

# Veterans Home celebrates 460 years of employee service



**Pictured are New Hampshire Veterans Home celebrated employees (left to right) – First row: Sirena Bitetto, Donna Kurinskas, Barry Lee, Holly O’Connell, Ryan Robbins, Debra Ruggieri. Second row: Trilli Timm, Heather Wilcox, Joyce Costello, Kassie Beaudet, Louise Foote, Nancy Guyotte. Third Row: Valerie Howe, Karen Norris, Dawn Orday, Christine Willoughby, Lisa Davis, Launa Deshaies. Fourth Row: Vicki Greenwood, Laurie Doucet, Michelle Bean and Donna Thompson.**

TILTON — The New Hampshire Veterans Home (NHVH) resident veterans, board members and staff recognize 29 employees with 460 years of combined service to the State of New Hampshire this week. Public Service professionals who serve our nation as federal, state, county, local and tribal government employees are nationally honored

the first full week of May as an important part of Public Service Recognition Week. This year, the NHVH is recognizing employees’ longevity as an integral part of their dedication as public servants.

“The New Hampshire Veterans Home is fortunate to have these front-line heroes as part of our team, especially during

the challenging times of a global pandemic,” said Margaret LaBrecque, New Hampshire Veterans Home Commandant. “It’s a pleasure to recognize so many dedicated team members who are committed to providing the best quality of life for our state’s veterans with dignity, honor and respect.”

NHVH’s celebrated

employees were presented a certificate signed by Gov. Christopher Sununu and a pin commemorating their service year. Employees receiving these honors include:

10 Years: Joelle Bent, Sirena Bitetto, Kayla Jameson, Donna Kurinskas, Barry Lee,

SEE **VETERANS**, PAGE A7

# Former Spaulding employee indicted on charges of assault, drug possession

CONCORD — Attorney General John M. Formella announces that Thomas John Ball Poirier (age 39) of Tilton has been indicted by the New Hampshire Multicounty Grand Jury on charges of First Degree Assault on a person under 13 years of age, Second Degree Assault, Reckless Conduct, Obtaining a Controlled Drug by Deceit, and Possession of a Controlled Drug.

Mr. Poirier was formerly employed at Spaulding Academy and Family Services in Northfield. The charges allege that between Dec. 15 and 22 of last year, Mr. Poirier stole Methylphenidate, commonly known under the brand name Ritalin, which had been prescribed to Spaulding’s residents, some of whom were children under the age of 13. The charges further allege that Mr. Poirier replaced the stolen medication with an unknown substance, and that, in doing so, he caused serious bodily harm to two children residing at Spaulding Academy and Family Services.

First Degree Assault is a class A felony that, when committed against a person under 13 years of age, is subject to an extended term of imprisonment of 10 to 30 years in the New Hampshire State Prison. The remaining four charges are class B felonies that each carry a maximum penalty of three and a half to seven years in the New Hampshire State Prison.

Poirier will be arraigned in the Merrimack County Superior Court on a date to be determined.

The charges and allegations are merely accusations, and Poirier is presumed innocent unless and until proven guilty.

SEE **POIRIER**, PAGE A7

# Donahue, Robert pace Bear boys to victory



**Aiden Donahue won three events, including the long jump, in last Tuesday’s meet.**

BY JOSHUA SPAULDING  
Sports Editor

TILTON — The Winnisquam track team took to its home oval on Tuesday, April 27, where the Bears were joined by Newfound and Prospect Mountain on a sunny afternoon.

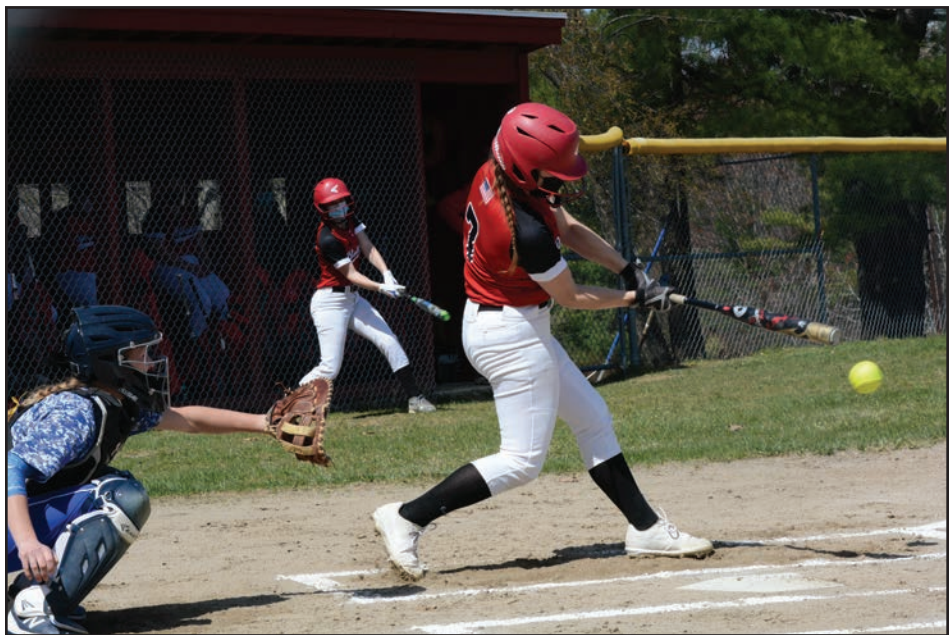
The Winnisquam boys took the win over Newfound, with Prospect Mountain in third place while the Bear girls finished in third place, with Newfound and Prospect taking the top two spots.

Joey Damato took home top honors in the 1,600 meters with a time of 5:18.34.

In the 400 meters, Riley Mann ran to the win in a time of 56.84 seconds and Patrick Goodwin finished in second place in a time

SEE **BOYS**, PAGE A7

# Belmont softball brings out the brooms in doubleheader



**Becca Fleming connects with a pitch during her team’s doubleheader against Gilford last week.**

BY JOSHUA SPAULDING  
Sports Editor

BELMONT — The Belmont and Gilford softball teams beat the bad weather that rolled into the area later in the week by playing a doubleheader on Tuesday,

April 27.

The two teams played a couple of close games but in the end, both games went to the Raiders, both by a score of 5-4.

“Good wins against a quality team,” said Bel-

mont coach Bill Clary. “We had a couple of girls out, so there were girls in positions they don’t normally play.

“It’s nice to see we can make those adjust-

SEE **SOFTBALL**, PAGE A6



# Belknap EDC loan program provides supports Winnepesaukee Cleaning

LACONIA — Winnepesaukee Cleaning owner, Tabitha Perkins and her daughter, Cortland Findlay, who helps her run the business, recently

closed on the purchase of Bear Tree Lodge in Meredith with financing support from the Belknap Economic Development Council (Belknap

EDC).

The purchase of Bear Tree Lodge means a lot to the long-term growth of Winnepesaukee Cleaning, allowing them to build a garage space, provide housing to staff and be their new full-time headquarters.

Findlay described their experience with Belknap EDC as “easy” and “stress free.”

“It was a wonderful process that really opened the door for me to all that Belknap EDC does for small businesses like ours,” states Findlay. “They’re willing to work with your creativity and run with your ideas. Justin and the Belknap EDC team

were extremely helpful with everything.”

Findlay reflects, “To think...just 11 years ago my mother was working out of her house and here we are now, moving from a rental space to a place we’ll own, all with the ability to stay in Meredith. We’re all very excited about this next chapter of Winnepesaukee Cleaning.”

“Belknap EDC enjoyed working with the Winnepesaukee Cleaning team to assist them as they expand their operations in Meredith”, stated Justin Slattery. “We wish them great success in the future and look forward to continuing to work with them.”

About Winnepesaukee Cleaning  
In 30 years of clean-

ing experience and more than 15 years of owning Winnepesaukee Cleaning, Tabitha Perkins, has successfully cleaned numerous properties throughout the Meredith and surrounding areas. Winnepesaukee Cleaning comes accomplished and well equipped in cleaning a range of needs. Winnepesaukee Cleaning understands their clients’ necessities and continues to strive to clean every client’s house to perfection.

About Belknap Economic Development Council

Belknap EDC is one of ten non-profit regional development corporations in the state of NH. Since its inception in 1992, Belknap EDC has brought \$3 million in new capital to Belknap County in the form of

federal grants and loans that comprised the seed capital for its revolving loan fund. Belknap EDC has used this capital to make loans to 80 Belknap County businesses, which leveraged over \$91 million in capital from other sources and created or retained more than 1,700 jobs. Our loan fund continues to assist new and growing businesses who cannot access 100 percent of the financing they need from conventional sources. Belknap EDC works to retain and attract talented people to Belknap County, support entrepreneurs in Belknap County, support community advancement and development, and enhance workforce development programs in the Lakes Region. For more information, please visit [www.belknapedc.org](http://www.belknapedc.org).



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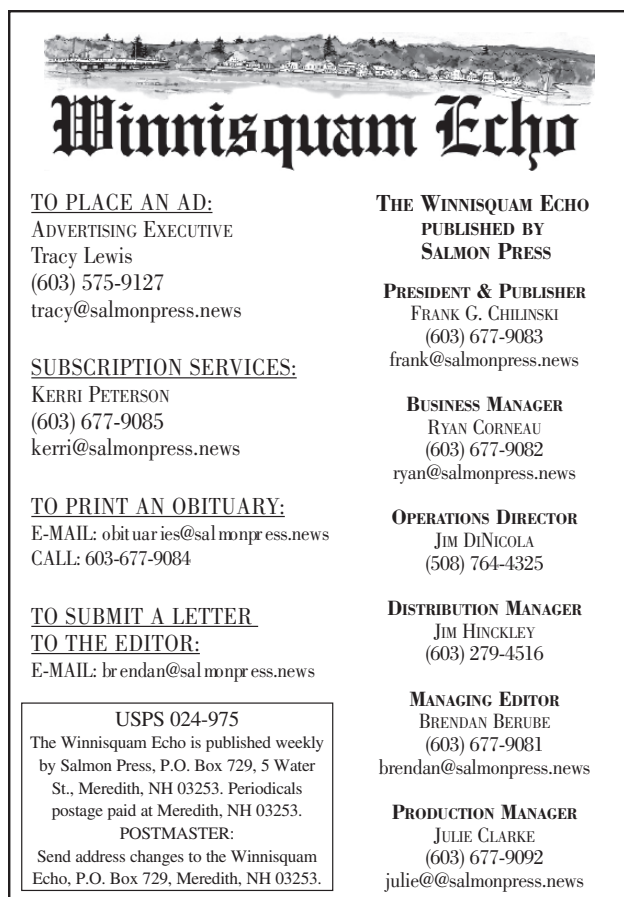
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**HAPPY SUMMER!**



# Annalee Thorndike Art Competition scholarship winners announced

GILFORD — On Thursday, April 16, the awards presentation for the Annalee Thorndike Art Competition was held at the Gilford Public Library. The first-place award went to Aislinn Hird, a graduating senior from Interlakes High School, who hopes to major in Illustration and Literary Arts with a minor in education. Second place went to Harrison LaFlamme from Gilford High School, with third and fourth place awards going to Mae Kenny and Alaina Osburn, also from Gilford.

Annalee Thorndike, was the co-founder of Annalee Dolls in Meredith along with her husband Chip. In 2000, Annalee set up a permanent education endowment, for the purpose of funding scholarships for students in the greater Lakes Region, who intended to pursue an art related degree. It had long been Mrs. Thorndike's dream to establish an art scholarship, to help students in the area complete their college education and encourage their artistic future. The award was to be administered through the Lakes Region Scholarship Foundation. The first award was made in 2001 with Mrs. Thorndike present. Since her passing the following year, the scholarship foundation has been

pleased to have Mr. & Mrs. Chuck and Karen Thorndike present at the awards presentations, in order to tell Annalee's story and show her work to the recipients and guests.

Joan Frates, LRSF vice-president, was the event chairman this year, with a small committee of assistants, including Judy Ball and Paulette Loughlin from the scholarship foundation. Additionally, as in the past, a panel of judges were asked to review the work of the applicants. The judges are usually local artists and this year they included: Larry Frates, Roger Gagne and Acacia Rogers.

When speaking with Joan Frates, she commented "We were pleased with the caliber and variety of the work presented this year. It was a pleasure to be able to have the Thorndikes come, once again, to represent Annalee. Their presentation really brings Annalee alive to all of us and seeing some of the dolls, even from her earliest days gave us a window into her talent and creativity."

She added, "We are so grateful to our panel of judges for volunteering their time not only to judge but to speak with the students on awards night. We are also grateful to Katherine Dormo-

dy, director of the Gilford Public Library and to her staff for allowing us to use their beautiful facility to display the students work for a week."

COURTESY

The Annalee Thorndike Art Scholarship Competition winners were announced earlier this month at an awards ceremony in Gilford. Pictured (l to r): Lakes Region Scholarship Foundation Executive Director-Karen Switzer, Judge-Acacia Rogers; Judge-Larry Frates; 1st place winner- Aislinn Hird; Judge-Roger Gagne; Annalee Thorndike Art Competition chairman-Joan Frates.



## Bank of New Hampshire welcomes Deborah Clapp as Senior Credit Analyst



Deborah Clapp

LACONIA — Bank of New Hampshire is excited to welcome Deborah Clapp to our Commercial Services Team as Assistant Vice President – Senior Credit Analyst.

In this role, Clapp will be responsible for evaluating the credit history of individuals and organizations as it relates to loan applications for new and existing business borrowers. She will also provide reviews of the

Bank's larger commercial relationships.

Clapp began her career in banking over twenty years ago and has spent a majority of that time as a credit analyst. She holds an Associate's degree in Accounting from Franklin Pierce College along with years of valuable experience as a Credit Analyst.

"Deborah's extensive experience and technical skills as a Credit Analyst will be of tremendous value to our Commercial Banking Team as we grow our loan portfolio while continuing to provide timely service and

an excellent customer experience to our borrowers," said Ross Bartlett, EVP Chief Commercial Banking Officer for Bank of New Hampshire.

Bank of New Hampshire is excited to have Deborah in this role on our team as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

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and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit [www.BankNH.com](http://www.BankNH.com).

## BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of April 19-26.

Rita Avery, age 56, of Campton was arrested on April 19 for Disorderly Conduct.

Michelle L. Kent, age 35, of Belmont was arrested on April 20 in connection with multiple bench warrants.

Shayna Blodgett, age 34, of Belmont was arrested on April 20 for Driving After Revocation or Suspension.

Heather Lynn Braley, age 40, of Belmont was arrested on April 21 for multiple counts of drug possession and dealing.

Jessica L. Patten, age 41, of Laconia was arrested on April 21 for Breach of Bail.

Beau Charles Clough, age 30, of Laconia was arrested on April 21 for Disobeying an Officer, Driving After Revocation or Suspension, and multiple counts of drug possession.

Jaime Alex Garcia, age 42, of Belmont was arrested on April 24 for Violation of a Protective Order.

Nathan G. Bishop, age 21, of Belmont was arrested on April 25 for Breach of Bail and Harassment.

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## Spring cleaning is about more than tidying up

It's been a rainy week, which means that spending time inside organizing and cleaning — along with watching the Red Sox hold steady in first place — was top on our to-do list. Spring cleaning, a chore that happens every year, feels great when complete. Why is it that something so tedious and boring could be so good for us?

Did you know that cleaning actually supports your immune system? Cleaning is of huge benefit especially to those with allergies. Getting rid of dust, pet dander, mildew and mold can trigger the immune system causing unnecessary illness. Those with cluttered homes tend to suffer the worst. To avoid indoor allergies, vacuum regularly, this to include your furniture.

Cleaning reduces stress. While cleaning, your brain is able to relax. This mindless activity can give you a chance to de-stress. Experts say that cleaning for as little as twenty minutes can reduce anxiety by up to 20 percent. It's a win-win — sure, it's no day at the spa, but constructive relaxation is always good. Using products with scents said to induce relaxation such as lavender is also an expert tip.

Heart health can be improved by cleaning by way of exercise. Just a half an hour of vacuuming can burn up to 100 calories. It's a known fact that people who like to keep their homes clean tend to take more interest in their overall health and well-being.

A tidy bedroom is said to help you sleep better. Individuals who make their beds are roughly 20 percent more likely to get a more restful night sleep. Seventy-five percent of people polled sleep better on clean sheets, in a room with less clutter.

When you are in a tidy area, your production increases. Less clutter means less distraction, which is said to clear up mental space. A study from 2011 published in the Journal of Neuroscience used MRI's to track the brain's response to cleanliness. More clutter was found to significantly limit the brain's processing capability.

Checking off the cleaning to do list can make you feel more satisfied and can boost your mood. A clean, fresh house is said to naturally boost endorphins and boost energy levels which leads to a decrease in depression.

Cleaning and organization can have a domino effect in that it can lead to sprucing up other areas of your life. Interesting, was the one finding that stated when individuals were placed in a clean, well-organized space they were more likely to choose healthier menu items.

Perhaps William Morris put it best: "Have nothing in your house that you do not know to be useful, or believe to be beautiful."

## Send your letters!

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COURTESY

### Home Depot donates to children's literacy program

Home Depot in Tilton has made a generous donation to the Raven Gael Blaisdell Foundation at Hall Memorial Library in Northfield to assist their mission of supporting children's literacy and encouraging a love of libraries. Funds will be used to provide books and programming for children in local communities. Rakeem Parker, Assistant Manager of the Home Depot, is shown with Paul Blaisdell, President of the Raven Gael Blaisdell Foundation.

## STRATEGIES FOR LIVING

### Jesus gives God a face

BY LARRY SCOTT

"Jesus gives God a face," writes Philip Yancey. "and that face is streaked with tears" (Reaching for the Invisible God, p. 139).

The personal God who walked and talked with man in the Garden of Eden had apparently vanished. Centuries later He revealed Himself again, this time to Abraham, and began anew to reestablish His presence on earth. Read the Old Testament and you will find God showing up on occasion—in a burning bush, in a pillar of fire, and in the middle of Nebuchadnezzar's furnace. But it was not until Jesus that God had a human face.

Were it not for Jesus, I must admit, I would

be an atheist. Creation gives me the hint of an intelligent designer, but falls far short of proof. Jesus is the closest evidence I have that proves there is a God, and that He is active in our world. I believe in God because Jesus believed in God, and what I believe about God comes from what I learn of Him through the life and ministry of our Lord.

Islam highlights the majesty of God. "God is great" is a refrain that tells of a remote, sovereign, Almighty God, judging His followers according to their deeds. Christianity, however, portrays a loving God, a compassionate, forgiving deity who came to earth in the person of His Son. Jesus tells me of a God who cares, a

God who stooped to become one like me, a God who walked in my shoes. Allah, The Great God of Islam, has become Abba, the daddy of the Christian faith.

But the coming of the Messiah not only taught us about God; it also taught God something about us. How could the sovereign God understand pain, uncertainty, and fear except as Jesus dealt with those issues during His sojourn on earth? God now understands what it means to be human.

I have been writing about Jesus Christ in this column, highlighting His life and the principles He lived by, all the time fearful my readers see these thoughts as little more than religious rhetoric. The challenge

for me has been to convey the magnificence of God's gift, the marvel of a new perspective on life that is available to us all through Jesus Christ. It is only in Him we can understand where we have come from, where we are going, and how to make tolerable the journey until we get there. Jesus makes the unapproachable God approachable, the invisible God visible. "In Him," writes the Apostle Paul, "dwelt all the fulness of the Godhead bodily."

If you want to know the God with a face, a face that is streaked with tears ... you must begin with Jesus Christ.

For more thoughts like these, follow me at [indefenseoftruth.net](http://indefenseoftruth.net).

## LETTERS TO THE EDITOR

### Hummingbirds nearing us, coming north

To the Editor:

News has reached me from friends in Groton, Mass., that their hummingbirds have arrived! I keep track of their arrival date here. In 2011, I had mine in the yard on April 30. In 2012, it was May 1. Other years, later: May 18 in 2013. Most years somewhere in between, with its being closer to the start of May.

Time to put out the feeders. We have no black flies for them yet, nor their favorite flowers. Ours fly more than 3000 miles from their winter habitat in Mexico, at 30 miles per hour! Let's be ready for them.

Sincerely,

LYNN RUDMIN CHONG  
SANBORNTON

### Don't let Critical Race Theory divide us

To the Editor:

Like many other readers, I am an American of an ancestry that may include only one or many ethnic backgrounds. This is the reputation of the United States, a country comprised of people from different countries with different cultural heritage who want to experience the opportunities that this great land affords to those who work hard, persevere and keep their eye on the prize.

This is the land where dreams come true. The land where one can live in liberty to pursue their happiness. Last Saturday was a testimony to this very characteristic of this great land. People from different backgrounds and heritage testified to their desires and their dreams in the land that recognizes that all men are created equal. This is the land where everyone can live the dream. This is the land of liberty, freedom with responsibility.

The road to every dream has obstacles, mistakes, setbacks and doubters, but we all have the opportunity to make the dream come true. America does not ensure the outcome, but here, you can have the opportunity to achieve your goals if you work hard with determination and tenacity.

But this is not the America those who are shopping Critical Race Theory, like Sen. Dan Feltes and

Gov. Chris Sununu, promote. They would like us all to feel victimized and identified by the color of our skin or the shape of our eyes. They are wrong to identify our differences. Their methods will make victims not victors. So that they can swoop in as saviors to make us dependent on their handouts. That is not the promise of the land of the free and the home of the brave.

America is a land where we should celebrate our differences and the value those differences add to the richness of the people as we judge one another by the quality of their character. I for one don't want to be a hyphenated American. I want to obtain a position or job because I am the most qualified, not because I am receiving extra points because of the color of my skin or the shape of my eyes.

We cannot allow the ideas of Critical Race Theory to prevail. We must take a stand for real liberty and real opportunities, not oppression and division. Let your voice be heard; let your Senators and the Governor know that we reject the teaching of victimhood to our children. No CRT in our taxpayer funded schools or our places of employment.

KAREN TESTERMAN  
FRANKLIN



About bats, and fat fish, and a brush with the law



By JOHN HARRIGAN  
COLUMNIST

Among the rubble on my desk this week was a sticky-note that said “Bats.” It was not about my encounter with Tom Yawkey on the roof of Fenway Park, which is a pretty good story, but instead a reminder about an even neater story by Shawne Wickham in this past weekend’s New Hampshire Sunday News, about the kind of bats that fly.

Fish and Game is partnering with UNH’s Cooperative Extension on a survey to see how New Hampshire’s bats are doing. Organizers are seeking volunteers, and have posted details on their websites.

The state has eight species of bats, and all are suffering the effects of white-nose syndrome. This aptly named fungus becomes an unrelenting

irritant to hibernating bats, periodically waking them and depleting their energy. It is a killer.

+++++

Bats have a bad reputation, most of it unearned. They do not try to fly into bouffant hairdos. They do not (at least around here) fasten themselves, vampire-like, to cows’ necks. They can, in fact, carry rabies, but so can raccoons, skunks, and your family dog.

Also, bats sometimes emerge in unexpected places after dark, like your bedroom closet, and flap around the room, which can panic its occupant.

I’ve had some experience with this. Perhaps, I’ve long thought, confused pups (young bats) are the wayward fliers.

While a fishing net is often the first thought, as in catch and release, you don’t want to be swatting away with a net and risk injuring something that eats half its weight in insects per night. Shutting off the lights, opening a window, and going off to read a book might do it.

+++++

Bats were part of my growing up, and they were active (and I hope

still are) all around town. We had them at home, where they roosted under the barn roof. During my years at Clarksville Pond, on either side of dusk and dawn, bats competed with barn-swallows for myriad emerging insects.

Later on, when Fish and Game was one of my beats, I sometimes hung out with Eric Orff, a wild-life biologist with a penchant for salamanders, peepers, spawning runs, and bats. As a side-job, he became expert at dealing with bat “problems,” often based on (to put it gently) lack of knowledge. Eric was the perfect guy to do what was best for the bats, and diplomatically square the issues.

(If you Google Eric, you’ll find plenty. His Facebook page, blog, and various other venues will get you information on everything from herring runs to hummingbirds to Hornbergs.)

In Shawne’s story on bats, a wildlife biologist noted that “they’re our only flying mammal.” This might have sent armchair biologists right out of their chairs, but flying squirrels don’t actually fly, they soar.

And catch an uplift now and then? For sure.



Most of these hibernating bats display the white-nose fungus that can be such a deadly irritant, interrupting sleep when they most need to conserve energy. (Courtesy NH Fish and Game, Non-Game Program)

+++++

Fish and Game remains my favorite state agency. Call it a built-in bias. I grew up as a free-ranging kid in woods and swamps. My best friend (Jimmy Berry) was a game warden’s son.

Anyone wearing the Fish and Game uniform got instant respect and a certain amount of trust. Never mind that in my first encounter with such a person, he turned out to be wrong.

At age 10 or so, I was fishing Beaver Brook above the old millpond dam, a leaking log-and-rock cribwork structure that was on the point of collapse. I had waded

upstream to a deep hole, where I just couldn’t seem to miss.

This was before I’d learned to fly-fish, so I was using garden hackle. I soon had my alder-branch stringer of five nice trout hung on my belt, enough to clean and hand over for tomorrow night’s supper.

Out stepped Skinny Norris, the longtime Game Warden, who took one look at my stringer of fish, recognized hatchery trout when he saw them, and accused me of fishing below the dam, which was against the law.

This was exactly where the hatchery truck, at the behest of the self-same Skinny Norris,

had dumped half a load of half-tame trout. Some had tail-finned their way above the breached dam.

At first Warden Norris didn’t believe me, but I stuck to the truth. Back into the alders he went, with a “Harrumph.”

Still, after all these years, and never being one to hold a grudge, would I do what I could for the bat survey, the Department, the Extension, and the bats?

You bet.

(Please address mail, with phone numbers for questions, to campguy-hooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

Comfort Keepers  
Physical activity for senior care

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

It’s been proven time and again that exercise is good for seniors’ physical and mental health. Regular exercise, even in small amounts, can improve mood, relieve stress and improve health. According to the CDC, four of the five most expensive health conditions older adults face can be prevented or managed with physical activity. But, only about 35 percent of adults over the age of 65 are physically active.

Any senior starting a new exercise plan should consult with their physician. And, it is helpful for family and members of the care team to assist and support physical activity in any way they can.

For those that are physically able to begin an exercise program, regular movement can help them live a more vibrant and healthy life. Some of the health benefits include:

Improved mental health, mood and outlook  
Prevention, or im-

provement of, diseases such as diabetes, obesity, heart disease, and osteoporosis

Reduced pain from arthritis and minimizing its severity

Decreased risk of falls

Each individual has different needs when it comes to exercise and varying health conditions that may need to be taken into consideration before beginning an exercise regimen. A health professional to determine the best approach to physical activity with senior care.

There are a variety of ways to incorporate aerobic activity, strength building exercises, stretching and balance – all without leaving the comfort of home!

Aerobic exercise – Walking in place, dancing or aerobic routines can help get the heart rate up. These activities improve cardiovascular health and help older adults maintain a healthy weight.

Strength building exercises – there are many easy strength building exercises that can help seniors build the muscles they need to do everyday activities and prevent muscle loss. And, exercises can be done with household items or using body weight, so no expensive equipment is required.

Stretching – Stretching before and after exercise can help prevent soreness after exercise. And, the additional bene-

fit is improved flexibility, which is good for older adult’s physical health. For those looking to improve their flexibility even more, there are exercise routines available online that include yoga or stretching routines specifically for seniors.

Balance exercises – Balance exercises help seniors prevent falls and improve mobility. Yoga, tai chi, and other low-impact activities can all help improve balance and overall physical health.

Those that need a little assistance getting started should not hesitate to reach out to their doctor, family or caregiver. It is never too late to adopt an active lifestyle!

Comfort Keepers® can help

For seniors that need a little extra help living an active lifestyle, Comfort Keepers caregivers can help with encouragement, support and assistance with physician-prescribed exercise plans. And, caregivers can encourage overall health through meal planning, grocery shopping, meal preparation and activities. Our custom care plans focus on physical and mental health and wellness activities. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local

Comfort Keepers location today.

About Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

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Shaker Regional School District  
Request for Proposal  
Drainage (Swale) for SAU Parking Lot

Shaker Regional School District is seeking proposals for the installation of drainage (swale) for the SAU Parking Lot. The complete proposal can be obtained by visiting the website, [www.sau80.org](http://www.sau80.org), or by contacting Steve Dalzell at 267-9223x5309.

Shaker Regional School District  
Request for Proposal  
Precast Stairs

Shaker Regional School District is seeking proposals for the purchase, delivery and installation of precast stairs at Belmont Elementary School. The complete proposal can be obtained by visiting the website, [www.sau80.org](http://www.sau80.org), or by contacting Steve Dalzell at 267-9223x5309.

Shaker Regional School District  
Request for Proposal  
Stair Removal & Site Prep

Shaker Regional School District is seeking proposals for the removal of concrete stairs and site preparation for replacement stairs at Belmont Elementary School. The complete proposal can be obtained by visiting the website, [www.sau80.org](http://www.sau80.org), or by contacting Steve Dalzell at 267-9223x5309.

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Edward Jones: Financial Focus

Here’s a long-lasting Mother’s Day gift

Mother’s Day has almost arrived. As an adult, you can fully appreciate all your mother has done for you, so, on this occasion, you may be happy to give Mom flowers, candy, jewelry or something similar. But Mother’s Day is here and then it’s gone. Is there a longer-term gift that can make a real difference in your mother’s life? Actually, there is – the gift of knowledge for her financial future.

Specifically, there are two key areas in which you may be able to provide valuable help to your mother: long-term care and estate planning. But don’t panic – you don’t have to be an expert in either one of these subjects. You can, however, steer Mom – and possibly your other parent, too, if one is in the picture – in the right direction. Let’s take a quick look at both these topics.

First, consider long-term care. If your mother is in good health, you may not have thought much about

whether she would eventually need an extended stay in a nursing home or the services of a home health aide. But the odds aren’t necessarily in her favor: About 70 percent of adults who reach 65 will eventually require some type of long-term service and support, according to the U.S. Department of Health & Human Services. And this type of care is expensive: The annual median cost for a private room in a nursing home is more than \$100,000, and it’s nearly \$55,000 per year for the full-time services of a home health aide, according to a survey by the insurance company Genworth.

Unless your mother has accumulated a great deal of financial resources, she likely won’t be able to pay these costs out of pocket without jeopardizing her financial independence. Furthermore, Medicare typically pays only a small portion of these expenses.

To help your mother deal with this potential financial threat, you might want to suggest she meet with a financial professional, who can explore possible strategies and products designed to address long-term care. And the sooner, the better, because these solutions will become more expensive and challenging the older your mother gets.

The second topic you may want to bring up with your mother is her estate plan. Has she drafted a will? Has she safeguarded her wishes by creating the necessary legal documents? These could include a durable power of attorney for finances, which allows her to name someone to manage her financial affairs if she becomes incapacitated, and a durable power

of attorney for health care, which allows someone to make medical decisions for her if she is able to do so herself.

Having her estate plans in order can help protect your mother’s finances and ensure her legacy is honored – which is almost certainly an outcome she would keenly desire. So, if your mother doesn’t already have a comprehensive estate plan, encourage her to see a legal professional to start the process. Helping your mother protect herself from the catastrophic costs of long-term care and the chaos of an inadequate estate plan may not sound like a typical Mother’s Day offering, but your actions can help keep Mom in a good place in life – and that’s a pretty valuable gift.



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This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC  
Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.



# Laconia Little League Opening Day features announcement of A New LRSF award

LACONIA — The 2021 Laconia Little League Opening Day was held this past weekend with all of the traditional ceremonies and excitement.

Following the traditional parade, opening prayers by Rev. Marc Drouin, a rousing rendition of the “Star Spangled Banner” and the opening day speeches from the governor and the mayor, Laconia Little League president, Joe Dee proceeded to inform the gathering that he had a special announcement. He told everyone “We have something very special, this year, that we would like to announce.

Twenty-seven years ago, Jonathan Farmer played baseball right on this field. He was an exceptional player, an unbelievable team leader and a great teammate.” Dee went on to say that Jonathan decided to join the US Army in 2005 and later became a member of the Special Forces.

He went on to become a Chief Warrant Officer in the Special Forces and served six overseas combat tours. Jonathan was killed in a suicide bombing by the enemy in 2019 in Syria. At this point, Dee introduced the family members present, and had them stand for recognition by the crowd. Also in attendance were Retired General, Donald Bolduc and Jonathan’s former Laconia Little League coach, Red Charland. Both men spoke to the players and their families about Jonathan Farmer from their personal experience.

Dee continued, “He (Jonathan) represented the very best that the City of Laconia has to offer. He was our 1993 Mr. Little League award winner, presented right on this field. In recognition of Jonathan’s contribution to our country and this community, Laconia Little League has established the Jonathan Farmer Scholarship for

\$1,000 in coordination with the Lakes Region Scholarship Foundation. This award will be given out annually to a Laconia High School graduate, who has come through the ranks of the Laconia Little League.”

Lakes Region Scholarship Foundation Assistant Director, Amanda Dudek, and Board member Karin Salome were present for the announcement representing the Foundation. Amanda Dudek commented that the criteria mentioned by Joe Dee in his speech would be the guideline for the choice of the candidate for this award. She said that ideally, the Little League board would be looking for someone who was a team player, supportive of his classmates and respectful. A student who had been seen as a hard worker, at home and in school and lastly someone who was generous with his time for others, for good causes and com-



Laconia Little League Opening Day Ceremonies were honored with special guests this year. The Farmer Family along with Lakes Region Scholarship Foundation Assistant Director, Amanda Dudek and LRSF Board member Karin Salome were present for the announcement of a new LRSF scholarship award sponsored by the Laconia Little League, to recognize and honor one of Laconia’s own, who lost his life while serving in the military in Syria. (Pictured: Front row: Preston and Priscilla Farmer (twins age 6) (Jonathan’s children). Next row: Betsy Farmer (12) (daughter); LRSF Assistant Director Amanda Dudek; Tabatha Farmer (Jonathan’s wife); LRSF Board member, Karen Salome; Devon (11) Jonathan’s son); Duncan and Jo Beth (parents). Farmer.

She added that it was a pleasure to be at the ceremonies representing Lakes Region Schol-

## SOFTBALL

continued from Page A1

ments,” the Raider coach added.

“We’re a young team, we’re working to move forward every day,” said Gilford coach Joan Forge. “Our progression is every day we look better.

“We’re trying to build confidence in our younger players,” she added.

Belmont was the home team in game one and Kelley Allen got the start in the pitching circle. Gilford was able to come up with a pair of runs in the first inning. Maddie McKenna worked a one-out walk and an Ella Harris triple plated the game’s first run. A sacrifice groundout by Kim Daigneault plated the second run. Paige Meserve worked a walk to keep the inning going but Allen got a strikeout to end the frame.

Belmont answered with three runs in the bottom of the first inning against Harris. Courtney Burke and Allen had bunt hits and a fielder’s choice by Becca Fleming loaded the bases. Kara Stephens worked a walk to plate one run and a base hit by Morgan Hall plated two more runners for the 3-2 lead. A Madi Lima sacrifice bunt moved the runners up but Hall tried to score on a passed ball and Gilford catcher Jaid-



Belmont’s Madi Lima reaches for a throw as Gilford’s Lauren Nash-Boucher races to first in action last week

en McKenna was able to get the tag on to end the inning.

Allen set the side down in order in the top of the second with three strikeouts and Belmont railed for another run in the bottom of the inning. Darci Stone reached on an error and moved up on a passed ball and scored on a sacrifice bunt by Burke for the 4-2 lead before Harris got a strikeout to end the inning.

Gilford got a leadoff triple from Jaiden McKenna to start the top of the third and she scored on a sacrifice fly by Harris to cut the lead to one. However, Belmont got the run right back in the bottom of the inning, when Fleming led off with a triple and scored on a passed ball. Harris

then set the next three batters down to end the inning.

Meserve worked a walk to start the top of the fourth and Clary summoned Hall to the pitcher’s circle. She got a sacrifice bunt, a fly ball to center and a line drive back to the circle to end the inning. Belmont went in order in the bottom of the inning, with Maddie McKenna making a nice play at third base for the Golden Eagles.

Both teams went quietly in the fifth, with Harris working a walk and Jessica Gannon reaching on an error, but they were stranded as Hall struck out the side. Harris struck out two in the bottom of the inning.

Gilford cut the lead to one in the top of the sixth. Meserve beat out an infield hit and moved up on a sacrifice bunt by Madison Hazelton. One out later, Lauren Nash-Boucher

had a base hit to drive in Meserve. Gannon followed with an infield hit and Jaiden McKenna was hit by a pitch, but Hall induced a grounder to first to end the inning.

Harris struck out two more in the bottom of the inning and led off the top of the seventh with a base hit, but Hall got two more strikeouts and a grounder, clinching the 5-4 win.

In the second game, Gilford was the home team and Fleming reached on an error in the top of the first, but Harris got out of the inning with no trouble and Gilford scored twice in the bottom of the inning. Jaiden McKenna had a leadoff base hit, stole second and after Harris reached on an error one out later, a double steal brought home the first run. Allen made a nice play on a line drive to second but an infield hit for Meserve and another double steal brought

home the second run before a strikeout ended the inning.

Belmont got one in the top of the second. Hall led off with a base hit and moved up on a groundout by Lima and a bunt by Allen before scoring on a passed ball to make it 2-1. Maddie McKenna worked a two-out walk in the bottom of the inning, but Fleming gunned her down trying to steal second to end the inning.

Belmont pulled even in the top of the third. Carly Drouin led off reaching on an error and moved up on a sacrifice bunt by Burke. Roylynn Wilson took over on the bases and eventually scored on a fly ball to right by Lena Rodrigues, tying the game at two. Hall worked around a Harris walk in the bottom of the inning and Belmont went quietly in the top of the fourth.

Gilford took the lead in the bottom of the fourth, starting out with a base hit by Meserve and a bunt hit by Gannon. A walk to Hazelton loaded the bases and a fielder’s choice by Maddie McKenna pushed one run across and a wild pitch plated another for the 4-2 lead.

Harris struck out the side in the top of the fifth, but Belmont did get a run, thanks to a leadoff walk by Allen and a couple of wild pitches and passed balls, cutting the lead to 4-3. Hall then set the Golden Eagles down in order in the bottom of the inning.

In the top of the sixth, Rodrigues led off with a triple and scored the tying run on a base hit by Fleming, who then stole second and went to third on a bunt by Stephens. She scored on a wild pitch to give Belmont the 5-4 lead. Gannon had a leadoff infield hit to start the bottom of the inning and after two

strikeouts, Maddie McKenna and Jaiden McKenna had infield hits, but they were both stranded when Allen snagged a pop fly to second.

Harris worked around an infield hit by Drouin in the top of the seventh and led off the bottom of the inning reaching on an error. One out later, an infield hit by Meserve kept the inning alive, but Hall got two strikeouts to end the game.

Harris finished with 20 strikeouts in the two games, while Hall finished with 18 in her innings in the circle.

“Ella (Harris) is one of the best (pitchers) we’ll see in Division III, I was happy with the way we connected against her,” Clary said. “If you don’t put them on base, you can’t score.”

The Belmont coach noted that he had seen the team play well in a loss to White Mountains and was happy to see the strong play continue against another solid team.

“At the end of May, we’ll be better than at the end of April,” said Forge. “We’ve just have to tighten up our defense. We tell them, when you make an error, you have to let it go and they do that.

“We make small improvements every day,” she added.

Belmont is scheduled to be at Franklin on Monday, May 10, and will be hosting Franklin on Wednesday, May 12, both with 4 p.m. starts.

Gilford is scheduled to be at Plymouth on Monday, May 10, and will be hosting the Bobcats on Wednesday, May 12, both with 4 p.m. starts.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

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# Progressive Laconia Motorcycle Week® is back in the saddle

LACONIA — After a pandemic-postponed 2020, Laconia Motorcycle Week®, the world's oldest motorcycle rally®, returns to New Hampshire for its 98th year in its traditional mid-June time slot. For many motorcycle enthusiasts and local businesses, the news comes as a sign at least, that life is returning to normal.

"I've lived in the area for a very long time," says Meghan Dop-tis of Laconia, "Motorcycle Week is a big part of our lives. Whether you

attended or not, there was no escaping the excitement, sound of rumbling motorcycles and increased activity all over the state. For us, it signifies the start of summer. Not experiencing that last June, was kind of surreal. Really sad."

While last year's event did eventually take place in August, it lacked most of its signature events and, of course, 'normal' attendance.

"We estimate last year's rally had about one third of the people we normally see," esti-

mates Charlie St. Clair, Director for the Laconia Motorcycle Week Association. "Many people, for good reason, were reluctant to travel, and those who wanted to come, had difficulty finding lodging because they were competing with summer vacationers. This year will be a lot different. You can already feel it."

With the state's robust vaccination program and safety guidelines changing weekly, a lot of the details for this year's event are still being worked on, but one

thing is certain: The 98th Progressive Laconia Motorcycle Week will be happening June 12-20, 2021. Expect some restrictions such as mask wearing whenever social distancing cannot be maintained, limited live entertainment and attendance limitations at some establishments. The popular Tower Street Hill Climb Expo occurs on Tuesday, June 15th from Lakeside Avenue and is a perfect lead-in to the legendary Gunstock Amateur Hill Climb at Gunstock

Mountain Resort, which takes place on Wednesday, June 16th. Vendors will be set-up throughout Weirs Beach as well as at NH Motor Speedway and Laconia Harley-Davidson. Although some restrictions are expected at area establishments, you can count on unrestricted riding opportunities as rally goes enjoy New Hampshire's scenic roads through the White Mountains, the Lakes Region and along the seacoast. As always, organized rides and gypsy tours will take place

throughout the week. Keep checking the official Progressive Laconia Motorcycle Week® website for details.

*Laconia Motorcycle Week® gives great appreciation to all of our sponsors, especially our Presenting Sponsors: Progressive, AMSOIL and Team Motorcycle, as well as the State of New Hampshire for their large financial support of our rally each year.*

*For more information about visiting the state of New Hampshire, check out visitnh.gov.*

## BOYS

CONTINUED FROM PAGE A1 of 58.94 seconds.

Winnisquam took the top three spots in the 800 meters, with Dylan Robert getting the win in a time of 2:11.24 and Jacob Seavey finishing in second with a time of 2:19.24. Evan Griffin finished in third place in 2:21.94 and Damato finished in sixth place in a time of 2:29.24.

Aiden Donahue picked up the win in the 200 meters with a time of 24.34 seconds, with Mann finishing in third place in 25.04 seconds, Seavey taking fourth in 25.94, Goodwin finishing in fifth in 26.54 seconds and Lucas Robdau in

sixth in 26.94 seconds.

Robert won the 3,200 meters in a time of 11:49.04 with Carter Fredette third in 18:40.54 and Paul Laraway in fourth in 19:06.04.

Donahue got another win, leaping 17 feet, one inch in the long jump, with Robdau in second place at 16 feet, four inches and Elijah Livingston in third place at 11 feet.

Robdau took the top spot in the triple jump with a leap of 33 feet, six inches.

Donahue won the high jump as well, clearing five feet, eight inches.

Nathan Lavoie finished in fourth place in the 100 meters, clocking a

time of 12.34 seconds.

Seavey finished third in the javelin with a throw of 109 feet, one inch, Goodwin finished in sixth place at 82 feet, three inches. Evan Griffin threw 76 feet, 10 inches, Nick Pyra tossed 69 feet, four inches, Laraway threw 62 feet, four inches and Kiernan Harris threw 61 feet, seven inches.

Goodwin was second in the discus with a distance of 84 feet, three inches, Pyra finished in third place with a throw of 73 feet, eight inches, Fredette finished in fifth place at 65 feet and Caelan Roberts threw 52 feet, 11 inches.

Harris led the Bears



Dylan Robert won a pair of races for the Winnisquam boys last Tuesday.



Faith Gosselin got the win in the 3,200 meters for the Winnisquam girls last week.



Kiernan Harris fires the shot put in his team's home meet last Tuesday afternoon.

in the shot put with a toss of 30 feet, five inches for fifth place, Fredette was sixth at 28 feet, nine inches, Roberts threw 27 feet, 11 inches and Laraway threw 25 feet, eight inches.

The Bear boys won the 4X400-meter relay in a time of 3:52.84 and they finished second in the 4X100-meter relay in a time of 51.04 seconds.

The top performance for the Winnisquam girls came from Faith Gosselin, who won the 3,200 meters in a time of 14:30.24, with Marquerrite Parker finishing in second place in 17:40.04.

Gosselin also placed third in the 1,600 meters with a time of 6:35.64.

Parker threw her way to second place in the javelin with a toss of 37 feet, six inches and

also finished in second place in the discus with a throw of 56 feet, one inch and second in the shot put with a toss of 17 feet, six inches.

Lily Webster finished in second in the long jump with a distance of 12 feet, two inches and also ran to sixth place in the 100 meters with a time of 15.54 seconds.

The Bears are scheduled to host a meet with Franklin and Inter-Lakes on Saturday, May 8, at 10 a.m. and will be at Moultonborough on Tuesday, May 11.

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

## POIRIER

CONTINUED FROM PAGE A1 Senior Assistant Attorney General Thomas T. Worboys and Assistant Attorney General Stephanie J. Johnson of the Attorney General's Medicaid Fraud Control Unit are prosecuting this case. Investigator Robert J. Sullivan, also of the Attorney General's Medicaid Fraud Control Unit, and Detective Sergeant James DeCormier of the Northfield Police

Department, investigated this case with the assistance of the United States Food and Drug Administration and the Tilton Police Department. Spaulding Academy reported the matter to the Northfield Police Department.

Under New Hampshire law, the Attorney General is responsible for the prosecution of health care facility employees charged with

willful abuse, mistreatment or neglect of a patient. Health care facility employees suspected of abusing their patients should be reported to the Attorney General's Medicaid Fraud Control Unit [271-1246], your local po-

lice department, or the Department of Health and Human Services, Bureau of Elderly and Adult Services [(800) 949-0470].

## VETERANS

CONTINUED FROM PAGE A1 Holly O'Connell, Ryan Robbins, Debra Ruggieri, Sharon Smart, Trili Timm, Heather Wilcox

15 Years: Kassie Beaudet, Joyce Costello, Louise Foote, Nancy Guyotte, Valerie Howe, Karen Norris, Dawn Ordway, Tammy Raub, Christine Willoughby

20 Years: Maria Boehme, Lisa Davis, Launa Deshaies, Vicki Greenwood, Shelli Truett

25 Years: Laurie Doucet, Cynthia Gilbert

30 Years: Michelle Bean

35 Years: Donna Thompson

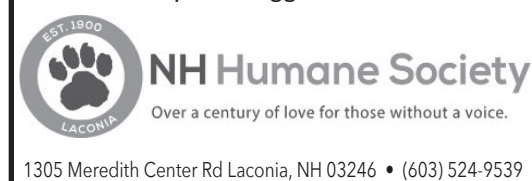
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## PET OF THE WEEK

Sasha is a wonderful girl who loves to play! She is perfect if you are looking for lots of personality in a medium sized package! Sasha loves to play with her toys, and already has excellent house training habits. Sasha is working on her leash skills, impulse control skills, and sharing her things. She is looking for a quiet home, where she can continue building her skills with positive reinforcement, and get lots of play time and walks! Sasha would do well in a home with adult humans, no cats, and no dogs- she wants to be your one and only four legged friend!



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## SASHA





# Belmont bats battle by Golden Eagles



JOSHUA SPAULDING

Gilford catcher Caleb Giovanditto gets the tag on Belmont’s Andrew Rowley during a close play at the plate last Wednesday.

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — It certainly wasn’t what either coach drew up when the Gilford and Belmont baseball teams met up in Gilford on Wednesday, April 28.

Belmont jumped out to a 10-1 lead midway through the fifth, only to see Gilford tie things up at 10 after six innings. The Raiders then scored 11 runs in the top of the seventh and left Gilford with a 21-11 win just before the rain came.

“You have to win ugly games,” said Belmont coach Matt LeBlanc. “I’d rather win ugly than lose pretty.”

“We continue to not make putouts when we had the chance,” said Gilford coach Tom Carr. “We gave them so many outs.”

Belmont got on the board in the top of the first inning, when Liam Waldron led off with a walk against Gilford starter Connor Caldon, moved up on a passed ball and scored after consecutive groundouts by Jonny Phillips and Nate Sottak.

Finn Caldon led off the bottom of the first against Sottak by reaching on an error and Liam Merriam worked a walk. However, Sottak got three fly balls to end the inning.

Jamison Gaudette led off the top of the second with a base hit but was

forced on a groundout by Andrew Rowley. Connor Caldon then got two strikeouts to end the inning. Sottak set down the Golden Eagles in the bottom of the inning.

Belmont was able to open things up in the top of the third. Oliver Mahoney reached on an error and scored on a double by Waldron, who in turn took third on a groundout by Phillips. A Sottak base hit plated the third run and after base hits from Jason Gaudette and Jamison Gaudette, a long double by Rowley cleared the bases and gave Belmont a 6-0 lead. Jacobb Bivens reached on an error and a sacrifice fly from Matt Krasnecki gave the Raiders a 7-0 lead before the inning was over.

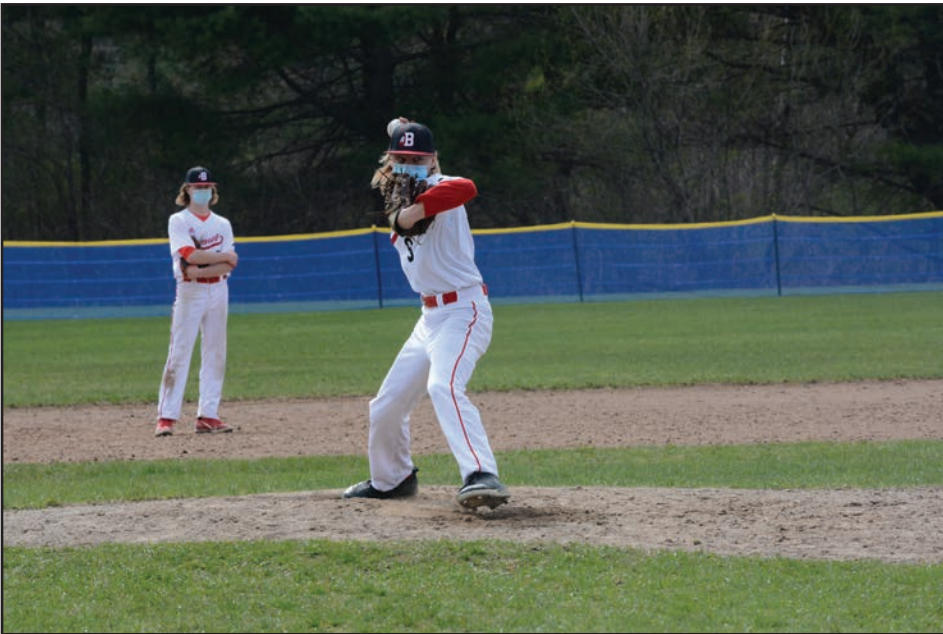
Gilford got its first run in the bottom of the third inning. Finn Caldon was hit by a pitch with one out, but was forced at second on a grounder by Merriam. Jack McLean beat out an infield hit and a base hit from Gavin Clark scored Gilford’s first run. Belmont catcher Jason Gaudette was able to gun down Clark stealing second to end the inning.

Sottak and Rowley had walks and a Jason Gaudette double loaded the bases for Belmont and Carr made the switch to Tyler Talbot on the hill. He got a strikeout to end the inning. Talbot opened the bot-

tom of the inning with a walk and moved up on a pickoff error and a wild pitch, but a line drive to short was snagged by Waldron and turned into a double play to end the inning.

Mahoney was hit by a pitch to start Belmont’s rally in the top of the fifth inning. He moved up on a wild pitch and a long sacrifice fly by Waldron that Tyler Lafond snagged near the fence in center. Phillips was hit by a pitch and a Sottak walk loaded the bases before Jason Gaudette was hit by a pitch to force home a run. Carr brought in Merriam to pitch and an infield hit by Jamison Gaudette and a wild pitch plated the next two runs for a 10-1 lead before a strikeout ended the inning.

Gilford came back in the bottom of the fifth, putting seven runs on the board. Riley Marsh and Caleb Giovanditto worked walks to start the inning and Marsh scored on a wild pitch. After Finn Caldon walked, LeBlanc made the pitching change, bringing in Krasnecki and he was greeted by an infield hit by Merriam that plated the third run for Gilford. A base hit from McLean plated two more runs and a double from Clark brought in another run, cutting the lead to 10-6. Connor Caldon followed with a base hit and two outs later, a base hit



Oliver Mahoney got his first pitching experience last Wednesday and picked up the win in relief.

from Marsh plated another run. Giovanditto then beat out an infield hit to drive in another run before Krasnecki got a strikeout to end the inning.

Mike Dandurand reached on an error to open the top of the sixth and one out later, Mahoney worked a walk. However, a line drive to second turned into an inning-ending double play and Gilford tied things up in the bottom of the inning. With one out, McLean had a base hit and eventually scored on a base hit by Clark. LeBlanc brought Mahoney in to pitch, his first pitching experience, and he issued a walk to Connor Caldon. One out later, a base hit from Lafond tied the game at 10 before Mahoney got a grounder to short to end the inning.

Phillippos led off the top of the seventh with a base hit and one out later, went first to third on a base hit by Jason Gaudette. Consecutive walks to Jamison Gaudette, Rowley and Dandurand plated two runs for the 12-10 lead and McLean took over on the mound for the Golden Eagles. A base hit from Krasnecki plated two more runs and after a Mahoney base hit, Waldron reached on an error to drive in two more runs. After Phillips reached on an error, a wild pitch brought in another run and

Sottak worked a walk. One out later, a passed ball pushed another run across the plate and Jamison Gaudette reached on an error to plate another run. A wild pitch made it 20-10 and a double from Rowley made it 21-10. Dandurand and Krasnecki both reached before Hazelton took over on the hill for Gilford and got a grounder to first to end the inning.

Gilford got a leadoff walk from Giovanditto to start the bottom of the inning, but he was forced on a groundout by Finn Caldon. Merriam and McLean both reached on errors to plate another run but Dandurand snared a line drive to third and turned it into a double play to end the game.

“How many seeing eye hits can you get, they kept hitting it where we weren’t and we returned the favor,” said LeBlanc. “But at the end of the day, I thought we hit very well, we found some pop where we didn’t know we had it.

“We continue to be gritty, we came back a couple of times, that builds character,” the Raider coach continued.

“We can score some runs, we pitch well, we’re getting ground balls, we should be out of innings quickly,” Carr said. “Instead, the base runners find their way around. We have a lot of pieces in place, we just have to play defense.

“There’s so much inexperience, but that’s not an excuse,” he continued. “We have to get through it, make mistakes and learn from it.”

Belmont is scheduled to host Franklin on Monday, May 10, and to visit Franklin on Wednesday, May 12, both at 4 p.m.

Gilford is scheduled to be at Plymouth on Monday, May 10, and will be hosting Plymouth on Wednesday, May 12, both at 4 p.m.

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

## Raiders get LeBlanc his 100th win with walk-off over Lakers

BY JOSHUA SPAULDING  
Sports Editor

BELMONT — The Belmont baseball team got the first win of the season in walk-off style, all while getting coach Matt LeBlanc his 100th career win with a 5-4 victory over Inter-Lakes.

“Great end to a memorable game,” said LeBlanc. “Reaching a milestone was a bonus, but it was more important that we responded when we had to, scored runs, which we had gone three straight games without and earned a win by being gritty and tough.”

Belmont scored in the fourth, with Jason Gaudette starting the inning with a double, Jamison Gaudette singled and an Andrew Rowley single loaded the bases. After a grounder forced a runner at the plate, Oliver Mahoney delivered a two-run single to put the

Raiders in front by a 2-0 score.

The Lakers got to starter Nate Sottak in the top of the fifth inning, taking advantage of a couple of errors and a walk to plate three runs before Matt Krasnecki came in and got Belmont out of trouble.

In the bottom of the inning, Liam Waldron led off with a single and two outs later, Jason Gaudette’s second double of the game plated Waldron with the tying run. The Lakers got a runner to third in the top of the sixth inning with nobody out, but Krasnecki struck out three in a row to keep the game tied.

In the bottom of the inning, Mike Dandurand walked and Tylor Carroll took over on the bases. Krasnecki singled and two outs later, Jonny Phillips doubled to give

Belmont the 4-3 lead. A pair of errors in the top of the seventh inning allowed the Lakers to tie the game at four.

In the bottom of the seventh, Jason Gaudette singled, Jamison Gaudette walked and a Rowley sacrifice bunt moved them both up. Dandurand then executed a suicide squeeze to plate Jason Gaudette with the winning run.

Jason Gaudette had three hits and Krasnecki and Phillips each had two hits to pace the offense, while Mahoney had two RBIs. Sottak struck out seven in four and two-thirds inning while Krasnecki struck out three in two and a third innings.

The Raiders came back and beat Gilford 11-2 to start the next week. Gilford scored twice in the top of the first inning but Belmont

scored three in the bottom of the inning. Jason Gaudette and Rowley each had RBIs in the bottom of the inning.

Sottak had three hits and four RBIs, Phillips had three hits and two RBIs and Mahoney, Rowley, Jason Gaudette and Waldron all had multiple hits on the day. Dandurand collected his first varsity hit.

Waldron got the win on the hill, going the distance, striking out nine and giving up two unearned runs.

Belmont is slated to be hosting Franklin on Monday, May 10, and will be at Franklin on Wednesday, May 12, both with 4 p.m. starts.

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

## HIGH SCHOOL SLATE

Thursday, May 6

GILFORD  
Boys’ Tennis at Moultonborough; 4  
Girls’ Lacrosse at Belmont; 4  
Girls’ Tennis vs. Moultonborough; 4

Saturday, May 8

BELMONT  
Track Home Meet; 10  
GILFORD  
Track at Belmont; 10  
WINNISQUAM  
Track Home Meet; 10

Monday, May 10

BELMONT  
Baseball vs. Franklin; 4  
Softball at Franklin; 4  
GILFORD  
Baseball at Plymouth; 4  
Softball at Plymouth; 4  
WINNISQUAM  
Baseball vs. Newfound; 4  
Softball vs. Newfound; 4

Tuesday, May 11

BELMONT  
Track at Gilford; 4  
GILFORD  
Boys’ Lacrosse at Plymouth; 4  
Boys’ Tennis at Plymouth; 4  
Girls’ Lacrosse vs. Plymouth; 4  
Girls’ Tennis vs. Plymouth; 4  
Track Home Meet; 4  
WINNISQUAM  
Track at Moultonborough; 4

Wednesday, May 12

BELMONT  
Baseball at Franklin; 4  
Softball vs. Franklin; 4  
GILFORD  
Baseball vs. Plymouth; 4  
Softball vs. Plymouth; 4  
WINNISQUAM  
Baseball at Newfound (at Robbie Mills Park); 7  
Softball at Newfound; 4

Thursday, May 13

GILFORD  
Boys’ Lacrosse vs. Plymouth; 4  
Boys’ Tennis vs. Plymouth; 4  
Girls’ Lacrosse at Plymouth; 4  
Girls’ Tennis at Plymouth; 4

*All schedules are subject to change.*



# Belmont boys and girls win on their home track



Jada Edgren won the triple jump on Saturday during her team's home meet.

BY JOSHUA SPAULDING  
Sports Editor

BELMONT — The Belmont girls dominated a home meet on Saturday morning while the Belmont boys also took first place on the day.

The Raiders welcomed Inter-Lakes, Gilford and Mascenic to town for the meet and the Raider girls scored

101 points to Gilford's 37. The Belmont boys had 81 points, which easily outdistanced Inter-Lakes with 46 points.

Emma Winslow took the win in the 100 meters with a time of 14.09 seconds, Cate McDonald finished in second place in 14.83 seconds, Helena Papadopolous finished in third place in 16.35 sec-

onds and Lily Carter was fifth in 18.6 seconds.

Jada Edgren won the 200 meters with a time of 29.47 seconds, Aspen Fillebrown was second in 37.12 seconds and Carter placed third in 40.07 seconds.

Alyssa Edgren won the 400 meters in a time of 1:12.59.

Winslow also got the win in the long jump with a distance of 14 feet, 4.5 inches, McDonald was third at 11 feet, 8.5 inches, Deanna Bourque finished in fourth at 11 feet, 5.5 inches, Papadopolous was fifth at 10 feet, 10.25 inches and Fillebrown finished in sixth place at nine feet, 6.5 inches.

Jada Edgren also got the win in the triple jump with a distance of 29 feet, 4.75 inches.

Molly Sottak won the shot put with a toss of 26 feet, seven inches, just ahead of Emma Roberts, who finished in second place at 24 feet, 8.5 inches.

Sottak also got the win in the javelin with a throw of 63 feet, seven inches, with Ella Irving taking third at 60 feet, two inches, Papadopolous was fourth at 53 feet, six inches and Carter was fifth at 45 feet, four inches.

Emilie DeFrancesco finished in second place in the 800 meters with a time of 3:15.65.

Aurora Coutu added a pair of second place finishes, putting up a time of 6:04.04 in the 1,600 meters and a time of 13:25.51 in the 3,200 meters.

In the 100-meter hurdles, Bourque finished in second place in 22.71 seconds and Fillebrown was third in 24.89 seconds.

Roberts finished in third place in the discus with a throw of 58 feet, nine inches and Sottak was sixth at 48 feet, six inches.

In the 4X400-meter relay, the team of Alyssa Edgren, DeFrancesco, McDonald and Papadopolous finished in first place in a time of 5:11.4.

On the boys' side of things, Nick Kafkoulis won the 100 meters in



Colby Vetter (front) and Mitchell Berry clear the hurdles during the 300-meter event Saturday morning.



Molly Sottak won both the shot put and the javelin on Saturday morning.

a time of 12.57 seconds, Colby Vetter was second in 12.79 seconds, Brandon Robichaud finished in sixth place in 13.49 seconds, Demetri Kafkoulis placed ninth in 14 seconds and Juan Montoya was 10th in 14.05 seconds.

Nick Kafkoulis also won the 200 meters with a time of 25.69 seconds, with Kaden Jewell in sixth in 27.56 seconds, Montoya in seventh in 28.03 seconds, Mitchell Berry in ninth in 29.11 seconds and Richard Johnson in 12th in 31.75 seconds.

Will Riley led a large field in the 3,200 meters, finishing in 10:55.04, with Baidyn Lewis placing fourth in 12:27.78, Jared Whitcomb was fifth in 12:03.35, Tanner McKim was sixth in 14:01.28 and Cody Annis was seventh in 14:25.44.

Berry ran to a first place finish in the

110-meter hurdles with a time of 20.02 seconds.

In the 300-meter hurdles, Vetter finished in first place in 51.95 seconds and Berry was second overall in a time of 52.52 seconds.

Jewell got the win in the triple jump with a distance of 33 feet, 5.75 inches.

In the 400 meters, Micah Edgren finished in third place with a time of 1:01.07, while in the 1,600 meters, Riley finished in second place in 4:57.57, with Whitcomb in sixth in 5:30.05, Lewis in eighth in 5:42.86, McKim in ninth in 5:52.05 and Annis in 10th in 5:59.14.

Bryce Hall finished in second place in the high jump, clearing four feet, six inches. He also placed second in the long jump with a distance of 17 feet, 2.5 inches, with Robichaud in third at 16 feet, 10.75 inches, Jewell

in fourth at 16 feet, 3.5 inches, Montoya in sixth at 16 feet, 1.5 inches and Vetter in eighth at 14 feet, 2.5 inches.

Brian Miles was third in the shot put with a toss of 36 feet, three inches and also added a third in the discus with a throw of 90 feet, 11 inches, with Johnson finishing sixth at 52 feet, five inches.

The Belmont boys took the win in the 4X100-meter relay in a time of 50.42 seconds and the Raider 4X400-meter team finished in third place in a time of 4:30.42.

The Raiders are scheduled to host a meet on Saturday, May 8, and will be at Gilford on Tuesday, May 11.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).



Kaden Jewell won the triple jump during Belmont's home meet on Saturday.

# Nichols dominates, Bears swing big bats in win over PMHS



Phil Nichols was dominating in his team's win over Prospect Mountain, striking out 12 and allowing only two hits

BY JOSHUA SPAULDING  
Sports Editor

TILTON — The Winnisquam baseball team put together a strong offensive attack in the one game over vacation week, knocking off Prospect Mountain by a score of 12-1 on Monday, April 26.

The Bears opened

things up in the fifth inning, plating eight runs in the frame to pull away for the win.

Phil Nichols was dominant on the mound for Winnisquam, as he pitched the complete game, striking out 12 while allowing only two hits and one unearned

run and didn't walk a single batter.

Offensively, Nolen Perrino had three hits, including a triple, and a walk, scored two runs and drove in one, Noah Pearson also had three hits, scored a run and drove in a run and Kyler Bourdeau and Marcus



Garret Mango reaches to put a tag on Prospect Mountain's Sam Caldwell in action last week.

Korenkiewicz each had a pair of hits and drove in a pair of runs. Chaz Hibbert reached base three times for the Bears and drove in two runs and Nichols scored a pair of runs and drove in one. Garret Mango reached base three times, stole five bases and scored

two runs while Burton Swanson got his first varsity hit with a double in the fifth inning to help seal the victory for the Bears. Zach St. Onge and Andrew Pearson made their varsity debuts in the win.

Winnisquam is scheduled to play Newfound

next week, with a home game on Monday, May 10, at 4 p.m. and a game at Laconia's Robbie Mills Park on Wednesday, May 12, at 7 p.m.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).



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# MVSB offers lead paint abatement program for commercial mortgage customers

MEREDITH — Meredith Village Savings Bank (MVSB) is proud to be able to offer a Lead Paint Abatement (LPA) lending program for commercial mortgage customers. This new program is to support financing the costs of lead paint inspection, remediation and abatement in residential rental properties constructed before 1978 to achieve lead-safe status. Serious health risks associated with lead paint are widely recognized. In 2018, the State of New Hampshire adopted universal testing guidelines for all infants through the age of two years, and mandated requirements for the mitigation of lead paint hazards in rental apartments and child care facilities. MVSB wishes to contribute towards improving the health and safety of families and communities by offering incentives to landlords to test for and remove lead paint hazards, even before such hazards might become identified through the

State's own testing programs. MVSB has committed funds to actively promote a special commercial mortgage program for the remediation of lead paint hazards in pre-1978 apartment buildings. The program would feature a fixed-rate and flexible payment terms to create an incentive for property owners by easing some of the financial burdens of remediation and can be used as gap financing in conjunction with New Hampshire Housing Finance Authority (NHHFA) grant funding or New Hampshire State loan programs. "We are dedicated to ensuring the health and safety of tenants in our communities where commercial mortgage customers own rental apartments," noted John Swedberg, SVP Commercial Lending. "By reducing or eliminating the exposure to lead and lead paint for children and at-risk adults living in older apartment residences, we can help support a

healthier home environment for them to grow and flourish." Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers, and surrounding communities. As a result, MVSB has remained steadfast in fostering the community's economic health and well-being since being founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits, and municipalities of the Lakes and Seacoast regions of NH. MVSB and its employees are guided by accountability, mutuality, excellence, respect, integrity, teamwork, and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

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# Meredith Village Savings Bank, Merrimack County Savings, and Savings Bank of Walpole celebrate NH with Annual Photo Contest

REGION — Sister Banks Meredith Village Savings Bank (MVSb), Merrimack County Savings Bank (the Merrimack) and Savings Bank of Walpole have launched the annual community photo contest for 2021. Winning full color photographs will be featured on four websites: MVSb, Savings Bank of Walpole, New Hampshire Mutual Bancorp (NHMB) and NHTrust, as well as in desktop and wall versions of complimentary community calendars for all three community banks. Photos may also be selected for holiday cards and note cards.

This will be the fourth year that the contest accepting electronic submissions only. All eligible entries must be submitted electronically through a dedicated link located on each bank's website. The banks will not accept printed copies

of the photos.

"Winning photos will share the story of our communities, including images of NH events, scenery, intriguing architecture and local attractions," noted Debbie Irwin, Assistant Vice President and Marketing Officer. "Each year, the photos are more beautiful and interesting, and we look forward to this annual event and producing wonderful community calendars for our customers and friends."

The contest will run from Monday, May 3 through midnight, Monday, May 31.

Because of differences in photo specifications, there are two categories participants can enter— one for the website and social media photographs and one for images to feature in each bank's annual community calendar. All photos submitted will automatically be considered for all organizations, and

photographers will be awarded \$100 for every winning photo. A maximum of five (5) photos per photographer can be submitted for each category. MVSb, the Merrimack and Savings Bank of Walpole will each release a unique calendar containing photos that are local to the communities they serve, so submitted photos can be from anywhere in the state of New Hampshire.

Visit the Banks' Web sites at [www.mvsb.com](http://www.mvsb.com), [www.themerrimack.com](http://www.themerrimack.com) and [www.walpolebank.com](http://www.walpolebank.com) after May 3 for complete contest rules, details and a link to upload photos.

Unlike stock banks which focus on driving income to their stockholders, Meredith Village Savings Bank, Merrimack County Savings Bank and Savings Bank of Walpole are mutual savings banks that operate expressly for the benefit of their depositors, borrowers and sur-

rounding communities. As a result, each bank has remained steadfast in fostering the economic health and well-being of their communities, prioritizing the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship in all matters of business and service.

Founded in 1869, Meredith Village Savings Bank has been serving people, businesses, non-profits and municipalities of Seacoast, Central and Lakes Region of New Hampshire for more than 150 years. To learn more, visit any of their local branch offices in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit [mvsb.com](http://mvsb.com).

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COURTESY

White Horse Ledge by Mike Weinhold

ipalities 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 10th consecutive year in 2020. To learn more, visit any of their local offices in Bow, Concord, Contoocook, Hooksett and Nashua, call 800.541.0006 or visit [themerrimack.com](http://themerrimack.com).

Founded in 1875, Savings 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. The Bank offers a wide range of financial products, including services to individuals, businesses and organizations. For more information call 352-1822 or visit [walpolebank.com](http://walpolebank.com).



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# The story of a jab, part 2: getting the second shot



PHOTOS BY ERIN PLUMMER

Your local reporter takes a selfie after getting the second COVID-19 vaccine.

BY ERIN PLUMMER

mnews@salmonpress.news

Readers might recall reading a story a month

ago about a local reporter who sat in a line of cars at the Plymouth Armory to get the first dose of the COVID-19 vaccine. This past week that same reporter, me, was back in Plymouth for my second dose of the Pfizer vaccine. Studies have shown that second dose of the Pfizer or Moderna vaccines are essential in creating that nearly 95 percent immunity against COVID-19, though a report from the CDC shows there are a percentage of people who miss that second dose. I now have my second dose, so read on for my own experience

on the process and the side effects.

While the Johnson & Johnson vaccine is a single dose, the Pfizer and Moderna vaccines require a second dose after a certain amount of time: 21 days for the Pfizer vaccine and 28 days for Moderna. Studies have shown that getting two doses of either the Pfizer or Moderna vaccines result in a 94 to 95 percent effectiveness against COVID-19. In a press conference earlier this year, Dr. Anthony Fauci said studies have shown the first dose provides antibodies against the virus

and provides a “threshold of protection,” but the second dose increases that immune response tenfold with a greater threshold against the main type of the virus and the variants. Going with only one dose also increases the risk of creating variants.

The CDC released a report that by February around 88 percent of people who received either one of the two-dose vaccines got their second dose in a timely manner while a little over three percent missed their second dose.

As I said in the first article, the decision to get vaccinated is a personal one. Additionally, there are also people who aren't able to get their second vaccine for different medical reasons. This is, again, just my experience getting the second vaccine.

When I got my first dose on March 30, I got my card that already had the second dose scheduled for April 27. I'll admit I was looking forward to this date and starting the countdown until I was fully vaccinated against this awful virus.

I checked my profile with the state's Vaccine and Immunization Network Interface (VINI) and confirmed that I was scheduled to go to the Plymouth Armory on April 27. A day before I went, I also filled out their questionnaire, which now included questions about what vaccine I received and if there were any allergic reactions.

On April 27, I was once again getting into the line on Armory Road for the Plymouth site. I had heard that some locations, including the Belknap Mall, had shorter lines though it was clear the Plymouth site still had the same line length as last time. I found my place at the end of the line in the parking lot of PSU's Langdon Woods residence hall, put on a podcast, and patiently waited.

The line looped around one parking lot, then entered another. Around this time members of the National Guard were checking IDs and appointments before the waiting resumed. The line then stopped by the gate to the armory, where more members of the National Guard checked ID's and for the second dose checked vac-

cine cards.

was worth it to be mostly



Cars pull up to the vaccination site at the Plymouth Armory.

There have been reports around the country, including at least one in New Hampshire, about people who received one version of the vaccine receiving a completely different one for their second. The state's process is now taking extra precautions to make sure this doesn't happen. When I got to the gate and answered the questions, one of the guard personnel put a bright orange card with the Pfizer logo on my dashboard to be sure. I also heard these red cards were handed to people to bring in at walk-in locations.

Like the previous time I drove through the gate and followed the line to the main parking lot, where the little tent city was set up. I was then directed to one tent, where a gentleman from the Waterville Valley Fire Department was there to give me my shot. He also held up the syringe and showed me an orange sticker with “Pfizer” on it to show it was a Pfizer vaccine.

After all the lines and preparation, the big moment was here. I roiled up my own sleeve, the firefighter was impressed with how prepared I was.

While the first vaccine was a little pinch, the second one stung a bit. It wasn't really painful, but it was noticeable. Just a second later I could feel my arm slightly stiffen up, it was a little more intense than last time but nothing a little flexing couldn't help. A moment later he came back with my card with two stickers and recommendations to make copies of my card to keep with personal records and for my primary care physician. When he said to keep it with my travel documents and told me in two weeks I would be considered fully vaccinated, I got really excited. Any little bit of pain

immune from this.

I pulled into the other part of the parking lot to wait for 15 minutes in case there were any reactions. There weren't, though my arm was already aching. After 15 minutes, I pulled out and headed for Main Street, where I celebrated with a nice, tasty mocha from my old college watering hole, Café Monte Alto.

I did have some side effects, but they were pretty mild. I just had the achy arm for the rest of the day, though this time, it was a little sorer than the first. The next day, I was a little fatigued, but felt better when I got moving around. A few days after the shot, I did have some mild muscle aches that some Ibuprofen helped with. Nearly a week later, the achiness is pretty much gone and I'm feeling fine. Different people will react to the second dose in different ways; some will feel worse than others.

Now I'm looking forward to May 11, a full two weeks after I got my second dose, when I will be fully vaccinated. I'm looking forward to being able to spend time with and hug my parents without needing a mask (both have both of their shots too), hanging out with friends I haven't seen in over a year, traveling again, and so much more. I'm aware the vaccine isn't 100 percent effective, but I personally would rather go with the rare chance of getting a mild version of the virus than the alternative. If they do decide a booster shot will be necessary, I'll sign up for that one too.

In New Hampshire, the COVID-19 vaccines are now available to anyone over 16-years-old. For more information on the vaccines and how to sign up for them visit [vaccines.nh.gov](https://vaccines.nh.gov) or call 211 for more information.

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