

# Winnisquam Echo

THURSDAY, JUNE 20, 2024

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## Winnisquam Regional High School congratulates top ten seniors

TILTON — On June 7, the Winnisquam Regional School District celebrated their 2024 graduating seniors. Among the many distinguished student awards and acknowledgements, the top 10 academic achievers in the class were announced and acknowledged. These students' future goals will take them to colleges and universities across New England and in time, they will influence the business, allied health, government, environmental science, and engineering fields.



COURTESY

Winnisquam Regional High School's top 10 graduating seniors. Front row includes Lukas Mondor, Isabelle Camerato, Ashlee Roach, and Emma Curtin. Back row includes Jahnzaeb Azam, Allison Parry, Alyse Damato, Madyson Haskins, Henry Osmer and James Thibault.

Henry Osmer will attend the University of New England to study Business Administration. Isabelle Camerato's future includes a degree in Allied Health with a Pre-Med Track from the University of Connecticut.

Allison Parry's next chapter will take place at the University of New Hampshire, where she will study Occupational Therapy.

A career in Environmental Science, upon completing her degree from Roger Wills University is Ashlee Roache's goal.

Madyson Haskins will matriculate to the University of Vermont where she will study biology.

Lukas Mondor's interest in Applied Biomedical Science will take him to UMASS Lowell.

Government and Politics will be James Thibault's course of study at St. Anselm College.

Emma Curtin's interest in Music and Environment Science will take her to UMASS Lowell.

Alyse Damato will attend Western New England University to study Civil Engineering and Construction Management.

Jahnzaeb Azam will pursue a career in business at NHTL.

WRHS Principal Dr. Angela Friborg said, "The faculty and staff of Winnisquam Regional High School are very proud of each and every member of the Class of 2024. Each student has worked hard to reach their personal graduation goals. Our top ten students have taken every opportunity presented to them in order to achieve all they could while at Winnisquam Regional High School. We wish all of our graduates the very best in their next endeavors."

## Adventures are just beginning!

## Matthew Judon to drive pace car at New Hampshire Motor Speedway



COURTESY

2023 Summer Reading attendees are wowed by Magic Fred during Belmont Public Library's SRP opening ceremony.

BELMONT — Belmont Public Library is excited to be hosting Magic Fred for the second time on Friday, June 21 at the Tioga Pavilion,

starting at 5 p.m. Magic Fred is a local magician who crafts a show that's suitable for both kids and adults. There's lots of age-appropriate com-

edy and plenty of magic to leave everyone in awe! Magic Fred's mission is to bring joy and create unforgettable memories through his magical shows. He strives to entertain and inspire audiences of all ages. This

event is open to the public.

The statewide summer theme for 2024 is "Adventure Begins at Your Library," and the whole family is invited to join in the excitement. There is something fun going on every day that we're open - and it's not just for the kids! The jampacked weekly program schedule is on the library website. We'll be cooling off each Friday by showing adventure-themed movies in the children's room. So bring a lunch or snacks to enjoy. Hit the Village Spur Rail Trail bi-weekly with new Storywalks too. Finally, we will wrap up our summer reading program with an open house on Aug. 10, during Old Home Day festivities.

The Belmont Public Library is open six days a week and any time at www.belmontpubliclibrary.org, serving the community with books, digital resources, and cultural programming.

LOUDON — On Sunday, June 23, Matthew Judon, linebacker for the New England Patriots, will get behind the wheel of the official Toyota Camry XSE pace car as he leads 36 of NASCAR's best to the green flag for the USA TODAY 301 NASCAR Cup Series (NCS) race at New Hampshire Motor Speedway (NHMS).

"Driving the pace car at a NASCAR race is a once-in-a-lifetime opportunity," said 31-year-old Judon. "I can't wait to get behind the wheel and lead NASCAR's stars to the green flag at 'The Magic Mile' for the USA TODAY 301 NASCAR Cup Series race on June 23."

Six-foot-three-inch Judon will enter his fourth season with New England this year after being signed as an unrestricted free agent from Baltimore in 2021. The West Bloomfield, Mich. native has earned four Pro Bowl invitations (2019 - 2022), was named to the All-AFC Team for the Professional Football Writers of America (2019, 2021 and 2022), was named AFC Defensive Player of the Week (2017 and 2022) and reached a career-high 15.5 sacks in 2022 putting him at the top of the list for most New England sacks since 2000.

In 2023, Judon was limited to four games with SEE JUDON, PAGE A8

**Early deadlines for the 4th**

The offices of the Winnisquam Echo will be closed Thursday and Friday, July 4 and 5, in observance of Independence Day. To ensure that the July 4 edition arrives in subscribers' mail boxes on schedule that week, the submission deadline for press releases and letters to the Editor will be moved up one business day, from the usual Friday to Thursday, June 27 at 4 p.m. Submissions can be e-mailed to Editor Brendan Berube at [brendan@salmonpress.news](mailto:brendan@salmonpress.news).

## Girls on the Run program a success at Sanbornton Central School

SANBORNTON — Sanbornton Central School third and fourth grade students had the opportunity to increase their skills and confidence through participating in the Girls on the Run Program.

Girls on the Run has fun, evidence-based programs that inspire participants to recognize their inner strength, increase their level of physical activity, imagine their possibilities, and confidently stand up for themselves and others.

The program ran for eight weeks. During each practice, the students worked on skills that would

SEE GIRLS, PAGE A8

Girls on the run teammates Ana-Lynnae Heath, Harlow Roberts, Addison Lewis, Olive Dionne, Rebecca Moody, Franki Kimball and Riley Barden are pictured with coaches Ashley Davis, Renee Bartley and Zoe Willis.



COURTESY



# Around and About Tilton

BY GREGG DEVOLDER

Hello and welcome back. I guess we're going into the dog days of summer already as things are quieting down with only three meetings this week. Planning Board, Parks Commission and Fire Commission. If you haven't completed your Fire Department survey yet, this is just a gentle reminder.

This week, we have "Movies in the Park" at the River Front Park Pavilion, Friday night at 6 p.m.

This month's movie is "Wish," and there will be plenty of pizza, water, snacks and popcorn for everyone to enjoy. Thank you once again to the Raven Gael Blaisdell Memorial Foundation and their generous donors. And don't forget there's a free book for every child! Let's hope the weather holds, but if it doesn't, please remember, the venue will be moved to just over the river at the Compass Classical Academy School, 5 Elm St., in Northfield.

I'd also like to highlight the "Touch a Truck" event to be held at the Hall Memorial Library in Northfield on Monday, June 24 from 10 a.m. till noon. These events are always fun for the young and old. An assortment of trucks will be on hand including Fire and Police so be sure to grab the kids and head on down.

The Planning Board met with the new owners of Recovery Mountain located at 100 Autumn Road, for a conceptional presentation of their future plans. This includes an eventual expansion of the facilities with a focus on serving/caring for first responders and veterans. There was a lot of information and questions, and the YouTube video link is available on the town's Web site.

As a reminder, the Selectmen's meeting on Thursday, June 20 will be held at the police station, with a public hearing scheduled at 6 p.m. for feedback on the potential change to the intersections of Winter Street, Colby, Clark, and Calef Hill roads. These changes are being proposed as a result of the Veterans Home expansion.

The Zoning Board of Adjustment's agenda for the 18th included a site walk at 246 Laconia Rd. and after, a review of ten buildings with four unit multifamily dwellings for a variance. In addition, Winnisquam Boats LLC, 1003 Laconia Rd., was asking for a variance to demolish various buildings in order to build two new buildings for boat storage. Unfortunately, you'll have to wait until next week for an update of the meeting, or you can hit the link at the town's Web site to view.

I'm happy to mention that the Tilton Historical Society will once again sponsor the colonial encampment at the pines during Old Home Days. Have a visit and step back in time with these wonderful reenactors. They'll also be sponsoring "Ben Franklin" at the Compass Classical Academy, 5 Elm St. in Northfield on Friday, June 28 at 7 p.m. Learn about the life and times of one of our greatest! And yes, it's free to the public!

Well, we received our new valuation from our town's assessor last Thursday. In the past, each time I received my new valuation, I would say, "If you can find someone willing to pay me that price for our house, I'd be happy to sell it to them." How times have changed. Now, some crazy person might actually be willing to pay that crazy price, and then I become the crazy person looking to buy another house at an even crazier price. So, this time, I'm going to make my wife very happy and just keep my mouth shut, at least for now. I have started a review of the commercial real estate in town, and it seems to be lagging the residential. You can do this for yourself by visiting both the towns website and the assessors and matching the cards.

I mentioned last week that I would try to visit a local business on Main Street each week for a look around and a chat with the owner. This week is a business that I somehow had missed. It's "Kim Prints Everything," and I have to say, I think she does. Kim McPherson has been downtown for nearly fifteen months now and believes there's nothing that can't be solved when it comes to your printing needs. A graphic designer by trade with over 20 years of experience, she's here to help solve all your printing needs. From Trucks, to paper and everything in between. Her shop not only has the latest in printing equipment but is also filled with an assortment of items being sold on consignment on behalf of local craftspeople and retailers. Kim is a recent Tilton resident and another one of our downtown entrepreneurs. I enjoyed our conversation and may you keep on printing for years to come!

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!



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# Tina Simpson Promoted to Vice President, Commercial Loan Officer for MVSB



Tina Simpson

MEREDITH — MVSB (Meredith Village Savings Bank) is proud to announce that Christina "Tina" Simpson has been promoted to Vice President, Commercial Loan Officer. In this role, she will work closely with local businesses and nonprofits on their commercial financing needs.

"Tina is a passionate advocate for the businesses she works with and has always brought a thoughtful and caring approach to everything she does here," said Bob Davis, Senior Vice President, Commercial Lending Team Leader. "She was integral to the launch of our express online business loan program and we are proud to honor her hard work and passion with this well-deserved promotion."

"I have had the fortunate experience of

working in several different roles within the commercial lending department at MVSB, and those opportunities have prepared me to not only be a leader at the Bank, but also in the community," said Simpson. "I am excited to come to work every day to support local businesses."

In 2014, Simpson joined New Hampshire Mutual Bancorp, the shared services organization that supports MVSB, as Quality Control Analyst. She was quickly promoted to Credit Analyst and then Senior Credit Analyst for MVSB and later to Assistant Vice President, Commercial Digital Small Business Lending & Credit Analyst. Prior to her promotion, Tina served as Assistant Vice President, Commercial Loan Officer.

She earned her Bachelor of Science degree in Business Administration and her Master of Business Administration with a concentration in finance from Southern New Hampshire University. She is also a graduate of the Northern New England School of Banking. Tina recently graduated from the New England School for Financial Studies at Babson College.

Simpson serves on

the Board of Directors for New Beginnings – Without Violence and Abuse and is a volunteer girls softball coach in the Lakes Region. She regularly volunteers for a variety of nonprofits such as Hands Across the Table and the Greater Lakes Region Children's Auction.

MVSB has been serving the essential banking needs of people, businesses, nonprofits and municipalities for more than 150 years. As a mutual savings bank, MVSB has no stockholders but rather operates for the benefit of its customers, employees and community. Since our founding, one thing has always remained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit [mvsb.com](http://mvsb.com).

# Powerhouse to hold auditions for two fall productions

LACONIA — Powerhouse Theatre Collaborative, the resident theatre company of The Colonial Theatre in Laconia, announces auditions for its next two productions. On June 30 at the Colonial, local actors are invited to audition for both Arthur Miller's "The Crucible" as well as a special original production called "Alice's Adventure in Wonderland." The former is part of the 2024 Colonial Series, and the latter part of the Spark Series, and will take place at the beautiful Prescott Farm in Laconia.

"The Crucible" likely needs no explanation as it is one of America's best-known plays, a historical account of the Salem Witchcraft trials written as a parable of the McCarthy Era trials of Miller's time. "The Crucible" has roles for adults of all ages, as well as teen and preteen females, to play the "afflicted" girls at the heart of the accusations. Rehearsals will begin in late August and performances will be Oct. 11-13. "The Crucible" is directed by Bryan Halperin.

"Alice's Adventure..." is a new event on Powerhouse's schedule written by Powerhouse veteran Tess Hodges and directed by Courtney Palmer. Every 20 minutes, a different Alice will begin her adventure accompanied by groups of 15 audience members and rove around the Prescott Farm campus chasing the white rabbit and interacting with Wonderland characters such as Tweedle Dee and Dum, the Mad Hatter, Cheshire Cat, and more. While the promenade theatre experience is appropriate for all ages, auditions will be open to adults and teens 14 and up. Alices Adventure will run Sept. 15, 21, and 22.

Auditions for "Alice" will begin at 5 p.m. on June 30, and "The Crucible" auditions will follow at 6:30 p.m. Actors are encouraged to audi-

tion for both to improve their chances of participating in at least one of the shows. It is possible to be in both productions. For all the info on how to register and prepare for the auditions check out <https://www.powerhouseh.org/auditions>.

Also, check out [powerhouseh.org](http://powerhouseh.org) for all the latest info on Powerhouse including ticket links for its summer production of Fiddler on the Roof, or contact [info@powerhouseh.org](mailto:info@powerhouseh.org) for more details. For more information on all the programs at Prescott Farm, go to [www.prescottfarm.org](http://www.prescottfarm.org).

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Also, check out [powerhouseh.org](http://powerhouseh.org) for all the latest info on Powerhouse including ticket links for its summer production of Fiddler on the Roof, or contact [info@powerhouseh.org](mailto:info@powerhouseh.org) for more details. For more information on all the programs at Prescott Farm, go to [www.prescottfarm.org](http://www.prescottfarm.org).

## BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of June 3-10.

Tammy L. McDonald, age 47, of Belmont was arrested on June 10 for Violation of a Protective Order.



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# Jordan Tirrell-Wysocki Trio kicks off Music on the Green

CANTERBURY — On Sunday, July 7 at 4 p.m., Jordan Tirrell-Wysocki Trio will kick off Music on the Green, an annual concert music series hosted and presented by Canterbury Shaker Village.

“Our music is deeply rooted in New England and British Isles history, so it feels extra appropriate to perform it in a setting that shares that history,” said New Hampshire based fiddler and singer Jordan Tirrell-Wysocki. “Of course, playing at the Village always feels comfortable, like coming home, too. We always look forward to this show.”



A critically acclaimed, Emmy-nominated composer, Tirrell-Wysocki will be joined by fellow NH natives Matt Jensen on guitar and Chris Noyes on upright bass.

“We are thrilled to have Jordan literally set the ‘tone’ for this year’s summer music concert series,” said Village Education Manager Kyle

Sandler. “All are welcome.”

Held outside in a natural, intimate setting, Music on the Green features various types of

music for all ages and runs on Sundays July 7, July 21, Aug. 4, Aug. 18, and Aug. 25. Admission is free with a suggested donation of \$20.

Pre-registration 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 performances. 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.

## Takantjas, MacDonald compete at New England Championships

BY JOSHUA SPAULDING  
Sports Editor

DURHAM — The best athletes from around New England gathered for the New England Track and Field Championships at the Univer-

sity of New Hampshire on Saturday, June 8. In the 200 meters for the girls, Newfoundland’s Elle MacDonald ran to 16th overall in a time of 26.26 while in the 400 meters, Kingswood’s Ky-

lie Rapoza was 14th in 58.63 seconds and Olivia Lorenz of White Mountains was 15th in a time of 58.68 seconds. Plymouth’s Elli Englund finished in 14th place in the 3,200 meters in a time of 11:21.42.

In the 4X100-meter relay, the team of Gabriela Cubero, Shannon Fay, Piper Lopashanski and Vanessa VanDyne finished in 30th place overall in a time of 53.37 seconds and the Plymouth

4X800-meter team of Reagan Sutherland, Ellis Pietroniro, Maggie Pitman and Courtney Sabato finished in 32nd place in a time of 12:11.62.

In the triple jump, Belmont’s Adeline Takantjas finished in 24th place with a leap of 33 feet, 5.75 inches and Sydney Valenti of Plymouth finished in 25th overall with a jump of 32 feet, two inches. Winnisquam’s Lauren MacDonald finished in 16th place in

the shot put with a toss of 36 feet, one inch and Gilford’s Abby Kenyon placed 27th overall in the discus with a throw of 98 feet, three inches.

For the boys, Wyatt Lawton of Profile finished in 21st place in the 400 meters in 50.58 seconds while in the triple jump, Woodsville’s Garrett Emery was 21st overall with a distance of 41 feet, 3.5 inches and David Walker of Inter-Lakes placed 27th

overall with a leap of 40 feet, 4.5 inches.

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

## Morgan Agran of Northfield named to SUNY Potsdam President’s List

POTSDAM, N.Y. — Morgan Agran of Northfield was recently named to the President’s List at The State University of New York at Potsdam.

Agran, whose major is Exercise Science, was among 727 students who were honored for academic excellence in the Spring 2024 semester. SUNY Potsdam President Dr. Suzanne Smith recognized the students for earning top marks.

To achieve the honor of being on the President’s List, each student must have satisfactorily completed 12 numerically-graded semester hours, with a grade point average of 3.5 or higher.

About SUNY Potsdam

Founded in 1816, The State University of New York at Potsdam is one of America’s first 50 colleges – and the oldest institution within SUNY. Now in its third century, SUNY Potsdam is distinguished by a legacy of pioneering programs and educational excellence. The College currently enrolls approximately 2,500 undergraduate and graduate students. Home to the world-renowned Crane School of Music, SUNY Potsdam is known for its challenging liberal arts and sciences core, distinction in teacher training and culture of creativity. To learn more, visit [www.potsdam.edu](http://www.potsdam.edu).

## Win dinner with Ben Franklin!

TILTON — Take a chance on a private, period-style dinner with Benjamin Franklin June 29 at the historic Tilton Mansion by supporting the Tilton Historical Society’s fundraising raffle.

Raffle tickets can be ordered by calling (617) 519-0366 or by e-mailing [TiltonHistoricalSociety@aol.com](mailto:TiltonHistoricalSociety@aol.com) or purchased at the Historical Society booth on Old Home Day at the Pines Saturday, June 29. Two winning tickets for that evening’s dinner will be drawn at 3 p.m. Each ticket includes two dinners, so winners are also welcome to bring a guest!

The Society also invites the community to cheer on its entry in the Old Home Day parade that morning at 10 a.m., and visit the Colonial encampment at the Pines following the parade.



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COURTESY

Scholarship recipients and Lakes Region Scholarship Foundation board members gather to celebrate, honor & thank the 300 donors for the record-breaking year of awarding to 343 recipients, a total of \$811,600! Since its inception in 1956, with eight original donors awarding a total of \$2,650, Lakes Region Scholarship Foundation has, through 2024, reached a milestone in awarding scholarships totaling over \$10 million to 6,270 Lakes Region students. A huge “Thank You” goes out to the generosity of more than 650 donors, not including the thousands who have contributed to specific memorial funds or special fundraisers as well as all those who have volunteered and/or who have been instrumental in making this great accomplishment a reality. If you are interested in more information on Lakes Region Scholarship Foundation, please contact us at 603-527-3533 or visit our Web site at [www.lrscholarship.org](http://www.lrscholarship.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.

## Why vinyl is making a comeback

In an era where digital streaming services dominate the music industry, it's fascinating to observe the resurgence of vinyl records. What is it about these relics of the past that continues to captivate new generations and rekindle nostalgia in older ones?

Vinyl records, once thought to be obsolete with the advent of CDs and digital downloads, have experienced a renaissance over the past decade. Sales have soared, with records outselling CDs for the first time in decades.

One of the key reasons behind this comeback is the tangible and tactile experience that vinyl offers. In a world where music is often reduced to intangible files on a smartphone, vinyl records provide a physical connection to the music. The process of selecting a record, carefully placing it on the turntable, and gently lowering the needle creates a ritualistic experience that digital formats simply cannot replicate.

The sound quality of vinyl is another compelling factor. Audiophiles argue that vinyl records offer a warmer, richer sound compared to the compressed audio files of digital music. The analog nature of vinyl captures the nuances and imperfections of the original recording, providing a listening experience that many find more authentic and immersive.

Moreover, the artwork and packaging of vinyl records add an aesthetic value that digital formats lack. Album covers on vinyl are often considered works of art in themselves, with their larger size allowing for more detailed and impactful designs. The liner notes, lyric sheets, and additional artwork included in vinyl releases offer a deeper insight into the artist's vision and creativity, making the listening experience more comprehensive.

The resurgence of vinyl is also driven by a growing desire for a more intentional and mindful approach to music consumption. In an age of instant gratification and endless streaming options, vinyl encourages listeners to slow down and savor the music. It demands attention and engagement, as flipping the record and changing sides becomes a part of the listening journey. This intentionality is a refreshing change from the passive and often distracted way we consume music today.

Record stores, once thought to be dying out, are thriving again, becoming hubs for music enthusiasts to gather, discover, and discuss music. Record Store Day, an annual event celebrating independent record stores, has grown in popularity, drawing crowds of eager fans looking for exclusive releases and rare finds.

Vinyl records, with their crackles and pops, their weight and presence, are more than just a medium for music—they are timeless.



COURTESY PHOTO

### Top seed

The Laconia Lacrosse Club's 10U girls' team finished its regular season as the number one seed out of 35 third and fourth grade teams from across New Hampshire. With hard work, lots of practice, hustle and teamwork the team had victories over teams from traditional powerhouse towns of Bedford, Hooksett, Bow, Amherst and Hanover. The team includes Ellysia Zuchowski of Laconia, Larenne Houston, Harlow Jordan, Emma Horgan and Claire Marshall of Gilford, Maggie Butka of Gilmanton, Paityn Schaub of Meredith, Brandi Hill of Belmont and Paisleigh Dow, Audree Horr and Stella Emery of Barnstead. Laconia Lacrosse Club will be offering free learn-to-play practice sessions for girls in grades 1-8 throughout the summer at Laconia High School. Please e-mail the club for more information.

## Change your luck

"Ah! It's just my luck!" yelled Bob, slamming the phone in frustration. In the high-stakes sales world, every call and meeting counts, and Bob had one of those months when nothing seemed to go right.

His colleagues were closing deals left and right while Bob sat at his desk, staring at another lost opportunity. It seemed that every deal slipped right through his fingers!

Determined to change his luck, Bob approached Lisa, the top performer in their sales team. He asked, "How are you always so lucky? You're making sales every day!"

"It's not luck, Bob," she laughed. "Luck has very little to do with it. Let me show you a few things that might change your perspective." Lisa then shared her secrets for creating her own luck in sales.

"First off, physical fitness is important," Lisa began. When you care for your body, you have mental clarity and won't get stressed easily. A healthy body supports a sharp mind, essential in sales."

Bob nodded, making mental notes. "I've been meaning to hit the gym," he admitted.

"Next, courage is key. You must be willing to

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take risks, make that cold call, or approach a potential client. Fear of rejection is deadly in sales."

"I do get nervous," Bob said. "I guess that's something I need to work on."

"Imagination is another important factor," Lisa said. "You need to think creatively about how to meet your client's needs and solve their problems."

Bob nodded. "I've always admired how you come up with unique solutions."

"Your speech is also vital. How you communicate can make or break a deal. Clear, confident, and persuasive speech helps build trust and rapport."

"That's something I struggle with," Bob admitted. "I sometimes stumble over my words."

"Practice makes perfect," Lisa encouraged.

"A pleasing personality is another must-have. People want to do business with someone they like and trust. Be friendly, approachable, and genuinely interested."

"I can do that," Bob said. "I enjoy talking to people!"

"Self-confidence is a big one. If you don't believe in yourself and the

product you're selling, neither will your clients. Confidence helps reassure clients that they're making the right choice."

"I'll work on that," Bob said determinedly. "I can see how all these factors play a role."

Lisa paused and then leaned in closer. "Here's a secret. Everything works a little in sales, and nothing works a lot. While all these factors are important, neither one of them alone would get you the sale, but combined, they increase your chances of success."

Bob was starting to see the picture. "So, it's about balance and putting it all together?"

"Exactly," Lisa said. "But there's one factor that works more than all the others, and if you do it, it will change your luck."

Lisa smiled at Bob. "Hard work is one thing you have absolute control over. And if you think about it, all the other points I mentioned boil down to hard work, too. Hard work is the most reliable way to improve your 'luck' and achieve success."

With Lisa's advice fresh in his mind, Bob decided to make some changes.

He set his alarm an hour earlier for a morn-

ing workout, boosting his energy and mood. He took risks, reaching out to clients he had felt too intimidated to approach or thought would say no. His imagination flourished as he brainstormed creative solutions for the client's needs, and he practiced his speech in front of the mirror to improve his communication skills.

Bob also focused on developing a pleasing personality. He tried to be friendlier and more approachable, always showing genuine interest in clients. His self-confidence grew with each small victory, fueling his determination.

Eventually, he started closing deals, winning over clients with his dedication and newfound skills. Once a place of frustration, his desk now buzzed with activity and success.

One day, as Bob celebrated closing a major deal, he caught Lisa's eye across the office. She smiled and gave him a thumbs-up, knowing that Bob had finally understood the relationship between work and luck.

Bob learned that it was never about chance—it was about putting in the hard work and dedication needed to achieve his desired success.



## Winnisquam Echo

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# Gray wins record-setting eighth Mount Washington Road Race



Joseph Gray won his record eighth Mount Washington Road Race on Saturday.



Kayla Lampe won her first Mount Washington Road Race on Saturday morning.



Despite the tough course, smiles abound near the summit of Mount Washington on Saturday.

**PINKHAM NOTCH** — The 63rd running of the Delta Dental Mt. Washington Road Race was greeted with beautiful weather for the first time in years. With clear beautiful conditions at the base, Joseph Gray, 40 of Colorado Springs, Colo., took off from the start. Gray held a small lead at mile one, a larger lead at 3.8 miles and never relinquished control. Mt. Washington, as it always seems to do, did try to make things interesting with sustained winds near 50 miles per hour and windchill values at the summit around or even below freezing. However, in spite of the harsh winds, Gray cruised into

the finish line, all alone, with a time of 1:02:21 for his record-setting eighth win at Mt. Washington. After breaking the 35 year old all-time wins record, Gray was asked how he felt, Gray responded with an exhausted “blessed.” For the fans, the feeling was mutual; blessed to witness such greatness. Running for his first time at Mt. Washington, Remi Leroux, 27 of Waterloo, Quebec, and a member of the Canadian National World Mountain Running team settled into second place right around the one-mile mark and held second place all the way to the top. The ever present and perpetual top three

finisher, Eric Blake, 45 of West Hartford, Conn., finished third in a time of 1:05:26. Patrick Gandini, 19 of Gilford, and Samuel Fazioli, 32 of Derry rounded out the top five. Gandini, was the winner of the Crossan Cup, which is given to the top male and female finishers from the state of New Hampshire. Gandini crossed the line in 1:06:44 with Fazioli just behind in 1:07:09. In the women’s race, Kayla Lampe, 31 of Shelburne Falls, Mass., making her debut, crossed the line in dominant fashion with a time of 1:15:09. Lampe, a two-time Olympic Marathon Trials qualifier and marathon specialist,

crossed the line almost two minutes ahead of second place finisher, Laura Manninen, 51 of Kuitula, ET, who crossed in 1:17:02 also in her Mt. Washington debut. 42 year old, Amber Ferreira, of Concord, finished in third with a time of 1:18:25 and took the Crossan Cup for a third straight year. Rounding out the top five was Hannah Rowe, 32 of Boston, Mass., finishing in 1:18:38 and Jenna Gigliotti, 31 of Amherst, Mass. At the one-mile mark Manninen was out front and easily in the top 20 overall. As a former Olympic runner for Finland and a current stair climb specialist, Man-

ninen is not worried about going up. Manninen held the lead for about half the race, but with an unrelenting, grueling grind for 7.6 miles, all uphill and into 50 mph winds, Lampe stayed steady, made the pass and simply ran away with it. After the race, Lampe admitted that she was “shooting for her half marathon pace after reading about tips online.” Lampe did agree that the wind was tough, but she thought simply running her pace might be good enough to win. Both were certainly true today. Sponsored by Delta Dental, the race ascends the Mt. Washington Auto Road from Pinkham

Notch, to the 6,288-foot summit of Mt. Washington. Runners can expect to be challenged by the unrelenting grade (averaging 12 percent), Mt. Washington’s famously high winds, precipitation, and unpredictable temperatures, which makes this race truly one of a kind. Prizes include \$1,000 apiece for the first male and female finishers, smaller cash prizes for the next five men and women and the top three male and female masters (over 40), prizes for the first male and female finishers from New Hampshire, and a \$5,000 bonus for setting a new course record.

## MVSB supports 603 United with new T-shirts to celebrate new location

**BELMONT** — Earlier this month, 603 United celebrated the opening of their new location at the Belknap Marketplace in Belmont with a ribbon cutting and open house. Cassie Contigiani, 603 United Executive Director, shared that the organization received support from local businesses and over 150 community members stopped in to view the space.

“We were excited to not only celebrate two years as an official organization, but also the opening of our beautiful new space that will accommodate our continued growth for years to come,” said Contigiani. “They say it takes a village, and we have truly felt we have that. The community support and outreach we have received has been needed and appreciated. Thank you to everyone who helped us celebrate.”

Jessica Ruel, MVSB Branch & Business Development Manager and newly appointed board member for 603 United, presented a \$1,000 donation on behalf of the Bank to help the organization purchase branded t-shirts.



Cassie Contigiani, 603 United Executive Director, takes a selfie with members of 603 United at their new location at the Belknap Marketplace in Belmont. Jessica Ruel, MVSB Branch & Business Development Manager and 603 United board member (center), presents a \$1,000 donation that supported the purchase of t-shirts sporting the nonprofit’s logo.

“I am excited to be a part of this wonderful organization that plays an important role in our community,” said Ruel. “This new space is more than just a physical location, but also a representation of their

commitment to serve the community and their members.” 603 United is a nonprofit organization that provides social inclusion activities for adults 18 and older with and without an intellectual

disability. Go to 603unit-ed.org to learn more. MVSB has been serving the essential banking needs of people, businesses, nonprofits and municipalities for more than 150 years. As a mutual savings bank,

MVSB has no stockholders, but rather operates for the benefit of its cus-

tomers, employees and community. Since our founding, one thing has always remained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit www.mvsb.com.

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## Granite VNA offers Live Well, Be Well program in Tilton

**TILTON** — Granite VNA is offering Live Well, Be Well, a program for adults living with or caring for someone with arthritis, diabetes, hypertension, or any other ongoing health condition. The program is at Strategic Caring Solutions, Welcome Center Building, Conference Room at 67 Laconia Rd. in Tilton on Wednesdays beginning July 17 from 1:30 to 4 p.m.

This six-week interactive workshop provides valuable tools and information to help manage disease symptoms, maintain proper nutrition and exercise, communicate with your healthcare provider and more.

To register, call (603) 224-4093, ext. 5815 or visit [www.granitevna.org](http://www.granitevna.org).

Registration is required and space is limited. This program

is offered at no charge. Masks optional.

About Granite VNA Granite VNA is a not-for-profit licensed and certified home health and hospice care provider. The agency serves people of all ages in 82 communities across the Greater Capital Region and Central New Hampshire by providing home care, hospice care, palliative care, pediatric and maternal child

health services, and wellness programming. The agency has offices in Concord, Laconia and Wolfeboro. Formed through the merger of Concord Regional VNA and Central New Hampshire VNA & Hospice, Granite VNA has served New Hampshire since 1899. For more information about Granite VNA, visit [www.granitevna.org](http://www.granitevna.org).

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# Local Girl Scouts gather for Camporee



GROTON — On the first weekend of June, 70 girls accompanied by their leaders and parents attended Camporee at the Circle Camp on Spectacle Pond in Groton. Members from the Plymouth Area and Tilton/Belmont Service Units participated in a two-night event with activities on Saturday. Girls attending were from all levels of Scouting, from kindergarten through high school. For many girls, this was the

first overnight experience away from home. Camporees provide an opportunity for girls to get outside, try new activities, and to get to meet other girls outside of their troop. This year, the event was based on an environmental theme “Under the Stars.” The planning committee led by Volunteer Support Coordinators Beverly Tedeschi and Sue Berry chose activities to reinforce the theme and maximize the use of the

property. Sessions included swimming, using kayaks, hiking, fishing, participating in archery, completing the low ropes course, and creating environmental-based crafts. On Saturday night, the Plymouth Cadette Troop 60183 led girls through a “Scout’s Own” ceremony that included singing songs and using the onsite labyrinth, before heading to the closing campfire. Throughout the weekend, girls planned their

meals, learned new skills, helped with activities, cleaned up after themselves, and made new friends.

The relationship between the local Girl Scouts and the Circle Program was established a year ago when Tedeschi reached out to re-establish a spring camporee after several years of not having one due to COVID-19. The Circle Program provides girls from low-income families from central NH with new opportunities to learn the skills and develop the courage and confidence they need to handle life’s challenges.

This is done through a unique combination of adult and peer support delivered through year-round mentoring and a residential summer camp program.

“We are grateful to the Circle Program Trustees and their Executive Director, Beth Dever, for allowing the use of

their facilities,” stated Tedeschi. “We share the same values in mentoring girls and even have some Circle Alumni with daughters in area Girl Scouts troops.”

This relationship extends beyond just using the property. Last fall, Tedeschi ran an archery program for the Circle girls and is planning to do more in the coming months. In May, several older Girl Scouts and their leaders joined forces with community members to help prepare the camp property for summer use. Many of the program’s staff and camp counselors have been Girl Scouts and speak positively about their experiences. Finally, the low ropes course at the camp was established to honor Allison Werner Barton, a 12-year Girl Scout who tragically lost her life in a car accident.

The Girl Scouts of The Green and White Moun-

tains serves girls from kindergarten through twelfth grade throughout New Hampshire and Vermont. The Girl Scout Leadership Experience focuses on four key areas: Life Skills, Entrepreneurship, Outdoors, and STEM (Science, Technology, Engineering, and Math). Girls make new friends, challenge themselves, write their own stories, and take action to change the world for the better. The program is Girl-led and includes hands-on activities to help them feel empowered to shape their own experiences. With the help of supportive adults who bring those processes to life, Girl Scouting builds girls of courage, confidence, and character, who make the world a better place. Further information regarding the program, volunteer opportunities, and connecting with local troops can be found at [www.girlscoutsgwm.org](http://www.girlscoutsgwm.org).

## Castle in the Clouds to host day of creativity and fun

MOULTONBOROUGH — One and all are invited to attend the highly anticipated 2024 Community Arts Festival on Saturday, June 22. Presented in collaboration with the Lakes Region Art Association, this event will be a dynamic celebration of creativity and community. The festival is free to the public and will run from 10 a.m. to 4 p.m. In case of rain, the festival will take place on June 23.

Arts Festival at Castle in the Clouds will feature more than 100 booths to explore with local crafters, artists, and community organizations. Attendees can look forward to a variety of performances happening throughout the day, a scavenger hunt, art activities for kids, and much more.

“Bringing together a diverse array of artistic talents and community spirit, the Community Arts Festival offers something for every-

one,” said Charles Clark, Executive Director of Castle in the Clouds. “We are excited to see the incredible artwork and performances that will be featured and to share this vibrant experience with the community.”

For more information about the 2024 Community Arts Festival, please visit <https://www.castleinthecLOUDS.org/event/community-arts-festival-2024>

About Castle in the Clouds

As the premier historical museum in the beautiful Lakes Region of New Hampshire, Castle in the Clouds provides each visitor with a look into the past while providing contemporary comforts to make every visit memorable. Originally called Lucknow, this breathtaking 6,300-acre property was developed in 1913-1914 by Thomas G. Plant, a wealthy shoe manufacturer, to create a luxurious lifestyle with state-of-the-art amenities, beautiful hand-made furnishings, and a large staff to run the estate. These days, visitors come from all



around the world to tour the mansion and exhibit gallery, dine in the Carriage House Restaurant or Café in the Clouds, hike miles of hiking and walking trails

maintained by partner organization the Lakes Region Conservation Trust, or enjoy one of our many programs and events. Operated by the Castle Preservation Society, a 501(c)(3) nonprofit organization, Castle in the Clouds is revered as a cultural and educational resource and listed on the National Register of Historic Places with national significance. Castle in the Clouds is also available as a fairytale wedding venue and versatile private event rental. For more information about Castle in the Clouds, visit [www.castleinthecLOUDS.org](http://www.castleinthecLOUDS.org).

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# Southwick School students participate in L.E.A.D. program

**NORTHFIELD** — Through the L.E.A.D. Program, Southwick School students had a unique opportunity to learn the importance of staying healthy and safe in their community from a member of their local police department.

Law Enforcement Against Drugs and Violence (L.E.A.D.) is a non-profit organization, supported by dedicated police officers, committed to protecting our youth and communities from the proliferation of drugs, drug related

crimes, peer to peer/cyber bullying and violence.

The law enforcement professionals achieve the goals of their youth drug prevention programs, school bullying, and violence prevention education initiatives

by collaborating with educators, community leaders, families and L.E.A.D. support organizations. Their vision is to create safer, healthier communities free of drugs, bullying and violence.

Using a variety of

classroom tools such as puzzles, games and workbooks, the students are encouraged to ask questions, share opinions and have open dialog with their facilitator. Students were awarded certificates of achieve-

ment at the end of the program.

Northfield Police Department Patrolman Alex Dombrowski facilitated this ten-week program for Southwick School Grade 4 students



Top row, Patrolman Dombrowski facilitates activities with students including Trennen Weisensee, Deegan Hebert, Peyton Aikens, Madison King, Alex Hanson, Casey Kehoe, Graham Halloran, and Gwen Allen; Bottom row, Anthony Smith Jr. accepts his L.E.A.D. certificate; Ms. Picciotti and her Grade 4 students celebrate their successful completion of the L.E.A.D. program.

## David Katz elected Trustee Chair of Canterbury Shaker Village



David Katz

tails an in-depth search within the museum management space.”

In 2025, he said the Village will focus on the preservation of the 1792 Meeting House. “It is fitting to concentrate on the Village’s oldest structure as we also celebrate the 250th anniversary of the Shakers’ arrival in America,” he said.

Having served in a wide range of management positions, including construction, business development, and human resources, Katz also possesses experience in various other industries. He credited previous Chair Jean Nye with developing a fully engaged Board of Trustees.

**CANTERBURY** — Bringing years of project and construction management experience and having held leadership positions on multiple municipal boards, David Katz was elected Board Chair of Canterbury Shaker Village on May 6. Katz has served as a Village Trustee since January 2022.

“2024 will be a pivotal year for the Village,” he said. “We are committed to funding and supporting the preservation of eight buildings most in need of attention, improvements to the visitor experience, and adding key staff members to turn the vision into reality.”

According to Katz, the Board of Trustees is working to implement a five-pillar action plan that includes collection preservation, building improvement, staff development, visitor experience enhancement, and sustaining financial support.

“We are searching for a new executive director, a position we hope to fill by early fall,” he added. “This hiring process en-

“She left me with a firm financial footing upon which to build,” he said.

Designated as a National Historic Landmark for its architectural integrity and significance, the Village features 25 restored original Shaker buildings, 4 reconstructed Shaker buildings, and 694 acres of forests, fields, gardens, nature trails, and mill ponds under permanent conservation easement. To learn more, visit shakers.org.

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

## Hannaford Supermarkets continues tradition as Presenting Sponsor for Children’s Auction



store’s motto says, ‘Hannaford is greater than groceries.’ They are all about the community and support us in so many ways.”

The Hannaford brothers began selling produce in Portland, Maine, in 1883, and now, there are more than 180 stores in the Northeast. The organization is committed to advancing the mission of nonprofits in the five states it serves.

Larry Poliquin, store manager in Bristol, is a longtime auction volunteer who has been heading up staff teams to assist the organization for roughly 25 years, as long as he has been a Hannaford store manager. He is also a board member and a member of the Distribution Committee that makes recommendations on how auction funds are dispersed.

“Hannaford is about giving back,” Poliquin said. “We want to support the communities where we have a presence—and the whole Lakes Region in general—so we are happy to partner with and bolster the Children’s Auction, and other great organizations like it, to continue impacting the region in our primary focus areas: hunger relief, health and wellness, and child development and families.”

Learn more about the Auction at [ChildrensAuction.org](http://ChildrensAuction.org).

**LACONIA** — The Greater Lakes Region Children’s Auction recently announced that Hannaford Supermarkets is committed to serving as presenting sponsor for the fifth consecutive year for the 2024 Children’s Auction.

“We are so grateful for over two decades of support from Hannaford, which has offered funds, items to auction, employee volunteers and five generous years as presenting sponsor,” said Jennifer Kelley, executive director of the Children’s Auction. “As the

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JUDON

CONTINUED FROM PAGE A1

two starts due to injury. He recorded 13 tackles, four sacks for a loss of 25 yards, nine quarterback hits, five tackles for loss and a safety.

"He's a leader on the football field, and I can't wait to see him lead the field of NASCAR's stars to the green flag at New Hampshire Motor Speedway," said New Hampshire Motor Speedway Executive Vice President and General Manager David McGrath. "We're proud to put him behind the wheel of the official Toyota Camry XSE pace car and welcome him to 'The Magic Mile' on June 23."

Two-time Super Bowl winner and New England co-captain David Andrews (July 2022), wide receiver and All-Pro punt returner Gunner Olszewski (July 2021), safety Patrick Chung (July 2018), offensive coordinator Josh McDaniels (July 2017), offensive tackle Matt Light (September 2016), linebacker Rob Ninkovich (July 2015) and wide receiver Julian Edelman (July 2014) have all served as pace car drivers, making Judon the eighth member of the professional New England football team to get behind the wheel of the official Toyota Camry XSE pace car for a NCS race at NHMS. Other notable pace car

drivers include Boston Bruins forward Chris Wagner (July 2019), Richard Rawlings of Discovery Channel's "Fast N' Loud" (September 2017), Dave Matthews Band bassist Stefan Lessard (July 2016), Olympic triathlete Sarah True (September 2015) and Boston Bruins legend Brad Park (September 2014).

New England's only NASCAR weekend is June 21-23 at NHMS. On-track action kicks off Friday with practice and qualifying sessions for the NASCAR Xfinity Series (NXS) and Whelen Modified Tour (NWMT) plus SIG SAUER Academy Dirt Duels at The Flat Track. The action continues with NCS qualifying, the SciAps 200 NXS race and Mohegan Sun 100 NWMT race on Doubleheader Saturday and culminates with the NCS taking on "The Magic Mile" Sunday for the USA TODAY 301. Don't miss all of the exciting off-track action including Trackside Live with Kenny Wallace and John Roberts, The Groove fan hang-out, concerts from Dirty Deeds and Draw the Line, family movie night featuring "Guardians of the Galaxy," driver appearances, a variety of live performances, fireworks and much more.

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

GIRLS

CONTINUED FROM PAGE A1

ultimately prepare them for participation in a regional 5K race, which took place on June 1 at Memorial Field in Concord.

Girls on the Run offers programs designed

to inspire girls of all abilities to recognize and embrace their inner strength and make meaningful connections with others.

Trained coaches use physical activity and dynamic discussions to build social, emotional

and physical skills while encouraging healthy habits for life.

In today's unpredictable world, the strategies learned at Girls on the Run are more important than ever.

Sanbornton Central School counselor and

Girls on the Run coach Ashley Davis said, "I am so proud of these young ladies. They worked hard and came so far. The 5K was an amazing event."

Songwriter Series lineup set for June 26

MEREDITH — The partnership between Katie Dobbins Music (Gilford) and Hermit Woods Winery & Eatery (Meredith) which has brought the monthly music series Songwriter Round-Up to the Lakes Region is set to deliver another great show near the end of this month. Held in the region's premier listening room, The Loft, located on the second floor of the Winery, this series has been giving audience members a chance to experience the original music of talented singer-songwriters from the New England area and beyond. At each show three artists share their songs and stories in a unique in-the-round style performance. This intimate series features two different songwriters alongside host performer Katie Dobbins on the last Wednesday of every month.

The series has been steadily gaining in popularity with many sold-out shows and a growing number of area residents attending as many shows as possible to experience the show "magic" that



each new lineup creates. Winery co-founder and owner Bob Manley is thrilled to have his establishment be home to the monthly Songwriter Round-Up Series.

Reflecting on the success of the series, Manley reaffirms the valued partnership the Winery has developed with Katie Dobbins Music, expressing "Working alongside Katie Dobbins and her Songwriter Round-Up Series has been an absolute delight. Katie brings an engaging presence to the stage, effortlessly connecting with our audiences and showcasing incredible talent with each

performance."

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

Reflecting on the Songwriter Round-Up Series at Hermit Woods Winery, she says, "Bob Manley and his fellow co-owners, along with the Winery staff, have been so supportive in the creation and delivery of this songwriter series."

Dobbins adds, "I've met and shared this stage with so many talented artists through these shows and the reception and support from the Lakes Regions

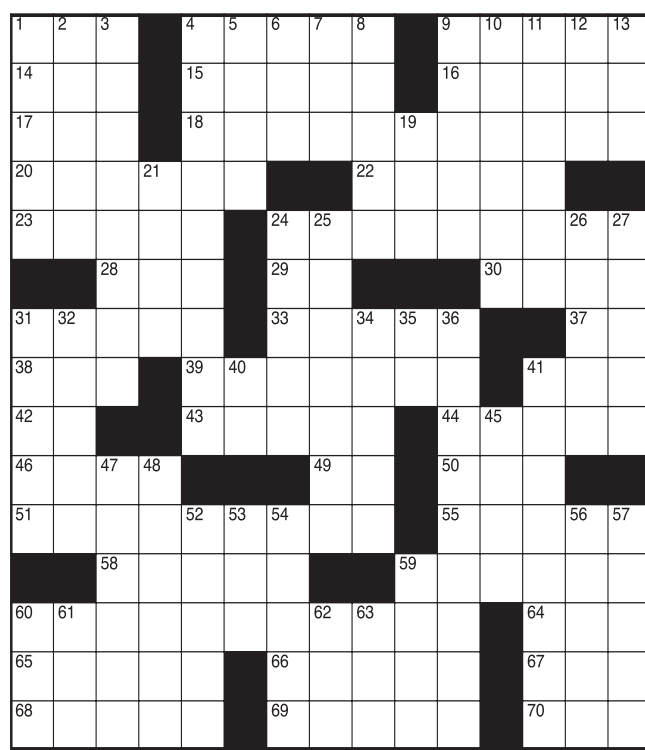
community has been amazing and rewarding for all of us. Though I perform throughout New England, this monthly series in my home community is something really special to me."

The next Songwriter Round-Up show takes place on Wednesday, June 26, featuring folk-pop artist Katie Dobbins, along with New Hampshire folk artist Lucas Gallo, and multi-instrumentalist blended genre artist David Roberts who calls both Vermont and Maine home. All three of these artists bring their own unique life-lyrics, melodies, and styles to the stage. This promises be an evening of great original music and dynamic entertainment that you won't want to miss. A complimentary wine tasting will begin at 5:30 p.m., Loft seating opens at 6 p.m., and music starts at 7 p.m. Patrons can further enhance their evening by selecting from a menu of tasty items available from the Hermit Woods kitchen. Tickets can be purchased in advance at hermitwoodswinery.com/the-loft or in-person at the Winery.

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DOWN

- 1. Excessive fluid accumulation in tissues
2. Untangle
3. One from the U.S.
4. Academic terms
5. San \_\_\_ Obispo, in California
6. Not healthy
7. Self-assessment questionnaire (abbr.)
8. Arugula genus
9. VIII
10. Makes a monarch
11. Tormentor
12. Commercials
13. Sprinkle
19. Make a mistake
21. Freshwater fishes
24. Vermont town
25. Man-made device
26. Entrap
27. Places to store important things
31. Accumulate
32. Greek mythological nymph
34. Gregory \_\_\_, American dancer
35. Denotes past
36. Becoming popular again
40. Indicates position
41. Came before
45. An extra seed-covering
47. Cheerful
48. Deli sandwich staple
52. Skateboarders love them
53. Mandela's party
54. Sierra lake
56. Nickname for Elizabeth
57. Remove from record
59. Employee stock ownership plan
60. Former NFLer Newton
61. Relative biological effectiveness (abbr.)
62. Work unit
63. Town in Cambridgeshire

ACROSS

- 1. Geological time
4. Ooze
9. A set of eight
14. Obstruction
15. Swiss mathematician
16. Philosophy
17. The night before
18. A timid person
20. Unifies
22. Gangs
23. Alternative name
24. Acumen
28. Cathode-ray tube
29. Tantalum
30. Soluble ribonucleic acid
31. Humiliate
33. Earthy pigment
37. Air Force
38. Adult males
39. Stiff untanned leather
41. Before
42. Atomic #18
43. Beer mug
44. Nostrils
46. Type of chef
49. Midway between north and east
50. They \_\_\_
51. Splits
55. Walk in a timid manner
58. Preserved animal skin with hair
59. Popular donut shop item
60. You smear it on bagels
64. Don't know when yet
65. Equal to 10 amperes
66. Synthetic acrylic fiber
67. One point south of due east
68. Of mixed ancestry
69. Home of the Pyramids

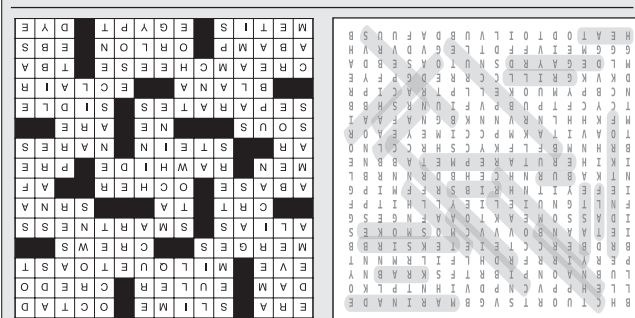
GRILL & BBQ WORD SEARCH



GRILL & BBQ WORD SEARCH

ACIDIC, ASADO, BARBECUE, BARK, BASTE, BRINE, BRISKET, BURGERS, CARRYOVER, CHAR, CHARCOAL, CHIMNEY, DRY-AGED, FLAME, FLAT, FORK-TENDER, GRILL, HEAT, LEAN, MARINADE, RIBS, RUB, SMOKE, TEMPERATURE

This Week's Answers



PETS OF THE WEEK



Belle

Belle is truly the Belle of the ball! She's a beautiful, loving, and kind lady who loves to sit in the sun, play ball, and go on long walks. She's a cuddle master, and is always in the best of moods. You'll fall for her immediately!



Jezebel

Originally from Mississippi, Jezebel is eager to meet her forever family in New Hampshire! She is a mellow kitty that enjoys the quieter days and lots of yummy treats. Jezebel would make a great solo companion and enjoy days spent curled up in bed or lounging by the window to watch the birds.

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# Southwick School students explore future career paths



COURTESY

Pictured above: Career Day volunteers were greeted by a homemade sign at the school's entrance; Radio Host Fed Caruso explains his typical day to students; Northfield Police Chief Jesse Colby and Sergeant/Detective Holly Harris answer questions about their role in the community; Meat Department Manager Jesse Garland describes how their products are prepared and Paramedic Tabitha Garland explains the four level of emergency responders.



## REAL ESTATE

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<p>\$499,000</p> <p>MLS# 4999727</p> <p>Hillsborough: 3BR/3BA, 1,904 sf. meticulously maintained colonial home on a cul-de-sac with many upgrades and an open concept floor plan. Just minutes from Franklin Pierce Lake and Pats Peak Ski Area!</p>	<p>\$1,225,000</p> <p>MLS# 4999477</p> <p>Laconia: 3BR/2.75BA, 3,200 sf. luxury home in South Down Shores on Lake Winnepesaukee. Meticulously designed interiors and exceptional outdoor living space with an in-ground salt water pool this home is perfect for entertaining.</p>	<p>\$2,600/month</p> <p>MLS# 4999271</p> <p>Meredith: 2BR/1.5BA end unit condo just minutes from downtown Meredith &amp; I93 and ready for immediate occupancy. Several rooms to be freshly painted prior to occupancy. Tenant responsible for all utilities. No pets.</p>	<p>\$249,900</p> <p>MLS# 4999154</p> <p>Belmont: 12.4 +/- acres with 585' of road frontage long Route 107. Due to rural zoning regulations 3 acre (minimum) residential lots can be created. Close to area attractions while maintaining the tranquility of rural living. Property is in "current use." Co-list agent has interest in property.</p>
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- Century 21 Country Lakes Realty: [www.countrylakesrealty.com](http://www.countrylakesrealty.com)
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(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

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**ENERGYSAVERS INC.**  
163 Daniel Webster Hwy., Meredith NH



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163 Daniel Webster Hwy, Meredith NH



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or you may email to [duhlman@belletetes.com](mailto:duhlman@belletetes.com)



The State of New Hampshire  
**Department of Environmental Services**

Robert R. Scott, Commissioner

June 13, 2024  
STATE OF NEW HAMPSHIRE  
DEPARTMENT OF ENVIRONMENTAL SERVICES  
WATER DIVISION  
CONCORD, NEW HAMPSHIRE

**NOTICE OF PUBLIC HEARING**  
RSA 482-A:8, Env-Wt 202, Env-C 205.03

The New Hampshire Department of Environmental Services Wetlands Bureau (NHDES) is providing notice of a public hearing scheduled for June 21, 2024, commencing at 2:30 pm. The hearing will be held at in Room 208c at NHDES Offices located at 29 Hazen Dr. in Concord, NH.

The purpose of this public hearing is to receive public comments regarding NHDES application #2024-00475, submitted by PSNH d/b/a Eversource Energy Corp, requesting a permit to impact wetlands to replace 162 existing wooden utility poles with steel structures, replace the existing static wire with new Optical Ground Wire (OPGW) and conduct minor vegetation maintenance work along the existing X178-1 transmission line. This proposal includes approximately 245,517 square feet (5.64 acres) of temporary impacts to palustrine scrub-shrub, emergent, forested, peatlands and vernal pool wetlands for construction matting and approximately 5,349 square feet (.12 acres) of permanent impacts to palustrine scrub-shrub, emergent, forested and vernal pool wetlands and streams for the installation of replacement utility poles. Approximately 2,822 square feet of temporary impacts are proposed within Priority Resource Areas (PRAs). The proposed project is located within the existing X178-1 transmission line ROW extending from Campton, through Thornton, to Woodstock, NH.

The public hearing will be digitally recorded and made part of NHDES application #2024-00475.

Members of the public may submit written comments to be included in this application hearing as follows:

- Email: [WetlandsApplicationPublicComments@des.nh.gov](mailto:WetlandsApplicationPublicComments@des.nh.gov),
- First-class mail: NHDES, 29 Hazen Drive, PO Box 95, Concord, NH 03302-0095, or
- Hand-delivered during this application hearing

All written comments must include NHDES application #2024-00475, to ensure the written comments are included in the record of this application hearing.

Prior to the conclusion of the hearing, a party may request the record be left open for a specified length of time for the filing of information not available at the hearing. Otherwise, the record will be closed at the end of the hearing.

The file will be made available for review at the offices of NHDES, 29 Hazen Drive, Concord, NH during regular business hours of 8 a.m. to 4 p.m. To schedule an appointment to review the file, submit a request to: [filereview@des.nh.gov](mailto:filereview@des.nh.gov).



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or you may email to [duhlman@belletetes.com](mailto:duhlman@belletetes.com)





The State of New Hampshire  
**Department of Environmental Services**

Robert R. Scott, Commissioner

**June 13, 2024**

**STATE OF NEW HAMPSHIRE  
 DEPARTMENT OF ENVIRONMENTAL SERVICES  
 WATER DIVISION  
 CONCORD, NEW HAMPSHIRE**

**NOTICE OF PUBLIC HEARING**

RSA 482-A:8, Env-Wt 202, Env-C 205.03

The New Hampshire Department of Environmental Services Wetlands Bureau (NHDES) is providing notice of a public hearing scheduled for **June 21, 2024, commencing at 11:00am**. The hearing will be held at NH Department of Environmental Services, Conference Room 208C, 29 Hazen Drive, Concord, NH 03303.

The purpose of this public hearing is to receive public comments regarding NHDES application #2024-00447, submitted by Eversource Energy, requesting authorization to impact wetlands to replace 29 existing utility structures along the Y170 transmission Line Right-Of-Way (ROW). The applicant proposes approximately 361,832 square feet (8.3 acres) of temporary impacts to scrub-shrub wetlands for timber matting and approximately 460 square feet of permanent impacts to scrub-shrub wetlands for the installation of new poles. The project proposes impacts to Very Poorly Drained Soils and Priority Resource Areas (PRAs), including proposed impacts to Heath Bog and Heath Brook. The location of the project is within the existing Y170 ROW in the City of Rochester.

The public hearing will be digitally recorded and made part of NHDES application #2024-00447.

Members of the public may submit written comments to be included in this application hearing as follows:

- Email: [WetlandsApplicationPublicComments@des.nh.gov](mailto:WetlandsApplicationPublicComments@des.nh.gov),
- First-class mail: NHDES, 29 Hazen Drive, PO Box 95, Concord, NH 03302-0095, or
- Hand-delivered during this application hearing.

All written comments must include NHDES application #2024-00447, to ensure the written comments are included in the record of this application hearing.

Prior to the conclusion of the hearing, a party may request the record be left open for a specified length of time for the filing of information not available at the hearing. Otherwise, the record will be closed at the end of the hearing.

The file will be made available for review at the offices of NHDES, 29 Hazen Drive, Concord, NH during regular business hours of 8 a.m. to 4 p.m. To schedule an appointment to review the file, submit a request to: [filereview@des.nh.gov](mailto:filereview@des.nh.gov).



The State of New Hampshire  
**Department of Environmental Services**

Robert R. Scott, Commissioner

**June 14, 2024**

**STATE OF NEW HAMPSHIRE  
 DEPARTMENT OF ENVIRONMENTAL SERVICES  
 WATER DIVISION  
 CONCORD, NEW HAMPSHIRE**

**NOTICE OF PUBLIC HEARING**

RSA 482-A:8, Env-Wt 202, Env-C 205.03

The New Hampshire Department of Environmental Services Wetlands Bureau (NHDES) is providing notice of a public hearing scheduled for **June 21, 2024, commencing at 9:30am**. The hearing will be held at NH Department of Environmental Services, Conference Room 208C, 29 Hazen Drive, Concord, NH 03303.

The purpose of this public hearing is to receive public comments regarding NHDES application #2024-00515, submitted by Eversource Energy, requesting authorization to impact wetlands to replace 51 structures and remove 1 structure along the G146 Right-Of-Way (ROW). The project proposes 196,687 square feet (4.51 acres) of temporary wetland impacts for timber matting and 180 square feet of permanent impacts for installation of new utility structures. The project also includes impacts to Very Poorly Drained Soils and Priority Resource Areas (PRAs). The location of the proposed project begins at the Epsom/Allenstown town line and concludes at the Deerfield Substation, going through Allenstown and Deerfield.

The public hearing will be digitally recorded and made part of NHDES application #2024-00515.

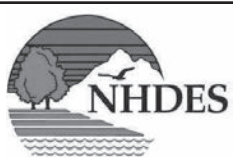
Members of the public may submit written comments to be included in this application hearing as follows:

- Email: [WetlandsApplicationPublicComments@des.nh.gov](mailto:WetlandsApplicationPublicComments@des.nh.gov),
- First-class mail: NHDES, 29 Hazen Drive, PO Box 95, Concord, NH 03302-0095, or
- Hand-delivered during this application hearing.

All written comments must include NHDES application #2024-00515, to ensure the written comments are included in the record of this application hearing.

Prior to the conclusion of the hearing, a party may request the record be left open for a specified length of time for the filing of information not available at the hearing. Otherwise, the record will be closed at the end of the hearing.

The file will be made available for review at the offices of NHDES, 29 Hazen Drive, Concord, NH during regular business hours of 8 a.m. to 4 p.m. To schedule an appointment to review the file, submit a request to: [filereview@des.nh.gov](mailto:filereview@des.nh.gov).



The State of New Hampshire  
**Department of Environmental Services**

Robert R. Scott, Commissioner

**June 12, 2024**

**STATE OF NEW HAMPSHIRE  
 DEPARTMENT OF ENVIRONMENTAL SERVICES  
 WATER DIVISION  
 CONCORD, NEW HAMPSHIRE**

**NOTICE OF PUBLIC HEARING**

RSA 482-A:8, Env-Wt 202, Env-C 205.03

The New Hampshire Department of Environmental Services Wetlands Bureau (NHDES) is providing notice of a public hearing scheduled for June 21, 2024, commencing at 1:00 PM. The hearing will be held in Room 208c at NHDES Offices located at 29 Hazen Drive in Concord, NH.

The purpose of this public hearing is to receive public comments regarding NHDES application #2024-00468, submitted by Eversource Energy, requesting a permit to impact wetlands to replace 106 existing utility structures along the existing X178-2 transmission line. This proposal includes approximately 468,766 square feet (10.76 acres) of temporary impacts to palustrine scrub-shrub, emergent, and forested wetlands for construction matting, of which 25,170 square feet is located within priority resource areas (PRAs), and approximately 1,675 square feet (.04 acres) of permanent impacts to palustrine scrub-shrub and emergent wetlands for the installation of replacement utility poles, of which 100 square feet is located within PRAs. The proposed project is located within the existing X178-2 transmission line ROW, extending from Woodstock, through Easton, to Sugar Hill, NH.

The public hearing will be digitally recorded and made part of NHDES application #2024-00468.

Members of the public may submit written comments to be included in this application hearing as follows:

- Email: [WetlandsApplicationPublicComments@des.nh.gov](mailto:WetlandsApplicationPublicComments@des.nh.gov),
- First-class mail: NHDES, 29 Hazen Drive, PO Box 95, Concord, NH 03302-0095, or
- Hand-delivered during this application hearing.

All written comments must include NHDES application #2024-00468, to ensure the written comments are included in the record of this application hearing.

Prior to the conclusion of the hearing, a party may request the record be left open for a specified length of time for the filing of information not available at the hearing. Otherwise, the record will be closed at the end of the hearing.

The file will be made available for review at the offices of NHDES, 29 Hazen Drive, Concord, NH during regular business hours of 8 a.m. to 4 p.m. To schedule an appointment to review the file, submit a request to: [filereview@des.nh.gov](mailto:filereview@des.nh.gov).



The State of New Hampshire  
**Department of Environmental Services**

Robert R. Scott, Commissioner

**June 7, 2024**

**STATE OF NEW HAMPSHIRE  
 DEPARTMENT OF ENVIRONMENTAL  
 SERVICES WATER DIVISION  
 CONCORD, NEW HAMPSHIRE**

**NOTICE OF PUBLIC HEARING**

RSA 482-A:8, Env-Wt 202, Env-C 205.03

The New Hampshire Department of Environmental Services Wetlands Bureau (NHDES) is providing notice of a public hearing scheduled for June 27, 2024, commencing at 12:30. The hearing will be held at NHDES Conference Room 208-C 29 Hazen Drive Concord NH.

The purpose of this public hearing is to receive public comments regarding NHDES application #2021-03438, submitted by Pike Industries Inc, requesting proposal to impact approximately 55,894 Square feet of Palustrine Forested wetlands that includes two vernal pools (16,161 SF) for the long term continued mining of the Lebanon Crushed Stone Quarry, operated by PIKE Industries at 335 Plainfield Road in West Lebanon, NH.

The public hearing will be digitally recorded and made part of NHDES application #2021-03438.

Members of the public may submit written comments to be included in this application hearing as follows:

- Email: [WetlandsApplicationPublicComments@des.nh.gov](mailto:WetlandsApplicationPublicComments@des.nh.gov),
- First-class mail: NHDES, 29 Hazen Drive, PO Box 95, Concord, NH 03302-0095, or
- Hand-delivered during this application hearing.

All written comments must include NHDES application #2021-03438, to ensure the written comments are included in the record of this application hearing.

Prior to the conclusion of the hearing, a party may request the record be left open for a specified length of time for the filing of information not available at the hearing. Otherwise, the record will be closed at the end of the hearing.

The file will be made available for review at the offices of NHDES, 29 Hazen Drive, Concord, NH during regular business hours of 8 a.m. to 4 p.m. To schedule an appointment to review the file, submit a request to: [filereview@des.nh.gov](mailto:filereview@des.nh.gov).



## LRAA welcomes Ben Archibald



Ben Archibald

TILTON — Lakes Region Art Association ArtTalk speaker for June is Ben Archibald, a nature enthusiast, father of three, and a gifted artist based in Bristol, New Hampshire. Ben loves to experiment with different substrates, applications, and media, and his artwork usually consists of acrylics on canvas. As an avid reader, frequent hiker, and grateful father, Ben draws inspiration from

his surroundings, and his love for nature is evident in most of his creations.

Archibald's curiosity is always flowing, and he usually bounces around experimenting with new ideas while honing his skills. His artwork often features creatures of nature, a theme he has included in his work since he was young. Recently, he led a community project that brought hundreds of people together

to create a piece of art using only their fingerprints, resulting in a surprise end product for all who joined in.

He enjoys these creations, as they merge the feeling of broad stroke painting (which he has always loved) with magical illusion. Up close, they are a mystery, but when viewed from a distance, they come alive with detail. Ben is always working on new creations, and you can

join him on his journey on Instagram under @Ben\_On\_A\_Quest. If you find yourself interested in acquiring some of his art, you can visit www.BenOnAQuest.com or email him at ArchBenjamin@gmail.com.

Archibald will be speaking on June 17, 7 p.m. at Lakes Region Art Gallery, Suite 300, 120 Laconia Rd., Tilton, in the Tanger Outlets, just off exit 20 on I-93.



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### Schedule of Events • July 3rd - 7th, 2024

#### Wednesday, July 3rd

5:00 pm - 10:00 pm Miller Amusements Carnival Midway  
Night Bracelet Pay ONE PRICE On The Rides \$25.00  
6:30 pm - 8:30 pm **CONCERT:** Open Mic Night at the Gazebo  
Run by the Medallion Opera House Committee

#### Thursday, July 4th

10:00 am - 10:45 am REGISTRATION For Kiddies Parade  
(Registration is a MUST at Ed Fenn School)  
11:00 am **Kiddies Parade** (Starts at Ed Fenn School)  
Sponsored by Gorham American Legion Auxiliary & Sons of the American Legion  
12:00 pm - 5:00 pm Miller Amusements Carnival Midway Opens  
Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00  
1:00 pm Parade Line up begins  
2:00 pm - 4:00 pm DJ Music at the Bandstand by Mountain Music  
2:00 pm **Main Parade**  
(Starts at Dublin Street down Rt 16 to Railroad St.)  
5:00 pm - 11:00 pm Miller Amusements Carnival Midway continues  
Night Bracelet Pay ONE PRICE On The Rides \$25.00  
7:00 pm - 10:00 pm **Concert:** Cantrip  
10:00 pm **Fireworks Display** by JPI Pyrotechnics

#### Friday, July 5th

12:00 pm - 5:00 pm Midway Open: Miller Amusements Carnival  
Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00  
5:00 pm - 10:00 pm Miller Amusements Carnival Midway  
Night Bracelet Pay ONE PRICE On The Rides \$25.00  
6:30 pm - 8:30 pm **CONCERT:** LA Harley Band

#### Saturday, July 6th

12:00 pm - 5:00 pm Miller Amusements Carnival Midway Opens  
Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00  
2:00 pm & 4:00 pm Wildlife Encounters Outreach Program  
Two Shows! Come and Meet Live Animals on the Common!  
5:00 pm - 10:00 pm Miller Amusements Carnival Midway  
Night Bracelet Pay ONE PRICE On The Rides \$25.00  
6:30 pm - 8:30 pm Come visit with "Lollipop The Clown"  
6:30 pm - 8:30 pm **CONCERT:** Jeremy Dean

#### Sunday, July 7th

11:00 am Classic Car Parade Line Up (Ed Fenn School)  
11:30 am **Classic Car Parade**  
Sponsored by ColorWorks (Down Rt 16 to Railroad St)  
12:00 pm - 5:00 pm Midway Open: Miller Amusements Carnival  
Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00  
12:00 pm - 2:00 pm **Classic Car Show** on the Common  
12:00 pm - 2:00 pm Come visit with "Lollipop The Clown"  
12:00 pm - 2:00 pm Music at the Bandstand by Mountain Music

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presents  
**Gorham 4th of July Celebration**  
2024

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