

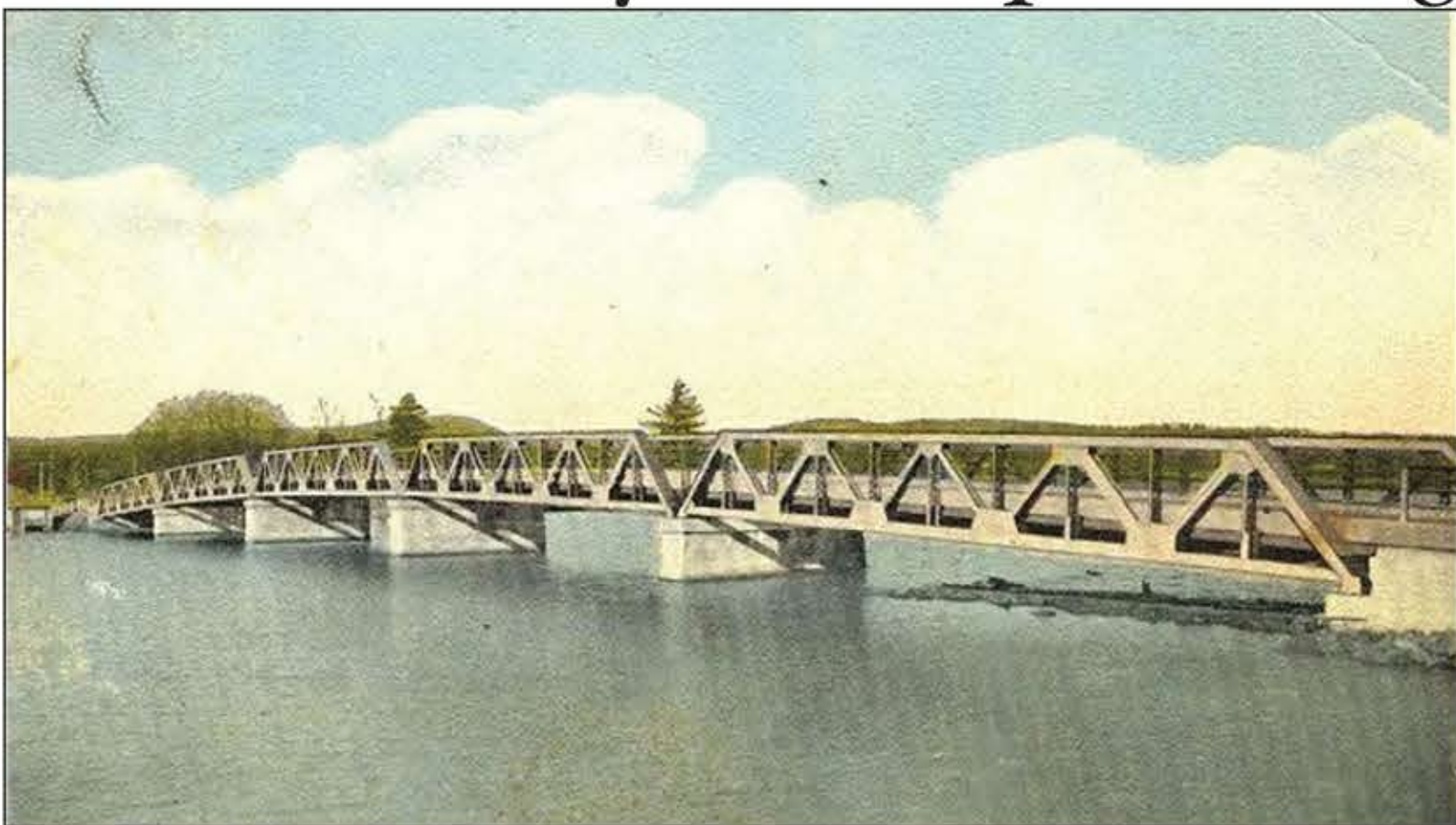
Winnisquam Echo

THURSDAY, AUGUST 8, 2024

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Sanbornton Historical Society to delve into story of Mosquito Bridge



paintings since they were first found and presented by the Sanbornton Historical Society in 2001, take note: now an eleven-page, eight and a half by 11 inch colored pamphlet is available to display with the paintings. Purchase is for a minimal fee. Any new buyers of painting-prints will receive a pamphlet.

The bridge! It first was a wooden structure, but in late December 1915, the bridge collapsed into the water unexpectedly. Recovery of wreckage was the main concern. A new steel-span bridge was positioned by February of 1916, and the new bridge completed in June, 1916. Currently, the bridge is so well-used, daily, that it's a credit to Mr. Snow to have us think about something we probably too easily take for granted. Please join us and enjoy this local history.

SANBORNTON — Mr. Wayne Snow, who researched the origin of the name well-known to Sanborntonites for a 100-

plus years bridge — Mosquito — will present the intriguing bridge-story at the August meeting of the Sanbornton His-

torical Society, at Lane Tavern, 520 Sanborn Rd., Sanbornton Square, Aug. 8, at 7 p.m. Central to Mr. Snow's talk will

be antique paintings, intriguing themselves as historical records. All are invited for the presentation and to enjoy re-

freshments afterwards.

Residents on or surrounding Lake Winnisquam who purchased copies of the subject

Belmont 10-Mile Road Race is Saturday

BELMONT — Time is fast approaching for the 55th running of the Belmont 10-Mile Road Race. As one of the oldest road races in New Hampshire, it's a challenging course for the experienced runner with curvy back roads and plenty of hills tossed in to keep it interesting. It makes for a "great story" bucket list item, or a chance to try out long distance running for exercise.

The race will take place on Saturday, Aug.

10, and has an early start time of 7:30 a.m. to beat the August heat and give participants the rest of the day to float in a pool, attend a barbecue, or enjoy other Belmont Old Home Day activities. The \$25 registration fee includes race entry and a t-shirt to commemorate the achievement of a challenging 10-mile run. Organizers are excited to offer online registration for the first time this year (RunSignup Belmont 10-Miler).

Pre-registrations are appreciated, however, day of registrations are also accepted starting at 7 a.m. in the Belmont Middle School parking lot on School Street/Memorial Drive. Other registration options are available (refer to registration form on the town of Belmont's website Belmont Old Home Day Activities. Questions? Contact Courtney (603) 707-0517 or Gretta (603) 998-7998.

Save the date for Teuscher-Wilson Hospice Garden brick dedication ceremony

FRANKLIN — On Aug. 21st at 10:30 a.m., Franklin VNA & Hospice will hold their yearly Hospice brick dedication ceremony in the Teuscher-Wilson Hospice Garden at its 75 Chestnut St. location in Franklin.

The garden, named in memory of Kathy Wilson and Kathy Teuscher, two dedicated Franklin VNA & Hospice employees who started the Hos-

pice program, features a brick patio where anyone can purchase a memorial brick engraved with the name or message of their choice. The garden is located behind the 75 Chestnut St. VNA building, and is open to all for walking, relaxing, and remembering.

Franklin VNA & Hospice invites you to join them on Aug. 21 at 10:30 a.m. to walk the path, visit the patio laid with

memorial bricks, and meet many members of their Hospice staff.

Franklin VNA & Hospice is an independent, non-profit organization established in 1945 to serve the Home Health care needs of the community. They provide home care, Hospice, clinic and community education services to Andover, Belmont, Boscawen,

SEE CEREMONY, PAGE A10

Biles back on top of Olympic podium US women win pair of medals in all-around competition

BY JOSHUA SPAULDING
Sports Editor

PARIS, France — Simone Biles is used to having all eyes on her. As one of, if not the best gymnasts in the world, she knows what the pressure to perform is like and she knows how to keep calm.

However, in the all-around finals at Bercy Arena on Thursday, Aug. 1, she also had to know that teammate Suni Lee and Brazil's Rebeca Andrade knew how to perform under that same pressure.

But in the end, all eyes were indeed on Biles, as she was the lone athlete left on the floor of the arena as she prepared to do her floor routine in the final rotation of the night. Lee and Andrade had just finished their floor exercises and currently stood in third and second place, respectively.

Biles proceeded to score a 15.066 on floor, the best of any gymnast in the all-around finals, and became the first woman to win an individual Olympic gymnastics medal twice in non-consecutive Olympic Games.

"It's been eight years," she said, referencing the all-around title she won at the Rio Olympics in 2016. "It feels amazing. I was a little bit naive in the process, so I appreciate my craft a little bit more."

Her score of 59.131 was 1.199 more than Andrade, who received a 57.932. Lee, the reigning Olympic all-around champion after Biles had to bow out in Tokyo three years ago, won the bronze medal for Team USA, scoring 56.465. It is the first bronze medal for Team USA in the event, to go along with six gold and three silver

medals.

Biles joins Larisa Latynina of the Soviet Union and Vera Caslavskaja of Czechoslovakia as the only three women to win Olympic all-around titles twice. With five Olympic titles, Biles trails only Latynina (who has nine) and Caslavskaja (seven) with opportunities to add to her total in the apparatus finals.

Biles recorded the highest scores in three of the four events, scoring 15.766 on vault, 14.566 on balance beam and 15.066 on floor exercise. Andrade ranked second on vault (15.100) and floor (14.033), while Lee had the second-highest score on uneven bars (14.866) behind the 15.533 from Kaylia Nemour of Algeria.

"I just couldn't believe that I did it. I know that I did it, but I don't think it's hit me just yet," she



JOSHUA SPAULDING

Simone Biles (left) and Suni Lee celebrate their medals in the women's all-around at Bercy Arena in Paris last week.

said about her final tumble on the floor exercise. "It will probably hit me whenever I go back to the Village.

"I'm just ecstatic with my performances tonight. And we still have three finals left for me," she said. "Now it's time

to have fun and the hard part is over."

"I went out there and told myself to not put any pressure on myself. I didn't want to think about the past Olympics or even try to prove to anybody anything," Lee said. "I just wanted to

prove (to) myself that I could do it because I didn't think (in the first place) that I could.

"It has taken a lot. I am very grateful I had my coaches," she continued. "Also, having Sim-

SEE BILES, PAGE A10

Samantha LeClair joins MVSB as Business Development Officer



Samantha LeClair

LACONIA — MVSB (Meredith Village Savings Bank) is proud to announce that Samantha LeClair has joined as

Business Development Officer. Based out of the Laconia office, she will focus on supporting MVSB’s existing business banking clients and building new relationships with local business owners, municipalities and nonprofits.

“We are thrilled to have Samantha join the team and we look forward to her supporting our business customers,” said Julie Clement, Vice President, Business Development. “Her prior banking experience,

friendly demeanor and passion being engaged in the community will serve her well in this new position.”

“MVSB is an organization that values inclusivity, offers community outreach and supports local nonprofits – and I am excited to be a part of that,” said LeClair. “I look forward supporting the needs of the wonderful businesses in our local communities.”

LeClair brings 15 years of banking experience with her to the po-

sition – including roles in customer service and mortgage lending. She has a Bachelor of Arts in Communication from Coastal Carolina University.

LeClair enjoys giving back the community and currently serves as a board member for the Greater Lakes Region Children’s Auction. She is a self-proclaimed true New Englander and enjoys being outside any time of year, which includes hanging out at the beach, skiing in winter

and hiking in the fall. She resides in Canterbury with her permanent travel-partner, Peter.

MVSB has been serving the essential banking needs of people, businesses, nonprofits and municipalities for more than 150 years. As a mutual savings bank, MVSB has no stock-holders but rather operates for the benefit of its customers, employees and community. Since our founding, one thing has always remained true: caring is at the heart of everything

we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Exeter, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

NH Boat Museum to host free Lake Discovery Drop-In Day for kids

MOULTONBOROUGH — On Friday, Aug. 16, New Hampshire Boat Museum (NHBM) will host Lake Discovery Drop In Day, a free program for kids sponsored by Lakefront Living Realty - The Smith Group.

Featuring interactive, boat-related activities, arts and crafts, games, and science experiments that highlight lake ecology, the program takes place at NHBM’s new

Moultonborough campus.

“We are so excited to offer kids and their parents the chance to have fun here and get a glimpse of our new facility, which is beautiful,” said NHBM Executive Director Martha Cummings.

When complete, the new facility will feature exhibits that showcase boat building, speed and sport, and a variety of

styles and types of boats powered by wind, steam, gas, and paddles.

“Come visit us and see previews of these exhibits,” added Cummings. “This facility is spacious, bright, and ready for visitors.”

Geared to kids from kindergarten through fifth grade, Lake Discovery Drop In Day will take place on Friday, Aug. 16 between 2 to 4 p.m. at NHBM’s Moultonborough Campus, 130 Whittier Highway (Route 25). Families can “drop in” anytime during the two-hour program.

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

Founded in 1992 by



antique and classic boating enthusiasts, NHBM offers dynamic exhibits and engaging programs and events tailored to the diverse boating life-

styles and values of people of all ages. NHBM is sponsored in part by Goodhue Boat Company, Eastern Propane and Oil, Stark Creative, KW

Lakes and Mountains, Taylor Community, Belletetes, and North Water Marine. To learn more, visit nhbm.org.

SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 14 calls for service and made the following arrest during the week ending July 27.

Benjamin J. Cartier, age 35, of Laconia was arrested on July 22 for Driving While Intoxicated.

The remaining calls included one animal complaint, one request to assist another agency, one report of criminal trespassing, one disorderly conduct incident, one domestic incident, one house check, one issuance of a license to sell firearms, one service of paperwork, three requests for police information, one report of suspicious activity, one V.I.N. verification, and one welfare check.

“Loons of New Hampshire” author comes to Loon Center

MOULTONBOROUGH — On Thursday, Aug. 8, join us as Author Glenn Knoblock will discuss his new book, “Loons of New Hampshire,” written in collaboration with The Loon Preservation Committee (LPC). The book is a

detailed historical narrative of loons in New Hampshire and LPC’s work to help them. Copies of his book will be on hand for purchase and Glenn will be happy to sign them!

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 admis-

sion. For over 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, Aug. 15, “Live Animals – Squam Lakes Natural Science Center & Owls”

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 2024 nature talks schedule, please visit www.loon.org.

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Around and About Tilton

BY GREGG DEVOLDER

Hello, and welcome back.

As I was walking about downtown today and visiting with a few businesses on Main Street, I saw a gentleman unloading boxes into a side door at the Northfield, Tilton Congregational Church. Of course, my curiosity got the best of me. So as this fellow carried a box of what appeared to be vegetables into the lower area of the church, I followed in right behind him. And what a pleasant surprise it was. I had heard of the food bank at the church from time to time but as with so many things these days, had faded from my feeble memory. Standing before me was a delightful and dedicated woman, Nancy Wilson, and though caught by surprise, she was gracious enough to speak with me for a few minutes. Nancy runs the food bank with a great deal of help from Star Murphy, and it has been part of her life for over twenty-five years. She's one of twelve children and knows firsthand how difficult times can be for folks. This has become a family affair with her children and grandchildren helping as well as many dedicated volunteers. I was surprised to learn that they serve three to five hundred families a month within nine towns, including folks in Tilton. To be honest, I had no idea the need was so great. The Pantry is open every Tuesday morning from 9 to 11 a.m., and should you care to donate food items or make a contribution, there's usually folks there from about 7:30 AM on Tuesdays as well. Just give a knock at the door. Thank goodness we have such folks throughout the area to help those in need.

The selectmen's meeting was busy, with the town's assessor in to hear from the board and the public. The first resident that spoke lives on Murphy Lane and I can only imagine what a shock they had when they saw their numbers. They have a corridor from their cottage to lake Winnisquam that is approximately thirteen feet wide by eighty feet long. This strip of land was previously valued at \$73,000 and now is valued at \$272,000. If that doesn't give you a nosebleed, I don't know what will. I'm not sure what the outcome will be for them, but I did hear that the assessor sent out the final valuation notices, so by the time you read this you have likely received your numbers. Good luck to all of us!

Some of the folks at the meeting were concerned and confused about their taxes doubling because their houses went up so much, or that the commercial properties were getting a lower tax rate. Neither of these concerns are true. From what I can decipher, the residential properties have outpaced the commercial properties from a valuation standpoint (or market value, as they call it). So that difference needs to be made up, and it's the residential side that will end up paying for that difference. If both had gone up equally, we likely wouldn't have noticed any change, but unfortunately, that's not what happened. So, the town isn't spending more, it's the "Market Value" gap between commercial and residential properties that needs to be filled. If the commercial values had gone up higher than the residential, they'd be paying the difference. I did ask the Board if they could let us know as soon as possible what the final numbers look like. It's probably a good idea to start putting a few extra dollars away each month just in case. As I think about it, we're probably going to need a bit more to cover our increased house insurance costs as we up the coverage, as well.

The good news, if you want to call it that — there are a number of commercial projects that should be completed next year. These will start to generate larger tax revenue for the town and hopefully make up some of that difference.

The selectmen discussed the civil war monument area. It seems repairing the back fence is a difficult task and few fence companies want to take it on, so we may see a hedge row of plants go in. The main problem at the moment is the dog walkers that continue to allow their four-legged friends to do their business inside the fenced area. It's not being picked up and as you can imagine with this heat it's piling up and getting rather smelly. They forwarded a few recommendations to the Park's Commission for review. I'm betting dogs won't be allowed in that area sometime soon.

As a reminder the Hartwell Concert Series at Tilton School Amphitheater starts up again on Sunday Aug. 8 at 6 p.m. Memory Laners will be playing '50's and '60's Do Wop. So, get your groove on, get there early, grab some snacks, and enjoy the music!

Well, that's all I have for now. Thank you for reading and all your comments! As always, you can email me at: aroundandabouttiltonnh@gmail.com. I can't promise I'll respond to everyone, but I will read them all.

Have a great week!

Powerhouse founders come full circle with "Fiddler on the Roof"

LACONIA — One of Broadway's most beloved hits is next up in Powerhouse Theatre Collaborative's 2024 Colonial Series when 62 performers take to the stage for "Fiddler on the Roof" Aug. 9-11. With book by Joseph Stein, Music by Jerry Bock and lyrics by Sheldon Harnick, the wonderful story of Sholom Aleichem's Tevye the Dairyman and his daughters has delighted and moved millions of people all over the world since its 1964 debut, and this production, directed by Bryan Halperin, will move and delight the Lakes Region audience.

While Fiddler is ostensibly about a shtetl community in Russia in 1905, the show instantly became a hit in America and all over the world due to its universal values of family, community and tradition - characteristics that any human being can relate to. It follows both the joys and sorrows of a community in a time of great change and uncertainty - another reason people of any age and in any era can relate to. Tevye (played by Joel Iwaskiewicz) is a poor dairyman struggling to keep up with a changing world, challenged by his daughters who want to forge their own paths despite the traditions Tevye believes are the secret to a stable life.

Fiddler features many songs that audiences will recognize including "Matchmaker," "If I Were a Rich Man," "Sunrise, Sunset," and many more and they will be brought to life by a talented cast of actors that will continue to enhance Powerhouse's reputation as a community theatre company filled with extraordinary vocal talent.

Producers Bryan and Johanna Halperin have been trying to get the rights to do "Fiddler" since Powerhouse opened in 2021 but due to a professional touring production, had to wait until now.

According to Bryan, "It was worth the wait because our company has continued to grow in its abilities, and has added so much talent so that the production we are able to put on in 2024 will be even better. This show is special to us because we met doing 'Fiddler' in a college production in 1993!"



COURTESY

Tevye (Joel Iwaskiewicz) and the Anatevians dance and drink "to life" in "L'Chaim."

As with last summer's interpretation of "The Sound of Music," Powerhouse has some tricks up its sleeve in presenting Fiddler in a new and exciting way with a unique set design and emphasis on the fate of Tevye and his family as Tevye looks back to wonder how his life changed so dramatically. This emphasis will continue in a September staged reading of Mark Harelik's play "The Immigrant," which is about a Tevye-like character who immigrates to America in the early 1900's and what happens to him on arrival.

Powerhouse's 2024 season is generously sponsored by The Platinum Group, Lavalley Middleton Building Supply, and Meredith Village Savings Bank. The Colonial Series is sponsored by Grappone Mazda and the Bank of New Hampshire and Fiddler is sponsored by Misiaszek Turpin pllc and Lakes Region Fence.

Tickets are on sale

now via powerhousenh.org or coloniallaconia.com and range from \$18-\$24. Please be careful to avoid third-party websites which inflate tick-

et prices, and only buy from the websites mentioned above.

For more information about Powerhouse, go to powerhousenh.org!

Second Annual Car Cruise In set for Aug. 21

BELMONT — Lakes 101.5 and 104.9 The Hawk will be hosting the second annual Car Cruise In presented by US Cellular Belmont on Wednesday, Aug. 21 from 5-8 p.m. at the Belknap Marketplace in Belmont.

This free event is open to all! Drive in your antique, unique or cool looking cars/trucks/SUV/motorcycles. No registration required. There will be food trucks from Beans and Greens and Naughty Nellies Ice Cream. Bring the kids for the touch a truck area with Belmont Fire and Polices, Laconia Police, NH 911, Lakes Region Mutual Fire Aid and more.

This is a free event. The Greater Lakes Region Children's Auction will be on site collecting donations. The Greater Lakes Region Children's Auction is aired on Lakes 101.5.



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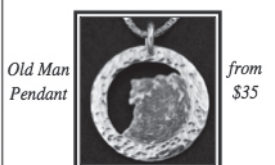
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Opinion

Letter submission policy

Letters to the Editor must include the author's name, address, and a day-time 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.

Making the last of summer count

As the calendar flips to August, there's a collective realization that summer is winding down. For students, the end of the season brings the inevitable return to school, while those heading off to college face a life-changing transition. It's a time filled with anticipation, excitement, and a touch of bittersweet nostalgia. Before we all dive back into the routine of school schedules and academic responsibilities, it's crucial to hang on to the last days of summer and make the most of this precious time.

August is the perfect time to squeeze in all those summer activities we've been meaning to do. Whether it's a beach day, a family picnic, a hiking adventure, or simply lounging in the backyard with a good book, these moments are fleeting and should be cherished. The beauty of summer lies in its carefree nature, the long days that invite exploration and relaxation. As the final full month of summer, August offers a last chance to bask in the sun.

For high school graduates heading off to college, August marks a significant farewell to the familiar comforts of home. It's a time to soak in the presence of family, savor home-cooked meals, and engage in the simple joys of being surrounded by loved ones. The transition to college is exciting, but it also comes with the reality of leaving behind the everyday connections that define home. Students should take this time to bond with their families, sharing laughs, stories, and experiences that will stay with them as they venture into new territories.

For soon-to-be college students, it's about preparing for a new chapter filled with independence, new friendships, and academic challenges. This preparation doesn't have to be all work; it can also involve exploring the excitement of new beginnings, whether through shopping for dorm essentials or planning future adventures.

While it's important to enjoy the final days of summer, it's equally crucial to approach this time with balance. Packing too much into August can lead to stress and exhaustion, defeating the purpose of a relaxing summer break. Instead, prioritize activities that bring joy and fulfillment. Whether it's a spontaneous road trip or a quiet evening at home, focus on experiences that truly matter.



COURTESY

The New Horizons of the Lakes Region Band is excited to present its 2024 Summer Season Concert Series. The band is located in Laconia, and brings music to the Lakes Region throughout the year. The members are adults that have either never experienced the pleasure of playing a musical instrument or had in years past and looking forward to playing again. This year's program includes marches, show tunes, patriotic selections, a little jazz, and old and new audience favorites. The New Horizons Band has commitment concerts in Laconia: Aug. 14 – Taylor Community Pavilion, 6:30 pm and Aug. 20 - Community Center, Weirs Beach, 6:30 p.m. Music is medicine and for all to enjoy. Check out one of the concerts and you too will find the enjoyment of the sound of a "town band" in rural New Hampshire. For more information on the New Horizons Band, its mission and membership, check out www.newhorizons-lakesregion.org. The Band rehearses on Tuesday evenings at the Music Clinic under the direction of retired Laconia High School Music Director, Debbi Gibson.

We don't have forever

I recently lost a close friend. His death was unexpected and came out of nowhere. Having known him since the fifth grade, his passing left me reeling.

This loss struck me profoundly and reminded me that our time is finite. We often forget how limited our time is until a loss brings this reality crashing down on us. It's a startling realization, driving home the point that we have so little time to pursue our dreams and make the most of our lives.

Life is fleeting. When we're young, we feel like we have all the time in the world. It seems like yesterday when he and I were in 6th grade, dumping dish soap into the hot tub and filling the neighborhood with bubbles.

In a flash, we were graduating high school and swimming 375 miles from the top of Lake Michigan to Chicago with three other friends. As the saying goes, "Time flies." It is a relentless force, always moving forward, never waiting for anyone.

"Time is the most valuable thing a person can spend," said Theophrastus.

You may think it's too late. You may think your time has passed. But consider this: London is eight hours ahead of Los Angeles, but there is still time for LA. While this might seem like a silly analogy, it illustrates an important point. Have you ever heard about a person who became a CEO at 25 and died at 50, while another person became a CEO at 50 and died at 90? Obama retired at 55, while Trump started at 70.

Some people may seem ahead of you, and you might think, "Why bother? It's too late for me." But everyone in this world runs their race in their own time. They are in their time zone, and you are in yours.

"There is no right time. There is just time and what you choose to do with it," said J.K. Rowling.

The essence of this wisdom is that the perfect moment to start living your dreams will never come on its own. You must seize the moment, create the opportunity, and decide to start now.

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So, how do you start? Begin by acknowledging where you are and where you want to be. Set goals, no matter how small, and take steps towards them. Each moment spent working towards your dreams is a moment well spent.

As the great philosopher Lao Tzu said, "The journey of a thousand miles begins with one step."

Embrace your journey, and remember that it's always possible to make a change, take a step forward, and pursue what truly matters to you. Time is precious; the only way to honor it is by making the most of every moment.

"Don't watch the clock; do what it does. Keep going," said Sam Levenson.

This means that instead of fixating on the passage of time, focus on your actions and the progress you're making. Every second is a chance to move closer to your goals and to live a life that fulfills and excites you.

So, ask yourself: Are you living the life you want? If not, now is the

time to start. Reflect on your dreams, passions, and the steps needed to reach them. Take inspiration from those who have walked before you, and remember that your unique journey is valuable and significant.

"Your time is limited, so don't waste it living someone else's life," Steve Jobs once advised.

This is your life, your time. Make it count. Live authentically, chase your dreams with vigor, and appreciate the beauty of every moment you have. Make sure your friends and family know you love them. Hug them and spend time with them.

Every heartbeat and breath is a gift, an opportunity to make a difference, love, create, and live fully. Don't let the minutes slip away unnoticed. Embrace each one, for they are the building blocks of your legacy.

Time waits for no one. Start today—live passionately, dream boldly, and remember it's never too late to begin again. We don't have forever and never know when our time will be up. Take advantage of every moment, seize opportunities, and make the most of the time you have now.

The importance of staying hydrated

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

Warmer weather is a great invitation to enjoy the outdoors and nature.

Staying hydrated is essential for maintaining health and keeping critical bodily functions working properly. Hydration can be a challenge for some seniors because

seniors may have a diminished ability to sense thirst, notice changes in body temperature, and may be taking medications that have a dehydrating effect. Keeping a few tips in mind will ensure that seniors stay hydrated and continue to enjoy the activities that bring them joy.

Older adults looking to stay hydrated throughout the day should try these tips to get started. Being dehydrated can cause confusion, headaches, elevated heart rate, muscle weakness, and fatigue. Seniors who think they may be dehydrated should discuss their symptoms with their doctor before changing their fluid intake. Seniors should discuss hydration with their doctor as only can a healthcare professional recommend how much water someone needs, and they can also provide guidance and tips on managing water intake.

Create a schedule –

drinking a lot of water in one sitting can be difficult. However, creating a schedule that accounts for daily activity, physician-recommended intake levels, and the preferences of the senior can help keep hydration on track.

Eat water-rich foods – cucumbers, watermelon, apples, and other water-rich produce can help seniors get more fluids at mealtimes. Broth is also a good option.

Make water more interesting – For those that don't enjoy drinking water, adding small amounts of juice or flavoring to water can make it less boring. Popsicles are also a great option...especially on warm days!

Reduce water loss – excessive sweating can contribute to dehydration – keeping inside temperatures at a reasonable level, and being mindful of fluid loss during outside activities, can help seniors stay hydrated.

Don't wait for thirst – often, when seniors feel thirsty; they may already be dehydrated.

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Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent.

Please call 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

References
Centers for Disease Control and Prevention. "Get the Facts: Drinking Water and Intake." Web. 2016. FamilyDoctor.org. "Hydration: Why It's So Important." Web. 2017. Mayo Clinic. "Dehydration." Web. 2018. WebMD. "What is Dehydration? What Causes It?" Web. 2019 Healthline – The Causes and Symptoms of Dehydration in Older Adults



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Great-grandson of Old Town Canoe founder to speak at NHBM’s Hulls and Hops Series



MOULTONBOROUGH — On Thursday, Aug. 22 at 7 p.m., Old Town Canoe founder’s great-grandson, Benson Gray, will speak at New Hampshire Boat Museum (NHBM) as part of its Hulls and Hops Speaker Series. At the talk, Gray will focus on the history of canoes and his project to electronically archive hundreds of thousands of pages of historic build records.

Noting he has spent his entire life around

old canoes, Gray said he started to “seriously research” them in 1993 after the death of his father.

“The death of a parent often spurs an interest in learning more about your roots,” he said. “I had also recently joined the Wooden Canoe Heritage Association and was surprised by how many unanswered questions there were about canoe companies from the late 1800s and early 1900s.”

In 2016, a fire destroyed the original Old Town Canoe Factory, an event that proved to Gray how easily paper records could also be erased from history.

“I knew computer scanning could preserve the records,” he said. “This information is even more useful in a database where it is possible to search for specifics.”

Records on the database include details about each canoe, in-

cluding how and when they were built.

“It’s like a genealogy for canoes,” explained Gray. “Many old canoe owners like learning about the history of their boats.”

According to Martha Cummings, NHBM executive director, Gray’s knowledge of canoe history is “unmatched.”

“His talk is very relevant to New England, where canoes have been used for thousands of years,” she added.

Taking place at NHBM’s Moultonborough Campus at 130 Whittier Highway (Route 25), the event will include beer and light snacks provided by Twin Barns Brewing from Meredith. Admission is free, although attendees are encouraged to make a \$10 donation.

Founded in 1992 by antique and classic boating enthusiasts, NHBM offers dynamic exhibits and engaging programs and events tailored to the diverse boating lifestyles and values of people of all ages.

NHBM is sponsored

in part by Belletetes, Eastern Propane & Oil, Epoxy Floor New England, Goodhue Boat Company, Kingswood Press and Design Studio, KW Coastal, Lake

and Mountains, North Water Marine, and Taylor Community. To learn more about NHBM, or other speakers in the Hulls and Hops Speaker Series, visit nhbm.org.

U.S. Marshals arrest escaped inmate in South Boston

CONCORD — The United States Marshals Service, District of New Hampshire Joint Fugitive Task Force and Belknap County Sheriff’s Office are pleased to announce the arrest of the Belknap County fugitive that fled from the Concord Hospital - Laconia early Sunday morning.

Anthony Clark, 41, was arrested early last Friday morning by the USMS Massachusetts Fugitive Task Force, Mass. State Police Violent Fugitive Apprehension Section, and Boston Police Department Fugitive Unit. Tips developed by the NHTF and Belknap County Sheriff’s Office led investigators to an apartment on Logan Way in South Boston. Clark, who did not immediately surrender to the arrest team, was eventually found in a back bedroom. Clark was compliant with officers once encountered and arrested without further incident.

Clark had been awaiting trial for domestic violence related crimes, including strangulation, simple assault, stalking, and witness tampering. While in custody, Clark required medical treatment and was taken to the hospital. An ankle monitor was placed on Clark, but it was recovered outside the hospital grounds later that day. An investigation into Clark’s disappearance ensued, and authorities believed Clark was making efforts to flee to California at the time of his arrest.

The United States District Court – District of New Hampshire issued a federal arrest warrant for Clark yesterday, charging him with flight to avoid prosecution. Deputies from the MFTF delivered Clark to the U.S. Marshals Service District of New Hampshire after his arrest. Clark will have a hearing at 12:00 pm at the federal District Court before being released back to the Belknap County authorities.

“I commend the excellent collaborate work performed by everyone involved in the swift apprehension of a violent man,” stated U.S. Marshal Bill Hart, who also wants to recognize the public assistance that help lead to the arrest.

The USMS New Hampshire Joint Fugitive Task Force was formed in fall of 2002 and is headquartered in the USMS office in Concord. The task force coordinates federal, state, county, and local resources to develop leads, gather intelligence, track and apprehend targeted fugitives. All 10 county sheriff departments, the New Hampshire State Police and many local and federal law enforcement agencies support task force operations.

Additional information about the U.S. Marshals Service can be found at <http://www.usmarshals.gov>.

Canterbury Shaker Village to open special exhibition for 250-year commemoration

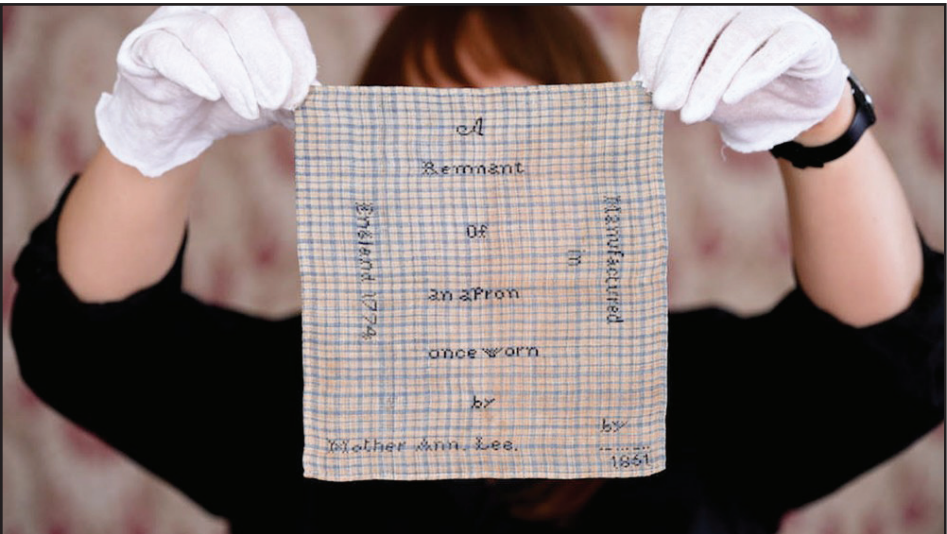
CANTERBURY — Commemorating 250 years of Shakerism in America, Canterbury Shaker Village will launch a special exhibit, “Keeping Faith,” with a members-only preview on Thursday, Aug. 8 and a public opening on Saturday, Aug. 10. These events take place at 3 and 1 p.m., respectively.

“We are showcasing some of the most significant objects in our collection, connected to the earliest days of the Shaker community and leadership,” said Education Manager Kyle Sandler. “The exhibit highlights these objects, providing both a biographical and material culture perspective.”

In total, the exhibit will include 16 early Shaker artifacts, some of which include fragments of founding leader Ann Lee’s dress, leader Lucy Wright’s dressing pins, and second leader James Whittaker’s bible.

“Most of these objects are incredibly delicate and cannot be left in a display case for extended periods,” said Sandler. “When people see these items, they will understand their incredible significance.”

At both events, Sandler and Curators Renee Fox and Shirley Wajda will give a talk and offer a tour of the exhibit. Light refreshments will be served at the members preview on Thursday, August 8. This project was made possible with support from New



Hampshire Humanities, in partnership with the National Endowment for the Humanities. Learn more at nhhumanities.org.

“The exhibition preserves the unique aspect of Shakerism’s religious and cultural history and invites audiences to reflect on these enduring principles,” added Sandler.

“Keeping Faith” is part of the Village’s

year-long celebration, Commemorating 250 Years: Shakerism in America. In addition to guided tours, the Village interprets Shaker life through exhibits, restored historic structures, gardens, and educational programs. To learn more, 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.



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Plenty to see and do as Paris Olympics continue along



JOSHUA SPAULDING

Roland Garros was one of the places on the bucket list to see in Paris and I got out there last week.

Last week's column left off before I headed off to the Eiffel Tower for beach volleyball. That venue turned out to be incredible, as the media tribune sits directly across the court from the Eiffel Tower, so our view was absolutely amazing. In fact, all night long random spectators came up the stairs next to where I was sitting to take their selfies with the tower.

Monday morning, I boarded the train and headed out to the rowing venue. I had been there the day before for the whitewater event, so I had a good idea how to get there and get around. I had made contact with Brett Johson of US Rowing and let him know I

wanted to talk to Brewster graduate Chris Carlson, who was racing in the eight boat. His boat won its heat to advance directly to the finals on Saturday. From there I finished out the night with a trip to the Bercy Arena to see the men's gymnastics team competition, where New England's Stephen Nedoroscik helped the US clinch its first medal since 2008 with a great pommel horse performance.

The next day I headed to the Pont Alexandre for the triathlon, only to find that it was cancelled moments before I got there due to the water quality (they competed the next day). After a quick break I made my way to the urban sports park, which is located at the Place de Concorde. It was incredibly hot, so I spent some time in the venue media center; watched a little BMX park and 3v3 basketball. I also did a couple of interviews with locals working at the Olympics, including Ed Strapp, a trainer with Team USA and Kristine Adams, who works for TSA.

SPORTING CHANCE

By JOSHUA SPAULDING

came up a bit short of a medal this time around, finishing in sixth place. From there, I made my way across town to the Paris South Arena to see the US women's volleyball team and when that was over; I made my way across the same arena complex to see a little table tennis to close out the day.

I wanted to see the beautiful fencing venue, Grand Palais, so I headed there on Thursday morning and it was indeed, gorgeous. After watching the US women beat China in the first round of the team competition (they went on to win gold), I wanted to see another venue, so headed out to Roland Garros to see some tennis. This was another spot on the bucket list of famous sports venues that you want to see when in Paris. I finished up the day with a trip to Bercy Arena again, this time to see the women's all-around, where Simone Biles earned gold with an incredible performance.

Friday, after the glamorous task of finding a laundromat, I made my way out to Golf National to see a little of the golf

competition. It was a beautiful day to sit in the stands for a little while and watch the golfers move around the course. I made another short trip to the BMX track to see some racing and get in another local interview, this time with Dr. Tamara Lovelace, who is working with the US Cycling team.

There was plenty of stuff still to come over the weekend, with more rowing, a first few trips to track, more triathlon and gymnastics heading into the final week of my stay in Paris.

For updates on the trip, follow the blog at salmonsportsguy.blogspot.com or on social media (X and Instagram) at [SalmonSportsGuy](https://salmonsports.guy) as there are multiple updates a day out there to see.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfoundlanding, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.

Is there a more iconic Olympic venue? I'd say not

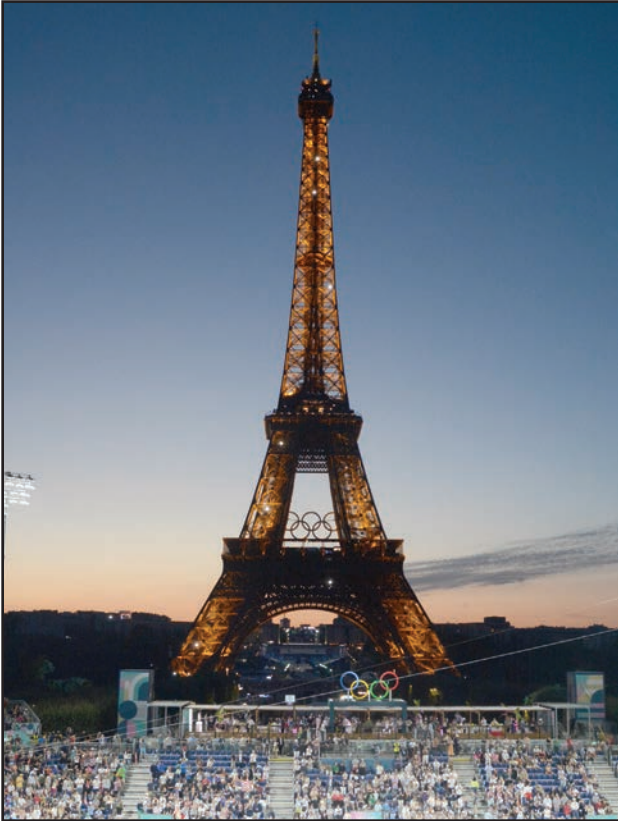
BY JOSHUA SPAULDING
Sports Editor

PARIS, France — The stadium was literally rocking.

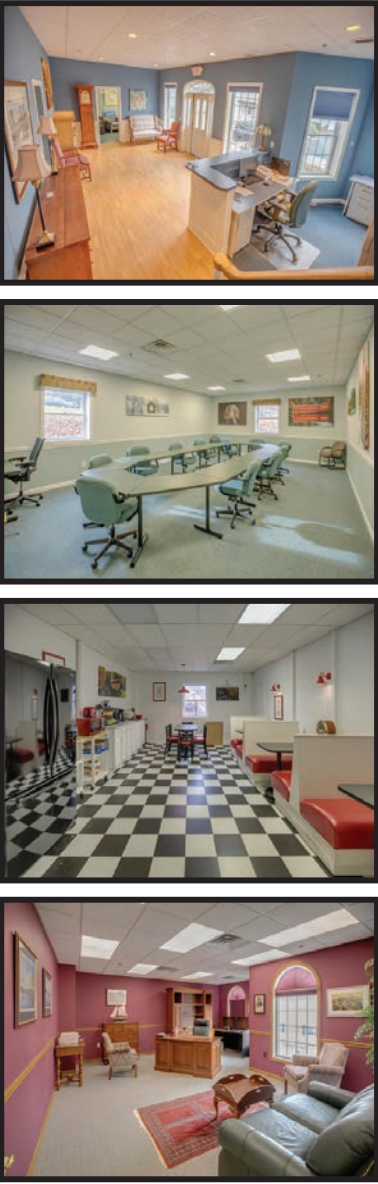
As the in-house DJ urged the crowd to jump and sway, both the woman next to me and I let out a gasp at almost the same time. The temporary stadium seating we were perched on high above the beach volleyball court at the Paris Olympics was literally swaying and it kind of caught us off guard.

SEE TOWER PAGE A7

JOSHUA SPAULDING
The Eiffel Tower serves as the backdrop for the beach volleyball stadium at the Paris Olympics.



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New Englanders help US men clinch gymnastics team bronze

Medal is the first for US team since 2008



JOSHUA SPAULDING

Bercy Arena was the site for gymnastics at the Paris Summer Olympics.

BY JOSHUA SPAULDING
Sports Editor

PARIS, France — Stephen Nedoroscik had one job.

After sitting around for the entire gymnastics team competition on Monday, July 29, at the Bercy Arena, the Worcester, Mass. resident was tasked with straddling the pommel horse as the final member of the American team in the final rotation of the night and a medal hanging in the balance.

The United States men, who hadn't won a medal since the 2008 Beijing Games, were in third place heading to the final rotation, where Paul Juda, Brody Malone and finally, Nedoroscik, put on clean pommel horse routines to keep the US men in third place and earning them that sought-after medal. Japan took gold and China, leading going into the final routine, finished in second place.

"I had my coach by my

side and he does a great job of taking the nerves out of (me) and he hypes me up," Nedoroscik said. "But these guys hit every routine before me and I have a statistic - when people hit before me, I also hit (my routine). So, I went out there and did my job and I enjoyed the moment.

"It was a really long day, and I sat in our room and thought about how I get to be the last person (competing for the USA team), and I framed that

in my head as a positive - that I can be the exclamation point," he continued. "I saluted (after his dismount) and looked at these guys (his teammates), and they were jumping up and down, and it was the greatest moment of my life."

That moment was the culmination of a lot of work for the team with the ultimate goal of breaking the cycle of not medaling at the Olympics.

"We got here with our director (Brett McClure) having basic strategies to try to do things and push in the direction of building the difficulty - really raising the standard of who we are, not just to be Olympians, but to bring medals home," said fellow Massachusetts resident Fredrick Richard, who won the US Olympic Trials on his way to Paris. "Every routine has the potential to push us in the right direction and build that energy that makes us keep getting better and better and doing amazing, and that's what we did."

The Americans started the night on rings, and posted a higher score than they did in qualifying, with Asher Hong, Brody Malone and Richard putting the US in fifth place.

That fifth place didn't last long, as huge Juda and Malone back-to-back stuck efforts followed by a tremendous performance by Hong, which propelled the American team to the lead. Malone, Richard and Hong then competed on parallel bars and their consistent scores had the team in second place halfway through the competition.

After some struggles in qualifications on high bar, Team USA had a strong performance, with Juda kicking things off with a solid performance and Richard delivering a huge routine and Malone ended things with another stuck landing. The US stood in third place heading to the final two rotations.

Juda, Hong and Richard gave the very pro-American crowd plenty to cheer about in

the floor exercise and the team remained in third heading to the final rotation, the aforementioned pommel horse.

After Juda and Malone delivered solid performance, Nedoroscik emerged from the shadows, did his job and the medal was in the hands of Team USA.

"You start competing with this fire in you that says, 'It's going to happen, trust the process, trust your gymnastics and believe in your brothers, too,'" Richard said. "When they (his teammates) were going, I believed every ounce that it was going to come out a great routine, and it did every single time.

"All of us had a role to add to it, and it really worked and made us keep going like that throughout the whole thing," he added. "My goal was to show the US getting stronger and stronger. I'm getting stronger and stronger."

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

TOWER

CONTINUED FROM PAGE A6

That being said, there was nothing about the beach volleyball venue that was going to spoil the atmosphere on Sunday, July 28, as the United States team of Kelly Cheng and Sarah Hughes opened their Olympic tournament.

When Paris announced the locations for their sports in the 2024 Summer Olympics, they wanted to include the iconic sites that people come to the city to see. Equestrian is at

Palace of Versailles, the urban sports park is built in the Place de Concorde, archery takes place at Invalides and the triathlon and marathon swimming take place in the heart of the city in the River Seine.

But no venue is more iconic than the temporary stadium they built at the foot of the Eiffel Tower where beach volleyball takes place. Sunday night was my first trip to the stadium and despite once again making a detour through the spectator entrance

instead of the media entrance, I found my way to the media center and then up to the media tribune.

Without a doubt, this was probably the most incredible place I have ever sat and watched a sporting contest. The media tribune sits high above the volleyball court looking directly at the Eiffel Tower. In fact, the view was so iconic that a countless stream of people made their way up the stairs next to the media tribune to take pictures with the

monument in the background.

At times, it was hard to even remember that there was a beach volleyball game going on that night, as I was just taken in by where I was sitting and the fact that what I was doing was in fact

work.

In addition to seeing some of the best athletes in the world doing their thing, it's things like this that make these trips truly memorable. There is no doubt in my mind I will ever forget sitting at the Eiffel Tower watch-

ing beach volleyball as the bleachers swayed under me.

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

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Lakes Region NARFE chapter meets Tuesday

TILTON — The Lakes Region/Mt. Washington Valley chapter of NARFE (National Active and Retired Federal Employees) will hold their bi-monthly meeting at noon on Tuesday, Aug. 13 at the DOX restaurant (927 Laconia Rd., Tilton) in Winnisquam.

Our meeting is open to any current federal employee and or their spouse, federal retirees/annuitants or spouse, as well as current chapter members. We have an informal meeting to update everyone on any current legislation affecting federal employees/retirees and any new information on the federal health care plans. We order our own lunch off the menu. We have a very friendly group from many different Federal organizations and welcome anyone who would like to join us and learn more about NARFE, the Federal Benefits Experts.

For more information or to RSVP call Marjorie Bonneville, Chapter 1694 secretary, at (603) 520-5573.

Loon Center welcomes Squam Lakes Science Center for program on owls


MOULTONBOROUGH — On Thursday, Aug. 15, join a Squam Lakes Natural Science Center naturalist and meet three live owls that you may encounter in our forests, fields, or wetlands. Learn about their place in our ecosystem and discover what makes these animals well suited for life in New Hampshire. It'll be a hoot!


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 over 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, Aug. 22, "The State of Loon Report with Harry Vogel"

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 2024 nature talks schedule, please visit www.loon.org.



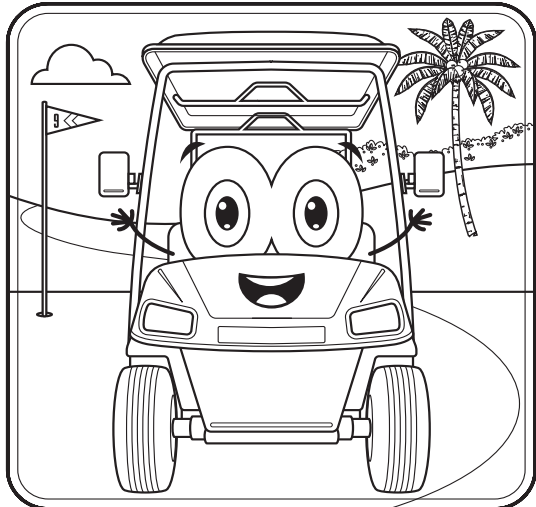


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GOBEY 8 1 2

IRWAFYA 3

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---	---	---	---	---	---	---	---	---	---	---	---	---

Answers: Golf, Swings, Bogey, Fairway, Get a hole in one.

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A. 20 10 1 23 19
Clue: Wet stuff

B. 11 3 6 15 19 13 9 23
Clue: Pool chemical

C. 6 10 7 7 23 19
Clue: Climbing device

D. 17 20 13 26 17
Clue: Moves through water

Answers: A. water B. chlorine C. ladder D. swims

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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!

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

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!

8	1	7	8	2	5	7	6	9
2	7	5	1	6	9	8	8	7
6	9	8	8	4	7	2	1	5
9	7	2	5	8	6	8	7	1
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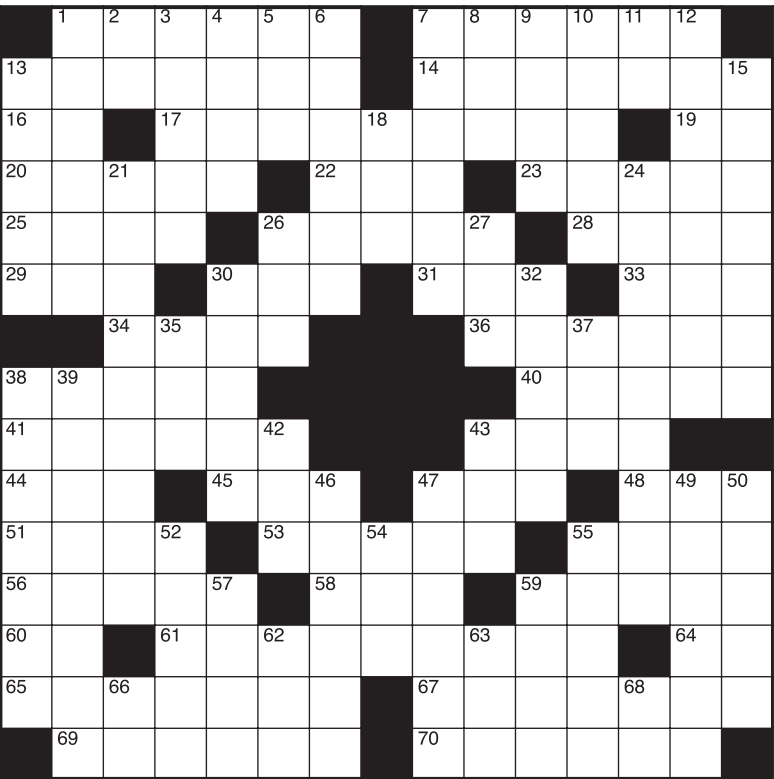
ANSWER:



news@salmonpress.news



TAKE A BREAK



ACROSS

- 1. Spiritual leaders
- 7. A solution
- 13. Fortified wine
- 14. Edible mollusk
- 16. Blood group
- 17. A way to compare
- 19. Gov't lawyer
- 20. Actor Ciaran
- 22. Calendar month
- 23. Very willing
- 25. ___ ex Machina
- 26. Satisfies
- 28. Type of berry
- 29. Distinctive practice
- 30. Popular pickup truck model
- 31. Dekagram
- 33. Naturally occurring solid material
- 34. Company officer
- 36. Villains

- 38. Cricket frogs
- 40. German founder of psychology
- 41. Endured
- 43. A female domestic
- 44. A situation you can be in
- 45. Cigarette (slang)
- 47. Fiber optic network (abbr.)
- 48. Belgian composer Walter
- 51. Employee stock ownership plan
- 53. Belonging to the bottom layer
- 55. Musical or vocal sound
- 56. Yankees' great Judge
- 58. Dickens character
- 59. Beloved late sportscaster Craig
- 60. South Dakota
- 61. Exposing human vice or folly to ridicule
- 64. Atomic #79
- 65. Former Braves pitcher Julio
- 67. Humor

- 69. Shawl
- 70. Hospital unit

DOWN

- 1. Animal disease
- 2. Commercial
- 3. Arts and crafts supplies
- 4. Containers
- 5. Investment vehicle
- 6. A way to greet in a friendly way
- 7. Bulged downward
- 8. "A Day Without" singer
- 9. Lay about
- 10. Intestinal
- 11. Negative
- 12. Caused to be loved
- 13. Prominent in Islamic eschatology
- 15. Sincere
- 18. Not in
- 21. Number above the line in a fraction
- 24. Bill Murray chased one
- 26. Pouch
- 27. Swedish krona
- 30. Start over
- 32. Wild white or yellow flower
- 35. Fourteen
- 37. Visual way of interacting with a computer (abbr.)
- 38. Up-to-date
- 39. Campaigns
- 42. Touch lightly
- 43. "Boardwalk Empire" actress Gretchen
- 46. Violent seizure of property
- 47. One who supports the Pope
- 49. Malaise
- 50. Body fluid
- 52. Inauthentic person
- 54. Title of respect
- 55. Chilean city
- 57. Central Japanese city
- 59. Garment
- 62. Draw from
- 63. Automobile
- 66. The man
- 68. Top government lawyer

ADVENTUROUS WORD SEARCH

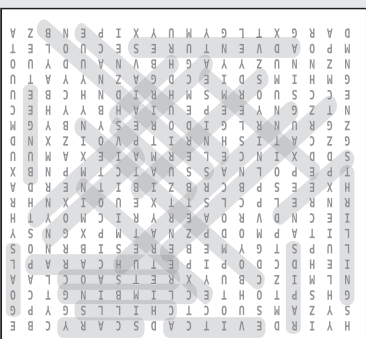
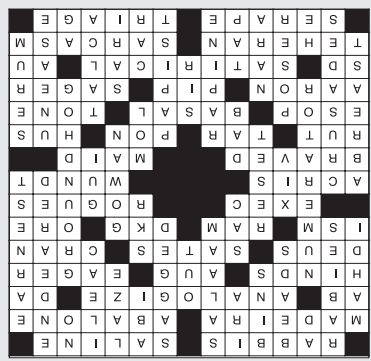


Find the words hidden vertically, horizontally, diagonally, and backwards.

ADVENTUROUS SEARCH

ACHIEVEMENT, ACTION, ACTIVE, ADVENTURES, BARRIERS, BOUNDARIES, BUMPS, BUNGEE, CHILLS, CLIMBING, COASTER, COMPETITION, ENDURANCE, EXERTION, EXTREME, GOALS, HEART-RACING, HIGH, PARACHUTE, RAPIDS, SCARY, SPEED, THRILLING, TRAIL BLAZE

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\$299,900
MLS# 5007342
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\$1,350,000
MLS# 5002671
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Exit Lakeside Realty Group: www.exitlakeside.com

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EQUAL HOUSING OPPORTUNITY

“Meditations & Inner Truths” exhibit opens at Belknap Mill

LACONIA — An art exhibit titled, “Meditation and Inner Truths” by Amy Baylaurel Casey and Ruth Hansen will be featured this August, with the opening reception on Friday, Aug. 9 from 5-7 p.m.

Amy Baylaurel Casey paints while in a meditative state. The experience keeps her in the present moment and fully engaged in the process of creation. “I focus on the act of painting. I am fully present to the paint moving on the canvas with the brush and palette knife. The painting is evidence of the meditation that took place. This process of meditative painting is assisted by my personal meditation practice which consists of floating and seated meditation. My hope is that in seeing the resulting paintings, the viewer also has a meditative experience and connects,” Casey says. “The ‘Inner Truth’ drawings by Ruth Hansen were done with Sharpie markers within various sketchbooks and journals spanning 15-18 years, and have never been exhibited. I drew to relax and unwind, to think or not to think, and found that over time, many issues were solved, or decisions made, on the subconscious level.”

Summer museum and gallery hours are Monday through Saturday, 9 a.m.-1 p.m. To learn more about upcoming events and programs at the Belknap Mill, visit belknapmill.org.

BILES

CONTINUED FROM PAGE A1
one here today definitely helped me a lot because we’re both freaking out. It was nice knowing that I wasn’t out there freaking out by myself.

“I told Simone I didn’t even know how to do math in my head (to calculate scores) and then Simone said, ‘Me neither.’ It was great to be out there with her (Sim-

one) and do it the right way this time.”

After her highly-publicized withdrawal from the all-around in Tokyo three years ago, Biles said she didn’t know if she’d make it back to the podium.

“Three years ago I never thought I’d step foot on a gymnastics floor again, because of everything that had happened,” Biles said. “But with the help of Cecile

and Laurent (Landi, her coaches), I got back in the gym and worked really hard mentally and physically.

“All in all, I’m super proud of my performance and the fight I’ve had for the last three years, mentally and physically, to get back competing on a world stage,” she continued. “The Olympic Games is an amazing experience, so I couldn’t be prouder.

“To see where I’ve grown from Tokyo (2020) and even the 19-year-old from Rio (2016) is amazing. I’m proud of (myself) for putting in the work and never giving up.”

The win for Biles continues a stellar run for the US women in the all-around at the Olympics. Before Lee in 2021 and Biles in 2016, Gabby Douglas won in London in 2012, Nastia Liukin won in Beijing in 2008

and Carly Patterson won in Athens in 2004.

“I’m super excited to go home and celebrate with family and friends,”

Biles stated.

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

CEREMONY

CONTINUED FROM PAGE A1

Canterbury, Franklin, Gilford, Gilmanton, Hill, Laconia, Northfield, Sanbornton, Salisbury, Tilton, Webster and surrounding towns, as requested. For more information on sponsoring a Memorial Brick or partnering with them for a stronger level of support for the Teuscher- Wilson Hospice Garden, call Franklin VNA & Hospice at (603) 934-3454 or visit www.FranklinVNA.org.

HELP WANTED



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Energysavers Inc is looking for a self-motivated individual to add to its staff. The position would include, but is not limited to, organizing and pulling parts for jobs as well as receiving deliveries. We are a highly recommended 49 yr old Lakes Region retailer of well-known hearth & spa products. You can earn while you learn! Potential to move into a service or installation position is a possibility. No prior experience required. Must have a valid driver's license & be able to lift/carry an 80lb min.

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Full-Time Installers Apprentice

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


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

Dan Uhlman, c/o Belletetes Inc.
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com

E.O.E.

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Applications are available at www.plymouthnh.gov Mail application to Plymouth Highway Dept., 6 Post Office Square, Plymouth NH 03264, or upon request, 603-536-1623, at the Plymouth Highway Garage.



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

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

E.O.E.

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Help Wanted
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Antje Duvekot to perform at The Loft at Hermit Woods



MEREDITH — Renowned folk singer-songwriter Antje Duvekot will be performing in The Loft at Hermit Woods Winery on Wednesday, Aug. 14. With extensive touring experience across the US and Europe, Antje is a compelling live performer and the winner of some of the top songwriting awards, including the John

Lennon Songwriting Competition, the prestigious Kerrville (Texas) “Best New Folk Award” and the Boston Music Award for “Outstanding Folk Act”. She is a compelling live performer and has been invited to play top festivals, such as the Newport Folk Festival, Mountain Stage, Philadelphia, and Kerrville Festivals and others. International-

ly, she’s headlined the Celtic Connections Festival in Scotland and the Tonder Festival in Denmark.

Duvekot has received many accolades from press outlets throughout the world including, more locally, a Boston Globe review which noted “Her songs feel at once fresh faced and firmly rooted, driven by the whispery sensu-

ality of her voice. She believes in the redemptive power of the shared secret; and is utterly unafraid to mine the darkest corners of her life for songs that turn fear into resilience and isolation into community.”

Neil Dorfsman, music producer for Bob Dylan, Bruce Springsteen, and Sting, says of Duvekot: “When I first heard Antje, I knew I was witnessing something very special. She creates an entire, detailed world in verse, and takes you there with beautiful and understated melody. Her songs are stunning paintings of color and shade and always generate the heat and light that real art should. In an unpoetic and ‘in your face’ world, she is lyrical and subtle.”

Supporting the Antje Duvekot evening performance will be local

singer-songwriter Katie Dobbins, who will open the show with a 30-minute set of her own original music. Dobbins has a connection to Antje Duvekot, first meeting her at a private event some years ago where Duvekot performed and Dobbins debuted an original song of her own. Now an award-winning singer-songwriter herself, Dobbins has performed on many stages throughout New England. Her sophomore album, “There Is Light,” won Album of The Year at The LimeLight Music Awards. She has received numerous other music industry nominations and awards, recently winning “Best Music Act – Solo” at the Best of the Lakes Region Awards. Her music has been featured on prominent radio stations like The River and “Boston’s

Hottest Country”, with host Carolyn Kruse raving “Sweet but bold, Katie’s voice is reminiscent of one of her heroes, Jewel, but only deeper... A fearless spirit with a gentle touch.”

This promises be a very special evening of original music in an intimate entertainment setting that you won’t want to miss. Patrons can further enhance their evening by selecting from a menu of tasty items available from Chef Sweet Mercy’s kitchen. A complimentary wine tasting will begin at 5:30 p.m.; Loft seating opens at 6 p.m. for dinner orders; opening set by Katie Dobbins begins at 6:30 p.m., and Antje Duvekot starts at 7 p.m. Tickets can be purchased in advance at hermitwoodswinery.com/the-loft or in-person at the Winery.

Wholly Rollers to play final concert at Canterbury Shaker Village

CANTERBURY — The Wholly Rollers will perform their final show as a group on Sunday, Aug. 18 at 4 p.m. at Canterbury Shaker Village as part of the Music on the Green concert series. The group has played together for nine years and have performed regularly at the Village since 2018.

“It feels fitting to be playing our last show at Canterbury Shaker Village,” said singer and multi-instrumentalist Dick Bennett. “Music was such an important part of the Shakers’ life. Plus, we’ve consistently played there over such a long period of time we never fail to get an enthusiastic audience.”

Education Manager Kyle Sandler expressed gratitude for the many years The Wholly Rollers brought music to the Village. “We are honored to host The Wholly Rollers’ last concert,” he said.

In addition to Bennett, The Wholly Rollers currently include Brian Roff on vocals and guitar, Jeff Fetter on vocals, fiddle, and mandolin, Gary Schroeder on vocals and bait bucket bass, and Craig Whitson

on vocals and guitar. Vocalist Tom Fredenburg was a member of the group until his passing in 2019.

With roots in bluegrass, old time, and gospel, The Wholly Rollers have performed in venues from northeast Massachusetts to the White Mountains. They have played for churches and many nonprofit events.

“We decided early on we were going to do this without charge for nonprofits,” explained Bennett. “And when we started landing paid gigs, we donated our pay back to nonprofits.”

Bennett looked back fondly on the many memories the group made together.

“We have thoroughly enjoyed doing this,” he said. “No one ever has more fun at a Roller concert than The Wholly Rollers.”

He did acknowledge, however, that this last concert will be bitter-sweet. “Everything in the universe has an arc of existence, and The Wholly Rollers really shouldn’t be any different,” he said. “We decided we’d rather go out with a bang than a whimper.”

Held outside in a natural, intimate setting, Music on the Green features various types of music for all ages throughout the summer. Admission is free with a suggested donation of \$20.

Music on the Green is sponsored by Coldwell Banker Lifestyles, New Hampshire Dance Collaborative (NHDC), and Kathleen Belko, Trustee. This event is rain or shine (except in extreme weather conditions).

Village tours are available before Music on the Green performances, while visitors are encouraged to explore the extensive trail system on the Village’s nearly 700-acre property. To purchase tour tickets or learn more about the Village, which interprets Shaker life through tours, exhibits, buildings, gardens, and



programs, 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.

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The Beatles vs. the Stones
at the Colonial Theatre

LACONIA — The debate between the Beatles and the Rolling Stones has been going on ever since they first crossed paths on the charts 61 years ago. The argument at the time, and one that still persists, was that the Beatles were a pop group and the Stones were a rock band: the boys next door vs. the bad boys of rock. So who's better? These two legendary bands will engage in an on-stage, throw down - a musical 'showdown' if you will - at the Colonial Theatre Laconia on Thursday, Dec. 5 at 7:30 p.m., courtesy of tribute bands Abbey Road and Satisfaction - The International Rolling Stones Show.

Taking the side of the Fab Four is Abbey Road, one of the county's top Beatles tribute bands. With brilliant musicianship and authentic costumes and gear, Abbey Road plays beloved songs spanning the Beatles' career. They face off against renowned Stones tribute band Satisfaction who offer a faithful rendition of the music and style of Mick Jagger, Keith Richards and the bad boys of the British Invasion.

Where did the idea for the show come from?

"Music fans never had a chance to see the Beatles and the Rolling Stones perform on the same marquee," said Chris LeGrand, who plays Mick Jagger in the show. "Now, music aficionados can watch this debate play out live on stage."

The Laconia show is part of a 125 stop tour of the U.S., Australia and Canada and has been touring since 2011. The production includes some of the more popular songs from the two rock pioneers and covers the scope of their musical careers, although the set list for Satisfaction usually includes Rolling Stones songs up to the 1980s.

"They certainly have more pop songs but we're a really great live show. The fans are in for an incredible night of music!" says LeGrand.

During the two hour show, the bands perform two sets each, trading places in quick set changes and ending the night with an all-out encore involving both bands. The band members have their outfits custom-made, since avid fans know exactly what the Beatles and Stones wore onstage during different time periods in their careers. There's a lot of good-natured jabbing between the bands as well.

"Without Beatlemania, the Stones might still be a cover band in London," said Chris Overall, who plays Paul. "There's no question that the Beatles set the standard."

For tickets, visit <https://www.etix.com/ticket/p/75389569/beatles-vsstones-laconia-colonial-theatre>.

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Creation
Station

LACONIA—Young artists are invited to take part in a pop-up Creation Station on Saturday, Aug. 10, on Canal Street from 1 to 3 p.m. as part of a larger Celebrate Laconia event. The event is a benefit for the Greater Lakes Region Children's Auction.

Children from preschool through grade 12 can take part, creating an illustration using water color or acrylic paint, or colored pencils. They may also decorate a vinyl record album.

Members of the Beetle Books Challenge team will oversee the pop-up Creation Station; they will invite the children to tell a story about their artwork and use both the art and the story in the team's annual printed anthology, "By the Kids," sales of which also support the auction.

For more information, or to submit a story or piece of art for the book before the Aug. 30 deadline, contact Janice Beetle atjanice@beetlepress.com.

To view the cover of the 2023 anthology, or order the book, visit janicebeetlebooks.com/shop/.

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