

Softball Raiders get extra-inning win over Gilford

BY JOSHUA SPAULDING
Sports Editor

BELMONT — On a day when the winds felt more like Mount Washington than Belmont High School, the softball Raiders played a little small ball in the bottom of the eighth inning to pick up an 8-7 win over rival Gilford on Wednesday, May 17.

Madi MacDonald worked a walk in the bottom of the eighth inning and Abi Paquette put down a sacrifice bunt to move MacDonald over to third base. She then scored on an overthrow to third for the game-winning run.

“Great team win, with several players out and others playing out of position,” said Belmont coach Bill Clary. “Al-



Riley Cotnoir fires a throw during her team’s win over Gilford last Wednesday afternoon.

JOSHUA SPAULDING

ways good to win, even better in extra innings over rival Gilford.”

Belmont pitcher Lena Rodrigues worked around a one-out walk to Kendall Heyman in the top of the first and Belmont took the lead in the bottom of the inning. Darci Stone worked a one-out walk and moved up on a sacrifice bunt from Rodrigues. Madi Smith then delivered a base hit to plate the game’s first run. MacDonald worked a walk to keep the inning going, but Gilford pitcher Belle Dow got a strikeout to end the inning.

Millie Caldon was hit by a pitch with two outs in the top of the second and Grace Kelly worked

SEE **SOFTBALL**, PAGE A8

Belmont Public Library receives national grant for small and rural libraries

BELMONT — Belmont Public Library has been selected as one of 240 libraries to participate in Libraries Transforming Communities: Accessible Small and Rural Communities, an American Library Association (ALA) initiative that provides community engagement and accessibility resources to small and rural libraries to help them better serve people with disabilities.

The competitive award comes with a \$10,000 grant that will help the library improve access to the building, collections, and programs.

“We are so proud to be chosen for this amazing opportunity,” said Library Director Eileen Gilbert. “This grant will allow our library to get to know our residents with disabilities better. It will help us improve our

SEE **GRANT**, PAGE A8

Belmont to hold Memorial Day parade Monday

BELMONT — American Legion Post #58 in Belmont announced today that this year’s Memorial Day parade and ceremonies will be held on Monday, May 29 at 1 p.m.

The parade route runs from the Belmont Middle School parking lot down to Main Street and then along Main Street to the Veterans Memorial by St. Joseph’s Church. The ceremony will be conducted at the Memorial. Any veteran -- whether a member of the Legion or not -- is invited to come to the Middle School parking lot at 12:45 p.m. and march with us. Everyone is encouraged to attend and show their honor, respect and appreciation for those who have given the ultimate sacrifice to preserve the freedoms and way of life we all enjoy. Post 58 and Jordan’s Ice Cream are once again providing tickets for an ice cream cone to all children 12 and under who attend the parade and ceremonies.

Kelly, Kulengosky, Donahue, Fredette win Wilderness titles

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam track team welcomed teams from around the region to the Wilderness Championships on Saturday morning.

The Winnisquam girls finished third overall, with Kearsarge taking top honors, while the Bear boys finished in fourth place with Gilford taking the top spot.

Victoria Kelly ran to

the win in the 100-meter hurdles, finishing in a time of 17.57 seconds. She also added a fourth place finish in the 300-meter hurdles with a time of 53.42 seconds.

Becc Kulengosky finished first in the shot put with a toss of 32 feet, 2.75 inches, with Mary Osmer finishing in ninth place at 26 feet, 8.25 inches. In the discus, Osmer was fourth at 84 feet, nine inches, Kulengosky was sixth at 82 feet and



JOSHUA SPAULDING

Mary Osmer fires the javelin during the Wilderness Championships on Saturday.

Early deadlines for Memorial Day

The offices of the Winnisquam Echo will be closed Monday, May 29 in observance of Memorial Day.

To ensure that our June 1 edition arrives in subscribers’ mail boxes on schedule despite the holiday, the submission deadline for any press releases and letters to the Editor intended for publication that week has been moved up one business day, to Thursday, May 25, at 4 p.m. Submissions can be e-mailed to Editor Brendan Berube at brendan@salmonpress.news.

Any submissions received after 4 p.m. on the 25th will be held for publication on June 8.

The staff of the Winnisquam Echo thanks our readers for their cooperation with this scheduling change, and wishes them a safe and happy holiday.

Grace Wujcik was 11th at 67 feet, five inches. Osmer added a fourth in the javelin with a toss of 90 feet.

The Bear 4X100-meter relay team of Zariah Moore, Kaiden Robb, Wujcik and Skye Tibbetts was fourth overall in 56.52 seconds while the 4X400-meter team of Brianna Harlow, Jordan Boelig, Tibbetts and Robb placed fourth in 4:42.34.

Boelig cleared eight feet in the pole vault to take second place, with Vanessa Power in sixth place with a height of six feet, six inches.

Tibbetts took second in the long jump at 15 feet, 4.5 inches, while in the high jump, Denesa Williams and Shayla Jordan each cleared four feet, one inch to tie for 10th place.

In the 100-meter dash, Kulengosky finished in seventh place in a time of 14.07 seconds, Tibbetts placed 11th in 14.29 seconds and Williams was 21st in 14.75 seconds. Williams was also eighth in the 200 meters in 29.94 seconds, with Moore in 16th place in 30.72 seconds. Robb added a ninth place in the 400 meters in 1:08.74.

Harlow ran to sixth place in the 1,600 meters with a time of 5:56.51.

For the boys, Aidan Donahue cleared six feet, one inch in the high jump to take the win. Brendan Goodwin cleared nine feet in the pole vault to take fifth place, with David Swain clearing eight feet for ninth place.

Carter Fredette got the win in the shot put,

SEE **TRACK**, PAGE A9



Emma Winslow charges from the start in the 100 meters on Saturday in Tilton.



Brady Jewell clears the high jump bar at Saturday's Wilderness Championships.

Winslow, Takantjas get wins at Wilderness Championships

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Belmont track girls finished fourth overall at the Wilderness League Championships on Saturday in Tilton, with the boys finishing in eighth place. Gilford took the win for the boys and Kearsarge took the win for the girls.

The Belmont girls got a win from Emma Winslow in the long jump, as she leaped 16 feet, 2.5 inches.

Adeline Takantjas jumped to the win in the triple jump, leaping 32 feet, 9.75 inches, with Ava Lacasse in sixth place at 28 feet, 10.5 inches, Jaelyn Nialez in 10th at 27 feet, two inches and Mia Ray in 14th at 26 feet, 5.75 inches.

Winslow also ran to third in the 100 meters, finishing in 13.21 seconds, with Hannah Young placing seventh with a time of 13.86 seconds. Cate McDonald was 12th in 14.43 seconds and Ray was 16th in 14.6 seconds. In the 200 meters, Lacasse was second in 27.43 seconds, Young added a fifth place finish with a time of 29.37 seconds,



Damien Sanborn crosses the finish line in the 100 meters on Saturday morning.

with Ray in 20th with a time of 31.03 seconds.

Takantjas added a third place finish in the 100-meter hurdles, crossing in 18.09 seconds, with Aspen Fillebrown in ninth place in 20.49 seconds.

The Belmont 4X100-meter relay team of Young, Winslow, McDonald and Lacasse was second in 51.72 seconds while the 4X400-meter team of Nialez, Alyssa Edgren, Lacasse and Takantjas was third in a time of 4:29.41.

Nialez placed sixth overall in the 400 me-

ters with a time of 1:07.67, while in the 800 meters, Rebekah Edgren was eighth in 2:46.24, Emilie Defranco was 12th in 2:53.11 and Riley DeGange was 14th in 2:54.89. Alyssa Edgren took 10th in the 1,600 meters in a time of 6:05.59.

After winning the preliminaries, Colby Vetter finished third in the 100-meter finals with a time of 11.5 seconds, with Damien Sanborn in sixth in 11.67 seconds. Jeff Carrier was 24th in 12.48 seconds, Brendan Schofield was 35th in

12.99 seconds and Richard Johnson was 36th in a tie of 13.06 seconds.

Vetter was also third in the 200 meters, finishing in 23.43 seconds, with Sanborn in eighth place in 24.24 seconds, Carrier in 11th in 24.97 seconds and Johnson in 23rd in 27.07 seconds. Tyler Durand took 10th in the 400 meters with a time of 58.22 seconds. Baidyn Lewis placed seventh in the 800 meters in 2:16.32.

David Tripp finished fourth in the 110-meter hurdles with a time of 19.74 seconds and he placed sixth in the 300-meter hurdles in a time of 49.04 seconds.

The 4X100-meter relay team of Schofield, Sanborn, Carrier and Vetter finished in third in 45.92 seconds and the 4X400-meter team



Jaelyn Nialez takes a leap in the triple jump on Saturday at Winnisquam.

of Lewis, Carrier, Durand and Brady Jewell finished in sixth in 3:57.98.

In the high jump, Jewell finished in seventh place at five feet, five inches and he tool eighth in the long jump at 16 feet, 11 inches and sixth in the triple jump at 36 feet, 1.25 inches.

Brady Filteau finished third in the discus with a distance of 110 feet, seven inches and Johnson was 13th at 86 feet, eight inches. Hunter Erlick finished

fourth in the javelin at 131 feet, one inch and in the shot put, Ethan Rivera threw 34 feet, 3.5 inches for 13th place and Erlick was 15th at 33 feet, 9.5 inches.

Raiders who qualified competed after deadline at Sanborn in the Division III State Meet.

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



Exceptional care at home

We're here to support your health and wellness through all stages of life.

Home Care / Hospice Care / Palliative Care / Pediatrics / Maternal Child Health / Wellness



Learn how we can help you:
(603) 224-4093 | (800) 924-8620 | info@granitevna.org
Offices in Concord, Laconia & Wolfeboro
www.granitevna.org

"Shop Where The Pros Shop"

CYR LUMBER & HomeCenter
Windham • Warner • Tilton, NH

Benjamin Moore
ACE The helpful place.

Raiders earn three wins on the baseball diamond

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont baseball team went up against the defending Division III champions in the penultimate week of the regular season and put up a pretty good fight.

In the end, the Monadnock Huskies came through with a 5-2 win over the Raiders on Monday, May 15.

“Obviously we’re feeling snake-bitten with the results of games over the past week,” said coach Matt LeBlanc. “However, we know what we

are, and we know what we’re capable of.

“In every instance we have been in position to win, and the ball could have easily bounced our way,” the veteran coach continued. “We will continue to compete and play hard and see if we can’t change our luck down the stretch.”

Anakin Underhill took the mound for the Raiders against the Huskies, going six innings and allowing just three hits, three earned runs and striking out six.

The Raiders put together some good at-

bats, drawing six walks and a hit by a pitch and forcing the Husky starter to reach the pitch limit. Michael Collette had a sacrifice fly to score Jaxson Embree in the fourth inning to tie the game at two.

That 2-2 tie lasted until the sixth inning, when a couple of defensive miscues from the Raiders allowed the Huskies to pull away for the 5-2 win.

On Wednesday, the Raiders traveled to Gilford and before they played their regularly-scheduled game with

Gilford, the two teams had to finish off a game that was suspended on April 14, with the score tied at eight in the 11th inning.

Gilford started the bottom of the 11th with a single and a couple of hit batters loaded the bases. A base hit up the middle plated two runs and then a double plated another for the 11-8 lead before Liam Waldron struck out the next two batters to get to the bottom of the inning. Matt Krasnecki got hit by a pitch to open the inning and Eddie Rochenski singled to left. Owen Waldron was hit by a pitch to load the bases and Wyatt Divers hit a fly ball to right that got caught in the wind and was misplayed, allowing Krasnecki to score. Underhill was hit by a pitch to plate another run and a base hit to left by Hutch Haskins gave Belmont the walk-off win, 12-11.

“In a game that certainly produced several white knuckle moments, it’s no surprise that these teams continued with a flair for the dramatic,” LeBlanc said. “We tip our cap to Gilford, they came out and took advantage of Liam as he didn’t have his best stuff. I give a ton of credit to Liam for regaining his composure and ending the threat.

“It was awesome to see our team respond in the bottom frame as we have had our fair share of tough luck baseball over the last week or so,” he continued. “If we’re going to win games, we need contributions from everyone and that’s what we got.”

The regulary scheduled game was quite different, as Belmont got out to a 1-0 lead in the first and never looked back, getting the 12-0 win over Gilford. Belmont added four in the second and seven in the seventh inning.

Liam Waldron got the start on the hill and earned his second win of the day, going six innings, allowing three hits and no walks while striking out 10. Divers finished out the final inning with a couple of strikeouts.

Divers had two hits and scored three runs, Owen Waldron had a double and drove in three runs, Liam Waldron had a hit and drove in two runs, Embree had a double and scored two runs and Krasnecki had a base hit, scored a run and drove in two.

“Though it was cold and windy, Liam Waldron pitched more like himself throughout the second game,” LeBlanc said. “Any time you can keep a team to zero walks and 10 strikeouts, earn two wins in the same day, it’s a good one.

“We were able to take advantage of seven walks and combine that with some timely hitting to have a nice offensive day after some struggles over the past week,” he continued. “Hopefully we can keep it going as we move forward.”

On Friday, the Raiders took on Mascoma and got a 13-1 win for their third victory of the week.

Belmont got two runs in the first on a Haskins single, then scored five in the second inning. Underhill went all five innings, giving up three hits, one run and three walks while striking out eight. He also had a homer, drove in two runs and scored a run on the offensive side of things.

Liam Waldron had a pair of doubles, drove in two runs, scored three runs and stole three bases. Haskins had a double, a single and two RBIs, Embree had a hit and scored a run, Divers had a double and drove in two runs and Brady Thurber had his first varsity hit and scored two runs.

“It was a good team win,” LeBlanc said. “We were able to get guys at bats who have been battling for playing time.

Raiders roll past Royals

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont softball team went on the road on Monday, May 15, dropping an 8-2 decision to the Monadnock Huskies.

The Raiders scored in the second inning when Madi MacDonald reached on an error and moved up on a sacrifice bunt by Abi Paquette, took third with some good base running and scored on an overthrow.

MacDonald scored the other run as well, reaching on a base hit, stealing second and coming around to score on a pair of wild pitches.

The Raiders picked up a 13-1 win over Mascoma on Friday. Madi Smith

pitched for the Raiders, allowing only three hits in the five-inning game. Smith, Rylie Cotnoir, Lena Rodrigues and Darci Stone all had hits and RBIs while Paquette and MacDonald had RBIs.

“A much-needed win coming down the stretch,” said coach Bill Clary.

Belmont wrapped up the regular season after deadline on Wednesday. The Division III tournament opens on Wednesday, May 31, at the home of the higher seed.

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

Softball Bears push past Mascoma

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam softball team went on the road to Jaffrey on Monday, May 15, and dropped a 13-1 decision to a solid Conant team.

“The kids played hard the whole game,” said coach Mark Dawalga. “Conant is a very good team.”

Laura Slate went the distance for the Bears, giving up just six earned runs on eight hits.

Winnisquam came up with a 14-10 win over Mascoma on Thursday, May 18, but it wasn’t without drama.

The Royals had the bases loaded in the bottom of the seventh inning and the tying run at the plate. However, Bella Dill snared a grounder to second and threw to first to get the final out and seal the win.

“Give Mascoma cred-

it, they played hard the whole game,” Dawalga said. “Proud of the kids’ effort today, it was really nice to see everyone contribute to the win.”

Lauren MacDonald had a triple, three doubles and drove in eight runs, McKenzie Bassett had a double, two singles and scored four times, Dill had a triple and a double, Caidyn Carter and Alexis Mingolla each had doubles and Teagan Nelson scored a pair of runs.

Lucy Prunier, Camilla Cote, Ali Max and Kate Sheridan earned their coach’s praises for strong defense.

Slate again went the distance in the circle, striking out two and allowing six earned runs.

The Bears closed out the week on Friday with a 10-0 loss to Somersworth.

Bassett, MacDonald, Sheridan and Prunier

all had hits for the Bears, who left numerous runners on base.

“We just could not get the big hit we needed today,” Dawalga said. “We continue to make great strides and grow together as a team.”


The Bears are slated to wrap up the regular season at Odell Park in Franklin tonight, May 25, at 7 p.m. against Newfound.

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

Privacy Hedge!

Arborvitae 6-foot
Reduced to \$125/each.
Free Installation, Free Delivery.
Fast growing, High-quality
Beautiful & Bushy
Order now to reserve
for spring delivery.
Lowcosttreefarm.com
518-536-1367

Wonderful Things
Come In Small Packages...



Old Man
Pendant

from
\$35

especially if they're from
Alan F. Soule Jewelers
286-8649
422 W. Main St.
Tilton, NH
(across from Winnisquam HS)

Gold • Sterling • Diamonds
Colored Stones • Repairs
Custom & Handcrafted Items
Wedding & Family Jewelry



SCHWARTZBERG LAW

EXPERIENCE THAT MATTERS



Ora Schwartzberg, Esq.

572 Tenney Mountain Hwy
Plymouth, NH 03264
603.536.2700
www.NHLawyer.net

Advising
Clients About
Wills & Trusts
Since 1985

Plan for your
future today.



Comfort Keepers
Elevating the
Human Spirit™

Make every day extraordinary

At Comfort Keepers®, we provide in-home care that helps seniors live safe, happy and independent lives in the comfort of their own homes.

Uplifting in-home senior care services

- Personal care
- Companionship
- Light housekeeping
- Meal preparation
- Grocery shopping and errands
- Dementia and Alzheimer's care
- Respite care

(603) 536-6060
ComfortKeepers.com

© 2022 CK Franchising, Inc. Most offices independently owned and operated. 1222

Memorial Weekend

FREE Admission

Arts & Crafts Show

125 Exhibitors!



May 27 & 28
Sat-Sun 10-5

SCHOULER PARK
1 Norcross Circle,
Rt. 16, North Conway, NH
In front of Scenic Railway
joycescraftshows.com info: 603.387.1510

The Power of open-mindedness

In a world marked by increasing divisions and intolerance, the importance of open-mindedness cannot be overstated. Open-mindedness is not just a desirable quality; it is an essential attribute for both individuals and societies to grow. The willingness to explore new ideas, perspectives, and possibilities is the driving force behind growth, understanding, and peaceful coexistence.

At its core, open-mindedness stands in stark contrast to narrow-mindedness. While the latter shuts out differing opinions and clings stubbornly to preconceived notions, the former opens the floodgates to intellectual advancement. Open-minded individuals recognize the limitations of their knowledge and actively seek to broaden their horizons by engaging with diverse ideas and perspectives. They understand that the world is intricate, and that truth can be found in unexpected places.

An open mind liberates us from the constraints of our own biases and prejudices. It allows us to go beyond the echo chambers of our social circles, where our beliefs are constantly reinforced and seldom challenged. Open-mindedness compels us to question our assumptions, critically evaluate information, and consider alternative viewpoints. This willingness to embrace differing perspectives brings forth empathy, compassion, and a deeper understanding of the human condition.

In today's interconnected world, open-mindedness is more crucial than ever. The rapid advancement of technology has brought individuals from diverse cultures and backgrounds, into closer proximity. Without open-mindedness, these encounters may result in misunderstanding, conflict, and the erosion of society. However, approaching these encounters with open minds allows us to discover commonalities, bridge gaps, and foster mutual understanding.

Open-mindedness also serves as a catalyst for progress. History has shown that many of humanity's greatest discoveries were made by individuals who dared to challenge prevailing wisdom and conventional thinking. By embracing new ideas, open-minded individuals pave the way for creativity, problem-solving, and the advancement of society. It is through open-mindedness that novel solutions emerge, technologies are grown, and uncharted possibilities come to fruition.

Open-mindedness does not imply blind acceptance or the abandonment of critical thinking. Striking a balance between open-mindedness and healthy skepticism is crucial. Open-mindedness does not suggest that all ideas are equally valid or that we should unquestioningly embrace every viewpoint. Instead, it means being willing to entertain diverse perspectives, objectively evaluate them, and draw well-informed conclusions.

In a time when polarization threatens to tear us apart, cultivating open-mindedness should be our collective goal. It requires us to engage in respectful dialogue, even with those whose views we vehemently disagree with. Open-mindedness is not a sign of weakness or indecisiveness; it is a strength that allows us to build bridges and find common ground.

As individuals, we should challenge ourselves to examine our beliefs, confront our biases, and remain receptive to new ideas. We should actively seek out perspectives that differ from our own and engage in meaningful conversations that expand our understanding. We should include ourselves in environments that encourage open-mindedness, where the free exchange of ideas is valued and respected.

Open-mindedness necessitates humility, intellectual curiosity, and a commitment to lifelong learning. By embracing open-mindedness, we expose ourselves to the vast landscape of human knowledge and experience, paving the way for progress, unity, and a brighter, well connected future.



COURTESY

Melcher & Prescott named LRCD's Housing Champion of the Month

Lakes Region Community Developers (LRCD) is pleased to announce that Melcher & Prescott Insurance is LRCD's Housing Champion of the Month for May 2023. Housing Champions are local companies committed to LRCD's mission of creating new affordable housing opportunities. "Affordable housing is clearly a challenge here in the Lakes Region," said Bill Bald, President of Melcher & Prescott Insurance. "I believe affordable housing is important for producing economic growth along with creating vibrant and inclusive neighborhoods. When families can't meet their basic housing needs, businesses will struggle to attract and retain employees, and our local communities will become less diverse." Pictured: Bill Bald, President of Melcher & Prescott Insurance presents Carmen Lorentz of Lakes Region Community Developers with a sponsorship check.

Positively speaking!

Toby Moore

A change in scenery may not be a bad thing

In the fabric of life, there is a thread we seldom dare to pull because it seems a little harsh. It's an idea you've probably heard before from your parents, a teacher, or a motivational speaker. It's not exactly a crowd-pleaser. Why? Well, it's a bummer.

The late Jim Rohn once said, "You are the average of the five people you spend the most time with."

Consider your closest friends that you've journeyed through life with - those who walked alongside you through the halls of your school, who shared in the triumphs of winning the sports championship, and maybe even shared a room in college with you.

You're alike in too many ways to count. It's almost like your personalities have merged. You talk alike, you think alike, you dress alike, and you share a love for the same music.

Maybe you thought that's why you're friends, because you're into the same things. What if the opposite was true? What if you're so much alike because, through the years, you've worn off on each other? Your personalities have merged.

That's great when you're close with people who believe in you, see your potential, and continually cheer you on. It's not so great when the people around you can't see past their limitations and they project their doubts and fears onto you.

When you're friends with the wrong people, their skepticism starts to chip away at your dreams; their negativity becomes the soundtrack to your life.

It's not just friends. Imagine you meet someone. You're really into them, and you click over a few shared interests - like a love for a good drink or smoke. The sparks are flying, and everything's brighter when you're buzzed or high.

But then, after a while, you start to notice things aren't moving along like they should. You have a sneaky suspicion that the booze or the smoke may hold you back; you decide to clean up your act.

You give it your best shot, going solo. But a couple of weeks in, you find your partner, still not on the sobriety train, partying it up in the next room. And, well, old habits die hard, don't they?

Before you know it, you're back in the game. You wake up and realize another year has slipped by. Every time you try to quit, your partner is always there, unintentionally luring you back in.

One day, you start discussing your future dreams - owning a successful business, becoming a top athlete, or making it big in art. You SEE **POSITIVELY SPEAKING**, PAGE A12



Winnisquam Echo

TO PLACE AN AD:
ADVERTISING EXECUTIVE
Tracy Lewis
(603) 575-9127
tracy@salmonpress.news

SUBSCRIPTION SERVICES:
KERRI PETERSON
(603) 677-9085
kerri@salmonpress.news

TO PRINT AN OBITUARY:
E-MAIL: obituaries@salmonpress.news
CALL: 603-677-9084

TO SUBMIT A LETTER
TO THE EDITOR:
E-MAIL: brendan@salmonpress.news

USPS 024-975
The Winnisquam Echo is published weekly
by Salmon Press, P.O. Box 729, 5 Water
St., Meredith, NH 03253. Periodicals
postage paid at Meredith, NH 03253.
POSTMASTER:
Send address changes to the Winnisquam
Echo, P.O. Box 729, Meredith, NH 03253.

THE WINNISQUAM ECHO
PUBLISHED BY
SALMON PRESS

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

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

OPERATIONS DIRECTOR
JIM DI NICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

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

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

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.



Volunteers gather to celebrate a successful 5th annual Lake Winnepesaukee Community Cleanup event, gathering more than 12 yards of trash from around the lake!

COURTESY

Going green to keep Winni blue!

REGION — According to the EPA, the average American produces almost six pounds of trash per day, or almost 1 ton per year. That’s equivalent to the weight of a full-grown moose! On Saturday, May 13, more than 100 volunteers of all ages rallied together to help “Keep Winni Blue” by participating in this year’s Lake Winnepesaukee Com-

munity Cleanup. Volunteers arrived at various locations Saturday morning, May 13 ready to act and pick up trash before it has a chance to pollute our beloved Lake Winnepesaukee. The dedication of the volunteers was inspiring! Many people brought their own nets to scoop trash out of our waters and others hit the ground running spreading

out throughout the community. One team even removed a toilet from a local beach! The Winnepesaukee community truly came together to support this event, with other organizations sending volunteers to help; such as NH LAKES and Meredith Rotary. Our sponsors were just as important, providing generous contributions to cover the ex-

penses related to the event, with some even joining in the cleanup effort. By noon, volunteers had almost filled the dumpster, collecting approximately 12 yards of trash. Additional bags of garbage were brought to local transfer stations. Our cleanup efforts were celebrated at a wrap-up party hosted at Goodhue Boat Company in

Meredith. Volunteers were treated to delicious food by GoodEatz 603, homemade cupcakes, and many fun raffle prizes donated by local businesses. LWA is very appreciative of the support we received in our first year hosting the Lake Winnepesaukee Community Cleanup. We would like to give a special shout out to the members of the Lake Winnepesaukee Community Cleanup Committee: Joyce Murphy, Paige Miller, and Karen Mauriello! Thank you to all our sponsors, donors and volunteers that made the 5th Cleanup event a

success. We’re excited to watch this important event continue to grow, and hope to see you next year! The Lake Winnepesaukee Association is a 501(c)3 nonprofit organization dedicated to ensuring that Lake Winnepesaukee’s scenic beauty, wildlife habitat, water quality, and recreational potential continues to provide enjoyment today and for future generations to come. For more information about the Association, contact us at 603-581-6632, or visit our Web site, www.winnepesaukee.org.

Baseball Bears bounce back from pair of losses

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam baseball team took a 4-3 lead into the seventh inning against Conant on Monday, May 15, but ended up opening the penultimate week of the regular season with a 5-4 loss to the Orioles after the hosts scored two runs in the bottom of the seventh inning. Conant scored first, plating a run in the bottom of the first inning, but Winnisquam answered with one in the top of the second. The hosts took the 3-1 lead with two runs in the bottom of the fourth inning, but the Bears scored three times in the top of the sixth to take the 4-3 lead. Nik Puffinburger had a pair of hits and drove in two runs, Zach St. Onge had a double, drove in two runs and scored one run, Alex Nichols had a triple and scored a run and Brady Palmer and Ben Wood each had a hit for the Bears.

Anthony Boomer pitched into the seventh inning, giving up five runs, only two of which were earned and five hits and struck out 13. The Bears made five errors on the day. The Bears had a tough loss to Campbell on Wednesday, May 17,

dropping a 10-0 decision to the Cougars. Campbell scored one in the first, two in the second, four in the third and then added two in the sixth and one in the seventh to close out the win. The Bears just managed just one hit on the day, a Boomer single, but did improve on the defensive side, committing just one error. John Shea, Ethan Carter and Andrew Pearson shared the pitching duties for the Bears, going two, three and two innings each, respectively. Winnisquam bounced back on Thursday, May 18, picking up a 20-9 win over Mascoma. The Bears scored three runs in the top of the first before Mascoma came back with four in the bottom of the inning. Each team scored three in the third, but the Bears added three in the fourth inning and eight in the fifth to pull away before the Royals added two in the bottom of the

fifth for the 20-9 final. Boomer had a homer among his three hits, drove in two runs and scored two runs, Nichols had two doubles and a single, drove in two runs and scored two runs, Ayden Cushing had a double and a single, drove in three runs and scored three runs, Duncan Gosselin had a double and a single, scored three runs and drove in two runs, Palmer had a pair of hits, scored two runs and drove in four runs, St. Onge had a hit, scored a run and drove in three runs and Puffinburger had a hit and scored two runs. Nichols pitched into the fifth inning, gave up seven hits and five earned runs while striking out seven. St. Onge finished up on the mound. The Bears finished out the week with a 7-4 win over Somersworth on Friday. The Bears scored one in the first and added two each in

the third, fourth and fifth innings. Palmer had two hits and drove in three runs, Gosselin had two hits, drove in two runs and scored a run, St. Onge had two hits, Puffinburger had a hit and scored a run, Boomer had a hit, scored three times and drove in a run, Nichols had a hit and drove in a run and Cushing had a hit and scored two runs. Boomer went the distance on the hill, giving up five hits and striking out 11. Winnisquam is slated to finish the regular season on Friday, May 26, with a 7 p.m. game at Robbie Mills Field in Laconia against Newfound. The Division III tournament starts on Thursday, June 1, at the home of the higher seed.

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



Mill Falls

31st Annual
Memorial Weekend

CRAFT FAIR

Route 3, Meredith, NH

Saturday May 27, 10 am - 6 pm
Sunday May 28, 10 am - 5 pm
Monday May 29, 10 am - 4 pm

~ Over 100 Juried Craftsmen ~

Come and Meet the Artisans
Celebrate American Made Works by Hand

Photography, Country Woodcrafts, Pottery, Soaps, Folk Art, Handbags, Fine Jewelry, Lamps, Pet Gifts, Cutting Boards, Clay, Wood Burning, Candles, Floral, Wearable Art, Painted Glass, Resin, Fiber, Pillows, Fleece, Paper Craft, Scarves, Lanterns, Fret Work, Vintage Chic, Growth Charts, Plants, Nuts, Hot Sauces, Herbal Dips, Wine Slushy Mix, Honey, Oils, Kettle Corn, Cannoli and More.

Free Admission ~ Rain or Shine
Directions from Route 93 take Exit 23 or come by boat
www.castleberryfairs.com



Stone Wall Repair

Fieldstone/Granite
35 years experience

Tony Luongo
707-2727



SEEKING EXCAVATOR OPERATORS

GPS EXPERIENCE DESIRED BUT NOT NECESSARY

(603) 279-4444 or email tracy@ambrosebros.com

Route 3 • Meredith, NH 03253

Serving all of New Hampshire for 50 years.



286-8182
www.porterpaving.com

Specializing in Residential and Commercial Paving
Driveways, Parking lots, roads, and asphalt resurfacing
Owner Installs Every Job







Love Your Community Shop Local

SalmonPress.com

Belmont Public Library announces June events

BELMONT — “At midnight, in the month of June, I stand beneath the mystic moon.” Edgar Allan Poe

June is here, and that could only mean one thing! We are at the halfway point of the year and entering warmer weather. At Belmont Public Library, the staff is working hard to bring more events, programs, and materials for the community and our patrons to use or attend.

Miss Rebecca is thrilled with the interest and attendance for the weekly homeschool LEGO drop-in. We will continue to host all homeschooling families as they come in, create with LEGOs, take a look around at our materials, and get together to meet with new and familiar faces. If you have questions about this group, please contact Rebecca Searles at youthservices@belmontpubliclibrary.org or call 603-267-8331.

As the school year winds down, we are starting to get excited about the beginning of the Summer Reading Program and all the events we have planned. Calendar of events and program information will be available at the library soon. Watch our social media pages for more information.

Summer reading begins June 26! This summer’s reading program is going to involve everyone in our “community”. Come ready to be amazed by Magic Fred. His family friendly comic magic show makes its Belmont debut on Monday June 26 at 5:30 p.m. at the Tioga Pavilion.

The Library’s Youth Services used May to start winding down on their programs as they gear up for a summer of community building and keeping everyone literacy ready. Through June, the Youth Services schedule will be as follows: Mondays at 10 a.m. - Musical Munchkins; Tuesdays at 3 p.m.: Rhyme & Reason - a poetry group (June 6); Innovation Station - S.T.E.A.M. group (June 13); Young Ink - a writing club (June 20); and lastly Crafternoon - a crafting group (June 27); and Wednesdays at 10 a.m. - StoryTots.

Thursdays are our teens’ or tweens’ day for reflecting. Great Stone

Face (GSF) Book Club will meet on June 8 at 3 p.m. this month, to discuss with Ms Rebecca about their recent selection. The Isinglass Flume (I.F.) Book Club will meet June 22 at 3 p.m. to discuss May and June’s selections. Rounding out a month of reflections and growing will be Teen Advisory Club (TAC). TAC will meet June 29 at 3 p.m. to discuss upcoming programs, materials, or books that they would like to see here at Belmont Public Library.

Finally, Film Fridays will remain weekly throughout the summer for those kids needing a place to come hang

out. The films begin at 3 p.m. We will continue showing the greatest films from the 1980s. Any questions, feel free to contact Rebecca at 603-267-8331 or youthservices@belmontpubliclibrary.org.

Belmont Public Library wants to send a big thank you out to Children’s Literacy Foundation for granting us the ability to relaunch our 1,000 Books Before Kindergarten program and for allowing us to host children’s illustrator and author Gina Perry on May 17. We had a great time with all the new faces and each child went home with two new

books thanks to the CLiF grant.

Belmont Public Library offers two adult reading groups. Ms Rebecca hosts Tea and Tales Book Group on one Thursday evening each month at 5 p.m. In June, her group will be meeting on the 15th to discuss “The Bookshop of Yesterdays” by Amy Meterson. Director Eileen hosts Friday Fiction on the third Friday of each month. The group meets on June 16 at 10:30 a.m. to discuss “The House in the Cerulean Sea” by TJ Klune. Copies of both book selections can be found on the main level of the library

or through the library’s ebook services. Even if the meeting times are inconvenient, you can read along. If you want to participate remotely, contact Rebecca or Eileen at circulation@belmontpubliclibrary.org.

Our Watercolor Group is continuing to flourish mastering all watercolor techniques and styles. Want to join but don’t know where to start? Bring your ideas and use our supplies Mondays at 2 p.m.

Currently working on a fiber arts project and want to bounce ideas off of other crafters? Join staff and other patrons

on Wednesday mornings at 10 a.m. for a laidback hour of fiber arts crafting. Bring a knitting, crochet, or cross-stitch project you are working on or try one of our Take Home Kits for a new idea. Both groups are self-guided with experienced advisors on hand.

The Belmont Public Library is open six days a week and any time at www.belmontpubliclibrary.org, serving the community with books, digital resources, and cultural programming. It’s our 95th year in the building, and our 130th serving the Belmont community.

Robert Kelly brings laughs to The Colonial

LACONIA — The Colonial Theatre - Laconia welcomes comedian Robert Kelly on Saturday, July 29 at 8 p.m. and Franklin Animal Shelter Comedy Night on Thursday, Aug. 17 at 8 p.m. Tickets are on sale now ColonialLaconia.com or by calling 1-800-657-8774.

Robert Kelly’s comedy is deeply rooted his own life and relationships which makes it honest, abrasively funny, yet refreshingly vulnerable. He has been winning over audiences for years touring clubs, colleges and theaters, including repeat performances at Montreal’s Just For Laughs Festival.

His one-hour special “Robert Kelly: Live at the Village Underground” debuted on Comedy Central, and is now available on Netflix. Besides being a fixture on Comedy Central, Kelly plays Bam Bam in Denis Leary’s FX show “Sex&Drugs&Rock&Roll,” the season of which will air this summer. He can also be seen as Louie CK’s brother Robbie on the hit series Louie. His other acting credits include roles in “Trainwreck,” “Maron,” “Benders,” “Nurse Jackie” and “Inside Amy Schumer.” He currently hosts the top-rated podcast “You Know What Dude?” that can be found on iTunes. He is also the co-founder of the RiotCast podcasting Network.

Franklin Animal Shelter Comedy Night Help support the Franklin Animal Shelter by attending their first ever Comedy Night! Join a hilarious lineup

of comedians on Aug. 17 for a night of laughs at the historic Colonial Theatre with headliner and New England comedy staple, Tony V. Also appearing is Boston Comedy Scene veteran, Steve Scarfo, New England native, Ryan Gartley, and more! Show starts at 8 p.m.

All profits will go directly to the Franklin Animal Shelter. We hope to see you there!

Tickets for Franklin Animal Shelter Comedy Night at the Colonial Theatre of Laconia on Thursday, Aug. 17 at 8 p.m. are \$50, and are on sale now at ColonialLaconia.com or by calling 1-800-657-8774.

First opened in 1914, the Colonial Theatre was designed by George I. Griffin. Original owner Benjamin Piscopo was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. The theatre hosted a variety of stage productions and photoplays. By the early 1930s the Colonial had pivoted to show motion pictures. In 1983, the theatre was divided up into 5 separate movie screens. In August of 2002, the theatre closed



Robert Kelly

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. 609 Main Street LLC was created to conduct the capital campaign for the renovation. The restoration of the Colonial be-

gan in March of 2016 and concluded in early 2021.

The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to a wide range of performances, including music, theatre, comedy, and civic events. The Colonial Theatre is managed by Spectacle Management and is home to the Powerhouse Theatre Collaborative. The Colonial

Theatre is located at 609 Main St., Laconia. 03246. www.coloniallaconia.com

Spectacle Live was founded in 2012 to provide performing arts venues throughout New England with expert services in venue operations, booking and programming, venue and event marketing, venue programming and operational management, consulting, and event production. Since its founding, Spectacle Live has worked with more than a dozen New England venues on facility management, and in promoting, marketing, and producing hundreds of concerts, comedy, civic, educational, theatrical, and family entertainment events. Spectacle Live has also been a valuable consulting partner to municipalities and non-profit venue owners, developers, programmers, and operators. Spectacle Live has offices in Lexington and Lowell, Mass. and Laconia. For more information, please contact Pete Lally, plally@spectaclelive.com or 617-531-1257. www.spectaclelive.com

Granite VNA offers Lakes Region Memory Café in Laconia

LACONIA — Granite VNA offers the Lakes Region Memory Cafe on Thursday, June 8 from 1:30 to 3 p.m. at Laconia Public Library at 695 North Main St. The offering takes place on the second Thursday of each month.

The Memory Café is a joyful and creative social experience for people with memory loss and their caregivers to gather with others in a positive and engaging environment.

This program is offered at no charge. Pre-registration is not required. Masks are strongly encouraged. Please note this gathering does not serve as a support or respite group.

For more information, call (603) 224-4093 or (800) 924-8620, ext. 85815 or visit www.granitevna.org.



NORTH COUNTRY COINS, LLC
BUYING • SELLING • APPRAISALS
Est. 1989
WWW.NCCNH.COM
TUES - FRI 10 - 5 • SAT 10 - 3

HIGHEST PRICES PAID
All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.
NORTH COUNTRY COINS.
Main St., Plymouth, NH 536-2625.

Lakes Region **\$199**
Chimney Pro

Sweeps • Stonework
Brick Repairs • Liners
Caps • Installations
Fire Place Makeovers

603-520-7217  *Fully Insured*

Granite VNA has been providing home care, hospice care, palliative care, pediatric and maternal child health services, and wellness programming to New Hampshire residents since 1899. To learn more about Granite VNA, visit www.granitevna.org.

High School Slate

Thursday, May 25
WINNISQUAM
Softball vs. Newfound (Odell Park); 7:30

Friday, May 26
BELMONT
Baseball at Hopkinton; 4
GILFORD
Baseball vs. Inter-Lakes; 4
WINNISQUAM
Baseball vs. Newfound (Robbie Mills); 7

All schedules are subject to change.

salmonpress.com

Lakes Region Community College celebrates 2023 graduates

LACONIA — Lakes Region Community College of Laconia was happy to host its 2023 Commencement last Saturday, May 13, at the Bank of New Hampshire Pavilion in Gilford. Friends and family, along with the school's community of faculty and staff, gathered to celebrate the student's achievements and hopeful futures.

The two-year College, which offers a variety of programs, was honored to present one hundred and sixteen degrees and certificates to LRCC's deserving graduates. LRCC offers over forty degrees, certificates, and training programs. The most popular degrees in 2023 included automotive, fire science, and nursing.

Interim President Patrick Cate addressed the graduates with a heartfelt speech on the topics of achievements and the growth of the College.

Cate.

LRCC was pleased to acknowledge Joel Austin-Shortt as this year's Valedictorian. He received dual degrees in Advanced Manufacturing and Electro-Mechanical Technologies. He has learned from LRCC, applied it in his professional career at Freudenberg NOK, and excelled exponentially. Dual majoring is not a simple task, and Austin-Shortt has persevered and accomplished his goal despite being a single father and working more than full-time.

“As the wheels of our bus come to a stop, we get off the bus and step on a new foundation that we’ve built here at LRCC. I want to thank our families, faculty, fellow students, and staff,” said Austin-Shortt during his address.

LRCC awarded Emma Cole the Student of the Year Award for 2023. Cole received her Associate of Business degree and plans to open her own beauty shop. Her involvement in the Student Senate and overall support of LRCC make her stand out in the community.

Lakes Region Community College would like to thank the faculty, staff, parents, and the community for supporting this event. For more information about LRCC, visit LRCC.edu.

SNHU announces Winter 2023 President's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Winter 2023 President's List. The winter terms run from January to May.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Gregory Cyr of Northfield
Ian Cluett of Belmont
Adreanna Gagne of Tilton
Hannah McCain of Tilton
Jada Edgren of Belmont

Cordelia Larivee-Ambrose of Tilton
Southern New Hampshire University (SNHU) is a private, nonprofit institution with a 90-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as one of the "Most Innovative" regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

SNHU announces Winter 2023 Dean's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Winter 2023 Dean's List. The winter terms run from January to May.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the Dean's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Ethem Ficici of Tilton
Taylor Pakenham of Belmont
Southern New Hampshire University (SNHU) is a private, nonprofit institution with a 90-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as one of the "Most Innovative" regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

Tilton's Andrew Parsons inducted into Honor Society chapter for first-generation students at College of the Holy Cross

WORCESTER, Mass. — Andrew Parsons of Tilton has been inducted into Alpha Alpha Alpha (Tri-Alpha) Honor Society, a national honor society recognizing the achievements of first-generation students, alumni, staff, faculty and administrators. Parsons, a member of the Class of 2023, was one of 67 students inducted into Delta Omicron, the honor society's Holy Cross chapter.

Founded in 2018, Tri-Alpha promotes academic excellence and provides members with a multitude of benefits, including opportunities for personal growth, leadership development, campus and community service and the opportunity to receive mentoring from more senior first-generation students, as well as faculty, staff and alumni who were first-generation students.

To qualify for induction into Tri-Alpha students must meet the following criteria:

The student has completed at least three full-time terms of study.

The student has achieved an overall grade point average of at least 3.2 on a 4.0 scale.

Neither the student's parents, nor step-parents, nor legal guardians, completed a bachelor's degree.

In addition to the student inductees, two members of the College community were inducted as honorary members: Adriana DiPasquale, associate director for training and clinical services, Counseling & Psychological Services (CAPS), and Patricia Kramer, assistant dean, Office of the Class Deans, and associate professor, Department of Psychology.

Tri-Alpha is one of 20 honor societies on the College of the Holy Cross campus.

About Holy Cross

The College of the Holy Cross, in Worcester, Mass., is among the nation's leading liberal arts institutions. A highly selective, four-year, exclusively undergraduate college of 3,100 students, Holy Cross is renowned for offering a rigorous, personalized education in the Jesuit, Catholic tradition. Since its founding in 1843, Holy Cross has made a positive impact in society by graduating students who distinguish themselves as thoughtful leaders in business, professional and civic life.

Forest Pump & Filter Co.

Serving The Greater Lakes Region Area for Over 50 Years

WE DO IT ALL

WELL DRILLINGPUMP SYSTEMS
FILTERS

Family Owned Business for 40 Years

CALL FOR SERVICE
FOREST PUMP & FILTER CO., INC.
603-332-9037

Paid Advertisement

Paid Advertisement

Paid Advertisement

Paid Advertisement

Paid Advertisement

Edward Jones: Financial Focus

Are your goals ‘must have’ or ‘nice to have’?

Like everyone, you may have a lot of financial goals. But are they all of equal importance? Probably not. And do they share a similar timeline? Again, it's unlikely. So, your first step may be to prioritize your goals — and then follow a process that can help you achieve them.

This process should include the following steps:

• Identify your goals as “must have” or “nice to have.” Making sure you can retire comfortably and won't outlive your resources is a “must have” goal. For this goal, you can't compromise — you need to be certain of achieving it, or at least as certain as possible. But if you want to someday own a vacation home by the beach, and you can't ever quite afford it, you might find an acceptable substitute, such as renting. So, it seems fair to say that achieving this goal would be “nice to have.”

• Prioritize your investment dollars.


Unless you have unlimited sums to invest — and very few of us have that luxury — you'll probably need to prioritize where your investment dollars are going. For your main “must have” goal — retirement — you'll be helped by the ability to automatically invest through your 401(k) or other employer-sponsored retirement plan. If you're on track toward this goal, and you budget carefully and potentially receive salary increases over the years, you may also find space to keep contributing toward the “nice to have” goals.

• Put “price tags” on your goals. You need to know what your goals will cost. Of course, you may need to estimate the costs for some goals based on different factors. For example, when you think about your goal of retiring comfortably without outliving your money, you'll need to consider some key questions, including these: When do you want to retire? What sort of retirement lifestyle do you envision? Do you see yourself downsizing your living arrangements? For other goals, though, such as purchasing a vacation home, you could get more specific on how much money you'll need.

• Follow an appropriate strategy. The nature of your goals, and their estimated cost, along with your appetite for risk, should drive your investment strategy — but another key factor is time. So, for a long-term goal like retirement, you'll likely need a reasonable amount of quality growth-oriented investments in your portfolio. While these investments — such as stocks and stock-based mutual funds — will fluctuate in value over shorter periods of time, your hope is that, over several decades, they will ultimately provide the growth you need to meet your retirement goal. However, to achieve a goal you want to meet in a year or so — perhaps

you're paying for a wedding or planning a long vacation — you may want to consider more stable investments, such as certificates of deposit (CDs), short-term bonds or even cash or cash equivalents. They may not provide much in the way of growth, but you can essentially count on them to provide the amount you need when you need it. You'll need to regularly review the performance of your investment strategy for each goal to assess your progress.

Achieving any goals — whether they're “must have” or “nice to have” — can be challenging. But by identifying and prioritizing these goals, following an appropriate strategy to meet them, and consistently reviewing your approach, you can help yourself get to where you want to go.



Jacqueline Taylor

Financial Advisor

3 Mill Street

PO Box 176

Meredith NH 03253

603-279-3161

Fax 866-532-8685

jacqueline.taylor@edwardjones.com

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC

Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

LOCAL FOLKS

Locally owned businesses here to serve you!

SOFTBALL

CONTINUED FROM PAGE A1

a walk, but they were both stranded there.

The Raiders put four runs on the board in the bottom of the inning. Avery VonKadich reached on an error to start the inning and Carly Drouin was hit by a pitch. After a strikeout, a base hit from Riley Cotnoir plated one run and after Stone walked, a passed ball pushed another run across. Rodrigues then doubled to drive in two runs for the 5-0 lead. Smith and MacDonald continued the inning with walks, but Dow was able to get out of any further trouble.

Gilford got a couple of runs back in the top of the third, as Heyman had a one-out double and Maddie McKenna reached on an error. A sacrifice groundout by Dow drove in the first run and a base hit from Sadie Lydick pushed across the second run for the Golden Eagles. Down then worked around a one-out walk to Roy Wilson in the bottom of the inning, striking out the side to keep the score at 5-2.

Hannah Gannon had a two-out double for Gilford in the top of the fourth inning, but she was stranded and Smith had a one-out walk in the bottom of the fourth, but she was also left stranded. McKenna and Dow had one-out base hits for the Golden Eagles in the top of the fifth, but Belmont shortstop Paquette snared a line drive and turned it into a 6-4 double play to end the inning. Lydick took over in the circle for Gilford in the bottom of the fifth inning and Von Kadich had a base hit to lead off the inning, but Lydick pitched her way out of

the inning.

Gilford's bats came to life in the top of the sixth inning. Maddie Hazelton led off with a base hit and Caldon followed with a base hit and a pickoff error allowed Hazelton to score. A base hit from Kelly cut the lead to one and after Hannah Gannon reached on an error, Jess Gannon took over on the bases. Lauryn Nash-Boucher followed with a walk and base hits from Heyman and Dow pushed two more runs across to give Gilford the 7-5 lead. Stone was able to haul in a fly ball to center and gunned to third to cut down the runner trying to advance to end the inning.

Belmont came right back in the bottom of the sixth. Stone and Rodrigues each worked walks to start the inning and Smith grounded into a 4-6 force, with an error allowing Stone to score to cut the lead to 7-6 before Lydick got a strikeout to end the inning.

After Rodrigues set the side down in order in the top of the seventh inning, Belmont tied the game in the bottom of the frame. Drouin was hit by a pitch and Wilson had a base hit. One out later, a Stone infield hit pushed Drouin across the plate to tie the game at seven. Lydick came back and struck out the next two batters, forcing extra innings, where Belmont was able to get the 8-7 win.

Both teams finished the regular season after deadline. The Division III tournament opens on Wednesday, May 31, at the home of the higher seed.

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



JOSHUA SPAULDING

Darci Stone rounds third on her way to scoring a run in action against Gilford last week.

GRANT

CONTINUED FROM PAGE A1
services to ensure this population feels welcome and comfortable in our space.”

As part of the grant, Belmont Library staff will take an online course in how to lead conversations, a skill vital to library work today. Staff will then host a conversation with residents about building accessibility and use the grant funds to work on the most ur-

gent issues which arise.

If you are interested in getting involved or taking part in the conversation, please contact Eileen Gilbert at the library or visit belmontpubliclibrary.org for more information.

The Belmont Public Library is open six days a week and any time at www.belmontpubliclibrary.org, serving the community with books, digital resources, and cultural programming. It's our 95th year in the

building, and our 130th serving the Belmont community.

Since 2014, ALA's Libraries Transforming Communities initiative has re-imagined the role libraries play in supporting communities. Libraries of all types have utilized free dialogue and deliberation training and resources to lead community and campus forums; take part in anti-violence activities; provide a space

for residents to come together and discuss challenging topics; and have productive conversations with civic leaders, library trustees and staff.

Libraries Transforming Communities: Accessible Small and Rural Communities is an initiative of the American Library Association (ALA) in collaboration with the Association for Rural and Small Libraries (ARSL).

One Too Many,
once again?



Don't Let
Alcohol Put
Your Life on
the Rocks.

Drinking too much can negatively impact every aspect of your life, from your health to your job to your personal relationships with family members, partners and friends. April is Alcohol Awareness Month, an observance dedicated to raising awareness of the dangers of alcohol abuse. If you or someone you know has a problem with alcohol, help is available. Seek advice from a doctor or contact an alcohol treatment facility, and take the first step toward control and recovery.

Warning Signs of Alcohol Abuse

- Drinking alone when you feel angry or sad
- Waking up with headaches or hangovers after drinking
- Inability to remember what you did while drinking
- Trouble getting to work on time due to drinking
- Inability to control your impulse to drink

If you or someone you know needs professional help for alcohol abuse or addiction, please call 1-800-NCA-CALL (622-2255) or visit ncadd.org for more information.

Local
Advertising



- The Baysider
- Carrol County Independent
- Gilford Steamer
- Littleton Courier
- Newfound Landing
- Berlin Reporter
- Coös County Democrat
- Granite State News
- Meredith News
- Record Enterprise
- Winnisquam Echo



In Print & Online
Advertising works.
Call (603) 616-7103
Email tracy@salmonpress.news

Subscribe • Renew • Advertise



salmonpress.com

TRACK

CONTINUED FROM PAGE A1

firing a distance of 38 feet, 10 inches and he also took seventh in the discus with a distance of 102 feet, seven inches.

Goodwin finished in third place in the 400 meters with a time of 53.27 seconds, with Frank McComiskey finished in 13th place in 59.93 seconds.

Henry Osmer ran to third place in the 800 meters in 2:11.94, while in the 100 meters, Nathan Lavoie was 25th in 12.52 seconds and Victor Pham was 29th in 12.6 seconds. Avery Woods finished in ninth place in the 300-meter hurdles with a time of 49.84 seconds.

The Bear 4X100-meter team of McComiskey,

Pham, Donahue and Lavoie placed fifth in 47.69 seconds, the 4X400-meter team of Donahue, Lavoie, Goodwin and Swain placed third in 3:51.84 and the 4X800-meter team of Goodwin, Osmer, Carter LaLiberte and Joseph Curtin was third in 9:18.62.

Lavoie was 10th in the long jump at 16 feet, 1.5 inches while Pham was seventh in the triple jump with a leap of 35 feet, 7.75 inches.

The Bears who qualified competed at Sanborn after deadline in the Division III State Meet.

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



JOSHUA SPAULDING
Victor Pham leaps in the triple jump during Saturday's Wilderness Championships.



JOSHUA SPAULDING
Carter Fredette fired his way to the win in the shot put on Saturday.

THIS IS AN AD
THAT SAYS YOU
SHOULDN'T
DRIVE HIGH

ad
NHTSA

ANYONE, ANYTIME
CAN ASK FOR
HELP

For anyone looking for help with addiction,
recovery is real, it's great, it's available...TODAY.

**ANYONE.
ANYTIME.**
NEW HAMPSHIRE

Can experience addiction • Can ask for help
Can recover • Can save a life

www.anyoneanytimenh.org

NH STATEWIDE ADDICTION CRISIS LINE
If you or someone you know is experiencing a
substance use or an addiction-related crisis
1.844.711.HELP (4357)

FOR INFORMATION VISIT:
**NH Alcohol and Drug
TREATMENT LOCATOR**
www.nhtreatment.org

FOR INFORMATION:
211
Get Connected. Get Answers.



JOSHUA SPAULDING
Becc Kulengosky races in the 100 meters during Saturday's home meet in Tilton.

PETS OF THE WEEK

Lilly

Meet Lilly! This older lady is looking for to be your next companion. She has a gentle and comforting personallity, one to make her a great candidate for many types of homes. Lilly has experience living with both cats and dogs, and even kiddos.

Zip

Meet Zip! He is a fun-loving and mischevious boy. He has an incredible outgoing personality and is looking for a forever home where he can be loved and spoiled.

NH Humane Society
Over a century of love for those without a voice.
1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539

Not the time to
check your child's
car seat.

safercar.gov/TheRightSeat



ANSWER: TRUE

There are four differences between Picture A and Picture B. Can you find them all?



Answers: 1. Boy in window 2. Extra bushes on right side 3. Mom's shirt neckline 4. Missing light on house



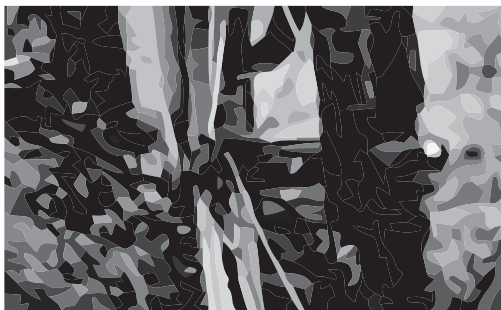
- **1869:** BOSTON UNIVERSITY IS CHARTERED BY THE COMMONWEALTH OF MASSACHUSETTS.
- **1917:** SEVERAL POWERFUL TORNADOES RIP THROUGH ILLINOIS.
- **1967:** THE BEATLES RELEASE "SGT. PEPPER'S LONELY HEARTS CLUB BAND."



relating to
or occurring
in families

GERMAN: Vater

AY INCLUDE MANY
ERENT PEOPLE. AS
LONG AS THERE
IS LOVE INVOLVED,
ANYONE CAN BE
CONSIDERED
FAMILY.



Can you guess what the bigger picture is?

ANSWER: BIKE WHEEL IN PUDDLE



CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to hamburgers.
Each number corresponds to a letter.
(Hint: 9 = N)

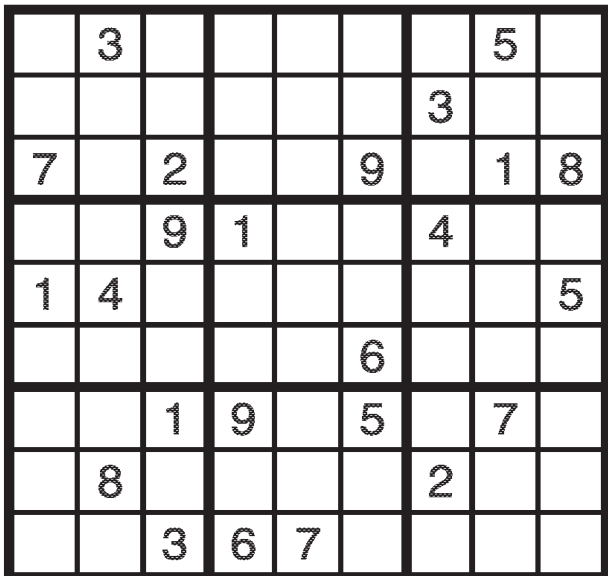
Clue: Lettuce and tomato are two

Clue: Cooking device

Clue: Oily or greasy matter

Clue: Burger breads

Answers: A. toppings B. grill C. fat D. buns



Level: Advanced

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

6	3	4	2	8	1	9	5	7
9	1	8	5	6	7	3	2	4
7	5	2	4	3	9	6	1	8
8	7	9	1	5	3	4	6	2
1	4	6	8	9	2	7	3	5
3	2	5	7	4	6	1	8	9
4	6	1	9	2	5	8	7	3
5	8	7	3	1	4	2	9	6
2	9	3	6	7	8	5	4	1

ANSWER:

Monthly Songwriter Series show set for May 31

MEREDITH — The partnership between Katie Dobbins Music (Gilford) and Hermit Woods Winery & Eatery (Meredith) which has brought a new monthly music series titled Songwriter Round-Up to the Lakes Region is set to present its fourth show. Held in the region’s premier listening room, The Loft located on the second floor of the Winery, audience members can enjoy the original music of talented singer-songwriters from the New England area. At each show three artists share their songs and stories in a unique in-the-round style performance. Two different songwriters are featured alongside host Katie Dobbins on the last Wednesday of every month in this intimate series.

The next Songwriter Round-Up show takes place on Wednesday, May 31, featuring Katie Dobbins, Dakota Smart, and Rebecca Turmel. A complimentary wine tasting will begin at 5:30 p.m., seating opens at 6pm, and music runs



from 7 – 8:30 p.m. Patrons can further enhance their evening by selecting from a menu of tasty items available from the Hermit Woods kitchen. Tickets can be purchased in advance at hermitwoodswinery.com/the-loft or in-person at the Winery.

Winery owner Bob Manley is thrilled to host

the monthly Songwriter Round-Up series stating “We’ve invested a great deal into The Loft’s architecture, design, and listening room experience. We’re proud of the incredible community of world renowned musicians and supportive patrons we’ve been able to grow so far and are looking forward to continuing to expand our

efforts to local independent artists.” Dobbins, who previously hosted this series in the Boston area, is grateful to be able to bring it to her New Hampshire community.

“It’s about creating unique shows that leave people feeling like they’ve experienced something powerful

and different,” Dobbins says, adding “For me, performing is about connecting. Listening rooms offer a special way for artists to connect with the audience.”

Hermit Woods Winery & Eatery is known for its contributions to the greater Meredith and Lakes Region communities. Their desire to

bring incredible talent and unique enriching experiences right to small town Meredith makes them one-of-a-kind. With their delightful creative dishes, delicious wines, enriching events, and heart for collaboration and community development, they are a business and venue worth checking out. Similarly, award-winning artist Katie Dobbins is an entrepreneur herself and is passionate about creating new opportunities. Dobbins is excited to be presenting this new series and, as someone who also cares deeply about community, it seems her partnership with Hermit Woods is, dare we say, the perfect pairing.

Songwriter Round-Up is a monthly series, with shows featuring host Katie Dobbins and two additional guest artists on the last Wednesday of every month. Tickets are \$10 - \$15 at hermitwoods.com.

Support Lakes Region Community Developers during NH Gives June 6 & 7

LACONIA — Please help Lakes Region Community Developers (LRCD) to create more affordable housing opportunities in the Lakes Region by participating in NH Gives with a donation to LRCD June 6 & 7.

NH Gives, an initiative of the NH Center for Nonprofits, is a powerful, statewide 24-hour online fundraising event that is designed to build community, connect donors to local nonprofits and generate excitement about the nonprofit sector. LRCD is proud to be a part of NH Gives this year, asking the community to join this impactful effort to make a difference right here in the Lakes Region.

LRCD has been creating affordable housing in the Lakes Region for 30 years. Since the late 1980’s, LRCD has created 366 affordable rental apartments for people of low income, but it is not enough, and they need your help.

Wages have not kept pace with the rapidly rising cost of housing. Also, although the need for housing is great, production has not kept pace with the need. Now, the Lakes Region finds itself facing a housing crisis like never before.

LRCD envisions a Lakes Region where everyone lives in a home that supports good health. It is the key to workforce development and local business growth, as well as solving the growing crisis of homelessness. If LRCD can achieve this vision, everyone in the community will benefit. LRCD needs the support of the community to increase housing production to the level needed to ensure the right amount of housing is affordable for essential workers, seniors who want to age in place with dignity, and people experiencing homelessness and housing instability.

Please mark your calendar and set a reminder to join the NH Gives fun by donating to LRCD between 5 p.m. June 6 and 5 p.m. June 7. Your donation will help LRCD grow its pipeline of affordable housing developments so they can meet the need.

If interested in participating, visit lrcommunitydevelopers.org to subscribe to LRCD emails. To learn more or donate during NH Gives, visit nhgives.org and search “Lakes Region Community Developers.”



Local artists featured in auction to benefit LRMHC

BELMONT — Throughout the month of May, in support of Mental Health Awareness Month, the Lakes Region Mental Health Center is holding an art auction! Various works of art from national and local artists are on display at the Belknap Marketplace on Route 3 in Belmont, or can be viewed online, where anyone may bid on items.

Included among the many talented artists from around New Hampshire is Alton entrepreneur Tara Lamper. She has been a lifelong artist, local small business owner for more than 25 years, and is currently studying graphic design at Lakes Region Community College. Upon invitation to submit work for the auction, she offered several lovely nature photo

prints. Find her work by searching for her name on the auction Web site, or view her posts at facebook.com/tlamper.

LRMHC’s aim is to raise public awareness of mental health and support options. Their inaugural auction’s theme is “Celebrating Mental Health Through the Arts.” Often when there are no words to express one’s struggle, art becomes a means of communication or connection. Both creating

and viewing artwork have long been known to reduce stress and improve mood.

You can browse and bid on your own piece of art therapy at www.biddingforgood.com/LRMHC/ArtAuction. Or if you’re driving through Belmont, stop by the Belknap Marketplace and see all of the wondrous creations in person through May 30. Many of the online auction photos do not do justice to the full beauty of the

items, so come check them out for yourself! Bidding supports both LRMHC’s important cause, as well as local artists’ businesses.

For more information about Lakes Region Mental Health Center, visit LRMHC.org.

Thirty percent of all auction sales will be donated to LRMHC to support their mission of improving quality of life in the NH Lakes Region.



Shop Locally.

HELP REBUILD OUR ECONOMY!



TO VIEW THESE AND OTHER PROPERTIES, VISIT:

Alpine Lakes Real Estate: www.alpinelakes.com

Badger Peabody & Smith Realty: www.peabodysmith.com

Bean Group: www.beangroup.com

Century 21 Country Lakes Realty: www.countrylakesrealty.com

Century 21 Twin Rivers Realty: www.nhreal21.com

Coldwell Banker: www.cbldmill.com

Coldwell Banker Residential Brokerage
www.newenglandmoves.com

ERA Masiello: www.masiello.com

Exit Lakeside Realty Group: www.exitlakeside.com

Granite Group Realty Services:
www.granitegrouprealty.com

Gowen Realty: www.gowenrealty.com

Kressy Real Estate: www.kressy.com

Lakes Region Realty: www.lakesregionrealestate.com

Lamprey & Lamprey Realtors: www.lampreyandlamprey.com

Maxfield Real Estate: www.maxfieldrealestate.com

McLane Realty: www.mclanerealtyplymouth.com

Mountain Country Realty: www.mountaincountryrealestate.com

Nash Realty: www.nashrealty.com

New Hampshire Colonials Real Estate: www.squamlake.com

Noseworthy Real Estate: www.noseworthyrealestate.com

Old Mill Properties: www.oldmillprops.com

Pine Shores Real Estate: www.pineshoresllc.com

Preferred Vacation Rentals: www.preferredrentals.com

Remax Bayside: www.baysidenh.net

Roche Realty: www.rocherealty.com

Strawberry Lane Real Estate: www.strawberrylane.com

Town & Forest Realty: www.townandforest.com

Camelot HomeCenter


ALWAYS OPEN DAILY • 10 TO 6 SATURDAYS & 10 TO 5 SUNDAYS

NEW 14 WIDES List Price: \$79,995 \$74,995 56' 2" Bed	BUY NOW WHILE PRICES ARE LOW!	
 List Price: \$102,995 \$93,995 64' 2" Bed, 2 Bath	 List Price: \$88,995 \$84,995 68' 2" Bed, 2 Bath	
DOUBLE WIDES List Price: \$119,995 \$115,995 56' 3" Bed, 2 Bath	 List Price: \$131,995 \$128,995 48' 3" Bed, 2 Bath	
 List Price: \$153,995 \$149,995 60' 4" Bed, 2 Bath, w/ Bonus Family Room	Homes From COLONY, MARLETTE, NEW ERA, & TITAN	
MODULARS \$175,995 3 Bedroom, 2 Bath	 \$208,995 3 Bedroom, 2 Bath	 \$208,995 1,900sq ft. 2 story - Master Bed 1st Floor

*Prices subject to change


WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?
Rt. 3, Tilton NH, exit 20 on Rt. 1-93 across from Lakes Region Factory Mall • WWW.CM-H.COM

REAL ESTATE



Equal Housing Opportunity

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination. (The Fair Housing Act of 1968 at 42 U.S.C. 3604(c)) This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll free at 1-800-669-9777 For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275. You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301 Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.



EQUAL HOUSING OPPORTUNITY

POSITIVELY SPEAKING

CONTINUED FROM PAGE A1

mention that you can't do it unless you're sober.

You ask your partner to join you in sobriety. But whenever you bring it up, it ends up in a fight. So, you let it go.

It's not that they're out to get you or to try to hold you back. It's just that your relationship was built on drugs and alcohol, and you're not headed in the same direction.

It's like this:

Hang out with people who have addictions; you'll pick up some bad habits.

If your friends don't think dreams can come true, you'll start feeling the same.

Spend time with folks who are bitter and hateful. You'll likely end up grumpy, too.

Before you know it, you've got the same limitations they do.

Don't believe me? Have you ever heard of Menstrual Synchrony? Some women claim that women's periods start syncing when they spend a lot of time together.

And guess what? There's evidence that guys can do a kind of "syncing up," too. Studies have shown that men who live or work together can start to match up their daily routines, eating habits, sleep patterns, and even their moods.

GENERAL SERVICES

LOW COST SPAY/NEUTER

Rozzie May
Animal Alliance,
cats and dogs.

Cat Cab service available.
Military discounts.


Sign up on line
www.rozziemay.org
or call 603-447-1373

Harvard social psychologist Dr. David McClelland says, "The people you hang out with most can determine up to 95 percent of your success or failure in life."


If the dream in your heart is bigger than your environment, you've got to break free.

Swapping out familiar faces for fresh ones isn't exactly a crowd-pleaser, but when you weigh it against shelving your dreams, suddenly, changing your social scenery may not seem so bad.


OPEN HOUSES SATURDAY 10AM-12PM




MEREDITH
59 Brook Hill (Model Unit)
Luxury townhomes featuring 2 BRs, 2 baths, 2 bonus rooms, sunroom, & attached garage. Starting at **\$549,000**



MEREDITH
426 Daniel Webster Hwy
Duplex with each side featuring 2BRs, 2 baths, and a 50'x22' Toy Box garage underneath. **\$1,200,000**
#4937858



NEW HAMPTON
178 Straits Road
Timber Frame Contemporary on 55 acres with 3 BRs, 4 baths, cathedral ceilings, a finished walkout basement, and a floor to ceiling fieldstone fireplace. **\$1,100,000**



285 Daniel Webster Highway • (603) 677-7007 • www.MeredithLanding.com



MEREDITH OFFICE

97 Daniel Webster Hwy
(603) 279-7046

LACONIA OFFICE

1921 Parade Road
(603) 528-0088

SEARCH NH REAL ESTATE: WWW.ROCHEREALTY.COM

<p>\$769,000 MLS# 4952515</p> <p>4BR/4BA, 2,678 sf. detached ranch at Holiday Bay with an attached 2-car garage that has been meticulously maintained and updated. Enjoy the beautiful beach and day docking on Lake Winnepesaukee. The back deck over looks the in-ground swimming pool and landscaped grounds.</p>	<p>\$115,000 MLS# 4952370</p> <p>Rare 0.92 acre lot in Suissevale on a paved road in a private spot that borders 3 streets. Great area with gorgeous Lake Winnepesaukee beach access, clubhouse, playground, tennis courts and boat launch. Large parking area for the beach and the marina.</p>	<p>\$542,500 MLS# 4953151</p> <p>3BR/2BA, 1,334 sf. Lake Winnepesaukee water access home in West Point Association only a short walk away from the beach. Featuring a new roof and skylights. Amenities include playground, tennis court, basketball court, and boat slips/moorings by seniority. Town boat launch is down the street.</p>	<p>\$435,000 MLS# 4953074</p> <p>3BR/2BA, 2,652 sf. ranch home located in a quiet neighborhood close to Concord. The first floor is ADA accessible with a step-free entrance and adapted bathroom. Enjoy mature apple trees, peach tree, and blackberry bush. The perfect balance between rural charm and city conveniences.</p>
---	---	---	---



Voted #1 BEST Real Estate Company in NH's Lakes Region, 2019, 2020, 2021 & 2022!
Voted #1 BEST Commercial Real Estate Broker, 2020, 2021 & 2022!
Over 10,000 CLOSED transactions in New Hampshire!



* Statistics obtained from NEREN for the past 24 years since 1997 for all real estate firms reporting sales in the entire state of NH during that time.

Step Up Your Advertising Game



Talk our experienced ad consultants today about advertising in one of our papers.

Advertising Works



Contact Tracy

(603) 616-7103 • tracy@salmonpress.news

or Lori

(603) 444-3927 • lori@salmonpress.news

The National Domestic Violence HOTLINE

1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

WWW.THEHOTLINE.ORG

HELP WANTED

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



Lakes Region Environmental Contractors

Pipe Fitters / Laborers wanted. Must have a valid driver's license with a clean driving record and be able to pass DOT physical.

Must have mechanical aptitude, troubleshooting skills, have strong commitment to quality.

ICC Certified, HAZMAT Certified and/or CDL License is a Plus but Not required. Willing to train.

Year-round employment with paid Travel, Holidays, Vacation and Weekends Off

Please call 603-267-7000



WE ARE HIRING!

PSI Molded Plastics is located in beautiful Wolfeboro, NH.

We offer competitive pay rates

Benefits include Health & Dental Insurance, Vision, Short Term Disability, Long Term Disability, Life Insurance, 401k, 10 paid holidays, paid vacation time, paid sick time, and many other incentives!

Quality Inspector – 2nd shift – Starting Pay \$18.00, plus shift differential.

Sanders –2nd shift – Starting Pay \$19.00, plus shift differential.

Painters – 2nd and 3rd Shift – Starting Pay \$21.00, plus shift differential.

Assemblers – 2nd and 3rd shift – Starting Pay \$18.00, plus shift differential.

Press Operators– 1st, 2nd and 3rd shift – Starting Pay \$18.00, plus shift differential.

Mold Setter/Mechanic – 1st, 2nd and 3rd – Starting Pay \$21.00, plus shift differential.

Process Tech – 2nd and 3rd Shifts– Starting Pay \$23.00

Machinist 2nd shift – Starting Pay \$22.00 and up depending on experience.

Production Supervisor 2nd shift – Salary Exempt

Production Supervisor 3rd shift – Salary Exempt

Customer Service Manager – Salary Exempt

Mechatronics/Robotics Engineer – Salary, Exempt Position

\$1.00 per hour shift differential on 2nd shift.

\$2.00 per hour shift differential on 3rd shift.

****\$1,000 SIGN ON BONUS**

****SUBJECT TO TERMS AND CONDITIONS****

For immediate consideration, please come to Five Wickers Drive Wolfeboro, NH to complete an application or visit our website for more information at www.psimp.com. You can also email your resume directly to donna.doyle@psimp.com, please be specific as to what shift and position.

PSIMP an Equal Opportunity Employer.

ISO 9001:2015 Registered.

JOIN OUR TEAM

WE ARE HIRING!

- ✓ Full- or Part-Time Positions
- ✓ Competitive Wages
- ✓ Competitive Benefits

You may apply online at belletetes.com under the ABOUT tab.



Ashland Current Open Positions:
Cashier
Hardware Sales
Lumberyard Customer Service

Belletetes is family-owned and managed by third, fourth and fifth generation members that has been in business for 125 years. With nine locations throughout NH and MA, we believe our employees are our biggest asset!

When you join our team, you will be working in a family-friendly atmosphere where career growth is important, and we try to promote from within.

belletetes.com

E.O.E.

Jaffrey, NH Winchendon, MA Peterborough, NH
Nashua, NH Ashland, NH Andover, NH
Sunapee, NH Pembroke, NH Moultonborough, NH

TOWN OF PLYMOUTH, NEW HAMPSHIRE
OFFICE of the TOWN CLERK
Assistant Clerk

The Town of Plymouth has an immediate opening for a part-time (34 hours/week) Assistant Clerk in the Town Clerk's Office. Under the general direction and supervision of the Interim Town Clerk, the Assistant Clerk is responsible for processing motor vehicle and boat registrations, issuing dog licenses and certified vital records including marriage licenses, and assisting in the administration of local, state, and federal elections.

Applicants must have a strong clerical background and possess interpersonal skills with an emphasis on customer service, an ability to multitask, and other basic computer knowledge in Microsoft Office, professional correspondence, and data entry. Applicants must have the ability to obtain Municipal Agent and Boat Agent certifications within 3 months of employment and must be able to work additional hours per the request of the Town Clerk.

This position, shall be considered a part time temporary position through the Annual March 2024 Town Meeting Elections in which a new Town Clerk will be elected.

Pay range is \$18.22 to \$25.51/hour, depending upon qualifications, experience, and a successful background check.

To apply, please submit a resume and cover letter with 3 references included to Town Manager Scott Weden at Town of Plymouth, 6 Post Office Square, Plymouth, New Hampshire 03264.

The position will remain open until filled; however, priority will be given to resumes received on or prior to May 26, 2023.

The Town of Plymouth is an equal opportunity employer, who does not discriminate on the basis of race, color, national origin, sex, disability, age or creed.



Upper Connecticut Valley Hospital

JOB OPPORTUNITIES

Spotlight Positions:

Phlebotomist	Health Unit Coordinator
Registered Nurse	Environmental Services Technician
RN – OR	Certified Surgical Technician
RN – Med/Surg Charge Nights	Multi-Modality Radiologic Tech
RN Nurse Manager – ED/Med-Surg	Medical Assistant
Endoscopy Technician	Medical Technologist
Physical Therapist	

APPLY ONLINE
WWW.UCVH.ORG

Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603) 388-4236
Ucvh-hr@ucvh.org
EOE



Do we have your attention?

Print Advertising is a very powerful medium and can deliver strongly for you business.

Consumer immersion in trusted content has a massive impact on awareness, trust, and effectiveness of its associated advertising. Media attention scores as applied to regular consumers of each medium, with print newspapers topping the table with a score of 80%, followed by regional print newspapers (76%).

www.NHFrontPage.com

HELP WANTED

**Precision Lumber Inc.**

WATCHMEN WANTED

**PART TIME WATCHMEN
POSITIONS AVAILABLE**

**Precision Lumber Inc.**
576 BUFFALO ROAD, WENTWORTH NH 03282
WWW.LUMBERNH.COM
603-764-9450

**Precision Lumber Inc.**

**IMMEDIATE OPENINGS
SAWMILL AND PLANER MILL WORKERS**

**DAYTIME SHIFT
BENEFITS INCLUDE**
VACATION, SICK AND HOLIDAY PAY, INSURANCE,
CREDIT UNION, 401(k) PLAN, ATTENDANCE BONUS

**Apply in Person
or email precisionlumber@lumbemh.com
to request us to email an application**

**Precision Lumber Inc.**
576 BUFFALO ROAD, WENTWORTH NH 03282
WWW.LUMBERNH.COM

FRIENDLY & RELIABLE
Morning & Night
CASHIERS
and also
DELI WORKERS
needed at the
Following Locations:
**Bosco Bell
Blueberry Station**
Both on Route 28
Barnstead
Please apply in person.

Hiring?
Reach More
Loca/Applicants
Email: tracy@salmonpress.news
Phone: (603) 279-4516

Help
Wanted



Aspiring Construction Professional?
Carpenter or Laborer Seeking Steady Indoor Work?
Looking for a job with a future?


We are a leading provider of engineered wood framing components. Our customers include New England's most forward-thinking commercial & residential builders.

You will be a member of a team that fabricates wood wall frame panels and trusses in our Danbury NH and Pembroke NH locations. Experience or will train.

Day or evening shifts, good pay, overtime, paid time off, bonuses and good fringe benefits.

Tuition assistance program for those interested in learning construction trade skills, construction design skills & construction project management skills.

Email us at smahoney@wallacebp.com or call (603) 768-5900 and ask for Gayle.

**Wallace**

**SHAKER REGIONAL
SCHOOL DISTRICT
SUBSTITUTE NURSE
POSITION**

Shaker Regional School District is seeking qualified individuals for Substitute School Nurse assignments, covering school nurse absences, on an on-call basis. Substitute nurses receive \$150.00 per day/ \$75.00 per half-day. Substitute nurses must be a Registered Nurse in the State of NH, and complete a post-offer, pre-employment physical and criminal background check, including fingerprinting.

Applications can be obtained through the District website at https://www.sau80.org/departments/human_resources, by visiting the Superintendent of Schools Office at 58 School Street, Belmont, NH or by calling 603-267-9223.

Shaker Regional School District serves the communities of Belmont and Canterbury, NH and is an Equal Opportunity Employer.

**SHAKER REGIONAL
SCHOOL DISTRICT
EMPLOYMENT OPPORTUNITIES**

Belmont Elementary School:
1-1 Behavioral Assistant
Classroom Assistant
General Sepcial Education Assistant
Special Education Teacher - SLD
Title I Tutor


Belmont High School:
1-1 Behavioral Assistant (2)
1-1 Special Education Assistant
Math Teacher
School Secretary

Belmont Middle School:
1-1 Behavioral Assistant (3)
English Teacher - 8th Grade
General Special Education Assistant (2)
STEM/Technology Teacher

Canterbury Elementary School
1-1 Behavioral Assistant (3)
English Teacher - 8th Grade
General Special Education Assistant (2)
STEM/Technology Teacher

District Wide
Director of Information Technology
Elementary Computer Integration Teacher
Elementary School Psychologist
Middle/High School Psychologist
Speech & Language Assistant, Certified

For complete details for any of the above positions please visit the Human Resources pages of the District website, www.sau80.org, or contact Debbie Thompson, Business Administrator at 603-267-9223 ext 5303 or dthompson@sau80.org.

**AES
Warriors**

**ASHLAND ELEMENTARY SCHOOL
2023-2024 OPENINGS**

- **Science Teacher (5-8)**
- **Special Education Teacher**
- **Student Support Assistant**
- **In-House Substitute/Classroom Paraeducator**
- **Special Education Paraeducators**
- **Substitutes**

For more information please visit:
<https://sau2.k12.nh.us/ashland-employment>
EOE

**Loon Mountain Resort**

Are you ready for a new career?

We offer a great work environment, unique benefits package, generous discount package and more. The only thing that would make it better — is you!

Full Time Year Round Positions Available:

- Human Resources Coordinator
- Administrative Assistant - Human Resources
- Accounts Payable Coordinator
- Sales Manager
- Central Reservations Supervisor
- Retail Inventory Coordinator
- Plummer

We are also hiring for ALL Seasonal Full and Part Time Positions

To apply on-line please visit www.loonmtn.com/jobs

Equal Opportunity Employer

**Help Wanted
2023 Summer Season**

Holderness Harbor is currently seeking motivated individuals who enjoy working in a friendly yet fast paced marina environment. Must be at least 16. Boater's Safety license preferred but not required. Interested candidates are encouraged to contact us via email through our website holdernessharbor.com under contact us or call 968-9001 and leave a message.

Positions include Inside Customer Service/ Outside Dock and Boat support.

**SHAKER REGIONAL
SCHOOL DISTRICT
COACHING VACANCIES**

Shaker Regional School District is seeking coaches for the 2023-2024 season for following athletic teams:

Varsity Coed Golf
JV Girls Soccer

Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at cbelyea@sau80.org. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.

**SHAKER REGIONAL
SCHOOL DISTRICT
FULL-TIME
YEAR-ROUND
CUSTODIANS**

Shaker Regional School District has immediate openings for two (2) full-time, year-round, custodians at Belmont Middle School and one (1) full-time, year-round custodian at Belmont High School to perform cleaning according to an established schedule. Hours are 3:00 pm – 11:30 pm, with a half-hour lunch during the school year and 6:30 am – 3:00 pm, with a half-hour lunch during school vacations. Starting pay is \$14.37/hour through June 20, 2023, then \$15.87/hour effective July 1, 1023. Must be reliable, have the ability to work independently and follow written and verbal instructions. Our full time positions qualify for our comprehensive benefit package including health, dental, life, long-term disability and paid sick, personal and holidays. Please submit an application and 3 letters of reference to Steve Dalzell, 58 School Street, Belmont, NH 03220. You may contact Mr. Dalzell at 603-267-9223 ext. 5309 to obtain an application or visit the Human Resources section of our website: www.sau80.org. Successful completion, with satisfactory results, of a post-offer pre-employment physical and criminal background check, including fingerprinting, are required. Shaker Regional School District serves the communities of Belmont and Canterbury, NH and is an equal opportunity employer.

Memorial Day Tribute

Honoring All Who Served and
**Remembering Those Who
Made the Ultimate Sacrifice**



Interesting facts about Memorial Day

Each year on the last Monday of May, Americans celebrate Memorial Day. Memorial Day is a federal holiday that honors and mourns American military personnel who died while performing their duties in service to the United States Armed Forces.

Memorial Day has a rich history and one that's worth revisiting as the nation prepares to honor the sacrifices made by its military personnel over the centuries.

- Freed slaves played a role in the establishment of Memorial Day. The American Civil War is the deadliest military conflict in American history, as the Union and the Confederacy each suffered more than 800,000 casualties by the time the war ended in 1865. According to History.com, as the war drew to a close, hundreds of Union soldiers who were being held as prisoners



of war died and were buried in a mass grave in a Confederate prison camp in South Carolina. After the Confederate surrender, more than 1,000 now-freed slaves honored those recently deceased Union soldiers during a ceremony in which they sang hymns

and distributed flowers. The ceremony was dedicated to the fallen soldiers and served as a precursor to what is now celebrated as Memorial Day.

- Confederate soldiers were honored, too. Confederate losses during the Civil War outnumbered Union losses, and those losses were not forgotten by southerners who survived the war. History.com notes that, in 1866, the Georgia-based Ladies Memorial Association, one of many similar organizations to arise in the aftermath of the war,

pushed for a day to honor fallen Confederate soldiers. In fact, these efforts are believed to have influenced General John A. Logan. In 1868, General Logan, a Civil War veteran who was then serving as commander-in-chief of a group of Union veterans, ordered the decoration of Union graves with flowers on May 30. The day would ultimately be known as "Memorial Day."

It took a long time for Memorial Day to become a federal holiday. Despite tracing its origins to the immediate aftermath of the Civil War, Memorial Day did not become an official federal holiday until

1971, more than a century after the war ended. This is the same year the holiday was officially designated as taking place on the last Monday in May. The designation has periodically drawn the ire of veterans and military supporters who suggest it is now more widely seen as the unofficial beginning to summer and not a day in which the sacrifices of fallen U.S. soldiers are honored to the extent that they should be.

- Debate exists about which town has the longest history of celebrating Memorial Day. A handful of towns claim to be the first celebrants of Memorial Day. That debate figures to continue in perpetuity, but History.com notes that Waterloo, New York, was officially recognized by U.S. President Lyndon B. Johnson as the birthplace of Memorial Day in 1966. Doylestown, Pennsylvania, and Rochester, Wisconsin are some other towns that claim to have celebrated Memorial Day since the mid-1860s.

Memorial Day has a rich history that highlights the importance of honoring the men and women who have given their lives while in service of the United States military.

**FAY'S
BOAT YARD**
INCORPORATED
ON LAKE WINNIPESAUKEE • EST. 1944

71 VARNEY POINT ROAD
GILFORD, NH 03249
603-293-8000
WWW.FAYSBOATYARD.COM

"Home of the free, because of the brave"
*with deep gratitude & appreciation
this Memorial Day and Always*

WesleyWoods
HOMES IN GILFORD

For more information about our active 62+ Community, please
contact Carrie at 603-528-2555 or cchandler@wesleywoodsnnh.org.

18 WESLEY WAY • GILFORD, NH 03249 • WESLEYWOODSNH.ORG

STERLING MANAGEMENT, INC. - WE SUPPORT OUR VETERANS

Managers of USDA Rural Development Properties
Cherryfield Village Apartments in Somersworth, NH
603-692-3978

Download our Application at <https://www.sterling-management.net/application.pdf>

STERLING MANAGEMENT, INC. - WE SUPPORT OUR VETERANS

Managers of USDA Rural Development Properties
Belmont Village Apartments in Belmont, NH
603-692-3978

Download our Application at <https://www.sterling-management.net/application.pdf>

ALL WE KNOW IS LOCAL ~ SalmonPress.com



PSU | DINING

WE'RE HIRING

OFFERING A \$500 SIGN-ON BONUS

THE PERKS

✓

COMPETITIVE PAY

✓

NO PRIOR EXPERIENCE REQUIRED

✓

401K OPTION

✓

ANNUAL RAISES

✓

MEDICAL & DENTAL INSURANCE

✓

CLOSED ALL MAJOR HOLIDAYS

FULL- & PART-TIME POSITIONS

HIRING FOR ALL SHIFTS

• Retail Specialists

• Baristas

• Lead Cook

• Cook

• Utility Worker

• Food Service Worker

• Catering

• Pizza Artists

ALL POSITIONS APPLY TO THIS LISTING

Questions? Call or Text
Kirsten Perry
Recruiting Manager
at (603) 801-4036

QR CODE

bit.ly/ApplyPSUDining2023

Everything you need to design,
build and finish the job.

CYR LUMBER & HomeCenter

WINDAM • WARNER • TILTON

We stock the items that you need on the project, day in and day out. We also have a great network of building material dealers that allow us access for many more items, some of which are hard to find. Let our trained sales staff help you find the right product for the job.

t

f

603-898-5000 • cyr lumber.com

ACE

Hardware

All Gave Some

United States Army

"Freedom is not free."

GRANITE STATE GLASS

GRANITE STATE GLASS

GREAT WATERS

Entertaining the Lakes Region

2023 SEASON

7.15

The Sweet Caroline Tour

Starring Jay White

7.22

The MAGIC of ABBA

Featuring ABBAcadabra

7.28

Neil Berg's 50 Years of Rock and Roll

8.5

The Midtown Men

Stars from the Original Broadway Cast of Jersey Boys

8.16

Great Waters Gala

Featuring Jessica Vosk

8.19

Classic Albums Live Performs CCR Chronicle Vol.1-

Note for Note, Cut for Cut

7.8

Linda Eder

8.24

Empire Trio

CONCERTS in the CLOUDS

CONCERTS in TOWN

Scan for tickets

QR CODE

GreatWaters.org

or call (603) 569-7710

An outdoor space to share the things that matter most.

At Trex®, the #1 brand in outdoor living, we believe that a deck is more than just a deck. It's a place to be enjoyed with the people that matter most - not sanded, stained and sealed. And you can feel good knowing that our high-performing, low-maintenance decking is made from 95% recycled materials and comes backed by a 25-year warranty. At Trex, we see it too.

To learn more, visit [Belletetes](http://Belletetes.com) today.

Trex

Engineering What's Next in Outdoor Living™

SMART • FRIENDLY • SERVICE

SINCE 1898

BELLETETES

BUILDING PRODUCT SPECIALISTS

125TH ANNIVERSARY

JAFFREY, NH

603.532.7716

PETERBOROUGH, NH

603.924.9436

NASHUA, NH

603.880.7778

ANDOVER, NH

603.735.5544

SUNAPEE, NH

603.763.9070

ASHLAND, NH

603.968.7626

PEMBROKE, NH

603.224.7483

MOULTONBOROUGH, NH

603.253.4404

WINCHENDON, MA

978.297.1162

www.belletetes.com

Please Join
Premiere Event Sponsor

PD

PLYMOUTH GENERAL DENTISTRY PLLC

SPEARE'S 25TH ANNUAL GOLF CLASSIC

June 5, 2023

Owl's Nest Resort & Golf Club

Proceeds Benefit
Speare's School Dental Health Program
Providing free or low-cost dental services to more than 1,500 local children each year!

Sponsorship and registration information:
603.238.2211
spearehospital.com/golf

SPEARE Memorial Hospital

A Critical Access Hospital

Advertise Here

salmonpress.com