

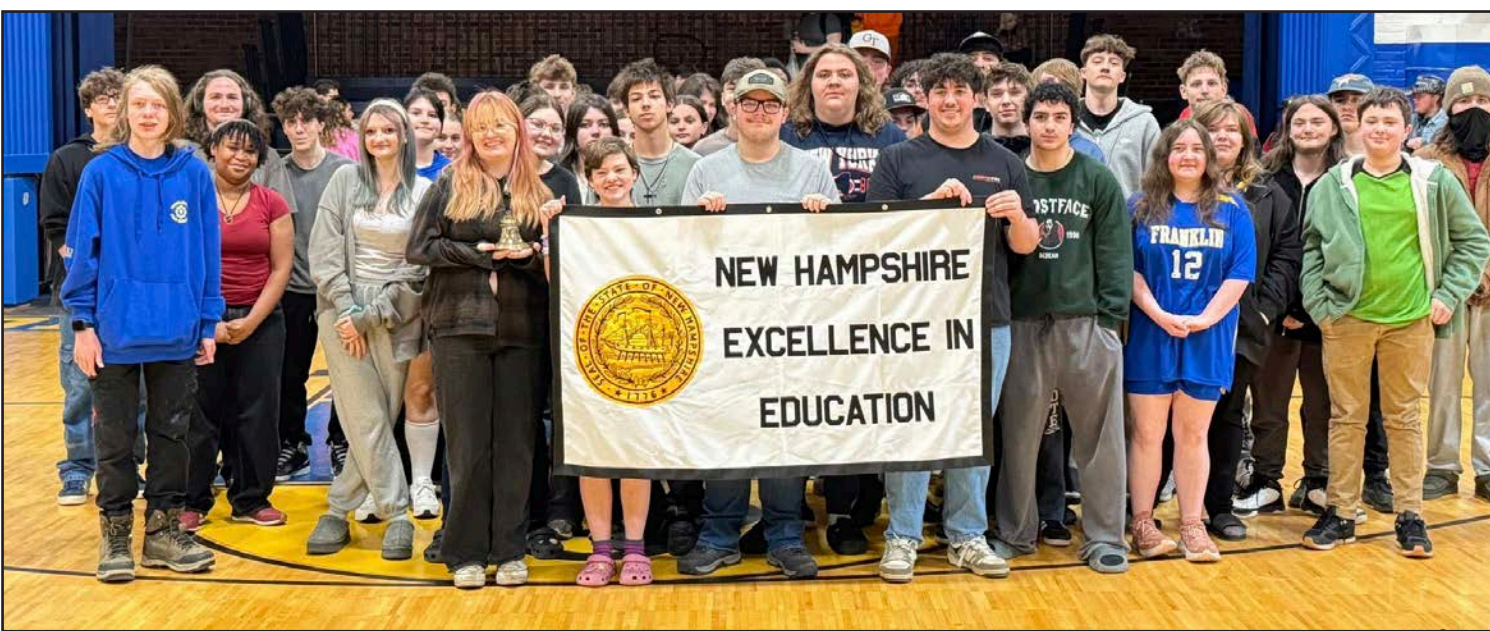
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Franklin High School named 2026 NH School of Excellence



Franklin High School was named New Hampshire's 2026 "High School of Excellence" last week, one of the state's highest honors recognizing innovation, achievement, and student success. Photo courtesy of the school's Facebook page.

FRANKLIN — The City of Franklin is thrilled to celebrate an extraordinary milestone, Franklin High School has been named New Hampshire's "High School of Excellence," one of the state's highest honors recognizing innovation, achievement, and student success.

This award reflects a remarkable transformation at Franklin High School. Through a renewed focus on student engagement, academic opportunity, and community support, the school has made meaningful strides in improving attendance, reducing dropout rates, and expanding access to advanced coursework and career pathways.

Franklin High School earned the 2026 High School of Excellence award after a four year turnaround driven by community vision and student centered innovation. Despite low funding, the school boosted attendance, reduced dropouts, expanded college credits, and achieved teacher retention while continuing to improve curriculum and outcomes.

"Franklin High School embodies the spirit of the EDies: a commitment to excellence through honesty, innovation, and an

unwavering focus on the student," read a post accompanying a video of the award presentation on the Facebook page for the Excellence in Education Awards (known as the EDies for short).

A message posted on the city of Franklin's Web site in celebration of the award read, "This recognition is more than an award — it is a testament to the resilience, dedication, and vision of the entire Franklin school community."

"As Franklin continues to grow and evolve, this achievement shines as a beacon of what's possible; demonstrating that with focus, determination, and community pride, great things are happening right here in Franklin.

"Congratulations to the students, educators, and administrators of Franklin High School on this outstanding and well-deserved recognition!"

*Books,
crafts
and
family
fun
at the
Belmont
Public
Library*

BELMONT — The Belmont Public Library invites the community to take part in a full calendar of engaging programs this May, offering opportunities for creativity, learning, and connection for all ages.

Adults can enjoy weekly "Creative Conversations" programs, including Fiber Arts on Mondays at 10 a.m. and a Watercolor Workshop on Mondays at 2 p.m. Both are self-guided gatherings designed to foster creativity and conversation, with watercolor supplies provided.

The library's popular book groups continue with a range of selections. The Afternoon Book Group will meet on Thursday, May 14 at 4:30 p.m. to discuss "The Listeners" by Maggie Stiefvater. The Friday Fiction Book Group meets May 15 at 10:30 a.m. with "The Pearl That Broke Its Shell" by Nadia Hashimi. Mystery lovers can join the Mystery Book Group on Thursday, May 21 at 10 a.m. to discuss "The Guest List" by Lucy Foy. The Nonfiction Book Group will meet Friday, June 5 at 10:30 a.m. to discuss "When Breath Becomes Air" by Paul Kalanithi. Copies of each title are available at the library and some are available digitally through Libby or Hoopla.

For children and families, weekly Story Time will be held Wednesdays at 10:30 a.m. for children under school age. Families are also invited to a Family Film Friday on May 1 at 3 p.m., featuring a movie and popcorn.

Additional youth programming includes Diamond Art Corner Bookmarks on Tuesday, May 26 from 3–5 p.m., recommended for ages 10 and up, while the supplies last. Teens are welcome to join the Teen Book Club meeting on Thursday, May 28 at 4 p.m. to discuss "Cinder" by Marissa Meyer.

The library will be closed on Monday, May 25 in observance of Memorial Day.

For more information, visit belmontpubliclibrary.org, call (603) 267-8331, or stop by 146 Main St. during open hours: Monday–Friday 10 a.m.–5 p.m., Tuesday–Thursday 10 a.m.–6 p.m., and Saturday 9 a.m.–1 p.m.

Granite VNA offers Healthy Steps for Older Adults in Sanbornton

SANBORNTON — Granite VNA is offering Healthy Steps for Older Adults, a falls prevention workshop to help older adults learn how to protect themselves and live a full and active life, free from the fear of falling.

Balance screenings are Tuesday, June 2 from 10-11:30 a.m. at Sanbornton Public Library, 27 Meeting House Hill Road. The workshops are being held on Tuesday, June 2 from 1:30-3:30 p.m. and Wednesday, June 3, 1:30 to 3:30 p.m. All registered participants must complete a balance screening and attend both workshops.

To register, call (603) 224-4093 or (800) 924-8620, ext. 85664 or visit www.granitevna.org. Registration is required by May 26 and space is limited. This program is offered at no charge.

About Granite VNA

Granite VNA is a not-for-profit licensed and certified home health and hospice care provider. The agency serves people of all ages in 72 communities across the Greater Capital Region and Central New Hampshire by providing home care, hospice care, pediatrics and maternal child health services, and wellness programming. The agency has offices in Concord, Laconia and Wolfeboro. Formed through the merger of Concord Regional VNA and Central New Hampshire VNA & Hospice, Granite VNA has served New Hampshire since 1899. For more information about Granite VNA, visit www.granitevna.org.

Raiders shine in second home meet



Ava Lacasse pushes toward the finish line on her way to winning the 100 meters at the Black Bear Invitational on Saturday.

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont track team hosted its second meet of the season on Tuesday, April 21.

For the Raider girls,

Ava Lacasse ran to first in the 100 meters in 13.02 seconds, Kyleigh Roe was sixth in 14.76 seconds, Caitlyn Conover was ninth in 14.9 seconds and Ella Stevens was 16th in 15.45 seconds. Hailey

Clairmont ran to fourth in the 200 meters in 31.02 seconds, Roe was fifth in 31.45 seconds and Alahni Mauzy was 13th in 35.26 seconds.

Mia Ellis ran to first in the 100-meter hurdles

Lacasse wins 100 meters at Black Bear Invitational

in 17.31 seconds, Cora Takantjas was third in 17.97 seconds and Neala Murphy was eighth in 23.52 seconds. Ellis was also fourth in the 300-meter hurdles in 52.08 seconds and Takantjas was sixth in 53.6 seconds.

Takantjas also won the triple jump at 32 feet, two inches with Clairmont in fourth at 29 feet, nine inches and Murphy in ninth at 20 feet, nine inches. Sami O'Connor was fifth in the shot put at 23 feet, two inches, Haven Rivera was ninth at 20 feet, six inches and Allieanna Steele was 11th at 18 feet, 6.5 inches.

Anna McDonald was third in the 400 meters in 1:13.95 and Murphy was

sixth in 1:24.51. Devyn VonKadich was sixth in the 800 meters in 3:15.44 while in the 1,600 meters, Riley DeGange was fourth in 6:47.15, Zoe Perlet was fifth in 7:10.81 and Violet Smith was sixth in 7:28.84.

Conover was eighth in the long jump at 12 feet, 11.25 inches and Meadow Rogers was 11th at 11 feet, 7.25 inches. Steele was ninth in the javelin at 61 feet, four inches and Rivera was 14th at 47 feet, four inches.

Belmont had two teams in the 4x100-meter relay, placing second in 55.52 seconds and sixth in 1:00.07. In the

SEE RAIDERS, PAGE A10

Powerhouse announces auditions for “Shrek the Musical!”

LACONIA —The next opportunity for community members to get onto the Colonial Theatre stage is coming soon! Powerhouse Theatre Collaborative, the resident theatre company of the Colonial Theatre in Laconia, announces auditions for its big summer musical production – “Shrek!”

Each summer Powerhouse tries to do a large scale musical with roles

for all ages (six to 60!) that provides an opportunity to work together on an exciting musical to share with the community. This year’s production will take place Aug. 7-9, and will feature all your favorite characters from the hit Dreamworks movie Shrek including Shrek, Donkey, Fiona, Lord Farquaad, Gingy, Pinocchio and many, many more!

All the information on

how to register and prepare for auditions can be found at <https://www.powerhouse-nh.org/auditions>. Auditions will be held at the Colonial on Tuesday, May 5 and Thursday, May 7, with callbacks on Sunday, May 10 if needed.

Most rehearsals will take place in June and July on Sundays, Mondays and Wednesdays in Laconia. Powerhouse is looking for talented actors, singers and

dancers of all ages to come join the summer fun! The musical will be directed by Bryan Halperin and Courtney Palmer, with Vocal Direction by Alex Hunton and Choreography by Meg King. Emma Molly is the Stage Manager

Says Halperin, “This year we decided to do all shows that would be loads of fun, and what’s more fun than a gassy, grouchy ogre learning the meaning

of friendship and love. This will be a dynamic and high energy show with colorful costumes and great dancing. We can’t wait to find our cast!”

Tickets for Shrek are already on sale at colonia-laconia.com and powerhouse-nh.org/1776 - buyers should make sure they are only buying tickets from the correct links, as third-party sites inflate the ticket prices.

For all the details on Powerhouse Theatre Collaborative, auditions, and other events in the 2026 season, check out powerhouse-nh.org or email info@powerhouse-nh.org. Powerhouse is still looking for business sponsors to support the costs of this and other productions in the 2026 season - contact the email above with questions or interest.

NH Boat Museum opens 2026 season with new experiences

MOULTONBOROUGH — The New Hampshire Boat Museum (NHBM) officially kicks off its 2026 season on Saturday, May 23 at 10 a.m. with new exhibits on waterskiing and propulsion.

“Opening Day is our invitation to the entire state to experience what’s new this year,” said Devon Kurtz, NHBM Executive Director.

In addition to new exhibits, visitors can explore the NHBM’s updated boat collection and learn about upcoming programs that connect people with the water.

“From new exhibits that tell the story of how we’ve moved across New Hampshire’s waters to hands-on programs that get people out on the lakes themselves, there’s something for everyone who loves our state’s boating heritage,” Kurtz added.

Following Opening Day, NHBM will be open Friday and Saturday, 10 a.m. to 4 p.m., and Sunday, noon to 4 p.m. Starting Tuesday, June 16, NHBM will be open Tuesday through Saturday, 10 a.m. to 4 p.m., and Sunday, noon to 4 p.m. To learn more about NHBM’s complete 2026 calendar, visit nhbm.org.

Founded in 1992, the New Hampshire Boat Museum is dedicated to preserving and sharing the state’s rich freshwater boating heritage. Through dynamic exhibits, youth programs like Junior Skippers, and on-the-water experiences, NHBM brings New Hampshire’s boating story to life.

NHBM is supported by its generous partners, including Goodhue Boat Company, North Water Marine, Eastern Propane and Oil, Kingswood Press and Design Studio, and KW Lakes and Mountains.



Plant Sale supports programs and events at The Pines

NORTHFIELD — The Pines Community Center is inviting residents to support its programs and services through its annual spring plant sale, with orders open through Friday, May 15.

Organizers say the fundraiser plays an important role in sustaining the wide range of activities hosted at the center throughout the year, including youth programming, before- and after-school care, summer camp opportunities, and seasonal community events. Proceeds also help maintain the facility as a gathering space for families and residents of all ages.

Plants ordered through the fundraiser will be available for pickup during the week of May 25 at the Pines Community Center. Organizers encourage residents to place orders early to ensure availability and help maximize the impact of the fundraiser.

Those interested in participating can place orders online at <https://www.zeffy.com/en-us/ticketing/the-pines-community-plant-sale>.

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PETS OF THE WEEK

Meet Laci!

Meet Laci - One half of the Dachshund Duo

Laci is a beautiful long-haired dachshund mix with a gentle soul and a touch of shyness that only makes her more endearing. She may take a little time to warm up to new people, but with patience and kindness, her sweet personality truly begins to shine.

Laci takes a lot of comfort in her brother Scrapy—she looks up to him and often follows his lead. If Scrapy decides you're

Meet Scrapy!

Meet Scrapy - One half of the Dachshund Duo

Scrapy may have a bit of a “don't mess with me” look at first glance, but don't be fooled—this dachshund mix is a total softie at heart. Beneath that scrappy exterior is a lovable guy who's just waiting to show off his sweet, easygoing side to the right person.

He's a big fan of the simple joys in life: a good squeaky toy, some fresh air on a nice walk, and a cozy spot to relax by your

side. Scrapy would be more than happy to be your daily sidekick—whether you're out and about or just lounging at home, he's happiest just being with his people.

Scrapy and his sister are also working on getting into their best shape, so they'll need a forever home that's committed to helping them stay healthy. A little extra exercise and mindful feeding will go a long way for this pair!

Scrapy does have a seizure disorder that is currently well-managed with medication. Because of this, his future family will need to be comfortable continuing his medication routine and staying on top of his care to keep him feeling his best. He doesn't let it slow him down, and with the right support, he can continue to live a happy, full life.

If you're looking for a loyal companion who's equal parts laid-back and loving, Scrapy just might be your guy. He's ready to drop the tough act and settle into a life full of comfort, care, and companionship.

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Second Annual Nucar Lakes Region 5K For Mental Health set for May 31 at Tanger Outlets

TILTON — Lakes Region Mental Health Center (LRMHC) and the Nucar Family of Dealerships are proud to announce that the Second Annual Nucar Lakes Region 5K for Mental Health will take place on Sunday, May 31, at the Tanger Outlets in Tilton.

Held during National Mental Health Awareness Month, this event supports the vital mental health programs and services provided by LRMHC. With main offices in Laconia and Plymouth, LRMHC is the state-designated community mental health center that serves up to 4,000 residents of 24 central NH towns and provides up to \$900,000 in charity care each year.

"We are humbled to be the title sponsor of this family-friendly event that brings the community to-

gether while supporting LRMHC," said Barbara Lawler of the Nucar Family of Dealerships. "Nucar is committed to giving back to the communities we serve."

LRMHC plays a crucial role in New Hampshire's safety-net mental health system, providing individual and group therapies, 24-hour emergency services, mobile crisis response, open access, and short-term crisis stabilization.

"We recognize how closely mental and physical health are connected, and this event provides an opportunity to promote both physical activity and mental health awareness within our community," said Maggie Pritchard, President and CEO of LRMHC. "We are grateful for the support of the Nu-

car Family of Dealerships, Tanger Outlets, and our many other sponsors."

Whether you're a seasoned runner chasing a personal best, a casual walker supporting someone living with mental illness, or a "roller" enjoying fresh air and exercise, this USATF-certified course has something for everyone. The Kids Fun Run is free and kicks off at 8 a.m. and the 5K begins at 8:30 a.m.

You can find more information on the event page: www.lrmhc.org/nucar5k.

Last year's Nucar 5K had over 200 participants and raised over \$42,000 to support LRMHC's mission. Race participants agreed that the course was fun yet challenging, and they planned to do it again

this year.

The Second Annual Nucar Lakes Region 5K for Mental Health is sponsored by the Nucar Family of Dealerships, Tanger Outlets, the Gaudet & Hosmer families, Meredith Village Savings Bank, SymQuest, The Laconia Daily Sun, Stitches NH, Lakes FM, J.Jill, Franklin Savings Bank, HOTWORX, Netsmart, ABA Centers of America, Bank of New Hampshire, Belknap Landscaping, Camden National Bank, Concord Hospital, Melcher & Prescott, NAMI NH, Rockywold Deephaven Camps, Sant Bani School, SecurShred, Taylor Community, The Downtown Gym, and WestBridge.

This event aligns with the LRMHC mission to promote quality, integrated physical and mental

health care that improves the overall wellness of our communities.

For questions about the Second Annual Nucar Lakes Region 5K for Mental Health, contact Race Director Jodi Vallee at (603) 619-8939, or jvallee@lrmhc.org.

Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses in Laconia and Plymouth that serve up to 4,000 children, families, adults and older adults each year. LRMHC provides a comprehensive array of services, including 24/7 Emergency Services, to anyone in the commu-

nity experiencing a mental health crisis, regardless of their ability to pay. LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large; psychiatry; nursing; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services for children and their families, including evidence-based treatment practices including EMDR, trauma-focused therapy, and art therapy. Child Impact Programs are offered in Laconia and Plymouth for divorcing families. For more information or to schedule an appointment, call 603-524-1100 or visit the website at www.lrmhc.org.

Granite VNA offers powerful tools for caregivers in Laconia

LACONIA — Granite VNA is offering "Powerful Tools for Caregivers" a six-week educational program that helps caregivers learn to take care of themselves. The upcoming program is on Mondays beginning May 4 from 1:30 - 3 p.m. at Granite VNA - Laconia Office at 780 North Main St. This program meets on Mondays through June 8

with the exception of May 25 Memorial Day. Class will be held Wednesday, May 27 that week.

Caregiving can add stress to our physical and emotional health. This interactive workshop helps caregivers learn to:

- Reduce personal stress
- Change negative self-talk
- Communicate more ef-

fectively
Handle different feelings

Make challenging caregiving decisions

To register, call (603) 224-4093 or (800) 924-8620, ext. 85664 or visit www.granitevna.org. Registration is required and space is limited. This program is offered at no charge.

About Granite VNA
Granite VNA is a not-for-profit licensed and certified home health and hospice care provider. The agency serves people of all ages in 72 communities across the Greater Capital Region and Central New Hampshire by providing home care, hospice care, pediatrics and maternal child health services, and wellness programming. The agency has offices in Concord, Laconia

and Wolfeboro. Formed through the merger of Concord Regional VNA and Central New Hampshire VNA & Hospice, Gran-

ite VNA has served New Hampshire since 1899. For more information about Granite VNA, visit www.granitevna.org.

Claire Langevin of Tilton presents research findings during third annual Social Justice Research Symposium

WESTON, Mass. — Claire Langevin, of Tilton, presented their research "Alicia Mercado's Story" during Regis College's third annual Social Justice Research Symposium on April 16. Langevin is a Dental Hygiene major.

Cosponsored by the Writing Program and the Center for Student Engagement, the symposium features student research panels, poster presentations, art/music displays and performances, and thesis slams from students across the university's undergraduate and graduate programs.

More than 200 students participated in the event, highlighting Regis' mission to cultivate students as change agents in their communities, and to encourage them to serve and lead as advocates for a more just and compassionate global society.

"This is the third annual symposium bringing together the research and voices of students, faculty, and staff at Regis to explore unsolved issues in our local and larger communities," said Associate Professor of the Writing Program and Symposium Coordinator Jennifer Krusinger, PhD. "At a time when AI plays an ever-more dynamic and unpredictable role in many of the professions and our society, this event underscores the power of our mission at Regis and our unique emphasis on the human role in identifying a need, taking responsibility, and developing solutions in a socially just way."



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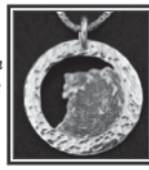
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Opinion

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.

Franklin High School's recognition reflects the power of steady, local commitment

There are moments when a school's success belongs not only to its students and teachers, but to an entire community. Franklin High School being named New Hampshire's 2026 High School of Excellence is one of those moments. It stands as a reminder that progress in public education is rarely sudden. It is built year by year, decision by decision, and often quietly, long before anyone outside the district begins to notice.

This recognition marks the culmination of a four-year turnaround effort that focused on strengthening attendance, reducing dropout rates, expanding access to college credit opportunities, and creating clearer pathways toward careers after graduation. These are not abstract goals. They are measurable improvements that affect the lives of real students and families across Franklin.

What makes the achievement especially meaningful is that it did not come from extraordinary funding increases or sweeping structural changes. Instead, it reflects sustained attention to student engagement and academic opportunity, along with strong collaboration between educators, administrators, families, and community partners. When those pieces align, results follow.

Honors such as New Hampshire's Excellence in Education Awards (or EDies, for short) do more than celebrate success. They confirm that improvement is possible even in districts facing financial pressure and demographic challenges. For communities like Franklin, that message matters. It reinforces confidence in local schools and strengthens the connection between residents and the institutions that serve their children each day.

Teacher retention, expanded curriculum offerings, and increased access to advanced coursework are particularly encouraging signs. These developments suggest stability within the school environment and a commitment to preparing students for both college and workforce opportunities. Strong schools do not only graduate students. They open doors.

Recognition at the state level also helps reshape how communities see themselves. Franklin has worked hard in recent years to build momentum across many areas of civic life. Seeing its high school honored as a model of improvement adds another layer to that story. It signals to students that their efforts are valued. It reassures families that progress is real. And it reminds educators that their persistence matters.

Perhaps most importantly, achievements like this set expectations for the future. Success invites continuation. The challenge now is to maintain the energy that produced this transformation and to keep building on what has already been accomplished. Excellence is not a destination reached once. It is a standard that must be renewed each year through thoughtful leadership and shared responsibility.

Franklin High School's recognition as a High School of Excellence reflects what can happen when a community believes in its students and works together to support them. That is something worth celebrating, and something worth sustaining.



COURTESY

Students participating in the School-to-Career program at Belmont High School made a trip over to Lakes Region Community College on Friday, April 10 for a Hospitality Career Expo. Nine students were able to observe culinary students working in two different kitchens there, meeting the faculty and seeing first-hand what skills are being taught in courses there and learning about opportunities to participate in national competitions. There were also generous taste offerings! In addition, our students listened to a panel discussion featuring an HR professional from the Common Man, the CEO of Wayfarer's Coffee as well as the Partnership Manager for Xello -- the Career and College exploration platform that BHS students use.

Pictured here are (front) Joseph Hollins; (second row) Julianna Lemay, Aubrey Drouin, Wednesday McCant, Hailey Nedeau, Taryn Levensalor, (back) Jamie Gadon, Karleigh Tilton and Aiden Christensen. Photo courtesy of the Shaker Regional School District's Facebook page.

The little boxes by the road

Every spring, about the time the snowbanks finally surrender their last gray edges and the mud begins to dry along the shoulders of our back roads, the little wooden boxes start to appear again.

You know the ones I mean.

They sit at the ends of driveways or beside weathered fences, sometimes freshly painted and sometimes leaning a little after a hard winter. A handwritten sign might say "Eggs," or "Maple Syrup," or "Seedlings," or just "Take what you need." And nearby, there is usually a small tin or coffee can with a slot cut into the lid.

No attendant. No camera. No instructions.

Just trust.

I have always thought those roadside stands say something important about New Hampshire, though I am not sure we talk about them very often. They are such ordinary things that they almost disappear into the scenery. Yet when you stop to think about it, they are rather remarkable.

In a lot of places, a box of goods left unattended

KIND FOLKS, COLD WINTERS

By CHIPPY

beside the road would not last long. Around here, it is expected to last all season.

Years ago, when our children were still small enough to ride in the back seat without headphones on, we used to make a habit of pulling over whenever we spotted a stand with fresh eggs. The cartons were rarely identical. Some were stamped with old grocery store logos. Others had been reused so many times the cardboard had softened at the corners. Inside, the eggs were never uniform either. Brown and white mixed together, sometimes a pale blue one tucked in like a surprise.

My daughter used to inspect them as if she were a jeweler studying gemstones.

"Look at this one," she would say. "It's perfect."

I do not think she meant the shape.

There is something reassuring about dropping a few dollars into a metal can

and driving away with the quiet understanding that both sides of the exchange have done the right thing. Nobody checks your math. Nobody asks for a receipt. Nobody hurries you along.

It is a small moment of confidence between neighbors who may never meet.

Over the years, I have noticed that the signs change with the seasons. In early spring it is eggs and maple syrup. By June there are seedlings and herbs. Later come zucchinis that seem to multiply overnight, and cucumbers arranged in careful rows, and tomatoes that still smell faintly of warm sunshine.

By October, sometimes there are pumpkins with a hand lettered note that reads "Leave what you can."

That sentence has always stayed with me.

Leave what you can.

It does not insist on fairness. It does not demand exactness. It assumes good judgment and good intentions. It assumes that people want to do the right thing even when nobody is watching.

I suppose that is what

I admire most about those little roadside stands. They reflect a kind of quiet confidence in each other that feels older than the highways and newer subdivisions that have come along in recent years. They remind me of the New Hampshire I grew up in, where neighbors might not always agree on everything but still trusted one another with the small things that make daily life work.

These days, when so much of the world seems to run on passwords and verification codes and fine print, it is comforting to see a simple wooden box beside the road that asks nothing more complicated than honesty.

I still stop when I can.

Sometimes I buy eggs. Sometimes syrup. Once in a while, just a bunch of flowers someone cut that morning and tied together with string.

And every time I slide a few bills into that little tin, I feel like I am participating in something that has been quietly holding our communities together longer than most of us realize.

Comfort Keepers

Rising eldercare costs in New Hampshire: How Comfort Keepers Is helping families plan ahead

BY EMILY CUMMINGS
Outreach Coordinator
Comfort Keepers

According to Genworth Financial, the average annual cost of care in the state exceeds national averages:

Home health aide: approximately \$89,000 per year
Assisted living: approx-

imately \$89,000 per year
Nursing home care: \$149,000-\$157,000 per year

Meanwhile, the state's aging population continues to grow rapidly. Data from New Futures projects that nearly 30 percent of New Hampshire residents will be over age 65 by 2030, increasing demand for long-term care services across

the region.


Despite this, New Hampshire ranks last in New England for long-term care system performance, according to reporting from New Hampshire Public Radio, reflecting workforce shortages and limited access to services.

The limits of traditional coverage
Many families assume

programs like Medicare will cover long-term care needs. However, Medicare typically only covers short-term, medically necessary care—not ongoing assistance with daily living.

As a result, families are often left navigating a patchwork of:

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COMFORT

CONTINUED FROM PAGE A4

ing Long-term care insurance (when available)

Eventual reliance on Medicaid

The Medicaid “spend down” process itself includes strict eligibility requirements and a five-year financial look-back period, making professional guidance essential.

A shift toward care at home

As these challenges grow, more families are exploring in-home care as a proactive alternative.

New Hampshire is already shifting in this direction, with over 50% of Medicaid long-term care funding supporting home- and community-based services rather than institutional care.

“Care at home is not only preferred by most individuals—it’s also a more flexible and often more cost-effective solution,” Stephanie Gage-Care Manager with Comfort Keepers.

Supporting families before crisis hits

Comfort Keepers provides non-medical in-home care services throughout Central and Northern New Hampshire, helping individuals remain safely and independently in their homes.

Services include:

Personal care and hygiene support

Meal preparation and nutrition assistance

Private Duty Nursing

Companionship and safety monitoring

Respite support for family caregivers

Live in Care

With an estimated 168,000 family caregivers in New Hampshire providing billions of dollars in unpaid care annually, professional in-home support can also play a critical role in preventing caregiver burnout.

Exploring financial options early

While cost is a major concern, families may have more options than they initially realize. Common ways to pay for in-home care include:

Private pay — The most common option for non-medical in-home care services

Long-term care insurance — Many policies include benefits for in-home care, depending on coverage

Caregiver grants and local support programs — Some families may qualify for limited financial assistance through community or nonprofit programs

Comfort Keepers works directly with private pay clients, long-term care

insurance policies, and certain grant-supported programs to help families navigate available resources.

For individuals exploring Medicaid or other state-funded programs, it is recommended to work directly with local agencies or elder care specialists to determine eligibility and coverage options.

A call to plan ahead

As demand for care continues to rise across New Hampshire, local providers emphasize the importance of early, informed planning.

“Whether care is needed now or years down the road, understanding your options today can make all the difference,” Comfort Keepers shared. “Our goal is to help families stay supported, informed, and at home for as long as possible.”

About Comfort Keepers

Comfort Keepers is a trusted provider of medical and non-medical in-home care, helping seniors and adults live safely, independently, and with dignity. Our comprehensive services include companionship, transportation, housekeeping, meal preparation, personal care, mobility assistance, and private duty nursing. We also offer Comfort360™ Alert, part of our innovative Comfort360™ suite, delivering 24/7 response, proactive support, and added peace of mind for clients and families. Proudly serving New Hampshire since 2005, Comfort Keepers is committed to elevating the human spirit through compassionate, personalized care. To learn more, call 603-536-6060 or visit NHComfortKeepers.com.

Sources

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New Futures — Aging population projections

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Medicare — Coverage limitations

Medicaid — Eligibility and long-term care coverage

New Hampshire Department of Health and Human Services — Long-term services and supports data

Family Caregiver Alliance — New Hampshire caregiver statistics

League of NH Craftsmen Gallery spotlights new juried stained glass artist



MEREDITH — The League of New Hampshire Craftsmen, Meredith Fine Craft Gallery is thrilled to introduce newly juried stained glass artist Steve Giles, and invites craft lovers of all kinds to come and see his stunning framed panels.

Giles has been exceptionally creative and artistically driven since he was a young child, always drawing and creating something. After studying art in school, he designed and built his family’s first two homes, including a passive solar ranch and a contemporary cape house, both

in New Hampshire. In 2020, his daughter introduced him to a new outlet for his ongoing creative passion: stained glass.

From the beginning, Giles’ stained glass panels have taken great inspiration from New England’s landmarks. His first piece was a depiction of the Old Man of the Mountain, and now he captures all kinds of iconic New Hampshire symbols, such as lighthouses, maple sugar shacks, covered bridges, and lakeside mountain cabins. Steve’s work captures the history and culture of New England just as well as it captures the sunlight through any window it’s displayed in.

When he’s not making his gorgeous glass panels, Giles can be found doing DIY home projects, cooking, fishing, or spending some quality time with his wife of 42 years, his daughter, or their mini-Schnauzer named Willie.

The Meredith Fine Craft Gallery invites you to come see Steve Giles’ vibrant body of work with a deep-rooted sense of New Hampshire charm. For more information, please call the Gallery at 603-279-7920 or visit our website meredith.nhcrafts.org. The League of NH Craftsmen Gallery is located at 279 DW Highway, Meredith.

The League of NH Craftsmen is a non-profit organization that encourages and promotes the creation, use and preservation of fine contemporary and traditional hand crafts. The League represents the signature of excellence in fine craft, through the work of its juried members and its rigorous standards for self-expression, vision, and quality craftsmanship.

Belmont’s Anestis named All-NEWA at Plymouth State

PLYMOUTH — Graduate student Chase Anestis (Belmont) earned all-conference honors, and six members of the Plymouth State University wrestling team received academic recognition as the New England Wrestling Association (NEWA) released its postseason awards.

Anestis was named

All-NEWA Honorable Mention and was joined on the NEWA All-Academic Team by senior Nick Savariego (Hillsdale, N.J.), junior Jon Picon Ruiz (Central Falls, R.I.), sophomore Cooper Carlson (Merrimack), and freshman Gabe Berger (Shoreline, Wash.) and Noah Kittredge (Milford).

Anestis, who also earned Honorable Mention recognition last winter, put together another strong season. He posted a 13-5 record with four pins despite missing significant time due to injury. He returned to the mat in time for the NCAA Division III Northeast Regional Championship, where

he placed fifth – just two spots shy of qualifying for the NCAA Division III National Championship. A three-time place finisher this season, he wraps up his career with an 83-27 record, including 28 pins, while never being pinned.

Raiders fall to rival Golden Eagles

BY JOSHUA SPAULDING
Sports Editor

BELMONT — Offense was aplenty on Friday, April 24, as the Belmont softball team welcomed Gilford to town, with the Golden Eagles leaving town with a 22-13 win.

Gilford scored two in the first and both teams scored four in the third. Gilford added 10 in the top of the fourth and Belmont answered with four in the bottom of the inning. Gilford scored once in the fifth and Belmont added another four runs but Gilford salted the game away with five in the sixth while Belmont plated one final

run in the bottom of the sixth.

For Gilford, Mia Maccione had two doubles and a single, drove in three runs and scored four times, Taryn Limanni had a double and two singles, drove in three runs and scored three times, Taylor Marsh had a double and a single, drove in three runs and scored four times, Belle Dow had a double and a single, drove in three and scored once, Addison Hodsdon had two hits, drove in a run and scored

three times, Maddi Metz had two hits, drove in two runs and scored a run and Bristol Weber added a double.

For the Raiders, Lyla McSheffrey had a double and a single, drove in three runs and scored two runs, Natalee Cullen had two hits and drove in three runs, Madi MacDonald had two hits and scored four times, Falyn Sicard had two hits, drove in a run and scored three times, Molly O’Connell had a hit, drove in a run and scored a run, Sarah

Cribbie had a hit and drove in a run, Bailey Perkins had a hit and drove in a run and Della Liakas had a double and scored a run.

The two teams will meet again in Gilford when they return from vacation week on Monday, May 4.

Belmont will be at Winnisquam on Wednesday, May 6, at 4 p.m.

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

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Powerhouse's Circuit Breakers bring improv at the Colonial Theatre!

LACONIA — Join the Circuit Breakers, the new improv troupe of Powerhouse Theatre Collaborative, for a night of fast-paced comedy at the Colonial Theatre on Saturday, May 2 at 7:30 p.m. This performance, for adults 18 and older, will be the Circuit Breakers' first time headlining their own show, two acts of comedy perfect for a fun night out.

The Circuit Breakers made their Colonial debut as the opening act of Fezziwig's After Dark this past December during Powerhouse's weekend of "A Christmas Carol" performances. The audience was in stitches throughout the evening, earning the Circuit Breakers an opportunity to get a night at the Colonial to themselves.

Powerhouse, the resident theatre company of the Colonial, is always looking for new ways to bring people into its community theatre family. After two successful Improv workshops last spring and fall led by Amanda Wagner and Alex Palmer, the group discussed creating a permanent troupe for some of the more experienced improvisers in the area and the Circuit Breakers was born! Like Powerhouse's Broadway show choir, the Power Chords,



this opportunity provides another avenue for people to get involved with Powerhouse programs.

The troupe includes Alex Bradley, Adam Drapcho, Samantha Holley, Chris Janosa, David Nelson, Liz Rohdenburg, Lorianne Valovane and Palmer and Wagner.

The May 2 performance will follow Powerhouse's Saturday afternoon matinee of the New Hampshire premiere of "The Magician's Elephant" that is appropriate for audiences of all ages. The evening improv performance will give adults a chance for a night out - see the matinee with the whole family and then leave the kids at home and come back for a night of improv!

Tickets are on sale now at coloniallaconia.com and powerhousenh.org. Please only use the links from these sites to avoid being overcharged or scammed by third party sites.

For all the details on Powerhouse Theatre Collaborative, auditions, and other events in the 2026 season check out powerhousenh.org or email info@powerhousenh.org. There are still opportunities available for businesses to sponsor events in the 2026 season

Capture what makes your community shine

MVSB launches annual photo contest



COURTESY

The MVSB Community Photo Contest is now open and accepting submissions for the Bank's 2027 community calendar. August 2026 photo: "Backyard Bear" by David LaBar.

and community gatherings, we are inspired by the unique ways people capture life here. We're proud to call this state home and can't wait to see the creativity and passion reflected in this year's submissions."

A maximum of ten photos per photographer may be submitted, and photographers will receive \$100 for each winning photo selected.

The complimentary 2026 community calendar will be available in both wall and desk formats 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. Past winning photos can be viewed at mvsb.com/annual-community-photo-contest.

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.

Boat Museum to host "Ready to Launch" Women's Boating Class

MEREDITH — MVSB (Meredith Village Savings Bank) is excited to announce the launch of its annual Community Photo Contest, open to the public from March 30 through June 6. Photographers of all levels are invited to capture the beauty, spirit, and everyday moments that make New Hampshire such a special place to live and explore. Winning images may be showcased in MVSB's complimentary

2027 Community Calendar, or featured on the Bank's website, social media channels, and note cards.

"Our calendar celebrates the remarkable beauty and diversity that make New Hampshire so special," said Cindy Hemeon-Plessner, Senior Vice President and Chief Marketing & Experience Officer at MVSB. "From breathtaking landscapes to beloved local landmarks

WOLFEBORO — On Wednesday, May 20, from 5:30 to 7 p.m., the New Hampshire Boat Museum (NHBM) will hold its popular hands-on workshop, "Ready to Launch: A Women's Boating Class," at Goodhue Boat Company in Wolfeboro.

"We are proud to serve as a statewide resource for all of New Hampshire's boaters," said Programs Director Anne Lennon. "This class is about more than just maintenance - it's about empowering women from across the region to take the helm with confidence."

Designed for both novice and experienced boaters, the session provides practical instruction on safety inspections, engine fluid checks, battery maintenance, jump-starting, and proper boat storage. In demystifying the mechanical side of boating, NHBM seeks to reduce stress and increase enjoyment on the



water for everyone.

"Whether you're a life-long lake resident or a first-time visitor, we want to ensure every boater feels safe and prepared for the season ahead," added Lennon.

Tickets are \$30 for NHBM members and \$35 for non-members. With limited space, early registration is encouraged.

To register or explore NHBM's complete 2026 calendar, visit nhbm.org.

Founded in 1992, the New Hampshire Boat Museum is dedicated to preserving and sharing the state's rich freshwater boating heritage. Through dynamic exhibits, youth

programs like Junior Skipper, and on-the-water experiences, NHBM brings New Hampshire's boating story to life for visitors from across the state and beyond.

This program is made possible by the generous support of Goodhue Boat Company.

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Lakes Region Symphony Orchestra closes 50th season with "Mixtape: Hits of the '60s & '70s"



COURTESY

Vocalists Taylor O'Donnell and Adrian Sicam perform memorable hits of the '60s and '70s with the Lakes Region Symphony Orchestra on May 9 and 10.

MEREDITH — The Lakes Region Symphony Orchestra (LRSO) brings its landmark 50th anniversary season to close with "Mixtape: Hits of the '60s & '70s," a nostalgic and electrifying celebration of some of the most beloved music of the era. Performances will take place Saturday, May 9 at 7 p.m. at the Colonial Theatre in Laconia and Sunday, May 10 at 3 p.m. at the Inter-Lakes Auditorium in Meredith.

Reprising their vocal roles from our smash '70s concert last season, Taylor O'Donnell and Adrian Sicam rewind the tape for this expanded celebration - an upbeat tribute to pop legends like the Beach Boys, Marvin Gaye, Simon & Garfunkel, Carole King, and more. Strings, soul, funk and disco - pure nostalgia re-imagined with full symphonic sound. O'Donnell, a New Hampshire-based singer,

songwriter, and Associate Professor at Berklee College of Music, is known for her expressive vocal style shaped by folk, rock, jazz, and R&B influences. Sicam, a singer-songwriter and voice professor at Berklee College of Music and Tufts University, is a high-energy performer recognized for his engaging stage presence and stylistic range, connecting with audiences through pop, rock, and jazz-infused

repertoire. Together, they create a compelling vocal partnership that brings musical sophistication and infectious energy to this program.

Selections include vocal favorites like "Bridge Over Troubled Water," "What's Goin' On," "My Girl," and "Copacabana," plus instrumental arrangements of classics by the Beatles, themes from James Bond, and many more.

Under the direction of

Music Director Benjamin Greene, "Mixtape" captures the spirit of a generation while showcasing the lush textures of the orchestra blended with top-tier vocalists. The program highlights LRSO's signature Pops style - where symphonic sound meets the music audiences know and love.

Tickets for both performances are available through the official LRSO Web site, www.LRSO.org.

Closing out its 50th season, the orchestra remains a cornerstone of the Lakes Region arts community, bringing together musicians from across New Hampshire and Maine to deliver high-quality live performances for audiences of all ages. Founded in 1975, the LRSO is a non-profit organization dedicated to providing exceptional live orchestral music to central New Hampshire.

NH Boat Museum Summer Boat Auction seeks donations



MOULTONBOROUGH — New Hampshire Boat Museum (NHBM) is seeking donations, including boats, cars, and lake and nautical memorabilia, for their Summer Boat Auction on Saturday, July 11. All auction proceeds support NHBM's General Operations Fund.

"The Summer Boat Auction is an opportunity for donors to support the museum while giving new life to their vintage or classic boats and cars," said Development Director Wendy Stocker.

Boat donations NHBM is looking for this year include

vintage boats, fiberglass boats, sailboats, canoes, kayaks, and paddleboards.

Lake and boating memorabilia will be displayed as an online auction beginning Saturday, June 27 and running through Saturday, July 11. On Thursday, July 9 and Friday, July 10 from noon until 5 p.m., boats and cars can be previewed at NHBM, located at 130 Whittier Hwy in Moultonborough. Bidder registration is free. Live bidding, in person and online, begins on Saturday, July 11 at 10 a.m. Bidder registration is free.

Those interested in do-

minating items to the auction can email a description and photo to auction@nhbm.org before June 19th or until the auction reaches capacity. To learn more, visit nhbm.org.

Founded in 1992, the New Hampshire Boat Museum is dedicated to preserving and sharing the state's rich freshwater boating heritage. NHBM is supported by its generous partners, including Goodhue Boat Company, North Water Marine, Eastern Propane and Oil, Kingswood Press and Design Studio, and KW Lakes and Mountains.

Franklin Opera House presents JD & The Stonemasons



and traditional folk songs. JD and the Stonemasons has released two albums. Learn more at their Facebook page <https://www.facebook.com/JDandthestonemasons#>.

Maybe you've seen them at Waterhorse Irish Pub? This time they will be playing at Franklin Public Library on May 9 at 7 p.m. Whether you're a longtime fan of traditional Irish folk music or new to its warm, communal sound, this concert offers a perfect introduction to the timeless Celtic vibe. Franklin Public Library offers the perfect setting for an evening filled with music, storytelling, and oldworld charm. The live show at Franklin Public Library will begin at 7:00 pm. Doors open at 6:30 pm. Tickets available at www.FOHNH.org, or stop by the Franklin Opera House Ticket office, located at 321 Central St. in Franklin.

This event is general seating. Advanced tickets are \$18 for adults and \$16 for children. All tickets at the door will be \$20.

FRANKLIN — In collaboration with NH Music Collective, Franklin Opera House is proud to present JD & the Stonemasons!

This rollicking trio is back in town for another evening of toetapping Irish folk tunes rooted in the long and lively tradition of Celtic music. Drawing from centuriesold melodies, Celtic music is known for its driving rhythms, heartfelt ballads, and infectious

reels that invite listeners to clap along—or even dance in their seats. Featuring traditional fiddle lines, vocal harmonies, and irresistible pubstyle energy, JD & the Stonemasons bring the spirit of Ireland to life with every performance.

New England's most rollicking band of traditional musicians, this folk-rock band is known for skillful live performances and a blend of original

Pines Community Center plans Cinco de Mayo Fiesta

NORTHFIELD — The Pines Community Center will bring a festive touch to early May with a family-friendly Cinco de Mayo Fiesta scheduled for Tuesday, May 5 from 5:30 to 7:30 p.m.

Organizers are inviting residents to stop by for an evening built around a Taco Tuesday theme, featuring a taco bar with a full selection of toppings, along with a drink and dessert included in the admission price. Gluten-free options will also be available to accommodate a range of dietary needs.

Advance tickets are encouraged and come with an added bonus. Each ticket purchased ahead of time includes one complimentary door prize entry, giving attendees an extra incentive to plan ahead. Admission is set at \$10 for adults and \$7 for children ages three through 12, making the event an accessible outing for families looking for a casual midweek activity.

Community center gatherings such as this often serve as informal meeting places where neighbors can reconnect after the winter season and welcome the arrival of spring together. With food, conversation and a festive theme, the Cinco de Mayo Fiesta is expected to offer a relaxed setting for residents of all ages.

Advance tickets may be purchased online prior to the event.



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Belmont baseball goes extras to beat Derryfield

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont baseball team kicked off the second week of the season with a come-from-behind extra innings win over Derryfield in Manchester on Monday, April 20.

The game was scoreless through the first five innings before Belmont scored a run in the top of

the sixth inning. The Cougars responded with three in the bottom of the inning before Belmont tied things at three with two in the top of the seventh. Neither team scored again until the Raiders plated the go-ahead run in the top of the 10th and held on for the 4-3 win.

Wyatt Divers led off the top of the 10th with a walk, stole second and took third

on an error. He then scored when Wyatt Bamford lofted a fly ball to center. Alex Rowley took over on the mound for the Raiders in the bottom of the 10th and worked around a two-out single to preserve the win for the Raiders.

Divers led the offense with two doubles and two runs scored while Jack Crockford had a double and a single and drove in

a run, Brayden Townsend had a double and scored a run, Bamford had a hit, drove in two runs and scored a run and Max Ryder added a base hit.

Divers pitched the first nine innings, allowing just two earned runs on eight hits while striking out five and Rowley finished things off, striking out a pair in his one inning of work.

The Raiders played another close game on Wednesday, April 22, dropping a 3-2 decision

to visiting Campbell. The Cougars scored a run in the top of the first and Belmont got a run in the bottom of the second. Campbell added one in the third and Belmont tied the game again with one in the fifth. The visitors scored the winning run in the top of the seventh for the 3-2 win.

Crockford had two hits, Divers had a hit and scored a run, Bamford had a hit and drove in a run, Ryder had a hit and scored a run and Rowley added a dou-

ble.

Bamford went all seven innings on the hill, giving up two earned runs and struck out four.

The Raiders return from vacation week with a game at Gilford on Monday, May 4, and will be hosting Winnisquam on Wednesday, May 6, both at 4 p.m.

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

Second half rally comes up just short for Raider lax girls

BY JOSHUA SPAULDING
Sports Editor

BELMONT — In a strong showing prior to vacation, the Belmont lacrosse girls battled tough against Pembroke and dropped a 12-10 decision to the Spartans. The Raiders went into the game with just 11 players on the roster while the Spartans had almost twice as many.

The first half ended with the Raiders trailing by an 8-3 score but coach Rose Marie Marinace noted the team had a good pep talk at halftime and a plan to play for fun, the Raiders won the second half with seven goals, though the Spartans did put in four goals to finish out the win.

“In the end, the girls ended proud that they played clean and didn’t resort to chirping the other team, noticing that when they stayed positive, Pembroke got mad and played sloppily when they were mad,” Marinace said. “They felt proud of their effort and put in 100 percent every minute on the field.”

Brooke Barnum had a personal best six goals on the day while Brooke Murphy scored four goals for the Raiders, with Ava Damon playing a big part in getting the ball in scoring position. Reese Paquette, Daylan Henry and Gabby Murphy were on point on boundary balls and ground

balls while Mia Kennison helped direct the action on the field during the attack.

Defensively, Augusta Provencal, Grace Collins and Morgan Schofield held tough and kept many shots away from goalie Shelby Mason, who continued her quality play with 17 saves in the net.

The Raiders return to action after vacation on Monday, May 4, at Concord Christian at 4 p.m. and will be hosting Inter-Lakes/Moultonborough on Wednesday, May 6, at 4:30 p.m.

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

Big bats lift Belmont softball over St. Thomas

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont softball team brought the big bats to Dover to kick off the second week of the season, erupting for 23 hits on the way to a 19-9 win over St. Thomas on Monday, April 20.

The Saints scored two runs in the bottom of the first inning and held that lead until the third when the Raiders scored five runs in the top of the third. The Raiders added four in the top of the fourth inning for the 9-2 lead and after St. Thomas scored once in the bottom of the inning, Belmont scored four in the top of the fifth and five in the top of the sixth for the 18-4 lead. St. Thomas plated three in the bottom of

the sixth, Belmont added one in the top of the seventh and the Saints added two in the bottom of the final frame.

Madi MacDonald led the offense with five hits, three runs scored and one run driven in, Falyn Sicard had a double and three singles, drove in three runs and scored three times, Bailey Perkins had a double and three singles, drove in three runs and scored four times, Lyla McSheffrey had a double and three singles, drove in four runs and plated two runs, Molly O’Connell had a double and three singles, drove in three runs and scored three times, Bailey Perkins had a double and a single and scored four runs, Natalee Cullen had three hits, drove in two runs and scored three times and Amelia Smith added a hit.

Perkins did the work in the circle for the Raiders, allowing five earned runs while striking out three to pick up her third win of the season.

The Raiders had a couple of tough innings on Wednesday, April 22, and dropped a 12-5 decision to Trinity.

McSheffrey had three hits to lead the way and MacDonald added two hits while Cullen had a double and drove in a couple of runs.

The Raiders were off for vacation week and will return to action on Monday, May 4, at Gilford and at home against Winnisquam on Wednesday, May 6, both at 4 p.m.

HIGH SCHOOL SLATE

Friday, May 1
WINNISQUAM
Baseball vs. Inter-Lakes (Cooperstown); 10
Monday, May 4
BELMONT
Baseball at Gilford; 4
Girls’ Lacrosse at Concord Christian; 4
Softball at Gilford; 4
GILFORD
Baseball vs. Belmont; 4
Boys’ Lacrosse at Bow; 4
Boys’ Tennis at St. Thomas; 4
Girls’ Tennis vs. St. Thomas; 4
Softball vs. Belmont; 4
WINNISQUAM
Baseball vs. Monadnock; 4
Softball vs. Monadnock; 4
Tuesday, May 5
BELMONT
Track at Winnisquam; 4
GILFORD
Boys’ Tennis at Bishop Brady; 4
Girls’ Tennis vs. Bishop Brady; 4
WINNISQUAM

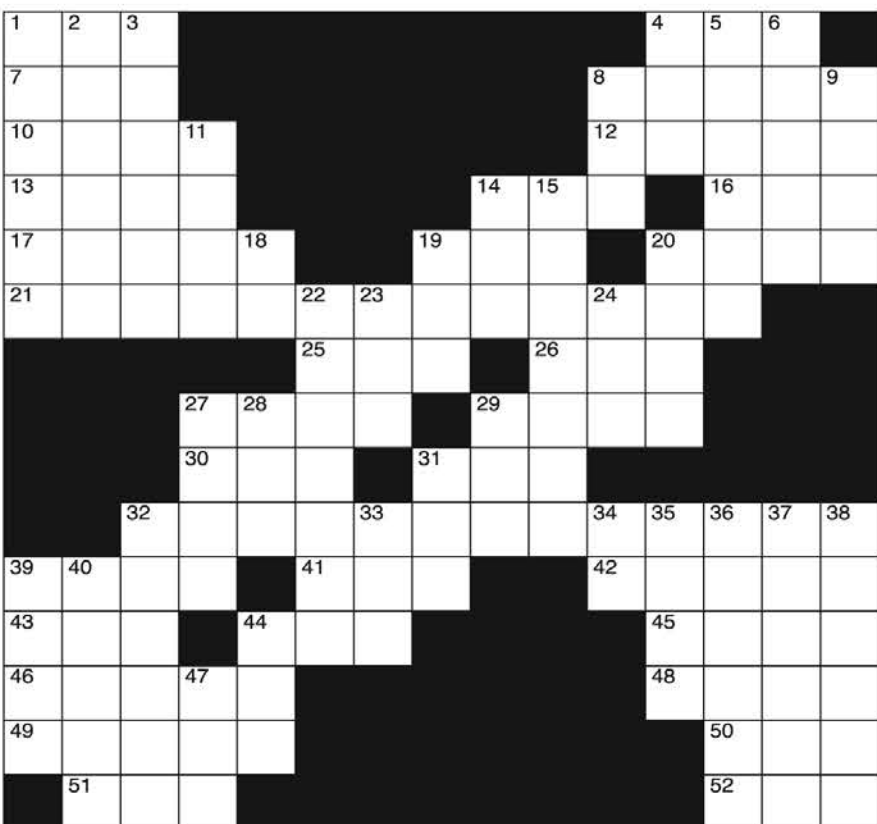
Track Home Meet; 4
Wednesday, May 6
BELMONT
Baseball vs. Winnisquam; 4
Girls’ Lacrosse vs. Inter-Lakes; 4:30
Softball vs. Winnisquam; 4
GILFORD
Baseball at Inter-Lakes; 4
Boys’ Lacrosse vs. Bishop Brady; 4
Boys’ Tennis vs. Bishop Brady; 4
Girls’ Lacrosse at ConVal; 4
Girls’ Tennis at Lebanon; 4
WINNISQUAM
Baseball at Belmont; 4
Softball at Belmont; 4
Thursday, May 7
BELMONT
Baseball vs. White Mountains; 4
Girls’ Lacrosse at Plymouth; 4
Softball vs. White Mountains; 4
GILFORD
Girls’ Tennis at Monadnock; 4

All schedules are subject to change.

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- 8. Language specialist group
- 10. Fancy automobile
- 12. Small loop or series of loops
- 13. Exploiter
- 14. Don’t know when yet
- 16. Group of languages
- 17. One who’s finished
- 19. After B
- 20. Angled
- 21. A place to adopt pets
- 25. Swiss river
- 26. Young boy
- 27. Unexciting
- 29. American comedian Vidale
- 30. Peyton’s little brother
- 31. Corporate higher-up
- 32. “All in the Family” star
- 39. Strike something forcefully
- 41. Up in the air (abbr.)
- 42. Clay earth pigments
- 43. Means to record brain activity
- 44. Small constellation
- 45. Embraces
- 46. Brief description
- 48. Exclude
- 49. White (French)
- 50. Insect
- 51. A major division of geological time
- 52. Soviet Socialist Republic

CLUES DOWN

- 1. Type of whale
- 2. In tune
- 3. A citizen of Yemen
- 4. Actress Ling
- 5. One who supports
- 6. Circus performer
- 8. Yearly tonnage (abbr.)
- 9. Quantitative fact
- 11. Utah city
- 14. Where a golfer begins
- 15. Attendant
- 18. The ancient Egyptian sun god
- 19. Book of Chronicles (abbr.)
- 20. Benedictine monk
- 22. Not turbulent
- 23. Car mechanics group
- 24. Buffer used in chemistry
- 27. Fall heavily
- 28. Pie ___ mode
- 29. The Brits love it
- 31. Children’s TV channel (abbr.)
- 32. Jacksonville footballer
- 33. Helps little firms
- 34. ___ and behold
- 35. A way to resemble
- 36. Fingers
- 37. Excessive indulgences
- 38. You might be an “empty” one
- 39. “How the West Was Won” writer
- 40. European river
- 44. They begin the alphabet
- 47. The body’s messenger



PUZZLE SOLUTION

Belmont baseball battles past Golden Eagles

BY JOSHUA SPAULDING
Sports Editor

BELMONT — Both teams scored a lot of runs early on, but it was the Belmont Raiders that came through with the most runs on Friday, April 24, heading to vacation week with an 11-9 win over rival Gilford.

Gilford scored three times in the top of the first and Belmont added one in the bottom of the frame. Both teams scored two in the second inning and after Gilford scored three in the top of the third, Belmont came back with four in the bottom of the inning and then took the lead with three in the bottom of the

fourth. Belmont added one in the sixth and Gilford plated one in the seventh for the 11-9 final.

Ryan Folan worked a one-out walk in the top of the first and Drew Smith followed with a double. Owen Wolpin doubled to drive in both runners for the 2-0 lead and he scored on a sacrifice fly from Sam Kelley for the 3-0 lead.

Brayden Townsend led off with a triple in the bottom of the inning and scored on an error to cut the lead to 3-1 after one.

Cole Labonte singled to open the top of the second and Carson Anthony walked, with both runners moving up on a bunt from

Cohen Elliott. Andy Taylor then singled home Labonte and Anthony scored on a sacrifice fly by Folan for the 5-1 lead.

Eddie Rochenski led off the bottom of the inning with a double and two outs later, Townsend homered to center to cut the lead to 5-3.

Gilford kept coming in the top of the third, with Wolpin leading off with a single. Kelley reached on an error and Danny Fournier singled to load the bases. One out later, Anthony doubled to left to drive in two runs and he eventually scored on a passed ball to give Gilford the 8-3 lead.

Max Ryder and Jack Crockford worked back-to-

back walks with one out in the bottom of the third and both scored on an error. Sam Binder singled and Rochenski worked a walk and one out later, Alex Rowley singled them both home to cut the lead to 8-7.

Belmont tied the game in the bottom of the fourth as Wyatt Divers led off with a single, stole second and scored on a single from Wyatt Bamford to make it 8-8. Ryder reached on a fielder's choice and one out later, scored on a base hit from Binder, who stole second and scored on a base hit from Rochenski for the 10-8 lead after four.

In the bottom of the sixth, Ryder worked a one-

out walk and stole second. One out later, he scored on a base hit from Binder for the 11-8 lead.

Elliott singled with two outs in the top of the seventh and after stealing second, scored on a single from Taylor to cut the lead to two. However, Rowley was able to get the last out and Belmont had the 11-9 win.

Divers started the game for the Raiders, going three innings, allowing seven hits and striking out one and Rowley pitched the final four innings, giving up just three hits and striking out five.

Smith started for Gilford, going three innings

allowing five hits and striking out five, Folan followed him to the mound, pitching into the sixth and allowing four hits and striking out three. Labonte finished the game out on the mound, allowing one hit and striking out two.

The two teams will have a rematch in Gilford on Monday, May 4, as they both return from vacation week.

Belmont will host Winnisquam on Wednesday, May 6, and Gilford will be at Inter-Lakes on the same day.

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

In preview of Cooperstown, Bears edge past Lakers

BY JOSHUA SPAULDING
Sports Editor

MEREDITH — Less than two weeks from when they will be meeting on the hallowed grounds of Doubleday Field in Cooperstown, N.Y., the Inter-Lakes and Winnisquam baseball teams hit the field at Prescott Park in Meredith to kick off the second week of the season on Monday, April 20.

The Bears got on the board with a run in the first before the Lakers tied the game in the bottom of the third. Winnisquam plated three runs in the top of the sixth inning to take the lead and the Lakers added one in the bottom of the seventh for the 4-2 final score.

Evan Cote led off the top of the first with a walk and stole second. One out

later he moved to third on a groundout from Dio Katsigiannis and scored when Brady Colby reached on an error to give the Lakers the 1-0 lead.

Cooper Bliznik had a one-out single in the third for the Lakers and stole second and third. One out later, Nolan Streeter worked a walk and Jace Frontiero reached on an error, bringing home Bliznik with the tying run.

In the top of the sixth, Carter Lloyd opened the inning getting hit by a pitch and one out later, stole second. Colby reached on a dropped third strike with Lloyd advancing to third. Matt Hibbert was hit by a pitch to load the bases and Lloyd scored on a wild pitch to give the Bears the lead. Caleb Hall then laid

down a perfect squeeze bunt to drive in both Colby and Hibbert scored on a throwing error for the 4-1 lead for Winnisquam.

Streeter doubled to lead off the bottom of the seventh and Frontiero and Ryder Palsgrove both worked walks to load the bases. One out later, Aaron Smith grounded to second, forcing pinch runner Patrick Perry at second, but pushing Streeter across with the second run of the game. But the Lakers couldn't get another run across and the Bears took the win.

Hall led the Bear offense with a hit and two RBIs and Hibbert added a hit.

The Lakers were led by three hits from Bliznik, who also scored a run while Streeter had a dou-

ble and a single and scored a run, Smith had two hits and drove in a run and Jake Ambrose and Frontiero each had a hit.

Lloyd went five innings on the mound for the Bears, giving up just one unearned run while striking out six. Danny Blodgett-Fralic pitched an inning-plus, striking out three and giving up one earned run and Katsigiannis finished out the game, striking out one.

Palsgrove went five innings on the hill for the Lakers, striking out three without giving up a hit and allowing just one hit and one earned run while Streeter pitched the final two innings, also striking out three and giving up one hit.

The Bears dropped an 11-2 decision to Conant on

Wednesday, April 22, as the Orioles scored 10 runs in the final three innings to break open a 1-1 tie through four innings.

Colby led the Bears with a triple and a single and scored a run and Cote had a hit and scored a run. Katsigiannis threw no-hit baseball through four innings and kept the team in the game despite some control problems. He struck out seven and pitched out of some jams in his four innings.

On Friday, April 24, the Bears fell to Bishop Brady by a 12-0 score, with the Giants breaking the game open with eight in the second inning. The Bears struggled defensively, committing five errors that led to nine unearned runs.

Blodgett-Fralic had the

lone hit of the day for the Bears.

Winnisquam and Inter-Lakes will meet on Friday, May 1, at 10 a.m. at Doubleday Field in Cooperstown, N.Y.

Winnisquam returns to New Hampshire to play on Monday, May 4, at home against Monadnock and Wednesday, May 6, at Belmont, both at 4 p.m.

The Lakers return to New Hampshire for a home game with Berlin on Monday, May 4, and a home game with Gilford on Wednesday, May 6, both at 4:30 p.m.

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

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RAIDERS

CONTINUED FROM PAGE A1

4X400-meter relay, the Raiders were fourth in 5:02.55.

Brady Filteau won the shot put at 44 feet, 10.5 inches with Ryan O'Connor in fifth at 37 feet, one inch and Daniel Tripp in ninth at 31 feet, five inches. Filteau also won the discus with a toss of 139 feet, nine inches. Tripp was eighth in the javelin at 101 feet, five inches and Owen Michaelsen was 13th at 69 feet, four inches.

Sacha Artis won the 300-meter hurdles in a time of 47.74 seconds while in the 110-meter hurdles, Artis was second in 18.85 seconds and Devlin Gamache

was fifth in 23.25 seconds. Gamache was also sixth in the long jump at 14 feet, 11.5 inches and Trenton Proulx was 10th at 13 feet, four inches.

Nick Wright ran to fourth in the 100 meters in 12.76 seconds, Gamache was 12th in 13.21 seconds, Dane Smith was 14th in 13.27 seconds and Proulx was 19th in 13.68 seconds. Wright was also fourth in the 200 meters in 25.85 seconds, Smith was 11th in 27.46 seconds, Andrew Cryans was 15th in 28.56 seconds and Bronson Glines was 17th in 28.76 seconds.

Aaryn Durand finished second in the triple jump at 36 feet, six inches, Christian Edgren was third at

35 feet, five inches, David Mahoney was fourth at 31 feet, Glines was seventh at 28 feet, 3.5 inches, Jacob Blanchette was eighth at 26 feet, six inches and Jaxon Potter was ninth at 24 feet.

Durand was also second in the 800 meters in 2:15.31 and Blanchette was seventh in 2:33.02. Potter was 13th in the 400 meters in 1:21.42 and Michaelsen was 15th in 1:29.04.

The Belmont boys won the 4X400-meter relay in 4:02.56 while in the 4X100-meter relay, the Raiders were second in 49.42 seconds and sixth in 53.14 seconds.

A pair of Raider stars competed in the prestigious Black Bear Invitational, held on Saturday

at Coe-Brown Northwood Academy.

Lacasse won the seeded 100 meters with a time of 12.46 seconds after taking second in the preliminaries in 12.78 seconds. She also finished second in the 200 meters with a time of 25.9 seconds.

Filteau finished third in the discus with a distance of 146 feet, four inches and placed seventh in the shot put with a toss of 43 feet, seven inches.

The Raiders are scheduled to compete at Winnisquam on Tuesday, May 5, at 4 p.m.

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



Brady Filteau fires the shot put during action at the Black Bear Invitational on Saturday in Northwood.

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Malone's troops shine at her alma mater

Winnisquam hits the track at Kennett High School

BY JOSHUA SPAULDING

Sports Editor

CONWAY — The Winnisquam track team competed in a meet at coach Patti Malone's alma mater on Tuesday, April 21, making the trip to Conway's Kennett High School for an afternoon of action.

The lone individual win for the Winnisquam boys on the day came from Kyren Whitmore in the high jump, where he cleared five feet, four inches with Oliver Hatfield in

13th at four feet, 10 inches. Whitmore was also third in the 110-meter hurdles, racing to a time of 20.91 seconds.

Taber Hagggett picked up a second place finish in the javelin with a distance of 129 feet, five inches with Dayton Brigante in eighth at 112 feet, two inches, Isaac Timmons in 13th at 87 feet, four inches, Jacoby Martin in 16th at 75 feet, 10 inches, Cole Ringer in 23rd at 63 feet, five inches, Kilean Fredette in

25th at 51 feet and Mason Virguc-Hedberg in 27th place overall.

Hagggett was also third in the shot put with a toss of 38 feet, three inches with Noah Bassett in fifth at 35 feet, eight inches, Andrew Field in sixth at 33 feet, 6.5 inches, Hunter Mulinski in 12th at 29 feet, 4.5 inches, Kevin Dore in 14th at 28 feet, two inches, Daniel Powell in 19th at 24 feet, 10.5 inches and Stone Subocz in 20th at 24 feet, six inches.

Nolan Abbott was second overall in the 400 meters, finishing in a time of 53.96 seconds with Hagggett in fifth in 55.52 seconds, Kaito Tamaru in eighth in 1:02.3, Christopher LeBlanc in 10th in 1:04.75, Alexander Mauch in 12th in 1:05.62 and Jesse Vienneau in 13th in 1:07.1. In the 800, Simon Ahlgren was 11th in 2:29.63, Whitmore was 13th in 2:35.93, Jack McGranaghan was 15th in 2:38.33, Samuel Button was 17th in 2:43.85 and Andrew Paquette was 20th in 3:01.13.

Kyle Douglas ran to fifth in the 100 meters in 11.86 seconds with Abbott in 15th in 12.66 seconds, Hatfield in 22nd in 13.18 seconds, Romain Ber-

ghmans in 23rd in 13.36 seconds, Daniel Sheridan in 26th in 13.76 seconds, LeBlanc in 29th in 13.83 seconds and Christopher Collins in 33rd in 14.48 seconds. Sheridan was 10th in the 200 meters in 26.95 seconds, Tamaru was 16th in 28.83 seconds, Collins was 17th in 29.18 seconds, Solomon Shartar-Howe was 24th in 32.23 seconds, Chase Tripple was 26th in 33.46 seconds and Mauch was 29th in 40.33 seconds.

Brigante finished in 10th in the 1,600 meters in a time of 5:33.1 with Lucas Durphey in 11th in 5:35.6, Tristan Honeman in 17th in 5:50.73, McGranaghan in 18th in 5:54.65, Owen Bakis in 22nd in 5:59.78, Shartar-Howe in 24th in 6:23.76 and Connor Allen in 26th in 6:34.24. Ahlgren was 26th in the long jump at 13 feet, two inches, Caleb Moriarty was 28th at 12 feet, 9.5 inches, Collins was 29th at 12 feet, eight inches, Ringer was 30th at 11 feet, eight inches and Tripple placed 32nd at 10 feet, eight inches.

The Bear 4X400-meter team finished in first in 3:43.6 and the 4X100-meter team was fourth overall in 50.28 seconds.

For the Bear girls, Phoe-

be Timmons threw her way to the win in the shot put with a distance of 29 feet, 8.5 inches with Kyra Russell in second at 26 feet, 1.5 inches, Kaylin Liesner in 11th at 20 feet, 11.5 inches, Carly Drew in 13th place at 18 feet, 10.5 inches and Addison Todt in 17th at 16 feet, three inches.

Anna Drinkwine won the javelin with a toss of 73 feet, four inches with Timmons in third at 65 feet, 10 inches, Drew in eighth at 54 feet, three inches, Athena Searles in 13th at 46 feet, five inches and Todt in 18th at 40 feet, two inches.

Drinkwine was also second in the 3,200 meters with a time of 14:36.76 and took sixth in the 1,600 meters with a time of 6:38.03. Eloise Abbott finished in sixth place in the 800 meters with a time of 2:43.25.

Milan Pham took second in the triple jump at 27 feet, 3.25 inches with Abigail Osmer in fourth at 26 feet, three inches. Zariah Moore was third in the long jump at 13 feet, four inches, Alexandria Myers was fourth at 12 feet, 4.5 inches, Russell was sixth

at 11 feet, 10.5 inches and Pham placed seventh at 11 feet, 3.5 inches.

Timmons took second in the discus with a toss of 72 feet, three inches with Liesner in sixth at 59 feet, nine inches, Todt in 15th at 46 feet, two inches and Searles in 16th at 45 feet, nine inches.

Abbott ran to sixth in the 100 meters in 15.23 seconds with Moore in eighth in 15.49 seconds while in the 200 meters, Russell was 14th in 33.28 seconds, Pham was 22nd in 34.94 seconds and HaydenRose Moriarty was 24th in 35.8 seconds.

Emily Tripple took second in the 400 meters with a time of 1:09.28 with Russell in eighth place in 1:12.77 and Moriarty in eighth place in 1:21.92.

The Bear 4X100-meter girls ran to third overall in a time of 56.81 seconds and the 4X400-meter girls placed fourth in 4:59.92.

The Bears are slated to compete at home on Tuesday, May 5, at 4 p.m.

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

Softball Bears cruise past Orioles

BY JOSHUA SPAULDING

Sports Editor

TILTON — The Winnisquam softball team came through with another win to open the second week of the season, knocking off Conant by an 8-1 score on Wednesday, April 22.

"Good team win against a very good Conant team with everyone contributing," said coach Mark Dawalga. "The third inning really got us going and really settled everyone down."

The Bears fell behind 1-0 after two innings but got the bats going in the third inning, scoring three runs to take the 3-1 lead.

Claire Hart had a homer and two singles, Danica Weymouth had a triple and two singles, Camilla Cote had a single and a triple and worked a walk, Alexis Mingolla had a single and a triple, Layla Gloddy had a walk and a single, Addie Bernier had a single and a double and Alissa Jean chipped in with a single.

Dawalga praised the defensive play of Eila Petty, Caidyn Carter, Abbie Meunier and Karmyn Simpson.

The Bears dropped their first game of the season on Friday, April 24, falling to Bishop Brady by a 14-4 score.

"Tonight was one of those nights we could not get our bats going," Dawalga said. "Give Brady credit, they are a good team."

Weymouth had a single and a double and drove in a run, Simpson had a double and drove in a run and Jean and Mingolla each had a base hit.

The Bears return from vacation week with a home game against Monadnock on Monday, May 4, and at Belmont on Wednesday, May 6, both at 4 p.m.

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

PUBLIC HEARING NOTICE Ashland School District

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ENERGYSAVERS INC.

163 Daniel Webster Hwy., Meredith NH

For Advertising Information

Call 603-279-4516

email: Tracy@salmonpress.news

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Scott Burns' Landscaping, LLC

Well-established Lakes Region landscape company is hiring for the upcoming season. Positions available include gardeners as well as hardscape and softscape crew leaders and members.

If you are looking to change it up and love the outdoors with a M-F work schedule, give us a call. Valid driver's license required.

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



HELP WANTED

Work for a Purpose and join our team to help New Hampshire's Loons!

The LOON PRESERVATION COMMITTEE is seeking to hire a personable, motivated team player as a Loon Center Assistant for 2-3 days a week Mid-May through Mid-Oct. The Loon Center Assistant will work primarily in the gift shop warmly greeting customers, conducting sales and stocking shelves. Must be able to stand for extended periods, and lift moderately heavy boxes. Retail experience preferred.

For additional information go to <https://loon.org/job-opportunities/>. Please send resume & cover letter to info@loon.org.

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Explore Prince Edward Island This Summer or Fall This two-bedroom cottage near Tignish provides sweeping views of the ocean, the beach, and the North Cape lighthouse. Enjoy kayaking, bicycling, walking the beach, swimming in the warmer Gulf Stream waters, and exploring the community of Nail Pond and the many PEI attractions. Full Appliances. The cottage sleeps six comfortably. Weekly rent is only \$1,100. Contact Scott, for more information at 603-254-5032, or scottm@plymouth.edu.

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Robert Dunn to keynote 12th Annual Interfaith Breakfast



Robert Dunn

LACONIA — The Lakes Region Interfaith Prayer Breakfast Committee is pleased to announce that this year's event will be held on Thursday, May 7 at 7:30 a.m. at St. Andre Bessette Parish Hall, 31 Gilford Ave., Laconia. Held in conjunction with the National Day of Prayer this year's event has adopted the theme: "Faith, Prayer and the Founding Fathers."

Following a buffet breakfast (served from 7:30 to 8:15 a.m.) a program will run from 8:15-9:30 a.m., featuring Keynote Speaker Robert Dunn, Director of

Public Policy for the Roman Catholic Diocese of Manchester. The program topic will be "The Moral Vision of the Declaration."

Advance Tickets for this year's event are \$15 and may be purchased through your faith community, at St. Andre Bessette Parish office (277 Union St., Laconia) or by contacting Chris Ray at 603-528-2920 or by email at crayjr@gmail.com. Tickets may also be purchased at the door for \$20. The event is at St. Andre Bessette Parish Hall, 31 Gilford Ave., Laconia.

Proceeds from the breakfast will be donated

to Hands Across the Table (HATT) and NH Catholic Charities.

Keynote Speaker Robert E. Dunn, Jr. is the Director of Public Policy for the Roman Catholic Diocese of Manchester. Previously, he served as Director of Legislative and Governmental Affairs for Devine Millimet, Assistant Commissioner of the NH Department of Safety, and as an Assistant Attorney General in the NH Department of Justice.

Dunn is a member of the Board of Trustees of St. Anselm College and the Board of Directors of New Hampshire Humanities, the Catholic Community Health Alliance of Greater Manchester, and the Bishop's Charitable Assistance Fund. He also serves on the State of New Hampshire Commission on Holocaust and Genocide Education. Dunn "Finding Communion" column in Parable Magazine and the podcast of the same name were recognized in 2025 by the Catholic Media Association.

Dunn is a graduate of Georgetown University Law Center and the College of the Holy Cross. He is a member of the first group of Catholic leaders from around the U.S. to be designated as Mathis Liturgical Leaders

by the University of Notre Dame's McGrath Institute for Church Life.

The National Day of Prayer enables us to recall and teach the way in which our founding fathers sought the wisdom of God when faced with critical decisions. It stands as a call to us to humbly come before God, seeking God's guidance and God's grace upon us as people.

Lakes Region Interfaith Prayer Breakfast was started as a means of bringing together people of different backgrounds and affiliations to celebrate the blessings of the year and join in inclusive fellowship for the

spiritual renewal of community, state and nation.

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I have been practicing law since 1985, after graduating from Vermont Law School. Before starting my legal career, I earned a Master's Degree in counseling from SUNY, Plattsburgh, and completed my undergraduate studies in education at Temple University in Philadelphia. Before entering the legal field, I worked as an inner-city high school teacher and ran a cactus business, selling plants as a street vendor in downtown Philadelphia. My legal career began in Saranac Lake and Lake Placid, New York, where I practiced law until 2002. In that year, I passed the New Hampshire Bar and relocated to New Hampshire to continue my practice. I am an active member of the New Hampshire Bar Association. Over the years, I have served as President of the Grafton County Bar Association and as Chair of the Alternative Dispute Resolution Section. I also served on the New Hampshire Bar Association Board of Governors for 2 terms. Currently, I am a member of the New Hampshire Bar Legislative Committee and a Fellow of the New Hampshire Bar Foundation.

I also hosted a weekly radio show called "Family Law Talk Radio," which featured professionals with expertise in various related subjects. In recent years, I have focused my practice on Estate Planning and administration. This includes drafting wills and trusts, as well as probate and trust administration.

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You may call for an appointment or download an application from our website. All applications should be submitted to:

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