



DONNA RHODES

Students at SCS enjoyed their first look at a colorful piece of art they all had a part in creating through their Artist in Residency project with Vermont sculptor and woodworker Mark Ragonese.

Sanbornton students get creative with visiting artist

he first mixed however,
SEE **ARTISTS**, PAGE A13

Sanbornton PD welcomes new officer

The search is on for Tilton's oldest resident

SEE **SEARCH**, PAGE A13

DONNA RHODES

Several members of the Sanborn Police were on hand to welcome Warren Thompson to their department last week. From left to right are Sgt. Justin Howe, Prosecutor Jesse Renauld-Smith, Officer Shane Morton, Thompson, Chief Stephen Hankard and Administrative Assistant Carolyn "Cal" Di Nitto.

"It makes a big difference in people's lives," Salatiello said while Olmstead added, "People here are really friendly and they'll show you as much

SEE OFFICER, PAGE A12



ERIN PLUMMER

This year's BBO teams and coaches are introduced at the ceremony opening the season.

Belmont Baseball Organization kicks off new season

Leading up to the season some work was
SEE **BASEBALL**, PAGE A12

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AMERICAN RED CROSS BLOOD DRIVES

RED CROSS URGES BLOOD DONATIONS TO HELP TRAUMA PATIENTS

MANCHESTER, NH (April 25, 2019) – There’s no way to predict when or where an accident will happen. That’s why the American Red Cross needs donors to give blood and platelets during Trauma Awareness Month this May and throughout the year to help ensure that trauma centers are prepared the moment an injured patient arrives.

In December 2017, Jeff Gosliga was rushed to the hospital following a car accident. To treat his serious injuries, he needed 11 units of blood – about the amount of blood in an average adult’s body.

“I never had reason to think a lot about blood, where it came from or how it arrived at hospitals; my accident changed all of that,” said Gosliga. “It was touch-and-go for a while, and because the blood that I needed was available, I’m here today. I am so grateful to all of the volunteer blood donors who give of themselves so generously. I will never forget them or take blood donation for granted again.”

Donors of all blood types are urged to give now to help meet the needs of trauma patients and others with serious medical conditions. Make an appointment to donate blood by downloading the free Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

In thanks, all those who come to donate blood, platelets or plasma with the Red Cross now through June 10, 2019, will receive a \$5 Amazon.com Gift Card via email. (Restrictions apply; see amazon.com/gc-legal. More information and details are available at RedCrossBlood.org/Together.)

UPCOMING BLOOD DONATION OPPORTUNITIES MAY 1-23

BELKNAP

Alton

5/9/2019: 1 p.m. - 6 p.m.,
Saint Katharine Drexel Church,
40 Hidden Springs Road

Belmont

5/21/2019: 1 p.m. - 6 p.m.,
St. Joseph Church,
96 Main Street

Meredith

5/17/2019: 12 p.m. - 5 p.m.,
Interlakes High School,
1 Laker Lane

Tilton

5/18/2019: 10 a.m. - 3 p.m.,
Tanger Outlet Center,
120 Laconia Road

MERRIMACK

Bow

5/14/2019: 1 p.m. - 6 p.m.,
Bow Old Town Hall,
91 Bow Center Road

Contoocook

5/17/2019: 1 p.m. - 6 p.m.,
Hopkinton Town Library,
61 Houston Drive

Hooksett

5/15/2019: 1 p.m. - 6 p.m.,
Hooksett Safety Center,
15 Legends Dr.

Warner

5/17/2019: 1 p.m. - 6 p.m.,
United Church of Warner,
45 East Main Street

Concord

5/10/2019: 10 a.m. - 3 p.m.,
Concord Red Cross Office,
2 Maitland St.

5/11/2019: 9 a.m. - 2 p.m.,
Wesley United Methodist Church,
79 Clinton Street

5/2/2019: 10 a.m. - 4 p.m.,
NHTI, Goldie Crocker Wellness Center,
31 College Drive

5/2/2019: 12 p.m. - 5 p.m.,
NHHEAF,
4 Barrell Court

5/20/2019: 9 a.m. - 2 p.m.,
Concord Heights Recreation Center,
14 Canterbury Road

5/23/2019: 9 a.m. - 2 p.m.,
BW Design Group,
5 Chenell Drive

About the American Red Cross

The American Red Cross shelters, and supports military members and their families. The Red Cross support to victims of disasters; is a not-for-profit organization that supplies about 40 percent depends on volunteers and the of the nation’s blood; teaches generosity of the American public skills that save lives; provides to perform its mission. For more international humanitarian aid; information, please visit redcross.

org or cruzrojaamericana.org, or visit us on Twitter at @RedCross.

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or cathy@salmonpress.news



1-800-RED CROSS

Field of Flags planned to honor veterans' sacrifice

LACONIA — The Laconia Veterans of Foreign Wars (VFW), American Legion Post 1 (Legion) and Greater Laconia Ministerial Association (GLMA) are jointly sponsoring a Field of Flags. The Field, located on the lawns of the Congregational Church and around the flag pole in Veterans Square, will be on display from May 25 through May 27, in time for Laconia's Memorial Day Parade.

A total of 3,936 flags will be placed by volunteers on Saturday, May 25. The count for these 12"x18" flags was provided by the VFW, primarily derived from tallying names listed on Veterans Memorials in downtown Laconia. This includes people from Belknap County who fought in the Spanish American War, WWI, WWII, Korea and Vietnam.

There will be a Flag Dedication Ceremony at the Field on Sunday, May 26 at 2 p.m. The Parade will start at 10 a.m. on Monday, May 27. Before the Memorial



COURTESY

Day Ceremony at Veterans Park, there will be a brief reflection, prayer and time of silence at the Field of Flags.

All flags will be removed Tuesday, May 28 and placed in storage for use again at future events.

To assist in commemorating those who have

served since the Korean War, individuals or families are invited to participate in providing these flags. People wanting to honor or remember someone who has served or is serving in the military, are asked to make a donation of any amount in his or her name. That person's

name will be included on a list posted at the Field, and published in local media prior to the Parade on Monday. Deadline is Friday, May 17 to submit names in time to be included on Field display and published lists.

Local businesses and community groups are also invited to contrib-

ute to the funding of this project. Any organizations making a donation over \$150 will be noted as a supporting sponsor in local media as well, if they wish.

Once flag expenses are met, remaining proceeds from donations will be divided between the Laconia VFW and American Legion. Donations may be sent to Congregational Church of Laconia UCC at 18 Veterans Square, Laconia, NH 03246. Please note on memo line "Field of Flags" and clearly print the name of the person to be listed. Questions about donations or other aspects of this event may be directed to Rev. Paula Gile, 524-0668 or paula@laconiauccc.org.

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 501 calls for service and made the following arrests during the week of April 29 to May 6. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld from publication.

Arrested during this time period were Jessica

Huber (for Driving After Suspension), Nicholas Rodrick (in connection with a warrant), Eric Peters (for Driving After Suspension), Robert Lang (for Driving Under the Influence of Alcohol and an Open Container violation), Rudolph Labranche (in connection with a warrant), Cassandra Stanley (in connection with a warrant), Nicole Hollins (in connection with a

warrant), Russell Boissoneau (for Driving After Suspension), Adrianna Noury (in connection

with a warrant), and Melanie Diperna (for Simple Assault-Domestic Violence).

Curry College welcomes Belmont resident into Criminal Justice Honor Society

MILTON, Mass. — Curry College is proud to announce that Brooke Thurber of Belmont has been inducted into Lambda Alpha. Brooke is one of 25 students that has been inducted this year.

Lambda Alpha is the Curry College Chapter of Alpha Phi Sigma, the National Criminal Justice Honor Society. Students must have a 3.2 in the Criminal Justice major and a 3.2 GPA overall

to be eligible for the Honor Society. Lambda Alpha hosts several events over the year, including bringing in a documentary film-maker to discuss urban violence in Boston, co-hosting a student/faculty forum on decriminalization of marijuana and bringing in other leading practitioners in the field.

About Curry College Founded in 1879, Curry College is a private, four-year, liberal arts-

based institution located on 131 acres in Milton, Mass. Curry extends its educational programs to a continuing education branch campus in Plymouth, Mass. Curry offers 27 undergraduate majors, as well as graduate degrees in business, education, criminal justice, and nursing, with a combined enrollment of approximately 3,000 students. The student body consists of approximately 3,000 students. The student body consists of approximately 3,000 students. The student body consists of approximately 3,000 students.

SEE CURRY, PAGE A13

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Sun-Thurs.: 12:00, 2:25, 4:50, 7:15, 9:40 PM

UGLY DOLLS PG
Fri-Sat.: 12:40, 2:50, 5:00, 7:10 PM
Sun-Thurs.: 12:40, 2:50, 5:00, 7:10 PM

AVENGERS: ENDGAME PG-13
Fri-Sat.: 11:45, 3:15, 6:45, 9:15 PM
Sun-Thurs.: 11:45, 3:15, 6:45 M

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Big changes

Local business advertising has taken an amazing number of twists and turns in the past 20 years. Technology we could not have foreseen or even dreamed of in the 1990s has caused majors changes in nearly every aspect of our daily lives, including how and where businesses choose to advertise.

In 1999, the “go-to” print advertising choices were obvious and simple: the daily newspaper and the phone book. Placing an ad in the local weekly community newspaper was a sort of enhancement to both of those. It was important, but not the focus. It was “extra.”

By 2009, Facebook, which was then a relatively new and rapidly growing social media site, gained popularity as a place to advertise. The Yellow Pages – both print and the new online version – remained a strong presence. Local, weekly newspapers remained relevant, but still as an “add on” to most advertisers. Daily newspapers had already fallen out favor.

In 2019, some of what is old is new again, some of what was once popular is obsolete, and trust issues have clouded the former favorite. When was the last time anyone picked up a phone book? And daily newspapers have had issues with readership for years. Facebook has experienced serious identity-theft and security breaches, and is no longer the trusted platform it was five years ago. What is the new front-runner for local business advertising? You’re reading it. Local, weekly hometown newspapers have survived the many, many changes in print and digital media and are emerging as the preferred advertising method.

Sometimes, in looking for the best version of something, it makes sense to look at what has lasted. Web sites come and go; blogs are followed and then forgotten; apps are replaced by better apps; social media sites are subject to suspicion. So, what remains? Community newspapers.

Our long-established local paper, in keeping with the 21st century, exists not only in print versions, but also on our Web site. Our advertisers know and trust us. We provide a consistently hometown-focused weekly newspaper with the emphasis on local news, local sports, local businesses and local residents.

Our newspaper reflects the vibrant, thriving communities we serve. Our advertisers are part of those communities. We work hard for you and for them, to earn your trust and your loyalty, by providing a quality product printed right in our own printing plant, and always accessible online. We are constantly learning how to be better and how to roll with the big changes in media. We will continue to embrace change without giving up quality and hard work. Our readers and advertisers deserve nothing less.

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and phone number.



DONNA RHODES

Teaching through trout

Boys and girls of Southwick School have been nurturing baby trout this winter through the Trout in the Classroom program. Recently, the students took a trip to the banks of the Winnepesaukee River where the fish were released. Shown setting some of the young trout free are Brooklyn Pagan and Deegan Dorval.

STRATEGIES FOR LIVING

No greater love

BY LARRY SCOTT

When John Ernest opened fire at the Chabad of Poway (Calif.) Synagogue Saturday morning, April 27, Lori Kaye, “jumped between the gunman and Rabbi Yisroel Goldstein, sacrificing her own life to save the spiritual leader,” according to CNN.

As Rabbi Goldstein reported on NBC’s “Today” show, “I was face-to-face with this murderer, terrorist, who was holding a rifle and looking straight at me. That’s when he fired, blowing off my right index finger and severely injuring my left index finger.” Goldstein, who had just turned away from a conversation he’d had with Lori, heard a loud bang, turned to see her prostrate on the floor, her husband slumped beside her. A medical doctor, he had come to her aid.

When he realized who she was, he fainted.

The carnage could have been much worse. Oscar Stewart, a congregant and U. S. military veteran present that morning, charged the terrorist, 19-year-old John Ernest. He survived unscathed only because Ernest’s gun had jammed. Ernest fled the scene but was captured a short time later, without incident.

This year’s Passover celebration was the last in a long tradition that dates back to the days of the New Testament. Originally slated to memorialize Israel’s exodus from Egypt, Jesus’ Passover in AD 33 marked the final Passover He was to celebrate with His disciples.

Only a few days earlier, the Jewish Sanhedrin, the ruling council of men who had religious, civil

and criminal jurisdiction over the people of Israel, met to decide what to do with a troublesome rabbi, Jesus of Nazareth. The meeting was a farce, for they all knew what they were going to do. It only remained for them to justify their actions. And Caiaphas, the High Priest, gave them that. Ostensibly to protect against an insurrection led by Jesus and his followers, he stated that “it is better for you that one man die for the people than that the whole nation perish.”

Accordingly, they crucified their Messiah. The Council had silenced a troublesome Rabbi. The Romans had eliminated a man of influence, popularly known as the King of the Jews. For the Pharisees, the One who called them to task for their hypocrisy was now dead. But three days

later, these men realized they had made a colossal mistake. Eyewitness reports verified that Jesus had risen from the dead. Jesus had not given his life in vain. “If in this life only we have hope,” reported the Apostle Paul, “we are of all men most miserable. But now is Christ risen from the dead.” Jesus was back!

Lori’s sacrifice stands in a long line of men and women who have made the supreme sacrifice to save another. Parents, law enforcement personnel, men and women in the military, and our firemen among others, have given their lives that someone else might live.

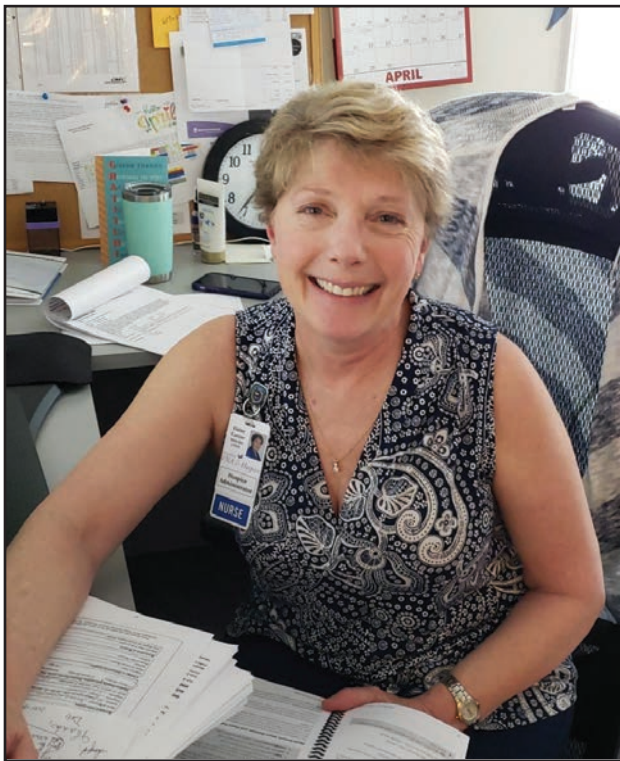
Jesus said, “Greater love has no one than this, that one lay down his life for his friends.” Words cannot convey our gratitude for the SEE **STRATEGIES**, PAGE A13

HOSPICE’S HEALTH CORNER Wellness Tidbits To Keep Us All A Little Healthier

Preparing to Age, Part 4: Why to stop being afraid of the “H” word

In this five-part series we look at what it means to age in modern times and the steps we should take to make that process go how we want it to.

Hospice. For some, the word is synonymous with our dying breath, a person receiving Hospice services has “given up,” or will be given drugs to hasten death. None of those things are true. Not A. Single. One. If you are receiving Hospice services, or have ever had a loved one receive them, you are probably nodding along with me right now. Hospice is a specialized type of care for those facing a life-limiting illness, and supports the individual



Elaine Cartier

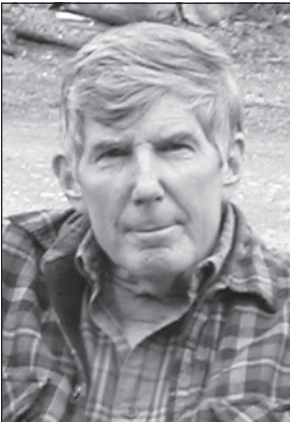
as well as their family and loved ones. Franklin VNA & Hospice has a moving video of Carol Stonemetz on their Facebook page, <https://www.facebook.com/pg/FranklinVNAHospice/videos/> that speaks to how home Hospice affected both her life and that of her husband, Lee.

At its heart, Hospice is a philosophy of care that supports the physical, emotional and spiritual needs of the individual and their loved ones. The person receiving Hospice care is able to focus on what is most important to them.

Elaine Cartier, Hospice Administrator at SEE **HEALTH**, PAGE A12

NORTH COUNTRY NOTEBOOK

As Mother’s Day nears, where did all the kids go?



By JOHN HARRIGAN
COLUMNIST

Not necessarily that it’s all that big a societal barometer, but there are three things I don’t see many kids doing much anymore: playing pickup ball (usually baseball or soccer), riding bikes around town, or going fishing.

In fact, I don’t see kids outside much at all, anywhere, unless they’re playing organ-

ized sports or helping their Mom and Dad work up the woodpile. It’s as is something has sucked all our young people right out of the neighborhoods--off the sidewalks, off the lawns front and back, off your porch and mine, off the main bridge carrying the main river through town.

It’s as if the Pied Piper has come back through time, back through town, taking all of our young people with him.

But this time, the

Piper didn’t offer just smooth talk and lies. Instead, the lure and the allure was a handheld black box that one youngster told me, “Does stuff.”

+++++

There is a little alder-lined, mud-banked brook that winds its way into town from higher country to the east. Fishing there is reserved for kids 12 and younger, and it has been so posted--meaning that signs are tacked up--for as long

as I can remember.

Not long ago, maybe a generation or so, I used to see bicycles left near the bridge on Hughes Road, or at the Main Street bridge, by kids who’d plunged into swamp and water, rods and worms in hand, to go fishing. “No better place for a boy than a brook,” Bert Bryant used to say to my Mom, who already believed it anyway.

She would take me up to the Hughes Road bridge right after school. My worms

were all dug and housed in a flat tobacco can, and I was ready to go--telescoping rod (the very best for fishing in thick places), my grandfather’s old wicker creel and all.

“Off you go, sweetie,” she’d say as she turned the Jeep around and headed back. “Be home in time for supper.”

+++++

This is the season of cowslips, coming right up, right now. Walk the whole state at a fairly brisk pace and you can see cowslips and hear peepers, all the way from the seacoast to southern Quebec.

They used to say the same thing about strawberries: Start picking wild strawberries at (where else?) Strawberry Banke in late May. Then jog west a bit until you hit what was until recent times called the Daniel Webster Highway.

This is the old Route 3, and by walking slowly and steadily northward all the way up to the Canadian line, you can pick ripening strawberries every

single day.

+++++

My mother had that kind of stuff in her head, knew its importance, knew the meaning of being able to drop a kid off at the edge of a swamp with nary a worry but “Be home for supper,” a mother who threw us out to play in the rain when other kids got shut in, knew what mattered and what did not.

Mom’s not here any more to spoil for Mother’s Day, but the thought, I hope, still counts. If I did have a Mom, and if I couldn’t visit, and we couldn’t meet for lunch, and if I even forgot to send a card--well, I’d just call her up. Simple as that.

And we’d have the nicest long visit, and I’d get her to laughing, of course, as we remembered the sweetness of the times.

(Please address mail, including phone numbers, to campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)

MARK ON THE MARKETS

Bond Basics



BY MARK PATTERSON

Oftentimes, I have mentioned that I do not care for bond funds, and would much prefer to ladder a bond portfolio to the client’s needs and wants. Bond funds are perpetual, which means they really have no maturity date. The problem with not having a maturity date is that you are at interest rate risk that you as the fund participant can’t control. If you owned individual bonds, bills, notes, agency paper, zero coupons or even CD’s then you have the ability to sell the bond for profit or loss, or hold to maturity or if called by a provision in the bond that makes it callable. You do not defer the decision regarding tax consequences to the fund manager. He or she doesn’t know your particular situation and really does not care.

So, if you are going to manage a fixed income portfolio or have an asset manager handle it, then you should know something about bonds. Corporate bonds are typically a good blend of yield and reasonable safety. Beware that there are junk bonds in almost all classes of bonds, but typically found in corporate issuance or municipal.

A typical bond offering may look like this: Bristol-Meyers Squibb Co bond 3.250 11/1/2023 A2 A+ 101.434- 101.733 3.011

This offering is pret-

ty straight forward, not callable, just a typical corporate bond. The first section simply tells us who is offering the bond and what the coupon or yield is. Then it shows the date of maturity followed by two rating agencies grading. These are good quality bonds. Then the bid price for the bond followed by the ask price. Then the yield to maturity. You would notice that the yield to maturity is not as high as the coupon. The reason is that we would pay a premium for this bond which lowers the yield that we receive. Par is considered 100, and if we were buying a lesser quality bond we may get a discount like 960 that would increase yield to maturity.

When I refer to laddering, I am simply structuring the portfolio so that we have maturities that are spread across a time horizon designed for your needs. Bond prices will fluctuate with changes in interest rates or risks, but if you hold your bond or bonds until maturity you should get exactly what we bargained for in the beginning. Sometimes you may get the opportunity to sell early for capital appreciation or loss but the point is that it is a choice you maintain, not a fund managers. You are also not at as much interest rate risk because you simply can reinvest the maturing bonds at the current higher or lower rate.

So, if you have bond funds, I encourage you to manage or have an

asset manager design and manage your own personal portfolio that just for you and your special situation. Many people are suspicious of bonds because of potentially rising rates. A well-constructed bond ladder can mitigate some of this interest rate risk by having the bonds mature at specific intervals, thus

allowing the portfolio manager to reinvest at current rates. This is referred to as “immunizing” the portfolio against rising interest rates.

Mark Patterson is an advisor with MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.

Spaulding Youth Center celebrates Annual Science Fair

NORTHFIELD — Spaulding Youth Center is thrilled to announce the conclusion of another successful annual Science Fair. Family and friends of students were invited to attend the special event hosted at the organization’s Northfield, New Hampshire campus and encouraged to spend the morning learning about a variety of scientific topics.

After weeks of thoroughly investigating a variety of topics using standard scientific methods, students presented their findings to supportive relatives, friends, staff and peers. Students were given criteria to follow at the start of each project and were judged and rewarded at the science fair based on their performance. The scientific topics that were explored included: solar energy, fresh vs. processed food, whether sight affects taste, seed germination, soda geysers, the Stroop effect,

chemical reactions to copper, global warming, and so much more!

“Students, relatives and staff were all excited to be part of this special event. The science fair is a great example of the many annual campus happenings which provide instructive and therapeutic outcomes for our students,” said Principal Colleen Sliva. “This highly anticipated event provides a chance for our students to participate in a traditional school event, for our parents to watch their child thrive in an integrated school activity, and for our community to come together and celebrate

the hard work and successes of our students. It was a terrific learning experience for everyone!”

To sponsor the next annual Science Fair or other special campus events, please contact Cheryl Avery, Director of Development & Community Relations at cavery@spauldingyouthcenter.org or 286-8901, ext. 107. More information on available sponsorship opportunities are available on our Web site at spauldingyouthcenter.org/sponsorships/.

About Spaulding Youth Center
Spaulding Youth Cen-

ter is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, behavioral health, residential, foster care, health and wellness and family support. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit www.spauldingyouthcenter.org.

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REDUCE RECYCLE RENEW

Mary Melinda (Dinsmore) Brown, 75

FRANKLIN — Mary M. Brown, 75, a longtime resident of Franklin, died Wednesday, May 1, 2019 at the CVN Hospice House in Concord with family at her side following a lengthy illness.

Mary was born in Freeport, Maine, April 6, 1944, daughter of Harold J. and Marion (Erquhart) Dinsmore. She lived in Franklin for over 50 years. Mary enjoyed knitting, camping and had a great fondness for animals, especially her dog (Katie) and her cats. Mary was employed with Brezner Tannery for many years and retired from Concord Photo Engraving.

She was predeceased by her father, Harold, in 1976, and her mother Marion in 1997.

She leaves her daughters, Marion Greenlaw and her hus-



band Bert of Franklin, Mildred Whelan and her husband Kevin of Canterbury, Sarah Glines and her husband Tom of Franklin and Tammy Beaudet and her (late) husband Brian of Franklin; her six grandchildren (Ronald Defosses of Lakeland, Fla., Bruce Adams of Winthrop, Mass., Kassie Beaudet, Brandon Beaudet, Jennifer Brown and Megan Brown, all of Franklin); eight great grandchildren; and many nieces and

nephews; her sisters, Jean O’Connell and her husband Arthur of Franklin and Mildred Preston of Dennysville, Maine; and her sister in law, Norma Laro, and her husband Roger of Andover.

Calling hours will be held on Saturday, May 11, 2019 from 11 a.m. to 1 p.m. at the William F. Smart Sr. Memorial Home, Franklin-Tilton Road, 584 West Main St. in Tilton.

A graveside service will follow at the family lot in Franklin Cemetery, Thompson Park in Franklin.

For those who are able and would like to make a donation in Mary’s name they may send it to the Franklin Animal Shelter, P.O. Box 265 Franklin, NH 03235-0265.

For more information, go to www.smart-funeralhome.com.

Michael G. Hutchinson, Sr., 66

TILTON — Michael G Hutchinson Sr., age 66, passed away Dec. 30, 2018 after a long battle with cancer at his home in Tilton.

He was born in Franklin on Aug. 17, 1952, the son of Martha J. Audet and Chauncey G Hutchinson. Mike attended Winnisquam High School. A truck driver by trade, he spent over 30 years working for Porter Paving and 10 years at Webster Valve before retiring in 2015.

Mike was a hard worker who in his spare time enjoyed his pickup trucks, tinkering as a mechanic and having a cold beer with his dog Shotgun. Married over 40 years to his loving wife, Maureen Barton Hutchinson, they raised one son, Michael Jr. together until her death in 2012 of A.L.S. In his final days, he was able to spend time with his two oldest grandsons



who are enlisted in the US Navy and have been deployed.

He is survived by his son Michael Jr. and his wife Angela, and their sons Zachary, Avery and Ethan “Hutch” Hutchinson of Northfield; two brothers, Joseph Audet of Bow, David Audet and his wife Christine of San Juan Capistrano, Calif.; his sister, Pat Mahoney and her husband Joseph Mahoney, Sr. of Bow; as well as several nieces and nephews. Mike’s family would also like

to recognize the entire Stanley family, in particular Ted “Pa,” Patricia and Richard Stanley as well as the many crew members of Porter Paving for their loving and loyal support to him for many years.

Mike was preceded in death by his parents; a brother, Timothy Hutchinson, and his wife Maureen “Moe” Hutchinson. There will be no calling hours; however, a graveside service will be held Friday, May 17, 2019 at 9:30 a.m. at Holy Cross Cemetery, Franklin.

In lieu of flowers, memorials may be made in Mike’s name to the Northfield Police Association - 138 Park St., Northfield, NH 03276. Paquette-Neun Funeral Home and Cremation Service are assisting Mike’s family.

Cecile V. Lavoie, 88

NORTHFIELD — Mrs. Cecile V. Lavoie, 88, of Northfield, died at the Jack Byrne Center in Lebanon on April 25, 2109 following a brief illness.

She was born in Becancour, P.Q., Canada on Nov. 23, 1930, the daughter of Romeo and Lucinda (Gagnon) Robichaud. She was raised in Canada and moved the New Hampshire in 1951.

Cecile resided in



Franklin and Punta Gorda, Fla. before

moving to Northfield.

Cecile was employed as a seamstress at Tricnit in Franklin for several years.

“Cecile/”Meme” was loved by all. She was a beautifully fierce woman with many gifts and talents. She was witty, hilarious, fun and a true blessing to be around. She will be greatly missed

She was predeceased by her first husband, Robert L Parenteau, who died in 1977 and second husband Adrien Lavoie who died in 2012.

Her family includes two daughters, Louise Fisher of Gilmanton, and Shirley Valley of Franklin; eight grandchildren; seven great grandchildren; two sisters, Alice Bernier of Becancour, PQ, and Lillian Robichaud of Montreal, and nieces and nephews.

She was predeceased by 2 sons: John Parenteau in 2012 and Robert G. Parenteau in 2016.

A Mass of Christian Burial will be celebrated on Monday, May 6, 2019 at 9:30 a.m. in St. Paul Church in Franklin. Burial will be in Holy Cross Cemetery.

Donations in memory of Cecile may be made to NH Veterans Home, 139 Winter St., Tilton, NH 03276.

Thibault-Neun Funeral Home in Franklin is assisting Cecile’s family. For directions and an online guestbook, please visit www.neunfuneral-homes.com.

Alice Ruth Smith, 86

TILTON — Alice Ruth (Bump) Smith calmly entered the heavenly presence of her Savior, the Lord Jesus, on April 26, 2019 while listening to some of her favorite hymns.

Alice was born on March 17, 1933 in Portland, Maine to John E. & Rhea D. Bump. She was educated in the Portland schools and graduated from Deering High School in 1951.

Following graduation, Alice worked for a time as a file clerk for Union Mutual Insurance Company. During the summer of 1951, she met Albert B Smith at a Bible conference held at the Old Orchard Beach Camp Meeting Ground and they were married on April 18, 1953 in Portland. They then made their first home in Laconia before moving to New Hampton for a few years. Albert and Alice moved their growing family to Tilton in 1959 where she lived until 2009 when her declining health required Alice’s move to Belknap County Nursing Home.

Alice was a devoted wife, mother and homemaker. When her five children were all old enough to attend school she began selling Fuller Brush products. She enjoyed doing many tasks around her home including canning and freezing bountiful harvests from the family garden. Alice credited her mother-in-law with helping her learn those skills. She also enjoyed word search



puzzles, reading and baking treats for her family and others. During the 1960’s she served as a hostess for a Good News Club in her home and then as a helper when the club met at the Union-Sanborn Elementary school. She delighted in celebrating special family events with her immediate family and with her husband’s large extended family.

Alice was faithful in regular church attendance and regular reading of her Bible throughout her life. She always had a special fondness for music, especially solid Gospel music. Alice attended many special concerts at Rumney Bible Conference and Alton Bay Conference grounds with her family.

Alice delighted to meet and dote on each of her grandchildren when they were born and, more recently, her great grandchildren.

Alice is survived by her husband of 66 years, Albert B. Smith, III of Tilton; five children and their spouses (James & Susan Smith of New Castle, Del., Timothy & Debra Smith of Laconia, Ruth

& Jonathan Marshall of Gorham, Maine, Michael & Lee Smith of Deerfield Beach, Fla. and Joel & Jane Smith of Concord); sister-in-law, Cymbeline Tibbetts of Alyett, Va.; five grandchildren and three great grandchildren, along with numerous nieces and nephews.

Alice was predeceased by her parents and her brother, John E. Bump, Jr.

Alice’s family is very thankful for the compassionate care, especially from the East Wing staff; she received during her time at Belknap County Nursing Home and from the NH VNA Hospice staff during the last year.

A visitation hour in honor of Alice was held at 10 a.m. on May 6, 2019, followed by a funeral service at 11 a.m. at Wilkinson-Beane Funeral Home, 164 Pleasant St., Laconia.

For those who wish memorial contributions may be made in Alice’s name to the Belknap County Nursing Home, Attn: Brenda Twardosky, Recreation Director, 30 County Dr., Laconia, NH 03246 or to Central New Hampshire VNA and Hospice, 780 North Main St., Laconia, NH 03246.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to www.wilkinsonbeane.com.



How to Submit Obituaries & Announcements To Salmon Press Publications

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Photos are also welcome, but must be submitted in jpeg format.

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Three mutual community banks celebrate NH with Photo Contest

MEREDITH — Sister Banks, Meredith Village Savings Bank (MVSb), Merrimack County Savings Bank (the Merrimack) and Savings Bank of Walpole (SBW) launched their annual photo contests on May 1, 2019.

Winning full color photographs will be featured on five websites: the three Banks, New Hampshire Mutual Bancorp (NHMB) and MillRiver Wealth Management, as well as in desktop and wall versions of printed calendars. Photos may also be selected for holiday cards and note cards.

Successful images will focus on local events such as the Hampton Beach Master Sand Sculpting Classic or a Keene Swamp Bats baseball game; fun venues such as the Meredith Art Walk or the WOW Trail; activities such as water-skiing or downhill skiing; attractions such as Distant Hill Gardens or Mine Falls Park; or just photos that represent life in New Hampshire during any season.

As different formats are needed for the websites and printed pieces (calendars, cards), two separate contests are being held. Participants may enter one or both. A maximum of five, full-color photographs are accepted with each submission. Online entries can be made at either www.mvsb.com/photo-contest, www.themerrimack.com/photo-contest or www.walpolebank.com/photocontest. Participants can also gather the forms and drop off prints at any branch office at MVSb, the Merrimack or Savings Bank of Walpole.

All photos and entry forms must be submitted before the close of business on Saturday, June 15, 2019. A \$100 cash prize is awarded for each winning photo selected. Winners are responsible for the payment of any



COURTESY

“Crocus Bouquet” by Elissa Paquette- the featured calendar photo for May 2019.

federal, state and local taxes on their prizes.

All photos must be submitted in color. Hard copy entries will still be accepted, and prints should be enclosed with a corresponding disc containing high resolution full-color images in .tiff, .eps or .jpg formats. For the calendar contest, the photo dimensions should be 10 inches wide by 8 inches high and the associated digital files should be a minimum of 300 dpi. For the website contest, the images should measure 10 inches wide by 4.25 inches high and the associated digital files should be a minimum of 72 dpi at a size of at least 1,920 pixels wide by 5,300 pixels

high.

The names of the photographers will be unknown to the panel evaluating the work, and selections will be based solely on the suitability of the subject; quality of the photograph; and adherence to the purpose of the contest, which is a celebration of New Hampshire year-round.

Unlike stock banks, Meredith Village Savings Bank, Merrimack County Savings Bank and Savings Bank of Walpole are mutual savings banks that operate for the benefit of their depositors, borrowers and surrounding communities. As a result, each organization has remained steadfast in

fostering the economic health and well-being of their communities, prioritizing the values of accountability, mutual-ity, excellence, respect, integrity, teamwork and stewardship in all matters of business and service.

Founded in 1869, Meredith Village Savings Bank is celebrating its 150th anniversary. For 150 years, the Bank has been serving the people, businesses, non-profits and municipalities in central and southern New Hampshire for more than 150 years. The Merrimack was voted “Best Bank” by the Capital Area’s People’s Preferences for the ninth consecutive year in 2018. To learn more, visit any of their local offices in Bow, Concord, Contoocook, Hooksett and Nashua, call 800-541-0006 or visit themerrimack.com.

or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Founded in 1867, Merrimack County Savings Bank has been serving the people, businesses, non-profits and municipalities in central and southern New Hampshire for more than 150 years. The Merrimack was voted “Best Bank” by the Capital Area’s People’s Preferences for the ninth consecutive year in 2018. To learn more, visit any of their local offices in Bow, Concord, Contoocook, Hooksett and Nashua, call 800-541-0006 or visit themerrimack.com.

Founded in 1875, Sav-

ings Bank of Walpole is headquartered in Walpole and serves the Connecticut River Valley and Monadnock Regions of New Hampshire and Vermont from offices in Walpole and Keene. With assets totaling \$400 million, the Bank offers a wide range of financial products, including services to individuals, businesses and organizations. The Bank’s SBW Wealth Management division offers financial planning services. Savings Bank of Walpole is an equal housing lender, and member of the FDIC. For more information, call 352-7822 or visit walpolebank.com.

New Hampshire Mutual Bancorp, a mutual holding company, was formed in 2013 when two New Hampshire-based community banks, Meredith Village Savings Bank and Merrimack County Savings Bank, formally affiliated – the first relationship of its kind in New Hampshire. This strategic partnership has positioned the Banks to leverage each other’s strengths as they work together to advance a shared vision of maintaining and enhancing their community banking standards and values. MillRiver Wealth Management joined as a third subsidiary of NHMB in 2015, combining the financial advisory divisions of MVSb and the Merrimack. In July 2018, Savings Bank of Walpole joined as a fourth subsidiary. NHMB combined assets total more than \$2.2 billion. For more information, about NHMB visit nhmutual.com.

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Edward Jones: Financial Focus

Financial Gifts Can Brighten Anyone’s Mother’s Day

Mother’s Day is fast approaching. This special holiday reminds us of the joy we receive from the powerful bond between mother and child. To help mark the occasion, you may want to consider making certain financial gifts, including the following:

For your mother:
IRA contribution – If your mother is still working, she is eligible to contribute to an IRA, but she might not always fully fund it – so you may want to help. You can’t contribute directly to your mother’s IRA, but you can write her a check for that purpose, though, of course, she can use the money however she likes. In 2019, the contribution limit for a traditional or Roth IRA is \$6,000, or \$7,000 for individuals 50 or older. (A Roth IRA does have income limits that can reduce the contribution amount or eliminate it altogether.)
Insurance premium – If your mother has life, disability or long-term care insurance, why not offer to pay some of the premiums this year?
Long-term care premiums, in particular, can be quite costly, especially for older policyholders.

Introduction to a financial professional – If your mother doesn’t already work with a financial professional, consider introducing her to yours, or to someone else who is recommended by friends or relatives. A financial advisor can help your mother move toward her retirement goals – and, at some point, also can work with legal and tax professionals to assist your mother with her estate plans.

For your children:
529 plan contribution – If your children are still of school age, you may want to contribute to a college sav-

ings vehicle. One popular choice is a 529 savings plan. When you invest in this plan, your earnings can grow tax-free, provided the money is used for qualified educational expenses. (Be aware, though, that withdrawals not used for qualified education expenses may be subject to federal and state taxes, as well as an additional 10% penalty.)
As the 529 plan owner, you have flexibility in using the money. For example, if you’ve designated one of your children as the 529 plan’s beneficiary, and that child decides not to pursue any higher education, you can switch the beneficiary designation to another child or to yourself. You can choose the 529 plan offered by any state, but your contributions might be tax deductible if you invest in your own state’s plan. Tax issues for 529 plans can be complex, so, before investing, consult with your tax advisor.
Shares of stocks – Giving stock shares to children is a good way to help them learn some of the basics of investing. You can track the progress of their stocks with them, and even do some research together about why prices may be going up or down. By getting children involved early, you may help instill a lifelong interest in investing.

Charitable gifts – Many children are now concerned about various social issues. You can help encourage this involvement – and possibly an appreciation of the value of philanthropy – by making a gift to a charitable group whose work aligns with your child’s interests.
We don’t need to exchange presents on Mother’s Day to show our appreciation for one another, but certain financial gifts can help provide needed support – and even some valuable life lessons – for your loved ones

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Lakes Region Mental Health Center recognizes Mental Health Awareness Month

LACONIA — Mental Health Awareness Month has been observed in May in the United States since 1949, reaching millions of people in the United States through the media, local events, and screenings. Lakes Region Mental Health Center (LRMHC) is joining communities around the country raising awareness of the mental health needs of the one in five Americans that will be affected by mental illness in their lifetime. The statistics are alarming:

More than 43 million adults experience mental illness in a given year.

Nearly one in 25 adults (10 million) in America live with a serious mental illness.

One in five teens and young adults live with a mental health condition—half develop the condition by age 14 and

three quarters by age 24.

Each year, more than 34,000 individuals take their own life. Suicide is the 10th leading cause of death among adults in the U.S. and the 3rd leading cause of death among adolescents.

“It is our hope that we will inspire others to raise awareness and take part in sharing information, resources and support for mental health conditions,” said Maggie Pritchard, Executive Director at LRMHC.

Lakes Region Mental Health Center has a number of educational and awareness events throughout the month of May in recognition of Mental Health Awareness Month.

May began with a kickoff event on May 1 at the New Hampshire State House with remarks from Chief Justice John Broderick,

Jr. co-Chair Change Direction NH followed by a proclamation from the Office of the Governor recognizing Mental Health Awareness Month in New Hampshire.

LRMHC Chief Executive Officer, Margaret Pritchard will be featured throughout the month of May on radio broadcasts on WEMJ and WEEI talking about workforce challenges and providing insight into the rewards of entering the mental health profession.

Also running the month of May on Lakes Region Public Access TV will be a panel discussion on the topic of trauma in children and adults and the impact trauma has on the family unit. Featured panelists include Ryan Aquilina, MS, LCMHC, Clinical Coordinator and MATCH Supervisor for LRMHC Child

and Family Services; Chris Burns, APRN, Prescriber, Clinical Team and DBT Team member; Jen Schmidt, LCMHC, Clinical Coordinator for LRMHC Child and Family Services and DBRT member; and Jayme Sullivan, MSW, CSP Therapist, Clinical Team and DBT Team member. Erica Ungarelli, Director of the Bureau of Children’s Behavioral Health, Department of Health and Human Services will serve as moderator. LRPA is aired on Atlantic Broadband on channels 24, 25 and 26 in Belmont, Gilford, Laconia, Meredith and Northwood. All other viewers who do not subscribe to Atlantic Broadband may view the Channel 25 simulcasts over the Internet at <https://lives-tream.com/lrpatv/channel25>.

On May 9, LRMHC will have a vendor booth at Plymouth Regional High School’s Convergence event; a silent auction to raise awareness for mental health and substance misuse. Clinicians from LRMHC Child and Family Services will be on hand to answer questions. Also, on Sunday, May 19th, staff will be partic-

ipating at the upcoming Health Expo which will be held at the Gilford Community Church beginning at 11 a.m.

On May 22, Granite State News Collaborative will host a community behavioral health conversation which will include staff from LRMHC, journalists, policy-makers and other mental health, substance use recovery and treatment leaders from around the state to hear first-hand accounts of what it’s like to navigate New Hampshire’s behavioral health system, and to engage in a conversation about fixes to the challenges in that system. The goal of this event is to elevate the voices of people with first-hand experience in the discussion about solutions to these issues.

On May 23, look for LRMHC’s annual May Insert “Rooted in the Community” in the Salmon Press newspapers; a publication that is devoted to raising awareness of the prevalence of mental health issues that many people face in their lives. This year’s edition will also focus on the collaboration LRMHC has with other local organizations in order to increase

access to care, expand services and improve patient outcomes.

On May 24, The American Red Cross and the Lakes Region Mental Health Center are partnering to bring Red Cross Resiliency Programs to Veterans, Service members, and Military Families. The first session, “Introduction to Mind and Body Skills” will be held at the LRMHC Conference Center from 5:30 – 7 p.m. on May 24. The workshop series continues on June 14th and on the second Friday of every month thereafter (June – December). Participants may attend one, some or all the sessions and there is no charge. The Resiliency Workshops aim to help improve coping abilities, communication skills and personal wellness strategies. Sign up for May’s workshop at <https://lrhmcmind-bodymay.eventbrite.com>.

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, 7 days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 524-1100 or visit the website at www.lrmhc.org. Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.

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Daniels Electric a presenting sponsor for WOW Sweepstakes Ball

LACONIA — Daniels Electric Corporation is the presenting sponsor for the 2019 WOW Sweepstakes Ball, which will be held at Gunstock Mountain Resort on Saturday, May 18.

“We are really excited about the WOW Trail project,” said Daniels Electric Corporation’s Tom Milligan. “The opportunity to support the trail and help throw a party with a sweepstakes jackpot at the end of the night is something that we couldn’t pass up. We’re looking forward to another great event.”

“We’re thrilled to partner with Daniels Electric Corporation again this year,” added WOW Trail Board President Allan Beetle. “The Milligans are a generous, community-minded family who have created a very successful New Hampshire based business. We couldn’t be more excited to once

again welcome them as presenting sponsors of this event.”

The WOW Sweepstakes Ball is a key annual fundraiser for the WOW Trail and has helped raise nearly \$500,000 for construction and maintenance of the WOW Trail. This year’s attendees will enjoy dinner, dancing, a silent and live auction with auctioneer extraordinaire Jesse Thompson, and the chance to win one of 10 cash prizes, including a \$10,000 grand prize.

Each \$100 ticket includes admission for two and one sweepstakes entry. Tickets are on sale now and available for purchase at Patrick’s Pub & Eatery or online at www.banknhpavilion.com. Ticketholders do not need to be present to win. For more information, please call 630-4468 or email info@wowtrail.org.

Currently 4.25 miles



COURTESY

WOW Trail Board Member Jennifer Beetle thanks the Daniels Electric Corporation for their \$5,000 Presenting Sponsorship of the WOW Sweepstakes Ball. Representing DEC are (left) Jim McDonald, Keith Gandini, Arthur Kimball, Richard Milligan, Thomas Milligan, Steve Berthiaume & Ryan McGarghan. Tickets for WOW Ball are \$100 (admits two) and can be purchased at Patrick’s Pub & Eatery or online at www.banknhpavilion.com.

in length, the WOW Trail and Belmont’s Winnisquam Scenic Trail are a part of a growing regional rail trail effort in the Lakes Region that will one day connect Meredith, Weirs Beach, Downtown Laconia, Belmont, Tilton and Franklin to New Hampshire’s Northern Rail Trail.



COURTESY

The Tall Granite Big Band will make a swinging return to Pitman’s Freight Room, located on New Salem Street in downtown Laconia, Saturday evening, May 11, at 7 p.m.

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Celebrating MOM

Mother's Day ideas for moms from all walks of life





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Mother's Day is a celebration of women who devote so much of their effort and energy to their families. Celebrating Mom on Mother's Day lets her know all of her efforts haven't gone unnoticed. Mothers may perform similar tasks, but no two moms are the same. Finding ways to celebrate Mom's uniqueness can make the day that much more meaningful and memorable.

The Crafter Mothers who are avid crafters may enjoy a craft-themed Mother's Day. A family crafting project can make for a

fun afternoon and produce mementos that Mom will cherish for years to come. Dads and kids can plan the project in advance without Mom's knowledge, arranging all of the materials ahead of time and setting up the crafting station the night before or while Mom is relaxing on Mother's Day morning. Kids can even get a head start on the day by making their own craft for Mom and giving it to her as a Mother's Day present. Dads can keep the craft theme going at dinner and get a laugh out of Mom by pouring her a craft beer when dinner is served.

The Reader A 2017 survey from the U.S. Bureau of Labor Statistics found that women read more than men. Women read an average of 19.8 minutes per day, which can make a Mother's Day focused on Mom's love of books an ideal and unique way to spend the day. Kids can write Mom their own books, and Dad can help put them together. Dads can visit rare bookstores and look for original copies of Mom's favorite books that she might not find elsewhere.

The Nature Lover Fishing and other outdoor activities might have a reputation as predominantly male hobbies, but studies show that's not really the case. A 2016 report from the Outdoor Foundation found that 46 percent of people who participated in outdoor activities were

women. If Mom is a nature enthusiast, families can plan a Mother's Day enjoying the great outdoors, even giving Mom a new fishing pole, hiking gear or other items that align with her favorite nature activity.

The Relaxation Specialist Of course, some mothers may want to simply unwind with a relaxing morning at the spa on Mother's Day. In fact, the 2018 U.S. Spa Industry Study found that the spa industry has enjoyed seven consecutive years of consistent growth, with more than 187 billion spa visits in 2017 alone. A relaxing morning at the spa can be the perfect way for moms to begin Mother's Day before they enjoy a brunch of dinner out with their families. Mother's Day celebrations can be as unique as the women being celebrated.



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Celebrating MOM



Nights out help mothers recharge

Caring for children requires dedication and patience. Even though infants and toddlers may exact the most attention from mom, each stage of childhood presents new challenges. Motherhood is a task that demands much from women, and those demands can certainly pack on the pressure. Couple the pressure of raising children with the growing trend of women serving as primary caregivers to aging parents, and it's no surprise many women feel as though they need a respite. That's what makes nights out with friends so essential. Here are just some of the many reasons why caregivers need to make time for socialization.

- Caregiving can be alienating. No matter how well-meaning moms and caregivers may be, they may grow to resent the work involved because the only interactions they may have on a daily basis are care-related. Women should get out regularly so they can focus on themselves and enjoy their relationships with friends.
- Have a reason to get

dolled up. When other responsibilities take priority, putting on makeup or wearing nice clothing can take a back seat. Girls' night out provides a reason to wear fancy clothes, do your hair and don a little mascara. Girl-friends tend to notice these beautifying changes and offer compliments — which can be a nice ego boost.

- Girls' night out is a free therapy session. It won't take the place of counseling provided by a licensed therapist, but a girls' night out offers a chance to get things off your chest and seek advice from friends who may be in similar situations.
- You can indulge a little and laugh along the way. Loosening up with a glass of wine can help the conversation flow. Nights out with friends also will probably lead to a few laughs, which can certainly be helpful when life seems a tad overwhelming. Regular nights out with friends can make it a bit easier for moms to juggle the responsibilities of being a mom, a caregiver or both.

Surprise Mom with a special dessert in her honor

Mothers selflessly devote themselves to their children from infancy into adulthood. A mother's love never wanes, and she's always ready and willing to step in and put her children first. Mother's Day is a great chance for men, women and children to honor the special women in their lives. Delicious homemade treats can show mothers just how much they're appreciated and adored. Try this tasty recipe for "Cold Mango Soufflés Topped with Toasted Coconut" from "The Complete Mexican, South American & Caribbean Cookbook" (Metro Books) by Jane Milton, Jenni Fleetwood and Marina Filippelli.

Cold Mango Soufflés Topped With Toasted Coconut
(Makes 4)

- 4 small mangoes, peeled, pitted and chopped
- 2 tablespoons water
- 1 tablespoon powdered gelatine
- 2 egg yolks
- 1/2 cup superfine sugar
- 1/2 cup milk
- 1 1/4 cups heavy cream
- Grated rind of one orange
- Toasted flaked or coarsely shredded coconut, to decorate

Place a few pieces of mango in the base of each of four 2/3-cup ramekins. Wrap a creased collar

of nonstick parchment paper around the outside of each dish, extending well above the rim. Secure with adhesive tape, then tie tightly with string. Pour the water into a small heat-proof bowl and sprinkle the gelatine over the surface. Leave for 5 minutes or until spongy. Place the bowl in a pan of hot water, stirring occasionally, until the gelatine has dissolved. Meanwhile, whisk the egg yolks with the superfine sugar and milk in another heatproof bowl. Place the bowl over a pan of simmering water and continue to whisk until the mixture is thick and frothy. Remove from the heat and continue whisking until the mixture cools. Whisk in the liquid gelatine. Puree the remaining mango pieces in a food processor or blender, then fold the puree into the egg yolk mixture with the orange rind. Set the mixture aside until starting to thicken. Whip the heavy cream to soft peaks. Reserve 4 tablespoons and fold the rest into the mango mixture. Spoon into the ramekins until the mixture is 1 inch above the rim of each dish. Chill for 3 to 4 hours, or until set. Carefully remove the paper collars from the soufflés. Spoon a little of the reserved cream on top of each soufflé and decorate with some toasted flaked or coarsely shredded coconut.

MOULTON FARM

Meredith, N.H.



Mother's Day Gift Ideas

- | | |
|------------------------------|--|
| Hanging Baskets | Farm to Table Dinner Tickets |
| Patio Planters | Cakes, Pies, Breads, Pastries |
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BASEBALL

CONTINUED FROM PAGE A1

done on the fields, a project headed by board member Tim McWhinnie. They got some new equipment thanks to efforts managed by board member Danielle Embree, who got a good deal on some equipment.

“That’s going to make the season go pretty smoothly,” Sottak said during the ceremony.

Friends of Belmont Football will run the snack shack this year.

Sottak also recognized the many different sponsors. He said without them the prices for doing this would be much higher.

He also thanked the parents, saying he understands how difficult it can be to get out of

work and then get their children to practices and games.

“I really appreciate you guys making sure your kids get there,” Sottak said.

Belmont Elementary School music teacher Jen Shaw and members of the third grade chorus sang the National Anthem. All of the players who will be aging out of the program this year helped raise the flag over the field. Members of Cub Scout Pack 65 served as color guard.

Sottak then announced the teams and coaches through the different age groups.

The season officially opened with CS Sales/Rotary team facing off against the Franklin Youth League later that morning.

OFFICER

CONTINUED FROM PAGE A1

respect as you show them.”

Standing before the board, Thompson raised his right hand and was sworn in by Chief Hankard. He was scheduled to begin his job last Sunday.

Hankard said Thompson will first spend a week with him, driving around and learning all about the community. He will then move on to riding along with an on duty officer where he will assist motor vehicle stops, calls and investigations.

“He’ll have all the duties and responsibilities of a police officer, he just won’t have his state certification yet,” the chief explained.

That certification will come once he graduates from the New Hampshire Police Training and Standards Academy. Hankard said he hopes to have Thompson enrolled in the 16-week training that begins in September.

“It should actually work out well. He’ll have this summer to get to know all the roads in town so he’ll have all that under his belt when he graduates and

goes out on his own,” he said.

Thompson is now a resident of Gilford. He comes to Sanbornton after serving four years in the U.S. Navy as a Master of Arms since graduating high school in 2014.

“I’ve known ever since high school that I wanted a career in law enforcement and now here I am,” he said.

Thompson has been busy since he left the Navy just two months ago. He recently signed on to the Naval Reserves and will also be receiving his Associates degree in Criminal Justice from SNHU in the near future.

As a member of the Sanbornton Police Department, he now fills the slot for a sixth officer on the department and upon graduation from the police academy he will have a three-year contractual agreement with the town.

That opening on SPD is one they have looked to fill for some time now and Hankard is glad he will finally be able to fill his duty roster when officers need time off or have to appear in court.

“I think he (Thompson) was well worth waiting for,” the chief said.

HEALTH

CONTINUED FROM PAGE A4

Franklin VNA & Hospice, says, “So many people begin to receive Hospice services in the last few weeks of life, but so often that benefit could have been instituted for you and your family nearly six months sooner, when your provider comes to this terminal illness conclusion, and truthfully we need that time with you, every minute of those six months. Yes, we can come in in the last few days or weeks and make a difference, but home Hospice is about that person getting support with everything going on, to help their families and loved ones care for them at home, where they want to be. It is about our entire team focusing on how you

want to spend your time, and helping you live the remainder of your life to the fullest.”

Far from giving up, Hospice is a choice to focus on quality of life. It is not curative treatment, it is a focus on symptom management, not to hasten end of life, but to live it with dignity. It seeks to alleviate distressing symptoms like pain, nausea or shortness of breath. It is a focus on spiritual and emotional needs when we wonder why is this happening to me? How can I come to terms with any regrets in my life? Hospice also helps to provide support for the caregivers who are on that journey with you.

Many people receiving Hospice services, and their families, say they wish they had begun Hospice sooner because it was so transformative. As you prepare to age, don’t shy away from the whole point of home Hospice – giving people the tools and support they need so they may have a dignified and peaceful end of life, at home, just like you planned.



ERIN PLUMMER

Kids in the Belmont Baseball Organization join students in the third grade chorus from Belmont Elementary School in singing “Take Me Out to the Ballgame.”



ERIN PLUMMER

Players, coaches, and board members stand in honor during the singing of the National Anthem during the opening ceremony of the Belmont Baseball Organization’s 2019 season.



ERIN PLUMMER

Students from Jen Smith’s third grade chorus at Belmont Elementary School sing the National Anthem joined by a color guard from Cub Scout Pack 65 to open the Belmont Baseball Organization’s season.



ERIN PLUMMER

BBO President Tim Sottak welcomes the teams for the new season.



ERIN PLUMMER

This year’s BBO teams and coaches are introduced at the ceremony opening the season.



All Organic Mosquito & Tick Control featured at Connect event

GILFORD—Patrick’s Pub and Eatery will host All Organic Mosquito & Tick Control at their networking event, “Connect,” on Thursday, May 9 from 5-7 p.m.

All Organic Mosquito & Tick Control was started by an Army veteran with the sole intent of providing a better and safer way to mitigate those annoying pests nature lovers love to hate, mosquitoes and ticks. Using only organic remedies, no harmful chemicals are applied to your property, ever!

Together with the powerful technologies of today’s world, All Organic Mosquito & Tick Control holds themselves accountable, providing top notch quality and customer service while guaranteeing a way for customers to enjoy the outdoors again!

All Organic Mosquito & Tick Control’s seasonal program begins in mid-to-late April and goes till late October. Each season consists of eight to nine applications, once every three weeks. Their 100 percent

organic concentrate will exterminate those pesky mosquitoes and ticks that come in contact with the solution and create a barrier around the yard and lawn to repel any remaining pests. Being that it is an organic remedy, they not only spray the property’s perimeter, but in laying areas as well, such as lawns, patios, decks and even swing/play sets are safe to spray! Wait just 90 minutes for the solution to dry, and then enjoy nature again, naturally!

Having a backyard

wedding, or a summer graduation? All Organic Mosquito & Tick Control’s one-time heavy application will allow for a full night for friends and family to enjoy being outside together. For the first month of May, customers will receive 10 percent off all first time treatments. All Organic Mosquito & Tick Control has also expanded into conquering other insects as well; find out at www.allorganicmtc.com!

Welcome the change in weather with All Organic Mosquito & Tick

Control and enter to win one first-time complimentary treatment (up to half an acre, within a 30-mile radius of Gilford) certificate, 25 percent first time services coupons and custom frisbees to play with in your yard this summer! Stay and enjoy live music with Mark Dionne.

Patrick’s Connect features local businesses and organizations. The evening includes complimentary craft beer sampling from Woodstock Brewery and raffle drawings at 6 and 7 p.m.,

followed by live music. An additional grand prize of an overnight stay, brewery tour and breakfast at the Woodstock Inn is given away at 7 p.m.

For more information on Patrick’s Connect or to register your own business to be featured at an event, call 293-0841 or visit www.patrickspub.com/connect.

To learn more about All Organic Mosquito & Tick Control, please visit www.allorganicmtc.com.

ARTISTS

CONTINUED FROM PAGE A1

using the pose of an arm of one child and perhaps the legs, head or torso of another to come up with the final designs he had in mind for the project. Those were then sketched into patterns, cut out of wood and eventually made into a series of “puzzle pieces.”

When Ragonese returned to the school the pieces for each figure were distributed to the students in grades one through five for them all to paint. Kindergarten students were given an additional collection of pieces that formed asymmetrical stars created by Ragonese, which they painted as well. Before they could start painting though, each class was challenged to come up with their own color scheme for each of the figures Ragonese would later join together.

SCS art teacher Joan Cross said that in preparation for the project the students first studied the color wheel and also learned about primary and secondary colors in their art classes.

“We had to use acrylic paints for the project, which can be challenging at these ages, but they all did a great job with them,” said Cross.

Once the color palette for each figure was decided on, using shades of blue, pink, purple, yellow and green, they then added visual textures through stamping and other methods before Ragonese took them back to his workshop.

Last Wednesday evening, the artist returned to the school, carefully affixing each puzzle piece to the brick

walls along one outside entrance and down the hall leading to the cafeteria/gym. The result was a colorful display of children in motion with stars shining above.

Cries of “I did that piece,” “Oh, that’s my piece,” were heard time and again as one by one the classes paraded through the hall and entry way to admire their work and share their pride.

“Everyone had a piece of this,” said Pope. “Even the teachers and staff did something. Their names were all written on the back of each piece and this is something that will be here and they can be proud of for a long, long time.”

Every three years each elementary school in the Winnisquam Regional School District has the opportunity to select an Artist in Residence. Pope and Cross are each in their third year with SCS so it was their first opportunity to work with the program and they put a lot of thought into what they wanted the students to experience. Cross said she wanted something that was not “static” and that the children could be physically involved with creating while Pope wanted a work of art that involved all and would become a part of their legacy at SCS. When the pair heard about Ragonese’s work in other Artist in Residence programs across New England, both knew they had found what they were looking for.

Ragonese could not be on hand for the big reveal last Thursday but he did send a message

to the students, thanking them for their hard work, their thoughtfulness in all they contributed and their cooperation throughout the lengthy process.

School Superintendent Rob Seaward dropped by to see all they had accomplished and was filled with praise for the project.

SEARCH

CONTINUED FROM PAGE A1

One of the criteria set by the Board of Selectmen is that the recipient has been a resident of Tilton for at least 10 years in order to be eligible.

When the cane is presented, the recipient will

“Congratulations! This is a really neat concept. I wish I could buy one of these myself and bring it home,” he said as he admired the two displays.

Cross also pointed out to him that not only could students and staff enjoy the art each day, the figures hung outside the entrance

were also visible to people traveling past the school.

“I really like the fact that the community can drive by and enjoy this all from the road, too,” she said.

For Pope, however, there was another meaning to the figures now adorning the walls, all made possible

through the contributions of each member of their school community.

“Every single piece in this was important in making the artwork come together. That’s how it is here with our students, too. The message is, when you’re not here, there’s a piece missing,” she said.

STRATEGIES

CONTINUED FROM PAGE A4

men and women who have willingly given their lives to protect us from harm and danger. And that is the way I feel about Jesus. His sacrifice, voluntarily given on

CURRY

CONTINUED FROM PAGE A3

proximately 2,000 traditional undergraduate students, and over 1,000 continuing education and graduate students. Approximately 75% of its students reside on the Curry campus. The largest majors are business management, communication, nursing, criminal justice, and education. The College offers a wide array of extra-curricular activities ranging from 14 NCAA Division III athletic teams to an outstanding theatre program. Visit us on the

receive a certificate noting that he or she is the oldest resident, along with a replica of the Boston Post Cane. A name plaque honoring the recipient will be added to the cane’s case at Town Hall, where the original Boston Post Cane is on display.

Anyone knowing who


the oldest resident is and would like to nominate them must submit a letter to the Tilton Town Clerk at 257 Main St. or tctc@tiltonnh.org. The submission must include the nominee’s name, date of birth along with proof of that date, address and telephone number. Also, please

include the nominator’s contact information. Nominations must be received by June 12. Nomination forms can be found on the Tilton Web site, www.tiltonnh.org, and at The Town Hall. Any question, please contact the Town Clerk, Cindy Reinartz at 286-4425, ext. 104.

our behalf, ensures that, if we have accepted Him as the Lord of our lives,

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You want to talk about it? Hit *me* up at rlarry-scott@gmail.com.



MEMORIAL DAY

MAY 27, 2019

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Spaulding Youth Center sponsors exhibit at Belknap Mill

NORTHFIELD — Spaulding Youth Center is excited to announce it sponsored the Artistic Lives art exhibit reception at the historic Belknap Mill in Laconia. The Belknap is the oldest unaltered brick textile mill in the U.S. whose building houses a museum, art gallery, concert hall and event facilities. The reception was held prior to a screening of the film “Intelligent Lives.”

The public was invited to Artistic Lives, a celebration of art created by artists with disabilities. A group of Spaulding Youth Center students provided artwork for display at the exhibit for attendees to enjoy. Following the art exhibit, the public was invited to a special viewing of the film “Intelligent Lives.” Created by filmmaker Dan Habib, the film follows the lives of three people with intellectual disabilities who strive for acceptance in school, college and relationships. Habib made the film in hopes it would help to transform



(Left) Spaulding Youth Center is excited to announce it sponsored the Artistic Lives art exhibit reception at the historic Belknap Mill in Laconia.

as well as a panel discussion about the topics covered by the film. Visit <https://intelligentlives.org/> for more information about “Intelligent Lives” and to learn where to attend a future screening.

About Spaulding Youth Center
Spaulding Youth Center is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or developmental

challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, behavioral health, residential, foster care, health and wellness and family support. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit www.spauldingyouthcenter.org.

the label of intellectual disability from a life sentence of isolation into a life of possibility.

“Spaulding Youth Center was proud to sponsor Artistic Lives and be part of an evening that focused on the inspiring abilities of so many people with intellectual disabilities,” said Susan C. Ryan, President & CEO of Spaulding Youth Center. “The message conveyed in In-

telligent Lives resonates with our entire organization. We also share the belief that those with intellectual disabilities are capable of challenging stereotypes and deserve meaningful opportunities in education, employment and relationships.”

The evening also featured remarks from filmmaker Dan Habib and New Hampshire Senator Maggie Hassan,

Tanger Outlets hosting Block Party Saturday

TILTON — From food Trucks (lots of them) to magic tricks and character drawings by local artist, Larry Frates, and kids coloring and making Mother’s Day cards, and professional photographer, Linda Murphy, photographing children, moms and families in the Lakes Region Art Association Gallery, plus many photographers and artists taking pics, painting and sketching images of the Block Party activities for

a June 1 public exhibit ... it’s all happening during this fun filled family day May 11, Tanger Outlet,

132 Laconia Rd., Tilton, from 10 a.m. – 4 p.m.

The Tour de force behind the Block Party is the

Laconia Chamber of Commerce, Lakes Region Art Association and Tanger Outlets Inc. Admission

is free, and all attending kids, teens and adults are encouraged to ‘try their hand’ at creating art,

enjoy delectable delights (food) offered by many on-site food trucks, see a wide variety of great

art and photography in the LRAA Gallery, and have their portrait

drawn for only \$10.00 by highly

acclaimed magician and character artist, Larry Frates, who is donating all his income from his portraits

to the LRAA Scholarship Fund. For information, contact Pat Edsall, Promotion Chair, Lakes Region Art Association, 472-3733.

Pub Mania Yard Sale at Patrick’s this weekend

GILFORD — On May 11, from 9 a.m. – noon, multiple Pub Mania teams are holding a huge yard sale in the parking lot of Patrick’s Pub and Eatery in Gilford. This annual event raises funds for the Lakes Region Children’s Auction, a nonprofit that contributes to a wide variety of local charities.

This year’s sale will

feature furniture, household goods, sports equipment, dolls, toys, and vintage knick-knacks.

“It’s basically a community yard sale, with a bunch of Pub Mania teams selling gently used stuff to raise money for the Children’s Auction,” said yard sale organizer Kate Flaherty. “Every team is different, so there will be all kinds of different treasures to buy.”

Participating Pub Mania teams include King’s Corner, Referees, Body Covers, Crossfit Juggernaut, and Tagg Team. Tagg Team captain Judi Taggart explains that all teams also will be collecting non-perishable food for the St. Vincent de Paul food pantry at the sale.

“In the spring, St. Vincent’s sometimes has to buy more food for the pantry because they don’t get as many donations after the holidays,” explained Taggart. “If people can bring a can or two when they come to the sale it would really help.”

Pub Mania teams hold events year round, and their efforts culminate with the 24-hour Patrick’s Pub Mania challenge in mid-December, which runs at the same time as the Lakes Region Children’s Auction. In 2018, Pub Mania raised \$353,631 for the kids and families in the greater Lakes Region area.

“Everyone loves a good yard sale,” said Flaherty, “but we get more excited that all proceeds from the sale and the food drive will benefit children in need here in the greater Lakes Region.”

The rain date for the sale is Sunday, May 12 from 9 a.m.-noon.



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SPORTS



BOB MARTIN

Julianna Estremera fires a pitch in a win over Hillsboro-Deering last week.



BOB MARTIN

Morgan Hall bunts for a hit last week for Belmont High School.



BOB MARTIN

Kara Stephens races down the first base line for Belmont.



BOB MARTIN

Becca Fleming takes a big swing against Hillsboro-Deering.

Four wins in four days for Raider softball

BY BOB MARTIN

Bob@Salmonpress.news

BELMONT – It has been a busy, but very productive, start for the Belmont softball team, which is 8-0 after winning four games in four days last week.

On April 29, the Red Raiders defeated Somersworth 7-1 with a great pitching performance by Morgan Hall. She went the distance, allowing only one run on four hits and a hit batter. The team's offense was led by Raven Gates, who continued to have a hot bat, going 3/3.

Becca Fleming was

excellent behind the dish and showed off her arm by throwing out a runner stealing second and also assisted in a pickoff at first base.

On April 30, the Red Raiders shut out Moultonborough by a score of 12-0 in five innings. Kelley Allen went four innings, allowing two hits and three walks, while striking out four batters. Julianna Estremera came in to pitch the fifth and recorded a pair of strikeouts.

Estremera has also been on fire at the plate this season, and this continued with a 2/2

showing and a pair of runs. Gates was also excellent, going 2/2.

Despite the lopsided score and mercy rule ending, coach Bill Clary said it wasn't as easy as it seemed for the Red Raiders.

"A tough Moultonborough team made Belmont work hard for the victory," said Clary.

The next day Belmont beat Raymond 10-1 with Hall pitching another gem. She allowed one run on four hits, two walks and struck out nine batters. Estremera was 3/4 in the game to lead the offense, while

Chantelle Martin was 2/3.

"Raymond always puts up a fight," said Clary. "Good team win today."

Belmont finished off the week with a 21-2 victory over Hillsboro-Deering on a cold, wet day. Estremera was in the pitching circle for the Red Raiders, and while she wasn't her usual lights out self, she pitched well enough to pick up the win. Estremera allowed two runs on five hits, five walks, a hit batter and had eight strikeouts.

It was all Belmont

from the beginning, with the Red Raiders piling on 19 hits in the first two innings to score 21 runs. Hall was the leader offensively with a 4/4 day at the plate. Estremera and Gates continued to tear the cover off the ball with three hits, while Martin, Kara Stephens, Savannah Perkins and Kelley Allen had two hits apiece.

"Good game to end a week of four games in four days," said Clary.

While it has been rainy and fields around the Lakes Region have generally been a mess, the Red Raiders have

managed to get out and play ball since mid-April and are now halfway through the season.

So far, so good for the Red Raiders who have outscored opponents 87-16 in the first eight games of the season. Belmont had had 10 or more runs five times already this year and have not allowed more than six runs in a game, which came in a nine-inning win over rival Gilford back in April.

Next up is an away game against the Winnisquam Bears for a 3:15 p.m. matchup on the road.

Softball Bears win another to remain undefeated

BY BOB MARTIN

Bob@Salmonpress.news

TILTON – Last week the Winnisquam softball team played only one game as the matchup with defending champion White Mountains was postponed due to poor field conditions. The Bears stayed unbeaten with an impressive 9-6 win over Franklin High School to improve to 10-5.

The Bears were down three runs after a rocky start for pitcher Aubrey St. Onge, but she settled

in nicely the rest of the way allowing only five hits and three runs after the first inning.

Leading the offensive charge was Carly Catty, who had two runs and a 2/3 showing at the plate. Natalie Deshaies was also 2/3 and had three RBIs and two runs. Eveline Auger was 2/2 with three RBIs, Emma Griffin was 2/4 with a pair of RBIs and Lea Dalton was 1/1.

"Carly Catty, shortstop, really has been great all year getting us

going on offense," said coach Mark Dawalga, who is enjoying a very nice start in his first season taking over the helm at Winnisquam. "And

her defense has been great. With two weeks off since our last game it took a little while to get things going. It was a great team win."

This week the Bears faced Mascoma Valley, Prospect Mountain and Bishop Brady after deadline. Next up is Belmont High School on May 10

for a 3:15 p.m. start at home. Currently both teams are undefeated and this is always a big rivalry in the Winnisquam area.

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Raiders and Bears compete in Belmont

BY BOB MARTIN
Bob@Salmonpress.news

BELMONT – Belmont High School held a track meet on April 30 with the Belmont boys’ team taking a win and the girls’ team coming in second. Winnisquam Regional High School was at the meet and also did well with a second place finish for the boys’ team and third place for the girls’ team.

In the 100 meters, Hunter Hinxman of Winnisquam took the win with a time of 12.31. Cracking the top 10 for Belmont was Ben Hills-grove in fourth with a time of 12.53; Lucas Mathieu with a seventh place time of 12.70 and Devin Bricknell with a time of 12.79. Xoren Powell of Winnisquam was 10th with a time of 12.97.

In the 200 meters, Hinxman had another win with a time of 24.76. Placing third through five were Belmont runners Nolan Gagnon, Hillsgrove and Eddie Mann with times of 25.70, 25.88 and 26.10. In ninth was Cooper French of Winnisquam with a time of 27.19. Tying for 10th place was Brandon Robichaud of Belmont and Leighton Morrison of Winnisquam with times of 27.94.

In the 400 meters, Hinxman picked up his third win with a time of 58.91. Evan Griffin of Winnisquam was third with a time of 1:00.95 and Sheamus Dunn was sixth with a time of 1:02.68. Top Belmont runners in the 400 meters were Kyle Whitcomb in 11th with a time of 1:05.96 and Rashaun Magdich with a time of 1:06.82 for 13th place.

In the 800 meters, Dylan Robert was the winner with a time of 2:06.63 with Riley Mann in second with a time of 2:13.17. Chris Pare and Jared Whitcomb of Belmont were fourth and

fifth with times of 2:25.97 and 2:27.60.

Zach Ennis of Belmont was the winner in the 1,600 meters with a time of 4:33.83. Patrick Goodwin narrowly missed the top 10 with an 11th place time of 5:34.76.

Winning the 3,200 meters was Winnisquam Kyle Mann with a time of 10:47.99. Jack Richard was eighth with a time of 12:02.73 and Brennan Dunn had a 10th place time of 12:49.83.

The 100-meter hurdles was won by Aidan Rupp of Belmont with a time of 19.91. Micah Edgren was second with a time of 21.06.

Rupp also won the 300-meter hurdles with a time of 47.50 and Edgren was tied for second with a time of 49.49. Mitchell Berry of Belmont was fourth with a time of 57.54.

In the 4X100-meter relay, Winnisquam was second with a time of 48.29. The team consisted of Hinxman, Griffin, Eric Young and Cooper French. Belmont’s team came in fifth and had a time of 52.32. It consisted of Bricknell, Magdich, Kyle Whitcomb and Eamon Kelley.

Winnisquam won

the 4X400-meter relay with a time of 3:48.57. The team included the Mann brothers, Griffin and Robert. Belmont was second with a time of 3:49.11 and consisted of Gagnon, Ennis, Eddie Mann and Rupp.

Tying for the win in the high jump was Bryce Hall of Belmont and Powell of Winnisquam with a height of five feet, six inches.

Bricknell of Belmont won the long jump with a distance of 17 feet, five inches. Mathieu placed second with a leap of 17 feet, three inches. Fourth through sixth were Belmont jumpers Hall, Robichaud and Kyle Plaza with leaps of 16 feet, 10.5 inches, 16 feet, seven inches and 16 feet, 3.5 inches. Jacob Cress was 10th with a leap of 15 feet, 7.5 inches and Lucas Robdau of Winnisquam placed 11th with a leap of 15 feet, two inches.

In the triple jump, Eddie Mann and Edgren were first and second with distances of 37 feet, 8.5 inches and 37 feet, one inch respectively. Leighton Morrison of Winnisquam was sixth with a leap of 31 feet, 10 inches. Plaza, Kelley and Cress of Belmont round

out the seven through nine slots with leaps of 31 feet, eight inches, 30 feet, nine inches, 30 feet, 7.5 inches respectively.

Zach Duclos of Belmont won the shot put with a throw of 39 feet, two inches. Brendan Kelley of Belmont was third with a throw of 35 feet, 1.5 inches. Also in the top 10 was Joey Spinale of Belmont with an eighth place toss of 31 feet, nine inches.

In the discus, Duclos was third with a throw of 101 feet, 10 inches. Brendan Kelley of Belmont cracked the top 10 with a seventh place toss of 92 feet, eight inches.

For javelin, Mathieu had a throw of 115 feet, 11 inches for fifth place. Eric Young of Winnisquam was ninth with a throw of 104 feet, one inch.

On the girls’ side, Belmont placed second overall and Winnisquam was third with both teams behind White Mountains.

In the 100 meters, Gabby Day of Belmont was second with a time of 14.20 and Jada Edgren was third with a time of 14.23. Alexis Poole of Winnisquam was ninth with a time of 15.77.

In the 200 meters,

Edgren was third with a time of 29.65 and Skylar Ruelke was fourth with a time of 31.24. Shannon Goodwin of Winnisquam was eighth with a time of 33.22.

In the 800 meters, Alice Riley of Belmont was second with a time of 2:35.59. Faith Gosselin of Winnisquam was fourth with a time of 2:38.99.

Riley won the 1,600 meters with a time of 5:36.03 and Gosselin was second with a time of 5:44.99. Aurora Couto of Belmont was fourth with a time of 6:23.83. Marguerite Parker of Winnisquam was seventh with a time of 7:19.60.

In 100-meter hurdles, Winnisquam’s Ilijana Markelic was second with a time of 20.12. Megan Fife of Winnisquam was third with a time of 22.04.

The Belmont 4X100-meter relay team was second with a time of 57.65. It included Day, Edgren, Lily Carter and Kayli Lowe.

In the high jump, Ruelke was tied for second at four feet, four inches.

In long jump, Day was second and Ruelke was third with distances of 14 feet, 5.5 inches and 13 feet, 11.25 inches respec-

tively. Markelic was the top Winnisquam jumper with a leap of 12 feet, eight inches for fourth place. Alexis Poole of Winnisquam was sixth with a leap of 12 feet, 1.25 inches.

In shot put, Molly Sottak of Belmont was second with a toss of 25 feet, 7.5 inches. Sara Seymour of Winnisquam was third with a throw of 23 feet, 9.5 inches. Rebekah Persson and Hannah Blackburn were eighth and ninth with throws of 21 feet, six inches and 21 feet, four inches.

Blackburn was the winner in discus with a throw of 86 feet. Goodwin and Seymour were fifth and sixth with throws of 70 feet, six inches and 69 feet, eight inches. Persson was eighth with a throw of 65 feet and Sottak was 10th with a throw of 57 feet, two inches.

In javelin, Goodwin was second with a toss of 78 feet, four inches. Persson was sixth with a throw of 71 feet, two inches; Seymour was seventh with a throw of 66 feet, eight inches and Blackburn was eighth with a throw of 64 feet, nine inches.

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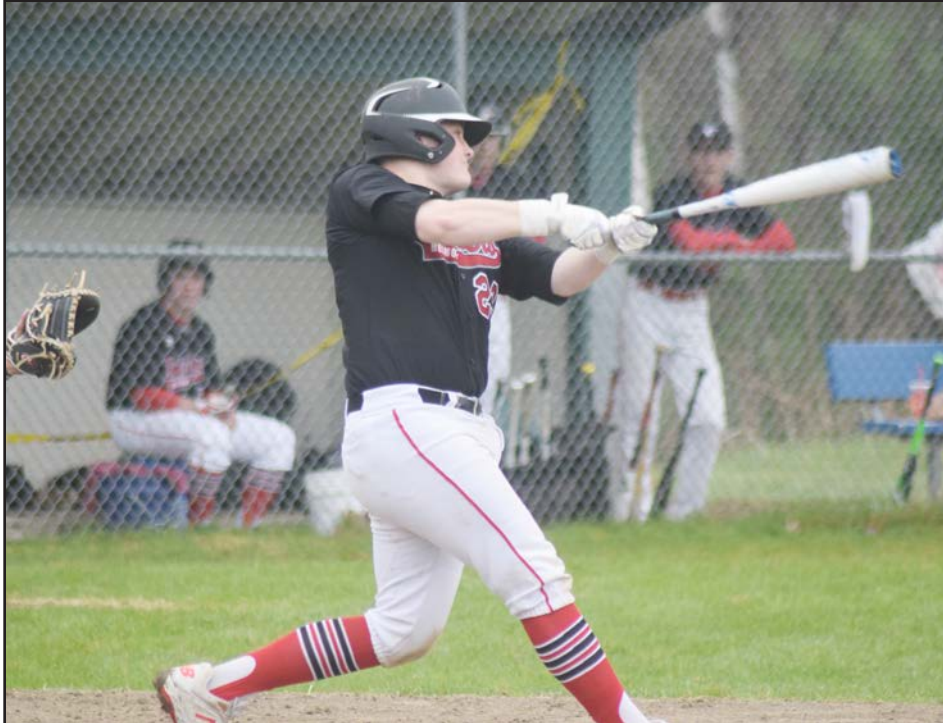
Austin Didsbury fires a pitch for Belmont in a win over Hillsboro-Deering.



Brett Auclair stretches for a catch at first base.



Griffin Embree lines a single to right for Belmont last week.



Cam Magerer takes a big cut on a pitch against Hillsboro-Deering.

Belmont baseball bounces back from first loss

BY BOB MARTIN
Bob@Salmonpress.news

BELMONT – The Belmont High School baseball team has been one of the best teams in Division 3 for the past several springs, and 2019 has been no different, with the Red Raiders posting a 6-1 record as the team nears the halfway point of the season.

Last week the Red Raiders faced Somersworth and were handed their first loss of the season by a score of 4-2. Somersworth jumped out to a lead early with two runs in the first inning and another run in the second inning, but the Red Raiders added two runs in the third inning to make it 3-2 in favor of the ‘Toppers. Somersworth added an insurance run in the sixth inning to make

it 4-2.

Griffin Embree pitched well for Belmont with a complete seven innings, striking out 12 batters, but he did allow 10 hits.

On May 1, the Red Raiders shook off the loss and came away with a 7-1 win over Raymond. Brett Auclair pitched seven innings of outstanding baseball, allowing two hits, one run that was unearned, two walks and a strikeout. Auclair was also 1/3 with a walk and a run.

It was scoreless for the first two innings but then Belmont piled on five runs on five hits in the third inning. Nate Sottak had an RBI single and then there were back-to-back RBI doubles by Austin Garrett and Austin Didsbury. This was followed by

a fielder’s choice and a sacrifice fly by Jason Gaudette.

Garrett was 2/3 with a double, an RBI and two runs. Didsbury was 2/4 with a double, three RBIs and a run. Embree was 2/4 with a pair of singles.

“A nice bounce back win after a tough loss on Monday,” said coach Matt Leblanc. “The team worked

hard to correct some mistakes and played with intensity and grit. Auclair was economical with his pitches and pounded the strike zone, allowing his defense to make plays. Just a good all-around team win against a good Raymond team.”

The Red Raiders followed up this win with a great 3-2 victory over Hillsboro-Deering, in

what was a great pitcher’s duel where Austin Didsbury and Mikey Sprague combined to allow only two runs on a hit. Belmont scored two first inning runs and held a 2-0 lead until the fifth inning when Hillsboro-Deering put a run on the board. Belmont immediately responded with a run, and while Hillsboro-Deering threat-

ened in the seventh inning with a run, the Red Raiders were able to hold on for the tight win.

Belmont had all away games against Laconia, Bishop Brady and Inter-Lakes after deadline. Next up is another away game against rival Winnisquam for a 3:15 p.m. first pitch.

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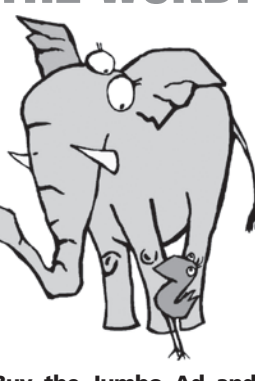
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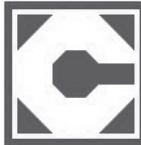
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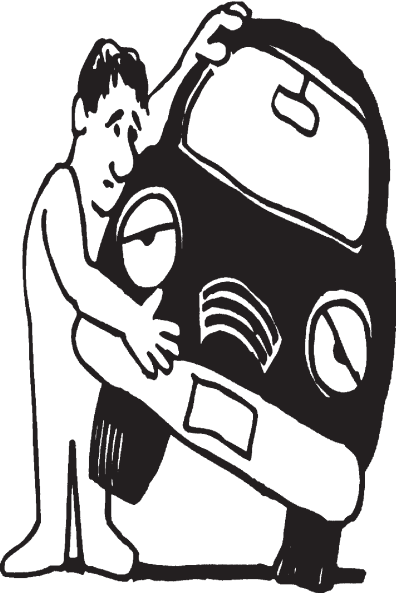
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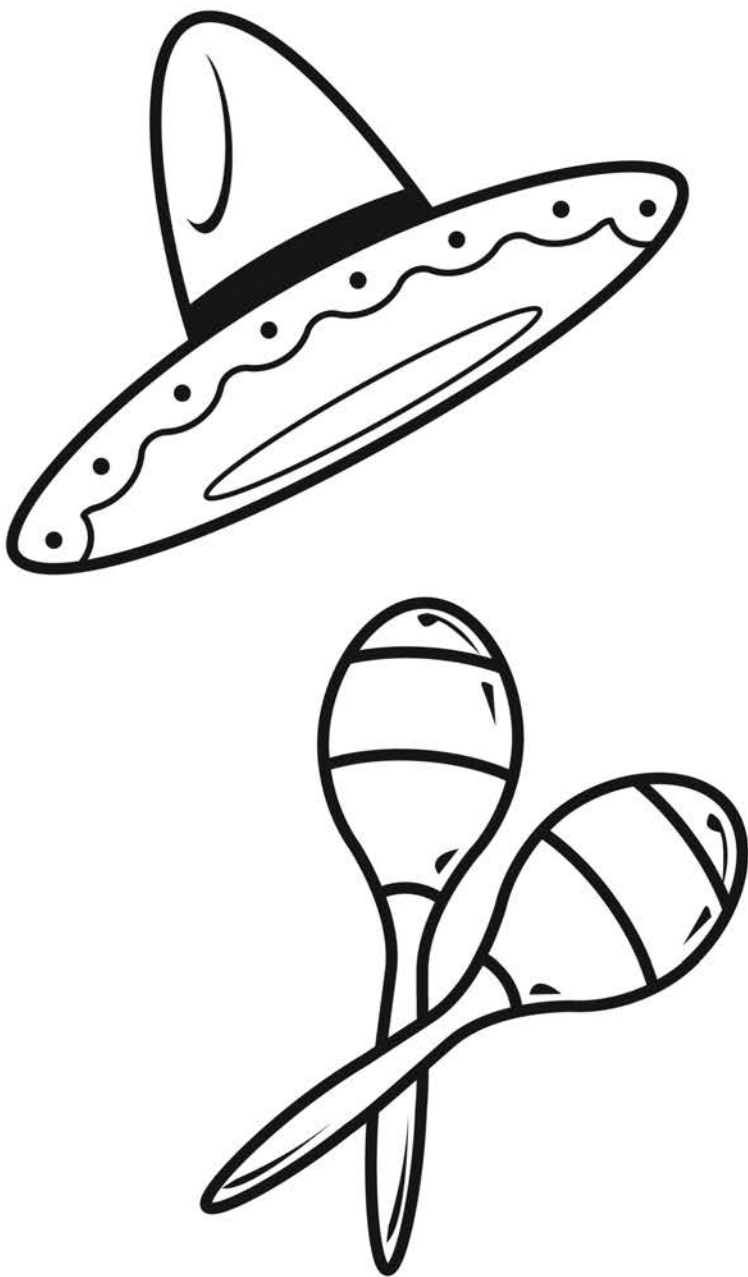


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ANSWER: TRUE

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defeating an opponent
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SPANISH: Fiesta

ITALIAN: Festa

FRENCH: Fête

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(Hint: 21 = e)

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Clue: Head gear

B. 26 23 6 3 21 25
Clue: Windbreaker

C. 12 21 23 25 1 21 22
Clue: Clothing material

D. 19 7 4 2 21
Clue: Loud sounds

Answers: A. helmet B. jacket C. leather D. noise

SUDOKU

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

Level: Intermediate

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

ANSWER:

Offense sputters as Bears drop a pair

BY BOB MARTIN
Bob@Salmonpress.news

TILTON – It has been a tough start for the Winnetuk baseball team, with the team losing a pair of games to bring the Bears' record to 1-5 to start the season, much due to the lack of offense exhibited in the early stages.

Last week the Bears lost 1-0 to Franklin on May 1 and then traveled to defending champion White Mountains where Winnisquam suffered a 10-0 loss on May 4.

The loss to rival Franklin was a tough one for the Bears, as the team got a fantastic pitching performance out of Phil Nichols. Nichols had 14 strikeouts and allowed only one hit in the game.

Franklin scored the only run in the second inning when Harrison Clark doubled and then scored on an error.

The Bears had a chance in the seventh inning when Evan Judkins singled, but he was stranded at third as the

game came to a close.

Clark was the starting pitcher for the Golden Tornadoes, and in what was a great pitcher's duel, threw a shutout gem with nine strikeouts, four hits and two big pickoffs for outs.

Michael Allard doubled and was hit by a pitch in the game. Addam Dunham had two hits and continued to do well at the plate.

“Very frustrating game against Franklin,” said coach Fred Caruso. “Philip was very good,

can't do much better than a one-hitter with 14 Ks and not get a win. We're 0-3 in his three starts, losing all three by a total of four runs... 5-3, 4-3 and 1-0. He deserves better. It's been the same old story. We haven't been able to get a big hit with guys on base."

On May 4, the Bears took the long bus ride to Whitefield and regardless of the lopsided score, Caruso said it was a tight battle much of the game.

“Despite the final

score, this was a 3-0 game entering the sixth inning against the defending state champion Spartans," said Caruso. "The Bears struggled again getting a big hit with runners on base, stranding 10 baserunners."

Jack Beaulieu made his first start of the season and pitched well into the sixth inning. He struck out 10 Spartans in the game. Allard reached base on two walks and a hit by pitch, and then made the most of it by

stealing two bags.

The Bears have been outscored 36-17 in the first six games, and the need for offense is apparent after last week's back-to-back shutouts. Winnisquam looks to turn things around this week, with four games in five days. After deadline Winnisquam faced Mascoma Valley, Prospect Mountain and Bishop Brady. On May 10, Winnisquam faces rival Belmont for a 3:15 p.m. start at home.

First Moose Mountains Trail Race set for June 1

MILTON — A new local trail race, the first Moose Mountains 10K Trail Race, will take place on Saturday morning, June 1, at Branch Hill Farm, 307 Applebee Road, Milton Mills. With a 9 a.m. start time, the race traverses a loop course of woods roads appropriate for both seasoned and beginning trail runners.

Race Director Dan Coons is eager to attract athletes whose preferred sport is trail running. “We’ve planned an exciting new trail race course to test your mettle and push you to the next level! If your usual route is feeling monotonous, come check us out. This race will challenge

you with an unfamiliar track and hilly climbs on winding woods roads.”

Volunteer race assistant Sarah Canney encourages beginning trail racers to also come try it out. “This race promises fun, great running trails, and a supportive atmosphere for all. Whether it’s your first time competing on woods trails, or you want an experience for the whole family, or you’re here for a warmup race and a high energy way to start your day, please join us for the first annual Moose Mountains Trail Race.”

The 10K Trail Race registration is \$25 in advance or \$35 on race day. Awards will be presented to the top three

finishers in each gender and 10-year age groups, as well as to overall winners. Advance online registration is available at www.mmmrg.info/moose-mountains-trail-race/. Race registrants may order exclusive race T-shirts with the Moose Mountains Trail Race logo for \$12 by May 24 from Calico Graphics. A post-race party will feature complimentary food for racers, food trucks will also be available.

A 'Kids K' will immediately follow the 10K Trail Race, starting around 10 a.m. Kids K registration is \$5 and all children who finish their race will receive small prizes.



COURTESY

SARAH CANNEY runs the trails that will be part of the Moose Mountains Trail Race.

The Moose Mountains Trail Race is presented by Moose Mountains Regional Greenways (MMRG) in partnership with Branch Hill Farm (BHF) on BHF's private conservation land. The

event will help raise funds to create a continuous regional greenway, connecting existing pathways and developing new trail systems to increase recreational opportunities in the Moose

Mountains region. Volunteers are needed and can offer their help by contacting MMRG Education Coordinator Kari Lygren at 978-7125 or info@mmrg.info.



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