THURSDAY, JULY 31, 2025

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Trio of drivers conduct Goodyear Tire Tests at NHMS



Christopher Bell makes his way around New Hampshire Motor Speedway during last week's Goodyear Tire Test.

LOUDON — With only five races remaining in NASCAR's 2025 regular season, drivers and fans will soon turn their attention to New Hampshire Motor Speedway (NHMS) for New England's only NASCAR Cup Series (NCS) Playoffs race on Sept. 21. Christopher Bell, Joey Logano and Ross Chastain visited "The Magic Mile" last Tuesday for a Goodyear Tire Test.

"Well, I definitely like it being in the playoffs, for sure," said Bell after his tire test. "I love this racetrack. It's statistically, I think my best track on the schedule, and with it being later on in the year, putting it in the playoffs is really, I mean, it's good for me, so I'm all for it. Let's crown a champion here."

"Coming here for a race weekend, I love it. I always say I feel like Dale Jr. when I come up here 'cause it's about

Tanger Outlets Tilton celebrates new school year with special event

TILTON — Tanger Outlets Tilton invites shoppers to kick-off the start of the school season in style with its Touch-A-Truck Back-to-School Bash presented by Hannaford and in partnership with the NH State Police on Friday, Aug. 8 from 11 a.m. – 2 p.m. Families can celebrate their scholars with an array of fun-filled activities, including a touch-a-truck experience for all ages with emergency and specialty vehicles, surprise guests and a chance to win a \$100 Under Armour gift card.

Tanger Tilton delivers even more value with its Summer of Savings program. Through August, the center will offer the community weekly deals on back-to-school essentials and ward-robe refreshes. Shoppers can expect to find some of the deepest discounts of the year at top brands like Columbia Factory Store, Coach, Old Navy Outlet, Kate Spade New York, Under Armour and more.

the only track I don't get booed, and it's freaking awesome," said Logano. "It is cool to see a lot of red and yellow out there. You know, you look at some of these photos of a packed house. It's great to see.

"I watched my first race here back in '95 or '96 as a child, and this is where I fell in love with the sport. It was right here," he added. "So, as you can imagine, there's a lot of really special memories for me here, whether it's sitting in the grandstand, starting my first race, winning my first race, it's all happened here in Loudon. I don't think there's any more core memories of at least motorsports to me than what is here in New Hampshire. I absolutely SEE NHMS, PAGE A9

Children's Auction recognized as Gold Winner in 2025 Best of the Lakes Event

LACONIA —The Greater Lakes Region Children's Auction was recognized as a Gold Winner in three categories at the 2025 Best of the Lakes event in June.

The nonprofit was named Best Place to Volunteer, Best Charity Event and Best Annual Event.

"This achievement reflects our commitment to serving the community," said Executive Director Jennifer Kelley. "We are grateful for the outpouring of ongoing support from the community."

The organization's silent auction during the Best of the Lakes event on June 25 raised \$1,715.

"We owe a big thank you to the local

SEE **AUCTION**, PAGE A9



Courtes Kelley, Dou

From left to right: Debbie Frawley-Drake, Jaron Jenkins, Paige Thompson, Jenn Kelley, Doug Morrissette, Jill Lieberman, Kelly Patz, Josh Ritson and Amy Daley.

Franklin Area Children's Theatre presents "Dear Edwina Jr."



FRANKLIN — Franklin Area Children's Theater (FACT) is proud to announce their summer performance, "Dear Edwina Jr." FACT is a day camp focused on helping kids build performance skills as well as confidence

through the arts. Campers bring a full show from script to stage in just two weeks, learning and making friends all along the way.

This year's performance camp will wrap up Aug. 1 & 2 with another full

musical production of "Dear Edwina Jr." Over the past eighteen years, FACT performances have included "Frozen Jr.", "Lion King Jr.," "The Little Mermaid" as well as some original productions.

"Dear Edwina Jr." follows the adventures of plucky advice-giver-extraordinaire, Edwina Spoonapple, as she directs the neighborhood kids in a series of buoyant production numbers for the latest edition of her weekly "Advice-a-Palooza." Edwina and her friends answer letters from fans and share wisdom on everything from trying new foods to making new friends, through clever, catchy, and poignant songs. This particular summer afternoon, a talent scout is visiting from the advice-giving convention; The Kalamazoo Advice-a-Palooza Festival! Edwina is hoping her show gets picked to

SEE **THEATRE**, PAGE A9

Early bird registration ends soon for Castle Car Show



MOULTONBOR-OUGH — Castle in the Clouds will once again be holding its annual Car Show on Saturday, Oct. 4 from 10 a.m.-2 p.m. Registration is now open for show cars and spectators alike on the Castle Web site.

For those interested in registering a car, you can do so now through Aug. 31 at the Early Bird rate of \$20. Starting Sept. 1, pre-registration is \$25/vehicle through Oct. 2. Day-of registration is \$50/vehicle. As an extra incentive, the

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first 200 registered cars will receive a commemorative dash plaque and the first 100 will also get a swag bag.

Volunteer judges will be on hand to pick the best car in each of three categories: Plant Era, Judge's Favorite, and this year's featured category, muscle cars.

This family-friendly event is always a crowd pleaser, with cars ranging from antique Model-As to modern classics. Food trucks will be on hand, Café in the Clouds will be open, and all who are interested to learn more can do so https://www.castleintheclouds.org/event/ castle-car-show/.

For more informaplease contact programs@castleintheclouds.org or visit www. castleintheclouds.org

About Castle in the Clouds

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New Hampshire, Castle in the Clouds provides each visitor with a look into the past while providing contemporary comforts to make every visit memorable. Originally called Lucknow, this breathtaking 6,300-acre property was developed in 1913 by Tomas G. Plant, a wealthy shoe manufacturer, to create a luxurious lifestyle with state-of-theart amenities, beautiful

hand-made furnishings,

and a large staff to run

the estate. These days, visitors come from all around the world to tour the mansion and exhibit gallery, dine in the Carriage House Restaurant or Café in the Clouds, explore miles of hiking and walking trails maintained by partner organization the Lakes Region Conservation Trust, or enjoy one of our many programs and events. Operated by the Castle Preservation Society, a 501(c)(3) nonprofit organization, Castle

in the Clouds is revered as a cultural and educational resource. The Lucknow Estate was designated a National Historic Landmark in 2024, recognizing its national significance in architecture and landscape architecture. Castle in the Clouds is also available as a fairytale wedding location and versatile private event rental venue. For more information about Castle in the Clouds, visit www.castleintheclouds.org.

Local student graduates from Northfield Mount Hermon

Mundahl of Sanbornton among 192 students, from 24 states and 25 nations, who graduated from Northfield Mount Hermon on May 25. Alumni Mariah Calagione Draper, NMH class of 1989, and Sam Calagione III, class of 1988, co-founders of Dogfish Head Brewing, delivered the keynote address. The Calagiones, whose two children also attended NMH, are longtime, dedicated supporters of the school. "Class of 2025, you are taking the NMH community with you from this hill, which is why you will naturally lean

MOUNT HERMON, in, you will automatical-- Benjamin ly roll up your sleeves, you will become a part of your communities without a second thought, you will be a part of bringing people together," Mariah Calagione told the students. "It's when we are together in community that we learn from each other. We build community with our actions, our human experiences, and by sharing our stories." "I am so excited for each of you as you embark on your own adult journeys nourished by the community that is Northfield Mount Hermon," Sam Calagione added. "The

now coursing through your heads, your hearts, and your hands, like the sweet sap running through the maple trees across this campus." Class Orator Shai Lipton-Ferguson of Westwood, Mass., found inspiration for his Commencement address in the lyrics of the school song, William Blake's "Jerusalem": "I will not cease from mental fight, nor shall my sword sleep in my hand, till we have built Jerusalem, in every green and pleasant land."

Over his four years at NMH, Lipton-Ferguson said, he and his classmates built their own Jerusalem. "I want each of us to think of the people in this class who have helped make this place your Jerusalem. The first few people that pop into your head: a roommate, a teammate, a classmate, a friend," he said. "Think about what they have done for you, how they have made you feel. Capture that feeling. Capture their actions. Capture your emotions. That is what Jerusalem really is. That is how we have built Jerusalem. Jerusalem is how we have helped each other, how we have loved each other."

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NH Boat Museum to feature photographer Pam Debitetto in August



MOULTONBOR-OUGH — On Thursday, Aug. 7 from 5:30 to 7 p.m., New Hampshire

Boat Museum (NHBM) will host an artist reception for Pam Debitetto, whose photography cap-

tures Lake Winnipesaukee's "timeless beauty."

"I view photography as a way of seeing versus looking and as art for expressing beauty, nature, and what the heart remembers," she said.

She is especially inspired by the "moody, ethereal" light of dawn and dusk, often photographing on or near the water as the day unfolds. "The photographs take on their own ethereal meaning," she added.

Her journey into photography began while commercial studying art, where she was captivated by the magic of the manual development

"Slipping a piece of

ing trays and timing them to the perfect exposure fascinated me," she explained.

Regarding her particular interest in wooden boats, she said it began decades ago, influenced by her father's admiration of their craftsmanship. About four years ago, Debitetto began to photograph these classic vessels, aiming to showcase the fine details and meticulous restoration that make each boat a work of art.

"Many of us see them gliding through the water, but my photography allows you to view them at the heart of the helm." she said. "I want

paper into the develop- the refined touches to be seen—I'm artfully capturing what most may overlook."

At the Aug. 7 reception, guests can expect a collection of her wooden boat photography, with each image offering a window into history and a glimpse of the golden age of craftsmanship. The exhibit will also feature scenes of nature on the lake that celebrate both the artistry of boatbuilding and the natural world, and Debitetto will bring 2026 Antique and Classic Boat Calendars, available for purchase.

The event is free and open to the public, with light refreshments served and the opportunity to meet Debitetto and explore NHBM's new exhibits. For more information, visit nhbm.

Founded in 1992 by antique and classic boating enthusiasts, NHBM offers dynamic exhibits, engaging programs, and events tailored to the diverse boating lifestyles and values of people of all ages. NHBM is partly sponsored by Home Comfort, North Water Marine, Goodhue Boat Company, Belletetes. Eastern Propane and Oil, Kingswood Press and Design Studios, and Watermark Marine.

Participants to race in 'Raingutter Regatta' during Lake Discovery Family Day



MOULTONBOR-OUGH —The New Hampshire Boat Museum (NHBM) will host its last Lake Discovery Family Day of the season on Wednesday, Aug. 20, from 1 to 2:30 p.m. At this free event, participants will compete in a "Raingutter Regatta" and an ice boat race.

"Our last Lake Discovery Family Day of

the season is going to be packed with excitement," said Programs Manager Anne Lennon. "Kids will have the opportunity to engage in hands-on races, and we can almost guarantee they'll leave with big smiles."

Throughout the summer, Lake Discovery Family Days have offered engaging oppor-

tunities for children to connect with New Hampshire's lakes, rivers, and streams.

"One of my favorite things about Lake Discovery Family Days is that we get kids really interacting with this remarkable area we live in," said NHBM Executive Director Devon Kurtz. "While kids learn about boating safety and

handling model boats, they're having fun and appreciating the fact that we live right next to these incredible bodies of water."

Lake Discovery Family Days is sponsored by Eastern Propane and

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for our sponsors that allow us to offer this program for free," added Kurtz.

In addition to Lake Discovery Family Days, NHBM offers a variety of programs for kids and families, including boat building, cruises aboard the Millie B and Miss Lauren, and Story Hour with The Moultonborough Library. To learn more about Lake Discovery Family Days or other family programming, visit nhbm.org.

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July 31, 2025 WINNISQUAM ECHO

Opinion

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Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.

The soundtrack of our lives

You're driving home late one night, tired but wired, and then it happens. That one song — your song — comes on the radio. Maybe it's Whitney, or Nirvana, or A Tribe Called Quest, or that one-hit wonder from your senior year. Suddenly, you're not in traffic anymore. You're back in your first car, windows down, summer air thick with possibility. You're 16, or 18, or 21, and for a moment, you feel it all again. That moment is science.

According to neuroscience research, the music we listened to in our adolescence and early adulthood (roughly ages 12 to 25) gets deeply embedded in our emotional memory, thanks to the way our brains are wired during those formative years. It's a phenomenon sometimes referred to as the "reminiscence bump" a window of time where memories are more vivid, and experiences (especially those connected to emotion and identity) leave a lasting imprint.

When music enters the scene during that stretch of life, when you're first falling in love, figuring out who you are, and building your independence it becomes more than just background noise. It becomes part of your personal identity. So, decades later, when you hear that track again, it doesn't just spark a memory, it lights up the emotional centers of your brain, releasing dopamine, triggering nostalgia, and often bringing comfort and joy.

Nostalgia gets a bad rap, like it's some kind of wistful indulgence. But it's actually good for you. Studies show that nostalgic experiences (including music-based ones) can increase feelings of connection, meaning, and optimism. They act as a psychological time machine, reminding you of who you've been and helping you reconnect to the parts of yourself that still matter.

Your favorite music from your youth isn't just "old school." It's a form of self-preservation. A reminder of your wildness. Your hope.

So, when you hit play on that mixtape in your mind, know this: you are not stuck in the past. You are drawing strength from it.

Courtesy

The Belknap Mill Museum will host a Needle Felted Gnome Workshop on Saturday, Aug. 9, from 11 a.m. to 1 p.m. Participants will learn the art of needle felting while creating their own charming wool gnome. The \$40 workshop includes all materials and instruction, making it perfect for beginners and crafty friends alike. Space is limited. Register at: www.belknapmill.org/classes.



Human psychology

Sometimes there comes a moment when you realize life isn't just happening to you. You're interpreting it and reacting to it. You've been

living inside a story your past wrote for you-before you knew you were the one telling it.

That's not your fault. It's your default. But the moment you see it-you can change everything.

Modern psychology has shown us that the brain is less a camera and more a courtroombuilding stories, assigning blame, rewriting memory, all in service

of keeping your Positively ego comfortable **SPEAKING** or your fear paci-

MOORE

Psychologists like Daniel Kahneman and Amos Tversky spent decades studying how we form judgments, and their research uncovered a gallery of mental shortcuts-cognitive biases, emotional filters, and distorted beliefs that make us feel right, even when we're not. But often, what feels true is just what feels familiar.

And once you begin to see the stories you're telling yourself, something

else becomes clear: there are parts of your life you won't even narrate. Things you won't face. Conversations you won't have. Feelings you won't feel. You tell yourself it's not the right time, that it's not a big deal, that you'll deal with it later. But in truth—what you avoid ends up shaping you more than what you confront.

Avoidance feels like relief. At first. You push something away—pain, responsibility, vulnerability-and for a moment, your body thanks you. The pressure drops. But behind that false peace, something dangerous grows. Each time you dodge discomfort, you quietly teach your nervous system that the discomfort was too much—that the fear must be obeyed.

Psychological studies on exposure therapy conducted by Joseph Wolpe and later David Barlow show again and again: the only way to reduce fear is to face it. The only way to weaken shame is to bring it into the light.

Healing doesn't come from feeling safe all the time. Success doesn't

SEE **POSITIVELY**, PAGE A5

Looking back on some Olympic experiences

This time of year has brought up some great memories over the last few years, and this year is no different.

One year ago today as this is written, I was along the Seine River near The Louvre getting ready for the Paris Olympic Opening Ceremony. Without a question, the Paris organizers had a unique idea, sending the athletes down the river on boats as different artists played along the



way and people could line the river banks and the bridges and watch the ceremony both live in person and on big screens set up strategically along the way.

Of course, as a media member, this wasn't the ideal situation, as there

were only so many press credentials to go around for the finishing area of the ceremony near the Eiffel Tower. The rest of us were positioned at different points along the river, which in theory was a great idea.

For the first portion of the Opening Ceremony, it was great to watch the boats come down the river from the bridge. Then, it started raining and that's where the fun really began. I had my computer in my backpack and there was no place for us to get away from the weather, so I was concerned about the computer getting wet and tried my best to stay out of the heavier rain under the bleachers, which for the record were not terribly effective at keeping the water out.

Then, because there was no place to charge my phone, my phone died and that became a problem when the ceremony was over and I needed to get back to my hotel. The transportation app that would get me back to the hotel was obviously not available with a dead phone, so I had to walk. The distance wasn't terribly far (I had walked there) but as it turned out, they

had numerous road clo-



Fans watch from the bleachers as the Paris Olympics Opening Ceremony take place on the Seine

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in Paris last July. sures that forced me to walk further and further and it continued to rain, which made things even more and more difficult. I eventually did find my way back, but it was a much longer, and wetter, trip than I had originally planned.

Other memories that popped up included from four years ago when I was in Tokyo for the 2020 Summer Olympics, just delayed a year. I had to spend three days quarantined in my hotel room when I got to Tokyo, which was not a hell of a lot of fun. But just about this time in 2021 I had been sprung from

my quarantine and was out and about exploring the Tokyo venues, albeit with no fans in attendance. The Tokyo Games were my first experience with COVID at the Olympics, which meant no fans and lots of testing, something that repeated itself just about seven months later when I traveled to Beijing for the Winter Olympics.

With all the looking back, there's also some looking forward to do, as last week marked 200 days until the start of the Milan-Cortina Olympics, coming in February. We got an e-mail from the USOPC looking

for the specific information they will need to issue our credentials. Soon enough, it will be time to head to Italy, but until then, there's still plenty to do.

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, Coos County Democrat and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.

POSITIVELY

CONTINUED FROM PAGE A4 from playing small. Growth begins when you learn to walk toward what makes you uncomfortable—on pur-

And what we avoid doesn't just shape our behavior—it quietly shapes who we become. Because here's the deeper truth: you are not who you think you are. You are who you practice be-

Identity isn't fixed. It's not a core you discover it's a pattern you reinforce. You are a feedback loop of habits, emotional reactions, routines, roles, and stories you tell yourself. What you repeat becomes familiar. What becomes familiar becomes comfortable. And what becomes comfortable becomes "me."

Psychologists and behavioral scientists have long known that we don't rise to our highest

beliefs—we fall to our most repeated actions. You may wish to be bold, steady, at peace—but wishing doesn't shape you. Repetition does.

The research on neuroplasticity, from pioneers like Donald Hebb and Carol Dweck, confirms: your brain reshapes itself based on what you do consistently, not what you hope is

So if you want to change your life, stop asking, "Who am I?" Start asking, "What do I repeat?" The real "you" isn't found in your reflection. It's built in your rituals.

Even the strongest habits can fall apart when emotions hit. You might know what to do—but then emotion clouds your thinking. Emotions don't care how much you've practiced they test whether you can stay present when it counts.

To see yourself clearly—not as a fixed identity, but as a living pattern. Not as a passenger, but as the narrator holding the script. Yes, your brain plays tricks. Yes, fear wants the wheel. But you are not at the mercy of old wiring. You are the architect of what comes next.

Take the pause. Challenge the thought. Face the thing. Move, even when you tremble. Speak the better story, even if your voice shakes at

You don't need to be perfect. You need to be present. You don't need to know who you are. You need to start becoming who you were meant to be—on purpose.

Life isn't asking you to get it all right.

It's asking you to participate, to show up, to choose the next true step. And repeat it, until it becomes you.



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BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests from July 7-21.

Courtney L. Rogers, age 39, of Manchester was arrested on July 8 for Suspension of Vehicle Registration and Driving After Revocation or Suspension of license (subsequent offense).

Robert Tinker, age 62, of Belmont was arrested on July 8 for Stalking-Notice of Order and multiple counts of Breach of Bail, Violation of a Protective Order, and Witness Tampering-Inducing Another. Tinker was arrested again on July 19 in connection with a warrant.

Erika Kandis Cook, age 28, of Belmont was arrested on July 9 for Domestic Violence-Simple Assault resulting in Bodily Injury.

Matthew James Hull, age 37, of Tilton was arrested on July 9 for multiple counts of Criminal Threatening by Conduct.

Kevin Gregg Chown, age 66, of Belmont was arrested on July 11 for multiple counts of Domestic Violence-Simple Assault resulting in Bodily Injury.

Danielle M. Crowley, age 39, of Belmont was arrested on July 12 for multiple counts of Domestic

Violence-Simple Assault resulting in Bodily Injury. Tammy L. McDonald, age 49, of Belmont was arrested on July 14 for Violation of a Protective Order.

Alan Scott Johnstone, age 34, of Laconia was arrested on July 17 for DUI-Impairment and possession of an Open Container of Alcohol or Marijuana.

Joanna N. Frangiudakis, age 33, of Belmont was arrested on July 18 for Failure to Drive on the Right Side of the Road and DUI-Impairment.



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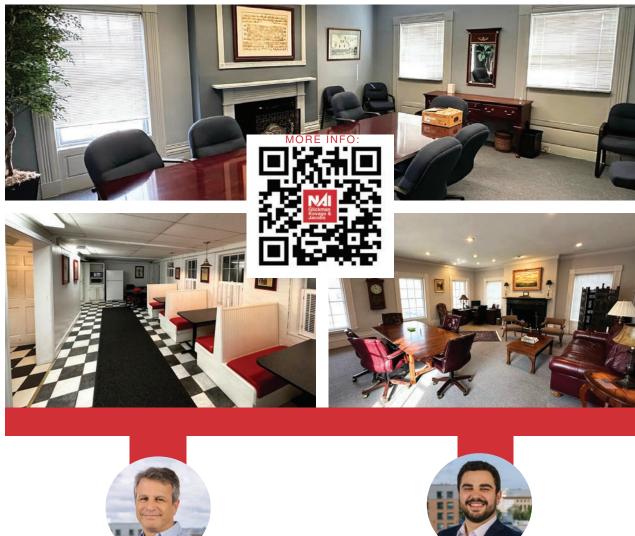


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Interlakes Summer Theatre opens "My Fair Lady" July 31!

Interlakes Summer Theatre will continue its 18th season on July 31 at 7:30 p.m. with "My Fair Lady," a classic musical based on George Bernard Shaw's play "Pygmalion," about a phonetics professor who

lady. The musical features iconic songs like "I Could Have Danced All Night" and "Wouldn't It Be Loverly." It was a major success on Broadway and in film, winning numerous awards.

The production will be

flower girl into a refined ins and choreographed by Breonna Trilling, with Musical Direction by F. Wade Russo. Set Designer is Peter Kallok, Costume Designer-Patti Hatch Hibbert: Lighting Designer-Sam Bessler; Sound Designer- Miles Ahlstrom,

SQUAM LAKE BOAT RENTALS

LaClair; Stage Manager-Will Farris; Production Manager-Kristen Wettstein; Costume Shop Manager-Ginny Fisher; Assistant Stage Manager-Camille Marie Hoad. Technical "My Fair Lady" will

run from July 31-Aug. 10, with a matinee on both Thursdays. Next up will be "Menopause, The Musical," Aug. 13-17.

Zhang; Prop Design-Bee

Interlakes Summer Theatre is grateful for Sponsors-Banner our Sponsor-Meredith Vil-Savings Bank, Season Sponsor Plymouth General Dentistry; Show sponsors-The Mug Restaurant, RC Printing, Brayshaw The Daily Sun, Home Comfort, Lakes Region

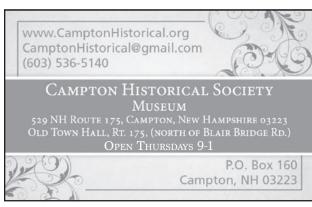


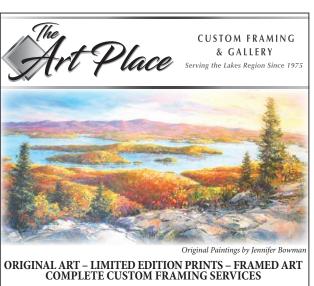
Patty Hatch Hibbert, (Costume Designer) fitting Katie Walsh (Eliza) in one of many costumes for Interlakes Summer Theatre's "My Fair Lady" running July 31-Aug. 10. For tickets and more info call 603-707-6035 or visit our Web site at interlakestheatre.com.

VNA. Taylor Community, Weirs Times. We also enjoyed support we have received from Heart and Hands, LR Children's Inter-Lakes Auction. Children's Charity and the Meredith Rotary Club.

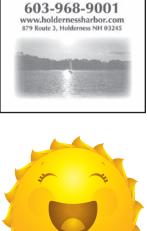
Tickets can be purchased at our Box Office at 1 Laker Lane from 10 a.m.-2 p.m. every day, or at the door before performances or online at interlakestheatre.com, or by calling 1-603-707-6035.







Downtown Wolfeboro 603-569-6159 theartplace.com









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Belmont resident named to Clark University's Spring Dean's List

WORCESTER, Mass. — Abbi C. Gilbert of Belmont was named to second honors on the Clark University Dean's List. This selection marks outstanding academic achievement during the Spring 2025 semester.

Students must have a GPA of 3.8 or above for first honors or a GPA between 3.50 and 3.79 for second honors.

Founded in 1887, Clark University is a liberal arts-based research university that prepares its students to meet tomorrow's most daunting challenges and embrace its greatest opportunities. Through 33 undergraduate majors, more than 30 advanced degree programs, and nationally recognized community partnerships, Clark fuses rigorous scholarship with authentic world and workplace experiences that empower our students to pursue lives and careers of meaning and consequence.



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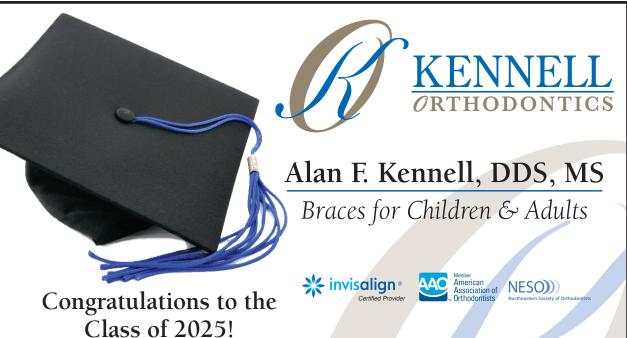














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Heritage Baptist **Church hosting Vacation Bible School**

LACONIA — Would you like your children to have a fun week playing games, learning about the Bible, singing songs and eating tasty snacks? Heritage Baptist Church has just the place!

Bring your children to our Vacation Bible School any or every day Aug. 4-8 from 9 a.m. to noon. The theme this year is "Moose on the Loose - Discovering



LOAD BUILDER

We have an immediate opening in our Ashland location for a load builder. Are you a hands-on, detail-oriented individual who enjoys working in a fast-paced environment?

As a load builder you will be responsible for accurately building and staging outgoing loads for delivery and will need to read and interpret work orders and load sheets. This position requires operating forklift and other material handling equipment. Maintaining a clean, safe and organized work area is important as well as working closely with dispatch and lumberyard workers to ensure timely order fulfillment. Heavy lifting is required. Previous warehouse experience is a plus.

Belletetes is a 5th generation, family-owned building materials supply company that has been in business for over 125 years. With 10 locations throughout NH and MA, we believe our employees are our biggest asset!

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

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

God's Forever Forgiveness!" We'll be camping out on God's Word all week, and would love your four-to-17-year-olds join us. There is no cost to you and we would love to see your children. Please call the Church at 603-528-8400, email us at heritagechurch777@ gmail.com, or simply show up at 349 Meredith Center Rd. in Laconia. We look forward to seeing you!



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CONCERTS in the CLOUDS at Castle in the Clouds

BRASS TRANSIT: The Musical Legacy of Chicago SATURDAY, AUGUST 2 • 7:30 PM

PROUD TINA: Ultimate Tribute to Tina Turner SATURDAY, AUGUST 9 • 7:30 PM Not Associated with the Estate of Tina Turner.

ELEMENTS: The Ultimate

Earth, Wind & Fire Tribute SATURDAY, AUGUST 23 • 7:30 PM

CONCERT IN THE CLOUDS LAWN SEAT BUNDLE: 4 Lawn Seat Tickets for \$155! All four tickets must be for the same show.



at Brewster Academy

PETER CINCOTTI "Killer on the Keys" Show SATURDAY, AUGUST 16 • 7:30 PM

TED VIGIL: Songs of John Denver WEDNESDAY, AUGUST 27 • 7:30 PM Featuring Regional Kingswood High School Students

GreatWaters.org or call (603) 569-7710 Scan for TICKETS -





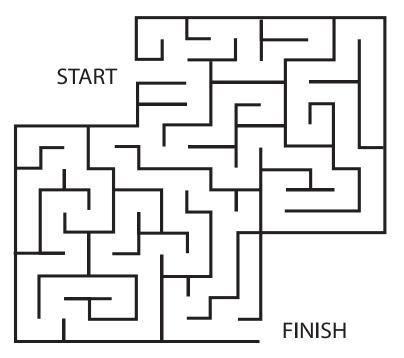
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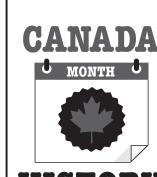
This beach in the U.S. Virgin Islands was ranked #1 on the list of the "World's 50 Best Beaches."

Answer: Trunk Bay

Maze Craze

Find your way through the center of the maze.

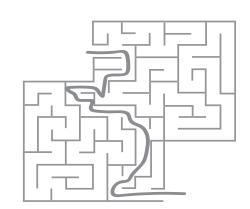




HISTORY

2009

The Olympic torch arrives at Parliament Hill and is carried into the House by Barbara Ann Scott.

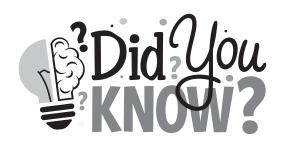




large brown algae or seaweeds



English: Dolphin Spanish: Delfin Italian: Delfino French: Dauphin German: Delfin



Beach umbrellas are handy to have while enjoying the beach.
They provide shade that can



Answers: A. baking

B. sugar C. treat D. cookie

protect people from the harsh rays of the sun.





Can you guess what the bigger picture is?

Answer: Starfish

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CRYPTO FUN

Solve the code to discover words related to dessert.

Each number corresponds to a letter.

(Hint: 7 = A)

A. 23 7 18 4 2 1

Clue: Cooking food by dry heat

B. 17 14 1 7 12

Clue: Sweetener

C. 11 12 26 7 11

Clue: Special food

D. 5 24 24 18 4 26

Clue: Portable dessert

SUDOKU

			3				4	
egoonoo:		3	2	9				
			4		7			
		7					9	
5				8			3	
						Agonaso		
	7			possog.	2			6
	9	4						
8								5

Numbers
Like puzzles

Fun By The

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

Level: Advanced

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!

S	1	6	乜	S	9	nanda	2	8
ands	2	ε	9	L	8	▽	6	9
9	8	Þ	S	anab	6	Ç	L	3
S	ç	mak	9	Þ	2	8	3	6
ŧ	ε	2	6	8	neveh	S	9	G
8	6	9	æ	S	9	L	unnik	†
3	wash	8	L	9	Þ	6	G	S
L	9	9	8	6	2	E	ţ	oode
6	ħ	2	does	G	3	9	8	2

ANSWER:

NHMS

CONTINUED FROM PAGE A1 love coming up here for all those reasons. I look forward to coming back. Wish we had two races up here. Can we bring that back? You working on that? Keep working. Can I help?"

"Yeah, it's big, I mean, I got to my crew chief now. Phil Surgen, for the 2021 Cup Series season and told him ahead of the season that New Hampshire was my worst track. I'd had one of my biggest crashes to date here with a popped right front tire a long time ago in the Xfinity Series, and I just didn't feel ever confident with any of the cars," Chastain said. "I drove here, and he said he was gonna fix that, and he did, and we've had top-10-esque runs a couple times, but never in contention for a win, was fortunate and

glad to draw this test EJP 175 NCTS playoff outta the Chevy camp for our team and get to have two days to just rip laps and them work on the car and them work on me because they can get as much out of me as they can the car. So big priority on the car and me for these two days as well as just capturing all the data for all the engineers to figure out."

New England's only **NASCAR Playoffs** weekend is Sept. 19-21 at NHMS. On-track action kicks off Friday with NASCAR Whelen Modified Tour (NWMT) practice sessions, NA-SCAR Craftsman Truck Series (NCTS) practice and qualifying plus Sig Sauer Academy Dirt Duels at The Flat Track. The action continues on Doubleheader Saturday with NWMT qualifying, the Mohegan Sun 100 NWMT race, the Team

race and NCS practice and qualifying. The ontrack action culminates Sunday with the NCS taking on "The Magic Mile" to kick off the Round of 12. Don't miss all of the exciting offtrack action including "The Magic Mile" Happy Hour Show, Trackside Live, The Groove fan hangout, concerts from Draw the Line and Being Petty: The Tom Petty and The Heartbreakers Experience, Family Movie Night featuring "Captain America: Brave New World," driver appearances, a variety of live performances, fireworks and much more.

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

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

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



Joey Logano talks at New Hampshire Motor Speedway after doing a Goodyear Tire Test at the Loudon track last week.



Ross Chastain talks to the media after completing his Goodyear Tire Test last Tuesday in Loudon.

THEATRE

CONTINUED FROM PAGE A1

fill a vacant spot at the convention.

Join Edwina and her friends as a lazy summer

afternoon in Paw-Paw, Michigan, becomes a day full of memories, learning what truly matters, and the best prizes are the people in

AUCTION

CONTINUED FROM PAGE A1 businesses and organizations that generously donated items for the auction," Kelley said. "Your contributions made this event a great success. We also appreciate everyone

who participated and engaged in bidding. Your involvement made a significant difference."

To learn more about the Children's Auction, visit ChildrensAuction.

our lives. From the creators of Junie B. Jones, this show-within-a show shares the joys and tribulations of growing up through heartwarming musical numbers and some interesting advice from a sassy thirteenvear-old.

Tickets for this show are available on the Franklin Opera House Web site, www.FOHNH. org, or at the door. Children \$8, seniors and students \$10, and adults \$12.

14 15 18 19 28 30 33 39 46 49 59 60

CLUES ACROSS

- 1. Popular potato snack
- 5. Guards the Pyramids
- 11. Furnish anew 14. Herb
- 15. Preoccupy the mind continually 41. They start the alphabet 18. The lowest adult male
- singing voice 19. NATO commander (abbr.) 21. A major division of
- geological time 23. New Zealand parrot
- 24. Notions
- 28. Lump in yarn
- 29. Indicates position 30. Lose hold of
- 32. Hindu honorific

- 33. Former OSS
- 35. Electronic data processing
- 36. Cost per mile
- 39. Snake-like fish
- 42. Taylor Swift's tour
- 44. Intermediate ecological stage
- 46. Scarlett's home
- 47. Of he
- 49. Ohio city
- 52. Breakfast item
- 56. An evening party 58. Falls
- 60. Linked together
- 62. Mythological spirits
- 63. Small Eurasian deer

CLUES DOWN

- 1. Earliest human form: ___ -Magnon man
- 2. Flavoring
- 3. Notion
- 4. Bundy and Fenwick are two
- 5. Qualities of sound
- 6. One who gets paid
- 7. Expresses surprise 8. O.J. trial judge
- 9. Pointed ends of pens
- 10. Shield bugs genus 12. Container for shipping
- 13. Upper body parts
- 16. Closes tightly
- 20. Volcanic island in Fiji
- 22. Commercial
- 25. : denotes past
- 26. They
- 27. Confraternities

- 29. A way to gain a point 31. Parts per billion (abbr.)
- 34. Brew
- 36. Badgers group 37. Sailing boat
- 38. Polo, explorer
- 40. Elder citizen (abbr.)
- 43. Frankish law code
- 45. Exclamation of surprise
- 48. Groan
- 50. It presses clothing 51. Do not allow
- 53. Gelatinous substance 54. Common Japanese surname
- 17. Nigerian World Heritage Site 55. Present in nature
 - Electronic countermeasures
 - 58. Last or greatest in an indefinitely large series 59. Commercials

 - 61. News agency

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Billy is a handsome boy with so much love! He would do best in a home where he's the only animal, as he deserves to get all the love possible! He loves to get belly rubs, play ball, and cuddle up with

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Meet Mila! observant, elegant, and entirely her own cat. She's perfect for someone who appreciates a companion with boundaries and personality.

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Gilmanton: Charming year-round cottage in a sought-after Sawyer Lake community! Enjoy six private beaches, a peaceful setting, and a spacious lot on a quiet street. Newer roof, updated systems, full

Laconia: Nestled in the Lakes Region, this well-maintained property features a 2+ bed, 2.5 bath main home with a stunning spiral staircase and an attached 2-bed guest cottage. Enjoy nearby lakes, mountains, and more-ideal for year-round living, vacationing, or rental income.

* Statistics obtained from NEREN for the past 26 years since 1997 for all real estate firms reporting sales in the entire state of NH during that time.



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

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SHAKER REGIONAL SCHOOL DISTRICT GIRLS VARSITY LACROSSE COACH

Shaker Regional School District is seeking a coach for the 2025-2026 season for Girls Varsity Lacrosse.

Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at cbelyea@sau80. org. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.



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Full-Time Installers Apprentice

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

LEARN WHILE YOU EARN!

No prior experience required. Must have a valid driver's license and pass the pre-employment drug screening. Stop in to fill out an application:

ENERGYSAVERS INC. 163 Daniel Webster Hwy., Meredith NH

SHAKER REGIONAL **SCHOOL DISTRICT**

MIDDLE SCHOOL CROSS COUNTRY COACH

Shaker Regional School District is seeking a coach for the 2025-2026 season for Middle School Cross Country.

Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at cbelyea@sau80.org. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.

SHAKER REGIONAL **SCHOOL DISTRICT**

MIDDLE SCHOOL **BOYS SOCCER** (B TEAM) COACH

Shaker Regional School District is seeking a coach for the 2025-2026 season for Middle School Boys Soccer (B Team) Coach.

Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at cbelyea@ sau80.org. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.

NEWFOUND AREA SCHOOL DISTRICT

2025-2026 School Year Openings

Paraprofessionals Needed!

- Bristol Elementary School
- Newfound Memorial Middle School
- Newfound Regional High School

Great hours for Parents! \$16.64/hr - \$26.90/hr

Bristol Elementary School

- Special Education Teacher/ Case Manager
- Long-term Substitute Teacher Grade 4

New Hampton Community School Academic Interventionist

Newfound Regional High School

- Math Teacher
- Special Education Teacher
- Robotics Team Advisors (2)

The District uses School Spring, an online application program.

All candidates can view and apply for vacancies safely and securely by using this tool.

Facilities Department-IMMEDIATE OPENINGS!

Custodians - 2nd Shift (Full and part time positions

If interested, please send a letter of intent, resume, and 3 references to:

> Armand Girouard, Facilities Director Newfound Area School District 20 N. Main Street, Bristol, NH 03222 agirouard@sau4.org

Reach More Local Applicants Wanted

Email:Tracy@salmonpress.news **Phone:**(603) 279-4516







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