

Winnisquam Echo

THURSDAY, APRIL 23, 2026

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Winnisquam Regional Middle School empowers next-gen leaders at 2026 Career Fair

TILTON — The halls of Winnisquam Regional Middle School were buzzing with ambition as students stepped into the future during the school’s annual Career Fair. With 30 industry experts on-site, the event transformed a typical school day into a high-energy launchpad for professional discovery.

The day began with motivational speaker, adventurer, and nonprofit leader Randy Pierce, who is perhaps best known for his philosophy that “you don’t need sight to have vision.” Now the President and CEO of Future In Sight (formerly the New Hampshire Association for the Blind), Randy has transformed a life-altering disability into a platform for global inspiration.

As a speaker, Pierce is known for being witty, grounded, and deeply human. His messages to the students included challenging the notion of “can’t” and examining how we empower our own obstacles. His “Four Feet” story (where he almost quit just 4 feet from a summit because he was focused on his exhaustion rather than the goal) illustrated how perspective provides energy. He emphasized the vital bond between himself and his guide dogs as a model for trust and communication.

This year’s fair highlighted a sophisticated blend of traditional trades and cutting-edge innovation including auto services, plumbing and heating, bio fabrication, and gameplay engineering. In addition, WRMS teacher Cathleen White shared her unique experiences in the Peace Corps with the students.

“Exposing our students to these possibilities now is about more than just a job title,” noted organizer Kim Con-

SEE FAIR, PAGE A8



Pictured above are guest speaker Randy Pierce, Chief Sean Valovanie of the Tilton Northfield Fire Department, WRMS Teacher Cathleen White, and Sergeant Seth Alie from Marine Patrol with students Cecilia Rogers and Rosanna Mains.

COURTESY

Amherst Girl Scouts offer veterans cookies and company



COURTESY

Amherst Girl Scouts donated cookies and the gift of time to play games with the veterans at the New Hampshire Home for Veterans.

TILTON — Girl Scout New Hampshire Home for Veterans in Tilton on about 150 boxes of Girl Scout Cookies donated by from Amherst visited the April 11. They delivered SEE SCOUTS, PAGE A8

Softball Bears open in style, topple ‘Toppers, Mountaineers



COURTESY PHOTO

Layla Gloddy, Claire Hart and Danica Weymouth pose with their home run balls after Winnisquam’s win in Berlin last week.

BY JOSHUA SPAULDING Sports Editor

TILTON — The Winnisquam softball team got the season off to a good start, breaking open a one-run game in the fifth inning on the way to a 14-5 win over Somersworth on Monday, April 13.

“Overall a good opening day with everyone contributing,” said coach Mark Dawalga.

The ‘Toppers scored the game’s first run in the top of the third inning before Winnisquam bounced back with two in the bottom of the inning and then

SEE BEARS, PAGE A8

Officer involved in Northfield shooting identified

NORTHFIELD — Atorney General John M. Formella announces the identity of the police officer who discharged his firearm during a shooting incident on the evening of April 6 in Northfield that resulted in the shooting death of Megan Whiting, age 32.

The officer who discharged his weapon is Officer Nikolas Ballentine of the Northfield Police Department. Ballentine has approximately two years of law enforcement experience.

Police from Northfield and Tilton were called to 20 Vine St. in North-

field at 12:12 a.m. on April 6, when 911 dispatchers received a call from a distraught person concerning a domestic violence incident which was underway at the residence.

The caller said their girlfriend was being beaten

SEE SHOOTING, PAGE A8

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ON THE SPOT INTERVIEWS!!

Petals in the Pines begins 17th and final fully-open season on World Labyrinth Day

CANTERBURY — After 16 years as a magical place where children and adults experience and learn about nature's beauty and bounty, Petals in the Pines will be closing its trails, gardens, and Outdoor Classroom to the general public at the end of the 2026 season. The Farm Stand will stay open in the future, and there will be occasional special events, but this will be the last chance to fully enjoy the 7 acres of gardens and woodland.

"We are so grateful for the thousands of visitors who have come to our farm over the years, to explore, play, pick flowers, get married, and participate in festivals and classes," said co-founder Jim Miller. "It's been a busy three decades—we began selling flowers at a roadside table back in 1995, opened our Outdoor Classroom in 2010, started the NH Monarch Festival in 2013, and ended up being on NH Chronicle—what an adventure! But at this stage of our lives, we're ready to scale back and enjoy some quiet family time after Sept. 20."

On Saturday, May 2 from 9 a.m.-6 p.m., the farm will once again be a site for "World Labyrinth Day" (WLD). This special day focuses on connecting people of



all faiths (or none) to the beauty and peace of labyrinth walking near where they live. There are less than 30 labyrinths in New Hampshire that can be visited by the public, and only a handful are holding WLD events.

Petals in the Pines offers two unique woodland labyrinths, each designed with a separate entrance and exit (so that more than one visitor can walk without having to step aside for

others).

"Love and Grace" is a Medieval-type stone labyrinth high above Hayward Brook (a 3/4-mile round-trip hike), The "Peace" labyrinth, located amidst shady hemlocks, offers quiet family-friendly focusing.

WLD admission: \$7 per person (infants are free) or free with a 2026 Season Pass bought on or before May 2. WLD includes both labyrinths, 2+ miles

of trails/paths, plus use of the Arbor Day-certified Outdoor Classroom / play-space / picnic area. Hike at your own risk--watch out for slippery rocks! Sturdy shoes are recommended. The trails are NOT suitable for strollers; Please leave pets AT HOME. Register and pay on the Farm Stand Porch when you arrive.

Ways to fully embrace the spirit of WLD at Petals in the Pines include:

Nature Journaling from 9:30-10:30 a.m. with Certified Instructor Heidi Colburn. \$10/person. Space is limited. Register in advance and save \$2/person off the \$7 WLD admission charge <https://bit.ly/Petal-sNatureJournalWorkshop>.

Adults and Kids Yoga sessions with Angelina Moody (donations appreciated). Yoga for Younger Kids (ages four and up) 11-11:30 a.m. (please arrive

by 10:45 a.m.); All Levels Yoga for Teens & Adults 11:45 a.m.-12:45 p.m. (please arrive by 11:30 a.m.)

-Self-guided sketching, painting, and poetry-writing opportunities

-Finger labyrinths for kids

-Mandala-making with natural materials

-Shopping for delicious and unique specialties on the Farm Stand Porch

*: <https://www.world-labyrinthday.org/>

***: <https://labyrinthlocator.com/>

***: <https://petalsinthepines.com/world-labyrinth-day>

Regular Season: open 9 a.m.-6 p.m. Wednesday-Sunday, May 6 through Sept. 20. Closed Mondays and Tuesdays.

Since 2010 Petals in the Pines, an Arbor Day-certified Nature Explore Outdoor Classroom and sustainable-practices flower farm, has enabled children of all ages to experience nature in a safe and nurturing environment; and has encouraged and educated adults in their personal exploration of the natural world that surrounds them.

"Where Nature meets Nurture among the gardens."

Make your own leather bag with local artist Molly Grant



CANTERBURY — Join artist Molly Grant at her studio in Canterbury on Saturday, May 2 from 9 a.m. – 5 p.m. for a Make Your Own Leather Bag class with juried artist Molly Grant.

Join juried artist Molly Grant in her well-equipped studio in Canterbury for a one-day workshop to learn the basics of working with fine leathers. Students will develop a bag of

their choice and learn pattern-making skills while using an industrial sewing machine to conceptualize and complete their project. Depending on the styles they choose, students will be able to make and take home one to two bags of their own creation. Please bring a bagged lunch and drink as students will be given a lunch break.

Tuition is \$135 per student with a \$25 materials

fee paid to the instructor on the day of class. Class will be at Molly's studio, 355 Hackleboro Rd., Canterbury, NH 03224. Bring a bagged lunch.

Space is limited and pre-registration is required.

Those who wish to take the class MUST sign up by Saturday, April 25th.

To register for this workshop, call the League of NH Craftsmen – Meredith Fine Craft Gallery at (603) 279-7920 or visit the Gallery at 279 Daniel Webster Highway in Meredith.

For more details, visit our Web site at <http://meredith.nhcrafts.org/classes/> and our Facebook page at <http://www.facebook.com/nhcraft/>.

The League of NH Craftsmen Meredith Fine Craft Gallery is located at 279 DW Highway, Meredith, and is dedicated to the education and support of New Hampshire's fine craft tradition since 1932.

Laconia Golf Classic supports cancer care in the Lakes Region

LACONIA — Community members, businesses, and supporters are invited to take part in the Laconia Golf Classic on Monday, May 18, for a day of golf, camaraderie, and giving back in support of cancer care in the Lakes Region.

Hosted by Concord Hospital Trust, this year's event holds special significance as it celebrates the return of cancer care services to Laconia. Proceeds from the tournament will benefit infusion and outpatient cancer services at Concord Hospital – Laconia, helping expand access to vital treatments and allowing patients to receive care closer to home.

"The Laconia Golf Classic is a wonderful example of how our community comes together to support one another," said Kimber

Carr, Concord Hospital Trust's director of development and Lakes Region Giving Society manager. "As we continue to expand cancer services in the Lakes Region, events like this play an important role in ensuring patients have access to high-quality care close to where they live."

The event will feature a full day of golf along with raffles, contests, and other activities designed to create a fun and engaging experience for participants of all skill levels.

Daniels Electronic Corporation returns as the Presenting Sponsor for the third consecutive year, continuing its strong support of the event and the mission it advances.

Participants are encouraged to register early, as

foursome spots are expected to fill quickly. Volunteer opportunities are also available for those interested in supporting the event, both on and off the course.

To reserve a foursome, volunteer, or learn more, please visit <https://bird-ease.com/LaconiaGolfClassic> or contact Concord Hospital Trust at (603) 227-7162.

The Laconia Golf Classic is a yearly event. This year's Laconia Golf Classic is especially meaningful as we celebrate the return of cancer care to Laconia. Proceeds will benefit Infusion and Outpatient Cancer Services at Concord Hospital - Laconia, expanding access to vital treatments and allowing patients to receive care closer to home.

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Learn to accentuate the positive with Granite VNA

TILTON — Granite VNA Health Educator Brooke Noonan will present the program "Glass Half Full" at the Tilton Senior Center on Thursday, April 30 at noon.

Emotional well-being is the ability to understand ourselves and to cope with the challenges life can bring. Noonan will discuss different strategies to manage emotional health with positivity and ways to overcome those negative forces in life. The program is free and open to the public.

The Tilton Senior Center is located at 11 Grange Rd., Tilton. For more information, please call 603-527-8291. For more information about the programs and services Granite VNA offers, call 603-224-4093 or visit their Web site, <https://www.granitevna.org/about/>.

Sanbornton Public Library receives NH Humanities grant to present "Big House, Little House, Back House, Barn: The Connected Farm Buildings of New England"

SANBORNTON — Sanbornton Public Library will host the program "Big House, Little House, Back House, Barn: The Connected Farm Buildings of New England" on Wednesday, April 29 at 6p.m., at the Sanbornton Public Library, 27 Meetinghouse Hill Rd. in Sanbornton.

Through architecture unique to northern New England, this illustrated talk focuses on several

case studies that show how farmers converted their typical separate house and barns into connected farmsteads. Thomas Hubka's research in his award-winning book, *Big House, Little House, Back House, Barn: The Connected Farm Buildings of New England*, demonstrates that average farmers were, in fact, motivated by competition with farmers in other regions of America, who had better

soils and growing seasons and fewer rocks to clear. The connected farmstead organization, housing equal parts mixed-farming and home-industry, was one of the collective responses to the competitive threat.

Thomas Hubka also has publications such as "Resplendent Synagogue: Architecture and Worship in an 18th Century Polish Community"; and

"Houses without Names: Architecture Nomenclature and the Classification of America's Common Houses." His newest book is entitled "The Transformation of Working-Class Houses and Domesticity, 1890-1940: Improved Homes for a New Middle Class." Hubka's research primarily interprets the historic development and relationships between architecture/buildings and

culture/people.

New Hampshire Humanities is an independent statewide nonprofit that nurtures the joy of learning and inspires community engagement by bringing life-enhancing ideas from the humanities to the people of New Hampshire. Their grant made this program possible. Learn more at www.nhhumanities.org.

Join us in the Woodman Room upstairs in the

Sanbornton Public Library. There is an elevator available if needed. This program is free and open to the public, light refreshments will be provided.

For more information, contact the Sanbornton Public Library at (603) 286-8288 or splnhc@plnh.com Web site: splnh.com.

Leadership Lakes Region explores healthcare and community wellness during "Health Issues" Program Day

LACONIA — The latest Leadership Lakes Region (LLR) program day, themed "Health Issues," took participants on a narrative journey through the vital systems that sustain the Lakes Region. The group spent the day moving from the clinical frontlines of Concord Hospital's Laconia campus to the holistic residential care of the Taylor Community, exploring how healthcare is shifting from reactive treatment to proactive community wellness.

The morning began at Concord Hospital, where Interim CAO Tom Harlow and Administrative Director of Nursing Melissa Golightly pulled back the curtain on hospital operations. Their insights into clinical leadership set the stage for Johnathan Lile Sexton of the Partnership

for Public Health, led an insightful session titled "Connecting with Our Community" that highlighted the essential link between public health initiatives and local outreach. Adding a personal touch, Heidi Smith (LLR Class of 2025) highlighted the power of philanthropy, showing how individual advocacy fuels the hospital's growth and modernization.

After a short journey to the Taylor Community, the day's energy shifted toward long-term wellness and compassionate care. Following a welcome from President and CEO Michael Flaherty, who outlined the pathways to residency and the facility's diverse service tiers, Wellness Director Becky Chase Hamilton had the group on their feet. Her "Let's Move" session broke the

traditional meeting mold, proving through group exercises that physical activity is a cornerstone of both personal health and professional productivity.

The narrative took a deeper, more reflective turn as Corey Gately of Concord Hospital and Mike Gallagher of Navigating Recovery presented "Compassion for our Community." Their joint session illustrated the critical partnership between clinical substance use services and peer-led recovery, emphasizing the human element of the regional health crisis.

The day concluded with a focus on community resilience. Fire Chief Tim Joubert (LLR Class of 2012) shared the success of the Winnepesaukee Mobile Health Program in bringing care directly to

doorsteps, while Heather Stanley of the Partnership for Public Health provided hands-on empowerment. Under her guidance, participants earned certifications in "Stop the Bleed" and Hands-Only CPR, leaving the program not just as informed leaders, but as citizens equipped to save lives.

Leadership Lakes Region extends its sincere gratitude to sponsors Concord Hospital-Laconia and Taylor Community for their hospitality and commitment to leadership development.

Leadership Lakes Region (www.leadershiplakesregion.org) organization dedicated to developing inspired and informed leaders who are committed to the vitality of the Lakes Region.



Students Christina Hurst (left) and Susannah Perron learn lifesaving Stop the Bleed and CPR skills. COURTESY

JLTV now available through Breezeline

REGION — Jewish Life Television (JLTV), the nation's largest and most robust 24/7, English-language, Jewish-themed television network, is pleased to announce that Breezeline has added JLTV to its channel lineup in the Lakes Region (including Belmont, Bristol, Grafton County, Laconia, and Wolfeboro, NH). Breezeline's video customers can now watch JLTV on Breezeline Channel 97.

More cultural than religious, JLTV welcomes viewers of all faiths to enjoy its high-quality, thought-provoking programming. On the original programming side, among other series, JLTV proudly produces:

Air Land & Sea: This award-winning, historically driven global travel series uncovers the triumphs and tribulations of the Jewish people over the centuries, highlighting both secular and sacred sites.

Bubbies Know Best: This multi-generational dating show features three Jewish grandmothers, who find the perfect dates for our Jewish and non-Jewish mates. The award-winning series has taken the nation by storm, with the Bubbies appearing on Access Hollywood, Steve Harvey, TMZ, and more.

Generations: This series reveals sometimes heart-warming, sometimes heart-breaking stories of our celebrities' families through deep genealogical research and detailed DNA analysis.

As for acquired programming, among other fan favorites, JLTV proudly broadcasts:

Fauda: The New York Times ranked this action-packed thriller from Israel the 8th best international series of the last decade.

Prisoners of War: The New York Times named this Israeli series, the inspiration for Show-

time's *Homeland*, the #1 best international program of the 2010s.

At a time when the nation is experiencing unprecedented spikes in antisemitism, JLTV is a welcome antidote that entertains, educates, and informs its multi-faith audience about the Jewish cultural and religious experience in the United States, in Israel, and around the World. JLTV's programming crosses across multiple genres - including children's, cooking, classics, comedy, drama, exercise, history, inspiration, lifestyle, news and talk, travel, and so much more.

Brad Pomerance, JLTV's Executive Vice President, said, "Now more than ever, we thank Breezeline for adding JLTV to its Channel Line-Up in the Lakes Region. Breezeline is demonstrating its support for distinct voices, amplifying engaging, entertaining, and informative

content about the Jewish faith, Jewish history, the Jewish people, and the State of Israel."

For more details about JLTV's availability through Breezeline, please see the attached flyer, which is available for general distribution. For more information, additional imagery, or interviews, please contact Tina at tina@jltv.tv or at 310-266-2061.

About Jewish Life Television Jewish Life Television/JLTV is North America's premier 24/7 English-language, Jewish-themed television network and is available in over 100 million homes through Charter/Spectrum, Comcast/Xfinity, Cox, DirecTV, and other traditional and non-traditional video operators. To find JLTV's channel position in any community, please sign onto www.jltv.tv/channels.



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New Hampshire Magazine names Bank of New Hampshire "Best of NH 2026"

LACONIA — Bank of New Hampshire has been selected by the readers of New Hampshire Magazine as "Best of NH 2026" for Best Personal Banking. Winners will be celebrated during the annual Best of NH celebration on June 25, from 6-8 p.m. at Flag Hill Distillery and Winery in Lee.

"We are incredibly proud to once again be recognized in the Best Personal Banking category," said Chris Logan, President & CEO. "As a mutual community bank, our focus has always been on helping our customers and communities thrive. This recogni-

tion is a direct reflection of those relationships and the outstanding efforts of our team."

Best of NH winners are determined by an online poll organized by New Hampshire Magazine. The poll is divided into 115 categories that range from best ice cream to best summer attraction — and more. Visit www.bestofnh.com for a full listing of this year's winners.

Founded in 1831, Bank of New Hampshire is the oldest and one of the largest independent banks headquartered in the state. With assets exceeding \$2.5 billion and 21 banking of-

fices across New Hampshire and southern Maine, the bank provides comprehensive deposit, lending and wealth management solutions for families and businesses. As a mutual organization, Bank of New Hampshire is focused on the success of its customers, communities and employees—rather than stockholders. With a legacy of strength and stability, the bank combines local decision-making and trusted guidance with modern technology to deliver a seamless banking experience. For more information, call 1-800-832-0912 or visit BNH.Bank.



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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.

The future takes shape in the halls of WRMS

Middle school can feel like an in-between place. Students are no longer little kids, but the adult world still feels distant and abstract. That is why events like the recent Career Fair at Winnisquam Regional Middle School matter so much. They help bridge that space between imagination and possibility at exactly the right moment.

Bringing 30 professionals into the building did more than fill a gymnasium with displays and conversations. It gave students a chance to see that the paths ahead of them are wider than they might have realized. For young people growing up in Tilton, Northfield, and Sanbornton, that kind of exposure can be especially powerful. It connects classroom learning to real people doing real work in communities very much like their own.

One of the strongest messages of the day came from keynote speaker Randy Pierce, whose life story is itself a lesson in perseverance and perspective. His reminder that "you don't need sight to have vision" is not simply inspirational language. It is a practical truth for students who are only beginning to decide what they believe they can do. When young people hear someone challenge the idea of "can't," they begin to rethink the limits they place on themselves.

The variety of careers represented at the fair also deserves recognition. Students saw both traditional trades and emerging fields presented side by side. Auto services, plumbing and heating, bio fabrication, gameplay engineering, and public service experiences such as the Peace Corps all told the same story in different ways. There is no single route to a meaningful future.

That message is important in a time when many students feel pressure to make early decisions about college, training, or careers before they even understand what their options are. A middle school career fair does not ask them to decide anything. Instead, it invites them to wonder. Sometimes, that is exactly what they need.

It is also worth noting how strongly local professionals support efforts like this. When community members volunteer their time to speak with students, they are investing in the future of the region. They are showing young people that opportunity does not always exist somewhere else. It can exist right here at home.

Organizer Kim Constant's observation that the goal is to spark an "aha" moment captures the spirit of the event well. Those moments are often quiet ones. A student might discover a talent they did not know they had. Another might realize that a subject they enjoy today could become a career tomorrow. Still another might simply begin to believe that success is possible.

Schools do many things well, but connecting learning to the wider world is one of the most important. Events like the Winnisquam Regional Middle School Career Fair strengthen that connection in ways that textbooks alone cannot.

If even a handful of students walked away thinking differently about their future, the day was a success. In truth, it likely reached many more than that. And for communities that take pride in raising capable, confident young people, that is something worth celebrating.



COURTESY

Last week, every member of the Belmont Police Department, both civilian and sworn, came together for the annual Department Meeting.

This important tradition gives the department the opportunity to share a meal, connect as a team, and hear Chief Akerstrom's goals and vision for the year ahead. It also serves as a time to reflect on the work we do and recognize those who have gone above and beyond in service to our community. The following members were recognized for their outstanding contributions: Chief Mark Lewandoski (ret.) - Distinguished Service Medal; Sgt. David Estes (ret.) - Distinguished Service Medal; Captain Evan Boulanger - Chief's Commendation; Detective Sergeant Raechel Moulton - Citation for Meritorious Service; Detective Sergeant Raechel Moulton - Chief's Commendation; Sergeant Christopher Rideout - Chief's Commendation; Officer Syntia Somogyi - Community Service Citation; and Dispatcher Tricia Randall - Outstanding Commendation. Photo courtesy of the department's Facebook page.

LETTERS TO THE EDITOR

Trump's challenge for Gov. Ayotte

To the Editor:

It seems President Trump has thrown our Gov. Ayotte a challenge. "Because war costs so much" (his voice on NPR short minutes ago, "On Point" show), he says, "we can't pay for childcare and Medicare and those other things. We have to spend on defense. We have to defend the country! The states have to do those other things. If they must raise their taxes, they should." This is very close to his language. So, our New Hampshire with, now, no income tax, no sales tax — what do you say, Gov. Ayotte? Property taxes already strain to pay for our public schools — even as our conservative House and Senate allow education dollars to shift to non-public education. (Don't re-elect these.)

In the cost of war on Iran are Tomahawk missiles at \$2 - \$4 million each. Some estimates for war costs are \$1 - \$2

billion / day. Professor Justin Wolfers on NPR -- "Costs of the Iraq war turned out to be nearly 100 times the originally estimated cost." \$20 billion a week on bombs now? Professor Linda Bilmes says, «We have not set aside a dime to pay for the medical costs of war effects on our military. Thirty-seven percent of the veterans will require lifetime benefits.»

Gov. Ayotte, bowing to President Trump — what do you see for New Hampshire taxes as a result of his war on Iran, minus the most experienced heads in the Pentagon's planning rooms because Sec. of Defense Hegseth fired them or pushed their retirement? (Not to practice Diversity, Equity, Inclusion — per President Trump.)

Sincerely,

Lynn Rudmin Chong
Sanbornton

Conversations at the transfer station

There are some places in New Hampshire where you expect to run into people you know. The grocery store is one. The post office is another. But if you really want to catch up on how your neighbors are doing, you head to the transfer station on a Saturday morning.

I have long suspected the transfer station does more for community life than anyone ever gives it credit for.

It is not a place people go because they want to. Nobody wakes up thinking, "I hope I get to haul cardboard and empty pickle jars today." Still, there we all are, bundled up in January or brushing black flies away in June, waiting our turn at the recycling bins like members of a quiet little club.

And that is where the conversations happen. You might hear someone asking about a neighbor's knee surgery. Someone else is comparing snow totals from two different hillsides in the same town.

There were sports practices and errands stacked one after another. I used to make my transfer station runs quickly back then, as if I were checking something off a list. These days I take my time. I lean against the

tailgate a little longer. I ask one more question before I head out. It turns out people notice. Not long ago, a fellow I only half recognized waved me over while I was sorting newspapers. He asked how my daughter was doing at school. I had no idea how he knew about her until he reminded me we had once stood next to each other in line at the scrap metal container about eight years ago. Eight years. And he remembered.

That sort of thing stays with you. There is something reassuring about a place where conversations do not need an appointment. Nobody checks a clock. Nobody wonders if they are interrupting. You talk because you are standing there anyway, and because it feels natural to do so.

Even the weather becomes part of the routine. In winter, you can tell who has the warmest gloves just by watching how long they linger. In spring the mud tracks follow everyone home no matter how careful they are. By Octo-

ber there is always someone loading pumpkins into the back of a truck next to a pile of flattened cereal boxes. I have noticed that younger folks sometimes arrive wearing headphones and move through the place at top speed. I understand that. Life moves faster now. Still, I hope they will slow down someday and discover what they are missing. There is a lot of neighborliness tucked between the cardboard and the returnables if you give it a minute.

A transfer station is not meant to be picturesque. It is not designed as a gathering space. Yet somehow it works that way anyway. It is one of the few places left where people from every road and every age group cross paths without planning to.

I never expected hauling trash to become something I look forward to. But here in New Hampshire, even an ordinary errand can turn into a small reminder that we are all part of the same town whether we mean to be or not. And that is worth showing up for.

KIND FOLKS, COLD WINTERS

By CHIPPY

Winnisquam Echo

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PRESIDENT & PUBLISHER
FRANK C. CHILINSKI
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DINICOLA
(508) 764-4325

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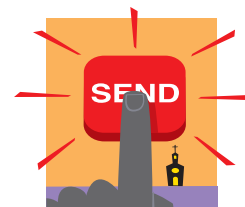
MANAGING EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

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Comfort Keepers

Fun low-impact exercises for seniors

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

A low-impact exercise routine can benefit your health by stretching and strengthening your muscles, reducing stress, preventing injury, and even helps to lower your blood pressure. You should always talk to your doctor before starting any exercise program.

Low-impact exercises fall into four categories: endurance, strength, flexibility, and balance. Incorporating all four types of exercise into your routine helps reduce the risk of injury and keeps you from getting bored. There are many low-impact classes for seniors at gyms and senior centers, but you can also exercise at home. Either way, it's good to enjoy the activities and health benefits — while having fun!

Endurance. These exercises increase your heart rate and breathing for an extended period of time. They will make it easier for you to walk farther, faster, or uphill. They also should make everyday activities easier. Some endurance

exercises are listed below. Start gradually, and work up to at least 30 minutes each day, if you are physically able.

Strengthening. Strengthening exercises include the use of hand or ankle weights or resistance bands and tubes for home and fitness center exercises. If you don't have weights or resistance bands, use soup cans or bottles of water for weights. Fitness centers offer resistance machines, but always ask instructors to help you exercise correctly.

Flexibility. Flexibility is lost with age, so stretching is important to your health and to maintaining your independence. You can stretch for 10 minutes each day at home. Group exercises away from home include dancing, water aerobics, yoga, Pilates, tai chi, or senior stretching classes. Always stretch after your warm-up to prevent injury during exercise, as well as to increase flexibility, range of motion, and improve your exercise performance.

Balance. Balance exercises reduce the risk of falling and can improve

your mobility in just 10 minutes per day. Improve your balance by dancing, bouncing on an exercise ball, or participating in a water aerobics class. If you have mobility or balance issues, some fitness and senior centers offer chair aerobics classes to improve your cardiovascular health and your balance.

Here are some great ways to get low-impact exercise:

Walking is one of the best low-impact endurance exercises. It's not hard to get started, and it's easy enough on the joints that many seniors can keep up a walking routine until very late in life. Be sure to have the right shoes and do stretching after your walk to protect the muscles that you just worked and prevent injury. If you're new to walking, start with a short distance and increase your walks by a few minutes each time until you can walk for 30- to 60-minute stretches.

Swimming relieves stress on your bones and joints, and conditions your whole body as you move through the water. It has a lower risk of injury than many other exercises, and can even help post-meno-

pausal women avoid bone loss. Water aerobics combines cardiovascular exercise with strength training for a low-impact, full-body workout. The water's resistance strengthens your muscles as you move.

Yoga fulfills all of the categories of good exercise — combining endurance with stretches, strength training, flexibility, and balance. Seniors should start with beginners' classes or sessions that are specifically geared for them.

Gardening is an enjoyable way to get your daily exercise. Digging in the dirt, watering plants, weeding, and other gardening activities work your muscles. If bending and squatting to pull weeds or dig is too much for you, a gardening stool can help you avoid injuring your back or knees.

Tai Chi is a meditative exercise that flows slowly from pose to pose. It improves balance, strength, and flexibility. You can find classes at gyms, community centers, or dedicated tai chi studios. The focus on breathing helps to improve concentration and reduce stress, and the slow, flowing movements tone and stretch muscles — but

the biggest benefit for seniors is probably improved balance. Balance begins to decline as we age, and good balance helps to prevent falls, a major cause of injury and death among seniors. Tai chi is also gentle on the joints, and helps you to maintain a healthy weight.

Low-impact aerobics include dancing, walking, swimming, water aerobics, chair aerobics, and bouncing on an exercise ball. Get both aerobics and strengthening exercise by using hand or ankle weights while doing these activities. According to a study in *The New England Journal of Medicine*, a low-impact exercise such as dancing can lower the risk for dementia and Alzheimer's.

Comfort Keepers® can help. Our caregivers, or Comfort Keepers®, can help establish a daily routine with your loved one that promotes a healthy lifestyle and independent living. Call your local office today.

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 dig-

nity. 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.

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Rick Alpers joins MVSB Board of Directors



Rick Alpers

MEREDITH — MVSB (Meredith Village Savings Bank) is proud to announce the appointment of Rick Alpers of Bristol to its Board of Directors. Alpers was voted in at the Bank's March Board Meeting and he previously served as a Corporator for New Hampshire Mutual Bancorp (NHMB), the share

services organization supporting MVSB.

Alpers serves as the Member Services Manager for NH Public Risk Management Exchange (Primex3), working closely with member organizations to support their coverage needs, leadership development, and organizational planning. He regularly partners with municipal, school and county officials on risk management strategies, team development, and long-term planning initiatives.

Prior to joining Primex3, he served as a Town Administrator and as a member of the Board of Selectmen in Bristol for 15 years.

"Rick's extensive experience in municipal operations and risk management, paired with his dedication to community service, makes him an outstanding addition to our board," said Marcus Weeks, MVSB President. "His leadership and insight will strengthen our governance and support our ongoing commitment to serving communities across New Hampshire."

The MVSB Board of Directors plays a vital role in guiding the Bank's strategic direction while ensuring sound governance, financial stability, regulatory compliance, and a continued dedication to serving customers and lo-

cal communities. Drawing upon their professional experience and local knowledge, board members help the bank grow responsibly and make a positive impact in its regions.

"I am honored to join the MVSB Board and to support an organization with such a strong commitment to its communities," said Alpers. "MVSB's mutual structure and local focus align closely with my professional and personal values, and I look forward to contributing to the Bank's continued success."

Alpers is a graduate of Plymouth State University, where he earned a Bachelor's degree in Public Management with a minor in

history. He is actively involved in the community, serving as a Trustee with the Mayhew Program, as a Director on the Bristol Recreational Advisory Committee member for the Newfound Regional School District Budget Committee and a Baseball Coach at Newfound Regional High School.

MVSB has been serving the essential banking needs of people, businesses, non-profits 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.

Capture what makes your community shine

MVSB launches annual photo contest

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 and community gatherings, we are inspired by the unique ways people cap-

ture 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, non-profits 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.



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.



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Winnepesaukee Playhouse teens Present award-winning drama



Madden Bolduc plays Christopher in the Winnepesaukee Playhouse's upcoming production of "The Curious Incident of The Dog in the Night-Time."

ring to Broadway in 2014, the play has won multiple international awards. It will be performed by local students ages 13-18 at the Playhouse in Meredith from April 23-26.

The story centers around a 15-year-old named Christopher (played by Moultonborough's Madden Bolduc), who has traits associated with Autism Spectrum Disorder, though a diagnosis is never explicitly stated. Armed with his extraordinary brain, Christopher sets out on a mission. After discovering the untimely death of his neighbor's dog, Christopher embarks on a jour-

ney that tests his unique personality and drives him out of his comfort zone in order to prove his innocence and solve the crime.

The play is directed by Heather Williams. A long-time fan of both the original novel and the play adaptation, Williams says, "At its heart, this play is about a young man who dares to confront the truth, and in doing so discovers that both his world and his own potential are far greater than he had ever imagined."

Williams has masterfully led a company of 12 talented teen performers from

across the Lakes Region.

She states, "it has been a privilege to explore this story with a group of young artists who approached this work with a hungry curiosity, a keen intellect, and a willingness to grapple with difficult questions. Together, we have spent time not only examining what happens in this play, but why, seeking to understand the choices these characters make and the ways the impact ripples through one another."

Like the original production, the Playhouse's version will feature intricate projections woven

into the scenery to immerse the audience into Christopher's world.

"The Curious Incident of the Dog in the Night-Time" is supported by the Playhouse's season sponsor, R&D Paving, the Community Theatre and Education Department sponsors, Bank of New Hampshire and Northeast Mill Services, and the production sponsor, New Hampton School.

Tickets are available at www.winnepesaukeeplayhouse.org or by calling (603) 279-0333.

Songwriter Round-Up show lineup set for April 23

MEREDITH — The partnership between Katie Dobbins Music (Gilford) and Hermit Woods Winery & Eatery (Meredith) which has brought the monthly music series Songwriter Round-Up to the Lakes Region is set to deliver another great show at the end of this month.

Held in the region's premier listening room, The Loft located on the second floor of the Winery, this series has been giving audience members a chance to experience the original music of talented singer-songwriters from the New England area and beyond. At each show three artists share their songs and stories in a unique in-the-round style performance.



Usually held on or near the last Thursday of each month, this intimate series features two different songwriters each month alongside host performer

Katie Dobbins. The series presents area residents and visitors an opportunity to experience the show "magic" that each

new lineup creates. Winery co-founder and owner Bob Manley is thrilled to have his establishment be home to the monthly Songwriter Round-Up Series.

fortlessly connecting with our audiences and showcasing incredible talent with each performance."

The next Songwriter Round-Up show takes place on Thursday, April 23, featuring the Lakes Region's own Katie Dobbins, a singer-songwriter who delivers heart-felt lyrics with beautiful vocal tones wrapped in guitar and piano melodies; Rupert Wates, an England-born multi-award winning artist that infuses his melodic art/folk music with ele-

menting on the success of the series, Manley reaffirms the valued partnership the Winery has developed with Katie Dobbins Music, expressing, "Working alongside Katie Dobbins and her Songwriter Round-Up Series has been an absolute delight. Katie brings an engaging presence to the stage, ef-

ments of other genres to support his lyrical storytelling; and Lyle Hutchins, a singer-songwriter from rural New Hampshire who blends several musical genres in support of introspective and spirited lyrics which can both move the heart and turn a smile. All of these artists bring their own unique life-lyrics, melodies, and styles to the stage. This will be an evening of great original music and dynamic entertainment that you won't want to miss. Learn more about each of these artists on the Hermit Woods Winery website.

A complimentary wine tasting will begin at 5:30 p.m., the Loft opens at 6 p.m. for seating & dinner orders, and music starts at 7 p.m. Patrons can further enhance their evening by selecting from a menu of tasty items available from onsite Chef Eric Huckins. Tickets can be purchased in advance at hermitwoodswinery.com/the-loft or in-person at the Winery.

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.

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.

BNH Wealth Management named "Best of NH 2026" by New Hampshire Magazine

LACONIA — Bank of New Hampshire's Wealth Management division has been selected by the readers of New Hampshire Magazine as "Best of NH 2026" for Best Financial Planner. Winners will be celebrated during the annual Best of NH celebration on June 25, from 6-8 p.m. at Flag Hill Distillery and Winery in Lee.

"We are incredibly grateful to be recognized as Best Financial Planner this year," said Robert Magan, SVP - Senior Wealth Management Officer for BNH Wealth Management. "This recognition speaks to the strong relationships we've built with our clients and our dedication to understanding their unique needs and helping them plan for the future with confidence."

Best of NH winners are determined by an online poll organized by New Hampshire Magazine. The poll is divided into 115 categories that range from best ice cream to best summer attraction — and more. Visit www.bestofnh.com for a full listing of this year's winners.

Founded in 1831, Bank of New Hampshire is the oldest and one of the largest independent banks headquartered in the state. With assets exceeding \$2.5 billion and 21 banking offices across New Hampshire and southern Maine, the bank provides comprehensive deposit, lending and wealth management solutions for families and businesses. As a mutual organization, Bank of New Hampshire is focused on the success of its customers, communities

and employees—rather than stockholders. With a legacy of strength and stability, the bank combines local decision-making and trusted guidance with modern technology to deliver a seamless banking experience. For more information, call 1-800-832-0912 or visit BNH.Bank.

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"From new exhibits that

Lakes Region group tackles New Hampshire's "Brain Drain"

REGION — As New Hampshire continues to struggle to retain young, ambitious talent, a new mastermind group in the Lakes Region is pioneering a proactive solution.

Founded in 2025 by local business leader Ethan Keslar, the New Hampshire Entrepreneurship Exchange (NHEX) provides a support system for young professionals to combat the state's "brain drain" by fostering career growth and strengthening the local economy.

"Right now, the Lakes Region lacks a dedicated young professionals group," said Keslar, Director of New Business Development at Keslar Insurance.

At the same time, he said they are seeing a trend of individuals leaving the state in search of better-paying jobs or greater opportunity. "We believe that challenge can be addressed by creating a space that supports young professionals who are building their careers right here," he added.

The group's unique structure is central to its success. Operating as a "single-seat" mastermind, where only one person per industry can join, NHEX fosters an environment of trust and deep collaboration. Members meet twice monthly to tackle real-world business challenges — from lead-generation strategies to



improving personal skills such as public speaking.

"Collaboration is not just helpful, it is essential," he explained. "When people come together with shared intent and different perspectives, it drives stronger decisions, better outcomes, and long-term success."

According to Keslar, their process is "simple but powerful." "We identify an

issue, break it down as a group, and solve it together," he noted.

The process appears to be working, as the group boasts 10 members. In 2026, NHEX plans to host six events, partner with three to four local nonprofits, and collaborate with Stay Work Play on an upcoming event in the Lakes Region.

Beyond local impact,

Keslar cited a vision for statewide change, noting that NHEX is building a framework that can be replicated in other New Hampshire communities facing similar challenges.

"Long term, our vision goes beyond our current group," he stated. "We are exploring ways to expand our impact and bring this model to communities that

may not have the resources or population to build something like this on their own."

NHEX invites interested professionals to attend a session to experience the collaborative environment firsthand. For more information, visit nhex603.com or contact Keslar at ethan@keslarinsurance.com.

Prepare for May flowers with new vase exhibit at League of NH Craftsmen Gallery



MEREDITH — The League of New Hampshire Craftsmen, Meredith Fine Craft Gallery invites all to prepare for May flowers with a beautiful collection of vases. Featuring handcrafted pieces in all kinds of shapes and styles, there's a vase for every blooming bud!

As the saying goes, April showers bring May flowers, and the Meredith Gallery's new April exhibit is here to help you prepare for the season. Spring may have taken its sweet time to get to New Hampshire, but the time has finally come for the warm weather to ring the season in. Whether you're looking for vibrant glass-blown patterns, fun shapes molded from clay, or simple and elegant wood carved designs, you're sure to find a vase that speaks to you.

The Meredith Fine Craft Gallery invites you to come in and bring some spring colors home with you from the April Showers Bring May Flowers vase exhibit. Displayed as a statement piece or filled with freshly picked blooms, these handcrafted vases are a perfect way to celebrate the beauty of spring. Stop by to explore our collection, meet the artist behind each piece, and find something special to brighten up your home as spring blossoms. 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. Top of Form

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Mill Falls Resort Collection appoints Pipere Sailer as Director of Sales & Marketing

MEREDITH — Mill Falls Resort Collection named Pipere Sailer as Director of Sales & Marketing, bringing extensive experience to one of New Hampshire's most iconic Lakes Region destinations. For more information, visit www.millfalls.com.

"Pipere is a seasoned and dynamic sales and marketing leader who is also deeply connected to this area," said John Brosnan, TPG Hotels and Resorts Vice President of Sales & Marketing. "She has built innovative sales strategies and strong stakeholder partnerships that position organizations for long-term success, along with a proven track record in multi-property portfolio leadership — a key need for Mill Falls Resort Collection's four distinct accommodations."

Sailer returns to New Hampshire after more than seven years with Vail Resorts, where she served as senior national sales manager with a focus on the Northeast Region, supporting Mount Snow, Okemo, Stowe, Hunter, and Mount Sunapee. She began her career at Mount Sunapee Resort in Newbury, building strong roots in the state's hospitality and tourism industry.

"I am most at home in New Hampshire's natural

beauty and I am thrilled to bring my experience, creativity and passion to this role," Sailer said. "With the recent renovations to Palmer Inn and Chase House, it's an exciting time to contribute to the continued growth and revitalization of this iconic lakeside destination."

In her new role, Sailer will focus on elevating the guest experience, expanding market reach, and strengthening community and industry partnerships while highlighting the unique character of each property within the collection.

"A special aspect of Mill Falls is the flexibility it offers multi-generational travelers," Sailer said. "Families can stay together or choose accommodations that best fit their needs — from the family-friendly amenities at Church Landing to the more intimate Bell Tower Room at Palmer Inn. Each property offers a distinct experience, while shared amenities like restaurants, pools and the EKAL Activity Center — amongst others — bring guests together throughout the resort."

Sailer will also lead efforts to grow group business, including weddings, corporate retreats and social events, positioning the resort as a customizable,

all-in-one destination.

An outdoor enthusiast, Sailer enjoys everything New England has to offer. In the summer, she spends time on the region's lakes boating and paddleboarding, while winters find her skiing and embracing classic mountain adventures.

About Mill Falls Resort Collection

Located on Lake Winnepesaukee in historic Meredith, New Hampshire, Mill Falls Resort Collection is a timeless, year-round destination blending New England charm with modern comfort. The collection features four distinct accommodations — Church Landing, Bay Point, Chase House, and Palmer Inn — connecting guests with the lake and the breathtaking alpine surroundings. Guests can relax at the Cascade Spa & Salon, dine at six on-site restaurants, and explore and stroll around The Marketplace. With four-season recreation and breathtaking views, the EKAL Activities Center offers countless activities on the lake or land. Mill Falls Resort

Collection is the perfect destination for getaways, weddings, and corporate retreats. For more information or to make a reservation, visit www.millfalls.com. Follow the Mill Falls Resort Collection on Facebook and Instagram.

About TPG Hotels & Resorts:

TPG Hotels & Resorts is a premier operator of hospitality assets across all chain scales, including luxury, full-service, and select-service properties, as well as its upscale boutique and independent division, the INTERA Collection. With a history spanning more than four decades, the firm's resume includes over 650 branded and independent hotels and marinas, totaling more than 65,000 guestrooms across 42 states. TPG Hotels & Resorts is a vertically integrated organization, actively engaged in operations, development, acquisitions, and asset repositioning of hotels and marinas nationwide. For more information, please visit www.tpg-hotelsandresorts.com.



Paint Specialist/Hardware Clerk

Belletetes Inc. is seeking a paint specialist for our Ashland, NH location. Responsibilities include assisting customers with colors and all necessary supplies for their projects; mixing and matching colors; maintaining and organizing inventory and supporting the hardware department as needed.

The position also requires working with the hardware department when necessary. The successful candidate must enjoy working with people and have excellent customer service skills. Computer skills are helpful and prior experience in paint or retail is beneficial. Some weekend hours are required.

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

Rick Ash, Hardware Manager, c/o Belletetes Inc.
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or you may email to rash@belletetes.com

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You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com.

EOE

FAIR

CONTINUED FROM PAGE A1
 stand. "It's about sparking that 'aha!' moment where they see exactly how their current classroom efforts translate into real-world impact."

The 2026 Career Fair was a resounding success, fueled by the generosity of local volunteers and the curiosity of the student body. WRMS extends its deepest thanks to the professionals who dedicated their time to mentor the next generation.

The school remains steadfast in its mission to bridge the gap between middle school education and future-ready excellence.

SHOOTING

CONTINUED FROM PAGE A1

by a distraught person who had not only assaulted her with a fire extinguisher, but broken a window and other items in the home and was still acting aggressively.

The 911 dispatcher also relayed to officers that, while on the phone with the caller, they could hear yelling and commotion in the background, and the caller had urged them to have police hurry to the scene.

Noting the urgency of the call, both Northfield and Tilton police officers

arrived within six minutes.

"As the responding officers entered the doorway of the apartment, they saw Ms. (Megan) Whiting armed with a knife within close proximity of an injured female resident," the New Hampshire Attorney General's Office reported in a press release later that day. "Police repeatedly instructed Ms. Whiting to drop her knife."

When the woman refused to comply with their instructions, it was reported that one officer ultimately discharged his weapon, striking Whiting as she stood by the victim

with the knife still in her hand.

Other officers on scene then moved in to seize the knife and safely remove the injured victim from the premises to an awaiting ambulance.

The exact circumstances surrounding the shooting incident remain under investigation. It is anticipated that a report regarding the incident and whether Officer Ballentine's use of deadly force was justified will be released once the investigation is complete.

SCOUTS

CONTINUED FROM PAGE A1

various troops from Amherst and Mont Vernon and played Pokemo with the elderly residents. One Girl Scout was in charge of calling the cards and the other Girl Scouts helped the residents keep track of the tiles on their Pokemo cards. The prize for Pokemo was a box of Girl Scout Cookies.

"Our Girl Scouts enjoyed spending the afternoon with the veterans and listening to their stories," said Troop leader Chiara Yates. "Some of the veteran ladies who were Girl Scouts themselves in their youth wanted to check out

the girls' vests and asked about their badges and achievements."

Girl Scouts strive to make the world a better place. To learn more about Girl Scouts and possibly volunteer, see www.girlscoutsgwm.org.

Girl Scouts bring their dreams to life and work together to build a better world. Through programs from coast to coast, Girl Scouts of all backgrounds and abilities can be unapologetically themselves as they discover their strengths and rise to meet new challenges—whether they want to climb to the top of a tree or the top of their class, lace up their boots for a hike

or advocate for climate justice, or make their first best friends. Backed by trusted adult volunteers, mentors, and millions of alums, Girl Scouts lead the way as they find their voices and make changes that affect the issues most important to them. To join us, volunteer, reconnect, or donate, visit girlscouts.org.

Girl Scouts of the Green and White Mountains serves girls throughout New Hampshire and Vermont through volunteer-run troops, events, and virtual programs. Visit www.girlscoutsgwm.org to learn more.

BEARS

CONTINUED FROM PAGE A1

added three in the bottom of the fourth. Somersworth bounced back with three in the top of the fifth inning before the Bears scored three of their own in the bottom of the fifth and added six in the sixth for the 14-4 lead. The visitors added one more in the top of the seventh for the 14-5 final score.

Danica Weymouth went the distance in the circle, striking out 15 and allowing only four hits and Dawalga praised the work of freshman catcher Claire Hart in her first varsity start behind the plate. Kamryn Simpson also earned her coach's praise for a nice running catch in right field and runners on second and third in the third inning, saving two runs.

"That was a big play in the game and it really gave our offense a chance to get going," the Bear coach said, also pointing out that Eila Petty turned a double play in the fifth inning to

get the team out of trouble while Alyssa Jean, Layla Gloddy and Bella Soucy also played well.

Weymouth, Alexis Mingolla and Hennessy Vieira led the offense, with each getting a single and a double and scoring two runs. Petty had two singles and scored a run, Camilla Cote had a single, two walks and scored a run and Simpson had a single and scored three times.

Winnisquam hit the road north to Berlin on Wednesday, April 15, and picked up the 12-6 win behind four homers on the day.

The Bears scored four times in the top of the first inning and three times in the top of the fourth for the 7-0 lead. Berlin cut the lead to 7-4 in the bottom of the fourth but Winnisquam responded with four in the top of the fifth inning. The Mountaineers added two in the bottom of the fifth but the Bears finished things out with one in the top of the sixth.

"We were able to get

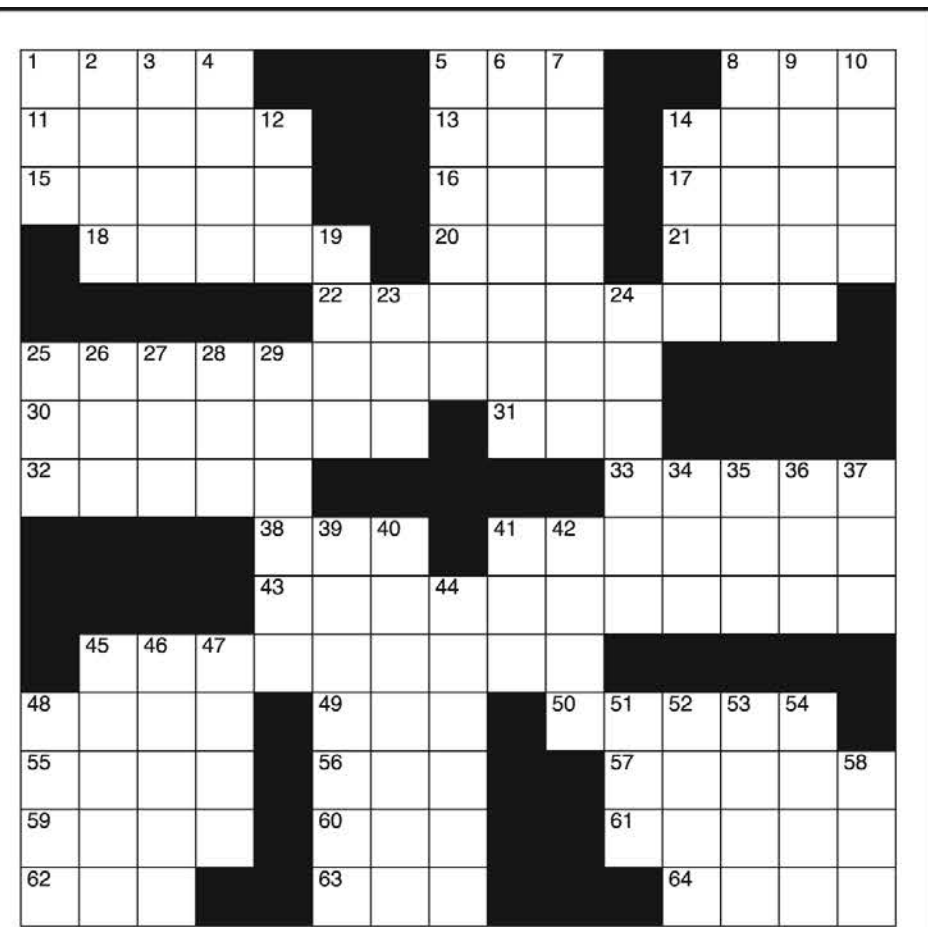
our bats going today against a very good Berlin team on the road," said Dawalga. "It was nice to see everyone contributing and getting the win."

Weymouth had a homer, double and two singles, Hart had two homers, Gloddy added a homer, Cote had two singles and two walks, Simpson had two doubles, Vieira had a single and a double and Mingolla had a single and a walk. Dawalga also praised the play of Petty and Jean.

Weymouth toed the rubber in the circle, going seven innings and allowing five hits and striking out eight.

The Bears are slated to be back in action on Friday, April 24, at Bishop Brady at 4 p.m. and will be playing a doubleheader at Mascoma on Monday, May 27, starting at 3:15 p.m.

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



CLUES ACROSS

- 1. Egyptian bull-god
- 5. Romanian monetary unit
- 8. Will Ferrell holiday film
- 11. "It Ain't Half Hot Mum" actor
- 13. Error-related negativity
- 14. Volcanic crater
- 15. Boston Herald columnist Margery
- 16. True market value
- 17. Italian term for exchange rate
- 18. Informal loan clubs
- 20. Men's fashion accessory
- 21. Children's craft supply
- 22. Extra benefits
- 25. In an early way
- 30. A judge has one
- 31. Soviet Socialist Republic
- 32. Tractor unit
- 33. Defunct supercomputer developer
- 38. Promotional materials
- 41. A forgetful state
- 43. One who beheads
- 45. Photographers
- 48. Small, rich sponge cake
- 49. Clergy's vestment
- 50. Expressed pleasure
- 55. Abba __, Israeli politician
- 56. Zero
- 57. Ancient Greek word for "earless"
- 59. Nigerian governmental area
- 60. Mild expression of surprise
- 61. Places to hang things
- 62. Keyboard key
- 63. Make a mistake
- 64. One-time president of Republic of Korea

CLUES DOWN

- 1. Bridge building degree
- 2. Expression of sorrow or pity
- 3. Large, stocky lizard
- 4. Romanian river
- 5. Communication
- 6. Stoats
- 7. Showcases
- 8. Bird of prey
- 9. King of Thebes
- 10. Cleaving tool
- 12. Large African antelope
- 14. Three are particularly notable
- 19. Meet one's needs
- 23. C. European river
- 24. Dictator
- 25. Indicates how much out of 100 (abbr.)
- 26. The 17th letter of the Greek alphabet
- 27. Consume food
- 28. Woman (French)
- 29. Scrape a surface
- 34. Green vegetable
- 35. Pacific Standard Time
- 36. Capital of Brazilian city
- 37. Paddle
- 39. Cause to become insane
- 40. Drier and flakier
- 41. Mimic
- 42. ESPN personality Kimes
- 44. One who moves slowly
- 45. Secret political clique
- 46. Behind the stern of a ship
- 47. Supernatural force
- 48. Sanctuary
- 51. Swiss river
- 52. Grayish white
- 53. Engrave by coating
- 54. North Carolina university
- 58. Midway between south and southeast

PUZZLE SOLUTION

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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.

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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.

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

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



Bears shine on their home track

BY JOSHUA SPAULDING

Sports Editor

TILTON — The Winnisquam track team played host to an invitational meet on Saturday and brought home some solid results in front of the home crowd.

Kyle Douglas ran to the win in the 400 meters in a time of 54.62 seconds with Kane St. Hilaire in third in 56.57 seconds, Connor Allen in 10th in 1:00.97, Alexander Mauch in 15th in 1:05.54, Jesse Vienneau in 20th in 1:08.45 and Christopher Collins in 22nd in 1:09.07. Douglas was also third in the 100 meters in 12.33 seconds, Romain Berghmans was 16th in 13.35 seconds, Daniel Sheridan was 19th in 13.52 seconds, Simon Ahlgren was 28th in 13.81 seconds, Christopher LeBlanc was 32nd in 13.93 seconds, Collins was 39th in 14.4 seconds and Vienneau was 42nd in 14.92 seconds.

Kyren Whitmore won

the 110-meter hurdles in 20.92 seconds while in the 800 Whitmore was ninth in 2:35.01, Kaito Tamaru was 10th in 2:37.49, Tristan Honeman was 11th in 2:37.99 and Owen Bakis in 13th in 2:38.41.

Dayton Brigante won the pole vault at 10 feet with Nolan Abbott in fifth at eight feet, six inches and Tamaru in ninth place at six feet, six inches.

The Bear 4X800-meter boys took the win in 8:59.54 while in the 4X100-meter relay, the Bears were second in 49.03 seconds and in the 4X400-meter relay, Winnisquam placed third in 4:03.26.

Taber Haggett finished second in the javelin with a toss of 124 feet, eight inches, Brigante was 10th at 100 feet, nine inches, Kurtis Voight was 25th at 80 feet, six inches, Noah Bassett was 26th at 79 feet, four inches, Jacoby

Martin was 30th at 73 feet, nine inches, Mason Virgule-Hedberg was 43rd at 59 feet, eight inches and Cole Ringer was 45th at 58 feet, two inches.

Haggett was also third in the discus with a toss of 108 feet, two inches with Teagan Matteau in 15th at 71 feet, 11 inches, Hunter Mulinski in 16th at 71 feet, six inches, Martin in 18th at 67 feet, six inches, Kevin Dore in 20th at 66 feet, three inches, Voight in 21st at 64 feet, 10 inches, Ringer in 24th at 59 feet, 10 inches and Daniel Powell in 26th at 58 feet, six inches.

Bassett was sixth in the shot put at 36 feet, five inches, Andrew Field was 15th at 32 feet, 7.5 inches, Dore was 22nd at 28 feet, four inches, Isaac Timmons was 24th at 28 feet, 2.5 inches, Stone Subocz was 29th at 25 feet, two inches, Powell was 30th at 25 feet, on inch, Matteau placed 36th at 23 feet, 7.5 inches and Kilean Fredette was 38th at 21 feet, 9.5 inches.

Cullen Desrochers

was second in the 3,200 meters in 11:23.87 with Lucas Durphey in seventh in 12:33.29 and Andrew Paquette in ninth in 15:10.74.

Jourdan Tremer placed fifth in the high jump and Oliver Hatfield was sixth overall, both clearing five feet. Ahlgren was 15th in the long jump at 12 feet, 5.25 inches, Ringer was 17th at 12 feet, one inch and Tripple was 21st at nine feet, 11 inches.

Abbott ran to seventh in the 200 meters in 25.97 seconds, Connor Allen was 19th in 37.63 seconds, Ahlgren was 21st in 27.78 seconds, LeBlanc was 27th in 28.66 seconds, Mauch was 35th in 29.93 seconds, Solomon Shartar-Howe was 37th in 31.02 seconds and Chase Tripple was 44th in 34.67 seconds. Shartar-Howe was also 17th in the 1,600 meters in 6:18.19.

The lone win for the Bear girls was in the 4X400-meter relay with a time of 4:31.63 while the 4X100-meter girls finished in second place in 54.32

seconds.

Phoebe Timmons finished second in the shot put with a toss of 30 feet, 1.5 inches with Kyra Russell in sixth at 25 feet, 10.5 inches, Kaylin Liesner in eighth at 22 feet, eight inches and Allison Todt in 18th at 16 feet, 4.5 inches.

Anna Drinkwine took second in the javelin with a toss of 76 feet, eight inches with Timmons in seventh at 58 feet, six inches, Liesner in 10th at 49 feet, 11 inches and Todt in 26th at 32 feet, 10 inches. Liesner was also sixth in the discus at 57 feet, nine inches, Drinkwine was 10th at 51 feet, seven inches, Athena Searles was 11th at 50 feet, eight inches and Todt was 13th at 47 feet, six inches.

Alexandria Myers was third in the 100 meters in 14.16 seconds with Kaiden Robb in fifth in 14.38 seconds, Abigail Osmer in eighth in 14.94 seconds and Zariah Moore in 14th in 15.38 seconds.

Myers was third overall in the 200 meters in 29.01 seconds with Eloise Abbott in ninth in 31.26

seconds, Osmer in 10th in 31.58 seconds, Moore in 11th in 32.05 seconds, Milan Pham in 30th in 35.67 seconds and Hayden Rose Moriarty in 35th in 36.53 seconds.

Emily Tripple was fourth in the 400 meters in 1:09.37 and Moriarty finished in 16th place in 1:24.74. Russell was 10th in the 800 meters in 3:04.11 and Drinkwine was 11th overall in 3:04.77. Moore was seventh in the long jump at 11 feet, 11.75 inches with Pham in 16th place at 10 feet, eight inches. Osmer was seventh in the triple jump at 26 feet, four inches and Pham was ninth at 26 feet.

Abbott was second overall in the pole vault at seven feet and Russell finished in fifth place at six feet.

The Bears are slated to be at Campbell on Sunday, April 26, and at home on Tuesday, April 28.

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

Bears bounce back from opening loss

BY JOSHUA SPAULDING

Sports Editor

TILTON — The Winnisquam baseball team opened the season with a home game with Somersworth on Monday, April 13, dropping a 5-2 decision to the "Toppers to kick off the 2026 campaign.

Somersworth came out and scored three times in the top of the first inning then added a run in each of the next two innings for the 5-0 lead. Winnisquam scored two runs in the bottom of the fourth inning but couldn't get any closer and the "Toppers took the 5-2 win.

Matt Hibbert reached on an error with one out in the bottom of the fourth inning and Brady Colby worked a walk. Hibbert scored on a wild pitch and Colby stole third, coming home to score on a base hit from Cullen Desrochers. AJ Barton had a bunt hit to continue the inning but the Bears could not get another run across. Barton, Desrochers and Caleb Hall all collected their first varsity hits.

Dio Kastigiannis got the start on the hill for the Bears, going five innings without giving up an earned run. He gave up three hits and struck out nine. Danny Blodgett-Fralic pitched the final two innings, giving up just one hit and striking out one and recording six outs on just 13 pitches.

Freshman leadoff batter Evan Cote reached base five on four hits and a walk leading Winnisquam past Berlin last Wednesday, 19-9. Cote tripled twice, singled and doubled, scored four runs and drove in three more runs. He also stole four bases.

Winnisquam got on the board in the top of the first inning, scoring seven runs, the big blow coming from Barton, who laced a three-run double.

The Bears committed five errors in the second inning and Berlin plated six runs to take an 8-7 lead after two innings. But the Bears responded immediately, taking the lead back for good in the third with three runs. They added single runs in the fourth and fifth before putting the game out of reach with seven runs in the sixth inning highlighted by two-run singles from Katsigiannis and junior Jacoby Keith.

Freshman Kellan Hilliker earned his first varsity win in relief. The righty gave up one hit and one earned run over three and two-thirds innings, striking out four and walking four. The Bears banged out 13 hits, took advantage of 13 walks and stole 14 bases. Four Winnisquam players picked up their first varsity hit, including Cote, Hibbert, Keith and freshman Jordan Hill.

"We hit the ball well and were active on the bases and laid down a couple of bunt hits. That's the way we have to play to be successful. Our young guys did a great job," said Bears coach Fred Caruso. "But, we have to clean up that one bad inning."

The Bears will be in action on Friday, April 24, at Bishop Brady at 4:30 p.m. and will be at Mascoma on Monday, April 27, at 4 p.m.

BY JOSHUA SPAULDING

Sports Editor

SWANZEY — The Winnisquam track team made the trip to Swanzeay on Tuesday, April 14, for a meet hosted by Monadnock. Ironically, the meet was called the Monadnock Early Bird though it was the second meet of the season for the Bears.

Nolan Abbott got the lone win on the day for the Winnisquam boys, finishing first in the 400 meters in 54.08 seconds with Simon Ahlgren in 10th in 1:00.53, Samuel Button in 11th in 1:04.55 and Alexander Mauch in 13th in 1:05.26.

Kyle Douglas ran to second in the 100 meters in a time of 11.77 seconds with Daniel Sheridan in 19th in 13.35 seconds, Button in 22nd in 13.52 seconds, Christopher LeBlanc in 27th in 13.75 seconds and Jesse Vienneau in 31st in 14.52 seconds. Oliver Hatfield was 10th in the 200 meters in 26.77 seconds, Romain Berghmans was 11th in 26.82 seconds, Connor Allen was 14th in 27.56 seconds, Vienneau was 22nd in 30.05 seconds and Chase Tripple was 30th

in 34.41 seconds.

Kyren Whitmore raced to fourth overall in the 110-meter hurdles with a time of 20.94 seconds while in the 800 meters, Kaito Tamaru was 10th in 2:37.43 and Solomon Shartar-Howe was 15th in 2:45.47.

The Winnisquam 4X100-meter boys ran to second overall with a time of 49.57 seconds while in the 1,600 meters, Lucas Durphey was 13th in 5:44.86, Whitmore was 14th in 5:46.53 and Tristan Honeman was 15th in 5:49.95.

Hatfield finished fourth in the high jump, clearing five feet, two inches and Whitmore cleared the same height to finish in fifth. Jourdan Tremer cleared four feet, eight inches to place sixth overall.

Dayton Brigante cleared nine feet, six inches to place second in the pole vault with Abbott in third at nine feet and Tamaru in seventh at seven feet. Ahlgren was 17th in the long jump at 13 feet, Cole Ringer was 18th at 12 feet, 3.25 inches and Tripple was 20th at 10 feet, 8.5 inches.

Abbott, 4X100-meter girls pick up wins at Monadnock

Alexandria Myers was sixth in the 100 meters in 13.86 seconds, Williams was seventh in 14.03 seconds, Emily Tripple was 12th in 14.46 seconds and Zariah Moore was 17th in 15.25 seconds.

Phoebe Timmons finished in third place in the shot put with a toss of 27 feet, 2.5 inches with Kaylin Liesner in fifth at 21 feet, three inches and Addison Todt in 15th at 15 feet, one inch. In the long jump, Pham was 13th at 11 feet, 2.5 inches and Moore was 17th at 10 feet, 3.25 inches.

Todt finished in fifth place in the discus with a toss of 48 feet, three inches and in the triple jump, Pham was seventh at 26 feet, two inches and Osmer was eighth at 25 feet, 6.5 inches.

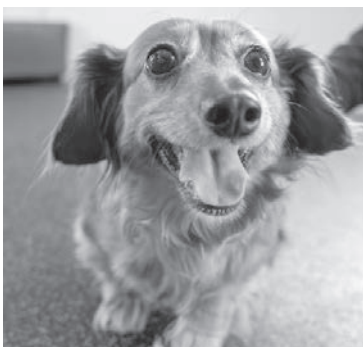
The Winnisquam 4X100-meter girls ran to the win overall with a time of 53.87 seconds.

The Bears are slated to be at Campbell on Sunday, April 26, and at home on Tuesday, April 28.

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

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

a friend, chances are Laci will start to feel the same way too. Watching her gain confidence and come out of her shell is incredibly rewarding, and she forms strong bonds with those she trusts.

This silly girl enjoys getting fresh air and would love a home where she can join you for peaceful walks and little outdoor adventures. She's got a playful side that peeks through once she feels safe, and it's sure to make you smile.

Laci may need some dental work down the line, so her future family should be prepared to keep an eye on her dental health and continue with any care she may need. With the right support, she'll continue to thrive.

If you have a soft spot for the quieter ones and the patience to let her blossom at her own pace, Laci will reward you with a loyal, loving companionship—and maybe a few silly moments along the way.

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 of comfort, care, and companionship.



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Raiders split final two games of opening week

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont baseball boys, coming off a dramatic come-from-behind win in the season opener, hit the road to Concord to take on Bishop Brady on Wednesday, April 15, and came up a bit short against the Giants by an 8-4 score.

"If there ever was a day that wasn't ours, today was it," said veteran coach Matt LeBlanc. "We made some uncharacteristic mistakes

and the ball didn't bounce our way, which led to bad situation and runs let up.

"Looking at the big picture though, we can take a lot of good things away from this game and in some way, feel better about the team today than we did in our win on Monday," the Raider coach added.

The Raiders took the 4-3 lead through five innings but they gave up five runs in the sixth inning and dropped the 8-4 decision.

Max Ryder led the way offensively, finishing with three hits and three RBIs while Brayden Townsend had a pair of hits, two stolen bases and two runs scored and Eddie Rochenski had a single and an RBI.

Belmont bounced back by picking up a 14-6 win over Kearsarge on Friday, April 17. Kearsarge got three runs in the top of the first and Belmont responded with two in the bottom of the inning and took the

4-3 lead with two more in the bottom of the second. The Raiders added one in the third and another in the fourth for the 6-3 lead before the Cougars cut the lead to one with two in the fifth. Belmont added another in the fifth and after Kearsarge added one in the top of the sixth, Belmont salted the game with seven in the sixth.

Wyatt Divers had a pair of homers and a single to lead the offense, drove in

four runs and scored three times, Wyatt Bamford also homered, scored two runs and drove on two runs, Townsend had three doubles, drove in three runs and scored three runs, Ryder had a double and a single, drove in a run and scored two runs, Jack Crockford had two hits and scored a run, Sam Binder had two hits and drove in two runs, Rochenski had a hit and scored a run, Brady Fysh had a hit and scored a run

and Alex Rowley had two hits and scored a run.

Bamford went the distance on the hill, giving up just seven hits and one earned run while striking out five.

The Raiders will be hosting Gilford on Friday, April 24, at 4 p.m. in their final game before the break.

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

Lacasse, Artis get wins at Winnisquam

BY JOSHUA SPAULDING
Sports Editor

TILTON — A week after the Winnisquam track team came to Belmont, the Raiders returned the favor, competing in Tilton on Saturday, April 18.

The lone win for the Raider girls came in the 400 meters, where Ava Lacasse finished in 59.9 seconds. Jenna Laramie was fifth in 1:09.98, Hailey Clairmont was seventh in 1:12.16, Allieanna Steele was 12th in 1:16.45, Neala Murphy was 15th in 1:24.18 and Alana Chagnon was 18th in 1:25.92. In the 200 meters, Hannah Young was seventh in 29.98 seconds, Annika Krauchunas was eighth in 30.25 seconds, Ella Stevens was 19th in 33 seconds, Anna McDonald was 23rd in 33.39 seconds,

Alahni Mauzy was 28th in 35.6 seconds, Meadow Rogers was 37th in 36.96 seconds and Chagnon was 39th in 37.2 seconds.

Krauchunas was fourth in the 100 meters in 14.23 seconds with Sadie Sturgeon in seventh in 14.81 seconds, Caitlyn Conover and Kyleigh Roe tying for 10th in 15.02 seconds, McDonald in 17th in 15.57 seconds, Mauzy in 24th in 16.39 seconds and Mia Morfopolus in 36th in 17.79 seconds. Riley DeGange was fifth in the 800 meters in a time of 2:57.74, Zoe Perlet was ninth in 3:03.88, Violet Smith was 15th in 3:17.24 and Devyn VonKadich was 17th in 3:18.9.

Cora Takantjas finished second in the 100-meter

hurdles in 18.22 seconds with Murphy in seventh in 24.45 seconds and Rogers in 10th in 31.48 seconds. Takantjas was third overall in the 300-meter hurdles in 53.76 seconds.

Young finished second in the long jump at 13 feet, 11.5 inches, Laramie was fourth at 13 feet, 5.5 inches and Rogers was 16th at 10 feet, eight inches. Takantjas was second in the triple jump at 29 feet, seven inches and Clairmont was fourth at 28 feet, one inch.

In the shot put, Sami O'Connor was seventh at 25 feet, eight inches, Haven Rivera was 11th at 21 feet, 2.5 inches and Steele was 13th at 19 feet, 7.5 inches. Steele was sixth in the javelin at 59 feet, three inches and Rivera was 11th

at 49 feet, two inches.

Belmont's 4X100-meter team finished in third overall in 55.25 seconds.

The lone win for the Belmont boys came from Sacha Artis in the 300-meter hurdles with a time of 48.46 seconds with Fred Maynard in fourth place in 54.47 seconds. Artis was also sixth in the 110-meter hurdles in 23.02 seconds.

Ethan Rivera was second in the shot put at 44 feet, 11 inches with Ryan O'Connor in ninth at 35 feet, .5 inches and Daniel Tripp in 14th at 32 feet, 9.5 inches. Brady Filteau was second in the discus at 144 feet, four inches while in the javelin, Tripp was 11th at 100 feet, nine inches and Owen Michaelsen in 27th at 76 feet, two inches.

Christian Edgren was fourth in the triple jump at 36 feet, 9.5 inches, Aaryn Durand was fifth at 36 feet, .5 inches, Bronson Glines was 13th at 26 feet, four inches, Jacob Blanchette was 14th at 25 feet, eight inches and Jaxon Potter was 15th at 23 feet, 7.5 inches. Maynard was 13th in the long jump at 13 feet, six inches and Trenton Proulx was 14th at 12 feet, 11.75 inches.

Nick Wright was 10th in the 100 meters in 13.08 seconds, Dane Smith was 20th in 13.6 seconds and Proulx was 24th in 13.71 seconds. Wright was also 10th in the 200 meters in 26.41 seconds, Andrew Cryans was 31st in 29.08 seconds, Proulx was 32nd in 29.29 seconds, Mi-

chaelsen was 45th in 35.03 seconds and Potter was 47th in 36.58 seconds.

Cryans was 17th in the 400 meters in 1:06.6 and Glines was 18th in 1:06.94. Blanchette was 18th in the 800 meters in 2:40.09 and in the 1,600 meters, Durand was 12th in 5:26.82 and Aiden Milmore was 13th in 5:32.21.

Belmont's 4X100-meter team was fourth overall in 49.21 seconds and the 4X400-meter team was also fourth in a time of 4:05.51.

The Raiders are slated to be back at Winnisquam on Tuesday, April 28.

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



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Baseball Raiders rally past Prospect Mountain

Townsend's three-run homer helps Belmont to opening win

BY JOSHUA SPAULDING
Sports Editor

BELMONT — It was all Prospect Mountain early and it was all Belmont late and in the end, late edged the early, as the baseball Raiders rallied past Prospect Mountain by a 7-6 score in the season opener on Monday, April 13.

The Timber Wolves scored twice in the top of the first inning and twice in the top of the third for the 4-0 lead before Belmont got on the board in the bottom of the fourth. Prospect added a run in the fifth and the Raiders responded by scoring three each in the fifth and sixth to take the

lead. Prospect added one in the seventh, but the Raiders held tight for the 7-6 win.

Blake Pappaceno led off the game for the Timber Wolves with a base hit and took second on a wild pitch. Bryce Lounsbury walked and after Pappaceno stole third, he scored on a groundout by Colby Whitehouse for the 1-0 lead. Knyte Neathery followed with a single that moved Lounsbury to third and he scored on a fly ball to center by Gavin Gorton for the 2-0 lead.

Whitehouse then started the third inning rally with a one-out base hit and he scored on a double by

Neathery and one out later, a double from Parker O'Brien plated Prospect's fourth run.

Belmont got on the board in the bottom of the fourth when Wyatt Divers reached on an error and took third on a base hit from Wyatt Bamford. A Max Ryder base hit drove in the first run of the game for the Raiders, making it 4-1.

In the top of the fifth, Whitehouse homered to centerfield to give the Timber Wolves a 5-1 lead before Belmont came charging back. Brady Fysh had a one-out base hit but was cut down going to sec-

ond on an Alex Rowley grounder. Brady Townsend was hit by a pitch and Divers singled to load the bases. Bamford walked to plate one run and then Ryder had a base hit to score two more and the Raiders cut the lead to 5-4.

Sam Binder led off the bottom of the sixth with a walk and two outs later, Rowley also worked a walk and both came around to score when Townsend launched a three-run homer to center to give the Raiders the 7-5 lead heading to the seventh inning.

The seventh inning provided plenty of drama, as Whitehouse got a one-out

single off of Divers, who took over on the mound for Belmont to start the inning. Neathery walked and one out later, O'Brien singled to right field and a slip in the muddy outfield let the ball go by, allowing Whitehouse to score. Centerfielder Eddie Rochenski backed up the play and fired the ball in and the Raiders were able to cut down Neathery rounding third base to end the game.

Bamford went six innings on the hill for Belmont, giving up seven hits and striking out five and Divers pitched the final inning with two strikeouts. Whitehouse started

on the hill for the Timber Wolves, going five innings and giving up four hits while striking out eight and Lounsbury pitched the final inning, striking out three.

The Timber Wolves are slated to be in action on Friday, April 24, at home against Campbell at 4 p.m. and will be hosting Newfoundland on Monday, April 27, also at 4 p.m.

The Raiders will be hosting Gilford on Friday, April 24, at 4 p.m. in their final game before the break.

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

Errors haunt Raiders in season's first game

Belmont softball bounces back in next two games

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont and Prospect Mountain softball teams opened the season amidst a little bit of rain on Monday, April 13, with the Timber Wolves using a big fifth inning to pull away from the Raiders to take the 13-1 win.

Both teams scored a run in the second inning after Belmont got a strike out-throw out double play in the top of the first inning, with catcher Lyla McShafrey throwing out the run-

ner to keep the Timber Wolves off the board.

Prospect took the lead in the top of the second, with Sophia Bowman doubling and courtesy runner Bailey Tesseyman scored when Taylor Greenwood reached on an error. Belmont tied the game in the bottom of the inning on a walk from Sarah Cribbie, a hit from Adi Ross and a double from Madi MacDonald.

The Timber Wolves got an RBI double from Paityn Glidden and an RBI base hit from Kylee Guptill in the top of the third inning

for the 3-1 lead and in the fourth inning, Prospect was able to score three runs, with walks and a hit batter adding to the mix. Errors were the story in the top of the fifth, as Belmont allowed the Timber Wolves to score five unearned runs. Glidden and Bowman did have doubles and Guptill had a single. A Paige Harding double in the sixth helped bring home another Timber Wolf run as they sealed the 13-1 win.

Bowman went the distance in the circle for the

Timber Wolves, striking out 11 while Perkins went all six for the Raiders, striking out five.

"Not the start we wanted," said veteran Belmont coach Bill Clary.

The Raiders bounced back nicely on Wednesday, April 15, knocking off Bishop Brady by an 8-5 score.

Perkins went the distance in the circle for the Raiders, allowing four earned runs and walking just one and striking out two.

MacDonald had a triple

and two singles and drove in three runs while Avery Thurber had a double and a single, Molly O'Connell had a triple and a single, Natalie Cullen and Faly Sicard each had a double.

Clary noted that Cullen and Amelia Smith had solid defensive games and the Raiders turned three double plays on the day.

The Raiders wrapped up the first week of the season with a 6-0 win over Kearsarge on Friday, April 17.

Perkins continued a solid start to the season in the circle, allowing just three hits and striking out seven.

Offensively, McShafrey had three hits and Cribbie and Sicard each

had a pair of hits. O'Connell drove in a pair of runs, Cullen had a pair of hits and drove in a run and also picked a runner off third from behind the plate. The Raider defense also turned a 5-4-3 double play in the win.

The Timber Wolves are scheduled to be in action on Friday, April 24, at Trinity for the final game before vacation week.

The Raiders will also play their final game before vacation week on Friday, April 24, hosting Gilford at 4 p.m.

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

HIGH SCHOOL SLATE

Thursday, April 23

GILFORD

Track at Coe-Brown; 4

Friday, April 24

BELMONT

Baseball vs. Gilford; 4

Softball vs. Gilford; 4

GILFORD

Baseball at Belmont; 4

Boys' Lacrosse at Kearsarge; 5

Girls' Lacrosse vs. Bishop Brady; 4

Girls' Tennis at Pelham; 4

Softball at Belmont; 4

WINNISQUAM

Baseball at Bishop Brady; 4:30

Softball at Bishop Brady; 4

Sunday, April 26

WINNISQUAM

Track at Campbell; 9

Monday, April 27

WINNISQUAM

Baseball at Mascoma; 4

Softball at Mascoma (DH); 3:15

Tuesday, April 28

BELMONT

Track at Winnisquam; 4

WINNISQUAM

Track Home Meet; 4

All schedules are subject to change.

PUBLIC HEARING NOTICE

Ashland School District

A Public Hearing will be held for public input regarding the acceptance of a donation for the Ashland School District. This hearing being conducted in accordance with School Board Policy KCD - Public Gifts and Donations.

The Public Hearing will be held:

May 5, 2026

6:00 pm

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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.

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.

Tickets for both per-

Bayview Artisan Gallery to host inaugural Intuitive Arts Event

MEREDITH — The Bayview Artisan Gallery will host its first Intuitive Arts Event on Sunday, April 26, from 11 a.m. to 3 p.m.

Gallery owner Fabiana Walsh has gathered a talented group of psychic mediums, reiki practitioners, and gifted energy healers for this unique afternoon. Visitors can experience a healing ambiance and positive energy while enjoying the gallery's collection of original artwork, award-winning illustrations, fine crafts, and custom furniture. All featured works are created by local and regional New England artists and are available for purchase.

The event offers a serene setting with stunning views of Lake Winnepesaukee at 285 Daniel Webster Highway, Meredith. For more information, please contact the gallery at 603-207-3110.

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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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