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Winnisquam Echo

THURSDAY, AUGUST 24, 2023

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The local covering the locals *Belmont grad continues to grow production business*

BY JOSHUA SPAULDING

Sports Editor

REGION — Devin Poslusny didn't play sports in high school. But you would be hard-pressed to find anyone who has spent more time around high school sports than the 2018 Belmont High School graduate.

Poslusny is the owner of DP Production Group, which has developed quite the following amongst local high school sports fans who want to watch games online when they can't be in the stands in person.

"Looking back at what we've done, it's a team effort," Poslusny said. "It's amazing what we've done. I just want to be a household name."

And while DPPG has developed into a multi-faceted business, it all began pretty humbly, back when Poslusny was in sixth grade and was a big racing fan.

"I started a weekly racing web show and was filming short track races," Poslusny said, noting that the interest in that followed him to high school and his freshman year he took a journalism and broadcasting class and as part of that, was asked to put together a highlight video from the Homecoming games.

"It caught the eye of the AD, they wanted the video for the sports awards," Poslusny said, noting that he was asked to produce the same thing for winter and spring sports as well.

"I had the goal of trying to be Mike Joy (NASCAR) SEE DPPG, PAGE A7



JOSHUA SPAULDING

Devin Poslusny has built a name for his company, DP Production Group, through broadcasting high school games around the Lakes Region.

Tilton officials seek input on future of Island Park

BY DONNA RHODES

Contributing Writer

TILTON — The Town of Tilton is reaching out to their residents for thoughts and ideas on the future of Island Park as plans are being put in place for the future of the island that town founder Charles E. Tilton established more than 100 years ago.

Approximately three years ago, voters in Northfield and Til-

ton approved turning the deeded rights to the island they jointly owned over to the Town of Tilton after both county (Merrimack and Belknap) and town lines were adjusted for the transfer.

Not long after that, Tilton officials discovered that a large tree on the historic island, once a showcase for Charles Tilton's passion for art and beauty, needed to be removed for public safety rea-

sons. Once crews came to remove it though, the question came up as to whether or not the bridge to the island would sustain the weight of the massive tree as it was hauled across the span.

When the bridge was then inspected, it turned out it, too, had serious issues.

An ensuing study showed that the Tilton Island Park Bridge was SEE ISLAND PARK, PAGE A7

Sanbornton Public Library to host second "Community Conversation"

SANBORNTON — The SANBORNTON PUBLIC LIBRARY (SPL) has been selected as one of 240 libraries to participate in "Libraries Transforming Communities: Accessible Small and Rural Communities," an American Library Association (ALA) initiative that provides community engagement and accessibility resources to small and rural libraries to help them better serve people with disabilities.

The competitive award comes with a \$10,000 grant that will help the library staff, together with Sanbornton residents, determine and implement strategies that will help improve library services, including home visits and delivery of library materials; technology support; educational and wellness programs in-person or virtually; and facility improvements.

The library is partnering with Sanbornton Connects (SC) on this project. Founded in the early days of the COVID-19 pandemic, Sanbornton Connects is a grassroots, all-volunteer organization whose mission is to help connect members of the community to each other and to community resources that will enhance the quality of life for everyone and help residents Age in Place in an age-friendly, multigenerational community.

In order to invite feedback and encourage community engagement, the Sanbornton Public Library and Sanbornton Connects are asking Sanbornton residents how the library can provide these relevant services in our community.

The Sanbornton Public Library and Sanbornton Connects will host a Community Conversation about the Library and community needs on Thurs-

SEE CONVERSATION, PAGE A7



Spaulding Academy & Family Services celebrates staff at 2023 appreciation event

NORTHFIELD — Spaulding Academy & Family Services recently hosted its much-anticipated Annual Staff Appreciation event behind the Westwood building on campus. An overwhelming turnout of more than 200 team members came together for a day of celebration, camaraderie, and gratitude.

The 2023 Annual Staff Appreciation event was a resounding success, with team members enjoying a diverse range of activities and entertainment throughout the day. The event featured an array of food trucks, lively music, and engaging games, creating an atmosphere of joy and togetherness.

One of the highlights of the event was the Diversity, Equity and Inclusion (DEI) table where team members participated in exciting games such as Diversity Ball and the Cootie Catchers. This inclusion-focused initiative served as a reminder of the organization's commitment to fostering a diverse and welcoming environment for all.

"We were delighted for such an incredible turnout at this year's Annual Staff Appreciation event," said Todd Emmons, CEO of Spaulding Academy & Family Services. "Without a doubt, everyone enjoyed this incredible afternoon, and

SEE SPAULDING, PAGE A7

Holiday makes for early deadlines

With the offices of the Winnisquam Echo closing on Monday, Sept. 4 in observance of Labor Day, the submission deadline for any press releases and letters to the Editor intended for publication in that week's edition will be Thursday, Aug. 31 at 4 p.m. Submissions can be e-mailed to Editor Brendan Berube at brendan@salmonpress.news.

The staff of the Winnisquam Echo thanks our readers for their cooperation with this scheduling change, and wishes them a safe and happy holiday weekend.

Canterbury Shaker Village to host Artisan Market

CANTERBURY — On Saturday, Sept. 16 from 10 a.m. to 5 p.m., Canterbury Shaker Village will host Artisan Market, featuring handcrafted art and crafts, food truck, and mobile cocktail bar.

In total, the Village's Artisan Market will feature more than 25 vendors, some of whom include Carroll Studio Gallery, Weston Hand Carved Spoons, Erica Walker Jewelry, and Anne Boisvert Pottery.

"The quality of vendors we have lined up for this event is really top-notch," said Kyle Sandler, education manager at the Village. "We are thrilled to delight and inspire visitors of all ages."

The event will also feature live music with Audrey Drake scheduled to perform between 11 a.m. and 1 p.m.

"Audrey is known for grabbing the attention of listeners with music that tugs at their heartstrings," said Leslie Nolan, executive director of the Village. "Her ability to tell stories through her music is a subtle reminder of the story of the Canterbury Shakers, whose legacy we continue to reinterpret and share on a daily basis."

Admission to the Village's Artisan Market is \$15 for adults (over age 25) and free for members and kids.

Established in 1792, Canterbury Shaker Village represents one of the oldest, most typical, and most completely preserved of the Shaker Villages. To purchase tickets to Artisan Market, become a member, or learn more about The Village, visit shakers.org.

Canterbury Shaker Village is a member of the NH Heritage Museum Trail, which connects the public with culturally rich heritage institutions in New Hampshire. For more information, visit nhmuseumtrail.org.



RE/MAX Innovative Bayside agents receive awards from RE/MAX New England

REGION — RE/MAX New England has recently announced its top agent awards for the first half of 2023. RE/MAX Innovative Properties Bayside is honored to have several of its agents receive recognition.

Out of more than 3,000 agents in New Hampshire, Scott Knowles, Chris Adams and Chris Kelly earned the #2, #3 and #4 rankings. As members of the Platinum Group, each of these agents has been consistently recognized for their success in Sales throughout the Lakes Region and central New Hampshire.

Bob Gunter, a 40 year veteran REALTOR® and long time resident of the area, was recognized for

being #13, and Denise Denver, who has worked successfully in real estate in the southern part of the state, recently moved to the Lakes Region, Denise was awarded the #24 ranking in the State of New Hampshire.

These REALTORS® are integral members of the fast growing RE/MAX Innovative Properties Bayside team and are more than deserving of this very prestigious recognition.

"We are extremely proud to be affiliated with these individuals and all of our dedicated agents", said Travis P. Cole, Managing Broker.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Aug. 7-14.

A 37-year-old female from Northfield was issued a summons in lieu of arrest on Aug. 9 for operating a vehicle with an Unofficial Inspection and/or Registration Decal.

An 18-year-old male from Gilford was issued a summons in lieu of arrest on Aug. 9 for Possession and/or Use of Tobacco Products by a Minor.

An 18-year-old male from Bridgewater was issued a summons in lieu of arrest on Aug. 9 for Possession and/or Use of Tobacco Products by a Minor.

Barbara Sefton, age 67, of Plymouth was arrested on Aug. 10 on multiple counts of Control of a Premises where Drugs have been Kept and multiple counts of Transportation of Drugs in a Motor Vehicle.

Vicki M. Jackson, age 62, of Belmont was arrested on Aug. 10 for Domestic Violence-Simple Assault-Physical Contact and Criminal Mischief.

A 34-year-old male from Belmont, 60-year-old female from Laconia, and 35-year-old female from Laconia were issued summonses in lieu of arrest on Aug. 11 for Criminal Trespassing.

GILFORD — Daniels Electric Corporation returns as the presenting sponsor of the 2023 Sweepstakes Social, a special event on behalf of the Greater Lakes Region Children's Auction and teams of the 2023 Challenge. The event will be held dockside at the Weirs aboard the M/S Mount Washington on Friday, Sept. 15 from 5:30 to 7:30 p.m.

"We're definitely looking forward to this event" said Daniels Electric's President Tom Milligan. "The opportunity to support kids in need here in our community while throwing an exciting party is right up our alley."

"This was a really fun party last year and we're looking forward to seeing our friends and finding out who will be the big winners this year," exclaimed 2023 Challenge Chair Jennifer Beetle. "We'll be giving away \$15,000 in cash prizes with matching amounts going to the Challenge Teams for a total of \$30,000 awarded." Many of the more

Daniels Electric Corp. presents 2023 Sweepstakes Social




Challenge Team members from Lakes Region Realtors were one of ten cash prize winners at the 2022 Sweepstakes Social to benefit the Childrens Auction. This year's event is Friday, Sept. 15.

than 30 Challenge Teams host their own fundraising events during the year. The Sweepstakes Social, along with the Shuffle and Pub Mania at Patrick's, are events that support all the Challenge Teams in their collective fundraising on behalf of the Children's Auction.

Sponsors include event host M/S Mount Washington, Lakes Region HVAC, Gilford Home Center, US Foods, Meredith Village Savings Bank, NH Trust Financial Advisors and Patrick's.

Only 300 tickets will be sold at \$100 each, and includes admission

with a guest, one entry into the sweepstakes, light appetizers and entertainment with a cash bar. Tickets are available now at www.ChildrensAuction.org. Ticketholders do not need to be present to win. For more information, email Challenge@ChildrensAuction.org.



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Experience and leadership a strength for Winnisquam soccer

BY JOSHUA SPAULDING
Sports Editor

TILTON — Although the Winnis-

quam soccer squad lost some key players from last year's squad to graduation, coach Tom

Osmer returns a large team with a lot of experience, leaving him with high hopes for the

upcoming season.

"Lots of experience and leadership with 19 seniors and juniors," Osmer said. "A very deep roster with players who will be coming off the bench who easily would have started for us in past season."

Replacing the goal scoring of graduated senior Ayden Cushing will be a key piece to the puzzle for the Bears, with Osmer noting that he expects that the team can make up those goals with a number of different players chipping in.

"Most of all we still need to improve defensively," Osmer said. "We scored a lot of goals last year, but we conceded a bunch too."

The Bear coach noted that the team scored four goals against the Division III runners-up from Mascoma and still lost and also saw the same thing happen in the tournament, when the seventh-seeded Bears were eliminated

by Hillsboro-Deering despite scoring three goals.

"Defense will be key for us, especially with a new keeper in the goal for us," Osmer said. "we have a handful of players competing for that spot, but we still need to do more as a team in front of our goal to keep it from even being an issue the keeper has to deal with."

While there are still things to work on, Osmer is pleased with how the team members came into the new season ready to go.

"We have a lot of players returning stronger, faster and more fit than last year," the Bear coach said. "There is a good energy at our training sessions and a pretty solid mindset."

"We still have a lot of big challenges ahead of us and plenty of talented teams standing in our way, but I think this edition of Winnis-

quam soccer is better equipped to meet those challenges than we have been in the recent past."

Osmer notes that Zach St. Onge will be a key component on the front line, while Colby Blackburn will be strong in the mid-field and Keegan Adams will be counted on during his senior year on the defensive side of the ball.

The Bears are scheduled to play two games each with Derryfield, Newfound, Mascoma, Farmington and Monadnock and single games with Manchester West, Stevens, St. Thomas, White Mountains and Bishop Brady.

The season kicks off for Winnisquam at Derryfield on Friday, Aug. 25, at 4 p.m.

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

Golf returns to Belmont High School

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont golf team returns to the links this year with a new coach and plenty of new faces donning the Raider red.

John Mattes takes over the helm of the Raider program and returns just one player from the last time the Raiders teed off, as senior Nick Pucci will lead the way for Belmont.

Junior Kyle Dumais and freshmen Jordan DeFrancesco, Max Ryder and Jasper Sottak will all be teeing off as well and will be looking to build experience as the season goes along.

"The goal is to enjoy the sport and build on our improvement," Mattes said.

The Raiders will once again be teeing off at Canterbury Woods for their home matches, which will take place on Monday, Aug. 28, Tuesday, Sept. 5, and Friday, Sept. 15.

Belmont will also play an "away" match at their home course on Aug. 30. Additionally, Belmont will be at Bretwood Golf Course, Ridgewood Country Club, Waukegan Golf Club, Farmington Country Club and Mount Washington Resort.

The season kicks off today, Aug. 24, with a trip to Bretwood Golf Course for a match hosted by Monadnock and also featuring Hopkinton and Mascenic. On Monday, Aug. 28, the Raiders will host Hillsboro-Deering, Monadnock and Woodsville and on Wednesday, Aug. 30, they will be at Canterbury Woods for a match hosted by Concord Christian and also featuring Monadnock and White Mountains Regional.

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

Belknap Mill Quilters Guild prepares for 46th Annual Quilt Show

LACONIA — Members of the Belknap Mill Quilters Guild have been quilting up a storm in preparation for their 46th annual Harvest of Quilts Show, scheduled for Saturday, Sept. 23 and Sunday, Sept. 24, located in downtown Laconia at three locations: Belknap Mill, 25 Beacon St., Laconia Senior Citizen Center, 532 Main St., and the Lakes Region Mental Health Center Conference Center, Main Street (opposite Bootleggers).

The guild will showcase more than 170 handmade quilts of all sizes, wall hangings, home decor, quilted clothing and accessories. Styles range from traditional to modern, bed quilts, wall hangings, and embroidered works of art, and many original designs will be on display. Quilt show winners will be determined by the public's popular vote, ending at 5 pm on Saturday, with ribbons awarded on Sunday.

Tickets for the Guild's 2023 raffle quilt "Warm Stars" (pattern by Scott Flanagan) are being sold and will be available for purchase at the show. Many vendors will be on hand with beautiful



fabric, rulers, patterns, and other quilting supplies, along with the latest in sewing machine technology. A food truck will be on site, and several downtown restaurants are within walking distance. The popular Attic Corner will once again be filled with gently used sewing notions and fabric-by-the-pound

for the bargain hunters. The Quilted Treasures boutique will be selling beautifully crafted items made by guild members and is a great place to start your holiday shopping. Baskets Galore will be selling tickets for a wide variety of amazing gift baskets to be raffled, including a Pfaff sewing machine, donated by North Country Quilters & Sew 'n Vac,

LLC. During the week leading up to and during the show, everyone is encouraged to enjoy the Mysterious Quilt Journey featuring themed quilts displayed in dozens of downtown businesses. Follow the journey, and collect a Mysterious Quilt Journey block from each participating merchant. Turn in the blocks at the quilt show

for a chance to win prizes.

The fun begins on Sat-

urday Sept. 23, 10 a.m. to 5 p.m., and continues on Sunday the 24th, 10 a.m. to 4 p.m. Admission includes all locations and is \$10 for adults, and free for children under 12 with paid adult admission. Please visit the Belknap Mill Quilters Guild Web site for more information, www.bmqg.org.

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Opinion



COURTESY

Belknap Mill's Summer Concert Series continues with Freese Brothers Big Band

Friday, Aug. 25, at 6 p.m., join us for Freese Brothers Big Band in Rotary Park! All concerts are free and open to the public. Guests are welcome to bring lawn chairs, a blanket, and a picnic dinner for an evening of live music. In the event of inclement weather, the concert will be moved inside the Belknap Mill. The Freese Brothers Big Band is in its 42nd year of keeping the sounds of swing and classic Big Band music alive! The 18-member band offers a lively program that incorporates the classic sounds of Duke Ellington, Benny Goodman, Count Basie, Frank Sinatra, the Dorsey Brothers and Glenn Miller, with more contemporary tunes specially arranged for Big Band performances. The Belknap Mill's 2023 Summer Concert Series is generously sponsored by founding sponsor-The Laconia Putnam Fund and media sponsors, Lakes FM 101.5, 104.9 The Hawk. For more information about upcoming performances or other programs at the Belknap Mill, please visit our Web site www.belknapmill.org or like us on Facebook.

EDITORIAL

Back to school

As the warm days of summer slowly fade away, a familiar sense of excitement and anticipation fills the air. It's that time of the year again — back to school season. Whether you're a student, a teacher, a parent, or simply a passerby, this annual transition marks a pivotal moment in our lives, offering us the chance to grow, learn, and forge new connections.

The start of a new school year is like turning the page of a book. It's an opportunity to set new goals, create new habits, and leave behind the past challenges and triumphs. Embracing change doesn't mean forgetting who we are, but rather recognizing that each year brings a chance to refine our identity and explore new possibilities.

Education is not confined to the four walls of a classroom. While textbooks and lectures provide a foundation, true learning takes place when we venture beyond those boundaries. Engaging with extracurricular activities, pursuing personal interests, and seeking out diverse perspectives all contribute to a well-rounded education. So, let this school year be a quest for knowledge that extends far beyond traditional academics even if you're not actually attending school.

Challenges are inevitable, but they are also invaluable teachers. The pandemic has shown us the power of resilience and adaptability. As we step into the new school year, let's carry forward the lessons we've learned. When faced with difficult situations, remember that each obstacle is an opportunity to learn, to grow stronger, and to develop problem-solving skills that will serve us well in the future.

School is not just a place of learning; it's a community. The relationships we form with our peers and teachers can shape our educational experience in profound ways. Extend a helping hand to those who might be struggling and reach out to new faces with kindness. Remember, a supportive community enhances our growth and makes the journey more enjoyable.

As we make our way back to school, let's think beyond resolutions and focus on setting meaningful intentions. Instead of setting rigid goals, think about what you want to experience and achieve during this academic year. Whether it's improving your study habits, deepening your understanding of a subject, or simply finding joy in the learning process, intentions can guide your journey in a more holistic and fulfilling manner.

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.

Positively speaking!

Toby Moore

When an ally turns against you

Life has a way of testing us, throwing curveballs when we least expect them. You may find yourself doing everything right, working diligently toward a shared goal with someone you trust, only to discover that your paths suddenly diverge.

Sadly, friends can become foes, partners become adversaries, and the existing harmony shatters into discord.

The emotional toll of a close friendship descending into animosity can be profound, mainly if you've depended on this person. The anxiety triggered by such a rift can be overwhelming, leading to sleepless nights and constant worry.

I've seen this unfold in my life. I once teamed up with an old friend to launch a new venture. We were inseparable initially, sharing dreams and building something from scratch. But as the years rolled on, our visions diverged. He had a very different idea of

what the business should be. He wanted to keep it small, and I wanted to grow the company because the money wasn't there yet. I thought expansion was the only way forward, but he felt by keeping it small and exclusive; eventually, we'd have success.

Our once-healthy debates turned into bitter arguments, and eventually, the friendship that had flourished for so long soured.

These situations are complex and emotionally charged. It's not just about clashing business strategies or differing views on a project; it can also be about trust, loyalty, and the erosion of once-strong bonds.

It's excruciating to watch someone you considered an ally turn against you, to feel their words and actions chipping away at your sense of self-worth and inner peace.

SEE ALLY, PAGE A6

Comfort Keepers

Seniors benefit from physical activity when living with a health condition

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

Regular physical activity is essential, no matter one's age. Being physically active can improve brain health, help manage weight, reduce the risk of disease, and strengthen bones and muscles while improving the quality of everyday activities. The benefits of regular physical activity can lead to a long life filled with moments of joy.

As we age, older loved ones are more likely to suffer from at least one chronic disease that leads many to exercise very little and fail to take advantage of some of the benefits of physical activity. As a matter of fact, at least 86 percent of seniors live with one chronic condition.

The good news is that those with a health condition can still benefit from physical activities

and exercise. The National Institute on Aging recommends the following activities for exercising with chronic conditions that often impact the quality of life in our later years.

Alzheimer's disease and related dementias

Being active and getting exercise may help people with Alzheimer's or another dementia feel better and can help them maintain a healthy weight and have regular toilet and sleep habits. Some activities to share with a caregiver are a walk each day, dance to music, or simple task around the house. Some things that help one stay active around the house include sweeping, dusting, lifting household items such as soup cans, or pedaling on a stationary bike. Moreover, a study published in Nature Metabolism reports that irisin,

secreted by muscles during exercise, could be an effective therapeutic for addressing brain deficits resulting from Alzheimer's disease.

Arthritis

Exercise can reduce joint pain and stiffness for those living with arthritis, helping 50 percent of people aged 65 years or older that experience arthritis. Flexibility exercises such as upper- and lower-body stretching and tai chi can help keep joints moving, relieve stiffness, and give you more freedom of movement for everyday activities. Strengthening exercises, such as overhead arm raises, help maintain muscle strength to support and protect joints. Endurance exercises such as swimming make the heart and arteries healthier and may lessen swelling in some joints.

SEE COMFORT, PAGE A6

Talking behavior in Indianapolis

NFHS hosts conference highlighting behavior in high school sports

BY JOSHUA SPAULDING

Sports Editor

INDIANAPOLIS, Ind. — A few months back, I got an e-mail from the National Federation of High Schools (NFHS), a normal occurrence in my job. This one, however, was announcing a conference entitled “Behavior In Sports Summit: Understanding Your Influence.”

Over the last few years, as I stroll the sidelines of high school contests, I have been witness to the dramatic change in behavior from those who are sitting on the sidelines of these games. And it’s not a good change.

Berating of officials, questioning the decisions of coaches, yelling at opposing players or “coaching” players has become commonplace in today’s high school sports world and has led to a shortage of officials for high school games and coaches for high school teams, as people have started to realize that the beratement they take isn’t worth it.

It’s an incredible disappointing trend and I was intrigued by the conference, so I registered (it was free) and then booked a flight to Indianapolis and a room at the hotel where the conference was taking place (for a discounted rate, thankfully).

The conference kicked off on Monday evening and I booked a flight for just after noon out of Manchester. We boarded a few minutes late and left the gate,



JOSHUA SPAULDING

During my afternoon off while attending the NFHS conference, I took a walk to Lucas Oil Stadium, the massive home of the Indianapolis Colts.

only to be told there was a “ground hold” in Baltimore and we had to sit on the tarmac for 45 minutes or so. Thankfully I had a bit of time for my layover and when I arrived at BWI, the flight to Indianapolis was on time. We boarded about 10 minutes later and as the crew members started their pre-flight demonstration, they suddenly halted and we got an announcement from the captain that there was a “ground hold” in Indianapolis and we sat on the plane, at the gate, for two hours.

This obviously kept me from making it to the keynote opening night

address, as I didn’t make it to the hotel until almost 9 p.m.

The next morning I headed downstairs (at the nicest hotel I’ve ever stayed at) for the first general session, which was entitled “Working With Parents and Other Fans to Promote Better Behavior.”

“Number one is the outsized expectations of children and their abilities,” said John Varlas, a sports reporter for the Daily Memphian in Tennessee. “They have to recognize fact that ultimate goal is not going to be professional sports for 99 percent of these kids.

“If we can temper down expectations maybe some of these behavior problems go away,” he said.

“Parents need to back off, coaches need to help parents understand it’s not about them and coaches need to understand that it’s not about them,” said Khristen Vanderway, a tennis coach at Xavier College Prep in Phoenix, and former high-level player.

“If you’re building the right culture, no administrator will fire a coach who has happy students,” said Alva Amaker, a high school coach, official, administrator and consultant from Maryland. “Let this high school be the place where they enjoy the journey of being an athlete.”

“Players want to play. Number one problem

is parents, number two problem is coaches,” said Jennifer Beck, a TV anchor and producer from Ohio. “To hear words that come out of mouths of parents to officials is horrendous. They forget the big picture.

“You have to stop the parents to get them the message,” she continued. “Your attitude on sidelines is going to have impact on your kids, may be make or break when it comes to a college scholarship.”

The second session was entitled “Considering All Stakeholders in Social Media Sharing.

“So many great stories aren’t being told in the community,” said Kevin Conrad from Center Grove Sports Network in Indiana.” Look for the positive stories, encourage people to submit those stories.”

“We tell the good stories, but people remember the bad stories,” said Tom Kreager, a reporter with The Tennessean in Nashville. “This is what happened, we can’t look the other way. But that’s a small percentage of what we write.”

“Ninety-eight percent are the good stories, but the big stories are the ones that tend to get attention and aren’t always the good ones,” said Nick Stevens, senior editor at HighSchoolOT.com in Raleigh, N.C. “Is it relevant, part of the story we are trying to tell or are we click chasing?”

Tuesday continued with a pair of breakout

sessions, I opted for one entitled “Adjusting Media Coverage from High School to College and Pro Sports.”

“There’s certain ways you use to describe things,” said Anne Marie Anderson, an Emmy Award-winning broadcaster, who notes she changes how she calls a game based on the athletes on the playing surface. “This may be their only opportunity to play organized sports.”

“Every person requesting credentials we send guidelines,” said JP Murrieta, Sports Information Director of the New Mexico Activities Association. “We’re not telling people what to cover, but in order to get a credential, we put out the guidelines. It’s our party and we can invite who we want to.”

In the third general session on Tuesday afternoon, the subject was “Laying the Foundation for Good Behavior: Invest in Your Middle Schools.”

“Your first interaction with parents shouldn’t be when something goes wrong,” said Marti Reed of the Positive Coaching Alliance.

“It’s difficult as an administrator, but it’s also part of the job. Set expectations right away,” said Chris Frasco, Assistant Executive Director of the Illinois Elementary School Association. “Any fan ejected has to take a course and prove they did before they can return to games. Players

have to provide proof of completion of course before returning to play.”

“We want to provide all kids in school community a place where they belong,” said Nicole Schaeffbauer, Executive Director of the Illinois Elementary School Association. “They now have to be accountable for their academics.”

“We make them do every rule the high school does,” said Richard McWhirter, Assistant Executive Director of the Tennessee Secondary School Athletic Association. “They learn the rules at a younger age. Majority of our people know our rules because they started them in sixth grade.”

The final general session of Tuesday was entitled State Association Best Practices.

“We’re seeing a huge influx of athletic administrator jobs going to young kids with sports management degrees,” said Doug Ute, Executive Director of the Ohio High School Athletic Association. “They’ve never taught a day in school, aren’t connected to school. It’s time for us to help them.”

“Pause the game. Have a 30 second pause instead of months of work,” said Lauren Thomas, Assistant Executive Director of the Vermont Principals’ Association, talking about how to react when something bad happens. “A pause can be so beneficial in how you go forward with athletics.”

“We need to provide schools and administrators with resources, use the best practices from our schools,” said Ron Nocetti, Executive Director of the California Interscholastic Federation. “Rules and tools, what are we providing them?”

“It’s not just about Friday night at the sporting event,” said Mike Krueger, Commissioner of the Colorado High School Activities Association. “It’s equally important when we

SEE INDIANAPOLIS, PAGE A6

PSU women’s lacrosse team holding clinic in October

PLYMOUTH — The Plymouth State University women’s lacrosse program will hold a skills clinic for players of all skill levels in grades nine-12 this October, head coach Becky Dale announced last week.

The clinic will take place from 10:00 a.m. – 12:30 p.m. on Saturday, October 7 at Panther Field, with registration beginning at 9:30 a.m.

Designed for players interested in competing at the next level, attendees will work closely with Plymouth State lacrosse team members and coaches to improve skills. Players will be led through a series of small-sided skills and drills and will have the opportunity to partake in a Q&A session with current Panthers to help answer questions about competing at the collegiate level. Members of the coaching staff will also be available for meetings and tours of Plymouth State’s athletics facilities.

Online registration will remain open until midnight on Oct. 7. No refunds will be available after the close of registration. The clinic rate is \$40 per individual.

Athletes should bring lacrosse protective equipment including goggles, mouth guards, goalie equipment (positionally), cleats, sticks and a water bottle. To expedite the check-in process, athletes should also bring printed, signed waivers.

Online registration is required for all Plymouth State Athletics camps and clinics. Registration and waiver links are available at athletics.plymouth.edu/camps.

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Edward Jones: Financial Focus

Should you downsize when you retire?

When you retire, you’ll experience many changes — should one of them involve your living arrangements?

The issue of downsizing is one that many retirees will consider. If you have children, and they’ve grown and left the home, you might find yourself with more space than you really need. Of course, this doesn’t necessarily mean you must pack up and scale down yourself. You might love your home and neighborhood and see no reason to go. But if you’re open to a change, you could find that moving to a smaller house, a condo or an apartment may make sense for you.

Let’s consider some of the advantages of downsizing:

- You could save money. Moving to a smaller space could lower your utility bills and upkeep costs.

- You could save effort. A smaller home will mean less maintenance and cleaning.

- You could de-clutter. Over the years, most of us accumulate more possessions than we really need. Downsizing gives you a chance to de-clutter. And you can do some good along the way, too, because many charitable organizations will welcome some of your items.

- You could make money. If you’ve had your home for many years, it’s certainly possible that it’s worth more — perhaps a great deal more — than what you paid for it. So, when you sell it, you could pocket a lot of money — possibly without being taxed on the gains. Generally, if you’ve lived in your home for at least two years in the five-year period before you sold it,

you can exclude \$250,000 of capital gains, if you’re single, or \$500,000 if you’re married and file taxes jointly. (You’ll want to consult with your tax advisor, though, before selling your home, to ensure you’re eligible for the exclusion, especially if you do own multiple homes. Issues can arise in connection with determining one’s “primary” residence.)

While downsizing does offer some potentially big benefits, it can also entail some drawbacks. First of all, it’s possible that your home might not be worth as much as you had hoped, which means you won’t clear as much money from the sale as you anticipated. Also, if you still were paying off a mortgage on your bigger home, you may have been deducting the interest payments on your taxes — a deduction that might be re-

duced or lost to you if you purchase a less-expensive condo or become a renter. Besides these financial factors, there’s the ordinary hassle of packing and moving. And if you’re going to a much smaller living space, you may not have much room for family members who want to visit or occasionally spend the night.

So, as you can see, you’ll need to weigh a variety of financial, practical and emotional issues when deciding whether to downsize. And you will also want to communicate your thoughts to grown children or other family members who may someday have reason to be involved in your living space. In short, it’s a big decision — so give it the attention it deserves.

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Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

Hall Memorial Library to join in statewide Big Read this fall

NORTHFIELD — Hall Memorial Library, in partnership with New Hampshire Humanities

(NHH), will support the statewide NEA Big Read of "The Bear" by Andrew Krivak from Sept. 1-Nov. 30.

An initiative of the NEA, in partnership with Arts Midwest, a Big Read broadens our understanding of our world, our communities, and ourselves through the power of a shared reading experience. In partnership with the Center for the Book at the NH State Library, NH State Council for the Arts, NH Department of Corrections-Family Connections Center, 50 local libraries and community organizations, scholars, The McAuliffe Shepard Discovery Center, and Gibson's Bookstore in Concord, NHH's Big Read will bring more than 5,000 Granite Staters together to discuss a selected book, "The Bear" by New Hampshire author Andrew Krivak.

"The Bear" offers readers an opportunity to join an unimaginable journey into a world both familiar and unknown as we consider what future we want for New Hampshire. Set in a post-apocalyptic future, it is a story of the last two people on earth—a father and daughter. The novel explores powerful themes about the importance of intergenerational storytelling, our complicated relationship with the environment, and how to prepare for an unknown future. With a home in Jaffrey, Andrew Krivak, has shared how Mt. Monadnock inspired the book's

setting, making The Bear a timely, local choice for our statewide read. The Big Read will take place from September through November 2023, and will feature book discussions, public programs, and a public Q&A with Andrew Krivak, all free and open to the public. Events will take place in all ten counties. Fifty public libraries will partner with a community organization to host both a community event and discussion of "The Bear." NHH will provide all participants with a complimentary copy of the book, purchased through Gibson's bookstore.

Sept. 26 at 6 p.m., Book Discussion led by Carrie Brown, Ph.D. in American Literature and Folklore. Oct. 24 at noon, Outdoor Adventures Event with our community outdoor retail partners. In addition to supporting these local events, NHH will host four public programs and a culminating event. The Big Read will kick off with a public event on September 6 at Great North Aleworks in Manchester and feature a dramatic reading from the novel. On Sept. 8, NHH will host Dr. Brent Ryan Bellamy for a virtual discussion exploring what a recent slate of post-apocalyptic books might reveal about our contemporary anxieties.

On Sept. 23, NHH will partner with the McAuliffe Shepard Discovery Center for a planetarium show. Participants will experience how the daughter used the stars to track the passage of time in the novel.

On Nov. 3, poet Midge Goldberg will examine how poets have told stories about the night sky throughout human history.

Working with the New Hampshire Department of Corrections through the Connections program, NHH will use "The Bear" to encourage incarcerated parents to tell their own stories and reflect on the role parents hold in sharing knowledge of the past

with their children.

The Big Read will culminate with public discussion and book signing with author Andrew Krivak at the Bank of New Hampshire Stage in Concord on Oct. 14. For a complete list of Big Read partner organizations, questions, and or more information, visit <http://www.nhhumanities.org/bigread>, or contact New Hampshire Humanities at

(603) 224-4071 or email info@nhhumanities.org. New Hampshire Humanities (NHH) funds and supports programs that inspire curiosity, foster civil dialogue, and explore big questions. An independent, statewide nonprofit, NHH made possible last year 587 free public programs and digital broadcasts

INDIANAPOLIS

CONTINUED FROM PAGE A5

talk about recruiting officials, we also talk about retention."

Tuesday ended with a breakout session, I attended one titled "Balancing Sportsmanship and Success."

"What are kids experiencing and how can we fix it," said Stephen Baldwin, Athletic Director of Brookfield High School in Connecticut. "Making sure every single student feels like they belong and welcome."

"Students don't know how to cheer for their team, only against the other team," said Monica Maxwell, Assistant

Executive Director of the Oregon School Activities Association. "We have to put training in place to teach them how to cheer."

"I have the capacity to grow people and their families at a level I don't have access to otherwise," said Meagan Frank, a coach, author and speaker from Wisconsin. "High school sports is a way to character and we have to teach that."

For Wednesday morning's breakout session, I chose to attend "Not Just for Clicks: Positive Storytelling in High School Sports."

"One of challenges we face, there's an endless race for affirmation through social media,"

said John Holt, Director of Media/Sports Information for the Connecticut Interscholastic Athletic Conference and a former television reporter. "The opportunity is there in high school sports to tap these stories unlike professional sports."

"Someone is always listening," said Marty Bannister of the OHSAA Radio Network in Dayton, Ohio. "When you're on the air, you better make sure you have your facts straight." The final general session was "Mental Health: Parent Triggers and Student Impact."

"If you can't be a good family member, you'll struggle being part of a team. Parents want the best for their kids, but in order to have a high-performance athlete you need to have high-performance parents in the room," said Teg Cosgriff, a retired athletic director from Connecticut. "We are all human, we all have emotions. Human nature, those things will kick in. Nobody is going to be perfect."

"Emotional triggers are varied because everyone's stories are varied," said Frank. "Parent experience is a completely different ball of wax (than being at athlete). Fear drives a lot of what parents do."

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

ALLY

CONTINUED FROM PAGE A4

We tried talking it out, but with neither of us able to budge from our position, we were at a stalemate and had to go our separate ways.

If you find yourself in this situation, resist engaging in petty verbal warfare; instead, focus on maintaining dignity and ignoring provocations.

When we went our separate ways, it was like a divorce. Many things needed to be untangled. Such a deep fear and emptiness accompanied me during those days.

They say you need to give yourself time to grieve. I didn't do that, but I wish I had; all I was doing was spinning my wheels and going nowhere in those final moments. I would have had greater clarity had I allowed myself to grieve.

Sometimes, despite your best efforts, a family member can become antagonistic. Encounters with them might be marked by

snapping, sarcastic responses to your sincerity, deliberate actions meant to hurt you, and an aftermath that leaves you distressed.

Reflection and understanding of what went wrong are essential. Did you cause the problem? Are you enabling them?

Sometimes separation is the only way. Recognize when it's time to move on. You only know what you have once it's gone, and a slight separation can often work wonders.

Often, that's all that's needed to bring reconciliation.

It doesn't feel like it, but even in our darkest moments, there's always a lesson, a silver lining; you won't know what it is until you're in that situation, but it's there if you look for it.

Amid these trials, I've also learned the importance of surrounding yourself with true friends and supporters. The ones who stood by me, who listened without judgment, and who en-

couraged me even when the future seemed uncertain are the ones who helped me navigate those stormy waters.

Hopefully, you can find forgiveness. I know it's hard, and it could take years to forgive and let go, but forgiving doesn't mean you have to agree with them or even reconcile. Forgiveness helps you find peace with the situation so you can move forward.

So, as painful as these experiences can be, they can also be transformative. They force us to confront our deepest fears and to grow in ways we never imagined.

Remember, a single conflict doesn't define you. Your reaction to it, your ability to learn, adapt, and move forward, is what truly shapes your character.

In confronting the pain and confusion of being turned against, finding hidden strengths and a deeper understanding of oneself is possible. The path may be arduous, but it often leads to unexpected growth.

with practical assistance and daily moments of joy. By giving equal parts compassion, attention, and comfort, our goal is to help seniors feel independent again while promoting good health to enjoy their days.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

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COMFORT

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Type 2 diabetes

Exercise and physical activity can help manage Type 2 diabetes. Walking and other daily exercises can help improve glucose levels in older people with diabetes. A few simple and easy steps to take each day include stretching during tv commercials, walking around when talking on the phone, and parking further away from our destination when running errands.

Osteoporosis

Osteoporosis becomes more prevalent as people age, with nearly 27

percent of women 65 and older having osteoporosis. Luckily, fun activities like walking or dancing three to four times a week help to build muscle and strengthen bones, all examples of weight-bearing exercises that work against gravity. Additionally, strengthening and balancing exercises like Tai Chi or practicing balancing on one leg can help avoid falls.

For seniors, the second edition of the Physical Activity Guidelines for Americans recommends at least 150 minutes a week of moderate-intensity activity such as brisk walking, at least two days a week of

activities that strengthen muscles, and, essential at this age, exercises to improve balance. Of course, one should aim for the recommended activity level, but be as active as one is able.

Comfort Keepers® can help

Caring for others and ourselves can take a lot of thought and preparation as we age. Our Comfort Keepers® can help encourage seniors to meet activity guidelines, recommend ways to add more physical activity to their day, and can help to motivate a senior to stay active. Our trained caregivers can provide transportation to a local park, a trail, or greenways to enjoy the outdoors together. Drive clients to scheduled doctor appointments, provide mobility assistance and meal preparation, and help with activities of daily living.

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SPAULDING

CONTINUED FROM PAGE A1

every attendee felt how deeply Spaulding appreciates them. Our team's dedication and hard work hold immeasurable value, not only to each other but also as a part of shaping the lives of those children and families we serve. Regardless of their role, each employee makes a profound difference to our community."

As an additional token of appreciation, every attendee was gifted some new beach gear, including towels and stylish sunglasses to make their summer even more enjoyable. Furthermore, Spaulding

Academy & Family Services honored the dedication and commitment of its team members by presenting bonus checks to those employees who have been part of the organization for at least one month. The gesture exemplifies the institution's recognition of the significant contributions made by its staff in providing exceptional care and support to the children and families they serve.

To view positions currently available at Spaulding Academy & Family Services, please visit <https://www.spauldingservices.org/jobs>.

About Spaulding Academy & Family**Services**

Spaulding Academy & Family Services is a leading provider of educational, residential, therapeutic and community-based programs and services for families, and children and youth with neurological, emotional, behavioral, learning or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Established in 1871 as the New Hampshire Orphans Home and School for Industry, Spaulding Academy & Family Services is the oldest child care organization in operation in

the United States. It is a tax-exempt 501(c)(3) nonprofit that was formerly known as Spaulding Youth Center since 1958. Its scenic hilltop campus is located on over 500 acres in Northfield, NH and welcomes boys and girls from ages

4 to 22 from around the state of New Hampshire and beyond. In addition to programs provided on the Northfield campus, Spaulding's community-based programs include foster family licensing, Individual Service Option (ISO) foster

care, ISO in-home services, child health support services, and more for children ages 20 and younger and their family. For information about Spaulding Academy & Family Services, visit www.Spaulding-Services.org.

CONVERSATION

CONTINUED FROM PAGE A1

day, Sept. 14 from 1 to 2:30 p.m. at the library. In this 60-90 minute chat, staff from Sanbornton Public Library and Sanbornton Connects volunteers will ask questions related to the programs and services that residents with disabilities may find helpful and we will also share the ideas for accessibility to the library building and programming from the surveys.

The public is invited to this SPL Community Conversation and there is no fee to attend. Refreshments will

be served. Please let the Library know if you would like to attend in person or join on Zoom. You may register at: <https://www.splnh.com/events/>. If you require any special accommodations, please contact SPL at splnhcirc@gmail.com or call 603-286-8288.

This event is offered as part of Libraries Transforming Communities: Accessible Small and Rural Communities, an initiative of the American Library Association (ALA) in collaboration with the Association for Rural & Small Libraries (ARSL).

you know in many cases."

COVID threw a monkey wrench into the high school sports world in early 2020, but for Poslusny and his new business, it might have been a bit of a blessing.

"Everything had to be live-streamed (with no spectators allowed), so COVID was probably the best thing that happened to us in some ways," he said. "A parent told me that we were the best thing that came out of COVID."

High schools were looking for people who could broadcast games and Poslusny had the technology to do just that.

Belmont graduation in 2020 was his first job back in the schools and was definitely the company's biggest production to that point, with numerous cameras covering the event.

"Since then, we've kept that level and we were hired to do Belmont, Gilford and Winnisquam home games," Poslusny said, noting he went from being just one person and a camera to having seven employees.

He bought multiple computers, cameras and even a drone, but in the long run, what the company can cover on any given day comes down to budget. While Poslusny has the ability to cover two to three games a day, paying staff members (mostly high school kids) to do the jobs comes down to budget, like in any business.

Five years ago, Poslusny bought his first truck and a year later bought a trailer to house his production equipment. A newer, bigger trailer followed recently and it was just festooned with the company graphics. And last year, he

started a high school sports show, filmed at Elite Sports Academy in Epsom, owned by Prospect Mountain softball coach James Christie and his wife, Sarah. The show includes Foley and Inter-Lakes soccer and baseball coach Dan Curnyn. DPPG continues to grow.

And while high school games have helped Poslusny's business become a household name, the company does much more than that. Weddings, recruitment videos, graduations, funerals, band concerts, graphic design and drone photography (with an FAA license) are just some of the things that DPPG can do for people.

Anyone interested in sponsorship can contact Poslusny through any of his social media channels (DPPG) or the company website, dppg-network.com.

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

ISLAND PARK

CONTINUED FROM PAGE A1

built in 1881 and presented to Charles E. Tilton as a gift to the town. It was 99 years later that it was listed on the National Register of Historic Places in 1980.

"It is a historically exceptional example of a cast- and wrought-iron bridge, exhibiting unusual patented design details. It is remarkably intact for its age," the report from Hunter Research, Inc. Cultural Resource Consultants said.

Reading through the report, town officials decided that repairs to the historic bridge were not only needed for safety measures, but necessary to protect a structure that was discovered to be "the only bridge of its kind left in the country."

Town Administrator Jeannie Forrester said she then set out to find funding for those repairs while further inspections of the island, its overall physical condition, and its resources continued. Those revealed that the shoreline is eroding from the river as well and the popular park itself is in a "well-loved state right now," Forrester said.

What the town learned from professional consultants was that it would cost \$1.2 million dollars to restore their bridge. But there are grants to be found and funding available to preserve the place where statues, fountains, swans and gardens once beautified the river and brought enjoyment to residents.

With the approval of town officials since that time, Forrester has been busy applying for more grants to seek out funding for the projects ahead of them and has thus far been met with great success.

The State of New Hampshire has chipped in \$75,000 already and For-

rester's application to the Hart Family Fund For Small Towns has also been approved for another grant through the National Trust. Many other grant applications are in the works and she feels confident that other historic preservation grants will continue to become available for both the island and the bridge.

On July 20, Lucinda (Cindy) Brockway of Past Design & Historic Landscaping in Kennebunk, Maine, met with the Board of Selectmen and the public to hear what residents would like the island to look like once restorations are complete. Select Board Chairperson Pat Consentino said there was input from not only residents but from the Tilton Historical Society that night as well. Now the board is further reaching out for thoughts and ideas from those who could not attend that meeting (video of which is available on the town web site).

Consentino said Select Board members have heard there's a lot of sentiment for the newer gazebo, the old stone fireplace (recently repaired), and the concert series that takes place out there each summer; but, what else would people like to see?

"More gardens? Take out more dead trees? We would really like to hear from the public on how much 'old' versus 'new' they would like to see out there. How much of this (historic island) would they like to see coming into this century?" she asked.

Brockway and her firm will be compiling all results from the town's survey to present some future design plans for the island. Therefore, people are encouraged to go online in the next two weeks to: tiltonnh.org/island-survey, where they can present their thoughts, ideas and suggestions to be considered for the future of the park.

DPPG

CONTINUED FROM PAGE A1

television play-by-play announcer), but going into my junior year, my dad suggested I get a little more well-rounded in all sports," he said.

So, Poslusny began filming games in full and coaches started to notice, especially Belmont boys' soccer coach Mike Foley, who was excited to have good game film. As part of the Huot Program's digital and media arts program, he was assigned the semifinal soccer games that took place at Laconia high School.

"I created a YouTube channel, DP Productions, and from there it kind of just spiraled," Poslusny said. "My senior year, I started adding in more Gilford and Laconia sports."

As he became more and more schooled in sports and the intricacies of the game, he was also building a business and for many of the business aspects of DPPG, he turned to family members who had the experience that he didn't.

"My grandmothers were both involved in the business world and I've been able to lean on them," Poslusny said. "One of them is really good with employment stuff, thankfully I have those family members to lean on."

Additionally, Poslusny's mother, who is in the sales world, is the CFO of the company and has been another valuable resource with business etiquette and helping to keep the books for the business.

"And she has great connections with local people and knows how to make things happen," Poslusny said. "It's not what you know, it's who



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**Ariel**

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Kids' Corner

What's the Difference?

There are four differences between Picture A and Picture B. Can you find them all?

A



B



Answers: 1. Missing red car 2. Extra traffic cone 3. Car on exit in distance 4. Different exit number

THIS DAY IN...



HISTORY

- **1541:** FRENCH EXPLORER JACQUES CARTIER LANDS NEAR QUEBEC CITY IN HIS THIRD VOYAGE TO CANADA.
- **1839:** THE UNITED KINGDOM CAPTURES HONG KONG AS A BASE.
- **1990:** WEST AND EAST GERMANY ANNOUNCE THEY WILL REUNITE ON OCTOBER 3.

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Experience the allure of an exquisite 18-hole golf course spread across 173 acres complete with a driving range, pro shop, the scenic Overlook Tavern with panoramic mountain vistas, and an apartment unit currently being used as an office. This premier public course consistently enjoys high demand.

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CRYPTO FUN

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Determine the code to reveal the answer!

Solve the code to discover words related to fishing.
Each number corresponds to a letter.
(Hint: 16 = A)

A. 7 24 24 3 17

Clue: Winds fishing line

B. 11 2 16 1

Clue: Water vessel

C. 11 16 4 1

Clue: Lures prey

D. 1 16 25 6 3 24

Clue: Fishing supplies

Answers: A. reels B. boat C. bait D. tackle

SUDOKU

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

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

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

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

ANSWER:

HELP WANTED



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Ucvh-hr@ucvh.org
EOE

Man drowns on Crane Neck Pond in Canterbury

CANTERBURY — On Friday, Aug. 18 at approximately 7:30 p.m., New Hampshire State Police Dispatch received a call for a possible drowning on Crane Neck Pond in Canterbury. Canterbury Fire, Concord Fire, and Belmont Fire, along with Canterbury Police and New Hampshire State Police Troop D and Marine Patrol, responded. Upon arrival, an unresponsive male subject

from New Hampshire was located on shore. The NH Medical Examiner arrived on scene, and the subject was pronounced deceased.

Marine Patrol's initial investigation de-

termined that the subject was fishing from a canoe with his fiancée when the canoe capsized. While trying to turn the canoe back over, the subject went underwater, but did not resurface. The sub-

ject's fiancée was able to locate him, pulled him to shore and began performing CPR. She then ran to get help.

The investigation is ongoing. Anyone who witnessed the incident

or has additional details is asked to contact New Hampshire State Police Marine Patrol Sergeant Nicholas Haroutunian at (603) 227-2112 or Nicholas.M.Haroutunian@dos.nh.gov.

SHAKER REGIONAL SCHOOL DISTRICT
FOOD SERVICE WORKER

Shaker Regional School District's Food Service Department has an immediate opening for a Food Service Worker at Belmont High School, 5-1/2 hours/day. Pay is \$13.71 per hour. Duties include, but are not limited to, prep work, serving, cleaning, washing dishes and pots/pans, and other tasks directed by the Kitchen Manager. Ability to lift up to 40 pounds. Prior experience in the food service industry is preferred, but not necessary. The successful candidate must be able to work in a fast paced, ever changing environment and perform as a team player.

Applications may be found on the Shaker Regional School District website or can be picked up at the SAU Office at 58 School Street; Belmont, NH 03220. Successful completion, with satisfactory results, of a criminal background check, including fingerprints, is required. Please contact Nancy Cate, Director of Food Service at 603-267-6525 ext. 1352, if you have any questions.

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Energysavers Inc, a 48 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. Starting pay, \$18-\$20 hour based on experience.

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Monthly songwriter series continues Aug. 30

MEREDITH — The partnership between Katie Dobbins Music (Gilford) and Hermit Woods Winery & Eatery (Meredith) which has brought a new monthly music series titled Songwriter Round-Up to the Lakes Region is set to present its seventh show. Held in the region's premier listening room, The Loft located on the second floor of the Winery, audience members can enjoy the original music of talented singer-songwriters from the New England area and beyond. At each show three artists share their songs and stories in a unique in-the-round style performance. Two different songwriters are featured alongside host Katie Dobbins on the last Wednesday of every month in this intimate series.

The next Songwriter Round-Up show takes place on Wednesday, Aug. 30, featuring Katie Dobbins, the duo Red Daisy Revival with New Hampshire native Morgan Clark alongside Nashville native Daniel Kassel, and the Nashville-based duo Paramount Junction comprised of New England natives Rory Scott and Alyson Tracy. This show will bring a definite country flair to the stage so put on your country gear and be ready for an entertaining evening of great music. A com-



plimentary wine tasting will begin at 5:30 p.m., Loft seating opens at 6 p.m., and music runs from 7 - 8:30 p.m. Patrons can further enhance their evening by selecting from a menu of tasty items available from the Hermit Woods kitchen. Tickets can be purchased in advance at hermitwoodswinery.com/the-loft or in-person at the Winery.

Winery owner Bob Manley is thrilled to

host the monthly Songwriter Round-Up series, stating, "We've invested a great deal into The Loft's architecture, design, and listening room experience. We're proud of the incredible community of world renowned musicians and supportive patrons we've been able to grow so far and are looking forward to continuing to expand our efforts to local independent artists."

Dobbins, who previously hosted this series in the Boston area, is grateful to be able to bring it to her New Hampshire community.

"It's about creating unique shows that leave people feeling like

they've experienced something powerful and different," Dobbins says, adding "For me, performing is about connecting. Listening rooms offer a special way for artists to connect with the audience."

Hermit Woods Winery & Eatery is known for its contributions to the greater Meredith and Lakes Region communities. Their desire to bring incredible talent and unique enriching experiences right to small town Meredith makes them one-of-a-kind. With their creative dishes, delicious wines, and heart for collaboration and community development, they are a business and venue worth checking out. Similarly, award-winning artist Katie Dobbins is an entrepreneur herself and is passionate about creating new opportu-

nities. Dobbins is excited to be presenting this new series and, as someone who also cares deeply about community, it seems her partnership with Hermit Woods is, dare we say, the perfect pairing.

Songwriter Round-Up is a monthly series, with shows featuring host Katie Dobbins and two additional guest artists on the last Wednesday of every month. Tickets are \$10 - \$15 at hermitwoods.com.

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WINNISQUAM REGIONAL SCHOOL DISTRICT

The Winnisquam Regional Budget Committee has a vacancy it seeks to fill from the town of Northfield until the 2024 annual meeting of the school district. Interested candidates must be a resident of Northfield and a registered voter.

Those wishing to apply should send a letter stating their intentions by September 15th to:

Chairperson
Winnisquam Regional Budget Committee
433 West Main Street, Tilton, NH 03276

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Ad Council

Labor Day Weekend celebration at Castle in the Clouds



MOULTONBOROUGH — Castle in the Clouds is excited to announce a captivating Labor Day Weekend celebration, paying homage to the rich history of labor and the stories that have shaped this iconic estate. From Aug. 29 through Sept. 4, visitors are invited to partake in a series of engaging programs and events that shed light on the lives of those who built and maintained Lucknow Mansion.

Kicking off the weekend's festivities on Tuesday, Aug. 29, join Castle in the Clouds Curator Robin Sherman for a special presentation "The Shoes That Built the Castle" at the Moultonborough Public Library. Following the presentation, an exhibit about labor's role in history will be available for viewing at the Moultonborough Public Library during regular library hours throughout Labor Day weekend and for a limited time this fall.

"As we commemorate Labor Day Weekend at Castle in the Clouds, we are reminded of the countless individuals whose labor and dedication have contributed to the beauty and grandeur of this estate," says Charles Clark, Executive Director of Castle in the Clouds. "This weekend is a tribute to their legacy and an opportunity to delve into the stories that often go untold."

On Friday, Sept. 1, the Castle Close-Up Tour: The Servant Experience offers a unique lens through which visitors can explore Lucknow Mansion. Venture beyond the grandeur of the main rooms to uncover the intimate living quarters and workspaces of

the estate staff. This one-hour guided tour provides insights into the servant experience, offering a deeper understanding of their contributions to the mansion's operation. The tour is a glimpse into the history and daily lives of those who served within the mansion's walls.

On Labor Day, Sept. 4, Castle in the Clouds welcomes families to a day of celebration in the picturesque fields of the estate. The Labor Day Family Picnic & Mini Parade brings a touch of nostalgia to the holiday, reminiscent of the traditions that have been cherished for generations. Guests are encouraged to bring their own picnic lunches or enjoy delectable offerings from Café in the Clouds. Festivities include lawn games, craft activities, and a unique opportunity to craft musical instruments from recycled materials. The highlight of the day will be a mini parade around the field at 1:45 p.m., where homemade instruments will take center stage.

Delving deeper into the history of Labor, Robert Perreault's enlightening presentation on Sept. 4 at 5 p.m. sheds light on the lives of textile workers from the Amoskeag Manufacturing Company. Through captivating storytelling, Perreault explores how individuals from various backgrounds transitioned from agrarian to industrial societies, delving into the effects on families, cultures, work dynamics, and worker relationships. This presentation is made possible by a grant from the New Hampshire Humanities: Humanities to Go program.

For more information about Castle

in the Clouds, please visit 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 man-

sion and exhibit gallery, dine in the Carriage House Restaurant or Café in the Clouds, hike 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 and listed on the National Register of Historic Places with national significance. Castle in the Clouds is also available as a fairytale wedding venue and versatile private event rental. For more information about Castle in the Clouds, visit www.castleintheclouds.org.

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