

THURSDAY, APRIL 11, 2024

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Author visits highlight Southwick School, Sanbornton Central's I Love To Read Week



REGION — Students at both Southwick School and Sanbornton Central School had the opportunity to meet and learn from published children's authors. Chantelle Moyni-

Strong numbers bolster Winnisquam track team

han-Rector shared her book titled, "Max & Jules: How To Be Brave" with the students at Southwick School. The story features a retired police day named Max and his sister, a skittish housedog, named Jules. The characters in the book are based on Moynihan-Rector's own dogs. The book teaches children that it is alright to be afraid, but you should not let fear hold you back. Max gives Jules and, hopefully the reader, some strategies on how to overcome those fears. Moynihan-Rector's experience as a school counselor has given her a unique perspective on how fear and anxiety has increased among our school aged population. She hopes that this book will help kids see that fear is normal, identify appropriate coping strategies, and maneuver the world more confidently.

a story during Tabatha Jean D'Agata's visit to their school.

She told the students that, "Every problem you encounter in life is an opportunity to write a new story."

As she read her book, "Silent Sam," she helped the students identify the main characters, the problem or conflict and potential solutions throughout the story. Raiders aiming for the top echelon of Division III baseball

FREE

BY JOSHUA SPAULDING

Sports Editor

BELMONT — The Belmont baseball team played some of its best ball of the season in the quarterfinals last year and coach Matt LeBlanc is hoping that the experienced group he returns to the diamond can pick up where they left off and make a run to be one of the top teams in the division.

"We are returning a young core who has gained plenty of experience over the last two years," said LeBlanc, entering his 14th season at the helm of the Raiders. "We will face a tough schedule and some stiff competition but hopefully that makes us battle-tested and ready to make some noise."

Returning to the diamond for the Raiders are senior Hutch Haskins, juniors Anakin Underhill, Jaxson Embree, Owen Waldron, Michael Collette and Brady Thurber and sophomores Wyatt Divers, Brayden Townsend and Eddie Rochenski.

Haskins is the ultimate utility guy, able to play just about anywhere LeBlanc needs him, while Underhill will be one of the team's aces on the hill and also play at first base. Embree will serve on both sides of the battery, Waldron will play up the middle or at third base while Divers will see time on the mound and behind the plate as well as at shortstop. Townsend will also pitch and catch and will roam the outfield while Collette will be in centerfield and will also pitch. Rochenski will be in the outfield and Thurber will play in the infield and outfield and will also see time on the mound.

Freshmen Max Ryder, Wyatt Bamford and Jack Crockford will also be expected to contribute, with Ryder looking at time in the middle infield or at the hot corner, Bamford at the corner infield spots or in the outfield and Crockford on the hill.

Like most of the local teams, the Raiders have been forced inside by a couple of spring snowstorms,

BY JOSHUA SPAULDING

Sports Editor

TILTON — Fourth-year head coach Patti Malone returns a large chunk of last year's Winnisquam track team and teamed with some strong newcomers, is expecting good things as the Bears prepare to open the new season.

"We're bigger than ever this year at 55 athletes who all seem determined to stick with it," Malone said. "I'm really looking forward to being able to spread our numbers out into a variety of events.

"We have a small number who could be eyeing high placing at Wilderness, D3s and potentially even further, but we are also a young squad, so we're excited to be picking up a crew that can continue to grow for years to come," Malone added.

Amongst the key returners are Victoria Kelly, who will be a big contributor in a large variety of events, Frankie McComiskey, Nate Lavoie and Victor Pham in the sprints and jumps and Henry Osmer and Brendan Goodwin in the distances. Skye Tibbetts will return in the jumps with her eyes on the school record in the high jump after working with record holder Aidan Donahue last season. Kaiden Robb, Zariah Moore and Denessa Williams are coming off strong indoor season and will be looking to hold down the sophomore-laden 4X100-meter relay team.

The Bears will be adding senior Lauren Mac-Donald in the throws and the sprints, while Taber Haggett has showed promise in the throws as well. Justin Tardif is looking strong on the distance side of things while also playing on the baseball team and exchange students Philipp Rompf and Alessio Calderara have been working in several events and showing potential in numerous ones.

"We have a large freshman class this year, but so far they've all been working hard," Malone noted. "We've picked up some additional coaches and that's made a big difference in what we're seeing out of our athletes even before the meets start.

Joining Malone and returning assistant coaches Sean Goodwin and Tom Osmer are alum Leighton Morrison and Ken Tripple. Morrison has been working with the jumpers and the sprinters while Tripple is also working with the sprinters.

"That's really allowed Tom, Sean and myself to focus on the events we want to be coaching and has allowed our athletes to get some great one-on-one

SEE **TRACK**, PAGE A9

Sanbornton Central School students learned how to frame and write

D'Agata drew upon the experience of creating the cover of her upcoming book, "'Twas The Morning Before Christmas Eve" to demonstrate how many times authors and illustrators have to modify their work. She shared several edits of the cover with the students, ending with the final version.

In addition to authoring several children's books, D'Agata is also a longtime literacy columnist for the Parent Express Newspaper and works as a freelance social media marketer. but LeBlanc said they are making the most of it.

"Obviously the weather has been a surprise as we have been unable to get on to our field or travel to scrimmage," LeBlanc said. "The kids have been working hard in the gym and other indoor facilities and will be ready to play, whenever that happens."

He noted that several of his team's players have dedicated themselves to improve and the results have shown.

Additionally, the Raiders will be partnering with the Jake Deware Kindness Project this season and will be hosting a joint event on May 6 while hosting rival Winnisquam. Kindness Night will include a bake sale and merchandise sale as well as an opportunity to donate to the Jake Deware Kindness Project. They will be collecting kids' fishing gear and wiffle ball equipment to be given to local children to help them with some outdoor summer activities.

The Raiders feature a schedule that includes two games with Berlin, Gilford, Winnisquam and Prospect Mountain and single games with Camp-

SEE **RAIDERS**, PAGE A9

Learn the history behind Sanbornton Congregational's Revere Bell

SANBORNTON The Sanbornton Congregational Church, UCC and The Sanbornton Historical Society invite the public to a free event on Thursday, April 11 beginning at 7 p.m. Learn about the rich history of the Revere Bell, which still rings every Sunday morning from the belfry in Sanbornton Congregational Church, UCC. Originally part of the Woodman Academy, it was moved to the church in the mid 1800s - a tre-



Brendan Morrison and Phoebe Timmons climbed to the belfry to inspect the Revere Bell.

mendous undertaking!

joint This event will take place in the church's sanctuary, 21 Meeting House Hill Rd. As a part of the program, we will also welcome members of the community who live in homes once occupied by the people who are named and remembered in the church's historic stained glass windows. Come listen and learn and explore while enjoy-

Around and About Tilton

BY GREGG DEVOLDER

Hello, and welcome back. You know it's been a quiet week when you talk about the weather. So how about that snow storm last week? Let's hope that's the end of the snow for us. I have to believe cement would have been easier to move.

With the snow, the selectmen had to postpone their meeting and it's now scheduled for Thursday evening, April 11 at the police station. As you may recall from last week, they'll open with their regular meeting and then move on to a "listening session" on the Calef Hill Road project. Please check the town's website for the time as it wasn't posted as of this writing. This week is chock full of meetings, Planning Board, Budget Committee, Parks & Recreation, Trustee, Water District and of course the Selectmen's. Because of the lack of meetings last week, I thought I'd follow up on a few items of interest that I've written about previously. If you recall, back in January, the Selectmen discussed replacing the damaged telephone poles that are attached to town hall. I'm pleased to report that one is in the ground and I'm sure the other is going up soon. In that same meeting there was a discussion on pedestrian safety downtown and the potential for flashing crosswalk signs and better lighting. I haven't heard anything more on that but I'm sure we will. Watching people trying to cross Main Street can be a pretty scary scene. There was also talk of moving the statue of

Diana from town hall. I'm happy to report, as of this writing, she's still there for those that would like to see her. The elderly tax credit has come up a few times and unfortunately at the time of this writing, I haven't heard of any changes to that. With an hour to go till my deadline, I just heard that the exemption has to go to town meeting as a warrant article. I'm told this will be on the agenda for the selectmen's meeting on April 11.

Recycling has also been a topic of concern and I'm sure we'll hear more on this as they get closer to starting that up. As a reminder, we do have our annual spring cleanup coming up on April 24 through the 27th, at the Tilton Public Works Department. It's only for Tilton residents and you'll need a town sticker, which is free at the Town Clerk's office. The details of what you can throw away as well as the hours of operation are listed on the town's website under 2024 Spring and Fall Cleanup.

Finally, it looks like we have the following positions posted for the town. A DPW truck driver/laborer, Land Use Coordinator and Land Use Technician for those of you that may have interest.

I stopped by the Hall Memorial Library this week and was quickly reminded of what a gem we have available to us. I was very impressed with all the programs they have and going forward I'll try to highlight one or two each week as space will allow. This week, the library has been celebrating spirit week with a theme each day and prizes. If you have children or grandchildren, on Friday, April 12, they'll be having a Campfire Stories event for all ages around a campfire with Mr. Steve. This will be outdoors, and the library is providing the ingredients to make smores. You can roast your own marshmallows and put them all together. If you're interested in this or other events, please visit their website at hallmemoriallibrary.org for more information.

For those of you who enjoy a few animal fun facts, I thought I'd share with you what we've seen over the fall/winter on our game cameras on the back of our property. We live less than a half mile from town hall, so I was pretty surprised at what passed by. It's a regular animal highway. We had a bobcat pair, fox pair, plenty of deer mostly doe's and their offspring, two porcupines, a family of racoons, flying squirrels, a few grouse, plenty of opossums, two very large skunks, fisher cat with a squirrel in its mouth, three different bears, a snowshoe hare and of course coyotes. We actually had a bobcat kitten in one of our nesting boxes in the chicken coop last year. I thought it was our neighbors kitten and put it on its way. Final fun fact, for two years now we've had a doe deliver her fawns in our woodlot out back More than 40 local community members bring riveting drama to Playhouse stage



Members of the cast of "The Ferryman" explore family dynamics at an early rehearsal. Pictured: Brendan Berube, Ken Chapman, Tamara McGonagle, Lynne Rainen, and Hazel Heywood

MEREDITH — Since February, over 40 members of the local community have been rehearsing Jez Butterworth's acclaimed drama "The Ferryman." It will be performed by the Winni Players, the resident community theatre group at the Winnipesaukee Playhouse, from April 25 through 28th. The play, which debuted in London in 2017 and arrived on Broadway in 2018 has won over a half dozen awards for Best Play including the 2019 Tony Award.

Set in Northern Ireland in 1981, the play is an exploration of one family's story during the period known as The Troubles. The multi-generational Carney family all live under one roof which calls for a cast of 21 actors with ages ranging from eight to eighty. A huge cast for a contemsays, "directing this incredible cast has been an absolute blast! The interaction between the different ages in rehearsals keeps things fun, lively, and fresh. The genuine camaraderie among the cast is palpable—it truly does feel like one big (happy?) family. Seeing everyone enjoy working together, supporting each other, and embracing each other's quirks and differences that come with the age gaps fills me with joy. It keeps me excited to return to the rehearsal room daily, and I can't wait for audiences to be invited into the family."

Many actors will be familiar to local audiences including Michael G. Baker, who plays Quinn Carney, the head of the household. A Plymouth resident, Baker has been involved with the Winni Players since 2006. His

memorable performanc-

es include Lennie in "Of

Mice and Men" and Mr.

Antrobus in "The Skin

of Our Teeth." Other

cast members will be

making their Playhouse

debuts, including Kyrie

Ellison-Keller, a faculty

member at New Hamp-

ton School, who has

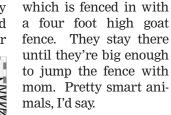
been involved with the Playhouse in various capacities in the last year but will be appearing on stage for the first time.

In a play that is rooted in realism like this one, details are important. The company has been fortunate to work with Nora Hussey, the former Director of Theatre Studies at Wellesley College, who has served as the dialect coach and has also provided the company with the story of her own upbringing in Ireland during The Troubles.

In addition to the community members who will be performing, a group of more than a dozen Lakes Region residents have taken on production roles ranging from props supervisors to stage managers. Jack Greeley, a recent arrival to Belmont, is the production's dramaturg. A retired college professor, this is Jack's first opportunity to provide dramaturgy on a production. His role has included researching the history of The Troubles and providing the cast and company with facts and information to help guide the rehearsal process.

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Well, that's all I have for now. Thank you for reading and all your comments! As always, you can email me at: a round and a bouttiltonnh@gmail.com. I can't promise I'll respond to everyone, but I will read them all.

Have a great week!



porary drama, it allows director Cory Lawson the opportunity to work on creating a realistic family dynamic amongst the actors.

Lawson, who is the Playhouse's Director of Education and Community Engagement

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of March 25 to April 1.

Deanna C. Aldridge, age 24, of Gilford was arrested on March 25 for Stalking — Notice of Order.

A juvenile, age 17, was arrested on March 27 for Driving After Revocation or Suspension of license.

Bertrand M. Laflamme, Jr., age 51, of Gilmanton was arrested on March 31 for DUI-Impairment, Possession of Drugs, and multiple counts of Control of a Premises Where Drugs have been Kept.

Months of rehearsals and preparation will come to fruition when the production opens on April 25 at the Winnipesaukee Playhouse in Meredith. The production is sponsored by Laura and Gary Stephan in loving memory of Dorothy Marie Schrader and Gerald Lewis Schrader. Tickets are available at www.winnipesaukeeplayhouse.org or by calling (603) 279-0333.



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Brian Chalmers to retire after 34 years at MVSB



MEREDITH — Brian Chalmers, Vice President, Commercial Loan Officer, will retire from MVSB (Meredith Village Savings Bank) in May after 34 years of dedicated service supporting the Bank, local businesses and the community.

Chalmers joined MVSB in 1990 as the Branch Manager for MVSB's newly opened Meredith Route 104 office, and transitioned to oversee the Ashland office in 1991. He became the Bank's first Business Development Officer in 1998, where he worked to develop relationships with business owners,

municipalities and nonprofits. He eventually grew his one-man business development efforts into a larger team to cover MVSB's expanding footprint, receiving a promotion to Vice President along the way. In 2009, he brought his talents to MVSB's Commercial Lending Department, finishing his career with the bank as Vice President Commercial Loan Officer.

John Swedberg, MVSB Senior Vice President and Senior Commercial Loan Officer, first met Chalmers when they worked together at another local bank more than 35 years ago. Chalmers made the switch to work at MVSB before Swedberg.

"Brian couldn't say enough about how much he enjoyed working at MVSB, and I was excited to join him when the opportunity came along," said Swedberg. "We have always worked closely together and I have appreciated the support he has provided to me and the entire team along the way. Anyone who has met Brian immediately notices his cheerful attitude and that he can always find a way to the lift the spirits of those around him. He has been a valued colleague and friend these past 25 vears and we wish him the best of luck in retirement."

ness customer base and become a go-to resources for many in the communities. Recently, he has played a pivotal role in helping transition MVSB to the next generation of eager and knowledgeable Commercial Loan Officers.

He has also been equally dedicated to the community as a volunteer – serving on the First Star Tonight Board of Directors since 2004, a local organization that focuses on providing support for terminally ill children and young adults. He is currently on the Board of Directors for the Lakes Region Chamber of Commerce and also serves as Treasurer for the Ashland School District. He has served on the Ashland School Board and the Speare Memorial Hospital Board of Directors in the past. Brian is a 1993 graduate of the New England School of Banking and a 2000 graduate of the National School of Banking.

"I have thoroughly enjoyed my career at MVSB," said Chalmers. "I was given opportunities to advance and grow, be a part of the community, work with some of the most amazing people, and have a great work life balance. As far as retirement goes, I look forward to spending more time with my family, especially my new grandson. I have been fortunate to work in a field that I enjoy and

for a company that I am proud to represent."

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



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Dilan Chaimers

Champlain College Dean's List BURLINGTON, Vt. — Bryce Hall of Belmont was named to the Champlain College Dean's List for the Fall 2023 semester.

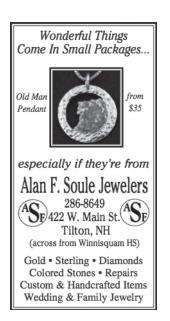
Bryce Hall named to

Students on the Dean's List have achieved a grade point average of 3.5 or higher during the semester. Hall is currently majoring in Computer Science and Innovation.

Making the Dean's List is a tremendous achievement. Many of the high achievers balance their career-focused classes with jobs, internships, clubs, and volunteering. We congratulate them on this great accomplishment and honor.

Founded in 1878, Champlain College is a small, not-for-profit, private college in Burlington, Vermont, with additional campuses in Montreal, Canada, and Dublin, Ireland. Champlain offers a traditional undergraduate experience from its beautiful campus overlooking Lake Champlain and more than 90 residential undergraduate and online undergraduate and graduate degree programs and certificates. Champlain's distinctive career-driven approach to higher education embodies the notion that true learning occurs when information and experience come together to create knowledge. Champlain ranks in multiple categories of U.S. News and World Report's "Best Colleges;" is included in The Princeton Review's 2024 list of "The Best 389 Colleges;" was named a 2023-2024 College of Distinction for Education, Business and Career Development; and was awarded one of

America's Best Colleges by Money for combining quality and affordability. www.champlain.edu



"From my first day here 10 years ago, Brian was quick to make me feel welcome on the team and has always provided me with valuable insight and guidance," said Dan Osetek, MVSB Senior Vice President. Commercial Lending Team Leader. "His loyalty and commitment over his career ranks at the highest level amongst MVSB's most tenured employees. Although we are all sad that Brian is leaving. this is a well-deserved retirement."

Throughout his career, Chalmers has worked to significantly grow the Bank's busi-



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Opinion

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

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

A Revolutionary legacy

Two hundred forty-six years ago next week -April 19, 1775 — was the start of the Revolutionary War after the battles of Lexington and Concord, Mass. The big debate still remains as to whether or not 'The Shot Heard Round' the World' took place in Concord, or in neighboring Lexington.

This time in our history brings with it much intrigue for many. The tenacity and bravery of those who fought for our independence is beyond admirable. The events that took place during the Revolutionary War, read like a novel in modern times and have been brought to life through such works as Howard Fast's "April Morning," where we need to be reminded that this story is not fiction.

On that spring morning, more than 700 British soldiers who were given a secret tip on the whereabouts of colonial military supplies in Concord, marched to- wards town to confiscate the lot. The patriots who had developed a top-notch intelligence network, largely the work of George Washington's spy ring, and the Sons of Liberty, had received notice weeks in advance and were able to move the supplies to safety.

Paul Revere and William Dawes had plans to ride ahead of the British troops to warn other Patriots. Knowing the task was risky, Revere secured the help of about 30 other men to make sure word reached Lexington and Concord if the two were captured. Revere told militia leaders to look at the steeple of the Old North Church each night for a signal. One lit lantern meant the Regulars would come by land through the Boston Neck. Two lanterns meant the British would come via the Charles River on row boats into Cambridge, "One if by land, two if by sea."

The night before the famous battle, Dr. Joseph Warren sent Dawes to Lexington where he was joined with Revere to warn Sam Adams and John Hancock that the British were coming.

It was midnight in Lexington when Revere and Dawes were joined by a third rider, Dr. Samuel Prescott. Prescott had been courting a woman in Lexington and met Dawes and Revere by chance. Because he believed in the cause, Prescott joined the men. The three riders were stopped by a British patrol not long after. Dawes was able to escape by reversing his direction. Prescott jumped a stone wall and fled using a short cut only locals knew about. The doctor was the only rider to reach Concord. Revere who was now captured, was surrounded by six Regulars and was searched and interrogated. The Regulars were spooked by the sound of gunfire in the distance, and let Revere go after asking him for an alternative route to town. Revere made his way back to Lexington, where he regrouped with Hancock and Adams, who planned an escape to Woburn. Throughout the night, the 'Rebels' gathered to intercept the British. When the red coats were seen marching onto the Lexington green, the local minutemen knew they were outnumbered. Out of the dawn a shot was fired, and no one knows to this day which side was responsible for it. After the scuttle on the green, eight minutemen and one British soldier were killed. There were accusations from both sides laying blame on one another. While the British soldiers continued to search for supplies, the colonial militia was able to regroup in Concord, where they later met the red coats at the North Bridge. The British were outnumbered this time and retreated to South Boston after losing several soldiers.



Easter crafts at the Mill

COURTESY

Families gathered at the Belknap Mill on Saturday, March 30 to make sock bunnies out of material made on the knitting machines. Pictured: Dexter Nichols and Kathleen Ojikutu with their creations.



I waited tables for quite a while in my early acting days. It's a common choice for actors because you can work at night. That leaves your days free for auditions and acting gigs. Even after I land-POSITIVELY ed a lead role in SPEAKING Showtime's "A Separate Peace," a film TOBY produced by Oscar MOORE winners Dustin Hoffman & Michael Sugar and directed by Oscar nominee Peter Yates, I was back at the restaurant working shifts before and after filming. It surprised a lot of folks. They thought a movie role meant you made it big, but acting jobs can be few and far between. Keeping a steady job, like waiting tables, helped me pay the bills.

lenging. You're always on your feet, rushing around. Customers are only sometimes lovely; some can be downright held high. rude or impatient. And

down and shouting, "I QUIT!" for everyone to hear, then striding out the door with my head

Then came the day my

sent back their meals because the soup was "too hot" or complained their ice cream was "too cold." It seemed absurd, but as I kept my cool and flashed a smile-even when everything in me wanted to do the opposite-something unexpected began to happen. The stress that used to weigh me down started to lift. As I made smiling a practice, I realized it wasn't about giving in or pretending the stress didn't exist; it was about choosing how I reacted to it. I realized that my smile wasn't just a courtesy; it was my shield, a powerful defense against the relentless negativity and chaos that threatened to engulf me. No matter how unreasonable the customers were, how baseless the complaints were, or how chaotic the kitchen became, I found something interesting. I found that smiling, keeping calm, and not reacting to the negativity wasn't me being a fake person. It was changing how I felt on the inside. I started to feel happy and soon enough I didn't have to force it. I also noticed that the customers found it hard to continue their negativity when confronted with unwavering positivity. Next time you find yourself about to lose your cool, take a breath and force a smile. It might feel unnatural at first, but give it a moment. That smile will start to work wonders, not just on those around you, but on you as well.

Some say the Shot Heard Round the World happened on the bridge in Concord, while residents in Lexington have long said the first shot to kick off the Revolution took place on their green.

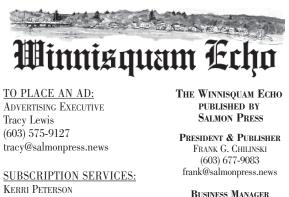
The phrase 'Shot Heard Round the World' was coined by author Ralph Waldo Emerson 62 years after the battle. His poem titled "Concord Hymn" was about the Battle of Concord.

Some historians say that because the Battle of Concord was the first real American victory in the Revolutionary War, that shot, should be considered the one heard 'round the world'. Other historians say that be-cause the first shot took place in Lexington, that should be the famous "shot heard 'round the world."

The debate has continued between the towns of Concord and Lexington, as to which is the birth place of American Liber- ty. Even though the first shots took place in Lexington, Emerson's 'Shot' was fired in Concord.

In 1875, President Ulysses S. Grant wanted to forgo attending the centennial to avoid conflict between the two towns. In 1894, the Lexington Historical Society sought to name April 19, 'Lexington Day' to the outright objections of Concord citizens. To ease both towns, a compromise was made where April 19 is now referred to as Patriots Day.

Being a waiter is straightforward but chal-



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when you're juggling several tables, plus dealing with kitchen mix-ups, guess who customers blame? Yep, the waiter. Waiting tables

is a job packed with stress. There were days when it was written all over my face, days when anyone walking by the kitchen could hear me grumbling under my breath. I was short with the kitchen staff, snappy with my managers, and could have done better at keeping my cool.

Quitting crossed my mind more often than I'd like to admit. I fantasized about making a grand exit, throwing my apron

managers decided it was time for a chat. They understood that the job was stressful, but they also made it clear that stress comes with the territory in the restaurant world. They told me straight: no matter how tough things got, losing my cool wasn't an option. I was expected to handle it all with a smile, no exceptions.

I remember thinking, How am I supposed to keep smiling? What if a customer yells at me for their steak being overcooked when they asked for it well-done? It seemed impossible at the time. How could I grin and bear it when things were so obviously not my fault, yet I had to act as if they were?

It didn't matter. Showing annoyance and anger towards a customer, no matter how much they might deserve it, wasn't an option. I was forced to choose.

After many nights of soul-searching, tossing, and turning, with thoughts racing through my head, I reached a decision. No matter what happened during my shifts, I had to keep smiling.

No matter how tempting it was to snap back, showing annoyance or anger towards a customer was off-limits. I had to make a choice, which was definitely challenging.

I found myself smiling at customers who

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julie@@salmonpress.news

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 28. Entries should represent what it means to explore and enjoy beautiful New Hampshire. Winning photos will be featured in MVSB's complimentary 2025 community calendar, website, social media and/or note cards.

"We are seeking images that represent life in New Hampshire - everything from scenery and community events to daily life," 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 ten photos per photographer can be submitted for each category and photographers will be awarded \$100 for every winning photo selected.

The 2024 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 atmvsb.com/annual-community-photo-contest.

MVSB has been serving the essential banking needs of people, businesses, nonprofits and municipalities for over 150 years. As a mutual savings bank, MVSB has no stock-holders 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



Kendra Eldridge, MVSB Universal Banker, stands at the spot in Alton where she took her winning photo titled "Flynn Admiring the Beauty of Lake Winni." The photo was featured for the month of April on the 2024 MVSB community calendar.

cultivate a community

where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center

Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth,

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

Audubon announces program on insects



MOULTONBOR-OUGH — On Thursday, April 18 at 7 p.m. at the Loon Center in Moultonborough, the Lakes Region Chapter of the New Hampshire Audubon Society will present a program titled Entomology for the Masses: Introducing the Insects, presented by Dr. Pam Hunt.

This program is a celebration of everything

and diverse group of organisms on earth, with by some estimates well over a million species – or slightly more than half of all species known to live on our planet. And yet what do we really know about these critters? Some of the things insects do are stranger than fiction, but rest assured that they are doing it all the time right under our noses.

know that male dragonflies can scoop sperm from a previous male out of females' reproductive organs? Or that some wasps lay eggs inside living caterpillars, and the wasp larvae eat the caterpillar alive from the inside out? And then there are the more familiar stories involving metamorphosis, pollination, and mimicry. So join us to learn some of the ba-

the major groups.

Dr. Pam Hunt is Senior Biologist for Avian Conservation for the NH Audubon Society.

The Loon Center is located on Lee's Mill Road: follow the signs on Blake Road from Route 25 near Moultonborough the Central School, or from Route 109, turn on to Lee Road and turn left on Lee's Mill Road.

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A six-spotted Tiger Beetle.

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sics of insect biology, including an overview of

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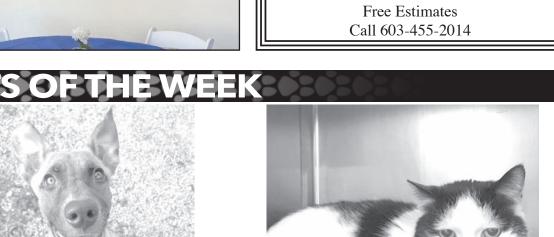
Katie Van Cura to exhibit at Belknap Mill

LACONIA — This April the Belknap Mill's Riverside Art Gallery features "A Moment in the Landscape" exhibit by Katie Van Cura. The community is invited to an artist reception on Friday, April 12 from 5-7 p.m.

Van Cura is a landscape painter who finds balance & happiness from hiking (with her dog) among New Hampshire's natural landscape. Each painting in this exhibit demonstrates her love for being outside, whether on a trail near the mountains or paddling in a kayak on the water. In each of those moments, photographs are taken and then brought back to the studio to translate that moment in time to canvas. Van Cura works



in acrylic paint, using vibrant colors, in an expressive manner. She loves seeing adventures that brought so much joy and peace in nature come to life within the painting. She hopes to bring the viewer into the space created, to feel the atmosphere and joy of the landscape within the painting.



Roxie

Meet Roxie! She recently arrived from Texas in search of her forever home. She is an energetic playful pup who has lots of fun going on adventures in the woods. Roxie takes to training very well, and we are working on her manners with her. Roxie loves to play outside, run around, and make new friends. She would do best in a home that goes on adventures and has lots of space to run around and play in the sun. Come get to know Roxie now; she'll steal your heart!

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Bug

Meet Bug! Bug recently made the trip from North Carolina in search of his forever home. Bug LOVES chin rubs and will purr instantly once pets start. He is a sweetheart that is eager to find his family.

LOCAL NEWS



BELL

CONTINUED FROM PAGE A1

ing some light refreshments. All are welcome. There is no charge for this event.

For more informa-

tion, contact Linda Salatello (603-630-1749), Brendan Morrison (603-630-3976) or Sanbornton Congregational Church, UCC (603-286-3018), or visit www.uccsanbornton.org.





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Above:

This stained glass window is in memory of Nathan Taylor, a lieutenant in the Revolutionary War, a farmer, justice of the peace, and prominent member of the church. He served in the State Legislature, Council and Senate. There are 12 stained glass windows in Sanbornton Congregational Church, UCC. Each window has its own unique religious symbolism, along with the names of the donors and people memorialized.

At right; The Revere Bell, located in the belfry of Sanbornton Congregational Church, UCC, was moved from The Woodman Academy in the 1800s.



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Nichols, St. Onge leading the way for baseball Bears

BY JOSHUA SPAULDING Sports Editor

TILTON — The Winnisquam baseball team features a solid group of athletes, but what the Bears lack is pitching depth and experience, which will be the key as the team enters a new season.

"We have less than 50 innings of varsity experience on the mound," said coach Fred Caruso, entering his 18th year at the helm for the Bears. "The kids have been working hard all winter, our defense should be solid and offensively we

should be OK."

The Bears were outside during the first week of practice, only to see a couple of snowstorms derail those outdoor plans and send them back indoors.

The Bears will be looking for a big year from senior captains Alex Nichols and Zach St. Onge. Nichols was 2-1 on the mound last year, drove in 10 runs at the plate with a .426 average and played error-free baseball at first base. St. Onge hit .300 and drove in 10 runs while going 1-0 on the mound with

an ERA of 0.95., while fellow seniors Ethan Gilleon, Lukas Mondor and Keegan Adams will be battling for outfield playing time.

Junior John Shea returns to play first and third and see some time on the mound, where he went 1-1 last year. Classmate Nik Puffinburger returns to patrol centerfield, while fellow junior Ethan Carter will see time at third and on the mound and Ben Wood returns to play second base and the outfield.

Sophomore newcomer Dio Katsigiannis will field and on the mound, while junior Michael De-Fosse will work behind the plate. Justin Tardif will be in the outfield and Jacob Twombly will play in the outfield and see some time on the mound.

"Looking for another big year from Alex Nichols and Zach St. Onge and for our group of juniors to take the next step," Caruso said. "If our pitching comes around, we'll be in the mix for a tournament spot."

Caruso notes that he

see time in the middle in- expects Division III to be a very competitive group of teams, with Belmont, Brady, Conant, Fall Mountain, Monadnock, Mountain. Prospect Somersworth and defending champion White Mountains all returning multiple starters to the diamond.

The Bears will play a schedule that includes two games each with White Mountains, Newfound, Belmont and Gilford and single games with Fall Mountain, Kearsarge, Raymond, Mascoma, Berlin, Conant, Campbell, Somersworth

and Newfound.

Weather and field conditions permitting, the Bears were scheduled to open the season after deadline Wednesday against Fall Mountain. the team that knocked them out of the playoffs last spring. The Bears are scheduled to take on Kearsarge on the road on Monday, April 15, and Raymond on Wednesday, April 17.

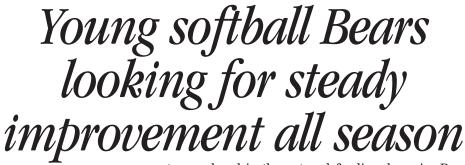
Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.



Belknap Mill Society announces 2024 officers

The Belknap Mill Society announces its 2024 officers. Peter Ellis of Gilford has been elected Board Chair and Laura LeMien, Associate Vice President of Academic and Student Affairs at Lakes Region Community College has been elected Vice Chair. They are joined by Treasurer, Steven Geer CPA, and Secretary, Shawna Bentley, Attorney at Wescott Law. The Belknap Mill's mission is to preserve the Belknap Mill as a unique historic gathering place and to celebrate the Lakes Region's cultural heritage through the arts, education and civic engagement.





Sports Editor

TILTON — With only one senior, the Winnisquam softball team is a young group and coach Mark Dawalga is looking for continued improvement as the season moves along.

We will really be young this year and will look to improve every day," Dawalga said. "One thing with this group is that they really want to go out and compete."

The team returns Lucy Prunier as the lone senior and she will be seeing time at third base and in the outfield. The lone returning junior is Bella Dill, who will see time on the right side of the infield.

"We will lean on Lucy and Bella for leadership early on as we get everyone set into their new roles," Dawalga said. "The togetherness of this group really has been outstanding to see."

Sophomores Kenzie Bassett, Carmilla Cote, Alexis Mingolla, Ava Sargent and Caidyn Carter will be looked at to take the next step. Bassett will work in the middle infield, Cote will see time behind the plate, at second and in the outfield, Carter will be

at second and in the outfield, Sargent will work in the pitching circle and in the outfield and Mingolla will see time at first base and in the outfield.

The team is bolstered by a quartet of newcomers in junior Payton Collins and freshmen Charlie Kimball, Danica Weymouth and Addison Bernier. Weymouth will be taking over the pitching duties for the Bears and Dawalga notes the team is excited to see what she can do. Bernier will be working behind the plate and at third base and Kimball and Collins will both be outfielders.

"We are super excited to get our season started," Dawalga said, pointing to

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defending champion Prospect Mountain, last year's runners-up from Gilford and Conant as the teams to watch out for in Division III.

The Bears will play two games each with White Mountains, Newfound, Belmont and Gilford and single games with Fall Mountain, Kearsarge, Raymond, Mascoma, Conant, St. Thomas and Somersworth.

The season was scheduled to start after deadline April 10, against Fall Mountain, and then continues on Monday, April 15, at Kearsarge and at home against Raymond on Wednesday, April 17, weather and field conditions permitting.







*Price based on Complete online cremation package. Additional charges may apply

LOCAL NEWS



FROGS HAVE A BACKBONE AND ARE COLD-BLOODED VERTEBRATES. THEY LIVE ON BOTH LAND AND IN WATER, MAKING THEM THIS TYPE OF ANIMAL.

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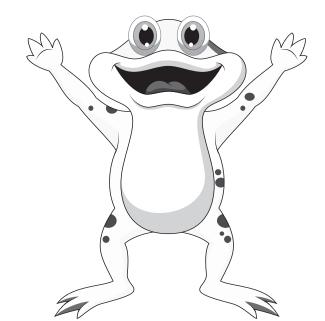


ENGLISH: Frog

SPANISH: Rana

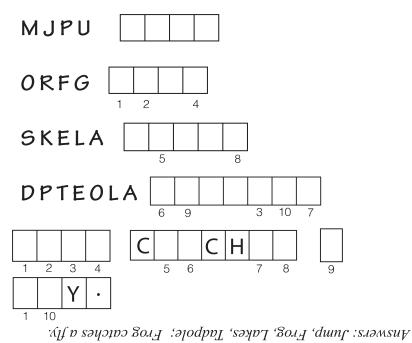
Creative Coloring

Color in this picture to create your own masterpiece.



Double Word Puzzle

Unscramble the words to reveal the sentence.

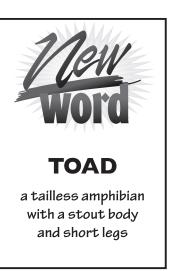




• **1606**: THE UNION FLAG IS ADOPTED AS THE FLAG OF ENGLISH AND SCOTTISH SHIPS.

• **1900:** PRESIDENT WILLIAM MCKINLEY SIGNS THE FORAKER ACT INTO LAW, GRANTING PUERTO RICO LIMITED SELF-RULE.

• **1980:** CANADIAN RUN-NER AND ATHLETE TERRY FOX BEGINS HIS MARATHON OF HOPE RUN IN ST. JOHN'S, NEWFOUNDLAND.

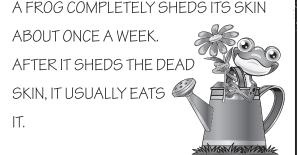




ITALIAN: Rana

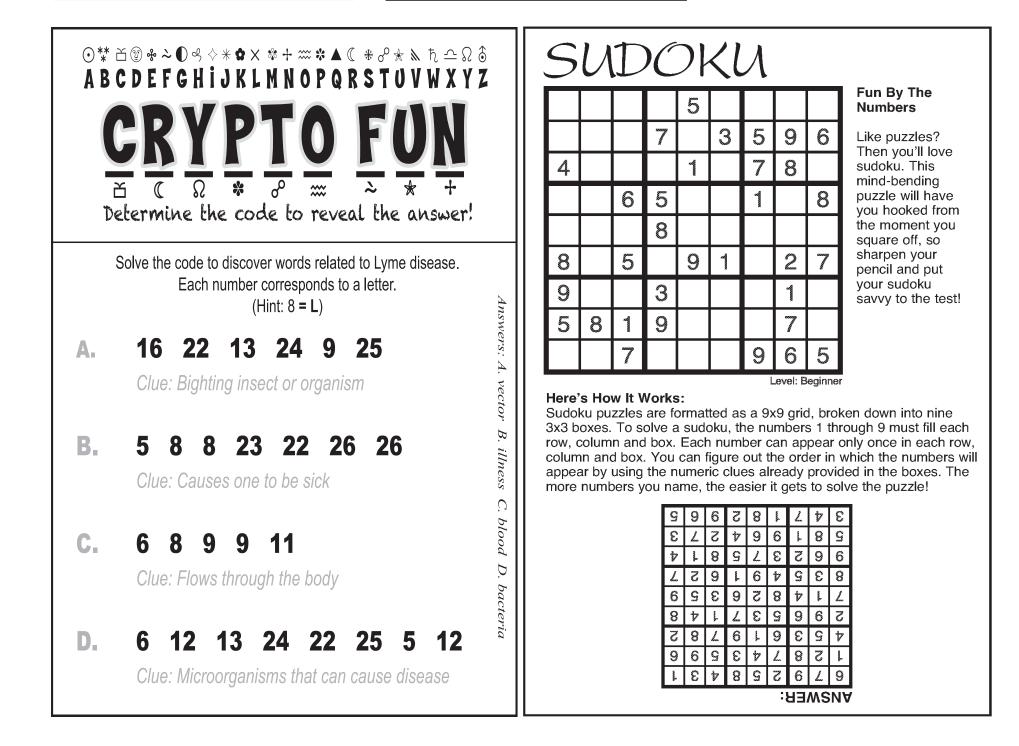
FRENCH: Grenouille

GERMAN: Frosch



Can you guess what the bigger picture is?

ANSWER: FROG



What to know about applying for an extension on your tax return



The Internal Revenue Service reports that the deadline to file a 2023 tax return is Monday, April 15, 2024. The vast majority of taxpayers will have no issue filing by the deadline, but some may not be able to file on time. In such instances, taxpayers can apply for an extension of time to file.

An extension is not necessarily as straightforward as the term suggests. In fact, the IRS urges taxpayers to be aware that applying for an ex-

tension does not grant taxpayers an extension of time to pay their taxes. Failure to pay by the April 15 deadline could incur penalties, even for people who have applied for an extension. The IRS urges taxpayers to estimate any owed taxes by the deadline and submit payments for those estimates by April 15.

Extension requests must be submitted by the regular return due date.

Some taxpayers may not have to submit an

extension return. The IRS notes that taxpayers in certain disaster areas do not need to submit an extension electronically or on paper. For example, the IRS had already determined by Febru-2024 that Maine arv taxpayers impacted by severe storms and flooding qualified for tax relief. Various deadlines, including the April 15 filing deadline for individuals and businesses, were extended to June 17, 2024. Maine taxpayers are urged to contact a tax preparation professional to determine if they are eligible for the later deadline. A list of additional extensions affecting the 2024 filing deadline can be found at https://www. irs.gov/newsroom/ tax-relief-in-disaster-situations.

Individual taxpayers, regardless of income, can use the IRS Free File (https://www.irs.gov/ filing/free-file-do-yourfederal-taxes-for-free) to request an automatic tax-filing extension. Filing that form gives taxpayers until October 15 to file a return. If October 15 falls on a Saturday, Sunday or legal holiday, the due date is extended until the next business day. It's important that taxpayers filing for the October 15 extension deadline recognize that they must still estimate their tax liability on the Free File form and pay any estimated taxes owed.

The deadline to file a 2023 tax return is Monday, April 15, 2024. Individuals who need more information about applying for an extension are urged to visit irs.gov.

RAIDERS CONTINUED FROM PAGE A1

bell, Somersworth, Inter-Lakes, Newfound, Monadnock, Mascoma, Hopkinton and defending champion White Mountains.

The season was set to kick off after deadline against Campbell and continues on Friday, April 12, at home against Gilford, Monday, April 15, at Somersworth and Tuesday, April 16, at home against White Mountains.

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

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TRACK

coaching time," Malone said.

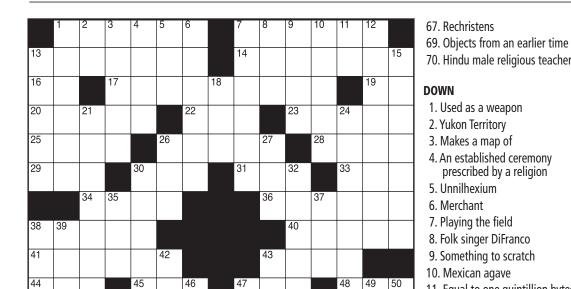
The Bears are also doing fundraising, selling spring sports prize calendars and notes that anyone interested in supporting the team can contact her or any of the track athletes.

Winnisquam is slated to host meets on April 20, and May 4 and will also be competing in meets at Newfound, Kearsarge, Kennett and Coe-Brown.

The season is scheduled to kick off, conditions permitting, on Saturday, April 13, at Newfound and continue on Tuesday, April 16, at Kearsarge.

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





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9. Something to scratch	S	G	S	С	S	G	Ν	R	0	S	Α	F	R	G	Ι	R	Α	S	Η	V
10. Mexican agave	E	N	E	H	J	Ρ	G	D	Ι	Ρ	T	E	N	D	G	G	C	M	K	G
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TAKE A BREAK

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ACROSS

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- 1. Island nation
- 7. Platforms
- 13. Project plan
- 14. French fishing port
- 16. South Dakota
- 17. Oakland's baseball team

52

- 19. Military policeman 20. Ornamental stone
- 22. Garland
- 23. Process that produces ammonia
- 25. Mousses
- 26. Music notation "dal ___"
- 28. Fail to win 29. Peyton's little brother
- 30. Not near
- 31. Some cars still need it 33. Lizard genus
- 34. An idiot (Brit.)
- 36. Postponed 38. African country 40. Gazes unpleasantly 41. In a way, traveled 43. Ukraine's capital 44. Appropriate 45. Dash 47. Twitch 48. Swiss river 51. Data file with computer animations 53. City in S. Korea 55. Particular region 56. They have eyes and noses 58. Tear 59. Large Madagascan lemur 60. Not out 61. Ornamental saddle covering 64. A driver's license is one

65. Latin term for charity

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24. Avenue 26. High schoolers' test

21. A type of compound

27. A type of meal

- 30. Gradually disappeared
- 32. Ancient Frankish law code
- 35. Popular pickup truck
- 37. Buzzing insect
- 38. Deal illegally
- 39. Lying in the same plane
- 42. Obstruct 43. Related
- 46. Challenge aggressively 47. Nocturnal hoofed animals
- 49. Bird's nests
- 50. Forays
- 52. B. de Mille, filmmaker
- 54. Title of respect
- 55. One-time name of Vietnam
- 57. Self-immolation by fire ritual
- 59. Private school in New York 62. Political action committee
- 63. A way to fashion
- 66. Email reply
- 68. "The Great Lake State"

INTER-LAKES 2024-2025 KINDERGARTEN Kindergarten Registration: May 20 and May 24

Registration is open to all children who reside within Center Harbor, Meredith or Sandwich; and who will be 5 years of age by September 30, 2024.

Join us for:

Kindergarten Parent Night

- **>** May 7, 5PM
- Elementary School Multi-Purpose Room
- > Principal Presentation
- Distribution of Registration Paperwork
- > Appointments will be scheduled when registration paperwork is returned to school.

Required to register:

- Child's birth certificate
- Physical exam within the last 12 months
- Up-to-Date Immunization Forms
- Proof of Residency

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SANDWICH CENTRAL SCHOOL **KINDERGARTEN REGISTRATION** FOR 2024-2025 SCHOOL YEAR

REGISTRATION BEGINS Wednesday, MAY 15th at 5:00 PM

Sandwich Central School is excited to announce that our annual Primary Multiage Registration evening will be on Wednesday, May 15 at 5:00 pm.

If your child will be five years old by September 30, 2024 or is entering SCS as first grader, and is a resident of Sandwich, Center Harbor, or Meredith, please email administrative assistant, Lucy Cunningham at lucy.cunningham@interlakes.org

The presentation will include:

- Meet the Faculty
- A Day in Primary Multiage (schedule overview)
- Special Education and Response to Instruction
- Bus Transportation
- Registration Packets

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This Week's Answers

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INTER·LAKES PRESCHOOL REGISTRATION IS OPEN March 13th - April 12th

Registration is open to all children who reside within Center Harbor, Meredith or Sandwich: and who will be 3 and 4 years of age by September 30, 2024.

Applications can be picked up in person at:

Inter-Lakes Elementary School, Monday through Friday between the hours of 9:00 a.m. and 2:00 p.m.

What is required with your registration packet for Preschool?

- Your Child's Birth Certificate
- Physical Exam within the last 12 months
- Up-to-Date Immunization Forms
- Proof of Residency

*Deadline for the applications is 3:00 pm on Friday, April 12th, 2024. Applications will not be accepted after this date. Enrollment will be Confirmed no later than Friday, April 19th 2024 by telephone.

For more information call Ronda Young or ValerieAnn Correia, Preschool Coordinators, at 279-7968.

Amanda Dunham of Northfield named to Champlain College President's List

BURLINGTON, Vt. — Amanda Dunham of Northfield was named to the Champlain College President's List for the Fall 2023 semester.

Students on the President's List have achieved a grade point average of 4.0 or higher during the semester. Dunham is currently enrolled in the Law program.

Making the President's List is a tremendous achievement. Manv of the high achievers balance their career-focused classes with jobs, internships, clubs, and volunteering. We congratulate them on this great accomplishment and honor.

Founded in 1878, Champlain College is a small, not-for-profit, private college in Burlington, Vermont, with additional campuses in Montreal. Canada. and Dublin, Ireland. Champlain offers a tra-

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HIGH <u>SCHOOL</u> SLATE

Fhursday, April 11 GILFORD

Boys' Tennis at Moultonborough; 4 Friday, April 12

BELMONT Baseball vs. Gilford; 4 Softball vs. Gilford; 4 Track Home Meet; 4 GILFORD Baseball at Belmont; 4 Boys' Lacrosse vs. Campbell; 4 Boys' Tennis vs. Prospect Mountain; 4 Girls' Lacrosse at Campbell; 4 Girls' Tennis at Prospect Mountain; 4 Softball at Belmont; 4 Saturday, April 13

GILFORD Track at Newfound; 4 WINNISQUAM Track at Newfound; 10

> BELMONT Baseball at Somersworth; 4 Somer-Softball at sworth; 4 GILFORD Boys' Lacrosse at Trinity; 4 Boys' Tennis vs. Profile; 4 Girls' Lacrosse vs. Trinity; 4 Softball vs. Conant; 4 WINNISQUAM Baseball at Kearsarge; 4 Softball at Kearsarge; 4

Monday, April 15

Tuesday, April 16 BELMONT Baseball vs. White Mountains: 4 Softball VS. White Mountains; 4 Track at Inter-Lakes; 4 GILFORD Girls' Tennis vs. Profile; 4

Track at Inter-Lakes; 4 WINNISQUAM Track at Kearsarge; 3:30 Wednesday, April 17 GILFORD Baseball at Hopkinton;





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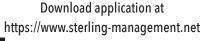


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Boys' Lacrosse vs. Hopkinton; 4

4

Boys' Tennis vs. Inter-Lakes; 4

Girls' Lacrosse at Hopkinton: 4

Softball at Hopkinton; 4

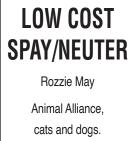
WINNISQUAM Baseball vs. Raymond;

Softball vs. Raymond; 4 Thursday, April 18 GILFORD Boys' Tennis at Monadnock; 4 WINNISQUAM Baseball at White

Mountains; 4 Softball at White Mountains; 4

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Large group of freshmen will be key for Belmont softball girls

BY JOSHUA SPAULDING Sports Editor

BELMONT — With only eight returning players, it was key that the Belmont softball program would need an influx of youngsters to help fill in the holes as the Raiders look to bounce back from what veteran coach Bill Clary called a disappointing season.

"Several freshmen will need to step up into starting positions right away," Clary said. "Withy only eight returning players, having seven freshmen was a much-needed boost to the program."

The team will be paced by a trio of seniors, led by captain

Abbi Paquette, who will team's pitcher and catchwork in the outfield this season. Fellow senior Darci Stone is also expected to play in the outfield, though she started the season battling back from a basketball injury. The third senior, Avery VonKadich will be starting at first base and will be leaned on for a strong year at the plate.

"I'm looking for leadership from our three seniors," Clary said. "And our young freshmen have worked hard in the gvm, now we need to fast track them into game ready."

The team welcomes back juniors Madison Smith and Rilev Cotnoir. who will serve as the er, respectively. Cotnoir has been battling a leg injury and Clary hopes that freshman Lyla McSheffrev will be able to take a bit of the load off of the starter to help keep her healthy. Smith will handle the bulk of the pitching duties while freshmen Bailey Perkins and Kami Dacato will also be competing for innings in the circle. Fellow junior Kathryn Walker could see time at third base, as will Smith when she's not pitching, but is also a valuable utility piece.

Sophomores Madison MacDonald and Meg Soucie will be counted on for outfield roles,

while MacDonald has shown versatility to help fill in elsewhere.

In addition to McSheffrey, Perkins and Dacato, the freshmen group includes Molly O'Connell, Adeline Ross, Falyn Sicard and Avery Thurber. O'Connell has been working on the left side of the infield while Sicard and Perkins have both been working up the middle. Ross will be an outfielder and Thurber will serve as both an outfielder and at first base as needed while Dacato will also be a utility player as needed.

"Obviously our goal is to improve on last season, in my eyes that must include making the playoffs," Clary said. "A home game is even better. If we can get those freshmen playing well, the sky is the limit.

"Our schedule is always tough and local teams play each other hard," Clary continued. "Prospect (the two-time defending champions) is the favorite again until someone can knock them off."

Raiders are The scheduled to play two games each with Gilford, Winnisquam Berlin, and Prospect Mountain as well as single games with St. Thomas, Ray-Somersworth. mond, White Mountains, Newfound, Hopkinton, Monadnock and Mascoma.

Additionally, the team is scheduled to play two games in Florida over the April vacation.

The Raiders were scheduled to play after deadline Tuesday against St. Thomas and Wednesday at Raymond. They are slated to host Gilford on Friday, April 12, visit Somersworth on Monday, April 15, and host White Mountains on Tuesday, April 16, all weather and field conditions permitting.

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

For Advertising Information Call 603-279-4516



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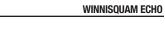




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