

THURSDAY, SEPTEMBER 11, 2025

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FREE

Gilford schools open, ready for fun activities

BY ERIN PLUMMER
mnews@salmonpress.news

GILFORD — Schools are now back in session with some new activities and events planned for the next few weeks. Gilford schools opened for the 2025-2026 school year on Sept. 2. Gilford Middle School Principal Tara Brosius reported a great first week of school in the school newsletter. “This week, we spent time building relationships, learning about one another through sharing our story, and reviewed our school wide expectations...and

of course, we learned and celebrated the strength of teamwork,” Brosius wrote. “It was great to see our learners collaborating while learning about the regions of the world, exploring new topics, conducting investigations and diving into math facts and literature!” She wrote the students put in a lot of hard work during that first week. “We were all impressed by the hard work of all of our learn-

COURTESY PHOTO
(Right) Gilford Middle School students during the first week of school.



ers, especially our fifth graders, who navigated challenges throughout the week as they adjusted to their new school,” Brosius wrote. “They did a wonderful job!” Families had a closer look at the school during the open house on Sept. 5. At Gilford High School, principal Anthony Sperazzo welcomed students back for the new year in the school newsletter and shared some hopes and expectations for students to come into the new school year. “Gilford High School is committed to creating strong, trusting

relationships between learners and the adults who support them,” Sperazzo wrote to families. “We know that academic, social, and emotional growth is rooted in these connections, and we intentionally train our teachers, coaches, and staff to prioritize trust, communication, and healthy boundaries.” He said this topic was the focus of the recent faculty meeting. Sperazzo wrote that learners will be “treated with dignity and respect,” and staff will communicate clearly with families

SEE SCHOOL, PAGE A6

State law banning school cell phone use now in effect

BY ERIN PLUMMER
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REGION — Area schools are reminding families of a new law that prohibits cell phone use by students during the school day with student handbooks reflecting the new rules. In June, Gov. Kelly Ayotte signed a bill banning the use of cell phones and connected devices during the school day. Under RSA 189:1-a, school boards and trustees of chartered public schools are required to enact policies banning the use of personal devices in school. According to the Department of Education this ban is “bell-to-bell” from the start of the school day to the end. This applies to cell phones as well as any device connected to a phone including earbuds, smartwatches, and others. This law does not apply to students who use a device for disabilities, language access programs, and medical needs such as insulin pumps and glucose sensors. The law went into effect at the start of the 2025-2026 school year. Gilford, Prospect Mountain, and Governor Wentworth Schools have enacted policies in their student handbooks with violations

receiving different forms of disciplinary action depending on the school. Schools in the Gilford and Prospect Mountain School Districts have policies where if a student is found using a prohibited personal device during a prohibited time, a staff member will confiscate it from them. Failure to comply with this removal will be subject to disciplinary action. For a first offense, the device will be returned to the student at the end of the school day. For a second offense, the device will be given to a parent or guardian. With a third offense, the device will be given to a parent/guardian. The policies for all Prospect Mountain Schools and Gilford High School state that a third offense will result in a conference with the school administrator. This conference will create a plan where the students will leave their device at the front office during school hours for at least a week. Gilford Middle School’s policy for the third offense is that the phone should be left at home or at the office until further notice.

SEE PHONE BAN, PAGE A6

Tilley cruises to win in Early Bird Invitational

BY JOSHUA SPAULDING
Sports Editor

GILFORD — While only four Gilford cross country runners toed the starting line in the Early Bird Invitational on Aug. 28 at Gunstock, they certainly made the most of it. Maria Tilley, the lone Gilford girl to run in the season opening race, ran to the win in a time of 21:28, almost a minute ahead of her closest competition. William Reinhardt led

JOSHUA SPAULDING
(Right) Maria Tilley won the Early Bird Invitational at Gunstock Mountain Resort on Aug. 28.



the way for the Gilford boys, finishing in fourth place overall with a time of 21:26. Griffyn Greene was 23rd overall in a time of 30:19 and Wren Reinholz rounded out the field of Golden Eagles in a time of 30:21 for 24th place. The Golden Eagles are slated to run again today, Sept. 11, at Belmont at 4 p.m. Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

JOSHUA SPAULDING
(Left) William Reinhardt cracked the top five in the season opening race at Gunstock on Aug. 28.

Gilford PD receives state accreditation

BY ERIN PLUMMER
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GILFORD — The Gilford Police Department is now one of only four police agencies in the state who have received state law enforcement accreditation. The Gilford Police Department recently received accreditation from the New Hampshire Law Enforcement Accreditation Commission. This makes the department one of only four in the state to receive this designation. “This recognition symbolizes professional excellence in law

SEE ACCREDITATION, PAGE A6



COURTESY — GILFORD POLICE DEPARTMENT

The Gilford Police Department is now one of four law enforcement agencies in the state who have received New Hampshire Law Enforcement Accreditation. From left to right: Lt. Adam VanSteenburg, Chief Kris Kelley, and Dep. Chief Dustin Parent.

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New holistic primary care clinic opens in Gilford

GILFORD — A large crowd gathered to celebrate the ceremonial ribbon cutting of Regina Caeli Clinic with the Lakes Region Chamber at its new Village West location in Gilford. Community leaders from across the state joined the event, where excitement for the new clinic was evident.

Regina Caeli Clinic will provide a unique approach to health-care by offering primary care, functional medicine, women’s health, alternative therapies, and prayer ministry, all grounded in the Catholic faith.

“We are called to love our neighbor in



COURTESY
Community leaders and guests joined the Lakes Region Chamber to celebrate the ribbon cutting of Regina Caeli Clinic in Gilford.

big ways—to provide care that leaves people feeling heard, understood, and cared for; care that restores dignity, encourages freedom, and ultimately leads people to the ever-flowing, merciful heart of Jesus, if not by prayer, then by our actions and our great love for one another,” said Kathleen Clark, RN, BSN, founder of Regina Caeli Clinic, during the ceremony.

The clinic will begin welcoming patients the first week of September.

To learn more about Regina Caeli Clinic, please visit RCClinic-NH.org.

To learn more about the Lakes Region Chamber and upcoming Community Events, visit LakesRegionChamber.org.

Alton Parks and Recreation Community Connection

Line Dancing Lessons

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

Pilates Classes in Alton Bay — Tuesdays and Thursdays

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

Little Lake Explorers Playgroup

Join in this new playgroup led by Jennifer Lutz and Melissa Sciuto on Mondays at the Alton Bay Community Center from 9-11 a.m. This free program is open to all children newborn to seven years of age and their parents. Activities include free

play, snack time, story time, music and more. Parents must stay and supervise their child during the program and are asked to bring a peanut free snack for their child. Please pre-register by the Wednesday before each meeting at littlelakeexplorersalton@gmail.com. Drop ins are also welcome. For more information contact Alton Parks and Recreation at parksrec@alton.nh.gov.

Guided Meditation

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

Travel Club Trips Canyon Country and Scotland/England in 2026

The Alton Parks and Recreation Department is sponsoring two trips with Collette Tours in 2026. The first trip is to Canyon Country. Trip highlights in-

clude Grand Canyon; Lake Powell; Rafting on Horseshoe Bend; Bryce Canyon National Park; Zion National Park, Las Vegas and much more. Trip dates are May 15-22, 2026. The trip includes airfare, 11 meals, hotels, and guided transportation through Canyon Country, including walking, bus, and boat tours.

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

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

Weight Training Classes- Mondays and Wednesdays — Starts Oct. 6

The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednesdays, with AFAA Certified Instructor Kellie Troendle, from 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abilities starting October 6. Build strong muscles and bones, increase flexibility and develop better balance. Bring light hand

weights, a mat and water. For more information, contact parksrec@alton.nh.gov or 603-875-0109. Try a class for free. \$20 per month/session or \$5 drop in.

Fusion Belly Dancing — Starts Oct. 7

The Alton Parks and Recreation Department is sponsoring Fusion Belly Dancing Classes with Katie Hynes on Tuesdays starting at 5:30 p.m. at the Pearson Road Community Center for adults. Classes start on Oct. 7. Create a unique and evolving artform with traditional belly dance movements and influences from various other dance styles. No registration required. Just drop in \$15/class. For more information contact parksrec@alton.nh.gov or 603-875-0109.

Paint Night with Anne Morrell

Alton Parks and Recreation is sponsoring a Paint Night with instructor Anne Morrell at the Pearson Road Community Center on Wednesday, Oct. 22 from 6-7:30 p.m. Scene is titled “Last Leaf” depicting a fall/winter scene under the evening moon. All supplies are included, \$25 for adults; \$15 for children 12 and under. View the painting example on the Alton Parks and Recreation Face Book Page or ask for a copy to be emailed to you. All abilities are welcome. Bring a friend or sign up solo. Please RSVP with your name and contact information to parksrec-asst@alton.nh.gov or call 603-875-0109. Register early as space is limited.

Craftsmen Gallery offers Soldering 101 with Joy Raskin



MEREDITH — Join us at the League of NH Craftsmen – Meredith Fine Craft Gallery on Saturday, Sept. 20 from 10:30 a.m. – 4:30 p.m. for a Soldering 101 Class with juried artist Joy Raskin.

Have you ever wanted to learn soldering or improve your soldering skills? Or not sure how to set up your own soldering torch and tank? This class will cover the basics of how to set up your own soldering torch and tank, safety concerns, and a place to solder. We will cover all the soldering basics from butt joints to stick soldering. We will work on soldering and help you gain confidence in your soldering skills. Great for those who have been taking jewelry classes but want to improve on soldering as well as those who want to understand soldering.

Tuition is \$75 per student. Materials fee

is \$25, paid cash or check to the instructor on the day of class.

Space is limited and pre-registration is required.

Those who wish to take the class MUST sign up by Wednesday, Sept. 17.

To register for this workshop call the League of NH Craftsmen – Meredith Fine Craft Gallery at (603) 279-7920 or visit the Gallery at 279 Daniel Webster Highway in Meredith.

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

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

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Area firefighters respond to multiple incidents over holiday weekend

BY ERIN PLUMMER
mnews@salmonpress.news

ALTON / NEW DURHAM — Local first responders reported a busy Labor Day weekend including a multi-vehicle accident, a second alarm brush fire, and more incidents.

Both the Alton and New Durham Fire Departments reported multiple serious calls in both communities over Labor Day Weekend.

Crews responded to a three-vehicle collision on Route 11 in New Durham by Berry Road that resulted in serious injuries.

The New Durham Police and Fire Departments responded to the scene as did the Alton Fire Department and an ambulance from the Farmington Fire Department. According to reports by both Alton and New Durham, three people were transported to area hospitals with some patients suffering serious injuries.

New Durham crews then had to respond to a fire alarm activation that same day.

New Durham also said a brush fire broke out in Alton while Alton crews were managing a motor vehicle accident. Crews from New Durham and Barnstead responded to Alton's fire.

During that response, New Durham received a call for smoke on Middleton Road. Upon investigation it was found to be campfire that had been left unattended.

A few hours after this incident, the call came in for a first alarm brush fire in Alton bringing out Alton and New Durham crews. That fire soon went to a second alarm, bringing in other crews from across the area.

"We are extremely grateful for our mutual aid partners, without them, the outcome of these incidents would be significantly impacted," Alton Fire said in a statement.

Alton Fire was also able to respond to a fire in the woods thanks to the keen eye of a local pilot flying overhead. Alton Fire said in a statement that the pilot reported smoke



in the area. Crews responded to the scene and found a fire that had likely been caused by a lightning strike two days prior.

"This was the only call for smoke in the area, this incident would likely have been much larger had he not called it in," Alton Fire said in its statement.

Alton's restriction on outside burning would remain in effect until further notice.

"With several more multi alarm fires dispatched in the last 36 hours we will unfortunately be continuing the restriction of all outside burning until significant rain is received," Alton Fire wrote. "We appreciate your understanding and cooperation."

COURTESY — ALTON FIRE DEPARTMENT
(Left) A pilot spotted smoke in this stretch of woods in Alton. Fire crews found a fire that had been ignited by a lightning strike a few days before.

REALTORS® Annual Golf Tournament most successful ever!

TILTON — The Lakes Region Board of REALTORS® recently held their 37th Annual Scholarship Golf Tournament at Lochmere Country Club in Tilton. This year marks the most successful fundraising event ever with more than \$30,000. All proceeds go to help local high school seniors fund their college education. In 2025, the Board, in conjunction with the Lakes Region Scholarship Foundation, awarded 24 scholarships to deserving students throughout the Region.

More than 150 participants enjoyed a day of golf and giving. The Board would like to extend our sincere ap-



preciation to our hosts at Lochmere Country Club and the generosity of all the sponsors, donors, and volunteers who made this event

such a huge success. For additional information, please contact the Lakes Region Board of REALTORS® at (603) 528-3544.

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The value of showing up

As the final days of summer give way to the crisp mornings of early autumn, the communities in our corner of the Lakes Region begin to shift focus. Children return to school, farms bring in their late harvests, and local organizations start their fall calendars. The region comes alive in a new rhythm, one that reminds us of the unique character of our towns and the importance of showing up for one another.

Life in small communities is built on participation. It is built when parents gather at school open houses to meet teachers and learn about new programs. It is strengthened when neighbors take time to stroll through a farmers' market, supporting local growers and chatting with familiar faces. It is carried forward in the often quiet but vital work of volunteers who serve on boards, run food drives, or give their evenings to youth sports and scout troops.

These moments may not seem monumental, but taken together, they are the foundation of civic life. While national news cycles often capture our attention with conflict and controversy, it is here—at the local level—where our choices most directly shape our lives. A zoning board decision might guide how our towns grow. A school committee vote might determine new opportunities for our children. A community fundraiser might ensure that a struggling neighbor has heat this winter.

Showing up, in other words, matters. And showing up doesn't always mean speaking at a podium or running for office. Sometimes, it means lending a hand at a community supper, buying a raffle ticket to support the fire department, or simply taking the time to listen to a neighbor's perspective. These are the small, steady acts that build trust and weave the fabric of community tighter.

We have long believed that our role is not just to report on what is happening, but to encourage participation. We know that strong communities are not built by a handful of leaders alone, but by ordinary people who invest their time, energy, and care into the place they call home.

As the season turns, let us all recommit to that spirit. Let us make time for the meetings, the fairs, the sports games, and the library programs. Let us remember that our presence—our willingness to show up—has value. Each face in the room, each voice in the discussion, each neighbor lending support contributes to the vitality of our towns.

In a world where division can feel easier than connection, our small communities offer a different model: one where people know each other, work together, and look out for one another. That is worth protecting. That is worth celebrating. And it begins with something as simple as being present.

So as autumn arrives, let us take pride not just in the beauty of the season, but in the people and places that make the Lakes Region more than just a spot on the map. Let us continue to show up—for our families, our neighbors, and our towns. The strength of our community depends on it.



JOSHUA SPAULDING

Opening win

Seniors Emma Lyons (left) and Issy Fournier and the Kingswood field hockey team went on the road to start the season and came home with a 3-0 win over Pelham. Fournier scored two goals and Cassidy Libby added the other goal. The Knights will be back in action on Friday, Sept. 5, at home against Plymouth at 4 p.m.

Letters to the Editor

A great way to meet the neighbors!

To the Editor:

I want to thank the Alton/Wolfeboro community for their participation in our summer yard sales. We positioned large white & red hand-painted signs, that everyone said were great, at the corner of Fort Point Road & Chestnut Cove Road, and also at the corner of Chestnut Cove Road & Route 28A.

We received so many compliments on the organization of our tables and the low prices on our items... nearly everyone walked off with a "prize."

After living in this area for more than thirty years, we're down-sizing... and this was a really fun way to finally meet and talk with so many of our neighbors! So, thank you all for stopping by, and we hope to see you again next year with more great stuff!

Susan Kelly
Alton

LETTERS FROM EDWIN

Mystery

I misplaced my tablet yesterday. After finishing up my dishes and after supper chores, I headed up to my room to immerse myself in cyber land for my nightly connection to the distant world. Checking on emails, messages and imperative junk. I'm so grateful that it's so easy to throw the electronic stuff in the trash. I know that the basket down in the kitchen is filled up to the top, and that I've already compressed it down once and doing so again won't buy me much. It may be time to wrap it up and take it down the cellar.

I at least have stuff in my trash bags. They have some weight to them. I see some bags getting thrown in the hopper that look almost like balloons being so sparsely filled. In the same way as I go for economy cars, I try for more trash per bag. It's that conservation ethic imposed upon me from my youth. It plagues my entire life. Throwing things away is almost painful.

After having already taken off my shoes, and noticing that my computer wasn't sitting next to my bed charging, I had to replay my day to try to zone in on where it might be. I was going to take it with me in the car in case I came across a nice "sit by the lake situation" where I could relax and write. Even though "in house" footwear aren't supposed to set foot outside, I slipped out and checked the car. Not there.

Retracing the path, I would have taken to get from there, I checked all the spots where I would normally have put it down. It wasn't anywhere, all the way back to the bedroom. No sign of it.

I'm pretty sure I didn't take it out of the car when I stopped to make my delivery. Pretty sure is all I ever get these days, never totally sure. I rechecked everywhere again just in case I missed something. Nope.

I have these hearing devices that have a neat feature where you can locate them with your phone via Bluetooth or GPS or something. Pretty cool. Do they have such an AP for my tablet? I might be tempted to download that one. This gadget is priceless to me. Losing it would be a tragedy.

I've gotten used to misplacing things. I have to, it happens so often. I mean it's a lifetime malady. When I was very young, young enough to explore the neighborhood by myself and not yet a teenager, I took my father's spade shovel down to the neighborhood swamp to dig up something. The reason evades me. Needless to say, when I made it back home a good space of time later, I didn't have the spade with me.

I got into playing with the kids and the afternoon dwindled away and as supper time neared, my father asked me about the spade. I'd forgotten all about it. But I went back to the swamp to see if I could find it. By the time I got back to the swamp, I had once again forgotten all about the stupid spade but decided to walk through all the mucky paths anyway. Now low and behold, while fiddling around in the swamp I came across this nice spade shovel that someone had left there. I brought it home with the comment, "look what I found down at the swamp". Dad got his spade back and I thought it was OK to just take things that I find laying around.

Chew on that one, you psychological phuds. It took me years to learn my way out of that one. Thank God I never got caught, and thank you Lord for helping me correct my errant ways. You never realize how twisted this world can be while you think you're in the center.

Managing to keep from getting too frustrated, I scoured the house. It wasn't in any of my stopping points or places that it might have been. I expanded my search, and there it was, sitting next to the Dr. Seuss tree at the bottom of the stairs. A place I never stop except when I water the plant. Somehow, I got distracted, put it down there, and totally forgot about it.

Now, did it even make it to the car? That's a mystery that will never be solved.

E.Twaste
Correspondence welcome at edwintwaste@gmail.com

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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Hannaford Supermarkets continues tradition as Presenting Sponsor for 2025 Greater Lakes Region Children’s Auction

LACONIA — The Greater Lakes Region Children’s Auction recently announced that Hannaford Supermarkets has committed to serving as the presenting sponsor for the sixth consecutive year for the 2025 Children’s Auction.

“We are so grateful to Hannaford and the support they have offered us for decades in the form of auction items, employee volunteers and now six generous years as our presenting sponsor,” said Jennifer Kelley, executive director of the Children’s Auc-



tion. “Hannaford has proven time and time again that they are committed to our community and the families who call it home.”

Larry Poliquin, store manager in Bristol, is a longtime auction volunteer who has been heading up teams to assist the organization for roughly 30 years, as long as he has been a Hannaford store manager. He is also a board member and a member of the Distribution Committee that makes recommendations on how auction funds are dis-

persed.

“Hannaford believes in the power of giving back to the communities it serves,” Poliquin said. “We are proud to support the Lakes Region and happy to partner with and bolster the Children’s Auction and other great organizations like it. We hope to continue to impact the region in our primary focus areas: hunger relief, health and wellness, and child development and families.”

Learn more about the auction at ChildrensAuction.org.

Craftsmen Gallery hosting Felted Funky Chicken class with Patsy Frasier



MEREDITH — Join artist Patsy Frasier at the League of NH Craftsmen - Meredith Fine Craft Gallery on Saturday, Sept. 13 from 10 a.m. to 2 p.m. for a Funky Felted Chicken Class.

Learn the art of needle felting and create your own felted chicken in this fun one-day workshop. These chickens will put a smile on your face. You’ll start by making the core shape and features. Then add a unique feather look by felting with yarn and locks. Be prepared to want a whole flock! Great for beginners and experienced as well.

Tuition is \$45 per student with an additional materials fee of \$20 paid by cash or check to the instructor at the time of the class.

Space is limited and pre-registration is required. Those who wish to attend must sign up by Wednesday, Sept. 10.

To register for this workshop, please call the League of NH Craftsmen – Fine Craft Gallery at (603) 279-7920 or stop by the gallery located at 279 Daniel Webster Highway in Meredith.

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

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

Author Andrew Bridgeman to appear at Country Bookseller

WOLFEBORO — New England author Andrew Bridgeman will be at The Country Bookseller Thursday, Sept. 18 from 11 a.m.-1 p.m. His latest thriller, “A Noble Sin,” is the second in the Emma Noble series.

Bridgeman’s path to writing political thrillers has been anything but conventional. A former rugby player, jazz singer, and entrepreneur, he brings a unique perspective to storytelling that has caught international attention. With a creative writing background from Dickinson College and an MBA from WashU in St. Louis, he combines business insight with storytelling craft. After decades in the St. Louis area,

Andrew settled in New Hampshire with his wife, Kathy. When he’s not crafting his next thriller, you’ll find him hiking in the mountains, playing guitar, or exploring the country in his Air-stream RV.

For more information or to reserve a copy of any of Bridgeman’s books, call The Country Bookseller at (603)569-6030.

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Remember that time you were about to jump into something big—a new business, a major life change, a dream you finally decided to chase? At first, your mind lights up with excitement. You see the vision, you make the plans, you picture the success. But then, almost like clockwork, the thought creeps in: “So, what’s your Plan B?”

Of course, having a backup plan makes sense. If Plan A falls apart, you’ve got to have a Plan B, right?

It almost feels a bit controversial writing about not having a Plan B. I think that’s because the idea is often misunderstood.

When I say “Plan A,” I’m not talking about a single project or a business idea—I mean your overarching mission. The bigger picture. The thing that gives your life direction and meaning. It’s the north star you measure everything else against. That’s what I’m getting at when I speak about Plan A—not the small detours or adjustments, but the core mission that defines where you’re going.

they find a level of focus and creativity they never had in practice, because, in this scenario, Plan A equals winning and Plan B equals losing.

Think of a life-or-death scenario. If you’re facing a grizzly bear in the forest, Plan A is to survive. Plan B is... not. And while Plan A can fail, having no Plan B forces every ounce of focus and energy into survival—dramatically increasing your chances of success.

When there’s only one shot—no backup—the brain ramps up dopamine, sharpening focus and creativity. But when you create a Plan B, dopamine drops—and so does motivation. In other words, the moment you create a Plan B, you’re signaling to your brain, “Relax, no need to give it everything,” and your effort slips.

Studies from the University of Pennsylvania, Zurich, and Wisconsin all point to the same

conclusion: people with backup plans perform worse on their main goals. Even thinking about a Plan B reduces persistence and creativity.

Why? Because the brain is built to save energy. The moment it realizes it can relax, it will relax.

Take Howard Schultz, the man behind Starbucks. When he first tried to raise money to expand the company, investors laughed him out of the room. Banks turned him down more than 200 times. He could have walked away, gone back to a “safe” job in corporate America, taken a Plan B. But he refused. Starbucks was Plan A. Period. He doubled down, kept pitching, and eventually found a handful of believers. Today, Starbucks is a household name around the world.

The science explains the story: when your brain knows there’s no escape hatch, it goes all

in. Dopamine spikes, focus sharpens, and creativity ignites. You start to see options you’d never notice otherwise. Pressure forces breakthroughs. That’s the hidden gift of burning the boats.

That’s the real danger of Plan B. Most of the time, it isn’t strategy—it’s fear in disguise. It feels responsible, but really, it’s a quiet permission slip to play smaller, to quit when things get uncomfortable.

The science is clear, and the stories back it up: extraordinary results only come when you stop keeping one foot out the door. So burn the boats, shut the exits, and commit like there’s no other option.

Because that’s the moment your full potential wakes up. Don’t plan for escape—plan for victory. That’s how you find out what you’re really capable of.

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

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OBITUARY

Veronia J. Childs, 75

Alton Bay - Veronia J. Childs, 75, passed away on Tuesday, August 26, 2025, at the Massachusetts General Hospital.

Veronica was born on June 14, 1950, in Brockton, MA, the daughter of the late Adolf and Marie (Langley) Pasiuk.

Veronica worked as an elementary school teacher for over 25 years at Stratham NH Memorial School. She was devoted to her faith. Veronica also enjoyed skiing, tennis, gardening, and riding together with her loving husband, Stephen, on his motorcycle. She enjoyed the freedom she felt riding together. Veronica always put family



first; she loved her family dearly and enjoyed time spent with them.

Veronica is survived by her husband of 43 years, Stephen M. Childs; son Matthew M. Childs; sister Marg Clive; and brother Frank Pasiuk. In addition to her parents, Veronica is predeceased by her sister Rosemary.

A Mass of Christian Burial was celebrated on Tuesday, September 9, 2025, at 10:00 a.m. at St. Andre Bessette Parish-Sacred Heart Church, 291 Union Avenue, Laconia, NH.

A Graveside Service followed at Sacred Heart Cemetery, Garfield Street, Laconia, NH.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services/603Cremations.com, 164 Pleasant St., Laconia, NH, 03246, is assisting the family with arrangements. For more information and to view an online memorial, please visit wilkinsonbeane.com.

SCHOOL

(continued from Page A1)

and will partner with families to support student growth. They will also “follow school policies, assume good intentions, and respond with care.” The school is asking families to support good routines for students, stay engaged with events and communications, “Encourage a positive view of school and trusted adult connections,” and “Allow children to develop resilience and independence.”

“In short, raising confident, capable

young people is a team effort - together, parents and educators form the support system that helps learners thrive,” Sperazzo wrote.

Picture Day is coming up on Sept. 16. Students can learn more about the school’s different clubs during the Club Fair during lunches on Sept. 17.

GHS theater has started putting together its production of “Carrie: The Musical.” Auditions took place on Sept. 3 and sign up for the tech crew starts on Monday, Sept. 15. The show will run on Oct.

31 and Nov. 6-8.

The Gilford PTA will host a color run fundraiser on Oct. 1. The Family Fun Color Run Fundraiser will be a one-mile and three-mile walk/run where different stations will throw brightly colored powder at participants. Registration is \$25 and includes a t-shirt and color pocket. Sign up is from 8-8:45 p.m. at Gilford Village Field and the run starts at 9 a.m., going down Belknap Mountain Road. Proceeds will benefit the Gilford PTA.

school administration and/or the counseling director to address this.

At New Durham Elementary School, a first offense will result in a student receiving a warning to power down the phone and put it away. A second offense will result in an office referral and the office will hold onto the phone for the rest of the day and the parent/guardian will be notified. The same penalty will apply in the event of a third offense with the addition of the device being required to be turned into the office at the end of the day. With subsequent offenses, students will have to turn in the phone to the office for an extended time period.

At Kingswood Regional High School, a first offense will result in the student having to turn in the phone to

the attendance office to an administrator of student coordinator for the remainder of the day. For the second offense, the student will be written up for an infraction and will be issued a lunch of office detention at official discretion.

On a third offense students might receive a three-day out of school suspension or another consequence agreed upon by the student and school officials. Their parent/guardian will also be notified.

Subsequent offenses at KRHS will result in a parent/guardian meeting with the administration, a possible five- or 10-day suspension, or a referral to the superintendent for disciplinary action.

Gilford Elementary School’s handbook addresses the matter by stating that cell phone use in school is not allowed.

Deadline nearing for Greater Lakes Region Children’s Auction funding requests

LACONIA — The Greater Lakes Region Children’s Auction is accepting applications for funding until Oct. 15. Details and an online application are available at childreणाuction.org.

Local nonprofit organizations that provide support to local children and their families in need are encouraged to apply for funding if they:

- Hold tax-exempt status under Section 501(c) 3 of the Internal Revenue Code and/or public agency status.
- Serve Greater Lakes Region’s children in need.
- Have a proven history of providing value to the children in the region.

Numerous fundrais-

ing events in the Lakes Region throughout the year support the Greater Lakes Region Children’s Auction, including a four-day signature event every December. In the past four decades, the organization has distributed more than \$9.2 million to more than 80 nonprofits that serve low-income families and children in the Lakes Region.

For more information on how to apply and the kinds of organizations funded, visit childreणाuction.org.

About the Greater Lakes Region Children’s Auction

Numerous fundraising events in the Lakes Region throughout the year support the Greater Lakes Region

Children’s Auction, including our four-day signature event every December. In the past four decades we have distributed more than \$9.2 million to over 80 nonprofits that serve low-income families and children in the Lakes Region, all through volunteer efforts, community donations and corporate sponsorship. The Auction falls under the umbrella of the Greater Lakes Region Charitable Fund for Children, a 501(c)(3) nonprofit organization that helps local community organizations that serve children and families in need. For more information about the Auction, the nonprofits it supports, and how you can help, visit Children’sAuction.org.

Third Annual Walk for Jim set for Sept. 27

ALTON — On Saturday, Sept. 27 from 9 a.m.-noon, in the parking lot of St. Katharine Drexel church on Route 28 in Alton, the third annual “Walk for Jim” will be held. All ages are invited to participate, walking in support of the James W. Foley Legacy Foundation begun by Jim’s parents, John and Diane Foley, following Jim’s death at the hands of ISIS terrorists in Syria 11 years ago.

Jim Foley was a freelance conflict journalist, a man of moral courage who put his own life at risk to tell the stories of the people of war-torn

Iraq and Syria. His imprisonment and sacrifice remind us all to stand for those who have no voice. Jim grew up in Wolfeboro, graduated from Kingswood Regional High School, and attended then St. Cecilia’s Church on Main Street. In 2022, the parish of St. Katharine Drexel erected a black granite image of Jim outside the church entrance memorializing him and his work.

This year’s event asks participants find sponsors for their walk. For example, if you get 10 sponsors at \$1 a lap and you complete 10 laps [two

miles], you donate \$100. If 50 people come to walk and do the same, we can raise \$5,000 for the foundation. Individual contributions in any amount are also encouraged. Checks should be made out to the James W. Foley Legacy Foundation and brought to the church grounds on Sept. 27. All donations go directly to the foundation and its on-going work to bring Americans unfairly detained around the world back home. Walk to help this cause and in memory of Jim, who would turn 52 on Oct. 18. Hope to see you there.

ACCREDITATION

(continued from Page A1)

enforcement and highlights the high standards that this agency holds itself to for the benefit our community and the profession as a whole,” the Gilford PD said on a Sept. 5 Facebook post. “Thank you to the commission as well as each and every member of the department who contributed to this rigorous process.”

The NH Law Enforcement Accreditation Commission sent a letter to the department in July recognizing that the department received its accreditation.

“This voluntary process to attain full accreditation is challenging and thought provoking,” wrote Lt. Sonya Robichau of NH Police Standards and Training, an accreditation support and management specialist. “Please extend my sincere appreciation and congratulations to all the members of your department. Your hard work and commitment to excellence are ingrained in the culture of the Gilford Police Department, and I look forward to your continued success and leadership in the New Hampshire law enforcement community.”

Starting in 1979, New Hampshire law enforcement agencies could receive accreditation under a national program, though there was

talk about starting a state-run organization to create a simpler process. After that process stopped for a time, the effort started again under Gov. Chris Sununu in 2020 and led to the executive order creating the Law Enforcement Accreditation Commission in 2022. The commission is meant to create standards of accreditation, conduct assessments, and issue accreditation certificates for law enforcement agencies in the state.

It also provides training for the public in accreditation and co-operates with agencies across the state to improve the accreditation program.

The accreditation process is voluntary and agencies that wish to receive it must show they meet the standards and criteria set by the commission. Agencies will submit documentation and undergo review by the commission to see if they meet the standards.

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Pastors Daniel and Sherrie Williams, 473-8914.
For more information, please visit abundantharvestnh.org or e-mail ahf@faith.com.

ALTON BAY CHRISTIAN CONFERENCE CENTER
Sundays throughout the summer 10am & 7pm; 875-6161.

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Gilford Public Library Classes & Special Events

Sept. 11 – Sept. 18

Thursday, Sept. 11
Geri Fit, 9-10 a.m.
Fun and Fitness w/ Joyce, 10-11 a.m.
Yogapalooza, 11:30 a.m.-12:15 p.m.
Boost Your Brain and Memory, 1-3 p.m.
Evidence-Based from the Mather LifeWays Institute on Aging. Learn New Practices to: Remember things better. Be more organized. Pay closer attention. Reduce Stress Reduce risk of dementia
Solar Smores, 2:30-4:30 p.m.
Gilford Library has a sweet treat sure to make you miss the summer! Come build a smore and set it outside in the sun to melt, limit one per person. Rain date: Friday the 12th.
French Club, 4-5 p.m.

Friday, Sept. 12
Senior Sculpt, 9-10 a.m.
Bridge, 10 a.m.-noon
Harvesting Hope: A NE Chair Yoga Celebration, 10-11 a.m.
Preschool Storytime, 10:30-11:30 a.m.
Hand & Foot, 12:30-2:30 p.m.

Happy Crafters, 1:30-2:30 p.m.
Advanced Conversational German, 2:30-3:30 p.m.
Lower Intermediate Line Dancing, 4-5 p.m.
Beginner Line Dancing, 5:15-6:15 p.m.

Saturday, Sept. 13
Beginner Line Dancing, 10-11 a.m.

Monday, Sept. 15
Fun and Fitness With Joyce, 9-10 a.m.
Baby Storytime, 10-10:30 a.m.
Mahjong, Noon-3 p.m.

Tuesday, Sept. 16
Geri Fit, 9-10 a.m.
Senior Sculpt, 10-11 a.m.
Bridge, 10 a.m.-noon
Preschool Storytime, 10:30-11:30 a.m.
Home School Group, Noon-1:30 p.m.
Intermediate Line Dancing, 4-5 p.m.

Wednesday, Sept. 17
Senior Stretch Yogaah!, 9-10 a.m.
Card Games, 10 a.m.-noon
Check out an Expert,

10 a.m.-noon
Paint Group, 1-3 p.m.
T(w)een Kahoot, 3-4 p.m.
Craving a quirky quiz? Kahoots are a lot of fun and a silly way to test your knowledge of any and every subject!
Soil Testing, 4-5:30 p.m.
During this presentation attendees will learn why a soil test is critical to growing healthy, vigorous plants, how to properly do a soil test, how to understand the results of the soil test, and how to properly amend the soil based on the recommendations given, using the appropriate tools and supplies. Presented by Ron Trexler from UNH Extension.

Thursday, Sept. 18
Geri Fit, 9-10 a.m.
Fun and Fitness With Joyce, 10-11 a.m.
Yogapalooza, 11:30 a.m.-12:15 p.m.
Boost Your Brain and Memory, 1-3 p.m.
French Club, 4-5 p.m.
Book Discussion: Queen of Dirt Island, 5:30-6:30 p.m.

This month's book is "The Queen of Dirt Island" by Donal Ryan. available at the front desk.
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Gilford police log

GILFORD — The Gilford Police Department reported the following arrests from Aug. 28 to Sept. 7.

Caitlin Lauren Dulac, age 49, was arrested on Aug. 28 for Failure to obey a Stop or Yield Sign.

Brant Clayton Wright, age 58, was arrested on Aug. 29 for Operating after Certification as a Habitual Offender, Disobeying an Officer, and operating a motor vehicle with Defective Equipment.

A 66-year-old female was taken into protective custody for intoxication on Aug. 29.

A 44-year-old female was taken into protective custody for intoxication on Aug. 30.

Veronica Hurd, age 25, was arrested on Aug. 31 for Operating After Certification as a Habitual Offender.

Barry C. Blixt II, age 39, was arrested on Aug. 31 for Resisting Arrest or Detention and in connection with multiple warrants.

A juvenile, age 17, was arrested on Sept. 1 for DUI-Impairment.

Matthew E. Tarpy, age 42, was arrested on Sept. 2 for Domestic Violence-Second Degree Assault.

Martin Leroy Legg, age 69, was arrested on Sept. 4 for DUI-Impairment.

Nalini Maciel, age 48, was arrested on Sept. 4 in connection with multiple warrants after being taken into protective custody (drug-related).

Jose V. Cornejo, age 58, was arrested on Sept. 5 for Operating a motor vehicle Without a Valid License.

Chad S. Renn, age 40, was arrested on Sept. 5 for Unlawful Activities-Litter Control.

Seth Michael Roz, age 45, was arrested on Sept. 6 for Theft By Unauthorized Taking.

Michael S. Flanders, age 62, was arrested on

Sept. 6 for DUI-Impairment.

David A. Cartier, Jr.,

age 39, was arrested on Sept. 7 for multiple counts of Disorderly Conduct.

Gilford Public Library Top Ten requests (plus two)

1. "Billion Dollar Ransom" by James Patterson
2. "The Correspondent" by Virginia Evans
3. "The River is Waiting" by Wally Lamb
4. "The Berry Pickers" by Amanda Peters
5. "The Frozen River" by Ariel Lawhon
6. "The Nantucket Restaurant" by Pamela M. Kelley
7. "James" by Percival Everett
8. "The Hamptons Lawyer" by James Patterson
9. "My Friends" by Fredrik Backman
10. "Vera, or Faith" by Gary Shteyngart
11. "All the Colors of the Dark" by Chris Whitaker
12. "We Should all be Birds" by Brian Buckbee



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Bank of NH Prestige Plus members enjoy scenic Lake Sunapee cruise, tour of John Hay Estate at The Fells

LACONIA — Bank of New Hampshire's Prestige Plus members recently enjoyed a memorable day trip that combined relaxation, history and local flavor. The trip featured a narrated cruise on Lake Sunapee, a guided tour of the John Hay Estate at The Fells and a stop at Jordan's Ice Cream in Belmont.

During a cruise along the crystal-clear waters of Lake Sunapee, members listened as the captain of the Mt. Sunapee Queen shared stories of the lake's rich history, admired the grand summer homes that line its shores and viewed three historic lighthouses still in operation. Members also enjoyed a delightful lunch on board with views of Mount Kearsarge and Mount Sunapee as loons swam nearby.

Following the cruise, the group visited the John Hay Estate at The Fells, the historic lakeside sum-



A group of Prestige Plus members enjoy walking along a stone path at The Fells during a recent trip to the historic lakeside retreat of John Hay, who was the private secretary to President Abraham Lincoln.

mer retreat of the former private secretary to President Abraham Lincoln and statesman. During a guided tour of the Main House, members learned about Hay's remarkable life and legacy. Afterward, they strolled the estate's grounds and gardens, pathways to stone walls and terraces, shaded woodland trails and sweeping lawns leading down to the lake.

The day concluded with a stop at Jordan's Ice Cream in Belmont, where members indulged in a sweet treat on their way home.

"Our Prestige Plus trips are designed to offer our members opportunities for enrichment, discovery and connection," said Cindy Salta, VP - Prestige Plus Officer for Bank of New Hampshire. "This outing was the perfect combination of history, natural beauty and camaraderie."

Bank of New Hampshire's Prestige Plus program is an exclusive travel and lifestyle benefit offered to holders of its Prestige Checking ac-

count. Members enjoy every day checking account perks, a concierge banking service and a curated travel program featuring day trips, seminars, extended vacations—both domestic and international—with handcrafted itineraries and dedicated guides. For more information, contact the Prestige Plus team at 1-833-226-5641.

Bank of New Hampshire, founded in 1831, provides deposit, lending, and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2.5 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of its customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit BNH.Bank.

Be on the lookout for invasive purple loosestrife

GILFORD — The magenta-pink flower spikes of the invasive purple loosestrife plant are currently along many roadsides. The Wetlands Walk area at Gunstock has lots of native wildflowers, but this is not one of them.

Purple loosestrife is native to Europe where there are insects that keep the plant from taking over soggy areas. Despite its attractive flower that led to its use in gardens, it makes seed the size of pepper grains that are not useful to birds and other wildlife. It overtakes areas where plants like blue vervain live that make larger seeds that are important wildlife food. Is it important to dig out the roots since it easily resprouts. Then it is best to put it in a black trash bag and leave it in the sun for a few weeks to get "cooked" before disposing of it.

Glossy buckthorn is another pest plant which likes wetlands and gaps in pine forests. Birds like the ripe black berries and spread their seed as it upsets their digestive



Wetlands Walk volunteer Paul McAdams of Gilford removed the invasive plants loosestrife on the left and glossy buckthorn on the right.

system. Bushes can grow to 20 feet tall, and are controlled by pulling out by the roots or digging when young. Larger plants can be controlled with girdling, cutting the bark all the way around, and is most effective when done twice about four inches apart. The leaves have a fishbone pattern and the bark has many white spots in random design and scattered.

Everyone can help remove these two plants and bittersweet vines to reduce their impact. For more information, visit <https://www.agriculture.nh.gov/divisions/plant-industry/invasive-plants.htm>.

Billie Thibodeau Trio brings eclectic energy to The Loft at Hermit Woods



MEREDITH — Hermit Woods Winery is thrilled to welcome the Billie Thibodeau Trio to The Loft Listening Room on Thursday, Sept. 18, for an unforgettable night of musical exploration, fine wine, and exceptional dining.

The evening begins with a complimentary wine tasting from 5:30-6 p.m., followed by dinner service starting at 6 p.m. The kitchen will close at 7 p.m., just as the show begins, with drinks and dessert served during the performance.

Billie Thibodeau is a captivating musical force, guiding audiences on an emotional journey that can make you laugh, cry, dance—or simply sit back and soak in the moment. Backed by the dynamic talents of Mike McGuigan on drums and Laurin McGee on saxophone and electric guitar, the trio weaves an eclectic blend of clas-

sical, indie rock, and jazz, with a few surprises along the way to keep listeners on their toes.

Lineup:

- Billie Thibodeau – Piano, Keyboard, Acoustic Guitar, Vocals
- Mike McGuigan – Drums
- Laurin McGee – Saxophone, Electric Guitar

A true Listening Room Experience

The Loft at Hermit Woods offers an intimate, up-close performance space where music lovers can fully immerse themselves in the artistry of live music. Audience members are encouraged to refrain from talking during the show, creating a unique, distraction-free environment for both the artists and listeners.

Don't miss this high-energy, genre-bending performance in one of New Hampshire's most beloved intimate music venues.

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COURTESY

The Lakes Region Planning Commission will be hosting the last two Household Hazardous Waste collection events for the season! More than 1,200 Lakes Region residents have already attended our collection events this summer. If you are looking for your fall clean-out time before the winter, then these collections are your opportunity. The last two events will be held at 27 Bisson Ave., Laconia (Saturday, Sept. 20 from 8:30 a.m.- noon) and 20 Sargent's Crossing, Tuftonboro (Thursday, Sept. 25 from 2-6 p.m.). Don't miss out! This will be your last chance before the end of the collection season! Our list of participating communities and accepted items can be found at the Lakes Region Planning Commission website site www.lakesrpc.nh.gov or by calling 603-279-5336.



White Mountain Voices

LITTLETON, NH September 3, 2025 – Rehearsals are set to begin for the fall/winter season for White Mountain Voices. Anyone who likes to sing and can match pitch is welcome to join us on September 14 for the youth choir (ages 6-14) or September 15 for the adult choir (teens to nonagenarians!).

This season's program, described by artistic director Victoria Cole as "juicy and wonderful," features classical music in both traditional and contemporary styles. There will be well-known favorites such as Bach, Vivaldi, and Scarlatti as well as the contemporary Estonian composer Arvo Part.

Chorus member Kathleen Searles, Littleton, says that "In a community chorus you are working together to create something beautiful. It is the perfect antidote to personal and societal anxiety. And, you meet great people!"

All rehearsals are held at All Saints Episcopal Church in Littleton. The Youth Choir meets from 4-5 on Sundays and the adult choir from 7-9 on Monday evenings. The first few rehearsals are open, so anyone can come and give the chorus a try before making a commitment.

The winter concerts will be on December 20 at the Medallion Opera House in Gorham and on December 21 at the First Congregational Church in Littleton.

White Mountain Voices is a community chorus founded in 2017 to serve the Littleton-Lancaster region.



They typically perform two concerts each year. White Mountain Youth Voices is in its third year of providing an exceptional opportunity for young people to learn the basics of choral music and to perform for the community. White Mountain Voices is a fully registered charitable non-profit 501.c.3 organization.

For more information, visit the chorus website at whitemountainvoices.com or visit the White Mountain Voices Facebook page.

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PETS OF THE WEEK

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**Meet Winnie!**
Winnie is a 6-year-old with a quiet spirit and a heart full of love just waiting to bloom. This sweet girl is on the shy side and takes a little time to warm up, but once she feels safe, her gentle nature shines through. She enjoys soft voices, slow walks, and a cozy spot to curl up and watch the world go by.
Winnie would thrive in a calm, patient home where she can come out of her shell at her own pace. She's not the life of the party—but she'll be your loyal shadow, happy just to be near you. She is hesitant about new people entering her household and can become protective of her people.
If you're someone who understands that trust takes time and love is quiet, Winnie might be the perfect companion for you. Come meet this tenderhearted girl and let her show you how special a shy dog's love can be.

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SPORTS

Saints hold off Timber Wolves as season’s first full week kicks off



Goalkeeper Charlie Yeaton slides out to kick the ball away from an oncoming St. Thomas attacker in action last Tuesday afternoon.

BY JOSHUA SPAULDING
Sports Editor

ALTON — The schedule makers weren’t exactly kind to the Prospect Mountain boys’ soccer team, giving the Timber Wolves a few tough games at the start of the season. The second game of the year came on Tuesday, Sept. 2, as Prospect hosted St.

Thomas on the first day of school. The Timber Wolves put on some pressure late in the game but could not overcome an early Saint lead and dropped a 3-1 decision. Orion Neathery had an early cross cleared from the zone and St. Thomas came back with a couple of good chances, with Prospect

goalie Charlie Yeaton handling the chances. Rylan Clifford had a good defensive stop, as did Logan DeWitt and Isaac Casale and DJ Scarpa combined on a chance at the other end.

The Saints got on the board first with just less than 10 minutes gone in the game, as they fired a shot off a diving Yeaton and into the back of the net for the 1-0 lead. Blake Pappaceno came back with a chance that was stopped by the defense and Neathery and Casale got in close on a corner kick and DeWitt had a chance denied by the goalie. Pappaceno and Blake Snell had solid defensive stands and Casale and Anthony Sanville had direct kicks for Prospect.

The visitors upped the lead to 2-0 with 19:50 to go in the first half. Yeaton made the initial save on a crossing bid but the rebound went off the cross bar and it was poked into the net for the 2-0 lead. The Saints had a cross that went over the top of the net



DJ Scarpa battles for the ball along the endline during his team’s game with St. Thomas last Tuesday in Alton.

and at the other end, Chance Montplaisir had a nice cross into Neathery that was denied. Yeaton came out to stop another St. Thomas chance. Sanville had a good defensive stop as well.

Neathery had a chance denied and then combined with Casale on a bid that the St. Thomas goalie handled. Yeaton stopped a couple of Saint chances and Montplaisir had a nice cross in front that Neathery sent just wide of the net. Casale had a bid denied as well.

Sanville sent a nice ball up to Wyatt Bubar for a chance and Scarpa sent a cross into the middle of the box that the St. Thomas goalie snared. The Saints had a corner kick chance but could not convert and Yeaton saved another bid. Snell sent a cross through the middle and Clifford had another solid defensive stop. The Saints had a couple of late corners but the Prospect defense held tight and the Saints took the 2-0 lead to the half. Yeaton had an early

save in the second half and the Saints sent shots wide and high as well. Neathery had a bid denied and Josh Dryer had a solid defensive play. Yeaton slid out to make a stop on a Saint chance and Scarpa had a defensive stop as well. The Saints sent a direct kick over the top of the net and Bryce Lounsbury and Bubar teamed up on a chance that was saved.

Scarpa just missed connecting with Neathery on a crossing pass and Snell sent a shot wide of the net. Casale also had a crossing pass cleared out of the zone. The Saints came back with four corner kick chances in a row, with the Timber Wolf defense holding tight. They also sent a direct kick wide and Yeaton stopped another bid.

With 14:08 to go in the game, the Saints upped the lead to 3-0 and continued to pressure a bit, with Yeaton making a sliding grab on one chance and another corner kick going over the top of the net. After Clifford made a nice defensive

stop, Bubar and Scarpa teamed up on a bid and Prospect had a corner kick chance.

Montplaisir and Scarpa connected on a chance, Pappaceno sent a shot on net that was denied and Yeaton stopped another St. Thomas chance.

Prospect got on the board in the final three minutes, as Bubar ripped the shot home to cut the lead to 3-1. The Timber Wolves had a late corner kick chance, with Pappaceno getting a foot on the ball in front of the net, but the clock ran out and the Saints had the 3-1 win.

Prospect bounced back to close out the week, picking up a 1-0 win over Fall Mountain on Friday.

The Timber Wolves are slated to be in action on Friday, Sept. 12, at home against Kearsarge and Tuesday, Sept. 16, at Derryfield, both at 4 p.m.

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

Culture remains strong with three-time defending champion Golden Eagles

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford field hockey team obviously has a target on its back in the new season, having won three championships in a row. And while the faces may change, there is plenty about the Gilford field hockey program that has not changed.

“The Gilford field hockey culture remains strong,” said coach Joy Southworth, who enters her third year back at the helm. “The positive mindset, coachability and dedication is impressive.

“These young ladies embrace the hard work,” she continued. “They are trying a lot of new things and learning to trust one another.”

Leading the way for the Golden Eagles are leaders Catherine Fay and Grace Southworth along with goaltender Madi Breton and six other returning varsity players.

“They are all hungry and striving for daily improvement,” the Golden Eagle coach stated. “They believe it’s not about what they did, it’s about what they are doing.”

The Golden Eagles welcome ninth graders Kierra Walker, Rowan Worthen, Zevy Donovan and Amelia Banks while also welcoming sophomore newcomers Ady LeMien and Pearl Marvel. And like everyone, they are out to make a name for themselves.

“The 2025 Gilford field hockey team is a brand new team and they are enthusiastically learning how to work well together,” Southworth noted. “The team is full of desire, drive, skill and enthusiasm. I feel grateful and honored to lead this group of young ladies.

The Golden Eagle coach is looking forward to see each member of the team continue to improve and get better as the season goes on.

“My goal as the Gilford field hockey coach is to help each girl, and the team as a whole, conquer challenges and reach their greatest potential,” Southworth said. “If I can help them become a better version of themselves each day, they are already winning.”

The Golden Eagles will play a schedule that includes two games each with Winnisquam, Bishop Brady, Berlin, St. Thomas and Newfound and single games with Stevens, Newport, Mascena, Mascenic, Conant and Hopkinton.

The Golden Eagles opened the season with a 4-0 win over Winnisquam on Friday, Aug. 29.

Gilford is set to be at home against Berlin on Friday, Sept. 12, at St. Thomas on Monday, Sept. 15, at Newfound on Tuesday, Sept. 16, and at Bishop Brady on Thursday, Sept. 18.

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

New England Wolves holding free Learn To Play program
Program named after former Wolves player Mischa Fay

LACONIA — Beginning Tuesday, Oct. 14, and continuing till Feb. 8, the New England Wolves will be running their annual free Learn to Play Hockey at the Merrill Fay Arena. This year’s program is sponsored by the Mischa Fay Foundation and will be named the Mischa’s Little Stars program, after the beloved former Wolves player who tragically passed away in the winter of 2023.

“We are overjoyed to be keeping our beloved Mischa’s memory alive by helping children learn to play the amazing sport that Mischa loved... hockey,” said Merrill and Beth Fay,



COURTESY PHOTO

The New England Wolves Learn to Play program is being named after former Wolves player Mischa Fay.

Mischa’s parents.

The program runs on Tuesday nights from 4:30 to 5:15 p.m., with a second set of skates added weekly on Sunday mornings starting Nov. 16 at 930 a.m. The program is free to all young skaters who wish to participate and coached by the New England Wolves coaching staff

and Junior Hockey players. Full equipment is needed. Many of the articles, such as skates, gloves, pants and helmets, can be acquired for free through the Wolves equipment donation program. A free jersey is also provided.

Parents can enroll their skaters by registering on the Wolves website, www.ne-wolveshockey.com and contact either Tim Kunes (trkunes@gmail.com) or Andrew Trimble (scoringconcepts@gmail.com) to swing by the rink and pick up some of the pieces of equipment for their skater.

“Our deepest gratitude to the Wolves organization for their continued support,” commented Merrill and Beth Fay.

Last year more than 30 skaters began their hockey careers through the Learn to Play program and advanced onto the Wolves 8U and 10U hockey teams. This program is a great way to be introduced to the game of hockey and expose your child to a new set of skills and teammates. Register today.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	1800 Mount Major Highway	Single-Family Residence	\$1,375,000	1800 Mt. Major Highway LLC	Steven P. Bornick and Ann E. Drew
Alton	N/A	N/A	\$145,000	Charles D. and Caroline J. Roosa	Kevin and Deanne Durant
Alton	N/A (Lot 1)	N/A	\$600,000	Winnepesaukee Commercial Properties LLC	Ag Group Re Holdings LLC
Alton	N/A (Lot 5)	N/A	\$1,595,000	Kelley J., Jr. and Julie C. Schevis	John D. and Katherine A. Freese
Barnstead	28 Colony Dr.	Single-Family Residence	\$595,000	Martin W., Sr. and Rosemary P. Cook	Justin and Sarah Moran
Gilford	32 Broadview Terrace	Single-Family Residence	\$5,950,000	Marjorie E. Keane	Larry H. Rubin 2002 RET
Gilford	Liberty Hill Road	N/A	\$65,000	Winter Hill Ventures LLC	Jonathan W. O'Rourke
Gilford	Misty Harbor Of Winnepesaukee, Unit 206B	Condominium	\$467,533	Thomas and Kerry Skinner	Tammy A. Clark Fiscal Trust
Gilford	44 Ox Bow Lane	Single-Family Residence	\$551,000	Joseph W. and Judith L. Walsh	Joshua T. Carter and Rianna M. Cohen
Gilford	Route 11	N/A	\$26,000	Catherine Vandalinda	Samantha O'Brien
Gilford	Route 11B	N/A	\$26,000	Catherine Vandalinda	Samantha O'Brien
Gilford	9 York Village Way, Unit 9	Condominium	\$490,000	Janice M. Donahue Estate and Timothy Donahue	Hayes Fiscal Trust and John K. Hayes
Gilford	N/A	N/A	\$80,000	Bono Fiscal Trust and Jeremy J. Bono	Antonio A. and Elsie A. Velazquez
Gilford	N/A	N/A	\$38,000	Paul David Cote Estate and Rebecca Cote	Gary Carpenter
Gilmanton	32 Bunker Lane	Single-Family Residence	\$480,000	Samuel and Allison Cochrane	Aimee and Thomas A. Hebert
Gilmanton	Middle Route Lot 8A	N/A	\$115,000	Janice C. and Peter J. Osborne	Lindsey Twaddle
Gilmanton	109 NH Route 140	Single-Family Residence	\$410,000	Samantha R. Lehouiller	Nicole E. Napier
New Durham	Coburn Road	N/A	\$48,000	Sally J. Dube RET	Ashley Tomblin and Ann Webb Tomblin
New Durham	N/A	N/A	\$700,000	Matthew Woodruff	Donald & C. Engelbert RET

ABOUT THE REAL REPORT

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

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

Alton Historical Society welcomes WMUR's Hayley LaPoint Tuesday

ALTON — The Alton Historical Society is pleased to announce that it will host WMUR-TV Meteorologist Hayley LaPoint on Tuesday, Sept. 16 at 7

p.m. at the Gilman Library, 100 Main St., Alton. The presentation will be held in the lower level meeting room. LaPoint has been interested in weather

since she was a young girl. She earned a Bachelor's degree in Meteorology and an Associate's degree in TV News from Lyndon State College in Ver-

mont. We will learn how Hayley uses her knowledge and experience to forecast the weather for New Hampshire residents who depend on a reli-

able forecast for their livelihoods, commuting, outdoor activities and events. The Alton Historical Society cordially invites one and all to

join us for this special opportunity to meet Hayley LaPoint. All are welcome, and as always, there is no charge to attend.



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Sandwich: Tucked away on 5.5 acres, this brick ranch offers privacy, nature, and comfort. Features include granite kitchen, 3-season room, marble fireplace, orchard, trails, metal roof, garage, and beach/boat access.

\$679,000
MLS# 5059086
Thornton: Views galore! This Cone Mountain log home offers stunning Sandwich Notch vistas year-round. Features include a great room with cathedral ceiling, woodstove, loft, primary suite, walkout basement, and deck. Close to recreation.

\$824,900
MLS# 5040860
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THIS DAY IN HISTORY



1846: Elias Howe is granted a patent for the sewing machine.

1937: Nine nations attend the Nyon Conference to address international piracy in the Mediterranean Sea.

1960: Abebe Bikila becomes the first sub-Saharan African to win a gold medal, doing so in bare feet.

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This position is the safest for a sleeping infant.

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Double Word Puzzle

Unscramble the individual words to reveal letters for the phrase.

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5				

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6					7

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5	1	5		7	1	6	2	3				3	4	

Answer: Baby Safety Month

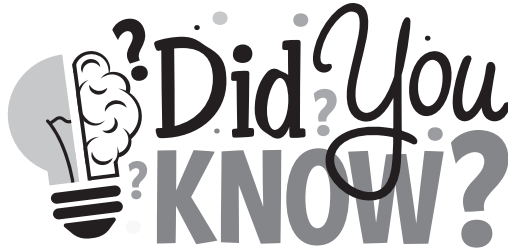
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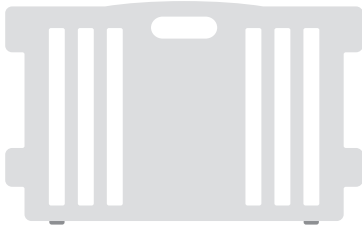
a point in a wiring system where electricity can be accessed

How they say that in...

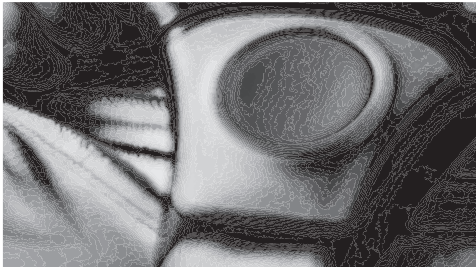
- English: Protect
- Spanish: Proteger
- Italian: Proteggere
- French: Protéger
- German: Beschützen



Adults can block off dangerous areas in a home to protect young children.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Car seat latch

CRYPTO FUN

Solve the code to discover words related to the school year.
Each number corresponds to a letter.
(Hint: 6 = s)

A. 26 18 25 21 20 7 26

Clue: Teach

B. 11 26 6 6 14 4 6

Clue: Plans for teaching

C. 21 11 20 6 6 12 14 14 13

Clue: Where students gather

D. 6 16 11 11 20 23 25 6

Clue: Course outline

Answers: A. educate B. lessons C. classroom D. syllabus

SUDOKU

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

Level: Beginner

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

ANSWER:

Sweepstakes Social returns Sept. 12 to benefit Greater Lakes Region Children’s Auction



COURTESY
Allan Beetle, host of Pub Mania, stands with Tate Miller, MVSB Commercial Loan Officer, Samantha LeClair, MVSB Business Development Officer, Susan Dagostino, MVSB Branch & Business Development Officer, and James Morash, M/S Mount Washington Captain.

LACONIA — Tickets are now available for the fourth annual Sweepstakes Social fundraiser held dock-side aboard the M/S Mount Washington on Weirs Beach from 5:30-7:30 p.m. Friday, Sept. 12. Funds raised will benefit the Greater Lakes Region Children’s Auction.

MVSB (Meredith Village Savings Bank) is proud to support the event with a \$5,000 sponsorship.

“We’re thrilled to see the Sweepstakes Social become a cherished tradition, bringing people together for a night of celebration and generosity,” said Jennifer Beetle, Children’s Auction 2025 Pub Mania Chairperson. “Every ticket purchased helps us make a real difference for local children and the organizations that support them. We’ll be giving away \$15,000 in cash prizes with matching amounts

going to the Challenge Teams for a total of \$30,000 awarded.”

“This event is a wonderful reminder of how our community rallies to support kids and families,” said Susan Dagostino, MVSB Branch & Business Development Manager. “We’re honored to be part of an evening that combines fun, philanthropy, and the chance to give back in such a

meaningful way.”

Only 300 tickets for \$100 each will be sold. Each ticket includes admission for two, one entry, light appetizers, music, dancing and a cash bar. Go to tobids.childrensauction.com/?page=sweepstakes_social to learn more.

MVSB has been serving the essential banking needs of people, businesses, nonprofits and municipalities for

more than 150 years. As a mutual savings bank, MVSB has no stockholders but rather operates for the benefit of its customers, employees and community. Since our founding, one thing has always remained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we

all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Exeter, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Alton Garden Club learns about invasive plants

ALTON — The August meeting of Alton Garden Club was held on a perfect summer day at the property of member and Vice President Roberta Mank. This month’s speaker, Professor Tom Foster (Ret.), spoke about invasive and toxic plants in New Hampshire.

There are nearly 100 invasive plants in our state, and the numerous invasive species pose a serious threat to native ecosystems, outcompeting our native plants and altering their habitats. Invasive plants often grow faster and reproduce more rapidly than native species, allowing them to monopolize sunlight, nutrients and water, starving out native plants and making them more susceptible to fungus and disease.



Foster mentioned the following species are considered functionally extinct in our state: the American Chestnut, the White Ash, and the Red Pine. Beech trees and Eastern Hemlocks are both under severe threat from invasive pests and diseases. Poisons are frequently contained

in some or all parts of certain plants, such as wintergreen, yews, jack-in-the-pulpit, poinsettia, Queen Anne’s Lace, and several others. Poison Ivy, Oak and Sumac release an oil that is toxic. Foster suggested that we don’t eat, burn or make crafts from wild plants without having checked

first with a plant expert, and we should wash thoroughly, including our clothing, after hiking or biking among unknown plants. Tom provided a handout, Native and Introduced Poisonous Plants of New Hampshire, with names of both wild and cultivated poisonous plants. As an added surprise Tom gifted us jars of his homemade jam prepared with the edible variety of Sumac.

Foster invited us to join him for an upcoming poisonous plant identification hike to help us recognize and be able to avoid toxic plants that are common in Alton. Learning about toxic and invasive plants was of high interest to us, and we thank Tom Foster for his excellent presentation.

SPORTS

HIGH SCHOOL SLATE

Thursday, Sept. 11
BELMONT
Cross Country Home Meet; 4
GILFORD
Cross Country at Belmont; 4
Football at Laconia; 7
WINNISQUAM
Field Hockey at Bishop Brady; 4

Friday, Sept. 12
BELMONT
Boys’ Soccer vs. Hopkinton; 4
Girls’ Soccer at Hopkinton; 4
Volleyball vs. Moultonborough; 6:15
GILFORD
Boys’ Soccer vs. Newfound; 4
Field Hockey vs. Berlin; 4

WINNISQUAM
Field Hockey at Sanborn; 4
Saturday, Sept. 13
WINNISQUAM
Boys’ Soccer at Raymond; 11
Football at Hillsboro-Deering; 1
Monday, Sept. 15
BELMONT
Girls’ Soccer vs. Berlin; 4
Golf at Farmington Country Club; 4
GILFORD
Field Hockey at St. Thomas; 4
Golf at Trinity; 4
Volleyball vs. Campbell; 5:45
WINNISQUAM
Field Hockey at Mascoma; 4
Volleyball vs. Somersworth; 6
Tuesday, Sept. 16
BELMONT
Boys’ Soccer at Berlin; 4
GILFORD
Boys’ Soccer at Sanborn; 4

Field Hockey at Newfound; 4
Girls’ Soccer vs. Sanborn; 4
WINNISQUAM
Boys’ Soccer at Fall Mountain; 6:30
Field Hockey at St. Thomas; 4
Wednesday, Sept. 17
BELMONT
Cross Country at Prospect Mountain; 4
Golf at Canterbury Woods; 4
Volleyball at Kearsarge; 5:15
GILFORD
Volleyball vs. Winnisquam; 5:45
WINNISQUAM
Field Hockey vs. Conant; 4
Volleyball at Gilford; 5:45
Thursday, Sept. 18
GILFORD
Field Hockey at Bishop Brady; 4
Golf at Derryfield; 2

All schedules are subject to change.

HIGH SCHOOL SLATE

Thursday, Sept. 11
KENNETT
Golf Home Match; 3:30
Volleyball vs. Souhegan; 6
KINGSWOOD
Golf at Timberlane; 3:30
PROSPECT MOUNTAIN
Cross Country at Belmont; 4
Friday, Sept. 12
KENNETT
Cross Country at Portsmouth; 4:15
Field Hockey at ConVal; 4
Football vs. Plymouth; 7
KINGSWOOD
Boys’ Soccer vs. Lebanon; 6
Field Hockey at Bow; 3:30
Football at Trinity; 7
Girls’ Soccer at Lebanon; 4
Volleyball vs. Manchester Memorial; 6
PROSPECT MOUNTAIN
Boys’ Soccer vs. Kearsarge; 4
Volleyball vs. St. Thomas; 6
Monday, Sept. 15
KENNETT
Field Hockey at Souhegan; 6
Golf at Goffstown; 3:30
KINGSWOOD
Field Hockey at ConVal; 4
PROSPECT MOUNTAIN
Golf at Farmington Country Club; 4
Volleyball at Plymouth; 6
Tuesday, Sept. 16

KENNETT
Boys’ Soccer at Hollis-Brookline; 4
Field Hockey at Bow; 4
Girls’ Soccer vs. Hollis-Brookline; 4
KINGSWOOD
Boys’ Soccer vs. Oyster River; 6:30
Field Hockey vs. Laconia; 4
Girls’ Soccer at Oyster River; 4:30
Golf at Bow; 3:30
PROSPECT MOUNTAIN
Boys’ Soccer at Derryfield; 4
Girls’ Soccer vs. Derryfield; 4
Golf at Hillsboro-Deering; 4
Wednesday, Sept. 17
KENNETT
Volleyball at Pelham; 6:15
KINGSWOOD
Volleyball at Prospect Mountain; 6
PROSPECT MOUNTAIN
Cross Country Home Meet; 4
Volleyball vs. Kingswood; 6
Thursday, Sept. 18
KENNETT
Cross Country at Kingswood; 4
Golf at Kingswood; 3:30
KINGSWOOD
Cross Country Home Meet; 4
Field Hockey at Pembroke; 4
Girls’ Soccer vs. Plymouth; 6:30
Golf Home Match; 3:30

All schedules are subject to change.



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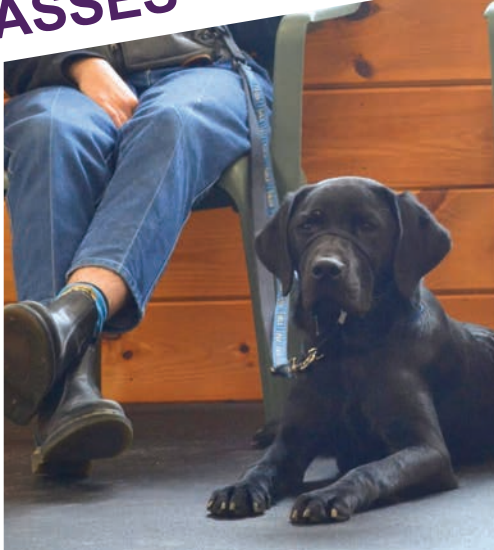


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Our team at Doran Independent Insurance would like to extend a heartfelt thank you to everyone who joined us in supporting the Lakes Region Humane Society! We are truly grateful for the outpouring of generosity from our community and the incredible donations we received at our *Barks and Brews* event on August 23rd. Looking forward to next year!

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