

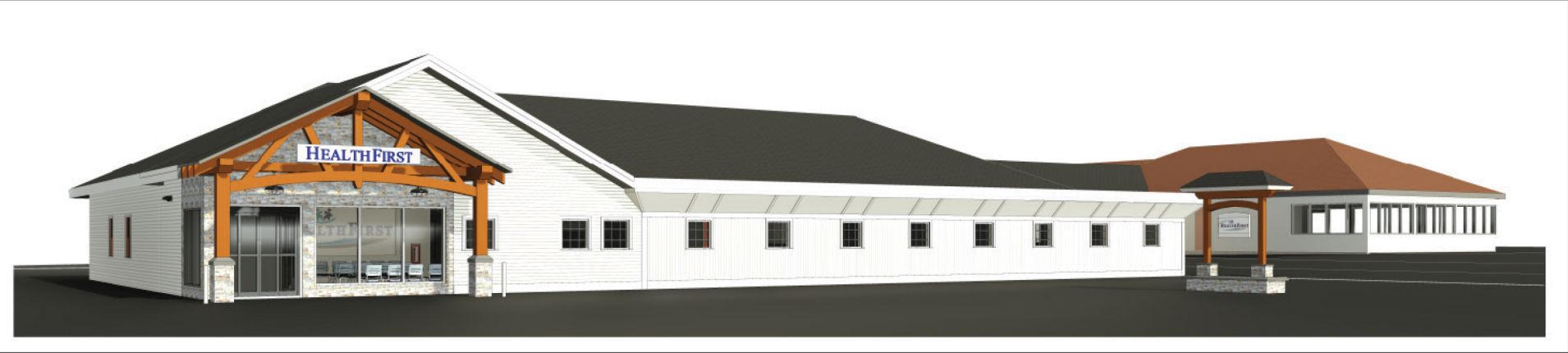
Winnisquam Echo

THURSDAY, APRIL 10, 2025

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HealthFirst announces major building construction in Franklin



FRANKLIN — HealthFirst Family Care Center is thrilled to announce the launch of a significant renovation and expansion project, set to begin in the spring of 2025. This transformative initiative will enhance access to essential healthcare services for the Franklin community and surrounding towns. With a total project

cost of \$3.2 million, HealthFirst has already secured \$2.6 million in funding, leaving \$600,000 to fundraise to complete this community project. The expansion will renovate, modernize and expand the existing health center with a new roof, solar panels, a new HVAC system, adding more space for medical exam rooms and behav-

ioral health counseling. As part of this expansion project, HealthFirst purchased an adjacent building and land, which will be connected to the existing health center and renovated to increase capacity for all HealthFirst services, primary care, behavioral health, substance use disorder treatment, nutrition education, and

patient community resource assistance. “For years, HealthFirst has been a pillar of health and wellness in our community, ensuring families receive the care they need close to home,” said Ted Bolognani, CEO of HealthFirst. “This expansion will allow us to serve even more individuals and families, addressing critical healthcare needs in Franklin and surrounding communities.” As a Federally Qualified Health Center (FQHC), HealthFirst serves all individuals in central NH, who need care, regardless of a person’s ability to pay. They treat patients in health care facilities in Franklin, Laconia and Canaan, providing comprehensive medical care, preventive screenings, wellness checkups, chronic care management, pediatrics, and specialized substance use and behavioral health treatments. The upcoming renovation will not only expand HealthFirst’s capacity but also enhance the patient’s experience with modernized facilities and additional service offerings. HealthFirst started fundraising three years ago, and its capital funding effort has gone well, but they need a bit more help to reach their goal. Funding sources to date include: CDFA – Public Facilities grant in partnership with the City of Franklin, Senator Shaheen Congressionally Directed Spending funds, Congresswomen Kuster Congressional-SEE **HEALTHFIRST**, PAGE A8

Effort underway to launch new Lions Club in Tilton-Northfield-Sanbornton area

TILTON — A new opportunity for community service is taking root in the Lakes Region as a group of local residents works to establish a Lions Club serving Tilton, Northfield, and Sanbornton. The effort is being led by passionate volunteers who see a need—and an opportunity—to strengthen the fabric of the community through service, outreach, and fellowship. Lions Clubs International, the world’s largest service organization, is known for its motto “We Serve.” With more than 1.4 million members worldwide, Lions Clubs tackle a wide range of needs including vision care, hunger relief, youth programs, disaster response, and support for veterans and the environment. Now, residents of the Tri-Town area are stepping up to bring that same spirit of service closer to home. “We know there are many people in Tilton, Northfield, and Sanbornton who care deeply about this community and want to give back,” said Al Goldstein, one of the organizers of the new club effort. “Starting a Lions Club here gives us a way to channel that energy and make a real difference—right where we live.” In recent months, interest has been growing among community members, small business owners, and civic leaders who are looking for ways to connect, collaborate, and serve. A Lions Club can take on projects tailored to local needs, whether it’s supporting schools, helping families in need, addressing food insecurity, or organizing community events. To learn more or express interest in joining, contact Al Goldstein at 603-913-1281 or a1goldstein@comcast.net. Together, with the help of dedicated residents, the Tilton-Northfield-Sanbornton area is poised to become the home of a vibrant new Lions Club—and a stronger, more connected community.

Sanbornton Public Library to present “Covered Bridges of New Hampshire: Past and Present”

SANBORNTON — The New Hampshire Humanities Grant program “Covered Bridges of New Hampshire: Past and Present” will be presented by Kim Varney Chandler on Thursday, April 17 at 6 p.m. in the Woodman Room of the Sanbornton Public Library. New Hampshire was once home to more than 300 covered bridges. Today, there are more than sixty authentic covered bridges in New Hampshire, 46 of which are over a century old. These bridges exist solely because of the efforts of a small but powerful community that both recognized their significance and honored their tradition. Join author and photographer Kim Varney Chandler as she shares an overview of covered bridges in the Granite State, along with interesting facts she uncovered while researching her 2022 book, Covered Bridges of New Hampshire. Learn more about both existing and lost covered bridges in your area. Sanbornton Public Library is located at 27 Meetinghouse Hill Rd. in Sanbornton. Library programs are free and open to the public. Light refreshments will be offered. Contact the library with any questions at (603) 286-8288 or SPLNHcirc@gmail.com. New Hampshire Humanities (NHH) funds and supports programs that inspire curiosity, foster civil dialogue, and explore big questions. An independent, statewide nonprofit, NHH made possible last year 587 free public pro-SEE **BRIDGES**, PAGE A8

Local hockey players earn All-State honors

BY JOSHUA SPAULDING
Sports Editor
REGION — With four boys’ teams making the Division III semifinals and one girls’ team making the quarterfinals, there was plenty of success on the ice this winter and there were plenty of players earning All-State honors. For the Division III boys, Berlin-Gorham’s Boyd Poulin was named the Division III Player of the Year and earned First Team for defense. He was joined on First Team defense by Kingwood’s Nate Cloos, while the First Team forwards were Kennett’s Adam Lopashanski, Belmont-Gilford’s Evan Guerin and Berlin-Gorham’s Dillon Boucher



Evan Guerin of Belmont-Gilford was named to the Division III All-State First Team.

and Belmont-Gilford’s Carson McGreevy was the First Team goaltender. Second Team honors went to forward Richie Vargus of Kennett, defenders Owen Zipf of Kennett and Nate Gerbig of Belmont-Gilford and goaltender Philip Hubacher of Laconia-Winnisquam-Inter-Lakes. They were joined by forwards Ryan Podsadowski of John Stark-Hopkinton-Hillsboro-Deering and Brady Gerardi of Pembroke-Campbell. Honorable Mention was presented to forwards Jaxson Embree of Belmont-Gilford, Hudson Goulet of Berlin-Gorham and Austin

SEE **ALL-STATE**, PAGE A8

Laconia Historical & Museum Society presents “A Journey Through Rail Service in the Lakes Region”



LACONIA — A presentation on the evolution of rail service in the Lakes Region, including the Laconia stations, will be held on Thursday, April 10, at 6:30 p.m. in the Woodside building at Taylor Community. This free program is open to the community and is part of the Laconia Historical & Museum Society’s ‘Our Yester-

days 2025 Presentation Series.’ The Laconia Passenger Station has played a significant role in our community, historically serving as a vital hub for transportation and the movement of goods. The completion of the Lake Shore Railroad in 1890 connected Alton to Laconia and linked with the Boston, Concord,

and Montreal lines. This development opened up routes to the Seacoast, Boston, and Montreal, transforming Laconia into a railroad crossroads. However, what was missing was a grand structure to symbolize its importance. Plans were quickly set in motion to replace the original station with “the best structure of the kind,”

as noted in the Illustrated Laconian in 1899. The presentation will trace the historical timeline from the railroad’s inception and the construction of the passenger station in the mid-to-late 1800s to present-day operations. Frank Judge’s passion for railroading began while watching his grandfather’s steam en-

gine-driven commuter train arrive at the station in the early 1950s. He became captivated by the railroad during an April 1976 tourist excursion from Laconia to Lincoln. Frank has since purchased, restored, and operated a wooden 1914 Bangor & Aroostook Railroad caboose on the Wolfeboro Railroad until he relocated to Memphis in 1980 for his career. After returning to

New Hampshire in 1986 and acquiring another caboose, his passion for railroading continued to grow. For additional information about this program, or to learn more about LHMS and upcoming events, please visit laconiahistory.com or LHMS on Facebook and Instagram.

Lakes Region Art Association presents “Shadow and Light” – A monochromatic art exhibit by local artists



TILTON — The Lakes Region Art Association is thrilled to announce the opening of “Shadow and Light,” a captivating exhibit featuring monochromatic artworks by

talented local artists. The exhibit will run from April 3 to April 27 at the Lakes Region Art Association Gallery, located in Tilton. “Shadow and Light”

explores the beauty and depth of monochromatic art, showcasing a diverse collection of pieces that play with contrast, tone, and texture. This exhibit highlights the creativity and skill of artists from the Lakes Region, offering visitors a unique opportunity to experience the power of single-color compositions. A special reception will be held on Saturday, April 12, from 2 to 4 p.m. at the gallery. The public is warmly invited to attend, meet the artists, and enjoy light refreshments while immersing themselves in this striking display of local tal-

ent. Admission to both the exhibit and the reception is free and open to all. The Lakes Region Art Association Gallery is located at Tanger Outlets, Suite 300, at 120 Laconia Rd., Tilton, and is open Thursday through Sunday starting at 10 a.m. For more information about “Shadow and Light” or the Lakes Region Art Association, please contact (603) 998-0029 or visit www.lakesregionartgallery.org. Join us in celebrating the artistry and vision of our local community at this exceptional exhibit!

Audubon announces program on the Galapagos

MOULTONBOROUGH — On Thursday, April 17 at 7 p.m. at the Loon Center in Moultonborough, the Lakes Region Chapter of the New Hampshire Audubon Society will present a program on “Where the Beagle has Landed: American Tourists in Darwin’s Shadow,” presented by Kurk Dorsey. In the summer of 2023, Kurk and his fam-

ily joined a tour of the Galapagos islands. In this illustrated lecture, we will see some of the highlights of that trip, learn some of the evolutionary history associated with the islands, and hear about how he lost a wedding ring and found a rare bird, almost at the same time. Dr. Kurk Dorsey aspires to lead North America in submissions rejected

by eBird moderators, a skill that he has taken to several other countries. When he is not confused by species that really should not be that tricky, he serves as the President of the New Hampshire Rare Birds Committee and the Chair of the History Department at the University of New Hampshire, where he teaches environmental history among other

things. There will be a very short annual chapter business meeting before the presentation. The Loon Center is located on Lee’s Mill Road; follow the signs on Blake Road from Route 25 near the Moultonborough Central School, or from Route 109, turn on to Lee Road and turn left on Lee’s Mill Road.

MVSB partners with Bank On to expand banking access



COURTESY From left, Stacy Trites, MVSB SVP Senior Retail Banking Officer, and Joy Roberts, MVSB Branch Services Supervisor.

MEREDITH — MVSB (Meredith Village Savings Bank) is proud to announce that its new Bank On Certified Checking Account has been certified by the Cities for Financial Empowerment Fund for meeting the Bank On National Account Standards. This checking account allows most a chance to access secure and affordable banking solutions.

“This new certified checking initiative helps meet the needs of those who are starting out in their financial journey or could use a second chance, and is part of our commitment to providing community members with the tools and support necessary for a financially secure future,” said Stacy Trites, MVSB Senior Vice President, Senior Retail Banking Officer. “As a mutual savings bank that is consistently looking for new ways to uplift our community, this new inclusive offering made sense to implement for those who need it most.”

The account is available at all of the Bank’s locations serving the Lakes Region, Seacoast and Mount Washington Valley of New Hampshire, or through online account opening at mvsb.com/personal/checking.

The Cities for Financial Empowerment Fund leads the movement, supporting more than 300 certified financial institutions across the country.

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

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Temple B’nai Israel announces next “We Care” concert to support Veterans Count



MEREDITH — We Care of Temple B’nai Israel (TBI), a reform synagogue in the Lakes Re-

gion of New Hampshire, announces its upcoming We Care concert features the dynamic vocal trio,

The Honky Tonk Chicks, in a high energy tribute to country music.

This evening of exciting entertainment takes place on Saturday, May 24 at 7:30 p.m. at the Inter-Lakes Community Auditorium in Meredith (located inside Inter-Lakes High School). Tickets are available for only \$42, with no additional fees and ample free parking. Purchase yours online at <https://tbinh.org/> or at their retail partners, Vista Foods, Laconia, Innisfree Booksellers, Meredith, or Cackleberries Garden Gifts & Antiques, Meredith. For those unable to attend, a donation option is available, allowing you to contribute directly to the beneficiary, Veterans Count.

The event promises to be the ultimate country music party. The Honky Tonk Chicks deliver a powerhouse performance of the greatest country hits, bringing

audiences to their feet with a theatrical experience including fully choreographed dance numbers. Get to know the Honky Tonk Chicks and watch their electrifying video on their Web site, <https://www.honkytonkchicks.com/>.

We Care is proud to support Veterans Count, a Lakes Region nonprofit dedicated to ensuring the dignity, physical, and mental well-being of service members, veterans, and their families by providing critical clinical, social, and financial assistance when needed.

“The We Care concert model goes beyond entertainment as all of the net proceeds will directly benefit Veterans Count,” stated Stu Needleman, a member of the TBI Board of Directors and a co-founder of the We Care concert series. “We Care has

championed local causes since 2013 by lending a helping hand to Lakes Region nonprofits, and we are proud to support the mission of Veterans Count which is aimed at making a positive and lasting difference in the lives veterans and their families in the Lakes Region.”

We Care welcomes their newest event sponsor The Platinum Group at ReMax Bayside Realty and extends its deepest gratitude to longstanding event sponsors Audi Nashua, Interlakes Family Dental, Miracle Farms, as well as the major support of The Laconia Daily Sun and Northeast Communications. Their continued commitment to We Care over many years has been a positive impact on the lives of countless individuals within the Lakes Region community.

Comfort Keepers The importance of staying hydrated

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Staying hydrated is essential for maintaining health and keeping critical bodily functions working properly. Hydration can be a challenge for some seniors because seniors may have a diminished ability to sense thirst, notice changes in body temperature, and may be taking medications that have a dehydrating effect. Keeping a few tips in mind will ensure that seniors stay hydrated and continue to enjoy the activities that bring them joy.

Older adults looking to stay hydrated throughout the day should try

these tips to get started. Being dehydrated can cause confusion, headaches, elevated heart rate, muscle weakness, and fatigue. Seniors who think they may be dehydrated should discuss their symptoms with their doctor before changing their fluid intake. Seniors should discuss hydration with their doctor as only can a healthcare professional recommend how much water someone needs, and they can also provide guidance and tips on managing water intake.

Create a schedule – drinking a lot of water in one sitting can be difficult. However, creating a schedule that accounts for daily activity, physi-

cian-recommended intake levels, and the preferences of the senior can help keep hydration on track.

Eat water-rich foods – cucumbers, watermelon, apples, and other water-rich produce can help seniors get more fluids at mealtimes. Broth is also a good option.

Make water more interesting – For those that don’t enjoy drinking water, adding small amounts of juice or flavoring to water can make it less boring. Popsicles are also a great option...especially on warm days!

Reduce water loss – excessive sweating can contribute to dehydration – keeping inside temperatures at a rea-

sonable level, and being mindful of fluid loss during outside activities, can help seniors stay hydrated.

Don’t wait for thirst – often, when seniors feel thirsty; they may already be dehydrated.

Comfort Keepers® can help

Comfort Keepers® provides uplifting in-home care that helps seniors thrive. Our specially trained caregivers focus on developing genuine relationships with clients, keeping them physically and mentally engaged while ensuring they experience joy in their daily activities. Comfort Keepers is a leader in providing in-home care consisting of such services as com-

panionship, 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. Comfort Keepers have been serving New Hampshire residents since 2005. If you know a patient or family that could benefit from Comfort Keepers’ services, they can reach out for a free consultation. Please call 603-536-6060 or visit our website, NHComfortKeepers.com. Let’s work together

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Unique guitarist returns to Franklin



Hiroya Tsukamoto

FRANKLIN — Hiroya Tsukamoto is a Japanese-born fingerstyle guitarist who moved to the United States in 2000 to attend the Berklee College of Music. Tsukamoto is a one-of-a-kind composer, guitarist and singer-songwriter.

Franklin Opera House is pleased to welcome him back again for the third time on April 12.

Tsukamoto began playing the five-string banjo when he was 13. He taught himself to play listening to Earl Scruggs’ “Foggy Moun-

tain Banjo.” He took up the guitar shortly after. He’s not only a dizzyingly agile fingerpicker, but also soulful performer.

“His orchestration is as much about texture and tone as it is about harmony and structure,” writes Emile Menasché in Acoustic Guitar.

His masterful blend of musical talent and evocative storytelling transcends cultural barriers. His concerts are not just musical events; they are immersive experiences that weave lyrical narratives with intricate melodies. His artistry has been lauded

for its “delicate, fluid, and beautifully detailed” style by Acoustic Guitar magazine: enchanting music that promises to resonate long after the final note is played.

Hiroya shares his gifts again on Saturday, April 12 at 7:30 p.m., Franklin Public Library, second Floor. Parking and elevator access are behind the building.

Tickets are available through the Opera House Web site, www.FOHNH.org.

This event in general admission. Adults \$20, children/students/seniors \$18.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of March 24-31.

Mark L. Barton, age 28, of Laconia was arrested on March 29 for DUI-Impairment.

Gordon D. Walker, age 74, of Belmont was arrested on March 29 for Second Degree Assault with a Deadly Weapon causing Bodily Injury.

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**Ashland Elementary School
Kindergarten Registration**

If you are an Ashland resident and have a child who will be eligible for kindergarten in the fall, please call the school at 603-968-7622 for registration information.

Feel free to contact us with any questions.

Children who reach the age of five on or before September 30, 2025 are eligible for kindergarten.

Ashland Elementary School
16 Education Drive
Ashland, NH 03217
603-968-7622
aesk8.org

salmonpress.com
salmonpress.com

Opinion

Letter submission policy

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

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

Identity politics is exhausting, and misses the point

Somewhere along the way, we were convinced that being politically aware means picking a side and sticking to it no matter what. Red team, blue team. Us vs. them. You're either all in or you're out. Here's the thing no one wants to admit unless you're an elected official, no one actually cares what "side" you're on.

Your neighbor doesn't care if you vote left or right — they care if you help them dig out after a snow-storm. Your community doesn't benefit from your party loyalty, it benefits when you show up, vote on the issues that matter, and take action that improves real lives.

This performative, party-first mindset we've fallen into is exhausting. Frankly, it's childish. Political parties were never supposed to be tribal identities, they were supposed to be tools. Temporary alliances to move policies forward. Instead, we've turned them into something resembling sports teams, where people root for their side no matter how bad the play-book gets.

What if we stripped away the party labels altogether? What if we voted on the issues themselves instead of accepting whatever bundle of policies a party wraps in its packaging? Most people don't fit neatly into one ideological box and pretending we do has only divided us more.

We should be holding elected officials accountable, not treating them like mascots. We should be debating ideas, not defending party lines like we're in some playground argument. And we should stop letting political branding override personal thinking.

Want to be a true patriot? Read up, show up and stop picking sides as though we're all choosing a dodgeball team. Vote like it's about the issues. Because it is. And like your own future, and that of the generations that will follow you, depends on it. Because it does.



COURTESY

Holderness School's Project Outreach helps Belmont Historical Society

Holderness School Chaplain Reverend Jay Hutchinson (second from left) brought a group of the school's ninth graders to help Belmont Historical Society (Society President Bill Naughton, furthest right) move a large volume of historical records and artifacts from storage into the Belmont Mill. This move would have taken the few members of the Society several days to accomplish on their own, but the Holderness School students got it all done in a few hours, moving irreplaceable items into a safe, dry, heated space for future display. The effort was part of the school's annual Project Outreach, a two-week experiential education initiative in which first-year students aid local non-profits. Society President Bill Naughton expressed the Society's debt of gratitude to Holderness School for continuing to instill a sense of duty and citizenship in their students, saying "It is a real pleasure to work with them. They are polite, respectful, work hard and are pleasant to be with - in short, a class act."

The secret of Socrates

Picture this: a man in a suit, contracts in hand, marching down a hallway like he's heading into battle.

POSITIVELY
SPEAKING

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He swings open the office door, eyes locked on his business partner. He's angry. He's certain. He's ready to set the record straight.

"This is outrageous," he says, slamming the folder on the desk. "You agreed to these terms. You're backing out now?"

The partner, calm but resolute, folds his hands. "No, I didn't agree to that."

"Yes, you did," the man in the suit snapped.

"No, I didn't," his partner replied, calm as ever.

The conversation spirals. The angrier the businessman gets, the firmer his partner digs in. No progress. No compromise. A Stalemate; nowhere to go. And that was it—just one word, over and over: No.

When the man walks out, nothing changes except his blood pressure.

Now pause here. Let's talk about what just happened.

The problem wasn't the disagreement. The problem was the approach. He came in swinging—accusation

first, challenge second. He backed the other person into a corner. And people don't make deals when they feel cornered. They defend themselves. They harden.

The second someone says "no," it's like concrete drying. Fast. Solid. Tough to crack.

Dale Carnegie called this The Secret of Socrates in "How to Win Friends and Influence People."

He wrote: "In talking with people, don't begin by discussing the things on which you differ. Begin by emphasizing—and keep on emphasizing—the things on which you agree... Get the other person saying 'yes, yes' at the outset. Keep your opponent, if possible, from saying 'no.'"

Socrates mastered this. He didn't argue. He asked questions. Obvious ones. Undeniable ones. Questions that showed both sides were aligned. Only differing in the method. One yes, then another. And slowly, the tension faded. The resistance dropped. The conversation shifted. They weren't on opposite sides anymore. They were on the same page.

Let's come back to our world.

Instead of walking

into a room with fire and a point to prove, try starting with this: "You want what's best for the team, right?" "You care about this project like I do, right?" "You want this to work."

Get agreement on the big picture before diving into the details. Because once someone's in "yes mode," they're far more likely to stay there.

The truth is, "no" is more than a word—it's a wall. And once it's up good luck getting through. But "yes" is a bridge. It connects people. It opens doors.

Now, picture a good salesman talking to a potential customer—not the pushy kind, but the thoughtful, sharp kind.

He doesn't start with, "So, are you ready to buy?" He starts with questions so obvious they're effortless to answer: "You're looking for something reliable, right?" "Yes." "You want to make sure you're getting the best value for your money?" "Yes." "And I'm guessing you don't want to waste time shopping around forever?" "Exactly."

Three yeses, right out of the gate!

What just happened? The customer started nodding—not just physically, but mentally. They felt understood. They felt like the salesperson was on their side. And now,

the next sentence—"Let me show you what I think is a great fit"—doesn't feel like a pitch. It feels like teamwork.

The beauty of this isn't that it tricks people. It's that it meets them where they are. We don't move forward when we feel forced. We move forward when we feel seen.

And this isn't just for sales or business.

A parent asks a teenager, "You want your room to feel peaceful, right?" A coach saying to their team, "You want to win just as badly as I do." A teacher calming a classroom: "You want to enjoy this time together, don't you?"

Shared goals, voiced early, dissolve resistance before it ever shows up. They create alignment, and alignment creates momentum.

So next time you need to persuade someone—whether in a boardroom, a negotiation, a relationship, or just a conversation—remember the Secret of Socrates.

Lead with agreement. Start with what's obvious. Find common ground. Get the nods early.

Because anyone who leads, teaches, builds, or negotiates will tell you—once they're nodding, you're already halfway home.

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TO THE EDITOR:
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LETTERS TO THE EDITOR

Executive order could cause cuts to NH library services

To the Editor:

Please note that President Trump put through a presidential action entitled "Continuing the Reduction of the Federal Bureaucracy" on March 14. This is an executive order announcing cuts to the Institute of Museum and Library Services (MLS).

The New Hampshire State Library allocates these federal funds to support our interlibrary loan (ILL) services (van and ILL system), Talking Books, a program for the blind and physically disabled, and these funds support the Libby platform that allows us to access downloadable books, magazines and audio-books.

In 2024, 1,071 books came into our library for our patrons (Media rate \$5.30=\$5,762) and 658 were lent to

other libraries (Media rate \$5.30=\$3,540).

The platform fee for the Overdrive system or downloadable books and audiobooks (Libby) through the New Hampshire State Library, funded by the Library Services Technology Act and IMLS administers those funds. Sanbornton patrons checked out 6,385 downloadable books on Libby.

The Talking Books program for the blind and physically disabled. The New Hampshire Talking Books Services is a member of a national network of cooperating libraries that provide free library service to those unable to read standard print materials. This may be due to a temporary or permanent low vision, blindness, or a physical, perceptual, or reading disability that prevents them from using regular

print materials.

Grants for programming and staff training.

Here is what you can do: sign the EveryLibrary petition at www.Everylibrary.org/statementimls2025; fill out EveryLibrary's form that will come up after you sign the petition (this will automatically send a message to our Governor and our Congressional delegation). Contact your senators and representatives. Let them know you support the services IMLS provides to the New Hampshire State Library and to your local library.

Sincerely,

Virginia Blackmer
Chair

Sanbornton Public Library Board of Trustees

Powerhouse connects with PSU Theatre!



Rachel Hunton (PSU '15) as Esmeralda and Kyle Sidders (PSU '23) as Quasimodo sit atop the Bell Tower in rehearsal for "The Hunchback of Notre Dame" as Asher Clark (PSU '20, bottom left) looks on.

LACONIA — Powerhouse Theatre Collaborative, the resident theatre company of the Colonial Theatre, has collaboration as a signature part of its mission. This entails partnerships with other area non-profits, and also by performing at other venues such as Prescott Farm, the Taylor Com-

munity, Laconia Library and more. But an unusual unofficial collaboration has been blooming since Powerhouse began performing in 2021 as a theatre "home" for many Plymouth State University graduates who have stayed in the area and want to stay involved in performing.

Since Powerhouse began, PSU alumni have been flocking to the group in greater numbers. As one alum joins up, other graduates come to see their friend perform and the next show a few new ones show up to audition. Powerhouse's cast of 71 for "The Hunchback of



A group of PSU alumni gather on the Colonial stage at a recent "Hunchback" rehearsal.

Notre Dame" includes 14 PSU grads - that's 20 percent of the cast. All 5 leading roles are being performed by alumni.

Powerhouse and PSU recently collaborated more directly on a project where current PSU theatre students, led by Associate Professor Fran Page (who is also a regular participant in Powerhouse productions!) performed a staged reading of a new play in February on the Colonial Stage, produced by Powerhouse in conjunction with Powerhouse's Colonial Series production of "LOVE/SICK."

Says Page, "It is an honor to create art with Powerhouse and I feel very privileged to see how my current and former students are finding their way to Powerhouse as well. Powerhouse has become an artistic home for many PSU theatre alumni (including myself) to flex our craft and grow as theatre artists. I am thrilled that so many of my former students are featured as principals in "The Hunchback of Notre Dame."

Kyle Sidders (PSU '23) joined Powerhouse in February 2024 after seeing several of his friends in shows, and he has been in every Colonial Series show since. He'll play Quasimodo in the May production.

According to Sidders, "I think what keeps me coming back show after show is the Powerhouse community. I still get to see and perform with friends I made in college while also making new friends for life. Also, it's hard to find community productions with the level of quality of Powerhouse productions."

For all the details on Powerhouse Theatre Collaborative, auditions, and other events in the 2025 season check out powerhousenh.org or email info@powerhousenh.org. There are still opportunities available for businesses to sponsor events in the 2025 season.

HIGH SCHOOL SLATE

Powerhouse collaborates with downtown Laconia businesses

- Friday, April 11**
- BELMONT
Track Home Meet; 4
- GILFORD
Boys' Tennis vs. St. Thomas; 4
Girls' Tennis at St. Thomas; 4
- WINNISQUAM
Track at Belmont; 4
- Saturday, April 12**
- GILFORD
Track at Newfound; 10
- WINNISQUAM
Track at Newfound; 10
- Monday, April 14**
- BELMONT
Baseball at Prospect Mountain; 4
Girls' Lacrosse at Derryfield; 4
Softball at Prospect Mountain; 4
- GILFORD
Boys' Lacrosse vs. Plymouth; 4
Boys' Tennis at Moultonborough; 4
Girls' Lacrosse at Inter-Lakes; 5:15
Girls' Tennis at Berlin; 4
- WINNISQUAM
Baseball at Somersworth; 4
Softball at Somersworth; 4
- Tuesday, April 15**
- GILFORD
Boys' Tennis at Kearsarge; 4
- Wednesday, April 16**
- BELMONT
Baseball vs. Bishop Brady; 4
Girls' Lacrosse vs. Gilford; 4
Softball vs. Bishop Brady; 4
- GILFORD
Boys' Lacrosse vs. Kennett; 4
Boys' Tennis at Prospect Mountain; 4
Girls' Lacrosse at Belmont; 4
Girls' Tennis at Kearsarge; 4
- WINNISQUAM
Baseball vs. Berlin; 4
Softball vs. Berlin; 4
- Thursday, April 17**
- GILFORD
Baseball at Bishop Brady; 4
Girls' Lacrosse vs. Bow; 4
Softball at Bishop Brady; 4

All schedules are subject to change.

For Advertising Information
Call 603-279-4516
email: Tracy@salmonpress.news

LACONIA — Beginning April 4, Powerhouse Theatre Collaborative, the resident theatre company of the Colonial Theatre, has a brand new collaboration with Laconia businesses called Powerhouse Downtown Perks!

In conjunction with Powerhouse's big spring musical, "The Hunchback of Notre Dame," but running through May 10, participating businesses will offer a perk to anyone who has bought tickets for the show and can show their printed or electronic ticket or receipt. Some of the perks are themed to go with "Hunchback"; others are store discounts. All the information on the participating businesses and their offered perk can be found at powerhousenh.org, along with info on how to get tickets to the show to be able to take advantage of these perks!

The collaboration is the brainchild of a Powerhouse performer and volunteer extraordinaire who has been busy getting to know the local businesses when bringing Powerhouse posters around town. She realized there could be a lot of synergy between the businesses and Powerhouse that could benefit all involved through cross-promotion which would show the business community's support for the arts as well as the benefits that local arts bring to businesses. Powerhouse brings large numbers of people downtown three times

per week all year long rehearsing for its five Colonial Series productions, and then many more on the performance weekends. "The Hunchback of Notre Dame" runs May 2-4.

This April 4-May 10 promotion period will be a trial run for Powerhouse and the businesses to test the program. Laconia businesses participating are NH Vintage Vinyl, Defiant, Laconia Village Bakery, The Studio, Commune a Tea, Fresh Downtown, New Leaf, MC Cycle and Sport, Trillium Farm to Table, Daub's Cobbler Shop, Shield Comics and Games, and Wild Women's Studio and Gifts.

Says Johanna Halperin, Powerhouse producer, "We are so thankful for the volunteers who make our organization a success as well as the local businesses for get-

ting involved in this promotion. We hope to make their customers into new theatre-goers and our patrons into new customers for downtown businesses. This is a great way for the performing arts and business communities to work together to promote each other and to make downtown a thriving scene."

For all the details on Powerhouse Theatre Collaborative, auditions, and other events in the

2025 season check out powerhousenh.org or email info@powerhousenh.org. There are still opportunities available for businesses to sponsor events in the 2025 season or to find out how to get involved in the next Powerhouse Downtown Perks promotion for this summer's production of "Elf the Musical."

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Twelve winning contest photos will be featured in the 2026 MVSb Community Calendar.

MVSb accepting photo submissions for annual Community Calendar Contest

MEREDITH — MVSb (Meredith Village Savings Bank) is excited to announce the launch of its annual community calendar photo contest, open to the public now through June 7. Entries should represent what it means to explore and enjoy beautiful New Hampshire. Winning photos will be featured in MVSb's complimentary 2026 community calendar, website, social media and/or note cards.

"We are seeking images that capture the heart and soul of New Hampshire – from its breathtaking scenery to vibrant community events and everyday charm," said Cindy Hemeon-Plessner, Senior Vice President and Chief Marketing & Experience Officer at MVSb. "We accept photos from both amateur and professional photographers, and we are so excited to see the submissions this year."

A maximum of 10 photos per photographer can be submitted and photographers will be awarded \$100 for each winning photo selected.

The 2026 complimentary community calendar will be available in wall and desk format at all MVSb locations in late fall.

To view the official rules, photo entry specifications and to submit your photos, visit mvsb.com/photo-contest. View past winning photos at mvsb.com/annual-community-photo-contest.

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BY JOSHUA SPAULDING
Sports Editor

BELMONT — Belmont track coach Scott Clark has a problem any coach would love to have. He has a ton of great kids who have a lot to offer the program.

When asked about newcomers to the program, Clark said, "lots, both genders, too many to mention. Good problem to have."

In addition to all the newcomers who have shown up to start the season, Clark will also be

Strong numbers for Belmont track program

looking to a large group of returning athletes who will be counted on to lead the way.

For the girls, Adeline Takantjas returns for her senior year in the hurdles, relays and triple jump, Jaelyn Nioletz is back for her senior year in the sprints, relays and triple jumps and classmate Talia Watson will be competing in the sprints and the relays. Ava Lacasse is back for her junior year in the sprints and relays and Ava Tonkin will be back in the throws.

For the boys, junior Brady Filteau will be back in the throwing events while senior David Tripp returns in the hurdles.

And Clark has nothing but good things to say about his group of athletes.

"The goals are to show up, have fun and improve every aspect of your life daily," Clark said. "It's a great group of kids and so easy to coach."

The Raiders will be hosting four different meets this season and

will be competing at Winnisquam twice, at Inter-Lakes and Gilford once each before competing in the Wilderness Championships at Newfound and the Division III State Meet at Sanborn as the season winds down.

The Raiders kick off on Friday, April 11, at home at 4 p.m.

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

High hopes as new season kicks off for Winnisquam track

BY JOSHUA SPAULDING
Sports Editor

TILTON — In years past, Winnisquam track coach Patti Malone would open the school's weight room for a small handful of athletes.

"This year we have so many who want to lit and get stronger that we're having to work in sessions," Malone said. "It's amazing to see the buy-in and understanding that strength helps performance in all aspects of track and field."

"We had a pretty decent core group of athletes show up twice a week to workout between the indoor and outdoor seasons, alongside some of Winnisquam's baseball team," the Bear coach continued. "The inter-sport support seems to be hitting a new high and that's been fantastic, especially as a confidence booster for some of our athletes. The kids are all excited to compete this season and they're helping each other get ready in ways I

haven't seen since before the pandemic."

Brendan Goodwin will bring a lot of strength to the distance program, competing in the 400 and 800 meters, setting the pace, both literally and figuratively for many of the new athletes. Taber Haggett and Dylan Griffin return to the fold as all-around jack-of-all trades for the team while in the sprints, Air Booth and Victor Pham are looking to cap off their high school careers with strong showings.

For the girls, veterans Kaiden Robb, Zariah Moore, Emily Tripple and Denessa Williams all competed well in the indoor season and are expected to set the tone for the Bears in the new outdoor season. They have been competing as a unit for three years and are also looking to branch into some new events this year as well.

The Bears have a large ninth grade class, led by Nolan Abbott, who will be strong in the 400 af-

ter finishing his indoor season competing at the New Balance Nationals last month. The ninth grade group also includes a large number of kids with prior middle school experience. Andrew Field will help out in the throws, Dayton Brigante will compete in the javelin and middle distance and Kyle Douglas will run the sprints. Lazar Arbutina actually asked Malone if he could run a race longer than the 3,200 meters while Charlotte Colby and Louis Soyk in the shot put and Lexi Myers in the sprints are giving a go in some new events and looking solid.

"I'm very optimistic that we'll have some wonderful individual performances this spring," Malone said. "My goal is to send as many athletes and relay teams as possible to the Division III championships and hopefully have some appearances at the Meet of Champions or New England's."

"For a super-stretch

goal/dream/wish, maybe a boys' Wilderness title," she added. "We were second last year and I think this team is strong and more well-rounded than that one, so it's possible."

Malone also noted that there are a number of kids with their eyes on school records with good chances of getting there after the Bears have had records sent in each of the last three seasons.

The team is also selling raffle calendars to fundraise for gear this season and Malone noted that anyone looking to buy a calendar can talk to any team member or coach.

The Bears will host three different meets this season and will also compete twice at Belmont, Newfound, Inter-Lakes and Kennett and once each at Coe-Brown and Gilford. The Wilderness Championships take place at Newfound at the end of the season.

After year away, baseball Bears aiming for return to playoffs

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam baseball team missed the playoffs last year for only the second time in coach Fred Caruso's 18 years at the helm. This year's squad is intent on getting back to the tournament and Caruso likes the work that has been put in to help get them there.

"Our main issue last year was pitching, our lack of command in the strike zone hurt us in most games," said Caruso. "We're looking for bounce back years from a number of seniors, especially on the mound."

"They've worked extremely hard in the off-season," the longtime coach pointed out.

Senior captains John Shea and Ethan Carter will lead the Winnisquam pitching staff and

will be joined by ninth grader Carter Lloyd. Carter and Shea will handle the corner infield positions when they are not pitching and Lloyd will be in the mix behind the plate.

The defense also looks solid for the Bears, as the entire outfield returns to the diamond. Seniors Jake Twombly, captain Nic Puffinburger and Justin Tardif will man the outfield, from left to right while the Bears return junior Dio Kastigiannis at shortstop and senior Ben Wood at second to give them solid defense up the middle.

Behind the plate, in addition to Lloyd, the Bears will look to senior Mike DeFosse and junior Dakota Sousa to handle the pitching staff.

Junior Brady Colby gives the Bears a solid bat while classmate AJ Barton and senior Jake

Cross also give the team solid options off the bench.

"The kids have been working hard," Caruso said. "Our winter workouts were well-attended, probably the best attendance we've ever had."

"They're hungry and want to put last year behind them," the Bear mentor added.

The Bears will also be hosting the second annual '12-er Home Run Derby, held in honor of former Winnisquam standout Bryan Caruso. The event will take place on Saturday, April 26, at 10 a.m. at the middle school baseball field. There will be four divisions for baseball, softball and for all ages from Little League to middle school, high school and adults. There are trophies for the winners, refreshments and raffles and all proceeds bene-

fit the Bryan F. Caruso Scholarship Fund and the Winnisquam baseball program. More information can be found by reaching out to Caruso at caruso@metrocast.net.

Additionally, Winnisquam is returning to Cooperstown, N.Y. for a game against Gilford at Doubleday Field on Wednesday, April 30, at 10 a.m.

The Bears will play two games each with Inter-Lakes, Gilford, Monadnock and Belmont and single games with Somersworth, Berlin, Masoma, Conant, Bishop Brady, Stevens, Fall Mountain, White Mountains and Newfound.

The season kicks off on Monday, April 14, at Somersworth and continues with a home game against Berlin on Wednesday, April 16, both with 4 p.m. starts.

Bears look to continue taking steps forward

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam softball team will be looking to take a step forward with a solid mix of veterans and newcomers taking the field.

"Coming off a 3-13 season last year, we will look to make another step forward," said coach Mark Dawalga. "The kids are very excited to get outside and get the season going."

The Bears will be leaning on the right arm of sophomore Danica Weymouth, who handled a lot of the pitching du-

ties last year and worked hard in the offseason to develop a couple of new pitches that should help her in the new season. Ninth grader Eila Petty also joins the team as another pitching option and Dawalga looks forward to seeing what she can do as she gains experience.

Behind the plate, the Bears have two experienced options in junior Camilla Cote and sophomore Addie Bernier. Both will split time between catching and playing third base while Alexis Mingolla returns across the diamond at

first, where she had a solid year last year. Junior shortstop Kenzie Bassett took a big step forward last season and will be a key contributor, with Dawalga noting that she has improved a lot in the offseason and should be a defensive leader.

Junior Caidyn Carter will be the lone player returning to the outfield and Dawalga said she will need to use her voice out there to lead the way as the Bears look to add a few new players to the mix. Senior Peyton Collins is in that mix along with ninth graders Abby Meunier, Aayleah Cartier,

Liv Fredette and Paige Allar and sophomore Iris Vieira.

The Bears will play two games each against Monadnock, Belmont, Gilford and Mascoma along with single games with Somersworth, Berlin, Conant, Bishop Brady, Stevens, Fall Mountain, White Mountains and Newfound.

The Bears kick off the season with a road trip to Somersworth on Monday, April 14, and will be hosting Berlin on Wednesday, May 16, both with 4 p.m. starts.

Depth, experience will be strengths for softball Raiders

BY JOSHUA SPAULDING
Sports Editor

BELMONT — Experience will be a plus for the Belmont softball team in the new season, as the Raiders return six sophomores, two juniors and three seniors to the diamond this spring.

“As always, I will be looking at my returning seniors to lead this team both on the field and in the dugout,” said coach Bill Clary. “And several of our sophomores will continue to see valuable time in the field.”

The team’s returning seniors are Riley Cotnoir, Madi Smith and Kate Walker, with Cotnoir getting in most of the work behind the plate and Smith seeing most of the time in the pitching circle. Walker will be making the move to first base for the Raiders in the new season.

Lyla McSheffrey, Molly O’Connell, Bailey Perkins and Falyn Sicard all saw significant innings last year as ninth graders and are going to be counted on again while juniors Madi MacDonald and Meg Soucie have shown their value to the team in the outfield and will be counted on to lead that group as the newcomers continue to be evaluated at the start of the season.

McSheffrey will see time at third and will help Cotnoir handle the catching duties, while Perkins will see some



COURTESY PHOTO
Avery Thurber, Kate Walker, Madi MacDonald, Madison Carrier and Bailey Perkins share a light moment during practice in the school gym in the preseason.

champions from Prospect Mountain on Monday, April 14, in Alton and the first home game is slated for Wednesday, April 16, against Bishop Brady, with both games set for 4 p.m. starts.

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

time in the pitching circle and will be the team’s starting second baseman while Sicard will handle the duties at shortstop and O’Connell has shown some incredible versatility and can play anywhere in the infield.

The Raiders will also be bolstered by the speed of senior Madison Carrier, who is out for the team for the first time. Clary sees her being a great option on the bases.

“We’ve never really had a dedicated courtesy runner available on our bench,” Clary said. “With that flexibility it should keep our pitchers and catchers healthy.”

Avery Thurber and Adaline Ross had good

tryout weeks and will be looking to break into the lineup, with Thurber providing some depth at first base and both can work in the outfield as well. Newcomers Natalie Cullen, Gabriella O’Hara, Sarah Cribbie, Della Liakas and Amelia Smith will be battling it out in the preseason as ninth graders. Clary notes that this is one of the deepest teams he’s had during his time at the helm.

“Last year we needed freshmen to play from day one,” Clary noted. “It will be nice to give them a full preseason before we start rounding out roster spots.

“Our goal this year, as it is every year, is

to make the playoffs,” Clary said. “I have told the girls if they continue to work hard we can go deep into the playoffs.

“I am looking for this team to stay focused and at the same time have fun,” the veteran coach continued. “Winning is always fun, so it should be an exciting year.”

Belmont’s schedule is a tough one, with two games each against Gilford, Berlin, Winnisquam and White Mountains Regional and single games against Prospect Mountain, Bishop Brady, Kearsarge, St. Thomas, Trinity, Mascoma, Somersworth and Hillsboro-Deering.

The season kicks off against the defending

Raiders return to diamond with tons of experience

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont baseball team is in a pretty good place as the new season kicks off.

After playing in the Division III championship game last season, the Raiders return their entire starting nine and their complete pitching staff as they look to make another run to the Division III title game by capitalizing on their experience.

“(We) hope to capitalize on their experience as most of the team has spent time playing at the varsity level in baseball and have had success across other varsity sports,” said 15th-year head coach Matt LeBlanc. “And some of our non-starters from 2024 have had a strong preseason and will look to compete for starting roles or an increase in playing time.”

Senior Anakin Underhill returns as the ace for the pitching staff, will hit in the middle of the order and will see time at first base when he’s not pitching. He is 10 strikeouts away from the school record for strikeouts (203), currently held by the team’s current assistant coach, Griffin Embree.

Junior Wyatt Divers and seniors Brady Thurber and Michael Collette round out the pitching staff, with Collette also playing centerfield and hitting in the middle of the order and Divers hitting in the

middle and top of the order while also seeing time at shortstop and behind the plate.

Owen Waldron will anchor the middle infield at shortstop and second and will also hit at the top or the middle of the order while Jaxson Embree returns as the team’s catcher, will see some time on the mound and will also hit in the middle of the order.

Brayden Townsend and Eddie Rochenski both return to the outfield while Max Ryder returns on the infield and Wyatt Bamford will see time at both corner infield positions and in the outfield.

The team also welcomes newcomer Jack Crockford to the squad and the roster is rounded out by Jake Michaelson, Enes Sagirili, Keegan Martinez and Brady Fysh.

“Underhill, Collette,

Divers as well as Owen Waldron, Jaxson Embree and Wyatt Divers look to provide support to the pitching staff and the team’s improved defense,” LeBlanc noted.

The Raiders, like most teams around the Lakes Region, spent the early part of their season working in the gym, with LeBlanc noting they are doing everything they can with what they have to work with.

“It’s business as usual as we make the most out of practicing in the gym,” LeBlanc said.

The Raiders will be playing a schedule that includes two games each with Inter-Lakes, Gilford, Winnisquam and White Mountains Regional and single games with Prospect Mountain, Bishop Brady, Kearsarge, Derryfield, Campbell, Berlin, Mascoma and Somersworth.

The season is scheduled to kick off on Mon-

day, April 14, at Prospect Mountain and continues on Wednesday, April 16, at home against Bishop Brady, both with 4 p.m. scheduled starts.

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RE/MAX Innovative Announces Merger of RE/MAX 360 By the Lake Strategic Move Enhances Capabilities and Strengthens Commitment to Excellence

[Alton, NH] – April 4th, 2025 – RE/MAX Innovative, the leader in real estate, is excited to announce another great addition to its family of offices. Effective immediately, RE/MAX 360 By the Lake will be known as RE/MAX Innovative By the Lake. This strategic consolidation unites powerhouse teams to better serve clients, streamline operations, and drive innovation in residential and commercial real estate.

This merger reflects RE/MAX Innovative’s ongoing commitment to delivering exceptional service, fostering growth with a positive client experience, while positioning the company for continued success in an evolving market.

“By merging our offices, we are creating a stronger, more collaborative team that will enhance our ability to meet the needs of our clients and community,” said Josh Naughton, Broker/Owner of RE/MAX Innovative. “This is an exciting step forward for our organization, and we look forward to the opportunities this union will bring.”

The merger will allow By the Lake to expand service offerings, improve efficiency, and leverage combined expertise, ensuring that clients continue to receive the high-quality support they’ve come to expect. RE/MAX By the Lake’s agents are here to serve your needs!

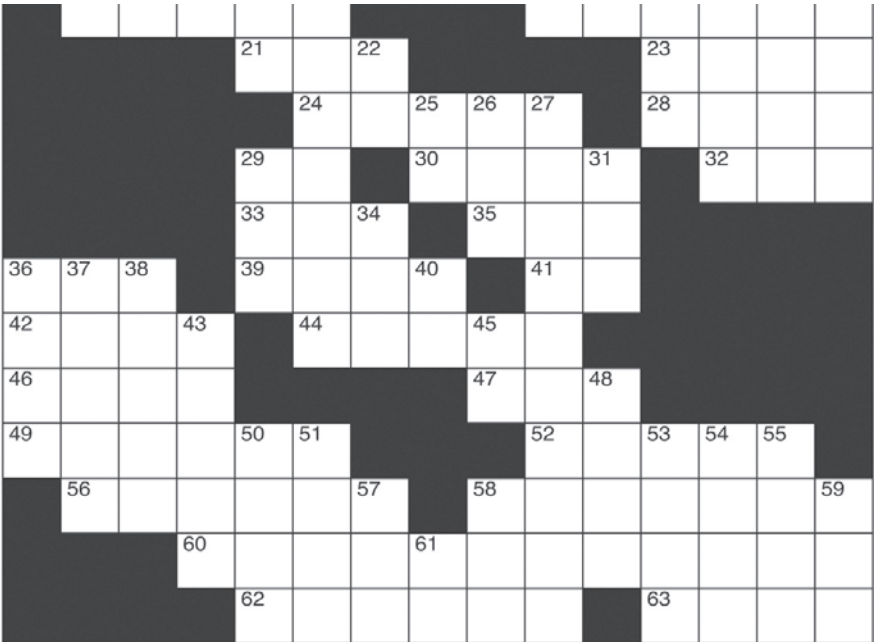
“I am very excited about the merger of our Agencies. Josh and I have known each other since 2017 when we both started with RE/MAX. I admire what he has achieved over these years and the growth of their Agency with many offices in multiple states. Since then, I have gotten to know the other owners as well as the whole Leadership Team.

The training that they offer and what we have received far surpasses any training I’ve had in my past 22 years in the Real Estate Profession. They truly care about the wellbeing and success of all their Agents.

I have the utmost respect for both Josh and the Leadership Team. Looking forward to the future as our growth continues.” Don Roberts, Former Broker / Owner and Managing Broker of the Alton Office.

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For more information about the merger or to inquire about services, please contact Travis P. Cole, Managing Broker, 603-455-0855, traviscpole@remax.net



CLUES ACROSS

1. Garden tool

5. A way to preserve

11. Gratitude

14. Domestic sheep

15. Simpler

18. Cavities containing liquid

19. Large fish-eating bird

21. Ocular protection index

23. Phil __, former CIA

24. Icelandic poems

28. Pop

29. Device

30. Actor Rudd

32. A pituitary hormone

33. Focus on an object
35. Corpuscle count (abbr.)

36. Young women’s association

39. Not shallow

41. Doctor

42. Furniture

44. Hindu male religious teacher

46. Highly spiced stew

47. A way to communicate

49. Almost last

52. Astronomer Carl

56. Small horses

58. A slender tower with balconies

60. A disrespectful quality

62. Fully shaded inner regions

63. Short convulsive intake of breath

CLUES DOWN

1. Popular Sunday dinner option

2. Oil cartel

3. Agile

4. Greek goddess of discord

5. Genetically distinct variety

6. Indicates badly

7. Popular Mr. T character

8. Consumed

9. Chinese dynasty

10. NFL great Randy

12. Within

13. Palm trees

16. Fungal disease

17. Tall, slender-leaved plants

20. Affirmative! (slang)

22. A passport is one

25. Two outs in baseball (abbr.)

26. Swiss river

27. Differential
29. Where a bachelor lives

31. Portable computer screen material

34. A crying noise of a bird

36. Sticky, amorphous substance

37. Starchy dish of dried tubers

38. Type of acid

40. Partner to “Ma”

43. 16 ounces

45. The Bay State

48. A well-defined track or path

50. Substitution

51. Defined period

53. Group of toughs

54. Region

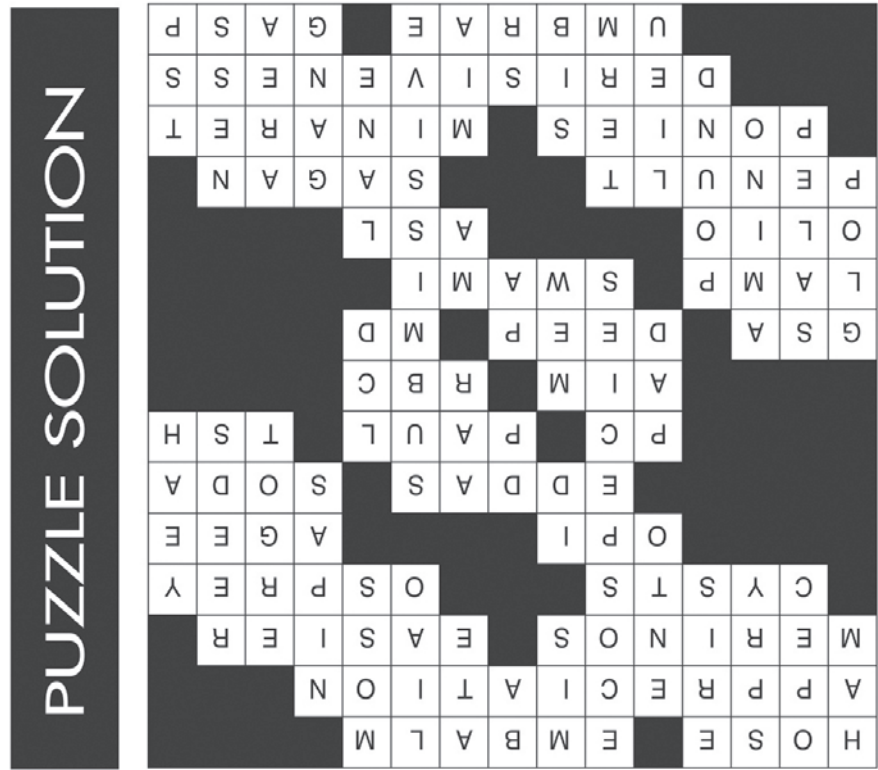
55. Famed Scottish Loch

57. Blood relation

58. Not around

59. Recipe measurement

61. Father to Junior



HEALTHFIRST

Continued from page A1

ly Directed Spending funds, and USDA's Rural Development Healthcare Facility Grant.

HealthFirst invites community members, local businesses, and philanthropic organizations

JUMPWORD

Continued from page A1

grams and digital broadcasts reaching 17,859 residents in partnership with 210 organizations in 121 communities, to engage all citizens, regardless of their age or educational level. For more information about New Hampshire Humanities, please visit www.nhhumanities.org.

ALL-STATE

Continued from page A1

Emerson of Kingswood, defender Grayson Gilpatrick of Kingswood and goaltender Jacob Dubuc of Kingswood. They were joined by defender Noah Reed of Pembroke-Campbell.

Kennett's Mike Lane was named the Division III Coach of the Year.

For the girls, Kingswood-Prospect Mountain forward Cassidy Libby earned All-State Honorable Mention.

First Team honors went to forwards Mady Mann of Exeter, Eliza Farwell of Oyster River-Portsmouth and Brooke Nelson of Concord, defenders Samantha Anderson of Oyster River-Portsmouth and Hannah Gardner of Hanover and goaltender Eleanor Edson of Hanover.

Second Team went to forwards Sephra Parrelli of Keene-Monadnock-Fall Mountain, Nora Bradley of Hanover and Katharine Moseley of Hanover, defenders Julia McGee of Lebanon-Stevens-Kearsarge and Meghan Schmidt of Bishop Brady-Trinity-Bow and goalie Annabel Prochilo of St. Thomas-Winnacunnet-Dover.

Joining Libby in earning Honorable Mention were forwards Ava Gasowski of Oyster River-Portsmouth and Kira Jakobs of Oyster River-Portsmouth, defenders Meagan Rinko of Oyster River-Portsmouth and Gwen Gukel-

to support this vital project. Sponsorship opportunities are available, including naming rights for key areas within the renovated facility. Contributions will directly impact the quality and accessibility of health-care for those who need it most.

To learn more about the project or to make a donation, please visit www.healthfirstfamily.org and click on the Donate Now tab, or contact Ted Bolognani at tbolognani@healthfirstfamily.org, or 603-934-1464, ext. 115.



Kim Varney Chandler



Belmont-Gilford goalie Carson McGreevy earned First Team All-State honors.



Jaxon Embree of Belmont-Gilford was named Division III All-State Honorable Mention.



Philip Hubacher of Laconia-Winnisquam-Inter-Lakes earned Second Team All-State honors.

berger of Bedford and goalie Scar Casey of Bishop Guertin.

Mann was named Player of the year and Daniel McGee of Lebanon-Stevens-Kearsarge

was named the Coach of the Year.

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

For Advertising Information
Call 603-279-4516
email: Tracy@salmonpress.news

PETS OF THE WEEK



Meet Billy!

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

his person.

Please email adoptions@nhhumane.org with additional questions or to make an appointment to meet Billy!



Meet Koda!

His puppy dog eyes have stolen all our hearts, and trust us—one look, and he'll steal yours too! Koda is eight years young, with the energy and enthusiasm of a pup who just discovered zoomies. He's big, bold, and totally unaware of his own size—a lovable bull in a China shop who will barrel right into your heart. Koda is the ultimate best friend. He's loyal, goofy, and always ready for an adventure (or a well-earned nap afterward). Whether it's playing in the yard, going for a walk, or just

hanging out by your side, he's all in. Now, Koda has one special request—he wants to be your one and only. He's looking for a home where he can soak up all the love, attention, and belly rubs without any other furry competition. And trust us, he has more than enough love to give! If you're looking for a big dog with an even bigger heart, Koda is your guy. Apply now OR visit during the next available adoption walk-in hours, Wednesday-Saturday 12-4pm.

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NH Boat Museum readying for busy 2025 season

MOULTONBOROUGH — The 2025 season opens for the New Hampshire Boat Museum (NHBM) on Saturday, May 24, which excites staff, especially given its nominations for Laconia Daily Sun’s annual Best of the Lakes Region Award.

In total, NHBM has been nominated in six categories, which in-

clude “Best Family Attraction,” “Best Museum,” “Best Place to Volunteer,” “Best Boat Charter,” “Best Event Venue,” and “Best Non-profit Organization.” NHBM’s Millie B Antique Boat Rides has also been nominated for “Best Boat Charter” and “Best Family Attraction.”

People can vote on-

line, beginning Tuesday, March 25 through Friday, April 11 at VoteLakes-Best.com. “We are honored to be recognized by the community as a special place to visit in the Lakes Region,” said Development Director Wendy Stocker. “Please vote and come visit us this summer.”

According to NHBM staff, 2025 is especially

significant, as it marks the first full year of operation at its Moultonborough facility. While still a “museum in the making,” certain features of the new facility are already taking shape.

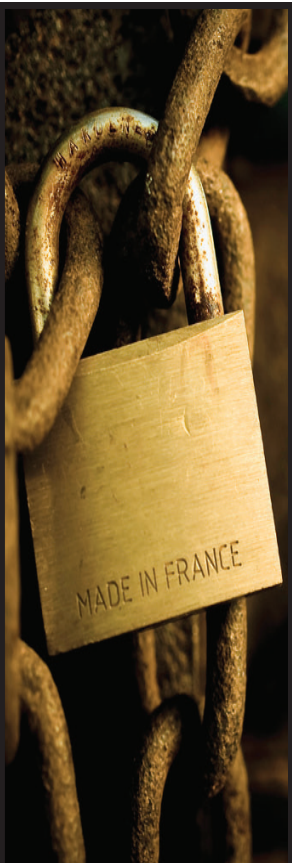
“We have exciting new exhibits and events we can’t wait to share this year,” added Stocker. “Visitors will be able to explore ‘Power and Pro-

pulsion,’ ‘Applications and Innovations,’ ‘Speed and Sport,’ and our Marina Exhibit, ‘Mahogany Marvels,’ featuring early Chris-Crafts and more.”

Founded in 1992 by antique and classic boating enthusiasts, NHBM offers dynamic exhibits, engaging programs, and events tailored to the diverse boating lifestyles and values of people of

all ages. NHBM is partly sponsored by Goodhue Boat Company, Eastern Propane and Oil, Kingswood Press and Design Studio, KW Lakes and Mountains, Taylor Community, Belletetes, and North Water Marine.

To learn more about NHBM, including special events, programs, and exhibits, visit nhbm.org.



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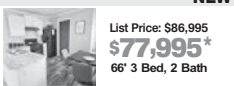

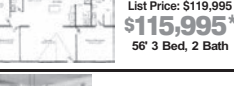

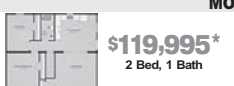
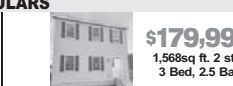
<p>\$619,900</p>  <p>MLS# 5034548</p> <p>Laconia: 3BR/2BA townhouse in South Down Shores on Lake Winnepesaukee. With an open-concept layout, private patio, cozy fireplace, an attached garage and more. Call to learn about the amenities!</p>	<p>\$1,100,000</p>  <p>MLS# 5030162</p> <p>Center Harbor: 4BR/2BA cottage with the option to build on Lake Waukegan with approvals and a stunning year-round custom design already in place. 105' of shorefront, newer 32' L shaped dock, and breathtaking southeast views.</p>	<p>\$229,000</p>  <p>MLS# 5031557</p> <p>Laconia: 2BR/2BA fully furnished condo with rare Lake Winnepesaukee and mountain views. Updated with new flooring and countertops. Enjoy as a year-round residence, vacation getaway or even rent it.</p>	<p>\$1,495,000</p>  <p>MLS# 5034373</p> <p>Meredith: 4BR/5BA home in an exclusive community offering breathtaking lake and mountain views, along with coveted access to Lake Winnepesaukee. Whether you're looking for a year-round residence or a luxury vacation getaway this home offers the ultimate Lakes Region lifestyle.</p>
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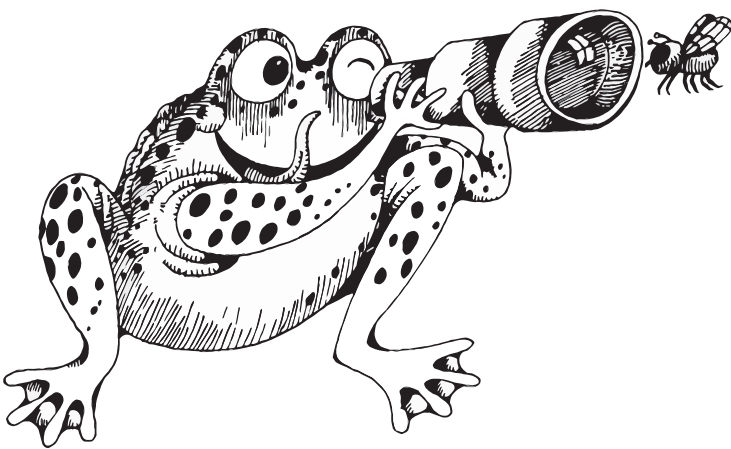
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THIS DAY IN HISTORY



1606: The Union Flag is adopted as the flag of English and Scottish ships.

1900: President William McKinley signs the Foraker Act into law, giving Puerto Rico limited self-rule.

1934: A 231 mile per hour surface wind is measured at Mount Washington.

Animal FACT!

The bulging eyes of of these animals allow them to see in front, to the sides and partially behind them.

Answer: Frogs

Double Word Puzzle

Unscramble the words to reveal the sentence.

MUJP

1

ARWTE

2

3

CKAOR

4

SHIF

5

6

7

8

G

5

3

4

7

8

4

1

2

4

6

2

Answer: Frogs hop to it

NEW WORD

LEAP

jump or spring a long way

How they say that in...

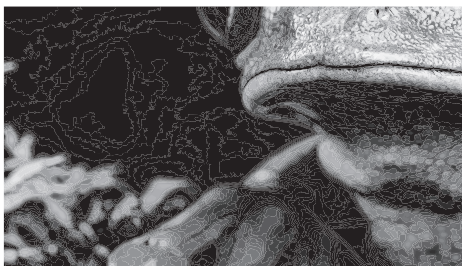
English: Frog
Spanish: Rana
Italian: Rana
French: Grenouille
German: Frosch

Did You Know?

Frogs are amphibians, which means they are cold-blooded. Their body temperatures change as the temperature of their surroundings changes.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Frog

CRYPTO FUN

Solve the code to discover words related to sports safety.
Each number corresponds to a letter.
(Hint: 9 = S)

A. 18 24 18 18 15 22 9

Clue: Protective eyewear

B. 2 24 25 2 4 9 9 3 24 25

Clue: Brain injury

C. 9 13 24 20 14 9

Clue: Athletic endeavors

D. 9 10 17 22 14 19

Clue: Protection

Answers: A. goggles B. concussion C. sports D. safety

SUDOKU

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

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

ANSWER:

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Girls Soccer Head Coach (NRHS)
Girls Soccer Assistant Coach (NRHS)

The District uses School Spring, an online application program.

All candidates can view and apply for vacancies safely and securely by using this tool.
<https://www.schoolspring.com/>

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

Jacob Tivey – Athletic Director
jtivey@sau4.org

Newfound Area School District
150 Newfound Road, Bristol, NH 03222
or
Shane Tucker – Athletic Coordinator
stucker2@sau4.org

Newfound Memorial Middle School
155 North Main Street, Bristol, NH 03222
603-744-6006 x.1507

Scott Burns' Landscaping, LLC

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For more info, contact Scott at 603-279-8100 or email scott@scottburnslandscaping.com

Mid-State Health is Hiring Part-Time Facilities Technician

Mid-State Health Center is hiring a Part-Time Facilities Team Member to help maintain a clean, safe, and welcoming environment for our patients, visitors, and staff. This 15-hour-per-week position, Monday through Friday, includes cleaning common areas, ensuring walkways are hazard-free, disposing of waste properly, and reporting maintenance needs. Some travel between locations is required.

Ideal candidates have a high school diploma or GED, prior housekeeping experience in healthcare, a valid driver's license with auto insurance, and the ability to work efficiently as part of a team. Strong organizational skills, attention to detail, and a commitment to safety and infection control are essential.

Apply today to become part of our mission!

Complete details at: <https://www.midstatehealth.org/careers>



To apply send resume to the HR Director at Mid-State Health Center, 101 Boulder Point Drive, Suite 1, Plymouth, NH 03264 or email it to careers@midstatehealth.org

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Ben Nugent to speak to Trout Unlimited on Tuesday

PLYMOUTH — The April meeting of the Pemigewasset Chapter of Trout Unlimited will take place on Tuesday, April 15, at 7 p.m. in the meeting room of the Common Man Inn at 231 Main St. in Plymouth. All Pemigewasset Trout Unlimited meetings are free and open to everyone. They have an optional raffle at the meetings to raise money for scholarships for kids to attend summer learn-to-fish camps.

At this meeting, Benjamin Nugent will join the group to provide an overview of a standard year of work for the Lakes Region fisheries biologists. Nugent will highlight some of the ongoing efforts the Inland Fisheries Division of NH Fish and Game performs throughout the central part of New Hampshire in a typical



COURTESY PHOTO

A crew from New Hampshire Fish and Game samples the Beebe River in Campton.

year. Nugent is a fisheries biologist based out of the New Hampton Regional Office (Region 2) in New Hampton. He has had the opportunity to work for the New Hampshire Fish and Game Department since 2000 and has relied on the generous support of the

Pemigewasset Chapter over those years.

Palmer College of Chiropractic students awarded degrees

DAVENPORT, Iowa — The following students graduated with a Doctor of Chiropractic degree from Palmer College of Chiropractic's Main Campus in Davenport, Iowa, on Feb. 28.

Mackenzie French of Sanbornton
Logan Morrison of Sanbornton

Palmer College of Chiropractic, the first and largest college in the chiropractic profession, has campuses in Davenport, Iowa, and Port Orange, Fla.

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