

# Winnisquam Echo

THURSDAY, MAY 9, 2024

FREE

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## Tamra Nute named Winnisquam Regional School District Teacher of the Year

**NORTHFIELD** — Southwick School teacher Tamra Nute has been selected as the Winnisquam Regional School District's Teacher of the Year.

Mrs. Nute has worked in the Winnisquam Regional School District for more than 36 years in several roles, including Kindergarten, Grade 1 and Grade 2, Title I classroom teacher, and most recently as a Reading Interventionist.

During a school-wide assembly, current Southwick School staff and students, as well as members of her family and former co-workers surprised Mrs. Nute as she was presented with the award. School Board members David Honeman, Dr. Ernie Roy and Jennifer Tupeck, along with Superintendent of Schools Dr. Shannon Bartlett were on hand to acknowledge this recognition.

Along with the nomination by Principal



Pictured above are Mrs. Nute with Southwick School Principal Stephanie Parzick.

COURTESY

Stephanie Parzick and Administrative Assistant Chelsea Moreau, the Teacher of the Year application also include letters of support from current Southwick School staff.

Fellow Reading Interventionist Christine Roman said, "She believes wholeheartedly in stepping up and making the world a better place from her personal actions and her modeling for others. She holds herself and others to a high standard and reminds us that reading and learning are about being educated and using these tools to make a difference in the world."

"Without question, Tamra Nute checks every box when one considers what makes a good teacher great! Adapting while strengthening relationships has been incredibly impactful to our students, families, and community. Always looking for the

SEE NUTE, PAGE A8

## Officials unveil new Belmont Center



DONNA RHODES

On May 1, Belmont Parks and Recreation Director Danielle St. Onge and Select Board member Ruth Mooney (center) were excited to welcome residents of all ages to the open house for the new community-oriented Belmont Center, located on the second floor of the Belmont Mill.

BY DONNA RHODES  
Contributing writer

**BELMONT** — People of all ages looking for some fun and camaraderie can find it now at the Belmont Center, located within the Mill Building, where senior gatherings and family activities and more are on their new schedule.

Under the oversight of the Belmont Parks and Recreation, the second floor location of the former Belmont Senior Center is now expanding their services for not just senior activities but programs for the entire community.

On May 1, the center held an open house from noon to 2 p.m. where old and new friends stopped in for refreshments.

While there, newcomers also discovered information on all that will now be happening at the new Belmont Center over the summer months.

"We're trying to make this more community friendly and help get more people out and about in town," said Parks and Rec Director Danielle St. Onge.

On tap for the month of May are several activities aimed to spark the interest of many residents. For example, each Tuesday and Thursday will start with a scenic group walk along the Tioga Trail from 9-10 a.m. Besides the exercise they will be able to take in the beauty, flora and wildlife along the Tioga River.

Weekdays in May, there are also numerous fun activities for adults and seniors alike. There will be Book Club meetings, courtesy of the library staff, Chair Yoga, Gentle Stretch sessions, Knit/Crochet groups, VNA Health Clinics, coloring and card making classes, picnics at the Tioga Pavilion, coffee socials, painting groups and much, much more.

Wednesdays will also provide older residents with more weekly activities, such as Movie Times at Gilford Cinema, the Out to Lunch Club at 11:30 a.m. on May 15, and Funspot Bowling on May 22 from noon to 2 p.m.

SEE BELMONT, PAGE A8

## Early deadlines for Memorial Day

The offices of the Winnisquam Echo will be closed Monday, May 26 in observance of Memorial Day.

To ensure that our May 30 edition still arrives in subscribers' mail boxes on schedule, the submission deadline for any press releases and letters to the Editor intended for publication that week has been moved up one business day, to Thursday, May 23 at 4 p.m. Submissions can be e-mailed to Editor Brendan Berube at [brendan@salmonpress.news](mailto:brendan@salmonpress.news).

## Big second inning propels baseball Bears past Newfound



JOSHUA SPAULDING

Newfound's Calvin Colby dives back toward the bag as Winnisquam's John Shea puts the tag on during action last Monday.

BY JOSHUA SPAULDING  
Sports Editor

**TILTON** — The Winnisquam baseball team has struggled to get the offense going in the early portion of the season. The Newfound Bears helped them out a little on Monday, April 29, as the two teams returned from vacation week with

a battle in Tilton.

Winnisquam scored six times in the second inning, taking advantage of eight Newfound errors on the day and cruised to an 11-1 win.

"We've been preaching since day one, just put the ball in play," said Winnisquam coach Fred Caruso. "We had a

couple really good days of practice and we had a good feeling coming in that we would hit the ball today."

Alex Nichols toed the rubber for the hosts and set the side down in order in the top of the first while his Newfound

SEE BASEBALL, PAGE A8

# LRCC to celebrate 50 years of Fire Science at Festival on the Hill

LACONIA — For a half of a century, Lakes Region Community College (LRCC) has been training the next generation of firefighters and will be commemorating the 50th Anniversary of the Fire Science program on May 9 with current and prospective students, community stakeholders, former faculty, and alumni on hand. The on-campus Festival on the Hill event will take place from 4 to 7 p.m. and includes live music by Laconia's Eric Grant Band, food vendors, campfires, campus tours, and a heartfelt acknowledgment of the remarkable 50-year journey of LRCC's Fire Science program.



COURTESY  
Lakes Region Community College has been training the next generation of firefighters and will be commemorating the 50th Anniversary of the Fire Science program on May 9.

"Lakes Region Community College has been a beacon of quality education for hundreds of fire science graduates over the past five decades, many of whom continue to serve our communities with distinction," said Nick Mercuri, LRCC Fire Technologies professor and department chair. "We are deeply indebted to these alumni who exemplify the very essence of

and Emergency Services Higher Education Program and is ranked 4th nationally among the 221 colleges who offer Fire Science programs.

"Whether an emergency is fire or EMS-related, rest assured that there will be graduates from this program on the scene," said Mercuri. "We want to extend a warm invitation to all to join in honoring the accomplishments and contributions of our Fire Science alumni, recognizing their unwavering commitment to serving and protecting our communities."

For more information about the Festival on the

Hill event and LRCC's Fire Science program, please visit LRCC.edu.

About Lakes Region Community College

Lakes Region Community College (LRCC), located in Laconia, New Hampshire, is a leading institution dedicated to providing high-quality, affordable education and training opportunities that meet the ever-changing needs of individuals, businesses, and communities. With a steadfast commitment to excellence, LRCC prepares its students for success in a rapidly evolving world. For more information, visit LRCC.edu.

BY GREGG DEVOLDER

Hello, and welcome back.

The selectmen had a full agenda last week, and started with a discussion about the NH Veterans Home addition. Commandant Kim McKay spoke about the transition they are working towards in providing our veterans with the ability to have a private room and bathroom and added living and open spaces for a better life experience. This work will also offer the ability for additional specialized care and services. Currently, there are two hundred and fifty beds, and this addition will add twenty new single rooms but with the conversion of the current doubles to private rooms the numbers will remain the same. From what I could see and hear, the building itself will fill the space of the parking lot along Winter Street up to Colby Road. The architect is trying to match the look and feel of the neighborhood with a one story, board and batten design. From the initial drawings, this does not have a commercial / government building feel at all. Full disclosure, this was one of the reasons we moved to Tilton nearly twenty years ago. My dad had the privilege of being a resident in the dementia unit just before he passed. In the end, nothing was more important to him than his years of service in the marines. He used to say, "Once a marine, always a marine." It's a wonderful place and we're very fortunate to have such caring folks taking care of our veterans.

The last bit of conversation was about the traffic concerns on Colby Road. If you've ever come up to the Winter Street stop sign, you'll have a sense of what many of the employees are going through daily. Cars speed through this area and the visibility is poor with plenty of "near misses" for the employees and I imagine visiting families as well. The solution may be having two stop signs added to Colby Road for a three way stop at Winter. More to come on this.

The next item on the agenda was the Tilton Island Bridge. The engineering group presented their estimate to develop a scope of services for the three scenarios the Selectmen had asked for: Remove and replace the bridge, keep the bridge secured and closed and build a new bridge and lastly limited in-place restoration to restore the existing bridge to service. It should also be noted that the Main Street abutment needs removal and reconstruction regardless of the scenario chosen. This study would include items such as, conceptual sketches, permitting, engineering, design and construction costs. There were three service offerings provided by the firm with estimated costs. I believe the one worth mentioning is for the three scenarios options on the bridge which came in a shade under \$40,000. The Selectmen will further review the document and options.

I'm pleased to report that we are now going to have flashing pedestrian caution lights on our crosswalks downtown. Thanks to Judy Tilton for doing the research, costing and following up with the Selectmen. These eight signs will be pole mounted and pedestrians can push the button and traffic is required to stop while engaged. The cost is just over thirty-three thousand dollars, and the funds will be taken from the town's ARPA fund, designated for town safety purposes. For those unfamiliar with ARPA funds. They were provided by the American Rescue Plan Act during covid. I had to look it up. There will be a follow up meeting to review better overall lighting with the potential for pole lamp type lights downtown. This is a big step forward. Thank you!

There's an issue with the new pavement roadwork that was done on Morrison Avenue in town. For those that don't know, it's the road that loops around homes just before the Honda dealership on the right as you head north of town. A concerned resident asked the town for help in fixing a number of issues for the residents living there. In addition to drainage problems, the road height in some places has increased to the point where it's difficult to get out of their driveways.

The Selectmen mentioned the Elderly Tax Exemption and unfortunately there were a number of elderly that just missed meeting the criteria, or filled out the paperwork incorrectly or did not submit their paperwork even though they are qualified. For those of you still in need, they would like you to know that there are still options for potential help. I'll be writing those up for my next article so please hang in there and don't worry, we have plenty of time to move forward with this.

At the end of the meeting it was announced that our Town Administrator Paul Branscombe will be leaving on May 17, and the position is currently posted on the town's website.

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

Have a great week!

# Lakes Region Symphony Orchestra salutes Sinatra



COURTESY  
Crooner Michael Gallagan performs Frank Sinatra's classic hits with the Lakes Region Symphony Orchestra on May 18 and 19.

with LRSO, returns to captivate audiences once again with his stunning Sinatra tribute, reprising his 2017 sold-out performances. Having graced symphony halls and professional musical theatre productions, Michael is a fan favorite throughout New England.

These May concerts mark the culmination of our brilliant 2023-2024 season, and tickets are going fast - we're already more than 50 percent sold out! Buy your tickets soon at www.LRSO.org to witness the magic of Sinatra performed by the talented musicians of the Lakes Region Symphony Orchestra. And a helpful tip: we suggest you do not search the web for "LRSO tickets" but instead visit www.LRSO.org directly. Many unauthorized third party ticket Web sites have emerged that charge excessive fees.

We extend our gratitude to all our patrons for their unwavering support, keeping orchestral music alive and thriving in the beautiful Lakes Region of New Hampshire. Stay tuned for the announcement of next year's season this summer by joining our mailing list at www.LRSO.org or following us on Facebook/LRSO1 and Instagram/LRSO.NH. And please, spread the word - put LRSO at the top of your "things to do in the Lakes Region" list!

The Lakes Region Symphony Orchestra is a 501c3 non-profit orchestra that performs throughout the fall, winter, and spring months. Orchestra members range in age from teens through retired seniors, representing more than 30 communities in the Lakes Region and beyond. For over 47 years the Orchestra has been focused on showcasing young talent and providing a venue for local musicians to perform classic to contemporary orchestral music, all in the valued community setting of the Lakes Region of New Hampshire.

MEREDITH — "Sinatra!" One word says it all.

Join us for the finale of the Lakes Region Symphony Orchestra's spectacular 2023-2024 season! On Saturday, May 18 at 7 p.m., we'll be at the Colonial Theatre in Laconia, and on Sunday, May 19 at 3 p.m., catch us at the Inter-Lakes Auditorium in Meredith.

Get ready for "Sinatra!" - a journey through the timeless songs of Frank Sinatra, brought to life by the extraordinary vocalist Michael Gallagan. Let Michael's Sinatra-esque vocal style, accompanied by lush orchestral and big-band arrangements (many by the incomparable Nelson Riddle), transport you with classics like "A Foggy Day," "I've Got You Under My Skin," "Summer Wind," "Our Love is Here to Stay," "My Way" and more. It's a concert you won't want to end!

Michael Gallagan, a long-time featured artist

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# Bank of New Hampshire holds 193rd Annual Meeting

LACONIA — Bank of New Hampshire, the oldest and one of the largest independent banks in New Hampshire, recently held its Annual Meeting of Corporators and reported it was one of the most historic years in their 193-year history.

BNH was listed as the top-ranked bank in New Hampshire and fifth rated institution across New England for all banks with assets up to \$10 billion, as detailed in the Fourth Quarter of the Bank Performance Report. The Bank maintained a stable position, with a Return on Assets of 0.88 percent, a Tier 1 Leverage Capital Ratio of 11.13 percent, and deposit growth of \$54.5 million. These metrics are a testament to BNH's prudent management and thoughtful strategic planning, combined with the trust their customers place in the organization.

The Bank's success

would not be possible without the ongoing guidance and support of their Board of Directors and Corporators. During the meeting, BNH introduced six new Corporators - Andrew Hosmer, Audrey Goudie, Jared Guilmett, Jeanine Forrester, Michael Salmonsen and Stephanie Wentworth.

Andrew Hosmer, an attorney and businessman, serves as Mayor of Laconia and previously held two terms as State Senator, earning accolades such as "Legislator of the Year." He now guides businesses as a Senior Policy Advisor while actively supporting community initiatives and youth development.

Audrey Goudie, a seasoned leader with more than 25 years in the nonprofit sector, excels in marketing, philanthropy and healthcare administration. Currently Director of Marketing at Mid-

State Health Center, she champions impactful community initiatives and serves on various boards, including the Newfound Charitable Fund.

Jared Guilmett, AIA, blends architectural expertise with community engagement, serving as Associate Partner at Miaszsek & Turpin, PLLC. His commitment to architectural excellence and historic preservation extends to enriching built environments and communities in the Lakes Region, alongside active volunteerism.

Jeanie Forrester, Director of Intergovernmental Affairs at the Department of Business and Economic Affairs, brings more than 30 years of experience in community development. As a former Town Administrator and State Senator, she spearheaded initiatives in economic development, historic preservation, and envi-

ronmental protection.

Michael Salmonsen, Assistant Controller at the Leddy Group, brings over eight years of comprehensive financial experience. His role includes overseeing accounts receivable, accounts payable, and financial reporting, supported by a Bachelor's degree in Finance from the University of New Hampshire.

Stephanie Wentworth, owner of Decorative Interiors of Laconia, combines design expertise with community passion. With more than 18 years of experience, she contributes to her community's development through initiatives like the Lakes Region Parade of Homes and involvement in projects like the Colonial Theatre revitalization.

Additionally, this year marks a significant milestone as Suzanne Stiles concludes

her tenure as a Member of the Board of Directors and Chairperson, leaving behind a legacy of dedication and strategic leadership. Stiles was elected to the Board of Directors in August 2003 and to Chair of the Board in 2019 as the first woman Chair in our history. Over her 21-years served, the Bank grew from \$786 million to 2.5 billion, a 318 percent increase. In the five years as Chairman, she accomplished many things but most importantly she ensured BNH would continue to be a financially safe, sound and sustainable bank with a culture of supporting employees, customers and the community.

"Our history and recent achievements give us confidence in our ability to navigate the future with the same resilience and dedication that has defined us for nearly two centuries," stated Chris Logan, President & CEO for Bank of New Hamp-

shire. "I would like to thank Suzanne Stiles for her support and mentorship in her role as Chairman and for her unwavering dedication to BNH and our vision for growth."

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit BNH.Bank.

## HealthFirst Family Care Center receives NH Business Magazine's Healthcare Business of the Year Award

REGION — HealthFirst Family Care Center, a Federally Qualified Health Center (FQHC) with locations in Laconia, Franklin, and Canaan, was notified it was selected as the winner of the prestigious NH Business Magazine Business of the Year award in the Health Care category.

Co-publisher and Executive Editor of Business NH Magazine, Matt Mowry, notified HealthFirst leadership via email in April which stated, "on behalf

of Business NH Magazine and the NH Association of Chamber of Commerce Executives, congratulations on HealthFirst Family Care Center being named Business of the Year in the Health Care category! Our judges were impressed by HealthFirst's accomplishments in its industry and by the way it gives back to the community. Thank you for all that HealthFirst contributes to our state."

The winners were to keep the announce-

ment confidential until the magazine made its official announcement in their May 2 issue of Business NH Magazine in which it reads, "HealthFirst Family Care Center, a private nonprofit primary care provider in Laconia that has been providing affordable healthcare to rural communities in the Lakes Region since 1996, has been named the winner in the Health Care category."

A Panel of Excellence comprised of executives from last year's winning companies selected the 2024 winners based on the applicant's financial health, industry leadership, letters of recommendation from chamber executives and business leaders, and community involvement.

As a community health center whose mission is to provide quality healthcare to all regardless of ability to pay, HealthFirst has an unwavering commitment to provide exceptional healthcare services for the whole person. With locations across the Lakes Region and Mascoma Valley it ensures access to high-quality primary care, behavioral health, medication as-

sisted treatment (MAT), dental services, nutrition, chronic care management, community resource specialists, and more for individuals and families. Furthermore, as a designated FQHC, care is made available to everyone on a sliding fee scale, ensuring access to everyone who needs it, regardless of their ability to pay.

Russ Keene, HealthFirst CEO, states, "At HealthFirst, our vision is rooted in a commitment to excellence, compassion, and community well-being. We recognize the increasing demand for primary care in our region, compounded by the unfortunate reality that numerous practices are unable to accommodate new patients. Our strategic response involves not only growth, but also a proactive approach to address healthcare challenges head-on. The cornerstone of our strategic vision lies in the expansion and enhancement of our facilities. We have meticulously tailored our growth to respond to the rising volume in primary care, behavioral health, and medication-assisted treatment. By adding primary care providers and support staff, we ensure that our

services not only meet but exceed the expectations of our community."

Upon sharing the news with his staff last week, Keene stated, "This prestigious recognition is a testament to the outstanding efforts and dedication of each and every one of you. This achievement is not just about a title or an accolade; it's a reflection of the incredible impact we have had on our patients' lives. Your commitment to excellence, compassion, and innovation has made a real difference in the communities we serve. From the clinical staff to the administrative teams, every single role within HealthFirst has contributed to this remarkable success. It is because of you that HealthFirst was a standout in receiving the Healthcare Business of the Year Award - thank you."

HealthFirst along with other great organizations and leaders will celebrate at the Business and Business Leader of the Year Awards Luncheon on May 23 at the DoubleTree by Hilton Downtown Manchester Hotel.

To learn more about HealthFirst Family Care Center, please visit [www.healthfirstfamily.org](http://www.healthfirstfamily.org).

### Spring has sprung at Hall Memorial Library

Win a basket worth more than \$250!

NORTHFIELD — Spring has sprung and the Friends of Hall Memorial Library are blooming with excitement to announce their Spring Basket Raffle!

Get ready to win a grand prize basket overflowing with goodies valued at more than \$250! This basket is a dream come true, filled with everything you need for a great time this spring. There are gardening goodies, Girl Scout Cookies, Gift Cards to many local establishments and so much more!

Here's the scoop: Raffle tickets are just \$1 each, or a steal at six for \$5! Tickets are available for purchase at the Hall Memorial Library front desk. The grand prize drawing will be held on May 24th. Don't miss your chance to win this incredible basket!

Every ticket purchased supports the Friends of Hall Memorial Library, a dedicated group of volunteers who champion the library's mission of enriching our community. Proceeds from this raffle will help fund essential library programs, resources, and events for all ages.

So, what are you waiting for? Stop by Hall Memorial Library today, grab some raffle tickets, and get ready to win a piece of spring!



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# Opinion

## Letter submission policy

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

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

## Fashion flashbacks — The timeless appeal of retro trends

In the ever-evolving world of fashion, one thing remains constant: the cyclical nature of trends. From bell-bottoms to neon windbreakers, retro styles from past decades have made a triumphant return to the forefront of fashion, appealing to a new generation of style enthusiasts.

What is it about retro fashion that continues to captivate our imagination? Perhaps it's the allure of bygone eras, where style was synonymous with individuality and self-expression. From the glamorous silhouettes of the 1950s to the rebellious spirit of the 1990s, each decade offers its own unique aesthetic, ripe for reinterpretation in the modern age.

Social media has played a significant role in the resurgence of retro trends, providing a platform for fashion enthusiasts to share their love of vintage-inspired looks and connect with like-minded individuals around the globe.

Beyond the allure of aesthetics lies a deeper appreciation for the sustainability aspect of embracing retro fashion. As the fashion industry grapples with issues of environmental impact and overconsumption, repurposing and reimagining clothing from past decades offers a more eco-conscious alternative to fast fashion. By breathing new life into vintage pieces through upcycling and thrifting, we not only reduce waste but also celebrate the craftsmanship and history of fashion.

The resurgence of retro trends has sparked a renewed sense of creativity and individuality in the way we approach style. From mixing and matching vintage finds with contemporary pieces to putting a modern twist on classic looks, the possibilities are endless. Retro fashion allows us to express our personalities and tell our own unique stories through the clothes we wear, bridging the gap between past and present with each outfit choice.

Whether you're channeling the glamour of Old Hollywood or the laid-back vibes of the '90s grunge scene, remember that style knows no bounds and creativity knows no limits. So, dig into your grandmother's closet, scour thrift stores for hidden gems, and embark on your own fashion flashback journey. The past is calling, and it's time to make it your own.



COURTESY

The Tilton Senior Center received a generous donation of Girl Scout Cookies from the Northfield-Tilton-Sanbornton-Franklin-Penacook Families of Girl Scout Troop 10364! Center participants were delighted and grateful for the group's spirit of giving!

## Should life be all work and no play?

Life seems busier than ever, and it's not slowing down. Despite technological advances, our workload doesn't seem to lighten. Business owners might find AI tools helpful, yet often, they handle these tasks themselves instead of hiring additional help. With rising inflation and economic pressures, what was a full-time job for one person has now become just an hour's task a day for many CEOs. As technology simplifies processes, the burden of multiple tasks increasingly falls on just a few shoulders.

While staying busy can be rewarding, the overwhelming pile of tasks can make you feel perpetually behind. Catching up seems possible only with extra help, maybe even an assistant. The expectations placed on many of us often surpass what one person can manage. I might even need a Teslabot to handle my household chores—come on, Elon, I'm drowning in responsibilities here!

What happens when a loved one falls ill? Suddenly, you're forced to reprioritize to take care of them. If it's a severe illness, the time it demands can feel over-

POSITIVELY SPEAKING

TOBY MOORE

whelming. In such situations, lowering your expectations about what you can accomplish becomes necessary. But should life be all work and no play? The concept of work-life balance is frequently discussed, and for many years, for me it was non-existent. My life was like a seesaw stuck to the ground, burdened by an overload of work without any relief. Is this truly fulfilling? I guess it depends on what you find fulfilling.

A friend of mine used to watch me exhaust myself and would eventually ask, "Why? What's the point?" To me, the sense of accomplishment was all the fulfillment I needed. There was a time after my acting career when I didn't need to work and wasn't worried about finances, but I found that period somewhat empty. But I digress. Let's ask the question again. Should life be all work and no play?

This reminds me of an old U2 T-shirt. It read, "Smell the flowers while you can." Once, as I was walking by, an older gentleman shouted, "Ain't that the truth!" while pointing at my shirt.

"While you can..." The implications of that phrase are vast. What does it mean? Will the flowers vanish one day? Will we no longer be around to enjoy their scent? At this point, nothing would surprise me.

The weight of "while you can" hit home a couple days ago when a dear friend of mine passed away unexpectedly. It's a stark reminder: We never truly know the future.

Finding balance is essential. It doesn't have to be just vegging out on the couch watching reality TV although occasionally that's what is needed. Ultimately, it's going to look different for each of us. It's a personal journey to discover what that balance means.

Reflecting on a quote by Jim Rohn, whom I often cite and had the fortune to meet as a boy, might offer some guidance.

He said, "Something my parents taught me, that they practiced all their life, and now I practice. Don't miss anything. Don't miss the game, don't miss the concert, don't miss the performance, don't miss the show. Don't miss the conversation, don't miss the sermon, don't miss the class...don't miss

anything. Go look, see, learn, try, taste. Let that flavor of life be part of your lifestyle."

Why pursue balance? It's about personal enrichment and development, about becoming a person of value. True, thriving in our workplace demands education, hard work, determination, and dedication. But what about beyond the office?

Consider the value added to your life when you're not only accomplished at work but also knowledgeable in the arts, skilled in playing chess, experienced in gardening, or have read the greatest book upon that which western civilization was founded upon. You've set down the path of enriching your whole self, making you a more rounded and insightful individual, and what is that truly worth?

Can we quantify it? No, but consider this: being a cultured individual stimulates fresh thoughts, inspires new actions, and fosters new ways of being and can help you get out of a rut. This not only adds layers of value to your personality, but also introduces a much-needed balance. What's it worth? I'd say it's priceless.



COURTESY

On May 18 & 19, experience the Lakes Region Spring Craft Fair at the Tanger Outlets, 120 Laconia Rd., Tilton, Saturday 10 a.m. to 5 p.m. & Sunday 10 a.m. to 4 p.m. Don't miss this fabulous arts & crafts fair with more than 80 amazing artisans! Some of the exhibits will include handsome soy candles, home & garden products, amazing chainsaw wood carvings & demos with Elise, amazing wrought iron creations, beautiful leather jewelry, sublimated items, pet designer wooden planters, NH maple syrup products, folk art, pottery, hand poured soaps/personal care products, charcuterie boards, cribbage boards, pet products, clothing, handsome wooden American flags, & lots more! Friendly, leashed dogs welcome! Rain or shine under canopies. Admission always free. Take Exit 20 off I-93 & bear left & only a quarter mile from exit! For more information, call Joyce at 603-387-1510. Preview online at www.joycescraftshows.com. See you there!

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 FRANK G. CHILINSKI  
 (603) 677-9083  
 frank@salmonpress.news

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

**OPERATIONS DIRECTOR**  
 JIM DINICOLA  
 (508) 764-4325

**DISTRIBUTION MANAGER**  
 JIM HINCKLEY  
 (603) 279-4516

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

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# Canterbury Shaker Village to reopen May 11

CANTERBURY — On Saturday, May 11, Canterbury Shaker Village will open for the 2024 season with several special events and indoor guided tours scheduled.

At 10 a.m., Opening Day begins with Canterbury Shaker Village XC 5K, part of the Capital Area Race Series (CARS), sponsored by Northeast Delta Dental. Featuring 6+ miles of groomed trails on nearly 700 acres, the Village hosts cross-country races throughout the year.

At 2 p.m., Shirley Wajda, PhD, Curator of Collections, will provide a brief introductory talk on childhood in the 19th century, followed by the premier of Birdie, a film by SALT. Select visitors may also have the opportunity to test the Village's smartphone tours, which will be available to the public later in the season.

In May, indoor guided tours will be offered at 11 a.m. and 1 p.m., Tuesday through Sunday. In June, tours will also be offered



at 2:30 p.m. In addition to indoor guided tours, the Village interprets Shaker life through exhibits, restored historic structures, gardens, and edu-

cational programs.

"It will be a great year at the Village with a variety of programs, exhibits, and events shedding light on the Shakers and

an authentic way of life that especially resonates today," noted Education Manager Kyle Sandler.

Designated as a National Historic Landmark for its architectural significance, Canterbury Shaker Village is one of the oldest, most representative, and best preserved of all the Shaker villages. It includes 26 original Shaker buildings, four reconstructed Shaker buildings, a collection of more than 100,000 artifacts, and 694 acres

of idyllic forests, fields, gardens, nature trails, and mill ponds. To learn more, or purchase tour tickets online, visit shakers.org.

Canterbury Shaker Village is a member of the NH Heritage Museum Trail, which connects the public with culturally rich heritage institutions in New Hampshire. For more information, visit nhmuseumtrail.org.

## Raiders return from North Country with a win

BY JOSHUA SPAULDING  
Sports Editor

BERLIN — The Belmont softball team returned from a trip south and the first game after the vacation week was a trip to Division III's northern-most school, as the Raiders journeyed to Berlin on Monday, April 29, returning home with a 10-4 win over the Mountaineers.

Bailey Perkins went four innings in relief to

get the win in the circle for the Raiders while also picking up a hit that contributed to the win.

The offense was led by a pair of freshmen, as Falya Sicard had a three-run homer and Molly O'Connell had a two-run blast, both coming in the fourth inning. Kami Decato, Darci Stone and Madi Smith also contributed to the offensive attack for Belmont.

Belmont is scheduled

to be in action on Friday, May 10, at home for a rematch with the mountaineers, then will be

hosting Monadnock on Monday, May 13, and will visit Gilford on Wednesday, May 15, all with

scheduled 4 p.m. start times.

Sports Editor Joshua

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

## "Loons & New England Waterfowl" exhibit at Lakes Region Art Gallery

TILTON — Join us as we start to hear the loons call on our local lakes. We are celebrating New England Waterfowl at the Lakes Region Art Gallery with our May exhibit. Delight in a diverse array of art pieces created in multiple mediums with the theme

of loons and other local waterfowl. Step into our expansive 3,000 square foot gallery and immerse yourself in the beauty of the season.

Mark your calendars for the public reception on May 11 from 2-4 p.m., where you can mingle with fellow art enthusiasts and connect with

the talented artists behind the creations. The "Loons & New England Waterfowl" exhibit promises to be a celebration of creativity and inspiration.

From May 1 to May 28, experience the beauty of our local waterfowl. Come visit the gallery to explore the stunning art-

works, engage with the artists.

Top of Form

The LRAA Gallery is located at Suite 300, 120 Laconia Rd., Tilton, in the Tilton Tanger Outlets, just off exit 20 on Interstate 93.

## Curtis Kloc, MD, joins Concord Hospital General Surgery — Laconia



Dr. Curtis Kloc

LACONIA — Concord Hospital General Surgery - Laconia is pleased to announce that Curtis J. Kloc, MD, FACS, joined the group and is seeing patients at Concord Hospital - Laconia's Medical Office Building located at 85 Spring Street.

Dr. Kloc has more than 25 years of experience in all aspects of general surgery, including advanced laparoscopic surgery, endoscopy, hernia repair, wound care, trauma, and acute

care surgery.

He earned his medical degree from West Virginia University School of Medicine located in Morgantown, WV, and completed his general surgery residency at the University of Pittsburgh Medical Center in Pittsburgh, Pa.

Concord Hospital General Surgery - Laconia provides a full spectrum of general surgical services, using state-of-the-art technology and procedures. From traditional to minimally invasive surgery, the team of board-certified surgeons provides personalized care and support throughout all phases of surgery.

To request an appointment, visit concordhospital.org/patient or call (603) 527-2946.

## No Wake order on Silver Lake lifted

BELMONT — Pursuant to NH RSA 270:132, the New Hampshire State Police - Marine Patrol has lifted the No Wake order on Silver Lake in Belmont effective Thursday, May 2, as the gauge at the Department of Environmental Services, Silver Lake Station has dropped below 467.0 feet above sea level.

## SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 31 calls for service, for the week ending April 27. The breakdown is as follows:

ALARMS	1
CONDUCT AFTER ACCIDENT	1
CRIMINAL MISCHIEF	1
CRIMINAL TREATENING	1
DRUGS	1
FRAUD	1
HOUSE CHECKS	1
LOST PROPERTY	1
LOUD MUFFLER	1
MEDICAL/FIRE CALLS	3
MV ACCIDENTS	2
MV WARNINGS	3
NEIGHBORHOOD DISPUTE	1
PISTOL PERMITS	1
POLICE INFORMATION	4
SEX OFFENDER REG.	1
SSIST ANOTHER DEPT.	2
SUSPICIOUS ACTIVITY/VEHICLE	2
V.I.N. FERRICATIONS	2
WELFARE CHECK	1

## BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of April 22-29.

Samuel Bane Homog, age 33, of Bettsville, Md. was arrested on April 23 for Driving After Revocation or Suspension of License.

Rebecca L. Hanson, age 39, was arrested on April 24 for Criminal Trespassing and multiple counts of Receiving Stolen Property.

Philip Edward Loranger, Jr., age 33, of Sanbornton was arrested on April 28 for Driving After Revocation or Suspension of License.

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

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

Join us for:

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

Required to register:

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

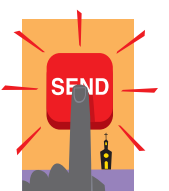
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COURTESY

### Winnisquam Regional School District recognizes administrative assistants

National Administrative Professionals' Day, also known as Secretaries Day or Admin Day, recognizes the professionals who keep an office running smoothly every day. The day recognizes the work of secretaries, administrative assistants, receptionists, and other administrative support professionals. Central to any business, these professionals keep an office organized and efficient. The Winnisquam Regional School District is pleased to honor our Administrative Assistants while recognizing their value to our school community. Pictured above are Kim Foley, Kerry Kolacz, Aja Constant, Chelsea Morea, Christine Laplante, Jennifer Leger, Melissa Paquette, Barbara Foster, Adele Chertoff, Kathy Snyder, Kelly Summers, Kim Constant, Kim Beck and Rene Camerato.

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Principal

508-769-5007

jpglickman@glickmankovago.com



**JONAH D. GLICKMAN**  
Vice President

508-868-3765

jdglickman@glickmankovago.com



COURTESY

Richard Tucker, Veteran of the NHVH & US Army Korean War Conflict, and Michelle Strong, NHVH Nursing Team Member.

### Veterans Home residents celebrate legacy of "Star Wars"

May the force be with you on Star Wars Day and every day! Veterans and staff of the New Hampshire Veterans Home in Tilton enjoy theme day fun, complete with a light saber sported by:

Stephanie Burke, Tom Sawyer – NHVH and US Navy Vietnam Era Veteran, and Amanda Reneau; Burke and Reneau are NHVH Business Office Team Members.



Karen Kuchinsky, Reggie Watson – NHVH and US Army Vietnam Era Veteran, and Nancy Kulacz; Kuchinsky and Kulacz are members of the NHVH Environmental Services Team.

# Rallies come up short as softball Bears fall to Newfound



JOSHUA SPAULDING

Addison Bernier of Winnisquam takes a lead behind Madison Bush of Newfound in action last Monday.

BY JOSHUA SPAULDING  
Sports Editor

TILTON — Both teams found ways to put runs on the board, but in the end the Newfound Bears were able to put up twice as many as their hosts from Winnisquam and walked away with a 14-7 win on Monday, April 29, as both teams returned to action after the vacation week.

Winnisquam pitcher Danica Weymouth and Newfound hurler Sarah Buchanan both pitched scoreless first innings before the visiting Bears got on the board in the bottom of the second inning. Jayden Gilpatric led off with a walk and one out later Buchanan had a base hit and Bailey Dow doubled, giving Newfound the 2-0 lead.

Both pitchers had clean third innings, with Buchanan striking

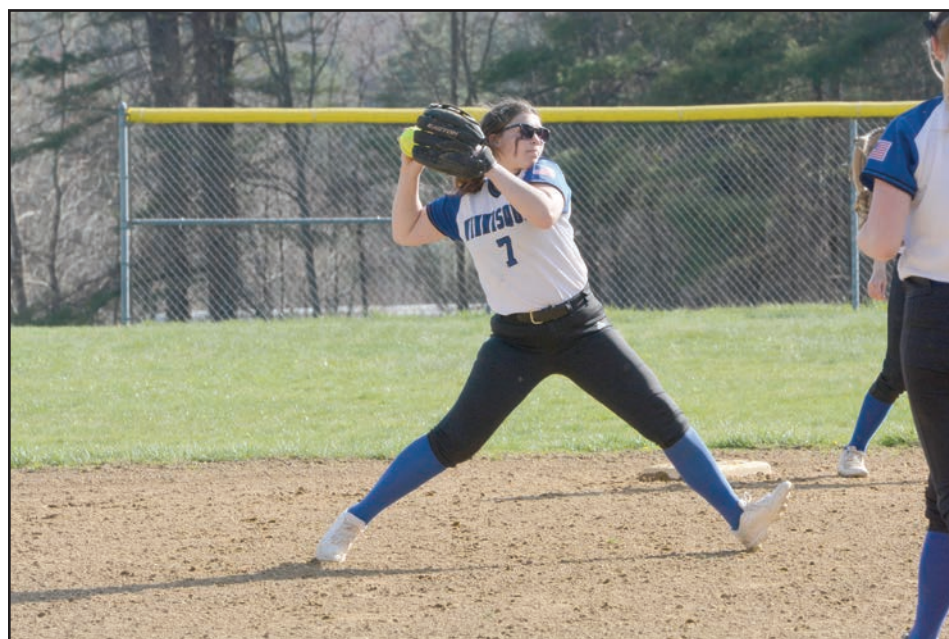
out the side and Weymouth striking out two, but Newfound came up with six runs in the top of the fourth to open the lead up. Buchanan doubled to start the inning and one out later, Cora Sanschagrin also doubled. Madison Bush and Evie Bastarache both worked walks and Katie Sweeney also reached. A double from Adeline Dolloff kept the inning going and she eventually came around to score and Newfound had the 8-0 lead.

Addison Bernier had a one-out hit for the hosts in the bottom of the fourth inning, breaking up Buchanan's no-hitter, but the Newfound pitcher got a strikeout to end the inning. Buchanan then led off the top of the fifth with an infield hit and Casey Bush took over on the bases, coming

around to score when Madison Bush reached on an error for the 9-0 lead.

Winnisquam got on the board in the bottom of the fifth inning. Ava Sargent reached on an error and Caidyn Carter put down a bunt to move her along but reached on an error. One out later, a base hit from Camilla Cote loaded the bases and a triple from Weymouth cleared the bases and cut the lead to 9-3. Mackenzie Bassett followed with a triple of her own and the lead was cut to 9-4.

The visitors added to the lead in the top of the sixth, with Sweeney reaching on an infield hit to start the inning. Cote gunned her down stealing second before walks to Gilpatric, Arianna Plummer and Buchanan loaded the bases and a base hit from Dow pushed across two runs.



Mackenzie Bassett comes up firing from shortstop in action last Monday against Newfound.

Walks to Sanschagrin and Madison Bush plated another run before Sargent came in to pitch and got a grounder to third to end the inning.

Winnisquam added three more runs in the bottom of the sixth inning. Lucy Prunier opened the inning with a walk and one out later, Sargent had a base hit and Carter reached on an error on another bunt attempt to load the bases. Cote then doubled to plate all three runners, cutting the lead to 12-7 before Buchanan got a strikeout to end the inning.

Newfound did the final scoring in the top of the seventh inning. Sweeney reached on an error to start the inning and then scored when Dolloff followed with a base hit and Gilpatric reached on an error to drive her home for the

14-7 lead. Sargent was able to retire the next three batters in a row, including a nice play by Weymouth at shortstop.

Bernier had a one-out base hit in the bottom of the seventh, but Buchanan settled in and got a pop up and a strikeout to close out the 14-7 win.

The Winnisquam offense exploded for 28 runs to beat Mascoma 28-9 on Wednesday, May 1.

Cote had four hits, walked twice and scored five runs, Bassett had a double and two singles and Bernier had a triple and two doubles, while Carter, Alexis Mingolla and Prunier played well on defense.

The Bears headed north to Berlin on Friday and dropped a 7-0 decision to the Mountaineers. Winnisquam trailed 2-0 going to the top of the fifth and

loaded the bases with a chance to tie it up. Cote ripped a shot up the middle that the Berlin pitcher made a great play on and promptly turned a double play to get out of the inning.

"I really like how we played the whole game," said coach Mark Dawalga.

Newfound returns to action on Friday, May 10, at Prospect Mountain and at Berlin on Wednesday, May 15, both at 4 p.m.

Winnisquam is back in action on Friday, May 10, at home against White Mountains, then hosts Conant on Monday, May 13, and visits St. Thomas on Wednesday, May 15, all with 4 p.m. scheduled starts.

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

## HIGH SCHOOL SLATE

Thursday, May 9

### BELMONT

Baseball vs. Gilford; 4  
Softball vs. Gilford; 4

### GILFORD

Baseball at Belmont; 4  
Girls' Tennis vs. Inter-Lakes; 4  
Softball at Belmont; 4

Friday, May 10

### BELMONT

Baseball vs. Berlin; 4  
Softball vs. Berlin; 4  
Track Home Meet; 4  
GILFORD  
Baseball vs. Inter-Lakes; 4  
Boys' Lacrosse at Bishop Brady; 4  
Boys' Tennis vs. Littleton (DH); 3  
WINNISQUAM  
Baseball vs. White Mountains; 4  
Softball vs. White Mountains; 4  
Saturday, May 11

### GILFORD

Track at Newfound; 10  
WINNISQUAM  
Track at Newfound; 10

Monday, May 13

### BELMONT

Baseball vs. Monadnock; 4  
Softball vs. Monadnock; 4

### GILFORD

Baseball vs. Hopkinton; 4  
Boys' Tennis at White Mountains; 4  
Girls' Tennis vs. Sanborn; 4  
Softball vs. Hopkinton; 4  
WINNISQUAM  
Baseball vs. Conant; 4  
Softball vs. Conant; 4

Tuesday, May 14

### BELMONT

Track at Gilford; 4

### GILFORD

Boys' Tennis vs. Prospect Mountain; 4  
Track Home Meet; 4  
WINNISQUAM  
Track at Kearsarge; 3:30

Wednesday, May 15

### BELMONT

Baseball at Gilford; 4  
Softball at Gilford; 4

### GILFORD

Baseball vs. Belmont; 4  
Boys' Lacrosse at Bow; 4  
Boys' Tennis at Profile; 4  
Girls' Lacrosse vs. Bow; 4  
Girls' Tennis vs. Prospect Mountain; 4  
Softball vs. Belmont; 4  
WINNISQUAM  
Baseball at Campbell; 4  
Softball at St. Thomas; 4

Thursday, May 16

### BELMONT

Baseball at Mascoma; 4  
Softball at Mascoma; 4

### GILFORD

Baseball at White Mountains; 4  
Boys' Lacrosse vs. Inter-Lakes; 4  
Girls' Lacrosse at Inter-Lakes; 5:15  
Girls' Tennis at Prospect Mountain; 4  
Softball at White Mountains; 4

All schedules are subject to change.

# Belmont baseball picks up three more wins

BY JOSHUA SPAULDING  
Sports Editor

BELMONT — Tied at one after one inning of play in Berlin on Monday, April 29, the Belmont baseball team broke the game open in the top of the second inning with seven runs and never looked back, cruising to a 16-1 win in five innings. Belmont added five runs in the top of the fourth inning and added three more in the top of the fifth inning.

Brady Thurber got the start on the mound for the Raiders in his varsity debut, pitching all five innings and giving up just two hits and no earned runs while striking out four.

"A good team win with a lot of contributors," said coach Matt LeBlanc. "We put up runs in every inning with the exception of the third and multiple runs in three out of five innings."

"I am so happy for Brady Thurber, as he delivered in his varsity pitching debut," the Raider coach added. "He gave us exactly what was needed."

At the plate, Owen Waldron had a double and a single, scored three times and drove in a run, Michael Collette had a double and a single, scored twice and drove in two runs, Hutch Haskins had a pair of hits and drove in a run, Eddie Rochenski had two hits and drove in three runs, Wyatt Divers had two hits, scored two runs and drove in three runs, Anakin Underhill had a hit, scored twice and drove in a run, Brayden Townsend had a hit, scored three times and drove in a run and Wyatt Bamford had a hit, drove in a run and scored twice.

The Raiders went on the road to Meredith and rolled to a 15-0 win behind a strong pitching performance from Underhill, who struck out nine and gave up just two hits in five innings of work.

"Anakin pitched great again, with a good mix of pitches he kept batters off balance all game," said LeBlanc.

Waldron had two doubles and two singles, drove in four runs and scored twice, Jaxson Embree had a double and scored three times, Divers had a pair of hits, drove in a run and scored twice and Collette had two singles and drove in a run.

"Owen stayed hot, with hard hit balls all over the park," LeBlanc said. "Wyatt has been heating up as well the last few games, which is great to see, while Jaxson bounced back with several good at-bats."

"Any time we get production up and down the lineup as was the case today, spells success," he continued. "Couple that with Anakin pitching as well as he was and we feel good about our chances. Hopefully we can continue to produce and build leads as we progress through the heart of the season."

The Raiders traveled to Bristol on Thursday for a match with Newfound and got out to a 4-0 lead in the first inning and Divers was cruising along on the mound, limiting the Bears to just two base runners in the first four innings.

In the fifth inning it began pouring and the field conditions deteriorated quickly and the Bears scored four runs on a walk, an error and three hits and the game was suspended after being tied at four.

The teams picked up where they left off on Saturday morning and Underhill took over on the mound and was dominant for two and a third innings. After he got a strikeout to officially end the fifth, the Raiders took the lead in the top of the sixth. With two outs, Keegan Martinez singled and Haskins reached on an error and Embree singled, with Martinez scoring on a throwing error. Waldron walked and Underhill drove in Haskins with a base hit for the 6-4 lead. Underhill then struck out the side in the sixth and two more in the

seventh to close out the win.

"We were a little flat when we played on Thursday but got off the bus today with a ton of energy," LeBlanc said. "Anakin dominated and our offense did their part to score two runs and walk away with the win."

"Newfound is a tough team and battled back from a 4-0 deficit," the Raider coach added. "I am happy that our guys responded and earned a good win."

The Raiders are slated for a rematch against Berlin at home on Friday, May 10, then will host Monadnock on Monday, May 13, and at Gilford on Wednesday, May 15, all with 4 p.m. scheduled starts.

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

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BASEBALL

CONTINUED FROM PAGE A1

counterpart, Landon Sargent, had a bit tougher time, but still didn't allow a run in the bottom of the inning. Ethan Carter reached on an error and Zach St. Onge followed with a base hit. Nichols grounded to third to force Carter and Nik Puffinburger had a sacrifice groundout before Sargent got a strikeout to end the inning. Calvin Colby worked a two-out walk in the top of the second, but Nichols promptly picked him off first to end the inning.

Dio Katsigiannis led off the bottom of the second by reaching on an error and Ben Wood also reached on an error. Justin Tardif reached on an error to drive home the game's first run and Mike DeFosse put down a bunt, with Sargent making a nice play to cut down the lead runner at third. A base hit from Carter drove in another run and after St. Onge reached on an error and a line drive to center,

Puffinburger reached on an error to push the lead to 3-0. A wild pitch added another run and after John Shea walked, Katsigiannis walked and Wood was hit by a pitch to load the bases before a flyout to center ended the inning. With two outs in the bottom of the fourth, St. Onge worked a walk and Nichols singled. A Puffinburger walk loaded the bases and a walk to Shea plated the 10th run for the hosts.

After Nichols set the side down in order in the top of the fifth, back-to-back singles by Wood and Tardif started the top of the frame for Winnisquam. DeFosse worked a walk and a Carter base hit pushed across the final run of the game for the 11-1 win.

"It's good to get one, it gives the kids some confidence," said Caruso. "We tell them we have 12 one-game seasons left and we're trying to win

another run and a Shea groundout scored another run for Winnisquam. Katsigiannis walked and Wood was hit by a pitch to load the bases before a flyout to center ended the inning.

With two outs in the bottom of the fourth, St. Onge worked a walk and Nichols singled. A Puffinburger walk loaded the bases and a walk to Shea plated the 10th run for the hosts.

After Nichols set the side down in order in the top of the fifth, back-to-back singles by Wood and Tardif started the top of the frame for Winnisquam. DeFosse worked a walk and a Carter base hit pushed across the final run of the game for the 11-1 win.

"It's good to get one, it gives the kids some confidence," said Caruso. "We tell them we have 12 one-game seasons left and we're trying to win

as many one-game seasons as we can.

"We aren't looking ahead, we're looking at our next one, concentrating on what's in front of us," he continued.

Caruso also praised the pitching of Nichols, who allowed just four hits and one earned run while striking out three.

After falling to Mascoma on Wednesday, May 1, 4-3, the Bears bounced back with a 12-6 win on the road in Berlin on Friday, May 3. Winnisquam had a 3-2 lead after one inning before Berlin took a 5-4 lead after three innings. Both teams scored one run in the fourth inning before the Bears exploded for seven hits in the top of the sixth to finish out the win.

Carter and Nichols combined to do the pitching, with Carter striking out three and Nichols striking out four and the



Ethan Carter fires a throw from second base during action against Newfound last week.

duo combined to give up just one earned run. St. Onge, Wood, Puffinburger and DeFosse led the offense with two hits each.

Newfound is scheduled to be in action on Friday, May 10, at Prospect Mountain, and at Stevens on Monday, May 13, both with 4 p.m. scheduled starts.

Winnisquam is slated to be at home against de-

fending champion White Mountains on Friday, May 10, at home against Conant on Monday, May 13, and at Campbell on Wednesday, May 15, all with 4 p.m. scheduled starts.

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

NUTE

CONTINUED FROM PAGE A1

perfect connections, she has worked tirelessly to provide and strive for excellence in professionalism, contributions to the district, involvement and instruction," wrote Karen Dow, ELA Data Coach.

Student Support Center Coordinator Crystle Perry said, "She is a

direct example of our district's core values and because of this and many other reasons, Tammy Nute is the ideal candidate for Teacher of the Year."

Nominations are encouraged during the month of February and are forwarded to the School Board Teacher of the Year Committee for consideration.

BELMONT

CONTINUED FROM PAGE A1

Each Friday night from 4-6 p.m. an entertaining game night is on the schedule as well. Designed for folks of all ages, St. Onge said that among the games available are classics such as Scrabble, Clue and Trivial Pursuit for those who like to test their cognitive skills. Those who like a more competitive challenge will find there is also Yahtzee, Cribbage and other great games available. For the kids Twister will be on hand along with other child favorite games they will be

sure to enjoy.

St. Onge said that one thing in she has learned in her role as director of Belmont Parks and Recreation is that some of the younger members of the community don't always have grandparents in their lives.

"This is a great place for children to perhaps make connections with some of our seniors and 'Adopt a Grandparent,'" she said.

Belmont Select Board member Ruth Mooney was part of the crowd that gathered for the open house of the Belmont Center last week,

saying she was pleased to see the opportunities this new community-wide, friendly center will provide for the town.

"We're trying to encourage seniors and veterans to come down here and get involved as well as families. It's all about bringing the community together for things that are free or don't cost a lot of money," Mooney said. "Camaraderie is what we're trying to build here."

To keep on top of all the activities at the Belmont Center, people are encouraged to check out the Belmont Parks

and Recreation Facebook page and join their email list at recreation@belmontnh.gov for a listing and any updates to their schedule. Monthly calendars and details on all the monthly activities and events are also available at the Belmont Center, located on the second floor of the Belmont Mill building, 14 Mill St. in Belmont Village.

For reservations to activities that may require one, or answers to any questions, people can also contact the center by calling 603-267-1865.

See "Tuck Everlasting" on the Colonial Stage!

LACONIA — What would you do if you could live forever? Powerhouse Theatre Collaborative's 2024 Colonial Series continues May 10-12 with the heart-warming musical Tuck Everlasting adapted from the book by Natalie Babbitt. A cast of 43 local performers directed by Bryan Halperin will bring this magical family-friendly story to the Lakes Region community, a perfect treat for Mother's Day weekend.

Eleven-year-old Winnie Foster (played by Maci Johnson, last year's Mary Lennox in "The Secret Garden") is a sheltered child who sets out to explore the woods outside her home and meets the mysterious Tuck family - a family who decades earlier



COURTESY

Maci Johnson as Winnie Foster and the Tuck family bring the beloved classic "Tuck Everlasting" to life on the stage of the Colonial May 10-12.

had stumbled upon a magical spring in the Foster's woods and became immortal. But they've discovered that immortality isn't all it's cracked up to be and face many problems of their own. When Winnie learns the secret of the spring, she and the Tucks have to grapple with their futures, all



while hiding from the Man in the Yellow Suit who is searching for the spring for his own nefarious purposes.

Powerhouse's 2024 season is generously sponsored by The Platinum Group, Lavalley Middleton Building Supply, and Meredith Village Savings Bank. The Colo-

nia Series is generously sponsored by Grappone Mazda and the Bank of New Hampshire. Tuck Everlasting is sponsored by the Laconia Daily Sun.

The cast of Tuck includes the nine-person "spirits of the spring" — a dance ensemble that represents the magic of

the spring and shares beautiful choreography by Meg King throughout the production.

Says Bryan Halperin, "This show has some of the most beautiful dancing we've ever put on our stage with both the spirits of the spring and a 10-minute dance sequence at the climax of the play which will have the audience reaching for a Kleenex! The score is also filled with terrific songs sung with

great skill and heart by our talented cast."

The "Tuck Everlasting" production team also features vocal direction by Chris Chiasson, stage management by Dana Gardner, props by Sherry Gardner, set design by Samantha Tutas, costume design by Heather Vitale and Gay Bean, lights and sound by Tyler Soucy, and technical direction by Jim Scadova. The cast features many faces familiar to Powerhouse fans including Nikolai Fernandez, Asher Clark, Kenny Aber, and Caity Hicks as the Tuck family.

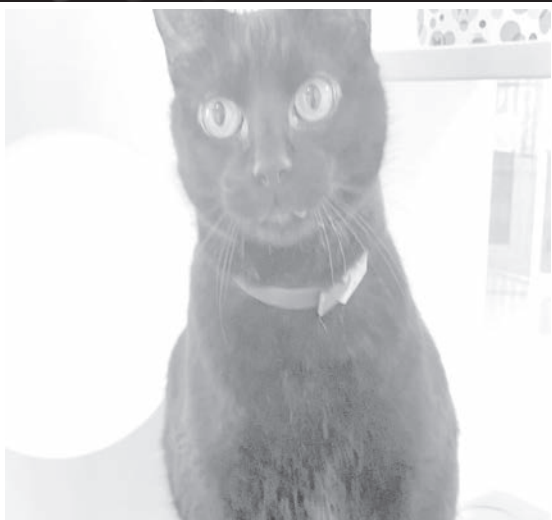
Tickets are on sale now via powerhouse.org or coloniallaconia.com and range from \$18-\$24. Please be careful to avoid third-party Web sites which inflate ticket prices and only buy from the websites mentioned above.

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# Raider track boys and girls win home meet

BY JOSHUA SPAULDING  
Sports Editor

**BELMONT** — The Belmont track boys and girls both picked up wins in their home five-team meet on Friday afternoon. The Raiders bested Somersworth, Laconia, Portsmouth, Christian and Woodsville.

For the Raider girls, Ava Lacasse won the 100 meters in a time of 13.19 seconds, with Talia Watson in fourth in 14.26 seconds, Cate McDonald in sixth place in 14.38 seconds, Mia Ray was eighth in 14.63 seconds, Kyleigh Roe was ninth in 14.76 seconds, Ella Stevens was 12th in 14.94 seconds, Anna McDonald was 17th in 15.93 seconds and Ava Tonkin was 19th in 18.58 seconds.

Lacasse also won the 200 meters with a time of 27.52 seconds, with Jaelyn Nialetz in third in 29.78 seconds, Watson was fifth in 30.99 seconds, Hailey Clairmont was eighth in 32.71 seconds, Anna McDonald was ninth in 34.18 seconds and Violet Smith was 11th in 35.35 seconds.

Adeline Takantjas won the 100-meter hurdles in a time of 18.52, with teammate Aspen Fillebrown was second in a time of 18.86 seconds. Takantjas also won the 300-meter hurdles in 53.34 seconds and Fillebrown was third in 1:00.31.

The Belmont 4X400-meter relay team of Nialetz, Emilie DeFrancesco, Takantjas and Lacasse took the win in 4:34.76, the team of Rebekah Edgren, Helena Papadopoulos, Clairmont and Devyn VonKadich was second in 5:02.97 and the team of Fillebrown, Riley Degange, Emerson Decato and Ray finished in fourth in 5:15.08. The 4X100-meter team of Watson, Stevens, Cate McDonald and Roe finished in second place in 56.77 seconds.

Takantjas won the triple jump with a leap of 33 feet, 2.5 inches, with Nialetz in third at 27 feet, nine inches, Stevens in fifth at 27 feet, 3.5 inches, Clairmont in sixth at 26 feet, 10 inches and Edgren in seventh at 25 feet, 1.5 inches.

Papadopoulos finished second in the 800 meters in 2:49.14, with Edgren in third in 2:50.87, DeFrancesco in fourth in 2:51.46, Degange in fifth in 2:51.66 and VonKadich in sixth in 2:56.28. Decato was third in the 400 meters in a time of 1:17.42.

Violet Smith was second in the shot put with a toss of 22 feet, with Lillian Petersen in third place at 21 feet, seven inches, Tonkin in fifth at 21 feet, 5.5 inches, Madelyn Moorehead in eighth at 19 feet, five inches and Dahlia Beaudette in 10th at 16 feet, 2.5 inches. Petersen was fourth in the discus with a toss of 48 feet, three inches, Moorehead was fifth at 46 feet, 11 inches, Beaudette was sixth at 41 feet, 10 inches and Tonkin was eighth at 39 feet, four inches.

Harmony Rivera was second in the javelin with a toss of 68 feet, five inches, Tonkin was third at 66 feet, two inches and Petersen was sixth at 42 feet, 10 inches.

For the Raider boys, Colby Vetter won the 100 meters in a time of 11.43 seconds, with Damien Sanborn in fifth in 11.88 seconds, Demetri Kafkoulas in seventh in 12.05 seconds, Derik Matthews in 13th in 12.6 seconds, Devlin Gamache in 22nd in 13.34 seconds, Dylan

McDermott in 24th in 13.85 seconds and Fred Maynard in 27th place in 14.69 seconds. Matthews was fourth in the 200 meters in 26.57 seconds, David Tripp was seventh in 27.38 seconds, Spencer Cate was eighth in 27.47 seconds, Cullen Decato was 10th in 28.4 seconds, Gamache was 14th in 29.73 seconds, McDermott in 15th in 30.22 seconds, Collin Besagai in 17th in 31.02 and Maynard in 18th in 31.94 seconds.

Tripp won the 110-meter hurdles in a time of 19 seconds, with Decato in sixth place in a time of 23.06 seconds. Tripp also won the 300-meter hurdles in a time of 51.49

seconds.

Nathan Allard took top honors in the high jump, clearing five feet, while in the long jump, Allard was 12th at 16 feet, two inches, Cate was 16th at 15 feet, two inches, Ryan Cribbie was 19th at 24 feet, 7.5 inches, Gamache was 24th at 13 feet, 5.5 inches, Maynard was 25th at 12 feet, 8.75 inches, Kamdin Boyd was 26th at 12 feet, 8.75 inches, McDermott was 27th at 12 feet, six inches and Besagai was 30th at 11 feet, seven inches. Sam Slayton took third in the triple jump at 36 feet, five inches, Tyler Flanagan was fifth at 34 feet, Allard was seventh

at 33 feet, 7.25 inches, Cribbie in 12th at 28 feet, 2.5 inches and Gamache in 14th at 21 feet, .75 inches.

Ethan Rivera won the shot put with a toss of 38 feet, 4.5 inches, with Hunter Erlick in second at 37 feet, 10.5 inches and Brady Filteau in third at 37 feet, 5.5 inches.

Filteau won the discus with a throw of 125 feet, nine inches and Erlick took second in the javelin with a throw of 115 feet, four inches, with Flanagan in eighth at 91 feet and Brendan Schofield in 16th at 64 feet, 10 inches.

Tyler Durand was second in the 400 meters

in a time of 58.04 seconds, with Baidyn Lewis in third in 59 seconds, Andrew Cryans in ninth in 1:05.21 and Nicholas Daigneault in 11th in 1:06.24. Henry Ashworth was 10th in the 800 meters in a time of 3:07.08.

The Belmont team of Kafkoulas, Sanborn, Matthews and Vetter took second in the 4X100-meter relay in 46.99 seconds, with the team of Sam Slayton, Richard Johnson, Schofield and Allard in second in 49.07 seconds and the team of McDermott, Decato, Christian Edgren and Cate was seventh in 52.57 seconds. The 4X400-meter team of

Durand, Kafkoulas, Lewis and Sanborn was third in 3:55.28, the team of Cribbie, Edgren, Johnson and Cryans was fifth in 4:19.61 and the team of Bryson Blanchard, Flanagan, Ashworth and Daigneault was sixth in 4:38.13.

The Raiders are scheduled to be at home on Friday, May 10, at 4 p.m. and will be at Gilford on Tuesday, May 14, at 4 p.m.

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





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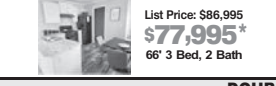

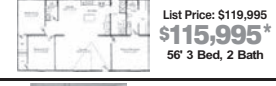
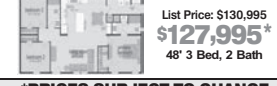




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# MVSB President Marcus Weeks named Business Leader of Year



Marcus Weeks

MEREDITH — MVSB (Meredith Village Savings Bank) is excited to announce that Marcus Weeks, MVSB President, has been named Business Leader of the Year by Business NH Magazine. He will be honored with the award at the 2024 Business of the Year Awards Luncheon on May 23 in Manchester.

Each year, Business NH Magazine and the NH Association of Chamber of Commerce Executives accept public nominations for exceptional New Hampshire businesses, nonprofits and business leaders for their Business of the Year Awards. Winners are chosen by a Panel of Excellence comprised of executives from the prior year's winning companies and selected based on their industry leadership, letters of recommendation from chamber executives and business leaders, and community involvement.

"We received so many impressive nominations this year," said Matt Mowry, Business NH Magazine Executive Editor. "But Marcus consistently stood out to the judges for his impressive accomplishments in the banking industry as well as his dedication to supporting New Hampshire's communities."

Marcus began his career as student teller at MVSB's Center Harbor office while in high school. He has held many roles with the company as he has grown his career, including serving as Mortgage

Loan Officer, Business Development Officer and Branch & Business Development Manager. He was promoted to Senior Vice President & Senior Retail Banking Officer in 2018, where he became a valued contributor at the senior management level and he was selected to lead the Bank as President in 2022.

"Marcus's humble and approachable leadership style fosters a culture where his employees feel comfortable sharing new ideas and being their authentic selves at work – and his passion for supporting the community inspires others around him to get involved and give back," said Gregg Tewksbury, President and CEO of New Hampshire Mutual Bancorp, the shared services organization for MVSB. "He truly exemplifies the caring and collaborative spirit of MVSB and we are excited to see him recognized with this well-deserved honor."

Weeks takes great pride in the relation-

ships he has built being engaged in local events and happenings and has been an active volunteer for numerous nonprofits since the start of his career. He currently serves as vice chair of the board of directors of the Lakes Region Visiting Nurse Association, as a board member of Geneva Point Center, as a member of the executive committee of Boys & Girls Club of Central New Hampshire, as a board member and mem-

ber of the governance committee for Spaulding Academy & Family Services, and serves on the NH Bankers Association's Legislative Affairs Committee. His past involvement includes serving on the Board of Directors for the Wentworth Economic Development Corporation, Meredith Area Chamber of Commerce, Eastern Lakes Region Housing Coalition and Habitat for Humanity.

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ing the essential banking needs of people, businesses, nonprofits and municipalities for over 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, Gilford, Laco- nia, Melvin Village, Mer- edith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

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Please send letter of intent, resume, and references to:  
 Jonathan Bownes, Principal  
 Thornton Central School  
 1886 NH Rte 175  
 Thornton, NH 03285  
 jbownes@pemibaker.org

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

# GENERAL SERVICES

**PROPERTIES FOR RENT**  
**Prince Edward Island, Canada**  
**Summer/Fall Weekly Cottage Rental**  
 2-bedroom newly constructed oceanfront cottage that sleeps 8. Sweeping views of the pond, ocean and lighthouse. Enjoy kayaking, bicycling and beach walking.  
 \$900/wk. Contact Scott at 603-254-5032 or scottm@plymouth.edu

**TYBEE ISLAND, GEORGIA**  
**YEAR-ROUND SHORT-TERM RENTAL**  
 1-bedroom unit overlooking ocean in a gated community with pool and walkway to beach. Sleeps 4. Watch dolphins at play, freighters, pelicans and fishing boats. Prices vary.  
 Contact Oceanfront Cottage Rentals at 800-786-5889 or <http://www.oceanfrontcottage.com/listings/218-bay-breezes>

**FOR SALE**  
**3 GREAT HARLEYS**

**97 Heritage SPRINGER SOFT TAIL.**  
 1999 FXR3  
 2003 ROAD KING CLASSIC  
 603-569-4799

**SNHS**  
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 The Community Action Partnership serving Hillsborough and Rockingham Counties

**SENIOR HOUSING**  
 Accepting applications for one-bedroom apartments for the following waiting lists:

**COMMON MAN COMMONS**, 48 West Street, Ashland, NH 03217  
**RIVERVIEW VILLAGE**, 780 Lake Street, Bristol, NH 03222  
**CAMPTON MILLS**, 349 Owl Street, Campton, NH 03223  
**PEMI COMMONS**, 230 Fairgrounds Road, Plymouth, NH 03264  
**COUNCILOR RAY BURTON COMMONS**, 10 Washington Drive, N. Woodstock, NH 03262

**HUD income guidelines for Grafton County:**  
 One Person - Gross Annual Income Limit - \$37,900.  
 Two Person - Gross Annual Income Limit - \$43,300.

**ICE POND VILLAGE**, 13 Ice Pond Road, Lancaster, NH 03584  
**ECHO VALLEY VILLAGE**, 20 Back Lake Road, Pittsburg, NH 03592  
 "First Month - Rent Free" (one-time incentive for Pittsburg applicants only)

**HUD income guidelines for Coos County:**  
 One Person - Gross Annual Income Limit - \$36,600.  
 Two Person - Gross Annual Income Limit - \$41,800.

Tenants pay 30% of their adjusted monthly income for rent. This includes heat, hot water and electricity. Eligible applicants must be 62 years of age or older.

To request information or receive an application by mail contact:  
**Management Office**  
 10 Washington Drive, North Woodstock, NH 03262  
 (603) 745-4989  
 NH Relay 7-1-1

The properties listed are managed by SNHS Management Corporation. [www.snhs.org](http://www.snhs.org)

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603.726.3076 | [owlsnestresort.com/foodbeverage](http://owlsnestresort.com/foodbeverage)

**Town of Plymouth**  
**Highway Department**  
 Plymouth, NH 03264  
 (603) 536-1623 • Fax (603) 536-0042  
[highway@plymouthnh.gov](mailto:highway@plymouthnh.gov)

The town of Plymouth Highway Department is currently accepting applications for the position of Highway worker. If you are hardworking, team player, with a positive attitude and willingness to learn, you may be the person we are looking for. Candidates **need a valid driver's license with CDL-B endorsement**. This position performs duties in all areas of construction and other assigned projects to include summer and winter maintenance of roadways. Duties include but are not limited to, operating heavy machinery necessary for road maintenance, maintaining municipal equipment and plowing roadways for winter operations, and other road maintenance tasks. Successful candidate will be required to be on-call for a week at a time on a rotating schedule.

If you are looking for a drug free, appreciative working environment that offers a competitive wage and benefit package including: Vacation, Sick Leave, Personnel Days, Educational Training, Health Insurance (Employee pays 15% of premium), Dental Insurance (Employee pays 100% of premium), Group Disability and Life Insurance, and retirement through NH Retirement System, you may be the person we are looking for. The Town of Plymouth is an equal opportunity employer. Applications are available at the Plymouth Town Hall (603-536-1731), the Towns Website [www.plymouthnh.gov](http://www.plymouthnh.gov) or at the Plymouth Highway Department (603-536-1623) from 8am to 4pm, Monday through Friday. Applications will be accepted until a suitable candidate is appointed.

# GENERAL SERVICES

**LOW COST SPAY/NEUTER**

Rozzie May  
 Animal Alliance, cats and dogs.  
 Cat Cab service available.  
 Military discounts.  
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[www.rozziemay.org](http://www.rozziemay.org)  
 or call 603-447-1373

**BMW MOTORCYCLES WANTED**

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**CALL 603-520-1765**

# Winnisquam Regional School District celebrates school lunch heroes

REGION — The first Friday in May is School Lunch Hero Day, dedicated to those men and women who make the cafeterias and the schools a better place to be!

For many children, the cafeteria is the first place they enter on a school day. From the first time through the cafeteria line, the lunch hero has more than nutrition on their minds. The well-being of every child is important to them. Keeping them safe, happy, and providing them

with good and delicious food is also a priority. Inspired by children's author and illustrator, Jarrett Krosoczka created School Lunch Hero Day to honor the food-service employees after returning to his old school, and finding his childhood lunch lady remained and remembered him.

The Winnisquam Regional School District is pleased to recognize these important men and women and appreciate all that they do for our students every day.

COURTESY

Pictured above are WRHS Food Service staff members Samantha Bailey, Jennifer Warner, Hope Dube, Pam Rozean, Richel Laughy, Kim Sanborn, and Food Service Director Rob Cohen; Southwick School Food Service staff members Dianna Colby and Betty St. Onge; WRMS Food Service Staff members Donald Rudolph and Amy Deacon; Sanbornton Central School Food Service Staff Bryn Colby and Barbara Poire.



# Winnisquam Regional School District honors school principals

REGION — School Principals' Day, which is celebrated on May 1st was established to honor and show appreciation to the amazing school administrators who work hard every day to create an enriching learning environment for students.

National School Principals Day can actually be traced back to the Na-

tional Association of Elementary School Principals (NAESP), which was founded in 1921. In 1984, the NAESP established the first National Principals Month in October, to recognize and honor the contributions of principals across the country.

In 2000, Janet Dellaria, who had already found-

a Walk Day, proposed a new holiday, which became National Principal Appreciation Day. Since then, National School Principals Day is celebrated every year, with schools, teachers, students, and communities taking the opportunity to express their appreciation for the hard work and dedication of school principals.



COURTESY

Pictured above are Chris Ennis, WRMS Principal, Stephanie Parzick Southwick School Principal, Jason Javalgi Sanbornton Central School Principal, and Dr. Angela Friborg WRHS Principal.

## Anestis wins Panther Award at Plymouth State

PLYMOUTH — The Plymouth State University Department of Athletics held its annual Panther Awards ceremony last Monday night, honoring individual student-athletes from each athletic program.

The ceremony was held in Hanaway Theatre and recognized both senior student-athletes

and each program's Panther Award winner. The Panther Award is one of the department's highest honors, recognizing individuals from each athletic team and the athletic training program who best represent Plymouth State Athletics' mission on the field, in the classroom and throughout the community. Each program has

the leniency to set its own additional criteria. Senior Erik Lavallee, a department intern, was also recognized for his contributions to the department over the last three years.

Belmont's Chase Anestis was named the Panther Award winner from the Plymouth State wrestling team.



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