

Winnisquam Echo

THURSDAY, JULY 11, 2024

FREE

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



DONNA RHODES

Tilton and Northfield celebrate Old Home Day

Mother Nature, while responsible for postponing the Tilton-Northfield Old Home Day fireworks on June 29, did not rain on their parade, nor on the afternoon festivities at the Pines in Northfield. The parade included several entries, including veterans, youth organizations, Moulton's Band, Bektash Mini Monster Trucks, the Wicked Witches of the Lakes Region, a patriotic marching brigade from the Tilton Historical Society, town officials, the 2024 Citizens of the year and Lucille Roberts, holder of the Tilton Boston Post Cane. After the parade wound its way from Compass Classical Academy in Northfield, over Cannon Bridge into Tilton, then back to the Pines, a full day of festivities took place. Among those was the return of the traditional Horse Pull Competition as well as a chicken barbecue, pie eating contest, local vendors, live music, games, a visit from Wildlife Encounters and a thrilling demonstration by the Axe Women of Maine.



Come enjoy Sanbornton's Old Home Day July 13

SANBORNTON — The theme for this year's Old Home Day is "Honoring Our Roots, Embracing Our Future." We look forward to sharing the day's events with you.

Organ music will play from 8:30-9:30 a.m. in the Congregational church where tours will be offered all day, the cribbage tournament will be held at the fire station at 9 a.m., tours of Lane Tavern, the Police Station and the Fire Station will happen from 9 a.m.-noon, the Boston Post Cane will be presented to Starlin Morrison (age 98) at 10:30 a.m. in the gazebo.

The parade will start rolling at 11 a.m. (Folks who want to be in the parade should congregate at 10:45 a.m. in the Sanbornton Central school parking lot.) Local musicians, vendors, town committees, and food trucks will be there. Raffles for items made by Elise Ford (a Sanbornton resident featured on "NH Chronicle" for her amazing carvings) and Carol Levesque, a talented local quilter who has warmed many in the community with her handiwork will be available. Face painting, inflatable games and pony rides for the kids. Two food vendors will keep people fed, ice cream from Milltuck Farm & Creamery and breakfast goodies & coffee from the Sanbornton Historical society will tempt your taste buds. Encounters - both the Wildlife Encounters at 1 pm and encounters with local friends and neighbors from 9 a.m.-2 p.m. will all take place in the field behind the public library, church, and old town hall. Storytime at the library is at 10 a.m.

If you'd like to be a vendor in the town square library field, 27 Meetinghouse Rd., on Old Home Day, we have the form for you! The form can be accessed on the Sanbornton Old Home Day website or by emailing ohdsanbornton@gmail.com! If you'd like to join the parade, join the email list and the committee will save you a spot in the lineup!

For those who choose to return for the evening entertainment there will be music, food and a movie starting at 7 p.m. (movie to be announced will be shown at dusk) in the field.

We thank our sponsors who appear on our t-shirts; they include the Gold and Silver sponsors, 3B Creative Carvings & 3B Firewood & Tree Removal, All in Fit-

SEE OHD, PAGE A8

Special comedy event Saturday at the Greenside

TILTON — The monthly Boston Comedy Series at the Greenside Restaurant function room in Tilton, continues Saturday July 13 at 8:30 p.m. with a special event featuring New England and cruise line star Brad Mastrangelo along with Jody Sloane and Greg Boggis

Tickets are \$22, and may be purchased in advance by logging on to <https://birdease.com/ComedyShow2024>. Tickets will also be available at the door the night of the show if not sold out.

Mastrangelo has spent more than 20 years on the comedy scene, playing Las Vegas, New York, Hollywood, Atlantic City, and virtually every stop at every major club in between. He has appeared on Comedy Central, has written for the Tonight Show, and is a regular working cruise line.

Mastrangelo's unique routine hits home with audiences of all backgrounds as he relates tales of family, marriage, fatherhood and countless other topics. His observational comedy has earned him rave reviews and spots on the best comedy stages around the country.

Sloane is also a regional headliner at some of

SEE COMEDY, PAGE A8

Franklin VNA and Hospice receives grant from Samuel P. Hunt Foundation

FRANKLIN — The Franklin VNA and Hospice is pleased to announce that it has been awarded a grant to purchase medical training supplies to further its education for their clinical staff. This grant has been graciously provided by the Samuel P. Hunt Foundation in the amount of \$6,200.

The training equipment purchased with this grant will prepare their staff for emergent needs, assist them with their continuing training requirements, and promote a high rate of retention within their organization by showing their commitment to training. It will enable Franklin VNA and Hospice to further enhance its mission to provide quality Home Health

Care, Hospice Care, and Education to individuals and families in their communities so that they may reach their highest level of independence.

The Samuel P. Hunt Foundation was established in 1951. It is an independent foundation based in Manchester, New Hampshire. This foundation supports a wide range of general charitable services, including the arts and culture, health, and children and youth in the region.

Franklin VNA and Hospice is deeply grateful that they have been selected to be a recipient of this honor. This grant allows them to advance their commitment to providing comfort, dignity, and support for the

patients that they serve.

They will continue to remain dedicated to delivering exceptional care to their patients and fostering a compassionate environment for individuals navigating their health care needs.

Franklin VNA & Hospice is a non-profit, 501(c)(3), certified home health and hospice care provider. For 79 years, Franklin VNA & Hospice has been providing services to people of all ages in 14 communities in Merrimack and Belknap counties.

For more information about our organization, please visit our Web site at <https://franklinvna.org/> or contact us at (603) 934-3454

Sicard named Division III Second Team All-State

BY JOSHUA SPAULDING
Sports Editor

REGION — New Hampshire's softball coaches came together after the season to nominate players for All-State honors and there was local representation on the All-State teams.

For Division III, Prospect Mountain's Ella Bernier was named Pitcher of the Year, Berlin coach Rollie Poirier was named Division III Coach of the Year and Belmont's Bill Hart was named JV/Assistant Coach of the Year.

Bernier also earned First Team All-State honors along with Berlin's Ava Bartoli, Gilford's Maddie McKenna, Prospect Mountain's

Gwen Christie and Tori Christie and Newfound's Katie Sweeney. Second Team honors went to Falyn Sicard of Belmont, McKenna Kelley of Berlin, Belle Dow, Sadie Lydick and Millie Caldon of Gilford, Paige Harding of Prospect Mountain and Sara Buchanan of Newfound. Honorable Mention was presented to Julia Coulombe of Berlin, Kendal Heyman of Gilford and Alexis Wilson of Prospect Mountain.

Also earning First Team honors were Bishop Brady's Payton Bryson and Kimble Rose, Newport's Cheyenne Hannum and Zoey Lord, St. Thomas' Elizabeth Flynn, Hopkinton's

Liz Holmes, Raymond's Aynalem Levesque and Monadnock's Shalee Brannon and Ari Drouin.

Second Team honors also went to Abby Tyrell of Bishop Brady, Abigail Gaynor and Elizabeth Pelletier of St. Thomas,

Steph Erlick of Hopkinton, Violet Bennet of Conant, Dinkensh

SEE SICARD, PAGE A8



Belmont's Falyn Sicard finished off her stellar softball season by earning Division III Second Team All-State honors.

Around and About Tilton

BY GREGG DEVOLDER

Hello, and welcome back. At the last selectmen's meeting, it was announced that Scott Ruggles was resigning his position as Selectmen. He will be moving on, literally, to a new opportunity out of state. Scott has been a Tilton resident and with Tilton School for over 20 years, and will be missed greatly as a caring and active member of our community. Thank you, Scott, for all you have done for our town, and best of luck to you and your family with your new endeavors.

The selectmen received a letter from the DOT Commissioner, William Cass P.E., in response to their letter on what they consider to be dangerous road conditions on Route 3 along the Winnepesaukee River. Over the years, there has been substantial erosion of the river bank across from the island and heading north along the road that abuts the river. Commissioner Cass has assured the town that the current condition of the road is safe, and they will continue to monitor the road and guard rails. They have placed us in their ten year plan with a target date of 2029 for repairs. Needless to say, the selectmen were not happy with this response. I have no doubt we'll be hearing a lot more on this.

The selectmen also discussed our downtown and specifically the number of chairs, couches, tables, etc., finding their way from inside the buildings to residing outside on the sidewalk at all hours of the day and night. Making it potentially difficult for wheelchair access and or folks walking into shops, as well as potential safety concerns. The town does have an ordinance on the books and will be enforcing it. The Selectmen are also considering updating the ordinance and likely will have a public hearing to get feedback. I'll keep you posted.

The Town Hall will be getting much needed air conditioning in the form of mini-splits with work underway as of this week.

You may have noticed the new gate and fencing at the Island Bridge as well as repairs to a few of the boards. The DPW is trying to ensure that the bridge is safe enough to get light equipment over to clean up the island. Hopefully they'll get the go ahead and neaten things up, but you can't be too careful.

I am pleased to report that the Hartwell Concert Series will once again be at the Tilton School Amphitheater, starting on Sunday, July 14 with "Club Soda," Pop Hits from the '70's to the '90's. Should you like to volunteer or need more information, please call the Selectmen's Office at 603-286-4521, ext. 100.

The Planning Board had one agenda item for Tuesday, July 9. It was a public hearing on the Winnisquam Boats LLC redevelopment of boat storage at 1003 Laconia Rd. This is also on the agenda for the ZBA meeting scheduled for Tuesday, July 16. As they seek a variance for the demolition of the old buildings and replacing them with two new boat storage buildings.

My apologies to you all, as I missed the date on the first "2024 Lakes Region Household Hazardous Waste Collections." Good news, there's four more. The next will happen on July 27 at the Gilford DPW Garage, 55 Cherry Valley Rd., and at Meredith DPW Garage, 17 Jenness Hill Rd. Drop off starts at 8:30 a.m., and goes until noon. They'll take up to ten gallons or fifty pounds of waste. You can go to their Web site for more information on what they'll accept, at lakesrpc.org.

I have to say, the work at the Pines over the past year or two has really paid off, especially for Old Home Days. I can only imagine if it had been a hot steamy day, how nice it would have been to be in the shade of the trees with all the vendor tents and encampments. Even with a little rain it was still a great venue to walk around. I heard from a few folks that went to the Tilton Historical Society's, dinner raffle with "Ben Franklin" and it sounds like it was a wonderful time had by all.

At the time of this writing, tomorrow is the Fourth of July and I just have to say, "I'm thankful for the country we have. Warts and all, there's no place I'd rather be!"

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!

Auto Road offers three-hour Discovery Tour this summer

PINKHAM NOTCH — This summer the Mt. Washington Auto Road is launching an ultimate guided experience: a three-hour Discovery Tour that takes a closer look at the history, weather, and ecology of Mt. Washington.

Guided tours offer a unique opportunity to learn about the nature and history of Mount Washington. Tour guides have extensive experience on the Auto Road and in the local area. They are part geologists, historians, and entertainers. On the Discovery Tour, you get intimate, first-hand

knowledge of the White Mountains, along with stories and anecdotes about the people that have lived, adventured and recreated here. In addition, guests will tour the Mount Washington Observatory, explore the summit, and make stops along the way down to some of the most historic and beautiful spots on the Mt. Washington Auto Road.

What to expect

Safe transportation to the summit of Mt. Washington, the highest peak in the Northeast and known as the home of the world's worst weather.

er.

A curated mountain experience with knowledgeable and dedicated tour guides, ambassadors of Mt. Washington.

Discussion of the unique history, flora and fauna of Mt. Washington.

An exclusive experience with the Mount Washington Observatory.

Time for guests to take pictures.

Time at the summit to explore on your own.

Multiple stops along the journey at key historical sites (Alpine Zone, Littleton Formation, Signal Corps, Half-

way House, and The Red Barn Museum).

This tour is highly suggested for ages 10 and up. This tour will be making multiple stops throughout the duration of the tour on possible uneven surfaces and proper footwear is recommended.

Guests are encouraged to book ahead to reserve seats as these tours are limited to three dates (July 13, July 27, and Aug. 24).

Learn more and book online at www.mt-washington.com/guided-tours/discovery-tour/.

Pam McGovern joins Bank of New Hampshire team



Pam McGovern

LACONIA — Bank of New Hampshire is excited to welcome Pam McGovern, who has joined their team as Senior Vice President - Director of Information Technology.

With an impressive career spanning more than two decades in the information technology industry, McGovern brings a wealth of experience and leadership to the Bank of New Hampshire team. Pam's career

has been marked by her ability to lead and manage diverse IT functions across various sectors, including healthcare, manufacturing, retail, technology, banking and state government. Her extensive experience in compliance, risk management and vendor management make her an invaluable asset to our organization.

"Pam's strategic vision and ability to align IT initiatives with overall business objectives will be crucial as we continue to innovate and expand our services here at Bank of New Hampshire," said Cheri Caruso, Executive Vice President - Chief Technology, Digital Banking & Operations Officer. "Her leadership will play a key role in enhancing our technology infrastructure, ensuring the delivery of secure, efficient and reliable services to our employees and customers."

McGovern holds a Bachelor's degree in Business Administration from Boston University's School of Management. Her expertise, combined with her commitment to excellence, positions her perfectly to lead Bank of New Hampshire's IT department towards a future of growth and success.

Bank of New Hampshire is proud to be welcoming Pam to the team as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, custom-

ers and communities to build brighter futures.

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

Hulls and Hops Speaker Series to kick off with Tim Ciasulli

MOULTONBOROUGH — On Thursday, July 25 at 7 p.m., New Hampshire Boat Museum (NHBM) will kick off the Hulls and Hops speaker series with world-renowned speedboat racer Tim Ciasulli.

"The Hulls and Hops series is an opportunity to hear from a variety of experts in the boating community," said Martha Cummings, executive director of NHBM. "We are so excited that Tim will offer insight into the extreme sport of boat racing, where he was undoubtedly one of the best."

Over his four decade career, Ciasulli raced more than 300 times, winning more than 100 races. He was runner-up in the 1999 World Cham-



pionship and won the U.S. National and World Championships in the Superboat class in 2000. In 2001, he recorded the fastest ever run around Manhattan, making him National Champion.

Ciasulli has since retired from racing, but he continues to be considered an icon in the powerboat community.

"This should be a fascinating talk, which will set the tone for an exciting and informative summer series that touches on different aspects of boating culture and history," said Cummings.

Taking place at NHBM's Moultonboro-

ough Campus, 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.

Continuing the speaker series, canoe expert Benson Gray will speak on Thursday, Aug. 22 and Jim Pocock will discuss his family of prominent boat builders on Thursday, Sept. 12.

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 upcoming events and programs, visit nhbm.org.



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New Horizons Band to perform in Laconia July 16



LACONIA — The New Horizons Band of the Lakes Region will perform a Summer Series Concert on Tuesday, July 16 at 6:30 p.m. at the

Laconia Rotary, Belknap Mill Gazebo. The Band is grateful for the sponsorship of the Laconia Putnam Fund. As with all Putnam performances, there is no admission charge, and all are welcome. This year's program includes marches, show tunes, patriotic selections, a little jazz, and old and new audience favorites. Music is medicine and for all to enjoy. Come and relax on the lawn and delight in

the summertime sound of a "town band" in rural New Hampshire. The Band is made up of a cross section of local and regional musicians, many of whom have re-discovered their love of performing after years of working and raising families. Many of the members played in their high school bands and have returned to play again, often after decades away from their instruments. They

rehearse on Tuesday evenings at the Music Clinic, and encourage anyone with a desire to play to come and join in. New Horizons is under the direction of Debbi Gibson, former Music Director in the Laconia School system. Mrs. Gibson is known in the Lakes Region for both her musical performances with many local groups as well as directing both instrumental and vocal artists.

Summer reading in full swing at Sanbornton Public Library

SANBORTON — Readers of all ages are invited to participate in our "Adventure Begins at Your Library" summer reading program with a host of fun events and an engaging reading incentive program to encourage the fun of reading!

Join us for our special summer programs: a family friendly music concert with Miss Julieann on Friday, July 19 at 10:30 a.m., and Monadnock Falconry will present a walk with a Harris' Hawk and a Master Falconer presentation on Aug. 6 at 10 a.m. The

library will also have some fun events on Old Home Day on Saturday, July 13 with story time at 10 a.m., big chess on the lawn from 10 a.m.-noon and a book sale. We have Terrific Tuesdays programs Tuesday mornings at 10am. These events include Adven-

ture Olympics on July 16, a Musical Adventure with Moulton's band on July 23 and Outdoor Adventure with the Scouts on July 30. Storytime is on Friday at 10:30 a.m. for stories, songs and activities. "Figure it Out Club" on Thursdays includes bike night on July

18 in the SCS parking lot, an outdoor Read-A-Thon on July 25 and a Play the Magic Gathering on Aug. 1. Finally, the library will host its annual stuffy sleepover and s'mores night on Thursday, Aug. 22 at 6 p.m. Everyone can sign up for our summer read-

ing incentive program! Kids can earn prizes for reading and being read to and adults can enter a raffle every time they check out a book. There is so much to explore at the public library! Make sure to stop by the library at 27 Meetinghouse Hill Rd., call 603-286-8288, email splnhcirc@gmail.com or visit splnh.com. All programs are free of charge. We look forward to seeing you this summer!

Laconia Historical & Museum Society to host Railway Day!

LACONIA — Join LHMS on Sunday, Aug. 4, from 10:30 a.m. to 1:30 p.m. for a memorable train excursion along the shoreline of Lake Winnepesaukee in celebration of National Chocolate Chip Cookie Day. This unique ride offers the perfect opportunity for all ages to explore the thrill of travel by train while enjoying some of our city's most delicious cookies. Whether you're a family looking for a fun outing or a train enthusiast eager to learn more about the history

of rail transportation, this event is designed with you in mind. Historic trains will travel the shores of Lake Winnepesaukee, providing a glimpse of some of the area's most breathtaking scenic sights, perfect for a family or friends' day out. Passengers will meet under the porte cochere at the front of the Laconia Passenger/Train Station in downtown Laconia for a brief presentation on the significance of rail transportation, commerce, and industry for Laconia and



the Lakes Region. Upon boarding, passengers will receive their All-Aboard packets, filled with interesting facts about the sights along

the way, activity pages for adults and kids, and a delicious locally made chocolate chip cookie. Guests will rate their cookie to help determine

the Best in Laconia! Make your reservation now and mark your calendar today! For more information and to make a reservation visit laconiahistory.com or follow LHMS on Facebook and Instagram. We want to thank An-nies Café and Catering, GoodNatured Juice and Smoothie Bar, Laconia Village Bakery, Wayfarer Coffee Roasters, and Social Club Creamery for generously donating cookies for National Chocolate Chip Cookie Day.

Jeffersons's Waumbek Golf Course reopens after major renovations



Waumbek Golf Course is open to the public again after two years of being closed.

JEFFERSON — After being abandoned and closed for two years, Jefferson's historic Waumbek golf course has reopened to the public. The course has undergone significant upgrades including irrigation and drainage improvements, turf fertilization and aeration, new cart paths and bridges, and a few new hole layouts. In addition, new electric carts, a course beverage cart, on course restrooms, and

a new practice putting green have been added. Memberships are available, and tee times can be booked online (www.waumbek.com) or through a mobile app. The 18-hole Waumbek course, the oldest and one of the most scenic golf courses in the state of New Hampshire, was originally built in 1895. It has impressive views of the Presidential Range from almost every hole. The course has a 71 par

with four sets of tees to suit various skill levels. In order of difficulty, they are identifiable by blue, white, yellow and green tees. Advanced golfers will want to play the blues, while beginners will want to start on the green tees, which are closer to the holes. Thanks to Waumbek Partners Forrest and Stacey Hicks of Jefferson and David and Sarah Hill of Lancaster, along with many local people who helped improve, build and regenerate the property, a spacious new clubhouse will open soon with a full restaurant, bar, and numerous open air decks. The restaurant is named Fenn's Way in honor of Arthur Fenn, the first American born golf professional, who helped design the original course and make the Waumbek a popular golf destination in the early 1900s. With the course

now restored and greatly improved, it is on track to become such a destination yet again. The Waumbek golf course is open from 6 a.m. until 7 p.m., seven days a week. There is men's league play on Thursday evenings, and ladies league play on Tuesday evenings. Co-ed scrambles are planned for Wednesday evenings starting in mid-July and will be announced on the web site and on social media. Fenn's Way Restaurant is open for lunch and dinner seven days a week. Call (991) 586-6004 for updates.

On The Green 1

Arts & Crafts Festival

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Fri 10-5

Sat 10-5

Sun 10-4

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Join Loon Center for "Wiggles & Waggles - Loon Families"

MOULTONBOROUGH — On Thursday, Aug. 11, join us for Wiggles & Waggles – Loon Families with John Rockwood. Follow these comical loon twins from the day they hatch until they migrate to the ocean. An in-depth peek into the common loon's fascinating and often mysterious behaviors. You will feel as though you are sitting alongside John in his kayak as he captures these incredible images! 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, July 18, Henry Jones, Moose Project Leader & Wildlife Biologist, NHF&G presents "New Hampshire Moose: Past and Present." 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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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.

Rediscovering the joy of a good book

In a world that's constantly on the go, where information overload is the norm and distractions are endless, taking the time to read a good book can seem like an indulgence. Yet, it is precisely in these hectic times that the simple act of reading can offer a much-needed respite.

We live in an age of constant connectivity. Our Smartphones, tablets, and computers are ever-present, demanding our attention with a never-ending stream of notifications, news updates, and social media posts. While these devices keep us informed and entertained, they can also leave us feeling overwhelmed and mentally exhausted. Reading a book, on the other hand, provides a unique escape from the digital deluge.

When you immerse yourself in a well-crafted novel or an insightful non-fiction work, you enter a world where your mind can wander freely, untethered by the constraints of modern technology. This escape not only relaxes the mind but also rejuvenates the spirit, offering a rare opportunity to disconnect from the incessant noise of the digital world.

Books have long been vessels of knowledge, preserving the wisdom of generations. In an era where information is often consumed in bite-sized pieces, reading a book allows for a deeper, more comprehensive understanding of a subject. Whether it's a historical account, a scientific exploration, or a philosophical treatise, books provide the space to explore ideas in depth, encouraging critical thinking and fostering intellectual growth.

Moreover, the act of reading itself is a mental exercise that enhances focus, concentration, and analytical skills. As you follow the narrative arc of a novel or unravel the complexities of a scholarly argument, you engage your brain in ways that scrolling through social media simply cannot match.

One of the most powerful benefits of reading is its ability to cultivate empathy and expand the imagination. Through literature, we experience lives and perspectives vastly different from our own.

Incorporating reading into our daily routine can also become a cherished ritual of relaxation. Imagine ending your day with a quiet moment, a cup of tea or coffee in hand, as you lose yourself in the pages of a captivating story. This ritual not only promotes relaxation but also signals to your brain that it's time to unwind, improving sleep quality and overall well-being.



COURTESY

LRAA announces Artists of the Month for June

Lakes Region Art Association members have the opportunity to enter a piece of artwork into the Artist of the Month Program at each monthly Member Meeting. Winners are able to display and sell a single work for a month in various public venues throughout the Lakes Region in participating Banks and Libraries or Local Businesses. June's Artists of the Month are, from left to right — Back Row: Gavin Macdonald, Martha AuCoin, Sally Hibberd, Sherwood Frazier. Front Row: Ben Archibald, Fay Lee, Jim Cryan. These winning artists' artwork will be on display in locations in the Lakes Region until July 15. Gavin Macdonald, this month's First Place winner, has the distinct honor of displaying several pieces of her artwork at Annie's Cafe & Catering in Laconia. Warm up with some scrumptious homemade soup and sandwiches and enjoy the art while you eat! The art pieces for the Honorable Mention artist will be on display through the third week of April in the following locations: Martha AuCoin - Northway Bank, Meredith; Sally Hibberd - Northway, Tilton; Fay Lee - Gilford Library; Sherwood Frazier - Northway Bank, Laconia; Jim Cryan - Franklin Savings, Gilford.

Don't offend the wrong person

We often think of power as the schemes of politicians, corporate giants' strategies, and social leaders' charisma. Picture the court of a royal palace, with courtesans all vying for the king's favor; each employing flattery, alliances, manipulation, and charm in their quest for power.

Power isn't just for the influential; it's a force that shapes our relationships. It exists in families, marriages, friendships, and workplaces. Power plays a crucial role in the dynamics of parent-child relationships, the subtle negotiations between siblings, and the interactions within social circles. Even in seemingly mundane settings like community organizations or school committees, power dictates who gets what they want and how they achieve their goals.

I'm sure you've heard of Robert Greene's "The 48 Laws of Power" by now. I first encountered it during a Jordan Peterson interview with the author. Initially, Peterson was still determining how to interpret the book.

It's different from your typical self-help book, if you can even call it that. It's more like a guide or framework for those who aspire to achieve power, and

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promise of uncovering the secrets of power dynamics was too compelling to resist, so I decided to purchase it.

I came across one chapter that seemed especially relevant to my life. Maybe there is someone in your life who has power; who, no matter how carefully you handle yourself, you can't help but offend. It's been bothering you to the point of sleepless nights and private agony. You love this person dearly, but no matter how hard you try, you can't seem to keep them from lashing out. Worse yet, this person holds a significant power dynamic in your life, where you must play your cards right or risk unfavorable outcomes.

The chapter is titled "Know Who You're Dealing With—Don't Offend the Wrong Person." Well, that's obvious, right? You don't want to offend the wrong person. But there are many different personality types, and sometimes you may make a comment that seems entirely unassuming to you and most people, but this person hears it, and they come

at you with a vengeance.

Greene writes about five personality types: the Arrogant and Proud, the Hopelessly Insecure, the Suspicious, the Serpent with a Long Memory, and the Plain, Unassuming, and Often Unintelligent.

Each personality requires a different approach and strategy to navigate successfully. Understanding these types can help us avoid unnecessary conflicts and maintain harmony in our relationships.

When dealing with someone with power over you, it's crucial to identify which personality type this person embodies and tread carefully, as any misstep could have significant repercussions.

The Arrogant and Proud person has a touchy pride that can make them very dangerous; any perceived slight will lead to overwhelming retaliation.

With their fragile ego, the Hopelessly Insecure person will respond with a thousand little bites that take a long time for you to notice but eventually add up to significant harm.

Suspicious people see what they want to see in others, usually in the negative. While not as immediately dangerous,

their distrust can still create substantial obstacles.

The Serpent with a Long Memory will not show anger initially but will bide their time, waiting until they can unexpectedly turn the tables on you.

Finally, the Plain, Unassuming, and Often Unintelligent person may not harm you directly or seek revenge, but will instead waste your time, energy, resources, and even your sanity.

Sometimes, the person you're dealing with is a mix of two types, and I don't know if that's better or worse. However, I've learned that it doesn't matter why things are the way they are. You could drive yourself in and try to figure out why. All you need to know is that they are that way, and the best thing you can do is adapt your approach accordingly.

Remember to remain calm, avoid triggering their sensitivities, and always be strategic in your interactions. Ultimately, it's about finding a way to maintain balance and protect yourself while minimizing conflict, understanding these nuances, and using this awareness to sustain harmony and preserve your well-being.



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Local Olympic connections: You have any? Let us know

Who's ready for Paris?

For those who aren't regular readers, I should start with a bit of background. In late 2012, thinking that there might be a few local connections heading to the Sochi Olympics, I applied for credentials to cover them through the US Olympic Committee. This was totally on a whim and I had no belief whatsoever that I would end up getting approved for those credentials. However, after an interview process with other media members, I got approved for the credentials to the 2014 Winter Olympics in Sochi, Russia.

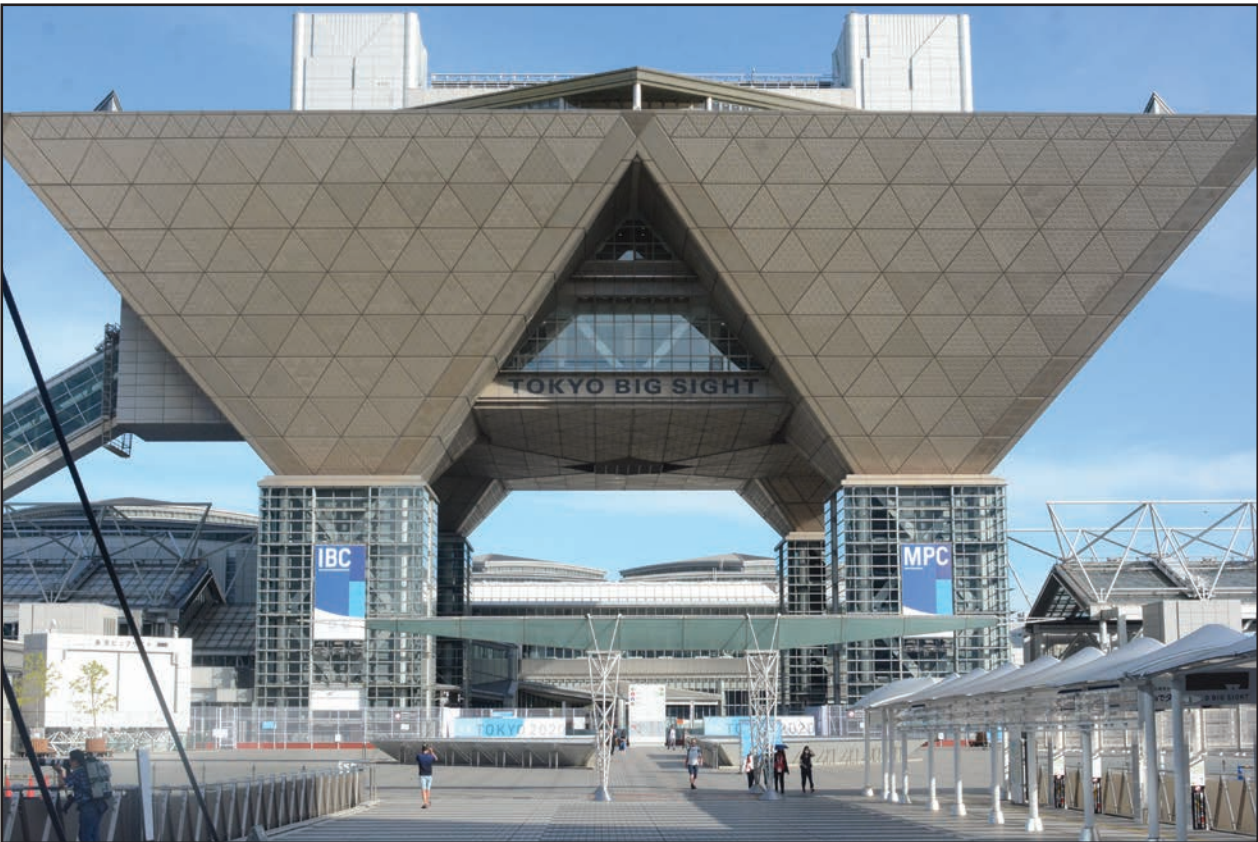
SPORTING CHANCE



By JOSHUA SPAULDING

While there I got to see two athletes that I had covered in their high school days, Leanne Smith and Sean Doherty, compete for Team USA and also found a ton of other local connections, many of them thanks to the great Dan Egan, who helped introduce me to people I may not have otherwise known were local. It was a tremendous experience and at the time, I labeled it 'once in a lifetime,' not expecting I would do it again. I solicited donations and raised money, there were some fundraisers and my company matched all the money I raised, which allowed me to completely pay for the trip.

When the opportunity came up to apply for credentials for the 2018 Win-



JOSHUA SPAULDING

Tokyo Big Sight was the home of the Main Press Center at the Tokyo Olympics in the summer of 2021. The Paris Olympics kick off at the end of this month.

ter Olympics in PyeongChang, South Korea, I decided to do it again and this time, since I was in the pool already, there was no interview process, just the acceptance of my credential request. And with all the money I had been given or raised for Sochi, PyeongChang was basically paid for.

Returning from South Korea, I made the decision to apply for Summer Olympic credentials for the first time for the 2020 Tokyo Olympics. Because I had never applied for the summer credentials, there was an interview process again, but once again, my application was accepted and I geared up for the 2020 Olympics.

Of course, we all know how 2020 turned out. The Olympics were postponed a year, so I

was in Tokyo in 2021 and in Beijing in 2022 for the Winter Olympics, both without any fans and tight COVID-19 protocols. There was a lot of paperwork, a lot of testing and a lot of empty stadiums. But, I was at the Olympics and there was no complaining about that.

The 2024 Summer Olympics in Paris kick off on Friday, July 26, and after working many hours making donuts, bread, cookies and the like at the Yum Yum Shop in Wolfeboro four or five mornings a week, the Paris trip is paid for and I will be boarding a plane on Monday night, July 22, with a final destination of Charles de Gaulle Airport in Paris.

The reason for this column is to help me decide what I should see in Paris or who I should

be looking for. I know Dover diver Jessica Parrotto will be in her third Olympics, while former UNH star Elle (Purrier) St. Pierre is competing in two events in her second Olympics. But are there local connections? Is your child or grandchild a coach or athlete heading to Paris? Is there someone who

might spend summers in the local communities competing (or even working) in the Summer Olympics?

I can't possibly know everybody in every community our newspapers cover, so I am asking for anyone who might know of some local Olympic connections to drop me an e-mail with that in-

Plymouth State University celebrates 2024 Commencement

PLYMOUTH, New Hampshire — Plymouth State University congratulates more than 500 students who received their academic degrees during its 153rd Anniversary Commencement Ceremony on Saturday, May 11 at the Bank of New Hampshire Field House in the Active Living, Learning, and Wellness (ALLWell) North Building.

Jia Chiu of Belmont graduated Summa Cum Laude with a Bachelor of Science in Elementary Ed & Youth Development.

Adam Cibarich of Sanbornton graduated with a Bachelor of Science in Meteorology.

Meghan Cote of Belmont graduated with a Bachelor of Science in Public Health.

Jackson Cozzens-Forgione of Belmont graduated Cum Laude with a Bachelor of Arts in Communication and Media Studies.

Rhiannon Gauthier of Tilton graduated Magna Cum Laude with a Bachelor of Science in Social Work.

Eric Young of Tilton graduated with a Bachelor of Science in Management.

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates, and by providing graduate education that deepens and advances knowledge and enhances profes-

sional development. The Plymouth State Cluster Learning Model emphasizes open, integrative, and project-based experiences. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. To learn more about Plymouth State University, visit www.plymouth.edu.

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, Newfound Land-ing, Coos County Demo-cratic, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news, at 279-4516, or PO Box 729, Meredith, NH 03253.

Milee Perrino named to University of Hartford's Dean's List

WEST HARTFORD, Conn. — The University of Hartford is pleased to announce that Milee Perrino of Sanbornton has been named to the Dean's List for the spring 2024 semester.

The Dean's List recognizes students achieving superior academic standing. The requirement, with some exceptions, is a grade point average of at least 3.0 and no grade below C.

The President's List recognizes a select group of students reaching the highest level of academic standing. To be placed on the President's List, students must maintain a GPA of at least a 3.75 and receive grades of C or better.

Connecticut's capital city, approximately 4,100 undergraduate and 1,800 graduate students representing 48 states and 51 countries come together for a common purpose: to collaborate across different disciplines, diversify perspectives, and broaden worldviews. We're a four-year private university focused on advancing the public good through meaningful connections within our communities. Our unique approach to comprehensive education gives us the critical perspectives that lead to im-

pact change, regionally and beyond. With degree programs spanning the arts, humanities, business, engineering and technology, education, and health professions, we focus on doing the work that matters.

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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 various towns: July 13 – Sanbornton Library, Sanbornton Old Home Day, 9:30 a.m., July 16 – Laconia Rotary, Belknap Mill Gazebo, 6:30 p.m., Aug. 14 – Taylor Community Pavilion, 6:30 p.m. 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.

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Join us for the 4th Annual Bean Family BBQ

Sponsored by the BELKNAP COUNTY REPUBLICAN COMMITTEE



The one and only Bill Wright will once again be the DJ for this year's BBQ!

The Annual Bean Family BBQ begins AT 5pm On Saturday July 20th and goes till it gets dark.

50/50

Scratch board

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Cornhole

Snow Cones

Bouncy House!!!!!!!!!!

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Food

The Beans will once again be serving a wonderful meal. Feel free to bring a dish if you'd like to showcase your favorite recipe.

All candidates for Belknap County have been invited. Don't miss your chance to meet them in person!

Please bring a non-perishable item for our food drive. All items collected will benefit local food pantries



www.belknapcountygop.org

Dean College announces Spring Dean's List

FRANKLIN, Mass. — Dean College is pleased to announce the students who have earned a place on the Dean's List for the Spring 2024 semester. These students have demonstrated a serious commitment to their studies while at Dean College.

Jordan Boelig of Tilton

Noah Pearson of Tilton

Founded in 1865, Dean College is a private, residential college located in Franklin Massachusetts, 45 minutes from Boston, Massachusetts, and Providence, R.I. Dean College offers baccalaureate degrees, associate degree programs, as well as a robust schedule of part-time continuing and professional education credit and certificate programs throughout the calendar year.



Unlock possibilities with the FAFSA

Planning to go to college or trade school in the fall? Still unsure about your plans? It's not too late to file your FAFSA and/or apply to school. The Free Application for Federal Student Aid unlocks different ways to pay for your education — including grants, scholarships, loans, and more. Filing is free, takes less than an hour, and almost everyone who files will be eligible for some federal financial aid. Don't miss out!



Get help filling out your FAFSA



GraniteEdvance.org
Free virtual and in-person assistance available

Hall Memorial Library kicks off summer reading program



NORTHFIELD — Hall Memorial Library kicked off its summer reading program in grand style this past weekend, thanks to the generous support of our

sponsors, Liberty Utilities and the Raven Gael Blaisdell Foundation. The festivities began with the annual Touch a Truck event, where children had the opportuni-

ty to explore a variety of vehicles up close. Liberty Utilities sponsored the event, ensuring a fun and educational experience for all attendees. Following the truck

extravaganza, families were treated to a captivating performance by one-man circus Andrew Silver. The Raven Gael Blaisdell Foundation sponsored this delightful show, bringing laughter and wonder to the library.

But the fun didn't stop there! The Raven Gael Blaisdell Foundation also generously donated books at both events, fostering a love of reading among children of all ages.

"We are incredibly grateful to Liberty Utilities and the Raven Gael Blaisdell Foundation for their support," said Brittany Shanahan, Director at Hall Memorial Library. "Their contributions helped us create a truly memorable kickoff to our summer reading program, and we are ex-

cited to see all the young readers who will join us this summer."

The Hall Memorial Library summer reading program offers a variety of activities and incentives to keep chil-

dren engaged in reading throughout the summer months. To learn more about the program, please visit the library's Web site at hallmemoriallibrary.org.

Summer workshops at the Belknap Mill

LACONIA — The Belknap Mill invites you to try one or all of our new upcoming classes or workshops in July. For more information or to register, please visit belknapmill.org/classes. On Saturday, July 13, learn to dye wool yarn using food coloring. You will leave with your

own colorful creations and future Belknap Mill workshops will give you a chance to put that yarn to use. Ages 12 and up. Also on Saturday, July 13, is a needle felting workshop. Create an animal or other unique designs using wool and a needle. Leave the class



with a finished project and a basic knowledge of needle felting. Materials provided.

Wednesday, July 31, artist Stephanie McQuadewill be teaching a watercolor on canvas workshop from 1pm-3pm. A watercolor on canvas class can be a fun and rewarding experience for anyone looking to explore the unique combination of watercolors and canvas as a medium. It provides opportunities for creativity, experimentation, and the development of technical skills necessary for creating beautiful and expressive artworks. The class includes prepped high-quality canvas and a drawing ready to paint. Feel free

to bring your favorite brushes and watercolors (tube or pan). Watercolors and brushes will be available. Ages 16 and up.

Beginner Crochet begins Saturday, Aug. 3 with instructor Samantha Brook. In this three-week beginner crochet course, you will learn the basic stitches to crochet several types and sizes of granny squares as well as how to turn them into a one of a kind purse, tote bag, coaster, wallet, etc. The possibilities are endless. All levels of experience are welcome! Materials included. For programs and classes offered at the Belknap Mill, visit our Web site or find us on Facebook.



COURTESY

Art gallery expands at The Wayfarer

Wayfarer Coffee Roasters of Laconia and The Galleries At 30 Main of Meredith are excited to announce that they have more than doubled the display area of Wayfarer's popular curated gallery wall space to kick off the summer season. Coinciding with the Canal Street Block Party this July 13, artists whose work is represented will be at the downtown Wayfarer cafe from 5-7pm to meet and greet local fans. The bar will be open for the evening, and the Wayfarer Marketplace will be offering special discounts as well as free samples of local goodies. The event is open to the public and all artwork on display is available for purchase. Pictured, left to right: Vynnie Hale, Paul Moreau, Karen Basset, Ben Bullerwell.

GREAT WATERS

Entertaining the Lakes Region



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Yacht Rock Experience

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All shows, unless indicated, are approximately 90 minutes long. Lawn Seats are General Admission and you must bring a chair or blanket to sit on.

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OHD CONTINUED FROM PAGE A1

ness, Birch Rise Farm, Den Brae Golf Course, General Properties LLC, Grappone Automotive Group, Rusty's Towing, and Steele Hill Resort and many more local businesses; the t-shirts will be sold on Old Home Day.

You can stay in the know with the Sanbornton Old Home Day Committee by visiting our website (<https://sites.google.com/view/sanborntonohd/home>), joining our email list (email ohdsanbornton@gmail.com), or following our Facebook page (Sanbornton Old Home Day).

Mark your calendars and think sunshine for Saturday, July 13!

COMEDY CONTINUED FROM PAGE A1

the area's top clubs including Comix at Foxwoods, Mohegan Sun, Gotham Comedy Club in New York, Hard Rock Café, and Catch a Rising Star. She has performed in the Boston Comedy Festival, and has been named Funniest Comic in New Hampshire.

Boggis has been seen the Comedy Connection, Nicks, Laugh Boston and more. He plays colleges as well as corporate event and has been seen in film and television.

Sanbornton resident named to President's List at Dean College

FRANKLIN, Mass. — Madison Gilbert of Sanbornton has earned a place on the President's List for the Spring 2024 semester. Students named to the President's List have demonstrated a serious commitment to their studies while at Dean College.

Founded in 1865, Dean College is a private, residential college located in Franklin Massachusetts, 45 minutes from Boston, Massachusetts, and Providence, Rhode Island. Dean College offers baccalaureate degrees, associate degree programs, as well as a robust schedule of part-time continuing and professional education credit and certificate programs throughout the calendar year.

SICARD CONTINUED FROM PAGE A1

Levesque of Raymond and Olivia Knightley and Cainen Avery of Monadnock.

Also earning Honorable Mention were Newport's Tanya Sanchez, Hillsboro-Deering's Cadence Smead, Fall Mountain's Kendal Cote, Hopkinton's Ally Duval and Annie Morrall, St. Thomas' Amelia Anderson and Raymond's Sophie Huynh.

In Division IV, Woodsville senior Dory Roy was named Player of the Year and was joined with First Team honors by Moultonborough senior Charlotte Johnson. Earning Second Team honors were Woodsville's Grace Griswold, Mackenzie Griswold, Katie Houston and Makayla Walker and Profile's Evie Burger while Honorable Mention went to Lisbon's Sophia Lafond,

Meredith Barnes and Bailey Clark, Littleton's Emerlynn Frias-Frias and Avah Lucas, Moultonborough's Lauren Grinavic, Gorham's Madison Girouard, Profile's Avery Gignac, Mad-die Koehler and Mya Brown and Lin-Wood's Kate Clermont, Kylie Clermont and Destiny Ciarleglio.

Joining Roy in earning First Team honors for Division IV were Newmarket's Kiera Souphakhot, Pitts-burg-Canaan's Alyvia Jaimes, Franklin's Lily Cornell, Pittsfield's Alex Penney, Portsmouth Chris-tian's Eliza Arwood, Mascenic's Katalina Davis and Ella Pearson and Epping's Callie Hansen.

Second Team honors also went to Hannah Chesley of Newmarket, Sienna Grondin and Janessa Hodge of Pitts-burg-Canaan, Tiffany Boucher, Adelis Stopyro and Alivia Lavigne of

Pittsfield, Lexi Jordan of Portsmouth Christian, Delaney Traffie of Ma-scenic and Aubree Mar-chetterre of Epping.

Also earning Hon-orable Mention were Emma Surina, Jadynn Radja and Emma Wal-kowiak of Newmarket, Lexi Santamaria and Hailey Rossitto of Colebrook, Lilly Kelleher and Taylor Goodspeed of Sunapee and Khloe MacKenzie of Ports-mouth Christian.

Maddie Trefethen of Franklin and Gene Cote of Pittsburg-Canaan were named Division IV Coaches of the Year while Kirk Romein of Sunapee was named JV/ Assistant Coach of the Year.

In Division II, King-swood's Morgyn Ste-vens was named Pitcher of the Year and earned First Team honors, where she was joined by teammates Avery Grego-ry and Carley Johnson.

Kennett's Moira Irish earned Second Team honors and Kingswood's Rheegan Swift and Plymouth's Olivia Frost both earned Honorable Mention. Kingswood's Jill Stevens was named Division II Assistant Coach of the Year.

Also earning First Team honors were Coe-Brown's Kylie Bieniek, Haile Comeau and Jayden Porter, Merri-mack Valley's Kayla Smith, Sanborn's Brooke Hanson, Campbell's LeAnn Ramos, Oyster River's Kate Michaud, Bow's Taylor Ouellette, Hollis-Brookline's Kai-ley Disco, John Stark's Ava Rivers, Con-Val's Sydney Borges and Pem-broke's Morgan Cloutier.

Earning Second Team honors were Merrimack Valley's Caydence All-berg, Coe-Brown's Annie Jerome, Sanborn's Phoe-be Hood and Hannah Lambert, Oyster River's Gracie Spirito, Milford's

Hannah Harrington, Lebanon's Ava Kaercher, Campbell's Katie Fluet, Laconia's Macy Sworm-stedt, Bow's Ella Roos, Con-Val's Avery Moore, Souhegan's Gabby Tor-res and Isabelle Brandt and Hollis-Brookline's Ava Imbrogno.

Also bringing home Honorable Mention hon-ors were Bow's Madison Oppold, Coe-Brown's Ad-dison Coffin, Oyster Riv-er's Maddy Venno, Addy Venno and Maeve Hickok, Hanover's Jess Lobb, Pel-ham's Morgan Berton, Pembroke's Ally Tessier and Hollis-Brookline's Emily Tebbetts.

Pelham's Todd Lozeau (varsity) and Henry Gri-mard (JV) were named Division II Coach of the Year.

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

Local student honored at annual SkillsUSA workforce development event

ATLANTA, Ga. — A career and technical student in New Hamp-shire was recognized at the 2024 SkillsUSA Championships, held in Atlanta, on June 26-27. More than 6,000 students competed at the national showcase of career and technical education. The SkillsUSA Champion-ships is the largest skill competition in the world and covers 1.79 million square feet, equivalent to 31 football fields or 41 acres.

Students were invited to the event to demon-strate their technical skills, workplace skills and personal skills in 115 hands-on occupational and leadership competi-tions including robotics, automotive technology, drafting, criminal jus-tice, aviation mainte-nance and public speak-ing. Industry leaders from 850 businesses, corporations, trade as-

sociations and unions planned and evaluated the contestants against their standards for en-try-level workers. In-dustry support of the SkillsUSA Champion-ships is valued at over \$36 million in donated time, equipment, cash and material. More than 1,200 industry judges and technical committee members participated this year.

All SkillsUSA Cham-pionships competitors were honored on Friday night, June 28 at the closing SkillsUSA Awards Session at State Farm Arena. As an indicator of proficiency, Skill Point Certificates were award-ed to all national con-testants who met a pre-determined threshold contest score for their SkillsUSA event, demon-strating workplace read-iness. Students can add this certificate to an em-ployment portfolio.

The following student is a Skill Point Certifi-cate recipient from your area:

Hunter Erlick, from Belmont and a student at J. Oliva Huot Technical Center (Laconia), was awarded a Skill Point Certificate in Plumbing.

“More than 6,000 stu-dents from every state in the nation participat-ed in the 2024 SkillsUSA Championships,” said SkillsUSA Executive Director Chelle Travis. “This showcase of ca-reer and technical ed-ucation demonstrates SkillsUSA at its finest. Our students, instruc-tors and industry part-ners work together to en-sure that every student excels. This program expands learning and career opportunities for our members.”

The SkillsUSA Cham-pionships event is held annually for students in middle school, high

school or college/post-secondary programs as part of the SkillsUSA National Leadership & Skills Conference. The national, nonprofit part-nership of students, instructors and indus-try is a verified talent pipeline for America's skilled workforce that is working to help solve the skills gap.

About SkillsUSA SkillsUSA is Ameri-ca's proud champion of the skilled trades. It's a student-led part-nership of education and industry that's building the skilled workforce our nation depends on with graduates who are career ready, day one. Representing nearly 380,000 career and tech-nical education students and teachers, SkillsU-SA chapters thrive in middle schools, high schools and college/postsecondary institu-tions nationwide. Skill-

sUSA's mission empow-ers students to become skilled professionals, career-ready leaders and responsible com-munity members. That mission is accomplished through the SkillsUSA Framework of Personal Skills, Workplace Skills and Technical Skills Grounded in Academ-ics, which is integrat-ed into the classroom curriculum. Through Framework instruction, students develop the character-shaping lead-ership skills - teamwork, communication, pro-fessionalism and more - that successful careers and lives demand. At the same time, students hone their high-level technical skills against current industry stan-dards in more than 130 skilled trade areas, from 3-D Animation to Weld-ing. The result? Focused, confident and highly skilled graduates who are ready to work, ready to lead and ready to make a difference in our schools, workplaces and communities. A vital solution to the skills gap, where more in-demand skilled trades positions are available than qual-ified professionals to fill them, SkillsUSA has served over 14 million difference-making mem-bers since 1965. To learn more, visit www.SkillsU-SA.org.

Roger Williams University announces Spring 2024 Dean's List

BRISTOL, R.I. — Select students have been named to the Spring 2024 Dean's List at Roger Williams University in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean's List that semester. The following students are residents of your coverage area:

Brennan Dunn of Sanbornton
Hunter Haht-Acres of Belmont
Collin Phelps of Northfield
About RWU

At Roger Williams University, students are prepared to be thinkers and doers ready to solve chal-

lenging problems with innovative solutions. RWU offers 50 majors and robust offerings of graduate and professional programs across eight schools of study including Rhode Island's only law school, with campuses on the coast of Bristol and in the heart of Providence, R.I. With small classrooms and a focus on undergraduate and graduate research and community engagement, a Roger Williams education blends the strength of liberal arts and professional studies, providing all students with the depth and breadth of interdisciplinary thinking and well-rounded knowledge necessary to succeed in our interconnected, global world. RWU is committed to strengthening society through engaged scholarship so that students graduate with the ability to think critically and apply the practical skills that today's employers demand.

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PETS OF THE WEEK

June

Meet June! June is a sweet and playful female looking for her forever home. Toys? Oh, she can't get enough of them! Whether it's a squeaky ball or a fluffy plush, count her in for a play session anytime.


She's not just all fun and games though. She also a loyal companion in the making, ready to be your ultimate sidekick. Whether you're going for a walk in the park or lounging at home, she'll be right by your side, bringing joy and companionship to your life.


June would love to be your one and only as she learns the ropes of her forever home.



Meet Reba McEntire! Are you ready to add a touch of country charm and a whole lot of sass to your home? Reba is excited to meet her forever family and share her incredible personality.

Reba has a heart of gold and will bring lots of love with her!





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Canterbury Shaker Village welcomes Allen James Trio

CANTERBURY — On Sunday, July 21 at 4 p.m., Canterbury Shaker Village will welcome Allen James Trio back for Music on the Green, an annual concert summer music series that features award-winning musical acts in diverse genres.

Touring the country as a '60s and '70s musician, James is a solo singer/guitar player who taps into the roots of folk and rock. His music is widely recognized by multiple generations.

Held outside in a natural, intimate setting, Music on the Green takes place on Sundays



throughout the summer. In addition to July 7 and July 21, other dates in the Music on the Green series include Aug. 4, Aug. 18, and Aug. 25.

Admission is free with a suggested donation of \$20. These events take place rain or shine except in extreme weather conditions. Pre-regis-

tration on shakers.org is encouraged but not required. Music on the Green is sponsored by Coldwell Banker Lifestyles, New Hampshire Dance Collaborative (NHDC), and Kathleen Belko, Trustee.

Village tours are available before Music on the Green perfor-

mances. Visitors are also 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.

Local residents named to Dean's List at Saint Michael's College

COLCHESTER, Vt. — Chance Butler of Sanbornton was named to the Dean's List at Saint Michael's College for the Spring 2024 semester.

Students who complete at least 12 credits of classes and achieve a grade point average of at least 3.5 in a particular semester are cited on the Dean's List for that semester.

About Saint Michael's College

Saint Michael's College, founded on principles of social justice and leading lives of purpose and consequence, is a selective, Catholic college just outside Burlington, Vermont, one of the country's best college towns. Located between the Green Mountains and Lake Champlain, our closely connected community guarantees housing all four years and delivers internationally respected liberal arts together with an innovative Purposeful Learning Program, preparing students for fulfilling careers and meaningful lives. Young adults here grow intellectually, socially, and morally, learning to be responsible for themselves, each other, and their world.

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MLS# 5002969

Concord: 3BR/2BA, 3,518 sf. custom built ranch in a peaceful neighborhood known for its community spirit. Enjoy hosting gatherings with a well appointed kitchen, double wall ovens, large living room, and landscaped yard.

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MLS# 5002671

Meredith: 5BR/3BA, 2,015 sf. cape in Fish Cove Association with 28' dock, new roof, double composite decking, stunning lake views, new flooring, and new water heater. The association with just eight homes offers shared amenities such as sandy beach, water raft, common area, and more.

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Strawberry Lane Real Estate: www.strawberrylane.com

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Equal Housing Opportunity

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

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

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

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

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

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

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

EQUAL HOUSING OPPORTUNITY

Area residents named to Dean's List at University of New England

BIDDEFORD, Maine — Hannah Leclair of Belmont, Jaiden McKenna of Gilmanton, Jessica Gannon of Gilmanton Iron Works, Eveline Auger and Emma Griffin of Sanbornton, and Liv Arvidson of Tilton have been named to the Dean's List for the 2024 spring semester at the University of New England. Dean's List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

The University of New England is Maine's largest private university, with two beautiful coastal campuses in Maine, a one-of-a-kind study-abroad campus in Tangier, Morocco, and an array of flexible online offerings. In an uncommonly welcoming and supportive community, we offer hands-on learning, empowering students to make a positive impact in a world full of challenges. We are the state's top provider of health professionals and home to Maine's only medical and dental colleges, a variety of other interprofessionally aligned health care programs, and nationally recognized degree paths in the marine sciences, the natural and social sciences, business, the humanities, and the arts. Visit une.edu.

HELP WANTED

Now Hiring!

Floral Delivery Driver

The Fuchsia Peony Flower Shop in Ashland is looking for a part time delivery driver. Hours are afternoons Tuesday-Saturday, approx. 10-15 hours weekly.

Must have a clean driving record and be at least 21 years old.

Call or stop in to inquire!

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For more information visit:
<https://sau2.k12.nh.us/ashland-employment>

EOE

Town of Plymouth
Request for Proposal –
Cleaning Services

The Town of Plymouth is looking to acquire cleaning service proposals for the Plymouth Town Hall, Plymouth Police Department, and Pease Public Library.

Submission deadline for proposals: 7/31/2024

Scheduled walkthroughs of the buildings will be held on 7/19/2024 beginning at 9:00 am at the Town Hall, 6 Post Office Square, Plymouth, NH 03264.

The specific Instructions and information can be found on the Town's website at plymouthnh.gov and any questions regarding the proposal process should be directed to Jessie Jennings, Plymouth Facilities Manager at jjennings@plymouthnh.gov or via telephone call at 603-536-1731 x114.

BELMONT
HIGH SCHOOL
GIRL'S VARSITY
BASKETBALL COACH

Belmont High School is seeking an Girl's Varsity Basketball Coach for the 2024-2025 School Year.

Past coaching experience preferred.

Interested candidates should send a cover letter and resume to

Cayman Belyea,
Athletic Director,
at cbelyea@sau80.org,
or mail to Belmont High School, 255 Seavey Road, Belmont, NH 03220

Energysavers
Inc. Since 1975

Full-Time Position
Warehouse/Service

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.

Stop in to fill out an application:
Energysavers Inc,
163 Daniel Webster Hwy, Meredith NH

Energysavers
Inc. Since 1975

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.

LEARN WHILE YOU EARN!
No prior experience required. Must have a valid driver's license and pass the pre-employment drug screening.
Stop in to fill out an application:
ENERGYSAVERS INC.
163 Daniel Webster Hwy., Meredith NH



Help protect NH Loons!

HELP WANTED

LOON PRESERVATION COMMITTEE is seeking to hire a part-time Center Assistant. This individual must be a personable, self-motivated team player. Duties include greeting customers, retail, and buildings and grounds oversight. Must be able to stand for extended periods. Moderate lifting is required. Retail experience preferred. For additional information go to <https://loon.org/job-opportunities/>. Please send a cover letter and resume to info@loon.org.

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Help Wanted



Lumber & Building Materials Contractor Sales

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

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

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

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

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

E.O.E.

Town of Plymouth Highway Department

Plymouth, NH 03264
(603) 536-1623 • Fax (603) 536-0042
highway@plymouthnh.gov

The town of Plymouth Highway Department is currently accepting applications for the position of Highway worker. If you are hardworking, team player, with a positive attitude and willingness to learn, you may be the person we are looking for. Candidates **need a valid driver's license with CDL-B endorsement.** This position performs duties in all areas of construction and other assigned projects to include summer and winter maintenance of roadways. Duties include but are not limited to, operating heavy machinery necessary for road maintenance, maintaining municipal equipment and plowing roadways for winter operations, and other road maintenance tasks. Successful candidate will be required to be on-call for a week at a time on a rotating schedule.

If you are looking for a drug free, appreciative working environment that offers a competitive wage and benefit package including: Vacation, Sick Leave, Personnel Days, Educational Training, Health Insurance (Employee pays 15% of premium), Dental Insurance (Employee pays 100% of premium), Group Disability and Life Insurance, and retirement through NH Retirement System, you may be the person we are looking for. The Town of Plymouth is an equal opportunity employer. Applications are available at the Plymouth Town Hall (603-536-1731), the Towns Website www.plymouthnh.gov or at the Plymouth Highway Department (603-536-1623) from 8am to 4pm, Monday through Friday. Applications will be accepted until a suitable candidate is appointed.



Lumber Materials Handler

Belletetes has an immediate opening in our Ashland location for a full-time Lumber Materials Handler. The successful candidate is responsible for assisting customers and contractors locate materials and load vehicles, receive incoming shipments and select loads for delivery trucks. Computer skills and prior lumber and building material experience is beneficial. Heavy lifting is required. Saturday hours on a rotating basis.

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

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

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

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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The room inspector is responsible for the inspection of each guest unit before check-in. Inspect and inventory kitchens, bedrooms and bathrooms for all supplies and cleanliness.

Line Cooks
Line Cooks will prepare meals according to the menu while following instructions for cooking and delivering items in a timely manner in full-service and a la carte kitchens. Will work alongside other kitchen personnel to ensure a high-quality guest experience.



Cashier/ Sales Professional (Full & Part-Time)
Join our team as a Cashier/Sales professional and be part of a dynamic retail environment at Butch's Brooklyn Deli & Provisions at Owl's Nest Resort where your sales and customer service skills will shine. Responsibilities: Operate cash register and handle cash transactions accurately, provide exceptional customer service by greeting and assisting customers, assisting customers in locating products, and answering inquiries

Deli Associate (Full & Part Time)
We are seeking a dedicated Deli Associate to join our team. The ideal candidate will have a passion for food service and providing exceptional customer service in a fast-paced environment. Responsibilities: Prepare and serve a variety of deli items such as sandwiches, salads, and hot foods. Assist customers in selecting deli products and provide recommendations. Operate deli kitchen and prep equipment. Maintain cleanliness and organization of the deli area. Follow food safety protocols to ensure quality and freshness of products. Handle cash transactions and operate the POS system.

To apply: Visit our website www.owlnestresort.com/careers and complete the Employment Contact Form or email your cover letter and resume to jobs@owlstnesort.com. No phone calls, please. Employment application can be found on our careers page available in a fillable format.

owlstnesort.com

Town of Plymouth Highway Department Highway Worker/Mechanic

The town of Plymouth, NH, qualifications will determine pay rate, attractive benefit package, for an individual who has a knowledge of small engine repair, diesel engine repair, hydraulic systems operation and repair and general knowledge of light and heavy-duty trucks. Be part of winter operational services. Must have CDL-B with air brake endorsement, NH Inspection license or capable of obtaining one upon hire. It is required to pass a physical, including a drug and alcohol screening, and will be subject to a criminal background check as well as a driving records check.

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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\$2.00 per hour shift differential on 2nd shift.
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Jenni's Ride kicks off July 27

Paulette Loughlin, Advisory Director Lakes Region Scholarship Foundation, Russ Harmon, Jami Harmon, Jane Harmon, Chris Guilmett, Assistant Director Lakes Region Scholarship Foundation.

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GILFORD — Lakes Region Scholarship Foundation and the Harmon family are pleased to announce the “Jenni’s Ride Around the Lakes” fundraiser to benefit Lakes Region Scholarship in memory of Jenni Ann Harmon.

Harmon was a 2006 graduate of Gilford High School. She passed away in a tragic automobile accident Dec. 14, 2006 while completing her EMT course in Gilman- ton. She is remembered for her caring nature and compassion for others. The Harmon family awards a scholarship annually in her memory to a student entering into the medical or fire prevention field of study.

The ride will be Saturday, July 27, starting and ending at Belknap Sportsmen’s Club in

Gilford. Registration is between 8 and 10 a.m. A BBQ will take place after, with local bands, a silent auction, raffles, and games. Registration is \$20 per person, and tickets to the BBQ only are \$15. We are happy to partner with Combat Warriors Motorcycle Club and Harmon Motors as co-sponsors for this event. Those unable to attend who would like to make a tax deductible donation can be made to Lakes Region Scholarship Foundation in memory of Jenni Ann Harmon by check or via www.lrscholarship.org.

WWII traveling trunk comes to Sanbornton

SANBORNTON — All are welcome to come to Lane Tavern, 520 Sanborn Rd., Sanbornton, for our Thursday evening, July 11 program, “The Traveling Trunk: WWII Footlocker with Treasures and Stories from the War Years.” The presenter is the Wright Museum’s Dan Schroeder. Arrive for the 7 p.m. start. Stay for refreshments, at program’s end. The attached article (editors) has the gist of the night’s event.

The Sanbornton Historical Society aims to disseminate information on the history and development of New Hampshire, and this program fits that bill. Please come and enjoy. Our seating area in Lane Tavern’s ballroom, upstairs, is air-conditioned. We have a rising chair seat for those needing help with stairs. We welcome all.

Call Linda Salatiello, program director, with any questions at 603-286-4526.

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(603) 875-0169

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

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

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

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Pittsburg, NH 03592
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The Loon Center
183 Lees Mill Road
Moultonborough, NH 03254
(603) 476-5666

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

The Tackle Shack
(Meredith) 54 NH Route 25,
Unit C Meredith, NH 03253
(603) 279-3152

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

The Tackle Shack (Newbury)
894 Route 103
Newbury, NH 03255
(603) 763-5508

Ossipee's Bait & Tackle
306 Pine River Road
Effingham, NH 03882
(603) 539-3695

Pawtuckaway Trading Post
15 Freetown Road, STE 3
Raymond, NH 03077
(603) 244-2463

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LOONSAFE.ORG

Funding for the buyback program and this ad is provided by the Loon Preservation Committee and by the US Fish and Wildlife Service on behalf of the Bouchard Barge 120 Buzzards Bay Oil Spill Trustees

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5 Water Street, Meredith, NH

Once home to the historic Meredith News. 5 Water Street, Meredith, NH, is now available with 6,670 SF +/- of heated and cooled space, located in the central business district, allowing flexible use for residential & commercial ventures. Three-phase electric, interior front & back Stairs, fire suppression system, hard wired smoke detectors, emergency lighting, high speed internet, town water & sewer, loading dock, & furniture included.

**Call Linda Matheson to
view 603.348.3764**

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