Police Troop F Dispatch and Northern Border Dispatch were notified via 911 of an Off Highway Recreational Vehicle (OHRV) crash in Pittsburg. Dispatch centers notified a NH Fish and Game Conservation Officer of the crash and the extent of the male’s injuries. The crash occurred on Beach Road near the Pittsburg Town

beach. Emergency personnel from Pittsburg Fire & Rescue, 45th Parallel EMS, and Pittsburg Police Department responded to the scene.

The male operator was identified as 41 year old Scott Gancarz of Plainfield, Conn. Scene evaluation and witness statements showed Gancarz was travelling southeast on Beach Road when he was suddenly ejected from his All-Ter-

rain Vehicle (ATV). Gancarz suffered injuries during the crash, and his riding party immediately rendered aid and called for help. Due to his injuries Gancarz was subsequently transported to Upper Connecticut Valley Hospital by 45th Parallel EMS for further evaluation of his injuries. At this point the cause of the crash is still under investigation. Gancarz was wearing a helmet with eye protec-

tion during the time of the crash and if not for that, the extent of his injuries likely would have been much worse.

NH Fish and Game would like to remind all riders to always wear the proper safety gear, including a helmet and safety glasses while operating OHRV’s.

Weeks Memorial Library Doll Club hosting tiara crafting event

LANCASTER — On Saturday, Sept. 20 at 10 a.m., the Weeks Memorial Library Doll Club will gather for a doll club craft. We will be making tiaras for our dolls. We will be stringing beads on pipe cleaners to adorn our dolls. Children five years of age and up are welcome. Registration is required. If you plan on attending this event, please contact Ronnie Buckman, youth services librarian, at 603-788-3352 or email: wml@myfairpoint.net.

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AVH’s Erin Samel earns Clinical Lactation Counselor Certification



BERLIN — Androscoggin Valley Hospital (AVH), a proud affiliate of North Country Healthcare (NCH), is pleased to announce that Erin Samel, PT, DPT, MS, has recently been certified as a Clinical Lactation Counselor (CLC). The Academy of Lactation Policy and Practice defines CLCs as clinical lactation care providers dedicated to the promotion, pro-

tection, and support of breastfeeding and human lactation in their work to prevent and solve breastfeeding problems. They understand that breastfeeding works best when it is the cultural norm and when the provider of lactation support and services is culturally competent. Erin is excited to expand lactation support for our new mothers in the North Country, both immediately postpartum while still admitted and after, within the scope of physical therapy. She looks forward to being able to help improve confidence and comfort with nursing. For more information, please call (603) 326-5738. Patients will need a referral from their pro-

vider. If admitted, they will automatically receive orders for Physical Therapy/Occupational Therapy. About North Country Healthcare North Country Healthcare (NCH) is a non-profit affiliation of four medical facilities focused on the health and well-being of dozens of communities in the White Mountains Region of New Hampshire, as well as Vermont, Maine, and Southern Canada. Mission-driven to improve lives by assuring consistently excellent, integrated healthcare, NCH employs more than

1,100 highly-trained individuals who deliver integrated patient care through three community hospitals, medical laboratories, and home health and hospice services. The leading comprehensive healthcare network is comprised of Androscoggin Valley Hospital in Berlin, North Country Home Health & Hospice Agency in Littleton, Upper Connecticut Valley Hospital in Colebrook, and Weeks Medical Center in Lancaster. NCH is proud to be the largest employer in the North Country.

SNHU announces Summer President’s List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Summer 2025 Presidents List. The summer terms run from May to August. Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President’s List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer. Jade Marquis Kelsea of Pittsburg Ronald Marquis of Pittsburg Shay Deline of North Stratford Nicholas Theberge of Milan Kassidy Lemieux of Milan Jesse Jesseman of Lisbon Alicia Amey of Landaff Brooke Pease of Lancaster Taylor Henderson of Lancaster Ernest Griesman of Lancaster Zackery Nickerson-Vaillancourt-Locke of Shelburne Morgan Young of Gorham Stacy Dorman of Stewartstown Kailee Guevin of Bethlehem Jennifer Blanchette of Berlin Lauren Canders Rivera of Berlin Jami Hawkins of Berlin Robert Morehouse of Berlin Southern New Hampshire University (SNHU) is a private, nonprofit, accredited institution with a 92-year history of educating traditional-aged students and working adults. Now serving more than 200,000 learners worldwide, SNHU offers approximately 200 undergraduate, graduate, and certificate programs, available online and on its 300-acre campus in Manchester. Recognized as one of the «Most Innovative» regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner.

SNHU announces Summer Dean’s List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Summer 2025 Dean’s List. The summer terms run from May to August. Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the Dean’s List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Destiny Ruelle of Whitefield Lindsey Olmsted-Hennager of Gorham Vayle Vym of Colebrook Southern New Hampshire University (SNHU) is a private, nonprofit, accredited institution with a 92-year history of educating traditional-aged students and working adults. Now serving more than 200,000 learners worldwide, SNHU offers approximately 200 undergraduate, graduate, and certificate programs, available online and on its 300-acre campus in Manchester. Recognized as one of the «Most Innovative» regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner.

North Country Farm & Homestead Conference set for Oct. 15

LANCASTER — Join us on Oct. 15 from 9 a.m.-3:30 p.m. at the Lancaster Fairgrounds for a day of learning, hands-on demonstrations, and community at the North Country Farm & Homestead Conference! Whether you’re a homesteader, small-scale farmer, or aspiring grower, this event offers a mix of concurrent sessions and live demonstrations designed to help you build skills, improve your land, and strengthen your operation. From backyard livestock and beekeeping to variety trials, you’ll gain practical, real-world knowledge tailored to small-scale and diversified farming. Enjoy hands-on activities like chainsaw maintenance, shiitake log inoculation, and seed saving, alongside insightful discussions on food preservation and tractor use. You will also find opportunities to network with experts, explore the trade show, and share experiences with fellow growers. Please bring any of your own saved seeds for a seed swap! Registration deadline is Oct. 7. For more information, or to register, go to extension.unh.edu/north If you have any questions about this event, please contact Will Hastings at william.hastings@unh.edu or call 603-788-4961.

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Signs it’s time to replace gutters

Home improvement projects run the gamut from complex undertakings like room additions to simpler renovations like a new front door. Some home renovations excite homeowners more than others, but all improvements are a way to make a home safer, more comfortable and/or more functional.

A gutter replacement might not inspire the same level of excitement as a room addition or an overhaul of an outdoor living space, but new gutters can help to prevent roof damage and make properties safer by ensuring rain water is directed away from walkways. Homeowners who suspect it might be time for a gutter replacement can look for these signs of fading gutters.

• Cracks or splits: Cracks or splits at the seams of the gutters where two pieces connect is a telltale sign they need to be replaced. Cracks or splits are can slowly lead to separation of gutter pieces, which will lead to leaks. But not

all cracks or splits are found at the seams. In fact, some homes feature seamless gutters, which also can crack or split. Regardless of where they’re found, cracks or splits are a warning signs of fading gutters.

• Rust: Rust is rarely a good sign whether you’re looking at a vehicle or even garden tools. Rust also is a bad sign in relation to gutters. Gutters are painted, and not only for aesthetic purposes. Paint on gutter also serves to protect them from water. When paint begins to flake, gutters will begin to rust and may even produce noticeable rust flakes on the ground below. Rust on gutters and rust flakes beneath them are indicative of gutters that need to be replaced.

• Gutters pulling away from the home: Gutters that appear to be pulling away from the home is a sign that they need to be replaced. Gutters are fastened to a home during installation, which ensures they can withstand rain and wa-



ter. Over time, those fasteners can wear down, ultimately leading to gutters that appear to be pulling away from the home. Though gutters can be refastened, eventually they will need to be replaced.

• Pooling water: Pooling water in a gutter may just be a sign that gutters

need to be cleaned. However, pooling water on the ground directly beneath gutters indicates they’re not effectively directing water away from the home.

• Water damage inside: A home’s interior might not be the first place homeowners look when inspecting for

damaged gutters, but a flooded basement or crawl space could indicate a gutter problem. Gutters and downspouts are designed to direct water away from a home when functioning properly. When that isn’t happening, water can pool beneath the foundation, leading to pooling

water and other water damage in basements and crawl spaces.

Gutter replacement projects may not be exciting, but new gutters can make a home safer and prolong the life of a roof and other features on a property.

What to expect of a room addition project



There are many reasons homeowners consider adding a room to their current homes. Some outgrow an existing space, while others take up new hobbies or have different needs that were not apparent when purchasing the home.

Indeed, a room addition can remedy a host of issues affecting a home. Those considering adding a room may wonder what is involved in this type of project. According to The Spruce, no home improvement project is more compli-

cated or expensive than building an addition. The National Association of Realtors says building an addition can cost between \$90,000 and \$270,000, depending on the size and intended purpose of the room. An addition structurally

changes a home, which requires the work of professionals whether homeowners plan to build upwards or outwards.

With so much to ponder when considering a home addition, here’s a look at what homeown-

ers can expect of the process.

• Design and planning: Homeowners must determine the purpose behind the addition and how it will integrate with the existing home. A bedroom design likely will be different from a garage addition or family game room.

• Hire an engineer and contractor: An addition changes the footprint of a home. Homeowners will require professional contractors and structural engineers/architects to properly design the addition and ensure that it will not compromise the existing structure. Detailed architectural plans will be drawn up considering the layout, size and integration with the existing structure. The home may require a new property survey as well.

• Comply with building codes: The project will have to meet with local zoning regulations, building codes and

homeowners association rules.

• Timing involved: Adding a room is a major overhaul of a space. It may require months of a home being in upheaval. If the renovations are particularly extensive, homeowners may need to temporarily move out of the space. Electrical, plumbing and HVAC must be considered, and drywall and finishing the interior are some of the last steps to make the room habitable.

• Demolition: Adding a room may involve taking down walls or modifying existing spaces, necessitating hiring a dumpster to remove debris. This is an added consideration and expense.

Putting an addition on a home is a complex process that will take time and money. Such a project requires careful planning and consultation with an array of experts.

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Harp Twins and Wolfgang Twins coming to the GNWCA Sept. 24

COLUMBIA — The Harp Twins and the Wolfgang Twins are returning to the North Country: the talented twin sisters are playing twin harps while the Wolfgang brothers are playing twin drums. The Great North Woods Center for the Arts is hosting the group on Wednesday, Sept. 24, at the GNWCA in Columbia, starting at 7 p.m. These four performers, who have fans worldwide, have become a fan favorite with the GNWCA audiences. “Tickets sell fast whenever we host Camille and Kennerly,” said GNWCA President Charlie Jordan. “People in the North Country have become

big fans of their music.” The Harp Twins are sisters Kennerly and Camille Kitt, a Nordic Celtic duo; the Wolfgang Twins will be joining the Harp Twins on double Viking drums. The Kitts take electric harps and concert grand harps to unprecedented levels, smashing boundaries between dif-



ferent genres of music. As the world’s only identical twin professional harpists, the Kitts were trained classically (with University degrees in Harp Performance) but have a passion and flair for arranging and performing rock, metal, Celtic, Nordic-folk, and soundtrack mu-

sic for “Harp Duet.” In addition to their Nordic-inspired original songs and stories, Camille and Kennerly are recognized for their remarkable duet harp arrangements of some of rock and metal’s most iconic hits by the likes of Guns N’ Roses, Metallica, Iron Maiden, Led Zeppelin, Ozzy Osbourne, Megadeth, Aerosmith, AC/DC, Black Sabbath, The Rolling Stones, Blue Oyster Cult, Eagles, Bon Jovi, Pink Floyd, U2, Journey, Billy Idol (who has called them “intrepid musicians”), and many more. Showing the breadth of their arranging talents, the twins have also arranged and performed TV and movie soundtracks, Anime, and video game hits. Some fan favorites include their renditions of music from “Game of Thrones,” “The Walking Dead,” “Pirates of the Caribbean,” “The Elder Scrolls,” “Final Fantasy,” “Star Trek,” “Star Wars,” “Doctor Who,” “Mario,” “Harry Potter” and “The Lord of the Rings.” As if the Harp Twins were not already unique enough, they have joined forces with Drømil and Drømal Vølfang, who are featured on Viking drums for the second half of all of the Harp Twins live shows. The double twin quartet has released eight singles, including four original songs inspired by the Harp Twins’ Nordic heritage and the Wolfgang Twins’ Germanic heritage. Tickets for this show are \$25 each (\$10 for ages 10-18) and available online at www.gnwca.org, or by calling 603-246-8998. This concert is co-sponsored by Brown Lab Technologies.

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13TH Annual CRAG Silent Auction has begun

COLEBROOK — The Connecticut River Artisan Group (CRAG), a 501c-3 non-profit, is holding its thirteenth annual fund-raising event, the "Starving Artists Silent Auction" within their gallery at Fiddleheads, 110 Main St. in Colebrook.

The auction is currently happening now, and will end at noon on Thursday, Oct. 16. Items for the auction include a plethora of gift certificates from local businesses to include dining options, gift shops, salon treatments, automotive care and maintenance, massage, yoga lessons, plane ride and lesson, musical entertainment, adventure activities, variety show tickets, three-day lakeside cabin stay, florist shops, eye care, groceries, home décor items and much more. In addition, CRAG members have donated paintings, photography, pottery, and woven baskets. Auction hours are Wednesday, Thursday, Friday, and Saturday from 10 a.m. to 3 p.m.

One hundred percent of the proceeds from the auction will benefit the arts group. This is a chance to purchase items at a reduced cost, while assisting CRAG in continuing to offer their vast array of creative workshops and classes to North Country residents and exhibits and projects throughout the region.

If you are an artist or artisan (of any medium) and would like more information about CRAG membership, please visit our website at www.connecticutriverartisans.com. For current events, find us on Facebook. For detailed information about exhibit schedules, or to learn how to support CRAG via a sponsorship program, please call 603-237-9302 or email info@fiddleheadsusa.com or trailsend092@gmail.com.

Weeks Memorial Library offers first grader library card sign-up

LANCASTER — The month of September is National Library Card Sign-up Month. The Weeks Memorial Library will celebrate the month by inviting all first graders who are residents of Lancaster and non-resident first graders who attend the Lancaster Elementary School or St. John Paul II School to register for a library card.

We will hold a special evening event on Wednesday, Oct. 1 at 6:30 p.m., at which time we will distribute library cards to those first graders who registered for one. All first graders will receive a backpack and book. For more information or to sign your child up for a library card, please stop by the library, call 603-788-3352 or email: wml@myfairpoint.net.



THIS MONTH AT THE WEATHERVANE!

Opening Thursday!

THE TEMPEST

Magic, love, laughter, and revenge set sail in this fresh, highly theatrical 5-person adaptation of Shakespeare's final work.

Now - October 4

A love letter to Mae West and a comedy about loving somebody you never even knew—even if it's yourself.

Now - October 3

HONKY TONK

A foot-stomping good time featuring 30 classic country songs like "Stand By Your Man," "9 to 5," and more!

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TICKETS: weathervanenh.org | 603-837-9322

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DID YOU RECEIVE YOUR ANNUAL MAMMOGRAMS AT ANY NORTH COUNTRY HEALTH PROVIDER BETWEEN 2019-2024?

HAVE YOU BEEN DIAGNOSED WITH ADVANCED OR INVASIVE BREAST CANCER DESPITE HAVING REGULAR SCREENING MAMMOGRAMS?

IF SO, YOU MAY HAVE A MEDICAL MALPRACTICE CLAIM.

To learn more call Holly Haines at:
Abramson, Brown & Dugan, P.A.
Manchester, NH (603) 627-1819
www.arbd.com

Jed's Maple Products hosting Fall Open House

DERBY, Vt. — Jed's Maple Products of Derby, Vt. is excited to share their Fall Open House will be October 11 & 12 this year. The event will

Community bonfire planned in Dalton

DALTON — On Saturday, Sept. 20 from 5 to 9 p.m., the Dalton Neighbors and Dalton Fire Department will host a bonfire next to the fire station. The fire department will be selling food and drinks, and the Neighbors will sell S'mores kits.

Come enjoy the Fall and meet your neighbors. Have a fun evening!

celebrate two of the most wonderful flavors of Fall in Vermont – syrup & cider!

The fun, free family event will include sugar on snow, wood-fired maple pizza, specialty food sampling flights and mulled apple cider. The specialty food flights will feature Northeast Kingdom Mustards, made on site. The Jed's Maple Bakery will be baking maple sugar donuts, maple cookies, and more special sweet treats throughout the weekend. Be sure to pre-order baked goods the week before the event.

Jed's Maple Products is a certified organic sugaring operation.

They use high pressure steam in their evaporator rather than wood or oil. They also have a commercial kitchen and most of their specialty foods are made on site. The gift shop is open six days/week year-round. Tours are offered by appointment. Jed's Maple is also a proud participant in Audubon's Bird Friendly Maple Program.

Jed's Maple Products is located at 259 Derby Pond Rd. in Derby, Vt. For more information about the Fall Maple Open House, please call (802) 766-2700 or follow them on Facebook or Instagram at Jed's Maple.

Registration closes Oct. 7 for North Country Farm & Homestead Conference

LANCASTER — Join the UNH Cooperative Extension, Coös County Oct. 15 from 9 a.m.-3 p.m. at the Lancaster Fairgrounds for a day of learning, hands-on demonstrations, and community at the North Country Farm & Homestead Conference! Whether you're a homesteader, small-scale farmer, or aspiring grower, this event offers a mix of concurrent sessions and live demonstrations designed to help you build skills, improve your land, and strengthen your operation.

From backyard livestock and beekeeping to variety trials, you'll gain practical, real-world knowledge tailored to small-scale and diversified farming. Enjoy hands-on activities like chainsaw maintenance, tractor safety, and shiitake log inoculation, alongside insightful discussions on food preservation and seed saving.

With opportunities to network with experts, explore the trade show, and share experiences with fellow growers!

Registration is currently open!

Registration closes: Oct. 7

Cost: \$30/per person. You can list any dietary restrictions when you register.

Topics include:
Seed saving
Backyard livestock
Beekeeping
Variety trial results
Chainsaw maintenance
Tractor safety
Shiitake log inoculation

View our website to register: <https://extension.unh.edu/event/2025/10/2025-north-country-farm-homestead-conference>.

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Auction Closes: Tues., October 28 @ 10AM



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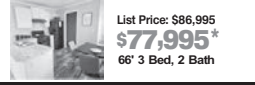

Email: FFL@THCAuction.com or call 802-888-4662

CONSIGNMENTS NEEDED FOR OUR SPORTING RELATED ONLINE CLOSING: WED. OCT. 29 ALL ITEMS LOCATED IN WILLISTON, VT

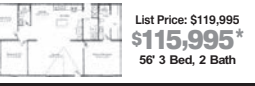

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NEW 14' WIDES

 List Price: \$86,995 \$77,995* 66' 3 Bed, 2 Bath	 List Price: \$89,995 \$86,995* 68' 2 Bed, 2 Bath
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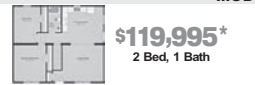
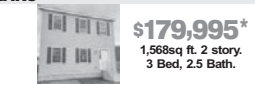
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 List Price: \$119,995 \$115,995* 56' 3 Bed, 2 Bath	 List Price: \$130,995 \$127,995* 48' 3 Bed, 2 Bath
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ONLINE AUCTION

(1596) Forklifts, Woodworking Machinery

AUCTION CLOSES: Wed., Sept. 24 @ 10AM
PREVIEW: Friday, Sept. 19 from 11AM-1PM
LOCATION: 1878 Cadys Falls Rd. Morrisville, VT



This auction features over 435 lots with two forklifts, high-end industrial woodworking machinery, and heavy-duty shop equipment.

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ID#25-194 • 1920 built Ranch style home located on a 0.36+/- acre lot near downtown and Colebrook Country Club with views of the Mohawk River • Home offers 964+/- SF GLA, 5 RM, 1BR & 1BA • Features include detached 1-car garage, detached shed, and FHA/gas heat • Served by public utilities • Mortgage Ref: Coos County Registry of Deeds Book 1597, Page 938, Tax Map 108, Lot 27. Assessed Value: \$54,400. 2024 Taxes: \$1,902. Sale per order of Mortgagee by its Attorneys: Cleveland, Waters and Bass, P.A., Concord, NH; Alexandra N. Brewer, Esquire. **Terms:** \$10,000 deposit by cash, certified check, bank check or other form of payment satisfactory to Seller at time of sale, balance due within 30 days. Other terms may be announced at time of sale. All information herein is believed but not warranted to be correct. The Mortgagee does not warrant the condition or existence of any feature described above.

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STRATFORD: A lovely 3 bedroom, 2 bath contemporary, fit for single floor living and wheelchair access on 14.6 acres with several compelling components: the land includes fields, pasture and forestland with trails and long brook frontage; a 1998 home of extraordinary quality and design with vaulted ceiling and efficient radiant heat; and a restored 1854 barn, 35X58, fit to accommodate many uses including professional office and meeting space, animals with access to pasture, pens and fencing, or general recreation for active families; a separate cabin (named the Chapel for its private, tranquil and restorative presence), located a healthy 10 minute walk up the forested hill behind the home. Note the brook-stone chimney and fireplace, special bonus areas throughout the home, an attached two car garage, and a charming old milk house to affirm historic ties to the land. **\$595,000**

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603-788-4848 86 Main Street, Lancaster, NH 03584 www.pwpre.com

MLS

Equal Housing Opportunity

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

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

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

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

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

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

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

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Lancaster - New Listing!
Potential Gross Income: \$41,700/year! Spacious 3-family building with 3-car garage and attached barn. First-floor unit (\$1,500/month) vacant with strong interest. Ample parking—live in one, rent the others to offset your mortgage! **\$299,000**



Lancaster - Home of the Week!
6-acre estate with Cannon & Lafayette views, spring-fed pond, wrap-around deck, rental/in-law unit, open-concept living, new appliances, wood stove, primary suite, finished lower level, 4-car garage—ideal home or getaway! **\$525,000**



Stratford - New Listing!
3-bedroom home on 1.91 acres—perfect camp or getaway! Propane heat, drilled well, needs finishing to your taste. First-floor bed, kitchen, 3/4 bath, living room; 4 unfinished upstairs rooms. Private road. Cash only. **\$99,500**



Lancaster - Dream Home!
11-acre country home with 4 bedrooms, 3 baths, spacious eat-in kitchen, formal dining, fireplace living room, family room, abundant natural light, expansive floor plan, and 3-bay garage—perfect for comfortable country living! **\$495,000**



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603.631.1650



Lori Lachance
603.331.2983



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Care
(continued from Page A1)

during the past year!

Following the exhibit, attendees are invited to enjoy a community dinner, a screening of

“BirthTime: The Documentary,” and a panel discussion with regional providers and advocates. Tickets are required for these portions of the evening, but no one will be turned away due to cost or late RSVP. Communi-

ty members who would like to attend but need financial assistance may request a coupon by emailing info@wombinitiative.org.

To further support families, WOMB is in-

viting local social service organizations, wellness practitioners, and community partners to sponsor and contribute items for resource bags that will be distributed during the event. These bags will provide attendees with information, tools, and connections to programs and services available throughout the North Country. More details are available on the RSVP page.

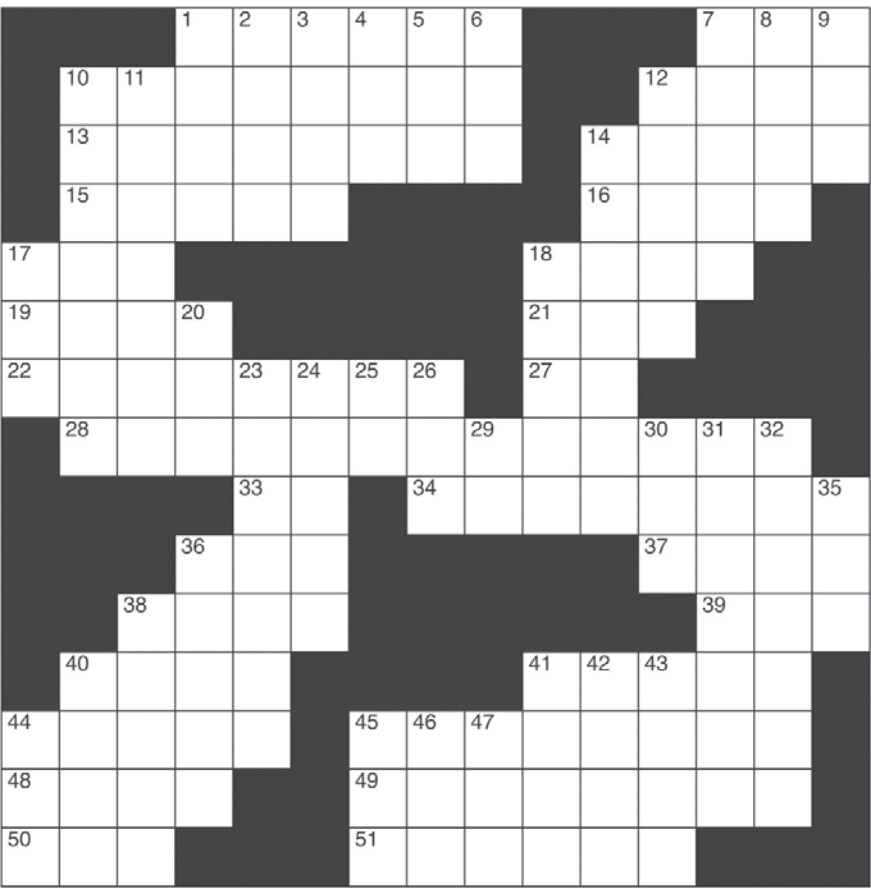
“We are grateful to

the women who participated in the Photovoice project and courageously shared their experiences,” said Kailene M. Jones, MPH, community research and engagement manager for Photovoice and founding board member/grants committee chair of WOMB. “Their voices shed light on the realities of maternity care in our region, and with the support of the Tillotson Fund, we are able to create an event that both

honors their stories and builds stronger community connections.”

Please know families and children are welcome. WOMB will have our new nursing nook onsite for families to utilize away from photos, movies and crowds! We hope to see you there.

Learn more here: www.wombinitiative.org/event-details/birth-time2025.



CLUES ACROSS

1. Carved into

7. ___ Rogers, cowboy

10. Unruly locale

12. Edible mushroom

13. Influential noblemen

14. Rattling breaths

15. David ___ George, Brit. P.M.

16. Musician Clapton

17. Small Eurasian deer

18. Invests in little enterprises

19. Perimeter

21. Chicago ballplayer

22. Animal body part

27. It’s everywhere these days

28. Fictional ad exec
33. Mr. T character Baracus

34. Against the current

36. Subway rodent

37. Armor plate

38. Hair on the head

39. Strong insect

40. Swollen lymph node

41. A way to lessen

44. Walter White poison

45. Sleeveless garment

48. Long accompanied song

49. Without features

50. Yankee great Mattingly

51. Removes from record

CLUES DOWN

1. Root of taro plant

2. Those ones

3. Appliances have one

4. A way to sing

5. Midway between east and southeast

6. Animal dwelling

7. An object that as survived from the past

8. Oil cartel

9. Affirmative

10. Foul smell

11. Brisk tempo

12. S. American indigenous person

14. Restored

17. Official

18. Skin lesions

20. Electroencephalograph

23. Middle Eastern country
24. Extremely angry

25. Title used before a woman’s name

26. British thermal unit

29. By the way (abbr.)

30. Anger

31. Nullifies

32. Ones who acquire

35. Time zone

36. Arabic name

38. Protein in mucus

40. Ballpoint pen

41. Mimics

42. Humans have a lot of it

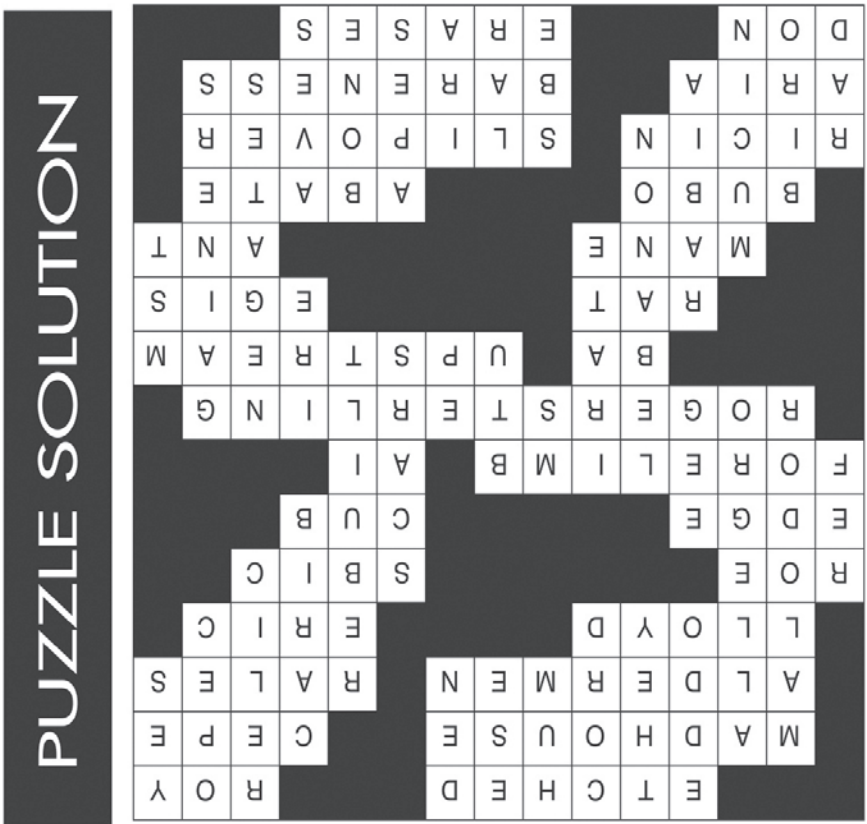
43. Expressions of good wishes

44. Cool!

45. One point east of due south

46. City of Angels football team (abbr.)

47. A way to save for retirement



MATT BUTEAU – COURTESY PHOTO

Lighting up Berlin

Earlier this month, Berlin High School was able to host three games under the lights at Gaydo Field. of this was made possible by the BHS Backers, Buddy Chapman, Milton Rentals (Tony Demers), Berlin Parks and Recreation and Romik Construction.

Mountaineers

(continued from Page A1)

on stopped in the Gilford net and Berlin had a pair of corners, with Rowan Worthen, Grace Southworth and Susanna Tilley all making good defensive stops on the corners for Gilford.

Berlin got shots from Richard, Smith and Rancloes that Breton turned away and Southworth made a nice run up the sideline for the Golden Eagles. Richard sent a ball in on net that Breton turned away and Rose Kelley and Smith got in close on the rebounds, with Breton making diving saves in front of her cage to keep it a 1-0 game. Worthen had a good clear on another Berlin corner and Smith sent a shot wide of the net for the Mountaineers.

Gilford came back with chances from Southworth and Cather-

ine Fay, but Berlin goalie McKenna Kelley held her own in the net. Gilford had a corner chance that the Mountaineer goalie handled and Southworth had a nice cross in front. Fay and Riley Coutts teamed up on a chance and Southworth had a bid stopped by McKenna Kelley and the game went to the fourth quarter with Berlin up 1-0.

The Mountaineers doubled their lead just more than two minutes into the final frame, as Smith finished off a feed from Rancloes to make it 2-0. The Berlin defense then stopped a Gilford run in the zone and Walker had a good run in as well. Southworth cleared out a shot from Smith and Berlin’s Caitlin Kelley and Brooke Laflamme had nice defensive stops. Caitlin Kelley also stopped a

run from Southworth and Richard and Fay exchanged good defensive stops at opposite ends of the field. Richard had a late shot denied by Breton and the Mountaineers held tight for the 2-0 win.

Gilford is slated to be in action again today, Sept. 18, at Bishop Brady and will be at home against Mascoma on Tuesday, Sept. 23 and at Conant on Thursday, Sept. 25, all at 4 p.m.

Berlin is scheduled to be at home against Newfound on Thursday, Sept. 18, at 4 p.m., will be hosting Kennett on Saturday, Sept. 20, at 11 a.m. and at Stevens on Monday, Sept. 22, at 4 p.m.

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



Kennah Scott looks up the field during her team’s win over Gilford on Friday afternoon.

HIGH SCHOOL SLATE

Thursday, Sept. 18
WHITE MOUNTAINS
Boys' Soccer at Mascoma; 4
Girls' Soccer vs. Mascoma; 4
Golf at Country Club of New Hampshire; 4

Friday, Sept. 19
GROVETON
Boys' Soccer at Lin-Wood; 4
Girls' Soccer at Lin-Wood; 4
Saturday, Sept. 20
WHITE MOUNTAINS
Boys' Soccer at Berlin; 4
Cross Country at Berlin; 9:30
Girls' Soccer at Berlin; 1:30

Monday, Sept. 22
WHITE MOUNTAINS
Boys' Soccer at Colebrook; 4
Girls' Soccer at Colebrook; 4
Golf at Blackmount Country Club; 4

Tuesday, Sept. 23
GROVETON
Boys' Soccer vs. Lisbon; 4
Girls' Soccer vs. Lisbon; 4

Wednesday, Sept. 24
WHITE MOUNTAINS
Boys' Soccer vs. Winnisquam; 4
Coss Country at Inter-Lakes; 4

All schedules are subject to change.

For Advertising Information, Call 603-279-4516
email: Tracy@salmonpress.news

HIGH SCHOOL SLATE

Wednesday, Sept. 17
BERLIN
Cross Country at Prospect Mountain; 4
GORHAM
Boys' Soccer at Moultonborough; 4
Girls' Soccer at Moultonborough; 4

Thursday, Sept. 18
BERLIN
Boys' Soccer at Inter-Lakes; 4
Field Hockey vs. Newfound; 4
GORHAM
Golf at Androscoggin Valley Country Club; 4

Saturday, Sept. 20
BERLIN
Boys' Soccer vs. White Mountains; 4
Cross Country Home Meet; 10

Field Hockey vs. Kennett; 11
Girls' Soccer vs. White Mountains; 1:30
GORHAM
Boys' Soccer vs. Littleton; 1
Girls' Soccer vs. Littleton; 11

Monday, Sept. 22
BERLIN
Field Hockey at Stevens; 4
GORHAM
Golf at Woodsville; 4

Tuesday, Sept. 23
BERLIN
Boys' Soccer at Kennett; 5:30
Girls' Soccer vs. Kennett; 4

All schedules are subject to change.

HELP WANTED



603-788-2311

EXPERIENCED AUTO TECHNICIAN

North Country Ford, a four-generation family-owned Ford dealership in New Hampshire's Great North Woods, has an immediate opening for an experienced automotive technician in our busy shop. Monday to Friday work schedule, paid vacations and holidays, compensated training, insurance, and employer matched IRA are just some of our benefits. We are looking for a team player who understands that the customer is at the heart of all we do. Preference will be given to candidates with previous Ford experience and Ford or ASE certifications. Resumes and/or applications can be picked up and dropped off at 29 Middle St., Lancaster, NH, or mailed to P.O. Box 468, Lancaster, NH 03584, or email joinncford@gmail.com C/O: Technician. Call (603)-788-2311 and ask for Keith, Mike, or Debbie.

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EMAIL AT patty@townofstark.com
APPLICATIONS ACCEPTED UNTIL
1 PM SEPTEMBER 23, 2025
INTERVIEWS TO BE HELD
ON OCTOBER 1, 2025

Coös County Nursing Home Part-Time Hairdresser

Coös County Nursing Home in Berlin, NH is looking for an independent, licensed, self-insured, part-time hairdresser to provide services for our residents 10-12 hours per week. We provide the Beauty Shop with two sinks, hair dryers, linens, and assistance with the residents.

If you are interested, please contact:

Diane Booth
Activity Director
Coös County Nursing Home
364 Cates Hill Rd
Berlin, NH 03570
603-752-2343 ext. 2022




603-788-2311

CAREER OPPORTUNITY- SERVICE WRITER

A four generation family owned dealership in Lancaster, NH has an immediate opening for a Service Writer, in our busy service department. Responsibilities of this important position include scheduling appointments, dispatching work to technicians and managing work flow, preparing and closing repair orders, as well as submitting warranty claims. Excellent customer service is the number one priority of this position, and good keyboarding and telephone skills are a must. Previous automotive or claims experience is preferred but not necessary as we will train the right candidate. Benefits include a competitive salary, health insurance, a retirement plan, paid vacation, and a Monday to Friday daytime work schedule. Resumes and/or applications can be picked up and dropped off at 29 Middle St, Lancaster or mailed to North Country Ford, P.O. Box 468, Lancaster, NH 03584.

Email joinncford@gmail.com



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**Assembler 2nd and 3rd shift –
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**Spray Painter 3rd shift
starting at \$21.00 or depending on experience**

**Scuffer/Painter Apprentice –
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\$3.00 per hour shift differential on 3rd shift.**

For immediate consideration, please come to Five Wickers Drive Wolfeboro, NH to complete an application or visit our website for more information at www.psimp.com. You can also email your resume directly to donna.doyle@psimp.com or call me at 603-941-0022. Please be specific as to what shift and position.

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- Dishwashers: Keep our kitchen sparkling and assist with food prep. (Mornings)
- Laundry Delivery Drivers: Be the backbone of our laundry operations, ensuring timely pickups and deliveries. (Flexible hours)
- Housekeepers: Create a welcoming and spotless experience for our guests. (Day shifts)

What We're Looking For:

- Enthusiastic team players with a strong work ethic
- Dependable and punctual individuals
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Another game, another tie for Spartan soccer boys

Spartans finish week with first win of the season

BY JOSHUA SPAULDING
Sports Editor

WHITEFIELD — The White Mountains boys' soccer team have found a penchant for playing to ties in the early part of the season.

That trend continued on Tuesday, Sept. 9, when the Spartans welcomed Colebrook to Whitefield for a match and a late first-half penalty kick allowed the visitors to pull even and the two teams played to a scoreless second half to finish in a 2-2 tie.

"We had our opportunities and unfortunately could not find the back of the net," said first-year coach Chris Foss.

Josh Ford had an early direct kick chance that Blake Cyr headed on net and Conner Gross made a solid defensive stop at the other end of the field. Ford made another run into the zone and Gross made another good defensive stop while goalie Landin Foss came charging out to grab a loose ball in front.

Cyr and George Welch connected on a bid that was saved by the Colebrook goalie and Ban-



Josh Ford reaches out to get a foot on the ball during his team's game with Colebrook last week.

ti Pietro just missed connecting with Kasen Smith on a chance. The visitors sent a shot over the top of the net and Will Stone had a bid denied for the Spartans.

White Mountains had the game's first corner, but the Colebrook defense cleared it out of the box and the visitors went the other way, with a nice move through the defense leading to the first goal of the game about 14 minutes in for the 1-0 lead.

The Mohawks had a direct kick chance that went over the top of the net and Foss made a

save on another Colebrook chance. Foss had a direct kick chance and Foss made a couple more saves in the Spartan net.

The Spartans tied the game at one with 18:25 to go in the game, as Welch sent a nice feed through to Ford, who took the ball behind the defense and buried the ball for White Mountains' first goal of the game.

Welch had a crossing pass cleared out and then had another shot denied. Ford and Noah Marier connected on a chance that was denied and Welch had a couple more chances, one turned



Conner Gross circles on to the ball to boot it away from a Colebrook attacker in action last Tuesday afternoon.

away by the defense and the other headed wide of the net. Welch also sent a nice ball in to Pietro, who sent the ball wide.

The Spartans had a couple of corner kicks, with Marier sending a shot on net that was denied. The Mohawks came back for another bid that Foss came out and grabbed and Welch made another run into the zone. Colebrook had a direct kick chance and Pietro just missed connecting with Marier with a bid.

White Mountains had another corner kick chance and the visitors came back down the field

with a chance that Foss came sliding out to grab. Gross made another defensive stop and Marier and Pietro both had chances at the other end. Marier just missed connecting with Welch on another bid.

The Spartans took the 2-1 lead in the final three minutes of the first half, as Welch found the back of the net. Marier and Pietro combined on another chance and Pietro had a bid blocked. The Mohawks were awarded a penalty kick in the final minute of the half after a hand ball in the box and they delivered the kick for the 2-2 halftime tie.

From there, the two teams went back and forth in the second half, with neither team able to find the back of the net and the game finished in the 2-2 tie.

The Spartans finished the week with a 5-2 road win over Hillsboro-Deering. Welch had three goals, Miles Sweat had a goal and Banti added a goal. Welch, Ford, Marier and Banti each chipped in with an assist.

"Great team win today," said Foss. "I'm very happy for our boys, they have been working hard every day and it's great to see them get results."

The Spartans are slated to be in action again on Thursday, Sept. 18, at Mascoma, at Berlin on Saturday, Sept. 20, and will have a rematch in Colebrook on Monday, Sept. 22, and return home to host Winnisquam on Wednesday, Sept. 24, all with 4 p.m. scheduled starts.

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

Spartan girls fall short in matchup with Colebrook



Olivia Lorenz moves the ball through the Colebrook defense in her team's match with Colebrook last Tuesday.

BY JOSHUA SPAULDING
Sports Editor

WHITEFIELD — The White Mountains Regional soccer girls controlled much of the play against Colebrook on Tuesday, Sept. 9, but the visitors were able to sneak a few goals into the net and left town with a 3-1 win over the Spartans.

Colebrook scored late in the first half to take a 1-0 lead despite some

solid White Mountains pressure in the offensive zone. The second half opened with Victoria Hertel just missing connecting with Lia St. Cyr and Olivia Lorenz had a couple of chances in the zone. Goalie Tula Quigley made a save on a Colebrook chance before the Mohawks were able to put the ball in the net on a corner kick just about three minutes into the second half.



Kaya Nkwen-Tamo battles for the ball during action against Colebrook last week.

Ella Kate Payer and Kiara Koxarakis both had crossing passes in front for the Spartans and White Mountains had a corner kick chance that they couldn't convert. Quigley stopped another Colebrook shot and the visiting goalie stopped a shot from Koxarakis at the other end of the field.

The Spartans got on the board with 31:55 to go in the game, as Lo-

renz got past a defender and poked a shot past the goaltender and into the net to cut the lead to 2-1. Koxarakis and Hertel had chances in the zone that the Colebrook defense cleared and Kaya Nkwen-Tamo and Carly Willey both had solid defensive stops at the other end. Quigley also stopped a couple of Colebrook chances.

Abby Bovay had a shot denied by the visiting goalie and Kamryn Young and Bovay teamed up on a chance that was cleared. Bovay had a long shot from outside stopped and Young just missed connecting with Bovay on a chance. Payer had a shot denied by the Colebrook keeper and Hertel had a good cross in front, with the Mohawk goalie just beating St. Cyr to the ball.

Lorenz had an indirect kick that was denied and Quigley stopped another shot at the other end of the field. Jena Kenison had a bid denied as well before the Mohawks were able to up the lead to 3-1 with 12:41 to go in the game.

Hertel came back with a couple of crosses, one just missing St. Cyr in front of the net. Lorenz and Hertel both sent shots wide of the net and Willey had a good

cross to Lorenz, who also had a direct kick go wide of the net. Colebrook also sent a shot wide of the net and had another shot denied by Quigley.

Payer had a late chance denied and Nkwen-Tamo and Eliza Homan both had good defensive stops before the clock ran out on the game and Colebrook took the 3-1 win.

The Spartans are slated to be in action on Thursday, Sept. 18, at home against Mascoma at 4 p.m., will be at Berlin for a 1:30 p.m. game on Saturday, Sept. 20, and will be at Colebrook for a rematch on Tuesday, Sept. 22, at 4 p.m.

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

Stark, NH

Sale of Tax-Deeded Properties

16 September 2025

In accordance with RSA 80:80 (II) the Town of Stark is accepting sealed bids with a letter of intent to purchase the following property acquired by a Town of Stark Tax Collector's Deed:

54 Lee Hill Road/Map 407 Lot 25

Property information may be seen at the
Town Office Tuesdays and Thursdays 8 am – 4 pm.

Competitive Bid Process: Sealed bids, submitted at the Selectmen's Office, Stark Town Office

Bid Window: September 16, 2025 through October 14, 2025

Transaction Type: Cash Sale Only (Certified/Official Bank Check Required within 30 days of bid acceptance notification.)

This property was conveyed to the Town of Stark by the Tax Collector for non-payment of taxes.

The Conveyance to the successful bidder will be made by a Deed Without Covenants, as is, without survey or other guarantees and subject to all easements or restrictions of record. The town makes no representation and disclaims all responsibility, liability and amnesty with respect to the title to said property.

Bids are due in hand by 4 p.m. October 14, 2025; opening October 15th at 5:30 p.m. at the Stark Town Office. **The Select Board reserves the right to reject any and all bids.** The successful bidder shall submit full payment within 30 days of the bid acceptance notification. The successful bidder shall be responsible for all fees incurred by the town related to the transfer of the property. These fees shall include, but not be limited to, legal fees, registry fees, etc.

Submit letter of intent to purchase as a **sealed bid** (no emails or faxes) containing name, address, phone, and **Map and Lot number with bid amount** to:

Stark Selectmen's Office

1189 Stark Highway

Stark, NH 03582

Per Board of Selectmen, Stark, NH

Spartan golfers sweep at Mount Washington Resort, Maplewood

BY JOSHUA SPAULDING
Sports Editor

WHITEFIELD — The White Mountains golf team took on Littleton, Moultonborough and Woodsville at the Mount Washington Resort Golf Club on Monday, Sept. 8, sweeping the four-team match on their home course.

The Spartans finished with a score of 84 with Littleton in second with 75 points, Moultonborough in third with 70 points and Woodsville in fourth with 64 points.

Carson Miller earned

medalist with 26 points and Deagan Stover finished with 24 points to help lead the Spartans to the win.

The Spartans hit the road to Bethlehem on Wednesday, Sept. 10, and swept another match. White Mountains finished with 91 points to lead the field with host Littleton second with 64 points, Farmington in third with 49 points and Gorham with 46 points in the fourth spot.

Stover earned medalist honors with 27 points while Devon Mailhot

finished with 24 points to place third overall on the day.

The Spartans will be at the Country Club of New Hampshire on Thursday, Sept. 8, and will be at Blackmount Country Club in Woodsville on Monday, Sept. 22, both at 4 p.m.

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

Busy week for Spartan harriers

BY JOSHUA SPAULDING
Sports Editor

WHITEFIELD — It was a busy eight days for the White Mountains cross country team, running three different meets in three different locations.

The span started on Saturday, Sept. 6, at Berlin High School, where the Spartans ran against Pittsburg-Canaan, Prospect Mountain, Newport, Profile, Moultonborough and the host Mountaineers.

For the boys in that race, Lance Labens finished in third place in 19:20 and Charley Schmidt finished in eighth place in 21:07. Stinson Myles was 15th overall in a time of 23:37 and Tanner Davenport finished in 16th place in 23:54. Harrison Young



Tanner Davenport runs during last week's meet at Belmont High School.

rounded out the scoring in a time of 24:38 for 21st place overall.

For the Spartan girls, Mackenzie Foss finished in second place in 23:25 and Mackenzie Mogan crossed in a time of 26:02 for third place.



Mackenzie Morgan was the lone Spartan girl running at Belmont last Thursday afternoon.

On Thursday, Sept. 11, the Spartans hit the road to Belmont for a meet that also featured Winnisquam, Gilford, Kearsarge, Berlin, Inter-Lakes, Moulton-



Harrison Young runs on Saturday morning at Ski Heart Farm in Sugar Hill.

borough and Prospect Mountain.

Labens led the way for the Spartan boys with a second place finish in 20:04 and Schmidt was ninth place in 22:18. Tanner Davenport was 22nd overall in a time



Mackenzie Foss runs for White Mountains during Saturday's Profile Invitational.

of 24:53 to round out the field of Spartan boys.

Morgan was the lone Spartan girl running and finished in fifth place overall with a time of 25:35.

On Saturday, the Spartans competed in

Sugar Hill's Ski Hearth Farm in the Profile Invitational.

For the White Mountains girls, Foss ran to fourth overall in 23:48 and Morgan placed 10th overall in a time of 25:07.

Labens led the White Mountains boys with a seventh place finish in 20:01, Schmidt finished in 23rd place in a time of 21:53 and Young was 52nd in a time of 26:12.

White Mountains is slated to race at Berlin again on Saturday, Sept. 20, at 9:30 a.m. and will be at Inter-Lakes on Wednesday, Sept. 24, at 4 p.m.

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

Mountaineer runners kick off season at home



Danica Patry rounds a corner during her team's race at Belmont last week.

BY JOSHUA SPAULDING
Sports Editor

BERLIN — The Berlin cross country team kicked off the season at home on Saturday, Sept. 6. The season-opening meet, traditionally held at Great Glen Trails in Pinkham Notch, was held at the high school course and featured runners from White Mountains, Moultonborough, Prospect Mountain, Pittsburg-Canaan and



Kassidy Lefebvre led the way for the Berlin girls during last week's race in Belmont.

Newport. Kassidy Lefebvre finished in 28:51 for seventh place, Danica Patry was 13th in 31:49.08 and Emily Patry finished in 31:49.7 for 14th place.

Garrett Snyder crossed the finish line in a time of 24:12 in the boys' race, which placed him in 19th place overall.

Berlin competed in a meet at Belmont High School on Thursday, Sept. 11, with Gilford,



Garrett Snyder charges toward the finish line on Saturday at Ski Hearth Farm in Sugar Hill.

Moultonborough, Kearsarge, Inter-Lakes, White Mountains, Prospect Mountain and Winnisquam joining the host Raiders.

Lefebvre led the way for the Berlin girls with a time of 29:11 for 16th place while Danica Patry was 22nd in 30:37. Emily Patry finished in a time of 30:46 to round out the field of Berlin girls.

There were also a trio of runners who train with the Mountain-

eers crossing the finish line. In the girls' race, Temperance Steele was 13th in 28:16 and Cecilia Steele was 17th in 29:40. In the boys' race, Angus Steele was 20th in a time of 24:27.

On Saturday at Ski Hearth Farm in Sugar Hill, Lefebvre led the way for the Berlin girls in 19th place in 29:20, Emily Patry was 23rd in 29:50 and Danica Patry was 25th in a time of 30:03. Temperance Steele was 13th in 27:37 and Cecilia Steele was 14th in 28:04.

Snyder finished in a time of 43rd place overall in a time of 24:47 as the lone Berlin boy competing. Angus Steele was 41st in 24:16.

Berlin is scheduled to host another race at home on Saturday, Sept. 20, at 10 a.m. as part of Homecoming.

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

**TOWN OF GUILDHALL
ZONING REVIEW BOARD
NOTICE OF HEARING**

**Proposed Subdivision by Christopher and Tracey Nelson
Regarding Property
Located at Morin Road, Guildhall, VT**

Notice is hereby given pursuant to 24 V.S.A. § 446(a)(1), that the Guildhall Zoning Review Board (ZRB) shall hold a public hearing on October 8, 2025 at 6:30 p.m. at Guild Hall, 13 Courthouse Drive, Guildhall, Vermont to consider a proposed subdivision and to otherwise hear any testimony or evidence as to whether the Property can be subdivided as set forth in Guildhall Zoning Bylaw, Table 205.05, Table 205.07, Section 207 and Section 208.

Property Location Information:
Morin Road, Guildhall, VT 05905
Tax Map Parcel ID: 012-0800
SPAN #: 270-085-10352

A copy of Christopher and Tracey Nelson's subdivision proposal, a Zoning Permit Application dated July 8, 2025, and related zoning information may be viewed and obtained at the Guildhall Town offices during normal business hours.

Participation at the hearing is required to preserve your rights as an applicant or interested party to participate in any appeal of a decision made by the ZRB on the above matter. See 24 V.S.A. § 4471(a). Comments and/or concerns may be communicated to the ZRB in person or through a representative at the hearing or submitted prior to the hearing in writing or by e-mail at townclerk@guildhallvt.org.

For Guildhall Zoning Review Board:
George Blakeslee
Town Clerk

**TOWN OF DALTON
UNANTICIPATED FUNDS
PUBLIC HEARING**

The Board of Selectmen will hold a Public Hearing on Monday, September 29, 2025, at 6:30 p.m. pursuant to NH RSA 31:95-B, to discuss the acceptance of unanticipated money in the amount of \$69,909.02 from the New Hampshire Department of Safety for FEMA Public Assistance.

**For Advertising
Information
Call 603-279-4516
email: Tracy@salmonpress.news**

INVITATION TO BID

The Commissioners of Coos County are requesting bids for the plowing and sanding of snow for Coos County Nursing Home, 364 Cates Hill Rd., Berlin, NH for the 2025-2026 snow season. (If seasonal, please submit a plan of action.) The Commissioners reserve the right to reject any and all bids. Bid proposals shall include plowing, sanding, and certificate of liability insurance. Bids will be placed in an envelope marked "snow plow bid" then placed in a second envelope addressed to the Administrator, CCNH, snow plow bid, PO Box 416, Berlin, NH 03570, no later than November 10, 2025. Bids will be opened at the November 17, 2025 Commissioners meeting.

**LEGAL PROBATE NOTICE
THE STATE OF
NEW HAMPSHIRE**

1st Circuit - Probate Division - Lancaster
8/29/2025 THRU 9/11/2025

APPOINTMENT OF FIDUCIARIES

Notice is hereby given that the following fiduciaries have been duly appointed by the Judge of Probate for Coos County.

All persons having claims against these decedents are requested to exhibit them for adjustment and all indebted to make payment.

Ahern, Peter L., late of Middletown Township, NJ. Bryan Peter Cimicata, 504 Camino De La Paz, San Marcos, CA 92078. Ora Schwartzberg, ESQ, Resident Agent, Schwartzberg Law, 572 Tenney Mtn Hwy, Plymouth, NH 03264. #314-2025-ET-00223

Bove, Mary Louise, late of Columbia, NH. William Wallace Winship, IV, 515 Fish Pond Road, Colebrook, NH 03576. #314-2025-ET-00195

Cornelius, Donna M., late of Groveton, NH. Duane A Stone, JR, 271 County Hill Rd, St Johnsbury, VT 05819. Cody M Stone, Resident Agent, PO Box 74, Lempster, NH 03605. #314-2025-ET-00232

Dated: 9/12/2025

Attention Maidstone Vermont Residents

Let this serve as notification that the Town of Maidstone VT has adopted a speed limit ordinance on all unpaved roads in the Town. This will affect T.H. 1 Maidstone Lake Road, T.H. 2 Hall Road, T.H. 3 Masters Road, T.H. 4 North Road, T.H. 5 Wildwood Drive, T.H. 6 Kymak Road, T.H. 7 Tamarack Lane, T.H. 8 Bear Hill Road, T.H. 9 Westside Lake Road.

The purpose of this ordinance is to promote public health, safety, and welfare by establishing safe speed limits on certain unpaved town highways. The full text of this ordinance can be found at <https://maidstone-vt.org/event/select-board-meeting31/>, on the bulletin boards outside and inside the Maidstone Town Hall, the bulletin board at Maidstone Lake, Tully's Farm Stand, and Roger Irwins Studio.

This ordinance was adopted on September 8, 2025. It will take effect on November 8, 2025, unless a petition signed by at least five percent of the voters of Maidstone, Vermont is filed with the Maidstone Town Clerk by October 23, 2025, asking for a vote to disapprove the ordinance. If a petition is received the Maidstone Select-board will warn a special meeting and the voters may vote on the question. 24 V.S.A. § 1973.

**LEGAL PROBATE NOTICE
THE STATE OF
NEW HAMPSHIRE**

1st Circuit - Probate Division - Lancaster
8/15/2025 THRU 8/28/2025

APPOINTMENT OF FIDUCIARIES

Notice is hereby given that the following fiduciaries have been duly appointed by the Judge of Probate for Coos County.

All persons having claims against these decedents are requested to exhibit them for adjustment and all indebted to make payment.

Collins, Valerie Ann, late of Groveton, NH. Mark Collins, 113 Wemyss Drive, Northumberland, NH 03582. #314-2025-ET-00218

Gardner, JR, Francis R., late of Lancaster, NH. Jason Richard Gardner, 60 Depot Street, Lancaster, NH 03584. #314-2025-ET-00214

Mansour, Michael, late of Northumberland, NH. Kera Mansour, 6 Tremont Street, Methuen, MA 01844. Fara Mosto, Resident Agent, 39 Fraser Drive, Salem, NH 03073. #314-2024-ET-00383

Stiles, SR, Robert, late of Whitefield, NH. Lois A Stiles, 56 Summit Drive, #112, Whitefield, NH 03598. #314-2025-ET-00208

Dated: 8/29/2025



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