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WRHS students excel at STEM Racing USA National Finals

TILTON — The STEM Racing USA National Finals (formerly known as F1 in Schools) is the premier national competition where middle and high school students design, build, and race miniature, CO2-powered cars. It is essentially the junior version of a Formula 1 engineering department, combining high-speed racing with rigorous technical evaluation. On April 12, students and staff members from Winnisquam Regional High School traveled to Charlotte, N.C., for the 2026 STEM Racing USA National Finals.

the students established racing teams and filled specialized roles, including Team Manager, Resource Manager, Sponsorship and Marketing Manager, Graphic Design, Design Engineer, and Manufacturing Engineer. Beyond just racing, the teams developed unique branding, secured sponsorships, and engineered cars to meet rigorous technical specifications.

The event is not just about who crosses the finish line first. Teams are judged on a comprehensive "Formula 1" business model. Teams use CAD/



COURTESY

Pictured above are Winnisquam Regional High School Students Paxton Ryba, Aiden Sheehan-Seufert, Carly Drew, Caidyn Carter, Lazar Arbutina, Chris Collins, Katherine Allen, Logan Hanson, Mason Dubreuil, Owen Bakis, Carter Lloyd, and Abigail Meunier.

Throughout the year, in their STEM Racing class,

SEE FINALS, PAGE A8

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

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

Held during National Mental Health Awareness Month, this event supports the vital mental health programs and services provided by LRMHC. With main offices in Laconia and Plymouth, LRMHC is the state-designated com-

munity mental health center that serves up to 4,000 residents of 24 central NH towns and provides up to \$900,000 in charity care each year.

"We are humbled to be the title sponsor of this family-friendly event that brings the community together while supporting LRMHC," said Barbara Lawler of the Nucar Family of Dealerships. "Nucar is committed to giving back to the communities we serve."

LRMHC plays a crucial role in New Hamp-

shire's safety-net mental health system, providing individual and group therapies, 24-hour emergency services, mobile crisis response, open access, and short-term crisis stabilization.

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

for the support of the Nucar Family of Dealerships, Tanger Outlets, and our many other sponsors."

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

SEE 5K, PAGE A8

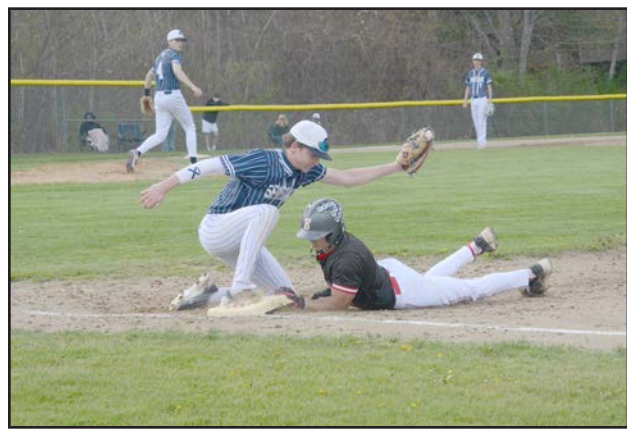
Tilton Senior Center hosting program on scam awareness

TILTON — Senior fraud targets individuals aged 60 and older, stealing billions annually through scams such as grandparent scams, tech support, and government impersonation. New scams are continually emerging and becoming more sophisticated.

Lori-Ann Bolduc, Franklin Savings Bank Tilton Branch Manager, will be at the Tilton Senior Center on Thursday, May 21 at noon to speak about how to best protect your financial security. She will provide helpful resources and tips to help you stay vigilant and prevent fraud. The program is free and open to the public.

Tilton Senior Center is located at 11 Grange Rd., Tilton. For more information, please call 603-527-8291.

Raiders blast three homers, cruise past Spartans



Belmont's Brayden Townsend dives back into first as White Mountains Regional's Landin Foss takes the throw in action last Thursday.



JOSHUA SPAULDING

Wyatt Divers pitched a complete game for the win over White Mountains last Thursday afternoon.

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont baseball team swung some big bats as the White Mountains Regional Spartans came to town on Thursday, May 7.

The Raiders blasted three homers and pushed across 12 runs on the way

to a 12-3 win over the Spartans.

Belmont plated three runs in the bottom of the first inning and never looked back. The Spartans scored two in the top of the second and tied the game with a run in the top of the third before the Raiders added a run in the bottom

of the third and then plated four in the fourth, one in the fifth and three in the sixth on the way to the win.

"We came out today and performed in all three phases of the game," said Belmont coach Matt LeBlanc. "(Wyatt) Divers had his best pitching performances of the season,

striking out 10 and keeping them off balance, our offense provided some real pop today and add some great defense, no errors and some highlight plays by Max Ryder and that's a recipe for success."

Belmont starter Wyatt Divers set the side down in order in the top of the first

inning and the Raiders got to Spartan starter Deagan Stover in the bottom of the inning. Brayden Townsend led off with a base hit and stole second and Divers worked a walk. Wyatt Bamford reached on an error to bring both runners home and then Wil Kenison made a great play in center field for the first out

of the inning. After Stover got a strikeout, a base hit from Sam Binder pushed the lead to 3-0 before Stover got a strikeout to end the inning.

Stover led off the top of the second inning with a walk and stole second. One out later, Landin Foss

SEE BASEBALL, PAGE A8

Early deadlines for Memorial Day

With Memorial Day falling on what would ordinarily be our press deadline for that week's edition (Monday, May 25), the submission deadline for any press releases and letters to the Editor intended for publication that week has been moved up to Thursday, May 22 at 4 p.m. Submissions can be e-mailed to Editor Brendan Berube at brendan@salmonpress.news.

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Sanborn Mills Farm, Canterbury Shaker Village announce 2026 partnership

CANTERBURY — Sanborn Mills Farm and Canterbury Shaker Village are proud to announce a new pilot partnership, bringing together two organizations rooted in land, craft, and community to advance a shared vision for the future of historic places.

Sanborn Mills Farm will actively farm the historic Shaker gardens, activating the landscape as a living system of production, education, and interpretation. Beginning this spring and continuing through mid-summer and into fall, visitors will encounter a landscape in motion—with vegetables and grains in production, draft animals working, and gardens in bloom. Visitors will be able to see experienced farmers in action and learn about specific crops and techniques.

The strengths of Canterbury Shaker Village as

a museum and of Sanborn Mills Farm as a working farm combine to create an experience that is both authentic and alive, showcasing a place that honors tradition and is purposeful and real.

This collaboration reflects a commitment to active stewardship of the historic site and

honors the Shaker's agricultural legacy. Together, the organizations will explore expanding educational opportunities, deepening visitor engagement, and demonstrating how working landscapes can remain vital, relevant, and alive. At its core, this partnership is grounded in a shared belief that these places are living environments where use is preservation, and where history continues through practice.

"We are pleased to join forces with Sanborn Mills Farm, an organization and community

neighbor who shares our sense of stewardship and education. Their team demonstrates

increasingly rare experience in traditional farming, which will help us to interpret the

Shaker gardens in a real and productive way," said Erin Hammerstedt, Executive Director of Canterbury Shaker Village.

Both organizations are excited about the land's potential: "This is about more than a

partnership. It's about shared purpose," said Michael Molla, Executive Director of Sanborn Mills Farm. "We believe deeply in 'practice, not reenactment'—that work is the archive. Together, we have an opportunity to demonstrate what it looks like when historic places are preserved, and actively lived in, worked, and made relevant for today and for the future."

This is a model for what mission-driven partnership can look like: one that connects history to practice, aligns values with action, and extends impact beyond the boundaries of a single campus.

There's also a beautiful element of serendipity to this collaboration. Laura Dahl, Market

Gardener of Sanborn Mills Farm, recently learned that her grandmother lived at Canterbury Shaker Village as a child after her family lost their nearby home to fire. The Shaker community welcomed them and provided a place to live until they were able to get back on their feet. To Dahl, stepping into this role to steward the land into its next chapter, has been incredibly powerful.

The pilot marks the first phase of what both organizations see as a potential long-term

collaboration. There is opportunity to not only grow in scope, but to serve as a leading

example of how place-based institutions can work together to shape a more engaged and sustainable future.

Canterbury Shaker Village, Inc., is an internationally-known non-profit museum founded in 1969 to preserve the heritage of the Canterbury Shakers. Designated as a National Historic Landmark for its architectural integrity and significance, the Village has 25 restored original Shaker buildings, four reconstructed Shaker buildings, and 694 acres of forests, fields, gardens, nature trails, and mill ponds under permanent conservation easement. Tours, programs, exhibits, and events help visitors chart their own journey of simplicity, caring, and community.

Sanborn Mills Farm is

a center for the renewal of the human spirit, a place to cultivate

creativity and joy, and an anchor for our individual, collective, and shared experiences.

SMF expands its traditional farming practices, including draft animal power, growing fruits, vegetables, animals, grains, trees, ornamental gardens, fiber, and other materials for use in making things. Remaining rooted in regenerative practices, our products are used in our community. SMF teaches traditional crafts, farming with draft animals, and animal husbandry and the skills need to repair, maintain and run water-powered mills and is guided by a desire to achieve perfection through what can be accomplished by working with one's hands.

Winnisquam Regional School District staff recognized by School Board and community



COURTESY

Southwick School staff Crystle Perry, Candace Emery, Betty St. Onge, Julie Swain, and Heather Subocz enjoy a lovely lunch to conclude their Teacher Appreciation Week festivities.

REGION — The Winnisquam Regional School District proudly concluded its celebration of Teacher Appreciation Week, held from May 4 through May 8. Throughout the week, teachers and all school staff across the district were recognized for their tireless dedication and unwavering commitment to students.

Parents, PTO members, community partners, the Superintendent's Of-

fice, and the Winnisquam Regional School Board joined forces to express their gratitude. This collective effort underscored the vital role educators and support staff play in the lives of Winnisquam's students and the overall strength of the community.

The history of Teacher Appreciation Week dates back to 1953, sparked by the advocacy of First Lady Eleanor Roosevelt, who championed the need for

a dedicated day to honor teachers. While some earlier state-level celebrations may have occurred, her involvement was instrumental in establishing a national recognition. It is believed that letters from teachers in Wisconsin or Arkansas played a role in bringing this important cause to her attention.

A highlight of the week was the special luncheon provided at each school, generously sponsored by

the Winnisquam Regional School Board.

The School Board conveyed a heartfelt message to the staff, stating, "You are the backbone of our schools and the architects of our students' futures. Thank you for your unwavering commitment and for making a lasting difference in our community."

In addition, PTO groups across the district treated staff to daily treats ranging from a coffee cart, lunch,

and surprise gift bags.

This year's Teacher Appreciation Week highlighted the incredible influence Winnisquam educators and staff exert on the next generation. Their enthusiasm, flexibility, and steadfast encouragement are held in the highest regard by everyone across the Winnisquam Regional School District community.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of April 27 to May 4.

A 28-year-old female and 51-year-old male, both from Laconia, received a summons in lieu of arrest on April 28 for camping in a restricted area.

Adam Daniel Jenna, age 45, of Tilton was arrested on April 28 for Criminal Mischief, Conduct After an Accident, Driving After Revocation or Suspension of license, and driving after Suspension of Vehicle Registration.

A 44-year-old female from Tilton received a summons in lieu of arrest on April 29 in connection with a warrant.

Leah A. Wallace, age 29, of Belmont was arrested on May 1 for operation of a motor vehicle by an improper person, Endangering the Welfare of a Child, and Breach of Bail.



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LRAA announces Artists of the Month



TILTON — Lakes Region Art Association members have the opportunity to enter a piece of artwork into the Artist of the Month Program at each monthly Member Meeting. Winners are able to display and sell a single work for a month in various public venues throughout the Lakes Region in participating Banks and Libraries or Local Businesses.

April 2026 Artists of the Month, pictured above, included, left to right — Back Row: Don Giguere, James Cryan. Front Row: Elizabeth Cryan, Gail Brunt, Martha Aucoin

The winning artists' artwork will be on display in locations in the Lakes Region through the third week of May 2026.

Martha Aucoin, this month's First Place winner has the distinct honor of displaying several pieces of her artwork at Annie's Cafe & Catering in Laconia, NH. Chill out with some scrumptious homemade soup and sandwiches and enjoy the art while you eat!

The art pieces for the Honorable Mention artist will be on display through the third week of April in the following locations:

- James Cryan - Camden Bank, Tilton
- Don Giguere- Laconia Library
- Liz Cryan - Franklin Savings Bank, Franklin
- Gail Brunt - Gilford Library
- Sherwood Frazier* - *Not Pictured
- Camden Bank, Meredith
- Sherwood Frazier*-

Franklin Savings Bank, Gilford

Sherwood Frazier* - *Not Pictured

Cornhole tournament to benefit Greater Lakes Region Children's Fund

LACONIA — A community cornhole tournament aimed at supporting local children is set for Saturday, May 16, at the Laconia VFW.

The event, titled "Tossing Bags for Kids," will raise funds for the Greater Lakes Region Children's Fund, which supports youth and families across the region. Organizers say the day is designed to combine friendly competition with a strong community purpose.

Registration begins at 10 a.m., with games starting at 11 a.m. The cost is \$50 per team, and individual players are welcome, with organizers offering to pair up singles. The registration fee includes lunch for participants.

In addition to the tournament, the event will feature a silent auction, raffles, and a 50/50 drawing, giving attendees multiple ways to contribute to the cause.

The tournament is being organized by the Cafe Deja Vu Pub Mania Team, with sponsorship support from Zero Waste and Foley Oil & Propane.

Event organizers encourage early registration due to expected interest. Those looking to sign up in advance or seek more information can contact Tony Felch at 603-998-1418 or by email at ynotynot@peoplepc.com.

Spring Craft Fair returns to Tanger Outlets



TILTON — Shoppers and craft enthusiasts will have plenty to explore when the Lakes Region Spring Craft Fair returns May 16 & 17 at Tanger Outlets Tilton.

The two-day event will run Saturday from 10 a.m. to 5 p.m. and Sunday from 10 a.m. to 4 p.m., featuring more than 80 exhibitors offering a wide variety of handmade goods and specialty items. Admission is free, and the event will be held rain or shine under canopies.

Visitors can expect an eclectic mix of arts and

crafts, including handmade jewelry, laser-cut wood products, baked goods, soy candles, sublimation art, metal caricatures, scarf accessories, goat milk soaps, custom embroidery, and handcrafted wooden flags and crosses. Organizers say the fair is designed to showcase both traditional craftsmanship and newer creative techniques.

A highlight of the weekend will be a live chainsaw carving demonstration by artist Elise, who will create wood sculptures from logs on site. Live music is also planned for Saturday after-

noon, featuring a performance by the band North River.

The event is family-friendly, and leashed dogs are welcome.

The fair is organized by Joyce's Craft Shows, which hosts events across the region throughout the year. More information is available by calling 603-387-1510 or visiting joyces-craftshows.com.

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Tilton Senior Center held its third annual Photo Contest in April. The contest was open to all, and everyone was welcome to vote for their favorite photo. Twenty-two photos were entered, and eighty votes were cast. The theme was "Colors." Pictured is Anna Omdahl who won first place with her entry. June Emery won second place, and Diann Eaton won third place. The photos went on display at Hall Memorial Library for the month of May. The Tilton Senior Center is located at 11 Grange Rd., Tilton, 603-527-8291.

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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.

Building more than race cars

In small-town New Hampshire, it can sometimes be easy to underestimate what our students are capable of. We look at our modest school buildings, our tight budgets, and our rural communities and wonder whether our young people can truly compete on a national stage. Then something like the recent performance by students from Winnisquam Regional High School at the STEM Racing USA National Finals reminds us that talent, determination, and creativity are not limited by geography.

Traveling to Charlotte, N.C., students from Winnisquam Regional High School entered one of the most sophisticated academic competitions in the country. This was not simply a race involving miniature cars. It was a demanding engineering and business competition requiring students to design, market, budget, present, and manufacture high-performance vehicles under strict specifications. In many ways, it mirrored the structure of a professional Formula 1 racing organization.

What makes this accomplishment especially noteworthy is the breadth of skills involved. These students were not only learning engineering principles and CAD software. They were also building marketing campaigns, managing sponsorships, developing team branding, preparing professional presentations, and collaborating under pressure. Those are real-world skills that extend far beyond the classroom.

Too often, discussions about education become narrowly focused on standardized tests and graduation requirements. Those measurements have their place, but programs like STEM Racing demonstrate something equally important: the ability to apply knowledge in meaningful, practical ways. These students learned how to solve problems, communicate effectively, manage deadlines, and work together as a team. Those lessons will serve them well whether they eventually become engineers, entrepreneurs, tradespeople, educators, or business leaders.

The fact that Winnisquam teams finished among the top competitors in the nation should make this entire region proud. A sixth-place ranking during competition and a top-10 national finish are remarkable achievements for any school, let alone one from a rural district competing against programs from much larger communities with extensive resources.

Equally impressive is what students themselves said about the experience. One student spoke about the excitement of competing nationally while still having fun. Another noted that the class provided real-world experience unlike a traditional classroom setting. That may be one of the most important takeaways of all.

Education works best when students are engaged. When young people see a direct connection between what they are learning and the real world, curiosity grows. Confidence grows. Ambition grows. Programs like this create opportunities for students who may not always thrive in traditional lecture-based environments. They show students that academics can be hands-on, collaborative, and exciting.

These opportunities do not happen by accident. They require teachers willing to devote enormous amounts of time and energy. They require school districts willing to invest in innovative programming. They require community support and often local sponsors willing to help students reach larger stages. Behind every successful student competition is a network of adults quietly helping make it possible.

The trip itself also carried value beyond competition. Touring professional racing facilities, speaking with industry experts, and seeing advanced technology firsthand helps students envision futures they may never have previously considered. Exposure matters. Sometimes a single experience can change the trajectory of a young person's life.

In communities like Tilton, Northfield, and Sanbornton, there is understandable concern about keeping young talent here in New Hampshire. One of the best ways to do that is by giving students opportunities to develop meaningful skills and discover pathways to successful careers. STEM education, technical training, and experiential learning are all critical parts of that equation.

The students of Winnisquam Regional High School did more than race miniature cars in North Carolina. They demonstrated what is possible when education becomes innovative, ambitious, and connected to the real world. They represented this region with professionalism and pride.

And perhaps most importantly, they reminded all of us that extraordinary things can grow from ordinary New Hampshire classrooms.

COURTESY
The Tilton Senior Center recently held a Quilt of Valor ceremony, awarding two Veterans with a Quilt of Valor for their service in the United States Military. A Quilt of Valor (QOV) is a quality, handmade quilt that is machined or hand quilted. It is awarded to a service member or veteran who has been touched by war. The Quilt says unequivocally, "Thank you for your service and sacrifice in serving our nation." At the Tilton Senior Center, the Veterans received beautifully crafted quilts made by the Patriot Piecemakers, Quilt of Valor located in Penacook. Pictured: Kathy Bacon, founder of Patriot Piecemakers, Dan Thompson who served in the Navy during the Vietnam War and Cold War, and Larry Leonard, Jr., who served in the Air Force during the Vietnam War.



The last pencil sharpener in town

KIND FOLKS, COLD WINTERS

By CHIPPY

I was standing in a small hardware store the other day when I saw something I hadn't thought about in years.

Mounted to a wooden post near the register was an old metal pencil sharpener. The kind with a hand crank on the side. Gray paint worn thin around the edges. Tiny shavings curled beneath it like cedar ribbons.

For a second, I honestly thought it might not even work anymore.

But then, a little boy, maybe eight or nine years old, walked over with a yellow pencil and started turning the crank. You could hear the soft grinding sound clear across the store. Not loud. Just steady and mechanical in a comforting sort of way.

His mother smiled at him like he'd discovered buried treasure.

And maybe he had.

You don't see many pencil sharpeners like that anymore. Schools have gone to electric ones, when they use pencils at all. Most of us type everything now. Grocery lists. Letters. Calendars. Half the time I can barely remember my own

passwords, but apparently I'm supposed to keep my entire life organized inside a little glowing rectangle.

I try. Lord knows I try. But I still trust a pencil more than a battery.

A pencil doesn't freeze up during an important moment. It doesn't ask for software updates. It doesn't suddenly decide your password isn't good enough anymore after you've typed the exact same thing for three years.

A pencil just quietly waits.

There was a time when every town in New Hampshire smelled faintly of pencil shavings this time of year. School offices. Town halls. Library desks. Bank counters. Tiny insurance agencies with fake wood paneling and coffee brewing somewhere in the back room.

You'd walk in and see calendars hanging crooked on the wall and a coffee mug full of sharpened pencils near the phone.

Nobody thought twice about it.

Now half the pens chained to public counters

don't even work.

I suppose every generation notices these little disappearances. My father probably looked around at some point and wondered where all the hitching posts went. Or why nobody repaired shoes anymore.

For me, it's the vanishing of ordinary little objects that once felt permanent.

The wall-mounted pencil sharpener.

The metal ice cube tray you had to twist.

The cardboard box beside a cash register marked "Take a penny, leave a penny."

Not valuable things. Just familiar things.

Maybe that's why seeing that sharpener stopped me in my tracks. It reminded me that not everything useful needs replacing simply because something newer came along.

There's an old-fashioned dignity to tools that do one simple job well.

And maybe people aren't so different.

I think sometimes we wear ourselves out trying to become newer versions of ourselves all the time. Faster. More connected. More productive. More reachable every second of the day. Meanwhile the

best people I know are usually the steadiest ones. The neighbor who remembers to check on an elderly widow after a snowstorm. The fellow at the transfer station who waves to everybody. The waitress who calls you "hon" and actually seems to mean it.

No upgrades required. Just dependable.

That little boy at the hardware store stood there mesmerized by the pencil sharpener for nearly a full minute. Turning the crank slowly. Watching the curls fall. Looking genuinely pleased with himself afterward.

I realized then that maybe younger people aren't as different from us as we sometimes claim. Give anybody something real to hold in their hands, something simple and honest, and they understand its value pretty quickly.

The world still knows quality when it sees it.

As I left the store, I noticed the owner had written the day's lunch special on a small paper sign near the register. Thick pencil marks. Slightly crooked handwriting.

Nothing fancy.

But somehow it felt more trustworthy than a digital screen ever could.

Comfort Keepers

Help seniors prepare their homes for summer

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Summer months can become exceedingly hot for many but especially for seniors. Every summer, the news reports stories of seniors facing life-threatening conditions, and in some cases, even death, due to effects of high temperatures. While it is widely known that seniors should take care when venturing outdoors during sweltering hot days, it is also important for seniors to know they can become overheated in their own homes.

As seniors age, their bodies become less able to regulate internal temperatures. Sometimes medications they take can contribute to this condition. As a result, you may find that seniors wear sweaters because they feel chilly

when, in fact, they should not be cold at all. Other seniors may opt to leave air conditioners off for the same reason. In summer months, this type of behavior can cause seniors to become overheated in their own homes.

It is vitally important for seniors to be aware of the dangers of becoming overheated. One place to start is by helping seniors prepare their homes for the summer months, especially if they live in areas where temperatures become extreme.

Exterior

Make sure caulking around windows and weather strips around doors are in good repair. Having windows tinted to keep the sunlight at bay can help keep homes cool. Hire an air conditioning repair

company to perform service on units: clean coils, filters, and appropriate freon levels ensure air handlers are efficient and prevent break-downs during critical months. Check to see if insulation and ventilation in the attic is sufficient. Planting shade trees to provide cover from the sun can help keep homes cool.


Interior

Install ceiling fans to keep rooms cool. Remember, during the summer months ceiling fans should be set to run in a counter-clockwise motion to vent air downwards for a cooling affect. (Most fans have a switch above the blades to do this, as in the winter months the blades should be running in a clockwise motion). Make sure drapes or shades are adequate to keep the sun

from beaming in through the windows during the peak of the day. Make sure the clothes dryer vents are clear. If they are clogged, the heat generated by the dryer seeps into the home instead of out the vent. Clogged dryer vents can present a fire hazard, so it is especially important to maintain them properly. Small, battery-operated personal fans can help. Spray bottles filled with water offer a refreshing spritz to keep from overheating.

In any event make sure seniors understand the dangers of becoming overheated during the summer. Some may be surprised this can happen in their own homes. The more education they receive regarding the dangers, the more able they are to take

SEE JUMPWORD, PAGE A5



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Mount Washington Cruises announces historic expansion of summer schedule

REGION — Mount Washington Cruises has announced the most significant expansion of its summer schedule in decades, introducing a new vessel deployment strategy, additional daily departures, and enhanced connectivity across Lake Winnepesaukee.

"These are historic changes for our company and for tourism on the lake," said Jared Marai, General Manager of Mount

Washington Cruises. "We are thrilled to offer our passengers more flexibility and new ways to experience the Big Lake than ever before."

Expanded service on the M/S Mount Washington

For the first time, the summer schedule has been redesigned to significantly increase connectivity between Wolfeboro and Weirs Beach, two of the lake's most popular destinations.

New Wolfeboro Departure: Added 1:45 p.m. sailing (in addition to 11:15 a.m.)

New Weirs Beach Departure: Added 3 p.m. sailing (in addition to 10 a.m. and 12:30 p.m.)

The expanded schedule allows passengers more time to explore Wolfeboro's shops, museums, and restaurants, while also introducing new one-way travel options between ports—making it easier

than ever to experience the lake without a car.

Winnepesaukee Spirit moves to Center Harbor

In a major service expansion, the Winnepesaukee Spirit will now operate out of Center Harbor.

Expanded Weekly Service: Multiple sailings per week throughout the summer

New Routes: Service connecting Center Harbor and Wolfeboro

New Experience: Intro-

duction of a Sunset Cocktail Cruise departing from the Wolfeboro Town Docks

Return of the Winnepesaukee Belle

Following an extensive

refurbishment, the Winnepesaukee Belle returns to service from Meredith.

Daily Cruises: Multiple cocktail cruises from Meredith Town Docks, with additional departures from Weirs Beach

Themed Experiences: Including Happy Hour

Cruises, Sunset Dessert Cruises, and the return of the popular Haunted Winnepesaukee Cruises

Looking Ahead: Alton Bay

Mount Washington Cruises is also actively exploring a return to Alton Bay as part of its long-term service plan. The company expects to provide an update on potential seasonal service in the coming weeks.

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,

please visit <https://bird-ease.com/LaconiaGolfClassic> or contact Concord Hospital Trust at (603) 227-7162.

The Laconia Golf Clas-

sic 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.

Grit to Grow Summit to bring teens, parents, educators, and employers together

LACONIA — A three-day youth career and lifeskills event designed to help New Hampshire teens explore their futures will take place June 22-24, bringing together students, parents, educators, training programs, and employers from across the state.

Hosted by New Hampshire 4H, the Grit to Grow Summit is open to rising sophomores through high school graduates from the Class of 2026. The Summit is designed to strengthen career readiness, personal resilience, and realworld life skills through hands-on learning and direct engagement with industry and community partners.

"This is more than a traditional career fair," said Mike Harris, 4H Program Manager for Belknap County. "The Grit to Grow Summit gives young people the chance to try on career paths, build confidence, and connect with adults who can help them take the next step."

The Summit begins June 22 at Lakes Region Community College, where students participating in the overnight option will focus on "Building Your Future Self." Participants will engage in experiential workshops covering budgeting, entrepreneurship, leadership, and self-discovery. The day concludes with a cookout and social activities aimed at fostering connection and

peer support.

On June 23, the Summit moves to the Inn at Mill Falls in Meredith for "Building Your Career," a day open to both teens and parents. Students will rotate through industry-specific workshops, explore training and education options, and meet employers at the Future Pathways Expo. Parents are encouraged to attend as partners, gaining insight into how best to support their teen's evolving goals.

The final day, June 24, also at the Inn at Mill Falls, is geared toward employers and community partners. Professionals will gather to share insight, build partnerships, and participate in a public-facing career fair that emphasizes twoway learning between teens and industry leaders.

Organizers say programs like the Grit to Grow Summit help address the uncertainty many teens feel as they transition from high school into adulthood, especially as education, training, and career pathways continue to evolve.

The Summit offers both

oneday and twoday participation options, with earlybird and regular registration rates available. Full scholarships for Belknap County youth are available through the Belknap County Cooperative Extension Office, ensuring cost is not a barrier to participation.

Community members are encouraged to get involved by spreading the word, supporting teen participation, or engaging as

employer partners and exhibitors.

More information and registration details are available at <https://extension.unh.edu/event/2026/06/discover-your-future-grit-grow-summit>.

For scholarship information, contact the Belknap County Cooperative Extension Office at (603) 527-5475 or ce.belknap@unh.edu.

COMFORT

CONTINUED FROM PAGE A4

care of themselves properly and beat the heat in the summer.

Emergency preparedness

When seniors live home alone, it is important for them to be prepared for emergencies. During sweltering summers, some states initiate rolling blackouts in order to keep power grids from overheating. Sometimes air conditioners simply break, or electricity can go out for other reasons. In these instances, it is important for seniors to be prepared to keep cool until the situation is rectified. Freezing small bottles of water during the summer is a good idea. If the power goes out, removing them for drinking when they thaw can keep seniors cool. It is also a good idea to wet a few washcloths and keep them in the freezer; if there is a power outage, these can be placed on the back of the neck to help keep seniors cool. Storing extra bottled water is crucial to maintain proper hydration during an emergency.

If seniors do not have family or friends close by, it may be a good idea to hire a company such as Comfort Keepers® to check on them to ensure safety during the summer months. Comfort Keepers® can check the temperature levels and ventilation inside homes, as well as help perform daily tasks around the house to keep seniors cool.

About Comfort Keepers

Comfort Keepers is a trusted provider of medical and non-medical in-home care, helping seniors and adults live safely, independently, and with dignity. Our comprehensive services include companionship, transportation, housekeeping, meal preparation, personal care, mobility assistance, private duty nursing, Live in and 24/7 caregiving. 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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WebMD.com. Caregiving and your loved one's health. Retrieved on May 24, 2012 from <http://www.webmd.com/healthy-aging/caregiving-tips-supporting-your-loved-ones-health>.

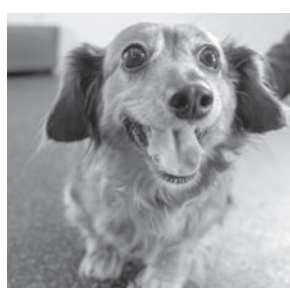
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PETS OF THE WEEK

Meet Laci!



Meet Laci - One half of the Dachshund Duo
Laci is a beautiful long-haired dachshund mix with a gentle soul and a touch of shyness that only makes her more endearing. She may take a little time to warm up to new people, but with patience and kindness, her sweet personality truly begins to shine.
Laci takes a lot of comfort in her brother Scrapy—she looks up to him and often follows his lead. If Scrapy decides you're

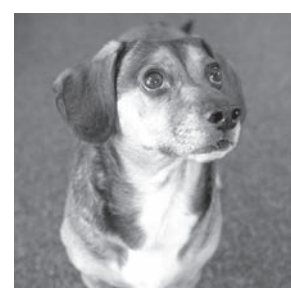
a friend, chances are Laci will start to feel the same way too. Watching her gain confidence and come out of her shell is incredibly rewarding, and she forms strong bonds with those she trusts.

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 full of comfort, care, and companionship.

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Raider boys third, girls fourth at Winnisquam meet

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Belmont track team made the short trip to Tilton for a meet hosted by Winnisquam as the Raiders returned from vacation week on Tuesday, May 5.

For the afternoon, the Raider boys came home in third place overall and the Raider girls finished in fourth place.

For the girls, Ava Lac-

asse won the 400 meters with a time of 1:01.34 while in the 800 meters, Zoe Perlet was fourth in 3:08.14 and Devyn VonKadich was sixth in 3:21.74. Violet Smith ran to sixth in the 1,600 meters in a time of 7:57.28.

Mia Ellis won the 100-meter hurdles in a time of 17.18 seconds with Cora Takantjas in fourth in 18.29 seconds and Neala Murphy in 12th in 23.58

seconds. Murphy was also 11th in the 300-meter hurdles in 1:08.53.

Ellis was also fifth in the 100 meters in a time of 13.54 seconds with Sadie Sturgeon in 10th in 14.27 seconds, Caitlyn Conover in 14th in 14.41 seconds, Ella Stevens in 18th in 15.08 seconds and Anna McDonald in 21st in 15.3 seconds.

Jenna Laramie jumped to third in the long jump

with a distance of 14 feet, eight inches while Hannah Young was fourth at 14 feet, four inches, Conover was 12th at 12 feet, eight inches and Meadow Rogers was 13th at 12 feet, six inches.

Hailey Clairmont took third in the triple jump at 28 feet, 11.5 inches with Takantjas in fifth at 28 feet, 5.25 inches and Murphy in 12th at 22 feet, 10.5 inches.

Sami O'Connor was

third overall in the shot put with a toss of 26 feet, 3.25 inches and Haven Rivera was ninth at 22 feet, 5.75 inches while in the javelin, Allieanna Steele was seventh at 62 feet, eight inches and Rivera was 11th at 53 feet, five inches.

The Raider girls also ran to third in the 4X100-meter relay with a time of 54.47 seconds while the Raider boys were also third in the 4X100-meter relay in a time of 49.68 seconds.

For the Raider boys, Aaryn Durand won the triple jump at 36 feet, 6.5 inches with Christian Edgren in second at 35 feet, 7.75 inches, David Mahoney in seventh at 32 feet, 1.25 inches, Bronson Giles in 11th at 27 feet, 7.5 inches and Jacob Blanchette in 13th at 27 feet, 5.75 inches.

Brady Filteau won the shot put with a toss of 44 feet, eight inches with Ethan Rivera in third at 41 feet, 3.5 inches, Ryan O'Connor in fifth at 37 feet, 2.25 inches and Daniel Tripp in ninth at 34 feet, 4.5 inches.

Filteau also won the dis-

cus with a toss of 131 feet, two inches while in the javelin, Tripp was fifth at 105 feet, four inches, Aiden Milmore was eighth at 99 feet, four inches and Owen Michaelsen was 18th at 79 feet, five inches.

Nick Wright ran to sixth in the 100 meters with a time of 12.05 seconds with Devlin Gamache in 17th in 13.09 seconds, Trenton Proulx in 25th in 13.56 seconds and Andrew Cryans in 28th in 13.83 seconds. Jaxon Potter finished in 17th overall in the 400 meters in 1:24.51.

Sacha Artis placed second in the 300-meter hurdles with a time of 46.59 seconds and also finished in fourth in the 110-meter hurdles in 19.19 seconds. Proulx jumped to sixth in the long jump at 13 feet, 9.5 inches.

The Raiders are slated to be in action today, May 14, at home and again on Tuesday, May 19, at Gilford, both at 4 p.m.

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

HIGH SCHOOL SLATE

Thursday, May 14

BELMONT

Baseball at Inter-Lakes; 4

Track Home Meet; 4

GILFORD

Baseball vs. Winnisquam; 4

Boys' Tennis vs. St. Thomas; 4

Girls' Lacrosse vs. Milford; 4

Girls' Tennis at St. Thomas; 4

Softball vs. Winnisquam; 4

WINNISQUAM

Baseball at Gilford; 4

Softball at Gilford; 4

Track at Belmont; 4

Monday, May 18

BELMONT

Girls' Lacrosse vs. Hopkinton; 4

Softball vs. Berlin; 4

GILFORD

Baseball vs. Newport; 4

Boys' Lacrosse vs. Trinity; 4

Boys' Tennis at Monadnock; 4

Girls' Lacrosse at Campbell; 4

Softball vs. Newport; 4

WINNISQUAM

Baseball at Stevens; 4

Softball at Stevens; 4

Tuesday, May 19

BELMONT

Track at Gilford; 4

GILFORD

Baseball vs. Bishop Brady; 4

Girls' Tennis at Kearsarge; 4

Softball vs. Bishop Brady; 4

Track Home Meet; 4

WINNISQUAM

Track at Gilford; 4

Wednesday, May 20

BELMONT

Baseball at Mascoma; 4

Girls' Lacrosse vs. Kearsarge; 4

Softball at Mascoma; 4

GILFORD

Baseball at Berlin 4

Boys' Lacrosse at Stevens; 4

Boys' Tennis vs. White Moun-

tains; 4

Softball at Berlin; 4

WINNISQUAM

Baseball vs. Fall Mountain; 4

Softball vs. Fall Mountain; 4

Thursday, May 21

BELMONT

Girls' Lacrosse at Lebanon; 4

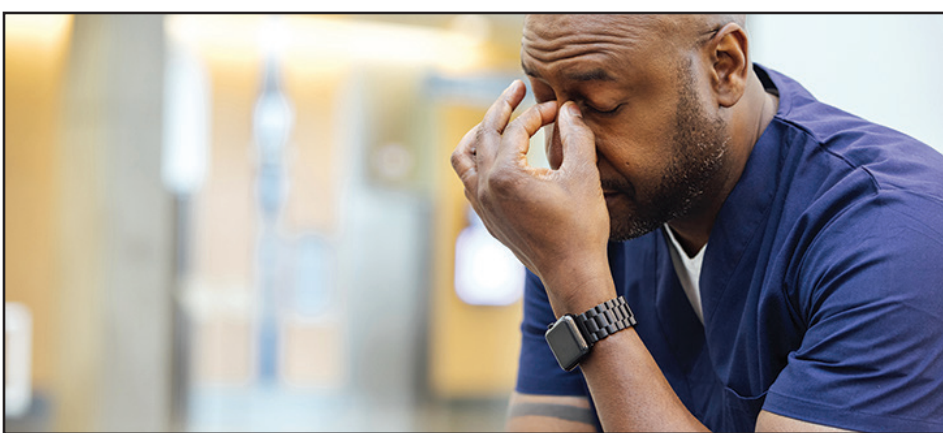
GILFORD

Girls' Lacrosse vs. Trinity; 4:30

Softball vs. Trinity; 4:30

All schedules are subject to change.

Celebrating Our Community's Nurses



Long shifts are another example of nurses' commitment to quality care

Few likely forget scenes that emerged during the early days of the COVID-19 pandemic

when nurses working in hospitals overwhelmed with sick and dying patients were applauded by local residents. Such public expressions of appreciation were a testament to the sacrifices and risks nurses accepted as COVID claimed more and more lives.

In those early days of the pandemic, nurses worked especially long hours, and even though the pandemic is over, nurses continue to work considerably longer workdays than the average profession. The American Nurses Association notes that 12-hour shifts are the standard for many nurses working in hospital settings. The lengthy, often exhausting shifts worked by nurses are another example of their devotion to their patients, as the ANA notes one of the reasons nursing shifts are so long is to ensure better continuity of care for patients.

With just two shift changes per day, hospitals reduce patient handoffs, and the ANA notes that decreases the risk for miscommunication or misunderstandings

that could compromise patient care and health.

Though 12-hour shifts are the norm for nurses working in hospitals, the ANA notes that such schedules can have drawbacks, and those can adversely affect nurses. Fatigue from 12-hour shifts, which can and often do last longer than 12 hours thanks to paperwork and additional tasks nurses may not be able to get to during ordinary working hours, can lead to burnout. In addition, nurses typically have limited downtime on workdays, which means they have few hours to spend with family and friends on days when they work. And nurses working 12-hour shifts may find they spend a significant portion of their time off recuperating from their long shifts, which can adversely affect their overall quality of life.

Twelve-hour shifts are another example of the selfless commitment exhibited by nurses working in hospital settings.

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Raiders fall to Spartans in 14-inning instant classic

Perkins strikes out 18 in battle with White Mountains Regional



JOSHUA SPAULDING

Bailey Perkins struck out 18 batters in Belmont's marathon game with White Mountains Regional last week.

BY JOSHUA SPAULDING
Sports Editor

BELMONT — Typically when baseball and softball teams play at the same time, the softball girls usually end up catching the end of the baseball game when their game is over.

In Belmont last Thursday, the baseball boys got the chance to see almost an entire game's worth of action, as the White Mountains and Belmont softball girls battled through 14 innings before the Spartans were able to come out with the 3-1 win.

In the end, White Moun-

tains Regional pitcher Olivia Packard struck out 32 batters while her Belmont counterpart, Bailey Perkins, struck out 18 batters for a combined impressive total of 50 strikeouts between the two pitchers.

Perkins worked around a leadoff walk to Ellie Quigley and a base hit from Alexis Hicks, striking out the side and the Raiders got on the board without a hit in the bottom of the inning. Madi MacDonald led off with a walk and Falyen Sicard and Natalee Cullen also worked walks, with MacDonald scoring with-

out the benefit of a hit for the 1-0 lead.

Perkins worked around a walk to Rachel Bolduc in the top of the second and Packard worked around a walk to Avery Thurber in the bottom of the inning.

The Spartans tied the game in the top of the third inning. Quigley had a one-out double and one out later, Packard doubled her home for the tying run. Hicks followed with a base hit, but both runners were stranded and Packard put the side down in order in the bottom of the third.

Bolduc had a one-



Madi MacDonald charges in to make a catch during her team's game with White Mountains last Thursday.

out walk in the top of the fourth and was cut down at second on a grounder from Emma Kenison and the Raiders got out of the inning. Packard struck out the side in the bottom of the inning, working around a walk to Thurber.

Cullen made a great play on a grounder to third base to close out the top of the fifth inning and then MacDonald worked a walk with one out in the bottom of the fifth and stole second and third before Packard set the next two down to end the inning.

Hicks led off with a base hit in the top of the sixth and one out later went to second on a groundout from Kamryn Young, but Perkins got a strikeout to end the inning. Cullen was hit by a pitch with one out in the bottom of the inning, stole second and third and Thurber worked a walk before Lia St. Cyr made a nice catch in right field as Amelia Smith made a bid to give the Raiders the lead.

Hannah Samson had a one-out walk in the top of the seventh, but MacDonald made a nice catch in center and turned it into an

8-3 double play. Packard then struck out the side in the bottom of the seventh.

Jena Kenison reached on an error to open the top of the eighth inning and Packard followed with a base hit, but Smith was able to gun down Kenison trying to get to third on the play and the Raiders turned a 3-6 double play to end the inning.

Packard retired the side in order in the bottom of the eighth and Perkins struck out the side in the top of the ninth. Thurber had a one-out base hit in the bottom of the ninth, Belmont's first hit of the game and Mia Ellis took over on the bases. She moved up on a groundout from Smith and stole third, but she was stranded on the bases when Packard got another strikeout.

Samson had a one-out base hit in the top of the 10th but was stranded on the bases and Jena Kenison made a great play on a bunt attempt to start the bottom of the inning. Perkins followed with a double down the first base line and stole second, but Packard bore down and struck out the next two batters.

Packard led off the top of the 11th with a double, took third on a groundout by Hicks but Perkins got two strikeouts to end the inning. Packard then made a great play on a bunt pop up along the first base line to open the bottom of the 11th and one out later, Thurber and Smith had back-to-back base hits but they were both stranded on the bases.

Bolduc led off the top of the 12th with a double and moved up on a sacrifice bunt by Emma Kenison. Quigley then worked a walk with two outs, but both runners were left on base and the tie remained. Packard set the side down in order in the top of the 12th inning and the teams went to the 13th still tied

at one. Belmont catcher Lyla McSheffrey made a great play on a pop up for the second out of the 13th inning and Khloe Aldrich was hit by a pitch and Young worked a walk. However, Perkins got a strikeout to end the inning and Packard struck out the side in the bottom of the the inning.

Emma Kenison led off the top of the 14th inning with a walk and Samson followed with a base hit. Quigley grounded to second, forcing the runner at third base and Jena Kenison reached on a fielder's choice, loading the bases. Packard then worked a walk to force in the go-ahead run and Hicks followed with a grounder to second. Sarah Cribbie fired home to McSheffrey to get the force and the throw to first got away, allowing Jena Kenison to score, but Thurber retrieved the throw and cut down Packard trying to score with a throw to Perkins covering the plate to end the inning.

Things stayed interesting in the bottom of the inning. Thurber led off with a base hit and Smith followed with a base hit. One out later, MacDonald worked a walk to load the bases with one out. Packard got a strikeout and a fly ball to right to finally bring the game to an end with the Spartans taking the 3-1 win.

Belmont will be in action on Monday, May 18, at home against Berlin and at Mascoma on Wednesday, May 20, both at 4 p.m.

The Spartans will be in action on Friday, May 15, at home against Berlin, Monday, May 18, at St. Thomas and Wednesday, May 20, at Littleton, all at 4 p.m.

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

Raider lax girls continuing taking steps in right direction

BY JOSHUA SPAULDING
Sports Editor

CONCORD — The Belmont girls' lacrosse team returned from the vacation week with a game at Concord Christian on Monday, May 4, dropping a 16-6 decision to the Kingsmen.

Despite having just one sub available, coach Rose Marie Marinace noted that the Raiders did a good job controlling the draw early on and got some early goals.

Brooke Murphy finished with two goals, Brooke Varnum had three goals and one assist and Daylan Henry had a goal and two assists.

Marinace praised the play of new addition Ava

Damon, who made strides with an assist and continues to become a bolder and more confident player each time she hits the field. Mia Kennison and Gabby Murphy earned the coach's praise for supporting in the attack and midfielders Lexi Carr, Augusta Provencal, Henry and Varnum laid it all on the field in the return to action.

Defensively, Shelby Mason continued her strong play in goal, making 22 saves with defensive support from Kira Perry, Grace Collins, Morgan Schofield and Reese Paquette.

The Raiders took on Plymouth on Thursday, May 7, and dropped an 18-1 decision to the Bob-

cats.

Marinace noted that Madi McClennan, Brooke Murphy, Varnum and Gabby Murphy combined for 12 shots on goal that just didn't connect, giving the Raiders plenty of chances. Mason turned away 19 shots and the defense prevented more shots that in any game earlier in the season.

Belmont wrapped up the week with a home game against Inter-Lakes/Moultonborough, dropping a 19-5 decision to the Lakers.

Mason again turned away 19 shots and Paquette, Schofield and Perry held the eight meter for the Raider defense. Damon and Kennison created

opportunities for penalty shots with their teamwork and Brooke Murphy, Varnum and Gabby Murphy combined for five goals on 11 shots.

"All we have to do is straighten out our shots we'll feel like we've made a huge improvement," Marinace said. "At least we're getting solid chances to shoot, the rest is fixable."

The Raiders are slated to be in action on Monday, May 18, at home against Hopkinton and Wednesday, May 20, at home against Kearsage, both at 4 p.m.

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

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FINALS

CONTINUED FROM PAGE A1

CAM software to design and CNC-mill cars from a specific block of material. They must adhere to strict technical regulations. The racecars fly down a 20-me-

ter track at speeds exceeding 45 mph. Performance is judged on both car speed and the driver's reaction time. Students must create a "Pit Display" (an 8ft exhibition booth), secure sponsorships, and manage a team budget. Finally, the teams must prepare a 5-to-

10 minute pitch to a panel of industry judges detailing their design process, innovations, and teamwork. Industry experts with decades of Formula 1 experience judged the teams in each category.

In total, 32 Professional Class teams competed

in this year's event. Some team highlights included a sixth place ranking for Winnisquam Kinetic Racing Team at the day of day 1 and Winnisquam Eclipse Racing Team finishing 10th overall.

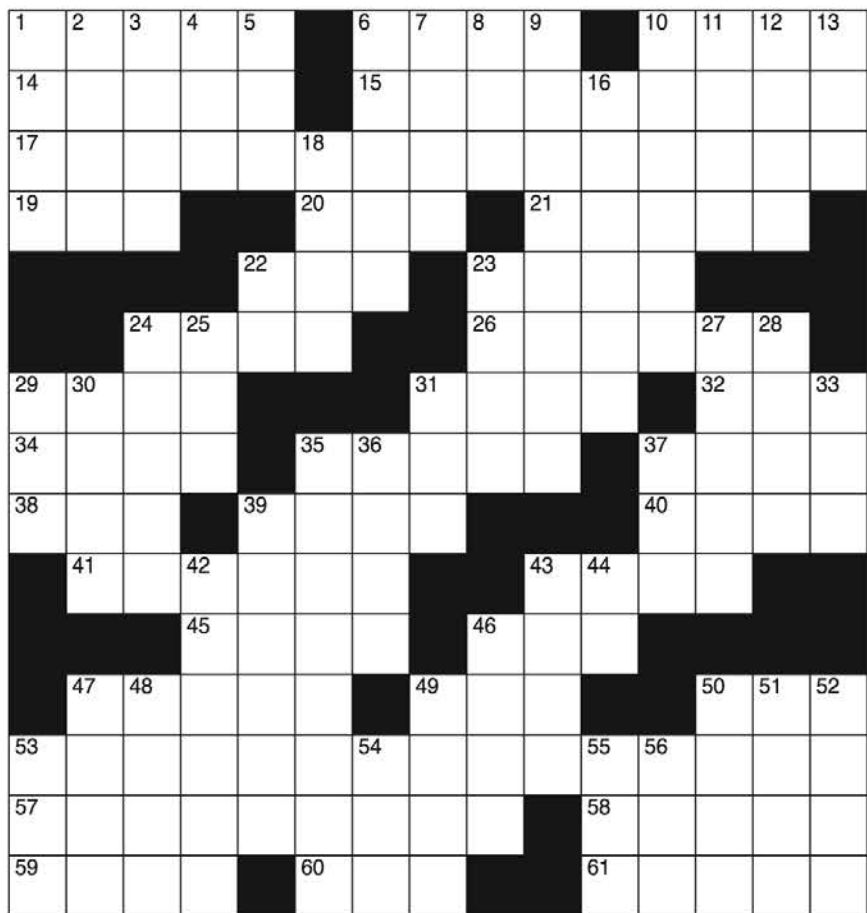
Carly Drew, representing Team Eclipse said, "We went to compete and have fun, and we did just that. It

was exciting to learn that we finished in the top ten nationally."

Fellow teammate Caidyn Carter said, "The F1 class at Winnisquam Regional High School taught me real world skills that I wouldn't get in a typical classroom experience."

In addition to the com-

petition events, the students also toured the Hendrick Motorsports Facility where saw the NASCAR Team garages, racing simulators and aerodynamics testing. They also visited the Charlotte Motor Speedway and participated in a question and answer session with a panel of tech experts at GM Motorsport.



CLUES ACROSS

- 1. Notable casino destination
6. Current units
10. Roman military unit
14. American lizard
15. Fates
17. The Yankees have lots of these
19. Unhappy
20. Mimic
21. Remove from the record
22. Where cargo ships dock (abbr.)
23. A way to fight
24. Turfs
26. Contract
29. Country along the Arabian peninsula
31. Tree species
32. Pituitary gland secretion (abbr.)
34. Perfect
35. "Partner" to groans
37. Jewish calendar month
38. Where wrestlers work
39. Egotistical
40. Potted plants
41. Containers
43. Large, flightless birds
45. Part of a book
46. American spies
47. Pancakes made of buckwheat flour
49. Swiss river
50. Disfigure
53. Have surgery
57. Formal withdrawal
58. Early English council
59. Area units
60. 2,000 lbs.
61. Siskel and __

CLUES DOWN

- 1. Animal jaws
2. Small water buffalo
3. An appliance has one
4. Every
5. Largest English dictionary (abbr.)
6. Very skilled
7. No more than what is specified
8. Tire measurement
9. Towers
10. Forward
11. Jacob __, American journalist
12. Vale
13. Former CIA
16. Middle Eastern nation
18. Exhausts
22. South Dakota
23. The complete duration of something
24. Kids love him
25. Singular
27. Cod genus
28. Mild yellow Dutch cheese
29. Resistance unit
30. Ancient kingdom near Dead Sea
31. Cast out
33. 60-minute periods
35. Most worn
36. European river
37. Atomic mass unit
39. Items of food
42. Body parts
43. Ireland
44. Partner to Pa
46. Sammy __, songwriter
47. Dutch settler
48. Full-grown pike fish
49. Sun or solar disk
50. Minute arachnid
51. From a distance
52. A monthly expense
53. Young women's association
54. Brazilian state
55. Air freight provider
56. Pointed end of a pen

5K

CONTINUED FROM PAGE A1

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

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

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

Deephaven Camps, Sant Bani School, SecurShred, Taylor Community, The Downtown Gym, and WestBridge.

This event aligns with the LRMHC mission to promote quality, integrated physical and mental health care that improves the overall wellness of our communities.

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

Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses in Laconia and Plymouth that serve up to 4,000 children, families, adults and older adults

BASEBALL

CONTINUED FROM PAGE A1

beat out a bunt hit and a sacrifice fly to center by Dawson Laflamme pushed across the first run for the Spartans. Rylan Bennett beat out an infield hit to drive in another run, cutting the lead to 3-2. Stover worked around a walk to Townsend in the bottom of the inning to keep it a one-run game.

Jake Silver was hit by a pitch to open the top of the third inning, stole second and one out later scored on a Benny Hicks double to tie the game at three.

Bamford then led off the bottom of the second with a homer to right and Binder laced a two-out double, but he was stranded on second. Divers worked around a walk to Laflamme in the top of the fourth inning to keep the Raiders up by one run.

Brady Fysh walked to start the bottom of the fourth and Brennen Geofrey took over on the bases, moving to second on

a passed ball while Alex Rowley worked a walk. Townsend then launched a three-run homer to center to put the Raiders up by a 7-3 score. Bamford and Max Ryder worked one-out walks and Silver replaced Stover on the mound for the Spartans. Jack Crockford singled to drive in the eighth run of the game. Binder kept the inning going with a walk before Silver struck out the next two batters to end the inning.

Silver was hit by a pitch to open the top of the fifth but Townsend gunned him down trying to steal second base. Carson Miller worked a walk but Divers got the next two batters to end the threat. Rowley was hit by a pitch to start the bottom of the fifth, went to second on an error and took third on a wild pitch before Silver got the next two batters via the strikeout. Bamford was hit by a pitch and a Ryder single scored Rowley for the 9-3 lead.

Foss worked a one-

out walk in the top of the sixth inning but the Raiders turned a 6-3 double play to end the inning. Rowley had a two-out double in the bottom of the sixth inning and he scored on a double from Townsend. Divers followed with Belmont's third homer of the game for the 12-3 lead. Divers then set the Spartans down in the top of the seventh inning to seal the 12-3 win.

"In all my years, we've never had three homeruns in the same game," LeBlanc noted.

The Raiders are slated to be in action today, May 14, at Inter-Lakes and Wednesday, May 20, at Mascoma, both at 4 p.m.

White Mountains returns to action on Friday, May 15, at home against Berlin and Monday, May 18, at Derryfield, both at 4 p.m. and at Littleton at 3 p.m. on Tuesday, May 19.

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

Raiders fare better in rematch, but fall to Gilford

BY JOSHUA SPAULDING Sports Editor

GILFORD — In a rematch of a game that happened right before the break, the Gilford and Belmont softball teams returned from vacation week with a tilt in Gilford on Monday, May 4, with the Golden Eagles getting the 6-4 win.

"We played much better in the rematch against Gilford," noted Belmont coach Bill Clary.

Gilford got a run on the board in the bottom of the second inning and added two in the third before Belmont came back and tied the game with one in the fourth and two in the top of the fifth inning. The Golden Eagles scored twice in

the bottom of the fifth to take the lead back and added another in the sixth before Belmont plated one in the seventh for the 6-4 final score.

Mia Macaione led the Gilford offense with a homer, driving in two runs and scoring two runs, Belle Dow had a pair of hits and Maddi Metz had two hits and scored a run.

The Belmont offense was led by Falyn Sicard, who had two hits and drove in two runs while Lyla McSheffrey had a hit and a walk and drove in a run and also gunned down a Gilford runner stealing second. Molly O'Connell and Madi MacDonald each had hits for the Raiders.

Dow went the distance

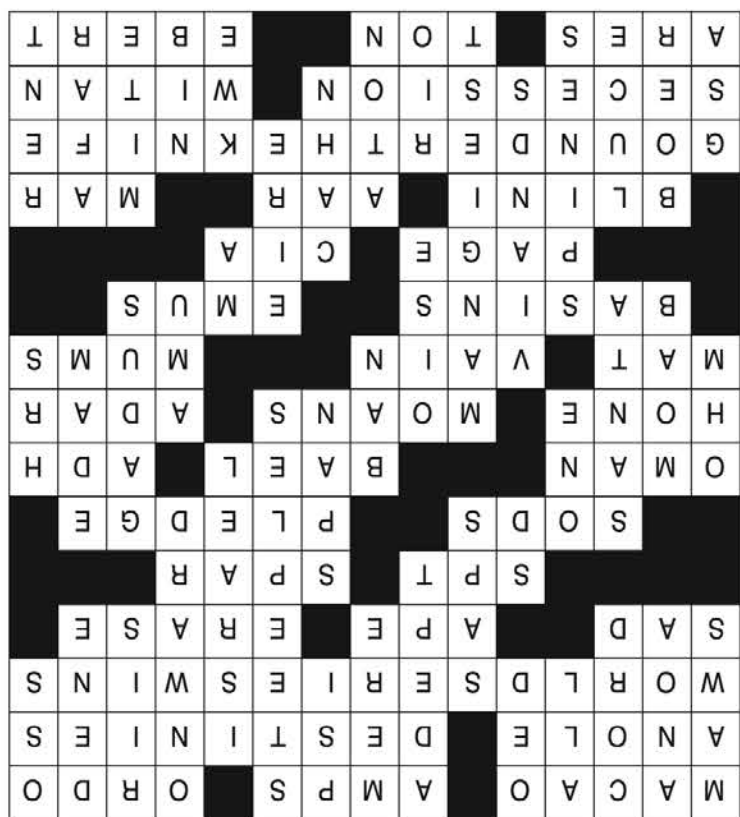
in the circle for the Golden Eagles, striking out 15 while Bailey Perkins went the distance for the Raiders, striking out a pair.

Gilford returns to action today, May 14, at home against Winnisquam, is home against Newport on Monday, May 18, and against Bishop Brady on Tuesday, May 19, before visiting Berlin on Wednesday, May 20.

Belmont will be in action on Monday, May 18, at home against Berlin and at Mascoma on Wednesday, May 20, both at 4 p.m.

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

PUZZLE SOLUTION



Bear boys and girls second at home meet

BY JOSHUA SPAULDING

Sports Editor

TILTON — The Winnisquam track team hosted its final meet of the school year as the squad returned from vacation week on Tuesday, May 5, and the Bear boys and girls both finished in second place on the day.

For the boys, Kyle Douglas ran to the win in the 100 meters in a time of 11.4 seconds with Romain Berghmans in 12th in 12.61 seconds, Jesse Vienneau in 29th in 13.96 seconds and Christopher Collins in 30th in 14.02 seconds.

Kane St. Hilaire took the victory in the 400 meters with a time of 56.48 seconds with Connor Allen in sixth in 59.07 seconds, Berghmans in seventh in 59.44 seconds, Cullen Desrochers in 10th in 1:00.38 and Samuel Button in 13th in 1:07.1.

Taber Haggett won the 300-meter hurdles with a time of 44.52 seconds with Dayton Brigante taking third overall in 49.5 seconds while in the 110-meter hurdles, Nolan Abbott

was second in 17.2 seconds and Kyren Whitmore was sixth in 19.72 seconds.

St. Hilaire also cleared 10 feet, six inches in the pole vault to take the win with Abbott in second at nine feet, six inches and Kaito Tamaru in fourth at six feet, six inches. Whitmore was fifth in the high jump at five feet, two inches and Jourdan Treameer was sixth at five feet.

Haggett tossed his way to third in the javelin at 124 feet, five inches with Isaac Timmons in 10th at 89 feet, 10 inches, Kurtis Voight in 17th at 81 feet, seven inches, Jacoby Martin in 19th at 72 feet, six inches, Kilean Fredette in 21st at 58 feet, two inches, Cole Ringer in 22nd at 55 feet, eight inches and Mason Virgue-Hedberg in 25th at 50 feet, two inches.

Haggett was fourth in the discus with a throw of 104 feet, nine inches with Noah Bassett placing seventh at 95 feet, Voight finishing in ninth at 76 feet, eight inches, Martin in 11th at 72 feet, six inches,

Hunter Mulinski in 12th at 71 feet, seven inches, Stone Subocz in 19th at 59 feet, five inches and Daniel Powell in 22nd at 56 feet, five inches.

Treameer finished in third place in the long jump with a distance of 15 feet, 8.5 inches with Daniel Sheridan in seventh at 13 feet, 8.5 inches, Ringer in ninth at 12 feet, five inches and Chase Tripple in 10th at 11 feet, five inches.

Bassett finished in seventh place in the shot put with his throw of 36 feet, 5.75 inches with Andrew Field placing 10th at 32 feet, three inches, Timmons in 13th at 29 feet, 6.25 inches, Kevin Dore in 15th at 28 feet, 6.75 inches, Mulinski in 16th at 28 feet, 1.5 inches, Powell in 19th at 25 feet, 6.5 inches and Subocz in 21st at 24 feet, 6.5 inches.

Berghmans was eighth overall in the triple jump at 31 feet, 5.5 inches with Sheridan in ninth place at 31 feet, 1.25 inches, Simon Ahlgren in 11th at 27 feet, 7.5 inches, Alexander

Mauch in 14th at 26 feet, 8.5 inches, Solomon Sharter-Howe in 14th at 26 feet, 8.5 inches, Tripple in 16th at 25 feet, 5.75 inches and Allen in 17th at 25 feet, 5.25 inches.

Whitmore took ninth in the 1,600 meters in a time of 6:03.49 with Sharter-Howe in 10th in 6:05.5 and Andrew Paquette in 16th in 7:05.23.

The Bear boys ran to second in the 4X100-meter relay with a time of 49.18 seconds while the Bear girls were second in their 4X100-meter relay in a time of 54.22 seconds.

Anna Drinkwine led the way in the 800 meters for the girls, taking the win in a time of 2:59.38 with Kyra Russell in third in 3:07.99 and HaydenRose Moriarty in eighth in 3:46.92. In the 100 meters, Alexandria Myers was sixth in 13.72 seconds and Zariah Moore was 17th in 14.93 seconds.

Eloise Abbott ran to the win in the 300-meter hurdles in a time of 54.17 seconds while in the 400 meters, Myers was third in

1:06.5, Kaiden Robb was fifth in 1:07.58 and Emily Tripple was seventh in 1:10.38.

Phoebe Timmons took the win in the shot put with a toss of 27 feet, six inches with Kaylin Liesner in 10th at 21 feet, 7.25 inches, Drinkwine in 11th at 21 feet, 2.5 inches and Addison Todt in 16th at 18 feet, 1.75 inches.

Timmons was also second in the discus with a throw of 75 feet, five inches with Drinkwine in seventh at 56 feet, eight inches, Liesner in eighth at 54 feet, five inches, Athena Searles in ninth at 52 feet and Todt in 10th at 50 feet, two inches.

Denessa Williams took second in the high jump, clearing four feet, six inches and Russell cleared three feet, 10 inches to place sixth overall. Myers was ninth in the long jump at 13 feet, on inch, Milan Pham was 11th at 12 feet, 11 inches, Moore was 14th at 12 feet, three inches and Russell was 22nd at eight feet.

Abbott added a second place in the pole vault, clearing seven feet and Russell also cleared seven feet for third place and Carly Drew cleared five feet, six inches for fifth place. Abigail Osmer was seventh in the triple jump at 26 feet, 1.25 inches, Moore was eighth at 26 feet, .75 inches and Pham was ninth at 25 feet, 11.5 inches.

Drinkwine placed fourth in the javelin at 75 feet, 11 inches with Timmons in fifth at 73 feet, two inches, Liesner in 12th at 51 feet, one inch, Searles in 13th at 48 feet, seven inches and Todt in 15th at 41 feet, 11 inches.

The Bears are slated to be back in action today, May 14, at Belmont and Tuesday, May 19, at Gilford, both at 4 p.m.

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

Bears break out in return from break

BY JOSHUA SPAULDING

Sports Editor

TILTON — The Winnisquam softball team returned from vacation week with a bang, plating 16 runs on the way to a 16-4 win over Monadnock on Monday, May 4.

“I really believe to-

day our team defense was outstanding,” said coach Mark Dawalga. Freshman catcher Hennessy Vieira has really stepped up for us behind the plate the last couple of games as we have had some injuries at that position.”

He also praised the de-

fense of Caidyn Carter in center and Alissa Jean in left, who made a great catch in the third inning to save a couple of runs.

Offensively, Danica Weymouth had three hits, two walks and scored four times, Alexis Mingolla had a pair of singles, Vieira had a double and a walk, Kamryn Simpson had a single and a double, Camilla Cote had a single and a walk, Addie Bernier had a single and a walk, Layla Gloddy had a single and Eila Petty had four walks and scored three times.

Weymouth also picked up her sixth win in the pitching circle, allowing just two earned runs on four hits with a couple of strikeouts.

Winnisquam closed out the week with a 24-0 win over Newfound on Friday, May 8.

“I thought today we came out ready to play from the get go,” said Dawalga, as his team scored 12 times in the first inning. “It was good to see our bats get going.”

Mingolla had a double and four singles, Bernier

had a homer, two doubles and a single, Weymouth had three doubles and two walks, Cote had three singles and a walk, Carter had three singles and a walk, Simpson had a single and a walk, Aaylah Cartier had two singles and three walks, Jean had a single and a walk and Gloddy had a double and a walk.

Weymouth picked up the win, giving up just two hits and striking out seven while Vieira did a great job behind the plate. Petty and Meunier earned the coach’s praise for their de-

fensive play as well.

“Overall it was great to see everyone contribute to the win,” Dawalga noted.

The Bears are scheduled to be in action today, May 14, at Gilford, Monday, May 18, at Stevens and Wednesday, May 20, at home against Fall Mountain, all at 4 p.m.

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

Huskies too much for Bears in return to Granite State

BY JOSHUA SPAULDING

Sports Editor

TILTON — Coming off a big win in Cooperstown, N.Y. to close out vacation week, the Winnisquam baseball team had a tough job in the return to the Granite State on Monday, May 4, as the Bears met up with Monadnock and dropped a 12-1 decision.

Winnisquam got on the board first, scoring their lone run of the game in the bottom of the first inning before the Huskies scored four times in the second, once in the third, four in the fourth and three more in the fifth to close out the 12-1 win.

The Bears managed just two hits on the afternoon, with Dio Kastigiannis recording a double and Kobe Lloyd getting a base hit.

The Bears are slated to be in action today, May 14, at Gilford, Monday, May 18, at Stevens and Wednesday, May 20, at home against Fall Mountain, all at 4 p.m.

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

BY JOSHUA SPAULDING

Sports Editor

GILFORD — In another quality battle between rivals, the Belmont baseball team went on the road and edged host Gilford on Monday, May 4, by a 3-0 score.

The Raiders scored one run in the second, added another in the third and then added an insurance run in the top of the seventh for the 3-0 win despite having just two hits on the afternoon. The Raiders stole five bases and walked nine times and didn’t record their first hit until the seventh inning.

“We’re in a good place at this point in the season,” said Belmont coach Matt LeBlanc. “We’ve been in every game and that con-

tinued against a strong Gilford team.”

Wyatt Divers started on the hill for the Raiders and pitched into the fifth inning, giving up five hits and striking out two. Alex Rowley pitched an inning of relief without giving up a hit and striking out one and Wyatt Bamford picked up the save, pitching the final inning-plus, allowing one hit and striking out three.

“Divers, Rowley and Bamford gave us exactly what we needed and though we had some defensive miscues, we were able to get out of trouble,” LeBlanc continued. “Brayden Townsend continued to be a force offensively and his aggressive play led to two

of our runs.”

Drew Smith pitched into the sixth inning for the Golden Eagles and didn’t allow a hit or an earned run while striking out seven, but struggled a bit with control, walking eight. Carson Anthony finished the game out, giving up two hits and striking out two while allowing one earned run.

Townsend led the Belmont offense with a single, a walk, two stolen bases and a pair of runs scored while Max Ryder had a base hit, walked twice and stole a base, Bamford had a pair of walks and drove in a run and Divers had a walk, stolen base and an RBI.

Cohen Elliott led the Gilford offense with a dou-

ble while Smith had a pair of singles and Andy Taylor, Sam Kelley and Zack Laurent each added a hit.

Gilford is scheduled to be in action today, May 14, at home against Winnisquam, will be hosting Newport on Monday, May 18, and Bishop Brady on Tuesday, May 19, before heading to Berlin on Wednesday, May 20, all for 4 p.m. games.

The Raiders are slated to be in action today, May 14, at Inter-Lakes and Wednesday, May 20, at Mascoma, both at 4 p.m.

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

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Townsend's bat, Bamford's arm lead Raiders over Bears

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont baseball team hosted rival Winnisquam for the annual Jake Deware Kindness Game on Friday, May 8. The game was originally scheduled two days earlier but had to be moved due to the weather.

The Raiders scored once in the first and added four in the third before the Bears scored once in the sixth. Belmont closed out the 6-1 win with a run in the bottom of the sixth inning.

Brayden Townsend had a homer and two singles, drove in a run and scored two runs from the top of the Belmont lineup. Divers had a triple and scored a

run, Jack Crockford had a double and a single, drove in a run and scored a run, Wyatt Bamford had a hit, drove in a run and scored a run and Eddie Rochenski had a hit. Sam Binder drove in a pair of runs as well.

Carter Lloyd led the Winnisquam offense with three hits while Brady Colby had a hit and drove in a run and Dio Katsigiannis had a hit and scored a run.

Bamford went six innings on the hill for Belmont, giving up just one earned run and striking out nine while Alex Rowley closed out the game with an inning of work, striking out two.

Lloyd went the first four innings for the Bears on the

ground, giving up just two earned runs while striking out three and Katsigiannis closed out the game, giving up one earned run in two innings of work while striking out one.

The Raiders are slated to be in action today, May 14, at Inter-Lakes and Wednesday, May 20, at Mascoma, both at 4 p.m.

The Bears are slated to be in action today, May 14, at Gilford, Monday, May 18, at Stevens and Wednesday, May 20, at home against Fall Mountain, all at 4 p.m.

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

Softball Raiders come together for win over Winnisquam

BY JOSHUA SPAULDING
Sports Editor

BELMONT — Neighboring Belmont and Winnisquam met up on the softball field on Tuesday, May 5, a day earlier than originally planned due to anticipated weather on Wednesday.

In the end, the host Raiders pushed past the visiting Bears by a 10-2 score.

"We have started to play really well," said Belmont coach Bill Clary. "The girls are starting to gel and pick each other up."

"Tonight was one of those nights we just could not get that big hit when we needed it," said Winnisquam coach Mark Dawalga. "Give Belmont credit, they are a very good team and they made more plays than we did."

The Raiders scored three runs in the bottom of the first inning to take the lead and Winnisquam added a run in the top of the third. Belmont added two more in the bottom of the fourth, three in the bottom of the fifth and two in the bottom of the sixth before the Bears added their final run in the top of the seventh inning.

For the Raiders, Madi MacDonald, Lyla McShelley, Bailey Perkins and Amelia Smith all had multiple hits for the Raiders and all but one of the Raider starters crossed the plate with a run. Addie Ross, Falyn Sicard, McShelley and MacDonald all had doubles. Defensively, Clary singled out the play of Sarah Cribbie, who was outstanding at second base, which was her third differ-

ent position in three games.

For the Bears, Danica Weymouth had a double and a couple of walks, Kamryn Simpson, Alexis Mingolla, Caidyn Carter, Layla Gloddy and Hennessey Vieira each had a hit.

Perkins went all seven innings for the Raiders in the circle, striking out three and giving up just two earned runs while Weymouth toed the rubber for the Bears for all six innings, striking out four.

Belmont will be in action on Monday, May 18, at home against Berlin and at Mascoma on Wednesday, May 20, both at 4 p.m.

The Bears are scheduled to be in action today, May 14, at Gilford, Monday, May 18, at Stevens and Wednesday, May 20, at home against Fall Mountain, all at 4 p.m.



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<p>\$199,000</p> <p>MLS# 5085306</p> <p style="font-size: 0.8em;">Gilford: This flexible one-bedroom unit functions as either a residential retreat or a professional office. It features a private deck and a prime location near local marinas and the Gilford Town Beach.</p>	<p>\$284,900</p> <p>MLS# 5082595</p> <p style="font-size: 0.8em;">Laconia: This 2-bedroom bungalow is an ideal project for those seeking entry into a desirable neighborhood. The corner lot includes a massive barn and versatile zoning for home business or office use.</p>	<p>\$569,000</p> <p>MLS# 5086822</p> <p style="font-size: 0.8em;">Plymouth: Perched at the mountain's top, this updated 4-bedroom residence offers sweeping views and a wood-burning fireplace. It provides refined, turnkey living just minutes from the ski resort and downtown.</p>	<p>\$549,000</p> <p>MLS# 5086262</p> <p style="font-size: 0.8em;">Bristol: Located near Newfound Lake, this well-built 3-bedroom home features an open floor plan and a sunroom for relaxing. The 1.68-acre landscaped property provides a primary bedroom suite, first-floor laundry, and access to two sandy town beaches.</p>
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Experience the music of Van Halen at The Colonial

LACONIA — The Colonial Theatre of Laconia will present VH1 Tour: JUMP - America's Van Halen Experience on Sunday, July 26, at 7 p.m. Tickets to the show are on sale now at ColonialLaconia.com or by calling 1-800-657-8774.

After performing sold out shows across multiple different states and being recruited for international tours in Canada and Australia, JUMP has posi-

tioned themselves as one of the top up and coming Van Halen tributes on the planet. Delivering two hours of classic David Lee Roth era Van Halen, the Toledo, Ohio based band lineup is composed of a group of youngsters all born in the mid-late '90s and early 2000s. While their age offers a visual aesthetic true to Van Halen in their prime, their sound also reflects the same shredding Eddie guitar solos, rock solid rhythm section,

and the whaling two-tone screams reminiscent of David Lee Roth's voice. Featuring a variety of hits and deep cuts off of the first 6 albums, JUMP's live show includes a selection of skits and one liners portrayed by Van Halen from bootlegs of their live shows between 1978-1984. Experience an embodiment of the David Lee Roth era of Van Halen and immerse yourself in youth, nostalgia and rock 'n roll.

The original owner of The Colonial Theatre, Benjamin Piscopo, was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. In August of 2002, the theatre closed after 87 years of operation. On June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. The newly reopened Colonial Theatre

has a seating capacity of 750 and plays host to various performances, including music, theatre, comedy, and civic events. Spectacle Management manages the Colonial Theatre and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main St., Laconia, NH 03246. www.colonial-laconia.com

Founded in 2012, Spectacle Live offers venue operations, booking, pro-

gramming, marketing, and production services across New England from offices in Lexington, Mass., Lowell, Mass., and Laconia. The company partners with over a dozen venues to manage facilities and promote a variety of events, including concerts, comedy, theater, and family entertainment. For more information, contact Pete Lally atplally@spectaclelive.com or 617-531-1257. www.spectaclelive.com

Moe Lafreniere retires from MVSB Board of Directors



President. "His financial expertise, thoughtful governance and steady leadership helped guide the Bank through periods of growth and change while remaining true to our mission and values. Moe was a strong advocate for our staff, customers and communities, and he truly understood the role of a mutual community bank. He never lost sight of that responsibility and consistently held management accountable to keep it front and center in every decision we make. We are deeply grateful for the perspective and insight he brought to the Board."

Lafreniere brought extensive executive and governance experience to his role. He previously served for 20 years as Chief Financial Officer of the Common Man Family, contributing to the organization's longterm financial strategy and operational growth. In addition to his service on the MVSB Board of Directors, Lafreniere has served on the Board of Directors of New Hampshire Mutual Bancorp (NHMB) since its formation in 2013, helping guide the mutual holding company and its affiliates, including MVSB, Merrimack County Savings Bank, Savings Bank of Walpole and NHTrust.

Throughout his tenure, Lafreniere served on several MVSB Board committees, including Compensation, Audit and Governance, offering thoughtful insight and a collaborative, disciplined approach to Board leadership. His longstanding commitment to community involvement also included decades of nonprofit leadership and volunteer service with the Plymouth Rotary Club, First Star Tonight, Squam Lakes Natural Science Center, and others.

MVSB has been serving the essential banking needs

of people, businesses, nonprofits and municipalities for more than 150 years. As a mutual savings bank, MVSB has no stockholders but rather operates for the benefit of its customers, employees and community. Since our founding, one thing has always remained true: caring is at

the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in

New Hampshire in Alton, Ashland, Center Harbor, Exeter, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, North Conway, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

COURTESY
Marcus Weeks, Meredith Village Savings Bank President, presents a present to Moe Lafreniere.

MEREDITH — MVSB (Meredith Village Savings Bank) has announced the retirement of Maurice "Moe" Lafreniere from its Board of Directors, effective March 31. Lafreniere joined the MVSB Board of Directors in 1988 and has served for 38 years, including time in leadership roles, providing steady guidance that helped shape the Bank's governance, growth and continued

commitment to mutual community banking. In recognition of his many years of dedicated service and lasting contributions, Lafreniere was recognized by MVSB for his leadership and lasting effects on the organization. "Moe's impact on MVSB and the broader mutual banking organization has been significant," said Marcus Weeks, MVSB

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 water-skiing and propulsion.

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

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

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

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

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

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

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SHAKER REGIONAL SCHOOL DISTRICT RFQ FOR FIELD DRAINAGE

Shaker Regional School District is seeking Requests for Proposals for Baseball Field Drainage at Belmont High School. A mandatory site visit will be held on May 20, 2026 at 10:00 am. Please contact Steve Dalzell, Director of Buildings & Grounds, with any questions and the complete RFQ at sdalzell@sau80.org or at 603-267-9223 x5309.

Winnisquam boys take third at Bristol Lions Invitational



JOSHUA SPAULDING

Dayton Brigante clears the pole vault bar during action at the Bristol Lions Invitational on Saturday.



Kaiden Robb charges to the finish line in the 400 meters during action at Newfound on Saturday.



Taber Haggett clears a hurdle during the 110-meter event on Saturday at Newfound Regional.



Kaylin Liesner fires the discus during action at the Bristol Lions Invitational Saturday in Bristol.

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Winnisquam track team hit the road north to Bristol to take part in the Bristol Lions Invitational on Saturday at Newfound Regional High School. The Bear boys finished in third place and the girls finished in sixth place.

Kyle Douglas won the 100 meters for the boys in a time of 11.58 seconds with Romain Berghmans in 21st in 12.96 seconds, Jesse Vienneau in 43rd in 14.21 seconds and Christopher Collins in 47th in 14.44 seconds. In the 200 meters, Berghmans was 11th in 25.73 seconds, Oliver Hatfield was 18th in 26.98 seconds, Simon Ahlgren was 22nd in 27.25 seconds, Collins was 39th in 29.93 seconds and Chase Tripple was 43rd in 35.03 seconds.

Taber Haggett won the 300-meter hurdles with a time of 43.68 seconds and was second in the 110-meter hurdles in a time of 17.02 seconds.

Kane St. Hilaire cleared nine feet in the pole vault to take second place and Nolan Abbott cleared the same height to finish in

third place. Dayton Brigante was fourth at eight feet, six inches and Kaito Tamaru was 13th at seven feet.

Abbott finished in fourth place in the 400 meters in 54.1 seconds with Connor Allen in 12th place in 58.27 seconds, Brigante was 15th in 58.94 seconds, Samuel Button was 23rd in 1:06.47 and Alexander Mauch was 24th in 1:07.43. Jack McGranaghan was 13th overall in the 800 meters in 2:30.55.

Cullen Desrochers took fourth in the 3,200 meters in 10:57.59, Tristan Honeman was eighth in 12:28.52, Lucas Durphey was ninth in 12:31.37, Owen Bakis was 10th in 12:32.31 and Tamaru was 11th in 12:42.05. Solomon Shartar-Howe was 20th in the 1,600 meters in 5:45.1, Allen was 32nd in 6:30.78 and Andrew Paquette was 33rd in 6:35.82.

Noah Bassett finished ninth in the shot put at 35 feet, 4.25 inches, Isaac Timmons was 25th at 28 feet, Hunter Mulinski was 26th at 27 feet, 10 inches and Kevin Dore was 29th at 26 feet, 11 inches. Berghmans was 10th in the triple jump at 31 feet, 10.5 inches, Ahlgren was 12th at 27 feet, 10.75 inches, Allen was 13th at 24 feet, eight inches and Tripple was 14th overall at 24 feet, 7.75 inches.

Haggett added a fourth place finish in the javelin with a throw of 122 feet with Brigante in 14th at 99 feet, nine inches, Bassett in 17th place at 84 feet, six inches, Timmons in 24th at 70 feet, two inches and Kurtis Voight in 25th at 69 feet, nine inches.

The Bear 4X400-meter team finished second in 3:51.4 and the 4X800-meter team finished in third in 9:49.69. The Bear girls won the 4X400-meter relay with a time of 4:28.18 and the 4X100-meter girls were fourth in 53.34 sec-

onds.

Denessa Williams was second in the high jump for the girls with a height of four feet, six inches while in the pole vault, Carly Drew and Kyra Russell both cleared six feet to tie for third place.

Zariah Moore was third in the triple jump with a leap of 27 feet, 4.5 inches, Milan Pham was fourth at 27 feet, three inches and Abigail Osmer was sixth at 27 feet, one inch. Alexandria Myers was fourth in the long jump at 14 feet, three inches, Pham was 14th at 12 feet, one inch and Russell was 19th at 10 feet, 11 inches.

Kaiden Robb ran to fourth in the 400 meters in a time of 1:06.05 and Emily Tripple was seventh in 1:07.24. Russell was fifth overall in the 800 meters in 3:00.72 while in the 200 meters, Pham was 23rd overall in 33.45 seconds. Myers finished seventh in the 100 meters in 13.88 seconds, Robb was ninth in 13.96 seconds and Moore was 23rd in 15.26 seconds.

Phoebe Timmons was fifth in the shot put at 27 feet, two inches and was also eighth in the discus at 61 feet, five inches with Kaylin Liesner in 11th at 58 feet, nine inches, Athena Searles in 17th at 48 feet, 10 inches and Addison Todt in 24th at 39 feet, three inches. Anna Drinkwine finished nine in the javelin at 68 feet, nine inches, Timmons was 19th at 57 feet, Searles was 22nd at 51 feet, two inches, Liesner was 24th at 50 feet, five inches and Todt was 32nd at 39 feet.

The Bears are set to compete at Belmont today, May 14, and at Gilford on Tuesday, May 19, both at 4 p.m.

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

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