

Rain or Shine
Under Canopy

Free Parking
Free Admission

Mt. Washington Valley July

Craft Fair

July 25-26

Sat 10-5 & Sun 10-5

125+ Fabulous Exhibitors!!!

Live Music Both Days

Schouler Park
1 Norcross Circle
Rt. 16 North Conway

www.joycescraftshows.com - (603) 387-1510



THURSDAY, JULY 16, 2026

FREE

SERVING TILTON, NORTHFIELD, BELMONT
& SANBORNTON, N.H

Townsend named Division III Player of the Year

Lloyd, Divers, Bamford, Ryder also earn All-State honors

BY JOSHUA SPAULDING
Sports Editor

REGION — Numerous local baseball players earned postseason honors when the New Hampshire Baseball Coaches Organization announced All-State honors at the conclusion of the season.

In Division III, Brayden Townsend of Belmont was named Player of the Year and was joined in First Team honors by Blake Pappaceno and Colby Whitehouse of Prospect Mountain, Wyatt Divers of Belmont and Drew Smith and Ryan Folan of Gilford. Second Team was presented to Deagan Stover and Jake Silver of White Mountains, Wyatt Bamford of Belmont, Carter Lloyd of Winnisquam and Cooper Bliznik and Nolan Streeter of Inter-Lakes.



Brayden Townsend of Belmont was named Division III Player of the Year for his senior season.

Earning Third Team honors were Boyd Poulin of Berlin, Max Ryder of Belmont, Carson Anthony of Gilford, Benny Hicks of White Mountains, Gavin Gorton of Prospect Mountain and Nate Arnold of Newfound.

Also earning First Team honors were Winn Thomas and Xander Guerra of Bishop Brady, Christopher Rouleau of Monadnock, Keith Townshend and Jake Larson of Derryfield, Chance Derosier of Conant, Devyn Cheeney of Fall Mountain, Logan Minkler of Stevens, Brayden White and Mikey Grace of Campbell, Shane McKenney of Raymond and Mike DePiano of Hopkinton.

Second Team honors

SEE **ALL-STATE**, PAGE A8

NASCAR drivers chasing the lobster at NHMS

LOUDON — New England's only NASCAR Cup Series (NCS) weekend is set for Aug. 21-23 at New Hampshire Motor Speedway (NHMS), and the NCS drivers will come to "The Magic Mile" with one goal in mind: win the Dollar Tree 301 so they can hoist Loudon the Lobster high above their head in victory lane. Besides winning the 20-pound crustacean on Sunday, many drivers take advantage of being in the region and indulge in New England's seafood fare throughout the weekend.

Earlier this year, NHMS staff asked the drivers to recommend three things they'd do if they were coming to NHMS as a race fan rather than a NASCAR driver — there was a clear top answer:

"If you like seafood, and obviously lobster, it's kind of the place to be," said Ryan Blaney, driver of



2023 NASCAR Cup Series champion Ryan Blaney (left), driver of the number 12 Team Penske Ford, looks affectionately at Loudon the Lobster in victory lane at New Hampshire Motor Speedway on Sept. 21, 2025 with NHMS Executive Vice President and General Manager David McGrath.

the number 12 Team Penske Ford. "Clam chowder is a massive thing. I'm a big clam chowder guy, so I always try to seek some out when I go up there."

"I would definitely be eating some lobster somewhere around the race track," said Ross Chastain, driver of the number one Trackhouse Racing Chevrolet. "Doesn't have to be at the track, but somewhere in my weekend of watching the races, I'm going to eat some lobster."

"Well, you know, being

ously, an awesome lobster trophy you get if you win the race."

"I would have to get some seafood, some lobster to be exact, because I feel like that's what they're known for up there," said Todd Gilliland, driver of the number 34 Front Row Motorsports Ford.

"Go lobster hunting, eat lobster rolls and go to the racetrack," said Riley Herbst, driver of the number 35 23XI Racing Toyota. "It's perfect. Who doesn't want to go grab some lobsters?"

"The lobster," said AJ Allmendinger, driver of the number 16 Kaulig Racing Chevrolet.

"A good lobster bisque," noted Christopher Bell, driver of the number 20 Joe Gibbs Racing Toyota.

"I would definitely go tailgate, go get some lobster and probably a beer

SEE **NHMS**, PAGE A9

Easterseals NH invites community to celebrate Phase II groundbreaking at Military & Veterans Campus

FRANKLIN — Easterseals NH invites community members, Veterans, military families, first responders, local leaders, and supporters to celebrate the groundbreaking of Phase II of the Easterseals NH Military & Veterans Campus on Tuesday, Aug. 4 from 10 a.m. to 1 p.m. at 27 Holy Cross Rd., Franklin.

Phase II will expand the Campus with the addition of the Solinsky Equine & Recreation Center and the Solinsky Empowerment Center, creating new opportunities for healing, connection, and personal growth. The expansion will include dedicated space for Easterseals NH Veterans Count care coordination, art and music therapy, equine-assisted services, recreational programming, service dog training, classrooms, and challenge-based activities that further the campus mission of wellness, resilience, and support.

Construction has begun with completion anticipated in summer 2027.

The event is free and open to the community. Guests are asked to RSVP by Friday, July 24, at <https://militaryveteranscampusnh.org/events/phase-ii-groundbreaking/>.

Guests are invited to arrive at 10 a.m. for network-

SEE **CAMPUS**, PAGE A9

Lakes Region Art Association announces Artists of the Month

TILTON — Lakes Region Art Association members have the opportunity to enter a piece of artwork into the Artist of the Month Program at each monthly Member Meeting. Winners are able to display and sell a single work for a month in various public venues throughout the Lakes Region in participating Banks and Libraries or Local Businesses.

June 2026 Artists of the

Month (pictured above, left to right) were: Back Row: Sherwood Frazier, Sally Hibberd, Liz Cryan, James Cryan. Front Row: Gail Brunt, Nancy Kingston, Pat Anderson.

The Winning Artists' artwork will be on display in locations in the Lakes Region through the third week of July 2026.

Pat Anderson, this month's First Place winner has the distinct honor of

displaying several pieces of her artwork at Annie's Cafe & Catering in Laconia. Chill out with some scrumptious homemade soup and sandwiches and enjoy the art while you eat!

The art pieces for the Honorable Mention artist will be on display through the third week of July in the following locations:

Gail Brunt - Gilford Library
Nancy Kingston - Cam-



den Bank, Meredith James Cryan- Laconia Library
Liz Cryan - Gilford Library
Camden Bank, Tilton Sally Hibberd - Franklin Savings Bank, Franklin
Sherwood Frazier -

ReDiscover Canterbury Shaker Village in 2026 on NH Heritage Museum Trail



CANTERBURY — Canterbury Shaker Village, a member of the NH Heritage Museum Trail, invites visitors to “ReDiscover Canterbury Shaker Village” this season with new programming, active preservation projects,

and fresh experiences at this National Historic Landmark. Canterbury Shaker Village is a non-profit-owned National Historic Landmark district featuring 25 restored Shaker buildings in a 694-acre setting of forests, fields, gardens, and mill ponds.

“Canterbury is a portal into an intriguing, historic world—one where nearly 300 Shakers lived and worked together as a community for 200 years,” said Manager of Communications and Engagement Garrett Bethmann. “Whether you’re discovering it for the first time or returning after time away, we want people to rediscover why this place moves them and connect with who we are today.”

In 2026, an updated tour model introduces guests to the Canterbury Shakers and invites them to follow their curiosity through the property’s open spaces and buildings. The land comes alive this season through a new Bee House exhibition on the Shakers’ agricultural history and a pilot partnership with Sanborn Mills Farm that grows produce and brings traditional farming techniques to the gardens and greenhouses. A new monthly recreation group, the Movers and Shakers Trail Club, meets

on the trails the last Saturday of every month.

“With the Meeting House and East House both undergoing restoration at once, this is a rare chance to see preservation happening in real time,” Bethmann added. “It shows the craft and dedication it takes to keep these buildings—one from 1792, one from 1810—alive for the next

generation.”

“Canterbury Shaker Village is a treasure, and it’s one of many across the NH Heritage Museum Trail,” said Trail President Jeff Barraclough. “Each of our members opens a door to a different part of this state’s story. When you rediscover a place like Canterbury, you’re really rediscovering the heritage of New Hamp-

shire itself.”

To learn more about Canterbury Shaker Village, visit shakers.org. To learn more about the NH Heritage Museum Trail, featuring nearly two-dozen members in the Seacoast, Lakes Region, White Mountains, Dartmouth-Sunapee Region, and Merrimack Valley, visit nhmuseumtrail.org.

Forest Pump & Filter Co.

Serving The Greater Lakes Region Area for Over 50 Years

WE DO IT ALL

WELL DRILLING PUMP SYSTEMS
FILTERS

Family Owned Business for 40 Years

CALL FOR SERVICE
FOREST PUMP & FILTER CO., INC.
603-332-9037

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of June 29 to July 6.

Eric Richard Keough, age 43, of Epsom was arrested on June 29 for Driving After Revocation or Suspension of license (subsequent), Driving After Revocation or Suspension due to DUI, a Lane Control violation, and in connection with multiple bench warrants.

A 45-year-old male from Laconia received a summons in lieu of arrest on June 30 for Driving After Revocation or Suspension of license.

Charles F. Soltani, age 30, of Epsom was arrested on June 30 for DUI-Impairment.

Lenny Leonard, age 68, of Laconia was arrested on July 1 for Acts Prohibited involving a Controlled Drug.

Joshua J. Latuch, age 41, of Laconia was arrested on July 3 in connection with a warrant.

Trevor Robert Bond, age 42, of Belmont was arrested on July 3 for Breach of Bail, Criminal Trespassing, and Possession of a Controlled Drug.

STRONG TREE



LAND SURVEY • CIVIL ENGINEERING
ENVIRONMENTAL & PERMITTING
SUITE 27-28

127 ROUTE 28 OSSIPEE, NH
(603) 703-4767 • www.strongtree.engineering

CALL US TODAY FOR A
FREE INITIAL CONSULTATION!



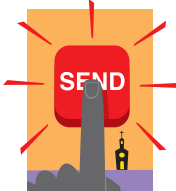
- Residential Site Work
- Commercial Site Work
- Septic Systems Installed
- Driveway & Road Construction
- Sand - Gravel - Loam

Route 3 • Meredith, NH • 03253
279-4444

SEND US YOUR NEWS!!!

Email Us @

news@salmonpress.news



Conway, Laconia fit to be tied in American Legion action



Wyatt Bamford settles under a foul pop in American Legion action against Conway on Friday evening.

BY JOSHUA SPAULDING

Sports Editor

LACONIA — There just didn't seem to be quit in either team when Laconia Post 1 hosted Conway Post 46 at Memorial Park in Laconia on Friday, July

10.

In the end, the only thing that forced the players off the field was the impending darkness as the teams left the field after nine innings with the score



Carter Lloyd fires a pitch for Laconia Post 1 in American Legion action on Friday evening in Laconia.

tied at eight. The two teams will have to finish out the game at a future time.

Laconia's Carter Lloyd worked around an infield hit from Matt Charrette of Conway in the top of the first inning and Laconia took a 1-0 lead in the bottom of the inning. Luke Diamond beat out an infield hit, stole second, went to third on a fly ball to right from Wyatt Divers and scored on a sacrifice fly from Brayden Townsend for the 1-0 lead before Conway starter Hayden

White got the final out of the inning.

Serghio Espezua worked a one-out walk in the top of the second and one out later, Bowen Brown had a base hit, but Lloyd got out of the inning with Diamond making a nice play at shortstop to end the inning. Lloyd then beat out an infield hit in the bottom of the inning and Cavan Sanborn followed with a base hit. Both runners moved up on a Landon Sargent ground-out, but White retired the next two batters to end the inning.

Alex Allain led off the top of the third with a homer to tie the game at one and Sanborn made a great catch in left field for Laconia. Devin Jakubec was hit by a pitch with two outs and stole second, but he was stranded there. Diamond led off the bottom of the third with a base hit, stole second and third, but was stranded on the bases as White got a popup to Jake Brown at third to end the inning.

Conway took the lead in the top of the fourth as Espezua led off with an infield hit but was erased on a double play. Bowen Brown and Owen Robertson both reached on errors and Allain followed with his second homer, a massive blast over the fence in right-center and Conway had the 4-1 lead. Jake Brown kept the inning going with a base hit but Lloyd retired the next batter to end the frame.

Bowen Brown took over on the mound for Conway in the bottom of the fourth and had a few control problems. Sanborn had a one-out base hit and Sargent followed with an infield hit. TJ Charbono and Ryder Palsgrove were both hit by pitches to force

in a run and Diamond and Divers both worked walks to force home two more runs. Townsend then grounded to third, plating another run and Laconia had the 5-4 lead after four.

Jakubec reached on an error to open the top of the fifth but he was left on the bases and Bowen Brown retired the side in order in the bottom of the fifth inning. Divers took over on the mound for Laconia in the sixth and Robertson worked a one-out walk before Post 1 turned a 4-6-3 double play to end the inning. Charbono reached on an infield hit to start the bottom of the inning but Conway catcher Jonah Pepin gunned him down stealing second. Diamond worked a walk but was left on the bases as the game went to the seventh with Laconia up by one.

Jacob Brown led off the top of the seventh with a base hit and Pepin followed with a walk. One out later, a Guillermo Chavarria Burns base hit tied the game at five and Caleb Aker took over on the mound for Conway in the bottom of the inning. With two outs, Lloyd was hit by a pitch, Sanborn worked a walk and Alex Rowley took over on the bases at

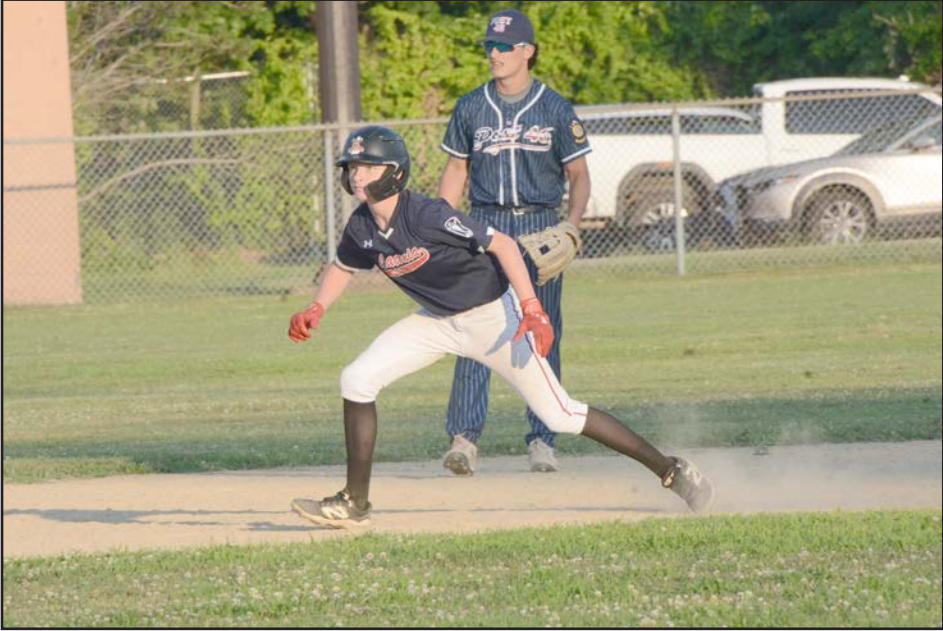
second. Sargent worked a walk to load the bases and Conway coach Andy Pepin went to Allain on the hill and he got a line drive to short to end the inning.

Conway took the lead in the top of the eighth, with Robertson starting the rally reaching on an error with one out. He stole second and went to third on a sacrifice fly from Allain that missed being his third homer of the game by about a foot. A Jake Brown double plated the go-ahead run and then Pepin singled home another run and Laconia coach Joe Dee went to Sargent on the hill. Jakubec greeted him with an RBI double to make it 8-5 but Lloyd gunned down Jakubec going to third.

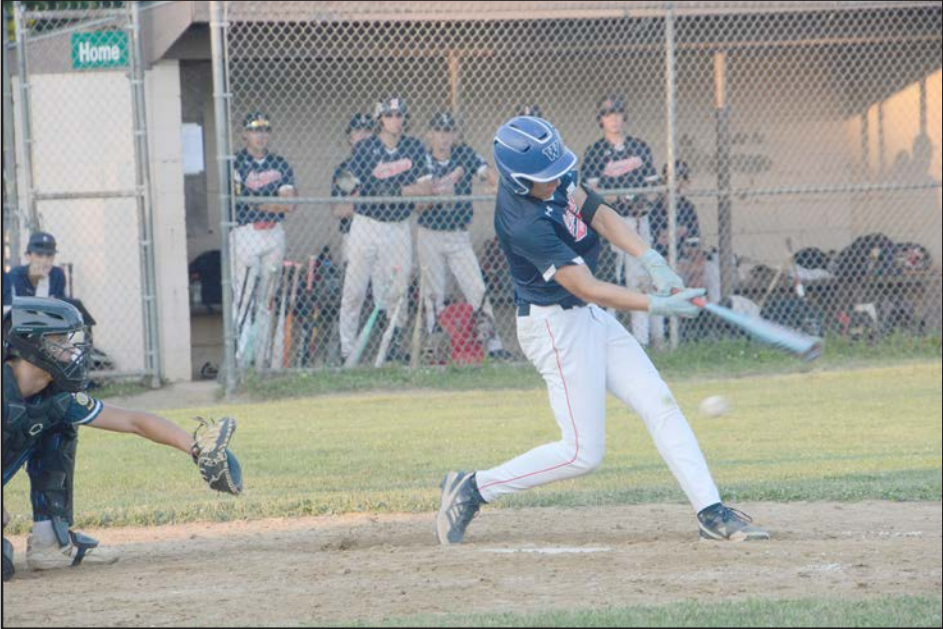
With two outs in the bottom of the eighth, Divers and Townsend worked walks to keep Laconia's hopes alive. Wyatt Bamford then doubled them both home and a Lloyd base hit drove in Bamford with the tying run before Allain got a strikeout to end the inning and send things to the ninth.

Chavarria-Burns led off the top of the ninth with a base hit and Espezua followed with a base hit. Aker worked a walk to load the bases and Dee went to Dia Katsigiannis on the hill and he responded by retiring the next three batters to end the threat. Allain then set the side down in order in the bottom of the ninth and the ump's called the game as darkness descended on the Lakes Region.

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



Alex Rowley takes a lead off second base during American Legion action against Conway on Friday evening.



Dio Katsigiannis takes a swing for Laconia Post 1 during action against Conway on Friday.

Wonderful Things
Come In Small Packages...

Old Man Pendant from \$35

especially if they're from
Alan F. Soule Jewelers
286-8649
422 W. Main St. Tilton, NH
(across from Winnisquam HS)
Gold • Sterling • Diamonds
Colored Stones • Repairs
Custom & Handcrafted Items
Wedding & Family Jewelry

**LOW COST
SPAY/NEUTER**

Rozzie May
Animal Alliance
cats and dogs.

Cat Cab service available.
Military discounts.

RMAA accepts NH Plan B.

Sign up on line
www.rozziemay.org
or call 603-447-1373

Advertise
Here

SCHWARTZBERG LAW
EXPERIENCE THAT MATTERS

We provide the tools to pass on
your property
and your wisdom
to the ones you love.

Wills... Trusts...
Family Law... Probate

572 Tenney Mountain Hwy, Plymouth, NH 03264
603-536-2700 | WWW.NHLAWYER.NET
oralaw@gmail.com

BELKNAP COUNTY FAIRGROUNDS

**Vendor Market
EVENT**

WED. AUGUST 5TH
4-7:00 PM | 174 MILE HILL RD | BELMONT
VENDOR SPOT AVAILABLE!
• ARTISAN GOODS
• FOOD TRUCKS
• CRAFTS & MORE!

FOR MORE INFO:
Email: belknappcountyfair@gmail.com
Message us on FB

Yard Sale

Seller's Needed!
Yard Sale Table \$20 for day
Food Truck/Artisan Table \$50
email us for information
at belknappcountyfair@gmail.com

Belknap County Fairgrounds

**Community
Yard Sale**
Saturday, July 25th
and August 8th
9:00-3:00pm

Yard Sale

Belknap County Fair
174 Mile Hill Road, Belmont, NH
August 1 & 2 2026

Best Little Agricultural Fair in NH

Opinion

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.

Building hope for those who served

The true measure of a community is not found in the structures it erects, but in the people it chooses to serve.

On Aug. 4, the ceremonial turning of shovels at the Easterseals New Hampshire Military & Veterans Campus in Franklin will mark more than the beginning of another construction project. It will represent another investment in men and women who have spent their lives protecting others, often at great personal cost.

The expansion of the campus through the addition of the Solinsky Equine & Recreation Center and the Solinsky Empowerment Center reflects a growing understanding that healing is rarely accomplished with a single service or a single program. Recovery, resilience, and renewed purpose are built through relationships, meaningful activities, access to care, and the opportunity to reconnect with family and community.

For generations, conversations about supporting veterans often centered on what happened after someone returned home. Today, organizations like Easterseals NH recognize that support cannot end with a handshake at a welcome-home ceremony. Military families, first responders, and veterans face challenges that can last years, whether they involve physical injuries, emotional trauma, housing insecurity, or the simple need for a place where they feel understood.

That is what makes the Franklin campus unique.

Rather than scattering services across multiple locations, the campus brings housing, wellness programs, care coordination, recreation, educational opportunities, and community gathering spaces together on one property. It creates an environment where people do not have to navigate a maze of agencies and appointments to receive help. Instead, they find a community built around dignity, respect, and connection.

The planned additions continue that philosophy. Equine-assisted services have become an increasingly respected complement to traditional therapies, helping participants build trust, confidence, and emotional resilience. Art and music therapy offer creative outlets for experiences that are often difficult to express with words alone. Recreational programs, service dog training, classrooms, and challenge-based activities all recognize that wellness involves the whole person, not simply treating a diagnosis.

Equally important is the decision to include first responders alongside military veterans. Police officers, firefighters, emergency medical personnel, and others who answer calls for help often carry invisible burdens of their own. Their service deserves recognition, and access to resources that acknowledge the unique stresses of professions spent responding to crisis.

New Hampshire has long demonstrated a strong commitment to those who serve. Communities across the state routinely gather for veterans’ breakfasts, Memorial Day observances, and military appreciation events. Those traditions matter. They remind us of sacrifices that should never be forgotten.

But appreciation must also be practical.

Supporting organizations that provide housing, counseling, employment assistance, and family services ensures gratitude extends beyond ceremonies. Facilities like the Military & Veterans Campus give veterans and first responders something every person deserves: the opportunity not simply to survive difficult experiences, but to build fulfilling lives afterward.

As construction continues toward its anticipated completion in 2027, the groundbreaking serves as a reminder that meaningful investments often require patience. Great communities are built one project, one partnership, and one act of compassion at a time.

The buildings that rise on Holy Cross Road will eventually house classrooms, therapy spaces, recreation areas, and opportunities for growth. Yet their greatest purpose will never be measured in square footage.

It will be measured in stronger families, restored confidence, lasting friendships, and lives changed for the better.

That is a foundation worth building.

The Town of Tilton is honored to announce that Patricia Consentino and Jane Alden have both received 2026 Community Service Awards from the Lakes Region Planning Commission! Pat Consentino, Tilton’s Land Use Coordinator since 2024, was recognized for her professionalism and skill in managing the town’s most complex planning projects. Beyond her project work, Pat has successfully rebuilt the Land Use office into a high-performing, self-sustaining, customer service leader. Jane Alden, Vice Chair of the Tilton Planning Board and a long-serving member, was also honored for her distinguished service. In addition to her important local role, Jane serves on the Executive Committee of the Lakes Region Planning Commission, where she is known for her thoughtful approach to development and deep commitment to community engagement. Please join in congratulating them both on this well-deserved honor!



COURTESY

The last ice cube

KIND FOLKS,
COLD WINTERS

By CHIPPY

I’ve noticed there are certain household mysteries that never seem to get solved.

Socks disappear from the dryer. The television remote develops legs whenever company comes over. And for reasons that remain unexplained, the ice cube tray is almost always returned to the freezer with exactly one lonely cube left inside.

Not two cubes. Not three. One.

Apparently, whoever emptied the tray decided that single cube represented enough of a refill to satisfy their civic responsibility.

I don’t know why this makes me laugh, but it does. Maybe it’s because every family has these little unwritten habits that become part of the household’s personality. Nobody plans them. They simply evolve over the years.

Every home has a chair that unofficially belongs to one person, even though nobody ever said so. Sit there by accident and you’ll quickly discover you’ve violated a long-standing treaty.

There’s also a kitchen drawer that contains everything except what it was originally designed to hold. Ours has batteries that may or may not work, rubber bands that have somehow fused together, takeout menus from restaurants that closed years ago, two flashlights, one lonely screw, and at least three instruction manuals for appliances we no longer own.

Somewhere in that drawer is probably the answer to cold fusion.

Then there are the little conversations that repeat themselves year after year.

“Did you lock the back door?”

“I thought you did.”

“Well, one of us must have.”

Or my personal favorite

when we’re heading out for the day:

“Are you ready?”

That question has never, in the history of marriage, been answered with a simple yes.

Instead, it becomes, “Almost.”

I’ve learned that “almost” is one of the most flexible measurements in the English language. It can mean thirty seconds. It can also mean enough time to mow half the lawn. The funny part is that these routines become comforting.

When we’re younger, we imagine life will be filled with grand adventures and dramatic moments. Some of it is, thankfully. But most of life is stitched together by ordinary days filled with small rituals that don’t seem important until years later.

You remember someone humming while making coffee. The familiar creak of the third stair. The way the newspaper landed on the front walk every morning before anyone was

awake. The smell of toast drifting through the house on a Saturday. Those little things rarely make photo albums, but somehow they’re the memories that stick around the longest.

Maybe that’s why I no longer get bothered by the lone ice cube. Someone will refill the tray eventually. Probably.

In the meantime, it’s a reminder that perfection has never really been the goal of a happy home. Homes aren’t museums. They’re places where life happens. They’re a little noisy, a little cluttered and occasionally missing enough ice for a full glass of lemonade. And that’s all right.

Years from now, nobody will remember whether the freezer was fully stocked. They’ll remember the conversations that happened while someone was standing in front of it.

Sometimes, the smallest habits tell the biggest story about the people who share a home.

Comfort Keepers

Food safety for seniors: Avoiding illness through proper handling and storage

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

The National Institutes of Health (NIH), Senior Health reports that approximately 76 million Americans get food poisoning, or foodborne illnesses, each year, and of those about 5000 die. Foodborne illnesses are caused by eating foods that are contaminated with bacteria, protozoa, or other microbials and viruses. The real tragedy here is that in most cases these foodborne illnesses are preventable simply by using proper food handling and storage methods.

Food poisoning is especially detrimental to seniors, causing them to be sicker longer with more acute symptoms. As people age, their immune systems slow down and are not as effective in combating illnesses. Older adults’ bodies do not produce as much stomach acid and their digestion slows, both making it difficult to eliminate bacteria that enter the system. Seniors are also more likely to be suffering from chronic illnesses, which affect the body’s ability to ward off disease. Additionally, older people’s abilities to smell and taste are not as acute as when they were younger, making it difficult for them to discern when food has spoiled. This makes them more likely to eat foods that may be contaminated.

For these reasons, it is critical that seniors and their caretakers are able to immediately identify the symptoms of food poisoning and seek proper medical care and treatment. It is equally important, or more so, that they follow safe food preparation and handling methods.

Symptoms and treatment of food poisoning

Symptoms of foodborne illnesses can start hours, days, or even weeks after

eating contaminated food. They can range from mild to acute and can include nausea, diarrhea, vomiting, fever, and abdominal cramps that can last for one to ten days. Severe cases usually require hospitalization.

Seniors or caretakers who suspect a senior under their care is exhibiting symptoms should seek medical attention immediately. If they believe they can identify food has caused the illness, they should wrap it, label it clearly, and freeze it for testing. They should also keep any packaging that the food came in to help doctors identify the cause of the illness. Additionally, they should report the contaminated food to the USDA Meat and Poultry Hotline at 1-888-674-6854.

To diagnose food poisoning, doctors will generally want to know how long the symptoms have

been present and when the food was eaten. Very often, they will take laboratory samples and cultures, such as a blood and stool samples, to help with the diagnosis. In many cases, there may not be a definitive diagnosis of food poisoning, but the physician will treat it as such because the symptoms match.

When the senior does undergo treatment for food poisoning, it is imperative that he or she complete the full prescribing dosage of medication to ensure full recovery. Stopping medicines too soon may allow a recurrence of infection.

Preventing foodborne illnesses in seniors

Thoroughly washing hands before handling and preparing food can greatly reduce the risk of contamination. Many foodborne illnesses come from oral-fecal transmission when people use the bathroom and do not properly

SEE **COMFORT**, PAGE A5



Winnisquam Echo

TO PLACE AN AD:
ADVERTISING EXECUTIVE
Tracy Lewis
(603) 575-9127
tracy@salmonpress.news

SUBSCRIPTION SERVICES:
KERRI PETERSON
(603) 279-4516 x303
kerri@salmonpress.news

TO PRINT AN OBITUARY:
E-MAIL: obituaries@salmonpress.news
CALL: 603-677-9084

TO SUBMIT A LETTER TO THE EDITOR:
E-MAIL: brendan@salmonpress.news

THE WINNISQUAM ECHO
PUBLISHED BY
SALMON PRESS

PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DINICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

MANAGING EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
juliec@salmonpress.news

USPS 024-975

The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253.

POSTMASTER:
Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.

Tilton declared a Purple Heart Community

TILTON — On June 13, the Tilton Board of Selectmen declared the Town of Tilton as a Purple Heart Community per a proclamation. This was done in coordination with the New Hampshire Veterans Home.

As part of the State of New Hampshire Purple Heart Trail, involving 53 other New Hampshire communities, Tilton will be marked with a Purple Heart Community declaration sign at all four (4) bordering communities and at the public entrance to the New Hampshire Veterans Home. Donations to pay for these signs can be made to the Town of Tilton with “Purple Heart Sign Donation” written in the memo. We need to raise \$700 for the purchase of the five signs. We currently have \$200 raised. Anything raised over and above the \$700 amount will be donated to the NH Veterans Home Resident Activity Fund.

COMFORT

CONTINUED FROM PAGE A4

wash their hands before handling food. The Food and Drug Administration (FDA) recommends washing your hands for at least 20 seconds before handling food.

Aside from hand washing, both the FDA and the Academy of Nutrition and Dietetics list these recommendations for safe food handling, preparation, and storage on their websites:

Wash cooking items, such as cutting boards, with hot soapy water between food items.

Rinse fresh fruits and vegetables thoroughly.

Raw meats and poultry do not need to be washed. Washing can spread bacteria to other foods, surfaces, and utensils.

Separate raw meat, poultry, fish, seafood, and eggs, and their juices, from ready-to-eat foods. Use one cutting board for fresh fruits and vegetables and a separate one for raw meat, poultry, fish, seafood, and eggs. Do not place cooked food on a plate that held raw meat, poultry, fish, seafood, or eggs unless you first wash the plate with hot, soapy water.

Cook meat to recommended internal temperatures to destroy bacteria: beef to 145 degrees Fahrenheit; ground beef, veal and lamb to 160 degrees; pork to 160 degrees; poultry to 165 degrees; fish and seafood to 145 degrees; eggs to 160 degrees; and leftovers to 165 degrees. Check internal temperatures with a food thermometer.

Thaw frozen foods in the refrigerator, not at room temperature. Place in a container to prevent juices, which may contain harmful bacteria, from contaminating other food. Food may also be thawed in a microwave and cooked right away.

Keep your refrigerator at 40 degrees Fahrenheit or below and your freezer at zero degrees or below. Use an appliance thermometer.

Never keep refrigerated leftovers more than three or four days, even if they still look and smell fine.

Refrigerate food promptly. Never allow meat, poultry, fish, seafood, eggs, or fresh vegetables or fruit to sit at room temperature for more than two hours before storing in the refrigerator or freezer. Reduce this time to one hour when the room temperature is 90 degrees or above.

Keep in mind that bacteria grow quickly in the “danger zone” between 40 and 140 degrees Fahrenheit, so hot food left out for serving should be maintained at an internal temperature of 140 degrees or above. Likewise, cold foods should be kept below 40°F to prevent bacteria growth.

Follow “sell-by” and “use-by” dates on food packaging. Do not buy an item after the “sell-by” date, and throw out food when the “use-by” date passes.

Do not take restaurant leftovers home unless you can refrigerate them within two hours of being served (one hour if air temperature is 90°F or above) – or if you can keep them in a cooler with ice or freezer gel packs until you arrive home.

The Academy of Nutrition and Dietetics also recommends that seniors avoid the following foods due to the increased risk of contamination:

Raw, rare or undercooked meats and poultry (rare hamburgers, carpaccio and beef or steak tartare)

Raw fish (including sushi, sashimi, ceviche and carpaccio)

Undercooked and raw shellfish (clams, oysters, mussels and scallops)

Refrigerated smoked seafood unless it’s in a cooked dish, such as a casserole.

Unpasteurized dairy products (“raw” milk and cheeses)

Some fresh soft cheeses (Brie, Camembert, blue-veined varieties and Mexican-style queso fresco) unless made with pasteurized milk

Raw or undercooked eggs (soft-cooked, runny or poached)

Food items that contain undercooked eggs (unpasteurized eggnog, Monte Cristo sandwiches, French toast, homemade Caesar salad dressing, Hollandaise sauce, some puddings and custards, chocolate mousse, tiramisu and raw cookie dough or cake batter)

Raw sprouts (alfalfa, clover and radish)

Deli salads

Unpasteurized fruit and vegetable juices

Refrigerated pâté or meat spreads

About Comfort Keepers Comfort Keepers is a

trusted provider of medical and non-medical in-home care, helping seniors and adults live safely, independently, and with dignity. Our comprehensive services include companionship, transportation, housekeeping, meal preparation, personal care, mobility assistance, private duty nursing, Live in and 24/7 caregiving. We also offer Comfort360™ Alert, part of our innovative Comfort360™ suite, delivering 24/7 response, proactive support, and added peace of mind for clients and families. Proudly serving New Hampshire since 2005, Comfort Keepers is committed to elevating the human spirit through compassionate, personalized care. To learn more, call 603-536-6060 or visit NHComfortKeepers.com.

References
Academy of Nutrition and Dietetics. (December 2012). Food safety tips for older adults. Retrieved from <http://www.eatright.org/Public/content.aspx?id=5982>.

Mayo Clinic (June 2011). Diseases and conditions: Food poisoning. Retrieved from <http://www.mayoclinic.org/diseases-conditions/food-poisoning/basics/symptoms/con-20031705>.

National Institutes of Health, Senior Health. (n.d.). Eating safely: Keep food safe. Retrieved from <http://nihseniorhealth.gov/eatingsafely/avoidfoodborneillness/01.html>

U.S. Food and Drug Administration. (June 2011). Food facts: Safe food handling. (PDF document) Retrieved from <http://www.fda.gov/downloads/food/foodborneillnesscontaminants/ucm257049.pdf>.

U.S. Food and Drug Administration. (March 2013). Safe food handling: What you need to know. Retrieved from <http://www.fda.gov/Food/FoodborneIllnessContaminants/BuyStoreServeSafeFood/ucm255180.htm>.

Stone Wall Repair

Fieldstone/Granite
35 years experience

Tony Luongo

603-707-2727

Greater Lakes Region Children’s Fund helps ACE Academy inspire futures in aviation, STEM and beyond

LACONIA—Hayden Cardinal is exploring microbiology as a junior at Laconia High School.

Mileydi Jaynes, a sophomore at Winnisquam Regional High School, is building leadership skills through Civil Air Patrol.

And Soleil Lamar, a young woman from the Northern Mariana Islands, has entered the United States Naval Academy with hopes of becoming a military pilot.

Funding from the Greater Lakes Region Children’s Fund is helping change the lives of these young people—and many others—by opening doors to STEM-related careers through WinnAero’s Aerospace Career Education (ACE) Academy at Laconia Airport, one of the many nonprofit programs the fund supports.

About ACE Academy
Dan Caron, WinnAero’s longtime director of educational services and ACE Academy director, says the academy was designed to provide students with a window into opportunities they might not otherwise encounter.

Held each summer at Laconia Airport, ACE Academy introduces students in grades 3 through 12 to aviation, aerospace and STEM careers through hands-on activities, guest speakers, field trips, simulators and orientation flights.

“Most students are getting exposed to careers they wouldn’t be able to see otherwise,” Caron says. “They get to talk to pilots, air traffic controllers, engineers, medical professionals, drone operators, airport planners and many other professionals connected to aviation.”

This summer, more than 90 students from across New Hampshire are enrolled in 13 academy sessions. Programs range from aerospace engineering and manufacturing to air traffic control, search and rescue, space science, drone operations, aviation medicine and pre-ground school instruction.

High school participants can also earn one-half elective credit through New Hampshire’s Learn Everywhere program.

Caron, a retired technology and engineering educator with more than 45 years of experience in middle and high school classrooms, has helped lead ACE Academy since its early years. He says one of the program’s greatest strengths is introducing students to careers they may never have considered through a hands-on approach to learning.

“There are a lot of careers related to aviation that students might never have thought about,” he says.

Those careers, far beyond the cockpit, include aerospace engineering, emergency services, aviation medicine, drone technology, navigation systems and civil engineering.

The various journeys
Cardinal, the Laconia High School junior, has attended 10 ACE Academy sessions over the years. This summer, he is participating in the St. Paul’s School Advanced Studies Program and exploring a future in microbiology and other highly technical fields.

Jaynes, who lives in Tilton and attends Winnisquam Regional High School, will participate in her seventh ACE Academy session this summer. She is active in Civil Air Patrol and continues to advance through leadership positions that may eventually lead to military service.



Dan Caron

Lamar’s story demonstrates the long-term impact the program can have.

Originally from Saipan in the Northern Mariana Islands, she attended ACE Academy while traveling across the United States with her mother 2022 to visit military academies and summer programs.

During her time at ACE Academy, she met a female Coast Guard crew member from Guam who inspired her to pursue aviation. Today, Lamar is a midshipman at the United States Naval Academy in Annapolis, Maryland, where she hopes to become a pilot after graduation.

Caron says Gilford Public Works Director Meghan Theriault, a civil engineer, is another example of the type of role model students benefit from meeting.

“Girls need to see somebody doing these jobs to realize they can do them, too,” Caron says.

History and mission
WinnAero was founded in 2009 by Lakes Region attorney and developer Bill Seed of Gilford.

According to Don Morrissey, WinnAero’s treasurer and a founding member, the organization’s mission is to help young people discover educational and career opportunities while building confidence and skills in science, technology, engineering and mathematics.

WinnAero serves roughly 500 students each year. In addition to ACE Academy, the organization offers two other popular programs: Wings, Water, Wheels, an annual touch-the-plane and touch-the-truck event for families, and the Aerospace Career Fair, where STEM-related colleges, organizations and agencies showcase aviation and aerospace career opportunities for high school students.

Morrissey, a retired military pilot, says, “I am inspired by helping kids learn more about aviation, as well as the ever-changing and improving technologies available in this field.”

“All it takes is one experience”

Whether they become pilots, engineers, scientists, military officers or leaders in other professions, ACE Academy provides students with something invaluable: the opportunity to discover what is possible.

“Sometimes all it takes is one experience or one person to open a student’s eyes to a future they hadn’t considered before,” Caron says.

To learn more, visit winnaero.org.
To learn more about the Children’s Fund, visit ChildrensFundNH.org

RODGERS

SKI & SPORT

Summer Blow Out

Tent Sale

July 24th – August 8th

4 MILLION DOLLARS OF INVENTORY

**ATOMIC - SALOMON - ROSSIGNOL - VOLKL - TECNICA
LANGE - FISCHER - ELAN - DYNASTAR AND MUCH MORE!**

SKIS up to 70% OFF
Hundreds of adult
HIGH END DEMOS
priced to move!
Starting at \$199

SKI HELMETS
Starting as low as
\$69

SKI & BOARD WEAR

UP TO **70% OFF**
**KARBON • MAMMUT
OAKLEY • SWIX
HELLY HANSON • 686
QUICKSILVER • ROXY
AND SO MUCH MORE!**

HOT DEALS

Rossignol Elite multi turnSPX12
Retail \$1100 -----Sale **\$599**

Dynastar Menace 80 with xp 10
Retail \$500 -----Sale **\$199**

Atomic Bent 80 with Binding
Retail \$675 -----Sale **\$399**

Atomic Q4 with m10
Retail \$600 -----Sale **\$399**

Head Real Joy with binding
Retail \$725 -----Sale **499**

Elan Element 74/EL10
Retail \$500 -----Sale **\$299**

Elan Jr Ripstick 86 boys & girls
Retail \$480 -----Sale **\$199**

Rossignol Nova 2
Retail \$500 -----Sale **\$299**

ATOMIC PRIME
Ski Boots
Men's/Women's
Reg \$425 Sale **\$329**

COMPLETE JR. SKI PKG.
Includes Boots
Starting at \$219

SNOWBOARD GEAR

Up to **40% off**
**GNU • LIB TECH
SALOMON • 32
ACADEMY • NEVER
SUMMER AND SO
MUCH MORE!**

ATOMIC RACE
SKI'S
Starting at **\$269**

FOR MORE INFO: sales@roddersskiandsport.com
Main Street, Lincoln, NH ~ UNDER THE BIG TOP
603-745-8347 • Open 9-6 Daily – ALL SALES FINAL –



NORTH COUNTRY COINS, LLC

BUYING • SELLING • APPRAISALS
Est. 1989

WWW.NCCNH.COM
TUES - FRI 10-5 • SAT 10-3

HIGHEST PRICES PAID

All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.
NORTH COUNTRY COINS.
Main St., Plymouth, NH 536-2625.

Children’s Fund announces campaign to raise \$45,000 for 45th year supporting children in need



Warren Bailey, founder of the original Children’s Auction initiative.

COURTESY

LACONIA—Leaders of the Greater Lakes Region Children’s Fund have announced a campaign to raise \$45,000 this year—over and above its annual fundraising—to celebrate 45 years serving children and families in need.

The initiative was launched in 1981 by the late Warren Bailey, then a DJ for WLNH, who held the initial event out of a van in downtown Laconia and grew the effort—which became known as the Greater Lakes Region Children’s Auction—each year simply by asking individual people to help.

Additional fundraisers were founded over the

years to support children and families, and now the organization that distributes the funds is called the Children’s Fund; it is supported by four key annual events: the December Children’s Auction, Pub Mania, the Sweepstakes Social and Christmas in July.

Over 45 years, the Children’s Fund has distributed more than \$10 million to 150 nonprofits that serve local children and families in need.

“For nearly half a century, our mission has been to support local children and families in need, creating a positive impact within our community,” said Jennifer Kelley, executive director

of the Children’s Fund. “As we reflect on our journey, we aim to raise awareness about the ongoing challenges faced by these families and inspire community members to join us in making a difference.”

Kelley said contributions of any size are welcome to support the Fund’s vital work.

“Your support will help us continue our efforts and enhance the lives of children and families in our community,” she added.

The campaign will run through Friday, Dec. 11.

To make a donation, visit ChildrensFundNH.org, and click on the \$45 K for 45 link.



Scrap Metal Wanted!

We buy and/ or pick up:
Cars • Trucks
Big Equipment
Light Iron/ Metals Etc.
** No A/C's, Refrigerators or Deep Freezers Please*

Fully Insured
Call PK Salvage 603-786-9566
Cell: 603-254-2301

Eat, Drink, Shop **LOCAL**

SCHWARTZBERG LAW

EXPERIENCE THAT MATTERS

We provide the tools to pass on your property and your wisdom to the ones you love.

Wills... Trusts... Family Law... Probate

Ora Schwartzberg, Esq.

572 Tenney Mountain Hwy., Plymouth, NH 03264
603-536-2700 | www.NHLAWYER.ET
orlaw@gmail.com

www.CamptonHistorical.org
CamptonHistorical@gmail.com
(603) 536-5140

CAMPTON HISTORICAL SOCIETY MUSEUM

529 NH ROUTE 175, CAMPTON, NEW HAMPSHIRE 03223 OLD TOWN HALL, RT. 175,
(NORTH OF BLAIR BRIDGE RD.) • OPEN THURSDAYS 9-1

P.O. Box 160
Campton, NH 03223

DINE LOCAL

Prescott Farm

Environmental Education Center

Connect with Nature Year-Round!

Discover hands-on nature programs for all ages — from preschool camps, and homeschool programs to community events, field trips, and private programs. Explore, learn, and connect year-round!

www.prescottfarm.org | 603-366-5695 | info@prescottfarm.org | 928 White Oaks Rd, Laconia, NH 03266

North Star Gems

* RT. 3-A, BRIDGEWATER
603-744-6338
SEE US ON FACEBOOK!

GEMSTONE & GLASS BEADS
STAINLESS STEEL JEWELRY & FINDINGS
MINERAL SPECIMENS
TUMBLING STONES * FOSSILS
SMUDGING WANDS * INCENSE
STONE & STERLING JEWELRY
CRYSTALS * OPEN YEAR ROUND
TUES-SAT: 10-5, SUNDAY: 10-4
NSTARGEMS@GMAIL.COM
VISA/MC/AMEX/DISCOVER

Flooring
Tile
Countertops
Bath Vanities
Wallpaper
Upholstery
Window Treatments

THE HOME BEAUTIFUL

EMPLOYEE-OWNED

603-524-5588
thehomebeautiful.com
141 DW Hwy Belmont, NH

Bank of New Hampshire honored at Best of the Lakes Region Awards

LACONIA — The Best of the Lakes Region Awards recognize the businesses, people and places that make the Lakes Region special. This year, more than 1,300 businesses, organizations and individuals competed for top honors across 196 categories, with over 310,000 votes cast.

Bank of New Hampshire received Gold for Best Bank/Credit Union and Silver for Best Place to Work. This marks the eighth consecutive year the bank has earned top honors in the Bank/Credit Union category of the annual awards competition presented by Laconia Daily Sun.

“As a community bank, there is no greater compliment than being recognized by the people and businesses we serve,” said Chris Logan, Bank of New Hampshire President and CEO. “Winning Best Bank/Credit Union for the eighth consecutive year is an incredible honor and a reflection of the trust our customers place in us every day. We are deeply grateful to everyone who voted and to our employees, whose dedication makes this recognition possible.”

Receiving Silver for Best Place to Work also reflects the bank’s commitment to fostering a positive workplace culture.

“Our employees are the foundation of everything we do,” said Gayle Price, EVP - Chief Human Resources Officer. “Being recognized as one of the Best Places to Work is especially meaningful because it reflects the cul-



COURTESY

Pictured (left to right): Dawn Beers, Marketing Officer; Leia Fabian, Moultonborough Banking Office Manager; Janna Thompson, AVP – Laconia Banking Office Manager; Katie Reid, VP – Commercial Banker; Michelle Blake, VP – Gilford Village Banking Office Manager; Lisa Byars, VP – Human Resources Officer; Bambi Lane, AVP – Government and Commercial Banker; Alexandra Pelletier, SVP – Retail Banking Administrator; Doug Morrisette, AVP – Commercial Credit Officer; Tiffany Baert, SVP – Marketing & Public Relations Officer; Jessica Beane, VP – Gilford Lakeshore Banking Office Manager; and Tarra Sorrell, Business Development Officer.

ture we’ve built together, one that values collaboration, professional growth, community involvement and caring for one another. We’re proud to be an employer where people can build rewarding careers while making a difference for our customers and communities.”

As the presenting sponsor of the Best of the Lakes Region Awards, Bank of New Hampshire is proud to support this celebration of excellence in local business. To view the full list of winners, visit BestoftheLakesRegion.com.

Founded in 1831, Bank of New Hampshire is the

oldest and one of the largest independent banks headquartered in the state. With assets exceeding \$2.8 billion and 21 banking offices across New Hampshire and southern

Maine, the bank provides comprehensive deposit, lending and wealth management solutions for families and businesses. As a mutual organization, Bank of New Hampshire

is focused on the success of its customers, communities and employees, rather than stockholders. With a legacy of strength and stability, the bank combines local deci-

sion-making and trusted guidance with modern technology to deliver a seamless banking experience. For more information, call 1-800-832-0912 or visit BNH.Bank.

Smith Farm Stand

PICK YOUR OWN
RASPBERRIES!
NOW OPEN!



Our Own Maple Syrup



Mon-Tue & Thur-Fri, 8am-12pm; Sat & Sun, 8am-2pm
Closed Wednesdays
(603) 524-7673 • 15 Smith Farm Road, Gilford



Lumber & Building Materials Contractor Sales

Our Ashland location is searching for an experienced contractor sales member of our Lumber & Building Materials Contractor Sales Team as well as with our Millwork dept. You will prepare quotes, orders, invoices, special orders and purchase orders. This position will also coordinate deliveries and returns as necessary. You will serve as a resource for the customer, helping them make selections and build their confidence using your product knowledge and excellent customer service. Weekend hours required on a rotating basis.

Belletetes is a 5th generation, family-owned building materials supply company that has been in business for over 125 years. With 10 locations throughout NH and MA, we believe our employees are our biggest asset! When you join our team, you will be working in a family-friendly atmosphere where career growth is important, and we try to promote from within.

We offer an industry leading benefits package that includes competitive wages, health insurance, life insurance, paid vacation, paid time-off, paid holidays, paid bereavement leave, profit sharing, 401k and store discounts.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com.

EOE



Moultonborough - Lumber Counter

This is a full time position in our Moultonborough store. Duties include assisting customers and contractors with product selection and order entry. Preferred, but not mandatory, doors and windows experience. Minimum two years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:

Ian Shurbert, Branch Manager, c/o Belletetes Inc.
121 Whittier Highway, Moultonborough, NH 03254
or you may email to ishurbert@belletetes.com

E.O.E.

Competitive Wages Paid Vacation Paid Holidays Paid Time Off
Health Insurance Profit Sharing Store Discounts Much More!

Serving all of New Hampshire for 50 years.



Paving & Resurfacing • Driveways & Parking Lots
Specializing in Residential and Commercial Paving
Owner Installs Every Job

286-8182
www.porterpaving.com



FANTASIE

Since 1981



Zoë & Co.

Professional Bra Fitters

92 N. Main St. Concord, NH
603-224-2727

Your Favorite
Boutique &
Designers

★ ★ ★ ★

Johnny Was
Free People
Joseph Ribkoff
Habitat ★ Olivia
Jess & Jane
UNO de 50



GONDWANA & DIVINE CLOTHING CO.

13 North Main Street, Concord, NH 03301
GondwanaClothing.com • 603-228-1101

BOOTLEGGER'S®
FOOTWEAR CENTERS

CLEARANCE SALE

SANDALS
25% OFF
Regular Prices



HUNDREDS OF PAIRS FOR THE ENTIRE FAMILY

MENS * WOMENS * KIDS

(AVAILABILITY OF BRANDS AND STYLES MAY VARY BY LOCATION. SOME EXCLUSIONS MAY APPLY)
(DISCOUNT DOES NOT APPLY TO PREVIOUS PURCHASES AND ITEMS ALREADY ON SALE)

2 N. MAIN STREET • DOWNTOWN • WOLFEBORO, NH

PHONE: 669-3560 HOURS: MON-SAT 9-5:30 SUN 10-5

MEREDITH, NH • NORTH CONWAY, NH • LACONIA, NH
ROCHESTER, NH • STRATHAM, NH • KEENE, NH • GREENFIELD, MA

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21		22				23				
			24		25				26					
27	28	29		30				31			32	33	34	
35			36				37				38			
39					40					41				
42				43				44						
45				46				47			48			
			49				50				51			
52	53	54				55				56		57	58	59
60					61				62		63			
64					65						66			
67					68						69			

CLUES ACROSS

1. Listen to

5. Presents

10. A type of guitar

14. Actor Idris

15. A citizen of Iran

16. Pretentiously artistic

17. Harness

18. Diamond weight measurement

19. “Better Call ___”

20. Fervent support

22. Male cat

23. Jewish spiritual leader

24. Disposed to venture or take risks

27. A way to nail

30. Cool!

31. Women’s ___ movement

32. “Losing My Religion” rockers

35. Step-shaped recess

37. A princess can detect it

38. Tractor-trailer

39. Leslie and Leon are two

40. Color at the end of the spectrum
41. Lines where fabrics are sewn

42. Dodgers great Hershiser

43. Floor covering

44. Traveled aimlessly

45. Rocker Stewart

46. Body art

47. Congressman (abbr.)

48. No seats available

49. Breaks apart

52. Hand gesture

55. Ballplayer’s tool

56. Sword

60. Baseball team

61. Upper bract of floret of grass

63. Italian Seaport

64. Mars crater

65. Tube on a shoelace

66. U. of Miami mascot

67. South American nation

68. Video game series “Max ___”

69. Upper body part

CLUES DOWN

1. German courtesy title

2. Ancient Greek personification of mercy

3. Jewish calendar month

4. Family of long-legged frogs

5. Photo

6. Delivered a speech

7. Lute used in Indian music

8. Decorated

9. Cease to stand

10. The bottom layer

11. Member of a Semitic people

12. Part of a ticket

13. Defunct monetary unit

21. Challenges

23. Body part

25. Tell on

26. By way of

27. Shady green alcove

28. Egyptian city

29. ___ and flowed

32. Widens a hole
33. Eurasian wheat

34. Act incorrectly

36. “Be back later”

37. Al Bundy’s wife

38. Ocean

40. Large root eaten as a vegetable

41. Units of subjective loudness

43. Music genre

44. A way to drench

46. Popular hot beverage

47. Silk-like cotton fabric

49. Rumanian city

50. Come back

51. Vaccine developer

52. Canadian law enforcers

53. Wings

54. Observational comedian Bill

57. Small fry

58. ___ Clapton, musician

59. Take a chance

61. Semi-liquid food for babies

62. Consumed food

PUZZLE SOLUTION

K	C	E	N		E	N	A	P		U	R	E	P
S	I	B	I		T	E	L	A		I	R	A	M
I	R	A	B		A	E	L	A		B	U	C	L
R	E	B	A	S		T	A	B		A	I	B	A
			S	E	T	A	R	A	P	E	S		
O	R	S		N	E	S		T	A	T		D	O
D	E	M	A	O	R		G	U	R		L	E	O
S	W	A	E	S		D	E	R		S	B	B	I
I	M	E	S		A	E	P		T	E	B	B	A
M	E	R		B	I	L		D	A	R		E	C
			L	I	V	E	D	E	R	A	D		
I	B	B	A	R		M	O	T		D	I	B	A
L	U	A	S		T	A	R	A	C		N	I	E
A	T	R	A		I	N	A	R	I		A	B	L
S	S	A	B		S	E	S	O	P		R	A	E

ALL-STATE

CONTINUED FROM PAGE A1

were also presented to Max Guerra, Kolt Gaudreault and Dan Shedd of Bishop Brady, Summer Hill-Goodell of Monadnock, Max Dubois of Somersworth, Brady Marcotte of Campbell, Braeden Dion of Conan, Adam Willette and Casey Peters of Derryfield, Jackson Cote and Noah Byrne of Kearsarge and Keegan White of Fall Mountain.

Third Team was also awarded to Jacob Valliere and Luke Bedard of Bishop Brady, Brady McGovern of Raymond, Aiden Kepple of Campbell, Nate Boudreau of Derryfield, Eric Emanouil of Stevens, JJ Griffus and Xavier Thompson of Monadnock, Paul Young of Fall Mountain, Kaden Kirby and Drey Seppala of Conant and Jack Bennett of Hopkinton.

In Division IV, First Team honors were presented to Chase Fillion, Whalen Lemire and Aury Perez of Littleton, Mason Roberge of Gorham, Dawson Himes and Jake Houghton of Lisbon and Alex Gundersen of Moultonborough. Second Team

went to Tanner Schmarr of Profile, Cooper Ladd and Evan Gilbert of Gorham and Gage Collins of Groveton and Third Team was presented to Ryan Doubleday of Lisbon, Hunter Parks and Ashton Kenison of Groveton and Brett Johnson of Moultonborough.

First Team was also presented to Vinny Santamaria and Bryson Fogg of Colebrook, Nolan Schmal of Epping, Cai Summers and Grady Howe of Portsmouth Christian, Jackie Prompradit, Evan Sheehan and Nate Fluett of Newmarket, Eban Berube of Sunapee and Parker Ketola and Chuck Phillips of Mascenic.

Also earning Second Team were Daemon Jaimies of Pittsburg-Canaan, JJ Benson of Wilton-Lyndeborough, Brody Leeman and Cooper Janis of Nute, Grady Krook of Mascenic, Andrew Earwood of Portsmouth Christian, Declan Doyle of Farmington, Chase Kukesh and Seth Lecuyer of Epping, Brody Dauphinais of Colebrook, Matt Napoletano, Anthony Jurkoic and Charlie Tudor of Newmarket and Grady St. Jean of Concord Christian.



Belmont’s Wyatt Divers was named Division III First Team All-State for Belmont’s championship season.



Winnisquam’s Carter Lloyd was named Second Team All-State for the Division III baseball season.



Wyatt Bamford was named Division III Second Team All-State for his junior baseball season.



Belmont’s Max Ryder earned Third Team All-State honors for Division III baseball.

Third Team honors were also presented to Garrett Fournier and Cooper Weir of Colebrook, Logan Abbott and Ben Follansbee of Epping, Ethan Burrows of Nute, Ethan Cotton of Farmington, Zack Myett of Sunapee, Colton Durant and Cason Donahue of Newmarket, Brayden Leland of Portsmouth Christian, Graden Bartelson of Mascenic, San Holobowicz of Sunapee and Caleb Funk and Jackson Barton of Concord Christian.

In Division II, Kingswood’s Kolby Brown was named Pitcher of the Year while First Team honors went to Nate Cloos and Brady Moulton of Kingswood and Guillermo Chavarria Burns of Kennett. Second Team honors went to Cavan Sanborn of Plymouth and Third Team honors were presented to Turner Oldenburg of Plymouth, Mason Beaulieu and Tavin Herget of Kingswood and Serghio Espezua of Kennett.

Also earning First Team honors were Jake Reardon of Bow, Allie Muirhead and Jack Lobb of Hanover, Tobin Prieto of John Stark, Eric Maccarone of Pembroke, Isaac Clough of ConVal, Colin Veroneau of Oyster River, Alex Trudel and Joe Mayo of Souhegan, Brendan Dee of Laconia, Hayden White of St. Thomas, Keenan Myers, Matt Bergin, Ian Sinclair and Connor Gryniwicz of Hollis-Brookline and Kevin Hardy of Pelham.

Also earning Second Team honors were Alex Boone and Wyatt Daigle of Hanover, Jack Sheppard of John Stark, Evan Aho of ConVal, Amos Winans of Oyster River, Clayton Nazzan of Bow, Brody Smith, Blake Powers and Ethan Gaudet of Souhegan, Brandon Skowron and Ryan Gould of St. Thomas, Liam Marquette and Sam Rose of Coe-Brown, Jordan Morrelli of Hollis-Brookline, Jake Davidson of Pelham, Jake Tryon of Laconia and Emmett Reichert of Lebanon.

Third Team honors were also presented to Matt Herrmann of Merrimack Valley, Marek Luba Jr. of Milford, Hayden Avard and JoJo Drent of Hanover, Ben LaBreque of John Stark, Jack Pearson of Pembroke, Patrick O’Neil of Lebanon, Jackson Handwork of Oyster River, Conor Curtis and Jacob Filkins of Bow, Kenny Avery of St. Thomas, Quinn Imbrogno and Thomas Howie of Hollis-Brookline and Henry Hartwell of ConVal.

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

PETS OF THE WEEK

Meet Nova!

I’m Nova, a 3-year-old black and brown brindle Mountain Cur mix with a heart full of adventure! I’m fun, energetic and ready to explore the world with my person — whether that’s hiking trails, playing fetch, or snuggling up at the end of the day. I thrive best



as your one and only pup, so I’m looking for a home where I can be the star of the show. If you’ve got the energy to match mine and want a loyal, friendly companion who’s equal parts adventurer and cuddle bug, let’s meet!



NH Humane Society
Over a century of love for those without a voice.

1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539

Lakes Region

Chimney Pro

Sweeps • Stonework

Brick Repairs • Liners

Caps • Installations

Fire Place Makeovers

CERTIFIED CHIMNEY SWEEP

Video Chimney Inspections

603-520-7217

Fully Insured

Sweeps as low as

\$244

Castle in the Clouds has lots to offer in July

NHMS

CONTINUED FROM PAGE A1

or two and go watch some good racing,” said Zane Smith, driver of the number 38 Front Row Motorsports Ford.

“Well, I think I would want to get a lobster roll if I’d never been,” said Erik Jones, driver of the number 43 Legacy Motor Club Toyota. “Get an authentic lobster roll up there.”

“I guess lobster, because that’s, like, the thing, I think, when we go up there,” said Chase Briscoe, driver of the number 19 Joe Gibbs Racing Toyota.

New England’s only NCS weekend is Aug. 21-23 at NHMS. On-track action kicks off Friday with practice and qualifying for the NASCAR Whelen Modified Tour (NWMT) and NASCAR Craftsman Truck Series (NCTS) plus Sig Sauer Academy Dirt Duels at The Flat Track. The action continues on Doubleheader Saturday with the Team EJP 175 NCTS race and the Mohegan Sun 100 NWMT race following NCS practice and qualifying. The on-track action culminates Sunday with the Dollar Tree 301 NCS race. Don’t

miss all of the exciting off-track entertainment including the “The Magic Mile” Happy Hour Show, Trackside Live, The Groove fan hangout, concerts from Everybody Wants Some and Tim Dugger, Family Movie Night featuring “Zootopia 2,” driver appearances, fireworks and much more.

For a full NASCAR weekend schedule, visit NHMS.com/Events/NASCAR-Cup-Series/Schedule/.

For tickets and camping for New England’s only NCS weekend, featuring the Dollar Tree 301 NCS race, Team EJP 175 NCTS race, Mohegan Sun 100 NWMT race and Sig Sauer Academy Dirt Duels, fans should visit NHMS.com or call 833-4LOUDON. Tickets for kids 12 and under are just \$10 on Sunday, free on Doubleheader Saturday and start at \$10 on Friday.

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



MOULTONBOROUGH — Castle in the Clouds is in full swing now that summer is officially here. This July there will be programs at the historic estate that range from guided hikes to yoga to a petting zoo!

There are several recurring programs that guests can participate in at the Castle this month, starting with Music Nights, which occur every Monday, Tuesday, and Wednesday. Registration is required for these evening dinner concerts with a view. On Mondays, you can also start the day with a family-centered Story Time & Craft Hour in partnership with the Moultonborough Public Library. These take place at the picnic pavilion from 11 a.m.-noon (there is a rain space for rainy days as well). Later on Mondays, guests can join in on Yoga on the Lawns of Lucknow from 6-7 p.m. On Sundays, guests can swing by for Solar Gazing from 11 a.m.-4 p.m. with the NH Astronomical Society.

Volcanoes & Cellar Holes: the History of Ossipee Park is a walking tour held every other Thursday at 10 a.m. There are also guided hikes most Thursdays as well as the Saturday Hikes most Saturday mornings. To see the complete list of hiking times and locations visit our website.

Lucknow Garden Tours continue this month, alternating between Friday and Saturday each week. Join this 10:15 a.m. tour to see outside Lucknow Mansion and learn about the gardens directly from the Castle’s head gardener.

Starting July 11, Concerts in the Clouds is back! Great Waters has a great line up this summer, starting with an Arrival from Sweden – an ABBA music experience. On July 17, guests can see Neil Berg; Peace, Love, and Rock & Roll. The following week

will feature Chanticleer – A cappella, on July 24. For tickets and more information, interested parties should visit the Great Waters Web site: <https://greatwaters.org/>.

On July 18 and 19, there will be a Petting Zoo in the meadow – a call back to when Castle in the Clouds used to feature their own petting zoo. This is a special Castle Preservation Society 20th Anniversary event, free for guests and their families.

Teachers can attend a two-day professional development workshop on July 22 and 23. Science of Writing will help teachers design explicit, systematic instruction that supports all learners. Participants will have the opportunity to hike, tour the Castle, and eat at the Carriage House Restaurant as part of the two-day experience. Registration ends July 18, so be sure to secure a spot before then.

Also on July 23 is Constellations at the Castle, a great opportunity to learn more about, and observe, the night sky with a scenic view from the meadow and Carriage House. This event takes place in the evening from 8-10pm.

A day later, join Audrey Drake for a Sound Bath from 6-7 p.m. on July 24 and then, on July 26, join Bewitched Acres for a Small-Group Beekeeping class from 11 a.m.-12:30 p.m.

In order to register for these programs, please visit <https://www.castleintheclouds.org/calendar-of-events/month/2026-07/>. For more information, please contact programs@castleintheclouds.org or visit www.castleintheclouds.org

About Castle in the

Clouds

As the premier historical museum in the beautiful Lakes Region of New Hampshire, Castle in the Clouds provides each visitor with a look into the past while providing contemporary comforts to make every visit memorable. Originally called Lucknow, this breathtaking 6,300-acre property was developed in 1913 by Tomas G. Plant, a wealthy shoe manufacturer, to create a luxurious lifestyle with state-of-the-art amenities, beautiful hand-made furnishings, and a large staff to run the estate. These days, visitors come from all around the world to tour the mansion and exhibit gallery, dine in the Carriage House Restaurant or Café in the Clouds, explore miles of hiking and

walking trails maintained by partner organization the Lakes Region Conservation Trust, or enjoy one of our many programs and events. Operated by the Castle Preservation Society, a 501(c)(3) nonprofit organization, Castle in the Clouds is revered as a cultural and educational resource. The Lucknow Estate was designated a National Historic Landmark in 2024, recognizing its national significance in architecture and landscape architecture. Castle in the Clouds is also available as a fairytale wedding location and versatile private event rental venue. For more information about Castle in the Clouds, visit www.castleintheclouds.org.

Greater Lakes Region Children’s Fund’s Christmas in July event to include auction with 47 items

LACONIA — Greater Lakes Region Children’s Fund’s Christmas in July event on the M/S Mount Washington on Thursday, from 6:30 to 9:30 p.m., will feature an auction with 47 items for bidding.

Up for bid are items from a week at Prescott Farm’s summer camp to a day of golf at Birch Hill, a scenic helicopter ride over a local lake, a facial and so much more.

You do not need to be present to bid or win. Visit givebutter.com/c/2026-christmas-in-july-uestk/auction to bid.

“The best part is you can participate from anywhere, at your convenience, and still win something special,” said Jennifer Kelley, executive director of the Children’s Fund.

Franklin Savings Bank is the presenting sponsor for the event on the Mount Washington.

Christmas in July, is one of four key events that support the Children’s Fund; the others are the Children’s Auction, the founding event; Pub Mania; and the Sweepstakes Social, which also takes place on the Mount Washington, at dock.

Tickets for the event are on sale at childrensfundnh.org.

In the past 44 years, the Children’s Fund has distributed over \$10 million to nonprofit organizations in the community.

For more information on the Children’s Fund, visit ChildrensFundNH.org.

CAMPUS

CONTINUED FROM PAGE A1

ing, followed by a speaking program at 10:30 a.m. An elevated lunch will be served at 11:15 a.m., with campus tours, ceremonial photos, and additional activities to follow.

The event marks an exciting milestone in the continued growth of the 15-acre campus, which serves military members, Veterans, first responders, and their families through affordable housing, wellness programming, recreation, and supportive services.

“This groundbreaking represents our continued commitment to those who have served our communities and our country,” said Maureen Beauregard, President & CEO of Easterseals NH. “As the campus continues to grow, we’ll be able to expand the programs, services, and opportunities that help military members, Veterans, first responders, and their families heal, connect, and thrive at all stages of their journey.”

About Easterseals NH Military & Veterans Campus

The Easterseals NH Military & Veterans Campus in Franklin is a first-of-its-kind center in New Hampshire, providing military members, Veterans, and their families with housing, essential services, and recreation — all in one place. Spanning 15 acres, next to a rail trail and the Merrimack River, the campus offers affordable housing, a hub for military support organizations, and access to a variety of outdoor activities.

Located on campus, the Bernadine Herron Center offers a flexible event and retreat space to rent and 22 carefully-appointed guest rooms for people participating in retreats who need overnight accommodations. The Campus offers opportunities for nonprofits, government agencies,

and businesses, to host gatherings, trainings, and events. In Phase II, the Campus will feature the Solinsky Equine & Recreation Center and the Solinsky Empowerment Center. With these spaces for healing, connection, and growth, this Campus ensures those who served receive the care and community they deserve. <https://militaryveteranscampus-nh.org>

About Easterseals NH Established in 1936, Easterseals NH provides exceptional services to ensure that all people of all abilities and their families have equal opportunities to live, learn, work, and play in their communities. Throughout New Hampshire, the organization serves the diverse needs of more than 14,000 children, adults, seniors, and Veterans with a wide range of abilities and needs each year. The organization does this through comprehensive, outcome-driven services and programs covering early intervention, autism, intellectual and developmental disabilities, behavioral health, family and physical disability services, substance use treatment, and care coordination.

For more information, visit eastersealsnh.org or follow us @EastersealsNH on Facebook.



Mountain Fare Inn
in Campton Village
603-726-4283

WWW.MOUNTAINFAIREINN.COM
Your Base Camp In The Whites!
Everyone Welcome!
Hike, bike, golf, boat, explore!

PURPLE HEART SIGNAGE DONATION PROGRAM

On June 13, 2026 the Tilton Board of Selectmen declared the Town of Tilton as a Purple Heart Community per a proclamation. This was done in coordination with the New Hampshire Veterans Home.

As part of the State of New Hampshire Purple Heart Trail, involving 53 other NH communities, Tilton will be marked with a Purple Heart Community declaration sign at all four (4) bordering communities and at the public entrance to the New Hampshire Veterans Home. Donations to pay for these signs can be made to the Town of Tilton with “Purple Heart Sign Donation” written in the memo. We need to raise \$700.00 for the purchase of the 5 signs. We currently have \$200.00 raised. Anything raised over and above the \$700.00 amount will be donated to the NH Veterans Home Resident Activity Fund.

Donations can be sent to:
Town of Tilton
c/o Selectmen's Office
257 Main Street
Tilton NH 03276

THANK YOU!
From The Town of Tilton NH

Annual Loon Census and Loon Festival to be held on July 18

MOULTONBOROUGH—The Loon Preservation Committee (LPC) will conduct its Annual Loon Census on Saturday, July 18 from 8–9 a.m. During that hour, LPC staff and volunteers throughout the state will take to

the lakes to count loons. Following the Loon Census, the Loon Preservation Committee will host its 47th Annual Loon Festival from 10 a.m.-2 p.m. at The Loon Center in Moultonborough.

“The Loon Census

allows us to simultaneously survey hundreds of lakes across the state at the same time,” said LPC Outreach Biologist, Caroline Hughes. “The more people who participate, and the more lakes we can cover, the better the census

data will be.” In addition to creating a snapshot in time of New Hampshire’s loon population, the Loon Census also helps LPC to monitor the progress of known loon nests, discover previously unknown nests, check on the survival of

chicks that have hatched in the previous weeks, and detect new loon chicks that may have hatched since biologists last surveyed a given water body.

After the Loon Census, the 47th Annual Loon

ly event that will feature loon presentations given by LPC biologists, a Discovery Table and live animal ambassadors from the Squam Lakes Natural Science Center, a fun and educational display about lake ecosystems from NH LAKES, live music by Peter Heimlich and the Unusual Suspects, face painting, balloon animals, loon themed crafts and games for kids, and a dunk tank where a correctly-answered loon trivia question will earn participants a chance to dunk a biologist.

New Hampshire’s Loon Census is part of a much larger regional effort—at the same time that biologists and volunteers are setting out on New Hampshire lakes, counterparts in Maine, Vermont, and New York will be out doing the same. The Loon Preservation Committee is seeking additional volunteers to help cover lakes that have not historically had census volunteers. Those who would like to sign up to help can contact LPC at (603)476-5666.



**97 Daniel Webster Highway
Meredith, New Hampshire**

**Call us at:
(603) 279-7046**

Find us @rocherealty

Search New Hampshire properties at www.rocherealty.com

\$1,575,000

MLS# 5081295

Meredith: This 7BR Grouse Point Club home delivers sweeping mountain and Lake Winnepesaukee views. Amenities include a private beach, day docks, a gated entry, and a clubhouse with an indoor pool and hot tub.

\$849,000

MLS# 5097717

Laconia: This beautifully renovated detached home features cathedral ceilings, new laminate flooring, and a modern gas fireplace. Residents enjoy shared private beach access, a clubhouse, tennis, and pickleball courts within South Down Shores.

\$1,595,000

MLS# 5098263

Gilford: Boasting immense visibility at a bustling 4-way intersection, this 16,065-square-foot historic landmark property serves as an exceptional investment opportunity. The renovated building features 13 commercial rental units.

\$899,500

MLS# 5098096

Gilford: Experience island living with this charming 3BR cottage boasting 150' of pristine frontage on Lake Winnepesaukee. Warmed by a propane wood stove. Outdoor highlights include a protected stone breakwater with docking for two boats, under-home gear storage, and quick mainland access.

11,000 Success Stories Strong. Start Yours Today!

When it comes to the New Hampshire market, experience is the difference. Roche Realty Group has closed over 11,000 transactions and \$3.4 Billion in sales earning the title of "11 BEST REAL Estate Company in NH's Lakes Region" six years in a row

* Statistics obtained from PrimeMLS since 1997 for all real estate firms reporting sales in the entire state of NH during that time.

**Belmont Village Apts,
Belmont, NH
AVAILABLE SOON!**

Now accepting Applications:

Subsidized two bedroom town house style apartment.

- On-site laundry
- parking
- 24-hr maintenance
- close to center of town
- No Pets
- NO SMOKING.

Must meet income limit guidelines: rent starting at **\$1,210.00**, plus utilities; security deposit required. Download application at <https://www.sterling-managemnt.net> or call office at 603 267 6787

Loon Center hosting program on “Ancient Elephants: Woolly Mammoths of New England”

MOULTONBOROUGH — On Thursday, July 16, Join Harris Center Naturalist Susie Spikol for a fascinating journey to the Ice Age to discover the colossal beasts that once roamed New England. Learn to distinguish woolly mammoths from mastodons, explore their link to modern elephants, and uncover the mystery of their disappearance from our region. Don’t miss this captivating look into New England’s prehistoric past!

Held at The Loon Center in Moultonborough, the Summer Nature Talks are presented every Thursday evening at 7 p.m. during the months of July and August. All programs are free admission. For more than 40 years, the Loon Preservation Committee has worked to preserve the common loon and its habitat in New Hampshire through monitoring, research, education, and management activities.

Next Thursday, July 23, when presents Squam Lakes Natural Science Center “Hidden Stories: The Unseen Lives of Animals - A Fawn in the Forest.”

Directions to The Loon Center: From Route 25 in Moultonborough, turn onto Blake Road at the Central School. Go one mile to the end and turn right onto Lee’s Mill Road. The Loon Center will be on your left! For more information, call the Loon Center at (603) 476-5666.

To see the full 2025 nature talks schedule, please visit www.loon.org.

**285 Daniel Webster Highway
(603) 677-7007 • www.MeredithLanding.com**

MOULTONBOROUGH: NEW LAKE ACCESS LISTING! Wonderful 4BR/2BT Chalet with great living spaces, large deck, private back patio, and all the amenities of Balmoral including sugar sand beach, boat launch, clubhouse, tennis & basketball courts and so much more! **\$699,900 (5098533)**

MEREDITH: NICE PRIVATE LOT! This 2.58 acre parcel is just 5 minutes to downtown Meredith & Weirs Beach. Located on a quiet cul-de-sac with low traffic for added privacy. Great location near shopping, restaurants, and tons of lake activities. **\$219,000 (5095653)**

Camelot Home Center

ALWAYS OPEN DAILY • 10 TO 6 SATURDAYS & 10 TO 5 SUNDAYS

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

DOUBLE WIDES

List Price: \$119,995
\$115,995*

56' 3 Bed, 2 Bath

List Price: \$130,995
\$127,995*

48' 3 Bed, 2 Bath

***PRICES SUBJECT TO CHANGE**

Homes From COLONY, MARLETTE, NEW ERA & TITAN

MODULARS

\$119,995*

2 Bed, 1 Bath

\$179,995*

1,568sq ft. 2 story, 3 Bed, 2.5 Bath.

Visit Our Website: WWW.CM-H.COM

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?

Rt. 3, Tilton NH, exit 20 on Rt. 1-93 across from Lakes Region Factory Mall

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, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

To VIEW THESE AND OTHER PROPERTIES, VISIT:

Alpine Lakes Real Estate: www.alpinelakes.com

Badger Peabody & Smith Realty: www.peabodysmith.com

Bean Group: www.beangroup.com

Century 21 Country Lakes Realty: www.countrylakesrealty.com

Century 21 Twin Rivers Ralty: www.nhreal21.com

Coldwell Banker: www.cbldmill.com

Coldwell Banker Residential Brokerage www.newenglandmoves.com

ERA Masiello: www.masiello.com

Exit Lakeside Realty Group: www.exitlakeside.com

Granite Group Realty Services: www.granitegrouprealtyservices.com

Gowen Realty: www.gowenrealty.com

Kressy Real Estate: www.kressy.com

Lakes Region Realty: www.lakesregionrealestate.com

Lamprey & Lamprey Realtors: www.lampreyandlamprey.com

Maxfield Real Estate: www.maxfieldrealestate.com

McLane Realty: www.mclanerealtyplymouth.com

Mountain Country Realty: www.mountaincountryrealestate.com

Nash Realty: www.nashrealty.com

New Hampshire Colonials Real Estate: www.squamlake.com

Noseworthy Real Estate: www.noseworthyrealestate.com

Old Mill Properties: www.oldmillprops.com

Pine Shores Real Estate: www.pineshoresllc.com

Preferred Vacation Rentals: www.preferredrentals.com

Remax Bayside: www.baysidenh.net

Roche Realty: www.rocherealty.com

Strawberry Lane Real Estate: www.strawberrylane.com

Town & Forest Realty: www.townandforest.com

The Dover Antique Show & Vintage Market

Free Admission From 9am to 1pm
Indoor and Outside Spaces Available

**2026 Season
July 18
August 22
September 12**

A Fabulously Fun, & Funky Flea. Air Conditioned Rain or Shine at The Dover Elks Lodge 282 Durham Road. Dover, NH.

Outside Space is Always Available
Set up or Early Admission is \$35 at 7:30am

www.GurleyAntiqueShows.com

Joshua (207) 229- 0403 Rachel (207) 396- 4255

**Whatever Your Style,
Find it in the
Real Estate Section**

WOW Trail launches Buy-a-Brick Campaign to support expansions, connections

LACONIA — Community members will have an opportunity to leave a lasting mark on a new enhancement in Lakeport while supporting the efforts of the WOW Trail by purchasing a brick for themselves or a loved one.

Leaders of the trail recently launched a “Buy a Brick. Build the Connection” campaign, inviting residents, businesses and visitors to purchase personalized, engraved bricks that will become part of the new Lakeport Connector, now under construction in Lakeport.

This new section will connect the WOW Trail to the Opechee Loop.

Bricks can be used to honor loved ones, celebrate family milestones, recognize businesses or commemorate meaningful connections to the Lakes Region. Proceeds from the campaign will help support development of the connector and future trail enhancements.

“This is an opportunity for people to become a permanent part of the WOW Trail story,” said Allan Beetle, president of the WOW Trail. “Every brick will represent a personal connection and help us build a safer, more beautiful and more connected community.”

The Lakeport Connector is being developed as part of the emerging Opechee Loop project, which will eventually create nearly six additional miles of safer bicycling opportunities around Lake Opechee.

The new promenade section will provide a welcoming public space, where residents and visitors can gather, relax and enjoy views of Lake Opechee, and it will also improve connections between neighborhoods, businesses and recreational destinations.

The WOW Trail has committed significant funding toward the promenade project and is working with community partners, city officials and private developers to bring the vision to life.

Bricks are available in two sizes: four-inch by eight-inch for \$150, and eight-inch by eight-inch for \$300. They will be installed along the new Lakeport promenade this fall.

The WOW Trail currently provides more than four miles of recreational and transportation opportunities connecting Laconia and Belmont.

“The WOW Trail has always been a community project, and this gives people a chance to become part of it in a very personal way,” Beetle said. “Years from now, families will be able to walk the promenade, find their brick and know they helped create something that benefits the entire region.”

To purchase a brick or learn more about the campaign, visit wowtrail.org, and for more information, email info@wowtrail.org.

HELP WANTED

FOR ADVERTISING
INFORMATION
CALL 603-279-4516
EMAIL: TRACY@
SALMONPRESS.NEWS

FRIENDLY &
RELIABLE
NIGHT
CASHIERS
needed at the
Following Location:
Bosco Bell
on Route 28
Barnstead
Please apply in person.



WE ARE HIRING!

PSI Molded Plastics, located in beautiful Wolfeboro, NH.

We offer competitive pay rates.

Benefits include Health & Dental Insurance, Vision, Short Term Disability, Long Term Disability, Life Insurance

401k, 10 paid holidays, paid vacation time, paid sick time, and many other incentives!

Press Operator 2nd shift and 3rd shift – Pay \$18.00, plus \$2 shift differential.

Assembler 2nd shift – Pay \$18.00, plus \$2.00 shift differential

Assembler 3rd shift – Pay \$18.00, plus \$3 shift differential.

Maintenance Tech 2nd Shift – Pay \$21 and up depending on experience, plus \$2 shift differential

Mold Setter 2nd – Pay \$21, plus \$2 shift differential

Scuffer Painter Apprentice 3rd shift – Pay \$19.50, plus \$3 shift differential

\$2.00 per hour shift differential on 2nd shift.

\$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.

PSIMP an Equal Opportunity Employer.

ISO 9001:2015 Registered.

TEACHERS WANTED –

Cornerstone Christian Academy, Ossipee, NH

Seeking Christ-centered teachers for **Preschool, Lower School (K–5), and Middle School (6–8)** for the 2026–2027 school year. Candidates should demonstrate a vibrant Christian faith, strong teaching skills, and a passion for helping students reach their God-given potential. Competitive salary and supportive Christian community. We have both full-time and part-time opportunities.

Apply: <https://cornerstoneabc.org/> or call 603-539-8636



Lumber Yard Customer Service

We have a lumberyard customer service position open in our Moultonborough location. Duties include assisting customers and contractors locate and load materials, help receive incoming shipments and pick loads for delivery trucks. Prior forklift experience is helpful. Heavy lifting is required and excellent prior work history a must.

Belletetes is a 5th generation, family-owned building materials supply company that has been in business for over 125 years. Are you looking to join a company that treats their employees like family? We believe our employees are our biggest asset!

When you join our team, you will be working in a family-friendly atmosphere where career growth is important, and we try to promote from within. We offer an industry leading benefits package that includes competitive wages, health insurance, life insurance, paid vacation, paid time-off, paid holidays, paid bereavement leave, profit sharing, 401k and store discounts.

You may apply in person or download an application from our website. All applications should be submitted to:

Ian Shurbert, c/o Belletetes Inc.
121 Whittier Highway, Moultonborough, NH 03254
or you may email to ishurbert@belletetes.com

E.O.E.



SHAKER REGIONAL SCHOOL DISTRICT EMPLOYMENT OPPORTUNITIES

BES

Long Term Elementary Teacher Substitute
Long Term Special Education Teacher Substitute
Special Education Teacher
1-1 Behavioral Assistants (3 positions)

CES

1-1 Behavioral Assistant
Physical Education Teacher - 0.30 FTE

CES & BMS

Music Teacher

BMS

Music Teacher
Grade 6 Social Studies Teacher
French & Spanish Teacher
Special Education Teacher
Part-Time Guidance Secretary
1-1 Behavioral Assistants (3 positions)

BHS

Special Education Teacher
1-1 Behavioral Assistants (3 positions)

District Wide

Speech Pathologist

Please visit <https://employer.schoolspring.com/jobs/?iframe=1&employer=12749%22> to see the complete job posting.

Shaker Regional School District is an Equal Opportunity Employer.



Full-Time Installers Apprentice

Energysavers Inc, a 50 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. Starting pay, \$18-\$20 hour based on experience.

LEARN WHILE YOU EARN!

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

Stop in to fill out an application:

ENERGYSAVERS INC.

163 Daniel Webster Hwy., Meredith NH

GENERAL SERVICES

Explore Prince Edward Island This Summer or Fall

Explore Prince Edward Island This Summer or Fall This two-bedroom cottage near Tignish provides sweeping views of the ocean, the beach, and the North Cape lighthouse. Enjoy kayaking, bicycling, walking the beach, swimming in the warmer Gulf Stream waters, and exploring the community of Nail Pond and the many PEI attractions. Full Appliances. The cottage sleeps six comfortably. Weekly rent is only \$1,100. Contact Scott, for more information at 603-254-5032, or scottm@plymouth.edu.

**YEAR-ROUND SHORT-TERM RENTAL
Egrets Landing-31A - LIGHTHOUSE POINT
CONDOMINIUMS -TYBEE ISLAND, GEORGIA**

Oceanfront 2-bedroom condo.
Gated community with pool. Full Appliances.
Ocean views of ships and birds with a short walk to the beach.
Bookings Contact: Oceanfront Cottage Rentals. (800) 786-5889
<https://www.oceanfrontcottage.com/rentals/egrets-landing-31a>

Hiring?

Reach More

Local/Applicants

Email: tracy@salmonpress.news

Phone: (603) 279-4516

Help
Wanted

30 Years

GREAT WATERS

SUMMER CONCERTS

CONCERTS in the CLOUDS

at Castle in the Clouds



NEIL BERG The 60's: Peace, Love, Rock & Roll

FRIDAY, JULY 17 • 7:30 PM

CONCERTS in TOWN

First Congregational Church of Wolfeboro



CHANTICLEER: Our American Journey

FRIDAY, JULY 24 • 7:30 PM

Tickets on sale now!

Call (603) 569-7710, visit GreatWaters.org, or scan.



Patrick's

IRISH ROOTS - AMERICAN SPIRIT

Weekdays Open @ 4pm
Weekends Open @ Noon
Closed Tuesdays

OPEN MIC

MONDAY NIGHTS
6PM - 8PM

LIVE MUSIC!

FRIDAY & SATURDAY NIGHTS
6PM - 9PM

18 Weirs Rd. Gilford • (603) 293-0841 • Patrick'sPub.com



salmonpress.com

We Solve Problems!

603 ROOFERS

BY DWIGHT & SONS, INC.



PROUD TO BE THE BEST OF THE LAKES REGION
2 Years In A Row!

COMPLETE ROOFING SOLUTIONS

✓ ASPHALT ✓ METAL ✓ WOOD

603-766-3377 • 603ROOFERS.COM

HIRE A PROFESSIONAL WHO IS CERTIFIED & FULLY INSURED



Quality Care seeks veterans to be hospice volunteers with fellow veterans

TILTON — Quality Care Home Health & Hospice (QCHH) is actively seeking veterans to volunteer with fellow veterans receiving hospice care at the NH Veterans Home and across their service area from Concord to North Conway and the Lakes Region.

“Every veteran’s story is a living piece of history — one that deserves to be heard, remembered, and passed on,” says Quality Care Home Health & Hospice QCHH CEO and RN, Tanaya Call.

“Whether we have months, weeks, or days with them, our commitment is to honor the lives, values, stories, and sacrifice of every veteran in our care,” says Dan Kusch, who coordinates volunteers for QCHH.

Veteran volunteers may provide companionship, respite for family caregivers, sit vigil when friends or family are unable to be nearby, or participate in veteran recognition ceremonies.

“Our veteran volunteers play a vital, deeply valued role,” says QCHH social worker, Kristin Griffin. “The comradery between veterans can be such a powerful, healing source of support to veterans and their families in their final days.”

QCHH provides training in hospice care and veterans’ unique needs. Volunteers are asked to commit about one hour per week, with flexible scheduling available.

Veterans may volunteer individually, with a spouse or partner, or as part of a team.

An informational session will be held Monday, July 20 at 11 a.m.-noon.

For more information, contact Dan Kusch at 603-707-9655, ext. 108 or dkusch@qualitycarehh.com.



WATERMARK MARINE SUPPLY

How do you #lakelifeNH?
Life is better on the water!

No matter how you do lake life, we've got you covered.
Join our email list today for updates, special offers and tips and tricks for a great summer on the water.

Boat Lifts • Life Vests • Mooring Supplies • Pull Toys
Dock Hardware • Swim Rafts • Apparel • Full Dive Shop • And More!

1218 UNION AVE • LACONIA
ACCESSIBLE BY WATER • PAUGUS BAY

WatermarkMarineSupplyStore.com | Follow Us!  

invisalign®

TouchUp!

Are your teeth out of alignment and need a Touch-Up?
Need a new set of Retainers?



Give Dr. Kennell a Call Today!

Dr. Alan F. Kennell

invisalign®

The Clear Alternative to Braces

KennellOrtho.com | 524-7404 Laconia | 536-7404 Plymouth | 444-7403 Littleton

GET \$20 TOWARD NEW FISHING GEAR

When you trade in your lead (Pb) fishing sinkers or jigs at participating shops.

TRADE-IN



\$100 AWARDED TO THE PARTICIPANT WITH THE LARGEST TRADE-IN OF ELIGIBLE TACKLE AT EACH PARTICIPATING SHOP* through December 31, 2026. See LOONSAFE.ORG for details.

PARTICIPATING SHOPS:

1 2 Bros 24/7 NH Bait and Tackle
404 Main Street
Nashua, NH 03060
(603) 943-7276

2 Berry's Bait
404 Main Street
Alton, NH 03810
(603) 875-0169

3 LL Cote
7 Main Steet
Errol, NH 03579
(603) 482-7777

4 Lopstick Outfitters
10 Metallak Place
Pittsburg, NH 03592
(603) 538-6010

5 Newfound Sales & Trading Post
381 Lake Street #6
Bristol, NH 03222
(603) 744-8658

6 Newhook's Bait & Tackle
1763 US-302 UNIT 2
Lisbon, NH 03585
(603) 838-8117

7 North Country Angler
2988 White Mountain Hwy
North Conway, NH 03860
(603) 356-6000

8 Ossipee's Bait and Tackle
306 Pine River Road
Effingham, NH 03882
(603) 730-7674

9 Ray's Corner Country Store
1156 West Milan Road
Milan, NH 03588
(603) 449-2236

10 Rocky's Ace Hardware
257 Newport Road
New London, NH 03257
(603) 526-2800

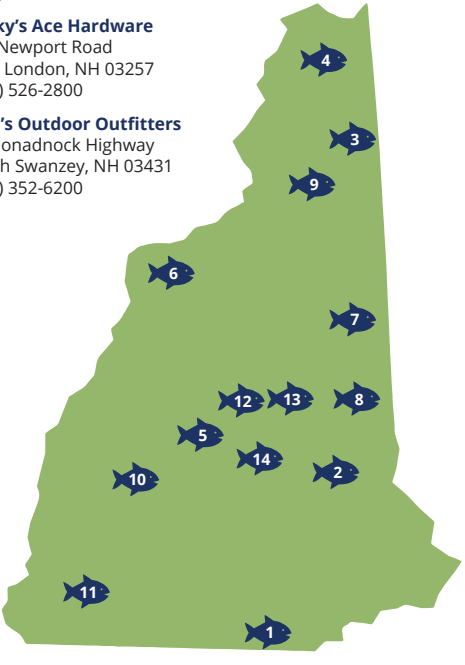
11 Sam's Outdoor Outfitters
74 Monadnock Highway
North Swanzey, NH 03431
(603) 352-6200

12 Squam Lake Boat Livery
853 US Route 3
Holderness, NH 03245
(603) 968-7721

13 The Loon Center
183 Lees Mill Road
Moultonborough, NH 03254
(603) 476-5666

14 Winnisquam Country Store
1021 Laconia Road
Tilton, NH 03276
(207) 387-0075



THANK YOU FOR HELPING PROTECT NEW HAMPSHIRE LOONS FROM LEAD POISONING!

*One trade-in voucher per customer.
Full trade-in details, list of participating shops, disposal locations, and more at:
LOONSAFE.ORG

Funding for the buyback program and this ad is provided by the Loon Preservation Committee