

Winnisquam Echo

THURSDAY, APRIL 2, 2026

FREE

SERVING TILTON, NORTHFIELD, BELMONT & SANBORNTON, N.H.

Ryder, Byars earn All-State honors

Jason Parent named Division III Coach of the Year

BY JOSHUA SPAULDING
Sports Editor

REGION — After successful seasons on the ice, numerous local hockey players and one local hockey coach earned All-State honors when the Division III boys' hockey All-State teams were announced at the conclusion of the season.

Berlin-Gorham's Boyd Poulin capped off a stellar career by earning the Division III Player of the Year honors while Belmont-Gilford coach Jason Parent was named Division III Coach of the Year.

Joining Poulin in earning First Team All-State honors were Belmont-Gilford's Max Ryder, Berlin-Gorham's Dillon Boucher and Kingswood's Jake Dubuc and Nate Cloos. Locals earning Second Team All-State honors were Berlin-Gorham's Hudson Goulet, Kennett's Aiden Lane,



Belmont-Gilford's Max Ryder was named Division III First Team All-State for his junior season.

JOSHUA SPAULDING

Owen Zipf and Brady Parsons and Belmont-Gilford's Colton Byars. Third Team honors were earned by Kearsarge-Plymouth's Landon Custance, Evan Hill of Berlin-Gorham, Keller Peacock of Kingswood and Tucker Laughland of Kennett.

Joining the locals in earning First Team All-State honors was Kip Hedquist of John Stark-Hopkinton-Hillsboro-Deering while Second Team honors also went to Kaden Kirby of Monadnock-Fall Mountain-Conant.

Also earning Third Team honors were Thomas Hanson of Pembroke-Campbell and Finan Murphy of John Stark-Hopkinton-Hillsboro-Deering.

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

\$32 million approved for Winnisquam Regional School District

TILTON — Voters in the Winnisquam Regional School District approved a \$32,174,588 operating budget and several capital improvement articles during the district's annual meeting March 21 at Winnisquam Regional High School.

The budget article, which funds school operations, salaries and statutory obligations for the coming fiscal year, passed after an amendment proposing a reduced total of \$29,965,723 failed. The adopted budget includes appropriations for the General Fund as well as special revenue funds supporting food service and local, state and federal grants. The School Board

and Budget Committee both recommended the article.

Voters also approved a collective bargaining cost item tied to a new agreement between the district and the Winnisquam Facilities Employees Association. The agreement includes estimated increases in salaries and benefits of \$75,191 in 2026-27, \$31,962 in 2027-28 and \$33,926 in 2028-29. For the upcoming fiscal year, the district will appropriate \$75,191 to cover the first year of those costs. The article received unanimous support from both the School Board and Budget Committee.

A major facilities im-

provement article authorizing \$1 million for reconstruction of the high school tennis courts and track also passed. The project includes drainage improvements and upgrades to the track infield to support both school and community recreational use. Funding is contingent on receiving up to \$500,000 in matching funds from the federal Land and Water Conservation Fund or other grants. The remaining amount would be withdrawn from the district's Building Renovation and Repairs Capital Reserve Fund. No new taxes are required for the project.

Voters approved another SEE **WRSD**, PAGE A11

Belmont Public Library offers programs for all ages this month

BELMONT — The Belmont Public Library invites community members of all ages to take part in a variety of engaging programs this April 2026. With offerings for adults, teens, and children, the library continues to provide welcoming opportunities for learning, creativity, and connection.

Adults can enjoy weekly Creative Conversations programs, including Fiber Arts on Mondays at 10 a.m., a self-guided gathering for those who enjoy knitting, crocheting, and other fiber crafts, and a Watercolor Workshop on Mondays at 2 p.m., where participants can explore watercolor techniques with

supplies provided. These relaxed, social programs are open to all skill levels.

Book lovers will find plenty to discuss with the library's four active book groups. The Nonfiction Book Group meets Friday, April 3 at 10:30 a.m. to discuss "Northeast: A Story of Courage and Survival in the Blizzard of 1952" by Cathie Pelletier. The Afternoon Book Group gathers Thursday, April 9 at 4:30 p.m. to talk about "The Wind Knows My Name" by Isabel Allende. The Mystery Book Group meets Thursday, April 16 at 10 a.m. with "The Chain" by Adrian McKinty, and the Friday Fiction Book Group meets Friday, April

17 at 10:30 a.m. to discuss "The Nickel Boys" by Colson Whitehead. Copies of each title are available at the library and some are available digitally through Libby.

For younger patrons, weekly Story Time continues on Wednesdays at 10:30 a.m., offering stories and activities for children under school age. Teens are invited to the Teen Book Club on Thursday, April 23 at 4 p.m., where the group will discuss *Scythe* by Neal Shusterman.

Additional special events include a Peep and Egg Diamond Art Magnet craft on Tuesday, April 28 from 3-5 p.m., recom- SEE **LIBRARY**, PAGE A11

Lakes Region Art Association announces Artists of the Month



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

March 2026 Artists of the Month (pictured above, left to right) — Back Row: Sherwood Frazier, Sally Hibberd, James Cryan, Don Giguere. Front Row:

Gail Brunt, Elizabeth Cryan, Martha Aucoin

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

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

The art pieces for the Honorable Men-

tion artist will be on display through the third week of April in the following locations:

Sally Hibberd - Camden Bank, Tilton

Gail Brunt - Laconia Library

Sherwood Frazier - Camden Bank, Meredith

Jim Cryan - Gilford Library

Liz Cryan - Franklin Savings Bank, Gilford

Martha Aucoin - Camden Bank, Laconia

Pat Anderson (not pictured) - Franklin Savings Bank, Franklin

Gunstock gearing up for Snowmobile Mountain Madness

GILFORD — While many parts of the country are experiencing record-shattering heat and humidity, northern New England is still hanging on to winter. The calendar may say it's Spring, but Mother Nature has had other ideas as April looms just around the corner.

Thanks to a sizable snowfall last Sunday that dumped 6-8 inches of powder across much of the White Mountains and surrounding areas, conditions are looking ideal for X Racing's upcoming Snowmobile Mountain Madness event at Gunstock Mountain Resort on Saturday

and Sunday, April 11-12.

Admission is \$25 per day for adults, or \$40 for a weekend pass. Children age 10 and under will be admitted free with a paying adult. Spectator gates open at 10:30 a.m. on Saturday, with Hillcross racing getting under way at 11 a.m. On Sunday, gates open at 10:30 with Snowcross racing starting at 11 a.m.

"It's encouraging to see it still snowing like that in New Hampshire," X Racing's Joe Duncan said. "The team at Gunstock had an ample stockpile of snow for us anyway, but this natural snow is just icing on the cake. We'll have plenty

of it to create great tracks for Hillcross, Snowcross and Sunday Funday.

"Holding onto a large amount of snow for a race like this can be a challenge, but it sure helps when the temperatures stay cool and natural snow continues to fall. I'm excited to see all of the racers out there come enjoy what we're planning at Gunstock. It'll be a great way to close out their winter season."

Vintage Snow Ovals have been added to Sunday's schedule, with racing from 1 to 4 p.m. Racers will compete on a flat, snow-filled track, with semi-banked corners. Pre-

registration is mandatory, and any class with less than three racers will be eliminated from the program. As always, they can add any class that brings in five or more riders.

Plans are also well under way for another exciting season of sanctioned sled racing in New England for 2027 and beyond. X Racing is looking at long-term deals with quality venues; evidenced by the fact that both Gunstock and Wheeler Spring MX in Maine are wanting multi-year plans for race dates.

"To do it right in any part of the country, you need a high-quality site and

a three-year period at least to build the event to see if it has long-term potential," Duncan added. "You can't really judge it from the results of one year alone. It takes time and effort to build it up and get an event established."

Gunstock is a four-season mountain resort that offers year-round fun and adventure, with skiing and snowboarding on 227 skiable acres and 49 trails. The Gunstock initiative started in 1935 when members of the Winnepesaukee Ski Club cut some cross-country trails through the Belknap Mountains.

X Racing is a sanction-

ing body for snowmobile racing based in Elk River, Minn. X Racing strives to maintain regional race circuits in the upper Midwest and Northeast to keep the sport thriving. It operates on a philosophy of affordable racing, keeping costs to a minimum for families who love sleds.

For more information about historic Gunstock Mountain Resort, go to www.gunstock.com. To learn more about X Racing, please go to www.SundayFundayX.com.

Northfield Sewer District approves \$379,041 operating budget at annual meeting

NORTHFIELD — Voters in the Northfield Sewer District approved a \$379,041 operating budget and elected commissioners during the district's annual meeting held March 25 at Town Hall on Summer Street.

The budget article, which covers general municipal operations for the district and excludes appropriations addressed separately in other articles, passed by majority vote. The proposal had been recommended by both the district's commissioners and its Budget Committee.

Residents also filled several district positions

during the session.

Cindy Beaulieu was elected clerk with four votes. Three commissioner seats were also decided, with Thomas Beaulieu, Glen Brown and Roland Seymour each receiving five votes to return to their roles for another year.

Two positions remained unfilled following the meeting. No candidate was elected moderator, and the treasurer's position also remained vacant at the close of voting.

District officials had certified that notice of the annual meeting was properly posted on or before Feb. 18 at both the Town

Hall and the meeting location in accordance with state requirements.

The Northfield Sewer District operates as a village district under New Hampshire law, with responsibility for wastewater infrastructure and related services within its jurisdiction. Annual district

meetings provide voters an opportunity to elect officers and approve funding necessary to maintain and operate the sewer system.

Approval of the operating budget allows the district to continue routine maintenance, administration and system oversight for the coming year.

District commissioners Thomas Beaulieu, Glen Brown and Roland Seymour certified the warrant for the annual meeting prior to the session.

Vacancies in elected positions such as moderator and treasurer may be addressed through future appointments or subsequent

district action, depending on district procedures.

Residents seeking additional information about district operations or future meetings may contact commissioners through the Town of Northfield municipal offices.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of March 16-23.

Melissa M. Pelletier, age 41, of Manchester was arrested on March 17 for being a Felon in Possession of a Dangerous Weapon.

Trevor Robert Bond, age 42, of Belmont was arrested on March 17 in connection with multiple warrants. Bond was subsequently arrested again on March 22 for Criminal Trespassing and Resisting Arrest or Detention.

Aleksey Thomas Guilmain, age 24, of Georgetown was arrested on March 21 for DUI-Impairment.

Rocco A. Dipietro, age 36, of Laconia was arrested on March 21 for Conduct After an Accident resulting in Injury.

FRANKLIN — The Daniel Webster Chapter of Ducks Unlimited will hold its 37th annual dinner banquet auction on Saturday, April 11, at 4:30 p.m. at The Franklin Lodge of Elks on 125 South Main St. in Franklin. James Cropsey is Area Chairman this year. Nearly 6,200 local Ducks Unlimited fundraising events throughout the country contribute towards Ducks Unlimited's national fundraising effort achieving 88 percent efficiency, resulting in 88 cents of each dollar raised being spent on wetland acquisition or improvement.

Each year the United States loses some 140,000 acres of wetland habitat. Since its inception, Ducks Unlimited has raised more than one billion dollars and enhanced and restored nearly 15 million habi-

tat acres, encompassing more than 15,000 wetland projects, in an effort to reverse this destructive trend. Prime wetlands sequester more carbon than any other habitat with .39 metric tons on average per acre each year. DU's projects provide habitat for more than 600 wildlife species, including ducks, geese, and endangered or threatened species like the whooping crane and bald eagle.

While Ducks Unlimited has accomplished a great deal since its founding in 1937, the rapid draining of our wetlands demands that the organization continue to accelerate its work. Efforts like those of the Daniel Webster Chapter are a vital part of Ducks Unlimited's efforts.

Order your tickets for cash or check today. Dinner tickets cost \$100 for

an individual and \$120 for a couple while youths under 18 years of age are \$65. All attending youths win prizes. Sponsor tickets are \$325 for an individual ticket. Sponsors will have a one in eight chance of winning a gun of their choice from a vast selection. Sponsors need not be present to win. Buy a table of eight for \$900 and receive the choice of a

Traditions scoped muzzle loading rifle or a Traditions 1851 Colt Navy Revolver Reproduction. To purchase tickets or for information on how you can support Ducks Unlimited's program of wetlands conservation, contact Steve Saulten at 603-289-2109 or Jim Cropsey at 603-286-9633. You may also order online at www.ducks.org.

Ducks Unlimited annual dinner set for April 11

Sanbornton Town Clerk raffling off dog gift basket

SANBORNTON — The Sanbornton Town Clerk's office is encouraging residents to register their four-legged friends by once again raffling off a dog gift basket.

Register your dog by April 30 at the town clerk's office, 17 Meetinghouse Hill Rd., during normal business hours to be entered for a chance to win! Your dog must be up to date on their rabies vaccination, and dogs already registered have been entered automatically. The winner will also get one free dog registration for next year, and will get to pick the number tag they would like.

For more information, contact the town clerk's office at (603) 286-4034 or tctc@sanborntonnh.org.



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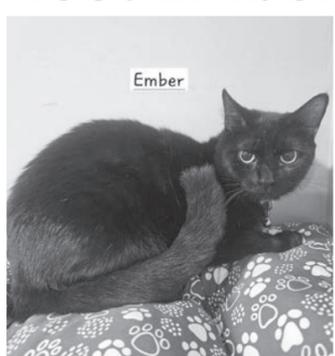
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PETS OF THE WEEK

Meet Ember!

Ember is a sleek all-black beauty with glowing orange eyes that seem to shine in the dark. She carries herself with a quiet, calm presence and prefers to observe the world before jumping in.

Of the two sisters, Ember is the more chilled-out one. She moves at her own pace, taking everything in with steady confidence. You'll often find her in cozy, dimly lit spots, keeping watch and minding her very important business.



We're still getting to know Ember, as she tends to keep a little mystery about her — but that just makes earning her trust all the more special. She would thrive in a patient home that appreciates a calm, shadowy companion with mesmerizing eyes and a gentle spirit.

If you're drawn to quiet elegance and midnight magic, Ember may just be your perfect girl.

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Tilton announces Amnesty Week at transfer station in August

TILTON — Residents will have an opportunity this summer to dispose of bulky household materials and certain hard-to-handle waste during Tilton's annual Amnesty Week, scheduled for Aug. 19 through 22 at the town transfer station on West Main Street.

The event will take place Wednesday through Friday, Aug. 19–21, from 9 a.m. to 3:30 p.m., and Saturday, Aug. 22, from 8:30 a.m. to 4 p.m. at the transfer station at 581 W. Main St. The program is intended to help residents clear

out unwanted items while keeping materials out of illegal dumping sites and regular household trash streams.

Town officials announced that a wide range of construction and demolition materials will be accepted during the four-day event. Eligible items include painted and unpainted wood, sheetrock, asphalt shingles and pressure-treated lumber. The program also allows disposal of several common household appliances such as stoves, dishwashers,

refrigerators, air conditioners, dehumidifiers and microwave ovens. Refrigerator doors must be removed before disposal.

Residents may also bring clean scrap metal, provided it is free of attached plastic or wood. Tires measuring up to 20 inches in diameter will be accepted, with a limit of four tires per household. Propane cylinders from 1 pound to 60 pounds are also eligible.

Electronic waste will be accepted as well, including televisions with no size

limit, though households are limited to four televisions. Computers and related equipment such as keyboards, monitors, central processing units, fax machines and smaller copier units will also be permitted. Car and truck batteries are included among acceptable items.

Town officials emphasized that certain materials will not be accepted during Amnesty Week. Residents may not bring hazardous waste, oil-based paints, household cleaners, chemicals, brush, leaves or grass

clippings. These items must be handled through other approved disposal programs.

Access to the transfer station during Amnesty Week remains limited to Tilton residents with valid transfer station stickers. Vehicles entering the facility must display a current Town of Tilton sticker, which can be obtained from the Town Clerk's Office during regular weekday business hours.

Amnesty Week is designed to give residents a structured opportunity to

dispose of materials that are typically restricted or require special handling during normal transfer station operations. Events like this also help towns manage waste streams more efficiently and reduce improper disposal in neighborhoods and wooded areas.

Residents planning to participate are encouraged to prepare items in advance and confirm eligibility requirements before arriving at the facility.

Brookford Farm to host 'Baa Baa Bash' spring celebration

CANTERBURY — Families looking for a close-up look at spring on a working New Hampshire farm will have multiple opportunities in April as Brookford Farm opens its gates for its annual Baa Baa Bash, a weekend series centered on baby animals, seasonal farm activities, and local food.

The free event is scheduled for Saturdays and Sundays throughout April

from 9 a.m. to 6 p.m. at Brookford Farm, 250 West Rd. Visitors are invited to meet young livestock, explore the farm store, and learn more about the farm's year-round community supported agriculture program.

Organizers describe the event as a chance for residents to experience lambing season and early spring farm life firsthand. Depending on timing and

farm conditions, visitors may even witness a live animal birth, one of the highlights that draws returning families each year.

Guests can purchase feed bags to interact with animals and are encouraged to come prepared for muddy conditions typical of early spring in central New Hampshire. Farm staff recommend sturdy boots and outdoor clothing.

In addition to animal

visits, the farm's store will be open throughout the event, featuring farm-raised products and locally made goods. Free samples will also be available. Organic seeds and organic soil products will be offered for purchase as gardeners begin preparing for the growing season.

Farm representatives will also provide information about Brookford Farm's CSA program,

which allows members to receive regular shares of vegetables, dairy, and meats produced on site. The program operates year-round and serves households across the region.

Because the farm is home to numerous animals, visitors are asked not to bring pets.

Brookford Farm is one of the largest diversified organic farms in New Hamp-

shire, producing vegetables, dairy, pasture-raised meats, and other goods while hosting educational programs and seasonal public events throughout the year.

The Baa Baa Bash is open to all ages, and does not require advance registration.

Ladies Twilite Golf League at Den Brae now accepting registrations for 2026 season

SANBORNTON — The Ladies Twilite Golf League at Den Brae Golf Course is now accepting registrations for Tuesday night league play beginning in May.

Ladies Twilite is a fun, social, and somewhat competitive golf league designed for women of all skill levels. Whether you are new to the game or a seasoned player, the league provides a welcoming environment where camaraderie and friendly competition go hand in hand. Many participants come for the golf and stay to enjoy drinks, dinner, and socializing following their

round. League play runs from May 19 through Aug. 25, with tee times available Tuesday evenings from 3:30 to 6 p.m. The league format is structured to ensure fair and enjoyable competition, with players

matched against others of similar skill levels. Teams are formed based on each player's combined average score from two rounds played at Den Brae, creating balanced and competitive matchups throughout the season.

Women interested in joining are encouraged to register soon, as space may be limited.

For more information or to register, please email ladiestwilite@gmail.com.

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Opinion

Letter submission policy

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

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

A careful investment in the future of our schools

Voters in the Winnisquam Regional School District made a series of decisions at this year's annual meeting that reflect something increasingly important in local education: steady, practical investment paired with fiscal restraint.

Approving a \$32.17 million operating budget is never a small step. School budgets represent one of the largest commitments taxpayers make each year, and they deserve thoughtful scrutiny. This year's outcome suggests that residents of Tilton, Northfield and Sanbornton looked closely at what was proposed and chose stability over uncertainty.

The defeat of the proposed amendment to reduce the budget speaks volumes. It shows voters were not simply accepting the first number placed before them. They considered an alternative and ultimately concluded the recommended budget better supported the district's needs. That kind of engagement strengthens public trust in the process.

Equally notable is how several of the approved articles addressed long-term facility needs without increasing the tax burden. The \$1 million reconstruction of the high school tennis courts and track stands out as a particularly smart example. By pairing capital reserve funds with a potential federal match through the Land and Water Conservation Fund, the district positioned itself to improve a shared school and community asset while minimizing local impact.

Athletic facilities are sometimes misunderstood as extras. In reality, they are part of what keeps students connected to school and communities connected to each other. A safe, modern track benefits physical education classes, competitive teams and local residents who use the space for walking and recreation.

The same can be said for the quieter but equally important improvements approved elsewhere in the district. Heating unit replacements, HVAC upgrades and classroom casework refurbishment may not draw headlines, but they shape the daily learning environment for students and teachers. Maintaining these systems on a planned schedule prevents larger and more expensive problems later.

The decision to add to the Building Renovations and Repairs Capital Reserve Fund continues that forward-looking approach. Setting aside money in advance is rarely exciting, but it is one of the most responsible things a district can do.

The newly adopted limited open enrollment program is another step worth watching. Allowing a small number of nonresident students to attend Winnisquam middle and high schools has the potential to strengthen enrollment stability and expand opportunities without changing the district's core identity. Done carefully, programs like this can support both academic offerings and financial balance.

Taken together, these votes reflect a community that understands its schools are not a one-year commitment. They are a long-term partnership between residents, educators and students. This year's decisions suggest voters remain willing to invest in that partnership thoughtfully and deliberately.

COURTESY

Operation Delta Dog is a 501(c)3 non-profit organization dedicated to reducing veteran suicide rates by rescuing homeless dogs and training them to be psychiatric service dogs for veterans suffering from PTSD, traumatic brain injury (TBI), and military sexual trauma (MST). If you would like to learn more, Operation Delta Dog staff will be at the Tilton Senior Center on Tuesday, April 14, at noon to talk about their organization. This presentation is open to the public and free to attend. The Tilton Senior Center is located at 11 Grange Rd., Tilton. Please call 603-527-8291 for more information.



LETTERS TO THE EDITORSS

Thank you for your support of Meals On Wheels

To the Editor:

For over 50 years, Community Action Program Belnap-Merrimack (CAPBM) has been providing nutritious meals to homebound seniors and disabled adults, as well as congregate meals to seniors who attend the eight CAPBM Senior Centers.

Since 2002, the month of March has been designated as a time to celebrate the proven collaboration of local community organizations, local businesses, all levels of government, and compassionate individuals who ensure that seniors do not go hungry. The essential Meals on Wheels (MOW) program could not be possible without the teamwork and financial assistance of many.

That teamwork was keenly felt on Saturday, March 14 at the Tilton Senior Center where several dedicated, hard-working individuals came together to host a spaghetti dinner fundraiser for the CAPBM Meals on Wheels program and many folks from communities near and far took part.

On behalf of Community Action Program Belnap-Merrimack and the Tilton Senior Center, I extend a heartfelt thank you to all the generous people who helped raise over \$1,000 for the Meals on Wheels program.

Sincerely,

Cindy Clarenbach
CAPBM Tilton Senior Center Manager

Easter looks a little different, but also the same

There's something about Easter in New Hampshire that feels different from Easter anywhere else.

Maybe it's because spring doesn't arrive all at once here. It comes slowly. Carefully. One muddy boot at a time. One patch of brown grass turning green along a stone wall. One stubborn snowbank shrinking behind the town garage while the rest of us pretend not to notice it anymore.

When I was younger, Easter always seemed like a promise. Not a loud promise. A quiet one. The kind you didn't talk about too much because you didn't want to scare it away.

Even now, I still look for the same signs each year. The sound of water running under the ice along the roadside. The smell of damp earth when the sun finally gets strong enough to mean business. Folks standing a little longer outside the post office or the general store because suddenly it feels good to be there.

And somewhere in the

middle of all that, Easter shows up.

Around here, Easter morning

doesn't usually arrive with flowers already blooming and lawns already green. More often than not, it arrives with jackets still hanging by the door and maybe even a crust of frost on the windshield. But that never seemed to bother anyone I knew growing up.

People still dressed up a little. Not fancy, exactly. Just enough to mark the day as different.

I can still picture the church parking lots filling earlier than usual, families stepping carefully around puddles from melting snow. Kids holding baskets they were trying very hard not to peek into before the right moment. Someone always carrying a tray covered with foil.

And afterward, the slow drifting home.

That might be my favorite part.

Cars pulling into driveways. Doors opening and closing. Kitchens warm-

KIND FOLKS, COLD WINTERS

By CHIPPY

ing up again. The smell of ham or potatoes or something sweet already waiting on the counter. Maybe a neighbor waving from across the road because they were doing the exact same thing you were doing at the exact same time.

It wasn't a big production. It was steady. Familiar. Reliable in the way small-town life so often is.

These days, Easter looks a little different in each family. Some people travel. Some gather three generations around the same table. Some keep things quiet and simple. Some head out to egg hunts on town greens or library lawns if the weather cooperates.

And some years, Easter feels less like an event and more like a moment.

A moment when the air changes.

A moment when you realize the sun is still out after supper.

A moment when you catch yourself thinking about planting something

again, even if it's only in a small patch by the steps.

I've noticed that folks around here don't make a lot of noise about hope. We're not the sort to put big words on it. But we believe in it all the same. You can see it in the way people check on neighbors after a long winter. In the way someone clears the last bit of snow from the end of a shared driveway without being asked. In the way towns begin planning their spring events before the frost is even fully gone.

That feels like Easter to me.

Not something you announce.

Something you notice.

Even now, after all these years, I still find myself stepping outside around Easter morning just to take a look at things. Nothing dramatic. Just the trees, the sky, the road, the fields that are beginning to wake up again.

Every year, they look a little different.

And every year, they look exactly the same.



Winnisquam Echo

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ALL WE KNOW IS LOCAL ~ SalmonPress.com



Comfort Keepers

When in-home care is a great option for seniors

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

As we age, maintaining independence while staying safe and comfortable becomes increasingly important. For many older adults, in-home care provides the ideal solution, offering personalized support that helps them thrive in familiar surroundings. This type of care, delivered by trained caregivers, focuses on assisting with daily activities, providing companionship, and enhancing quality of life.

In-home care is especially beneficial for individuals who need support with daily activities but do not require medical intervention. The goal is to enhance quality of life by addressing personal and emotional needs while promoting independence. This type of care can be short-term—such as during recovery from surgery—or long-term for older adults who need continued assistance. Examples of in-home care services include:

- Assistance with bathing, dressing, and grooming
- Meal preparation
- Light housekeeping
- Companionship
- Seniors benefit from care at home

As healthcare professionals, you understand the critical role that indi-

vidualized care plays in maintaining a high quality of life for older adults. Home-based care offers a valuable opportunity for seniors to receive essential support while remaining in the comfort of their own environment. This approach respects their independence and provides tailored care that adapts to each individual's unique needs and preferences. From personal care and meal preparation to companionship, home care encompasses a wide array of services designed to enhance both physical health and emotional well-being. By opting for care at home, older adults can continue living life on their own terms, supported by compassionate care that helps them thrive. Below are some of the key benefits of home-based care for seniors:

Provides safety, comfort, and convenience at home

Creating a safe, comfortable, and convenient home environment is essential for the well-being of older adults. By putting the right measures in place, seniors feel more secure and improve their quality of life. Home-based care providers play a crucial role in supporting safety through fall prevention, medication reminders, and maintaining

a clean, organized living space. Comfort is enhanced by allowing seniors to stay in familiar surroundings, surrounded by their cherished belongings and memories. Also, incorporating convenient features like smart home technology and ergonomic adjustments can make daily activities easier and more efficient. By focusing on safety, comfort, and convenience, home-based care creates an environment where seniors can truly relax, maintain their independence, and enjoy an improved sense of well-being.

Assist in preventing hospital readmittance

Hospital readmission can occur due to challenges like insufficient follow-up care, medication issues, or a worsening of the initial condition. This experience can be difficult for patients and their families and puts additional strain on the healthcare system. To help prevent readmissions, comprehensive discharge planning and patient education are key. By working closely with patients and their caregivers—ensuring effective medication management, timely follow-up appointments, and understanding the signs of potential complications—we can reduce the risk of readmis-

sion. These proactive measures enhance the health and well-being of patients, allowing them to recover more confidently at home.

Personalized care for seniors

For many seniors and individuals with chronic health conditions, aging at home is an important aspect of maintaining their quality of life. Advances in telemedicine and remote health monitoring have made it easier to integrate a mix of home health and in-home care services. This personalized approach not only offers a convenient care experience but also helps patients stay in control of their health journey.

Family members benefit from a dedicated caregiver

Having a dedicated professional caregiver can greatly benefit not just the individual in need of care, but also their family members. A dedicated professional caregiver provides a sense of relief and comfort to family members who may have been feeling overwhelmed and stressed by taking care of their loved one alone. With a professional caregiver's support, family members can take a much-needed break from their caregiving responsibilities and focus on their own well-being and person-

al needs.

An NIH – National Library of Medicine study reports that 86.5% of caregivers found that helping care for a loved one gave them the satisfaction that their loved one is well cared for. However, it is essential to also take care of oneself so one can take care of others. One of the key benefits of respite care is that it helps prevent caregiver burnout. Respite care allows family caregivers to step away temporarily and recharge and enabling them to provide better care for a loved one in the long run.

Comfort Keepers® can help

Comfort Keepers® provides uplifting in-home care that helps seniors thrive. Our specially trained caregivers focus on developing genuine relationships with clients, keeping them physically and mentally engaged while ensuring their experience joy in their daily activities. If you know a patient or family that could benefit from Comfort Keepers' services, they can reach out for a free consultation. Let's work together to help individuals age comfortably and confidently at home.

About Comfort Keepers
Comfort Keepers is a trusted provider of both medical and non-medical

in-home care services, dedicated to helping seniors and adults live safely, independently, and with dignity. Our comprehensive services include companionship, transportation, housekeeping, meal preparation, personal care, mobility assistance, private duty nursing, and other support services. We also offer Safety Choice Personal Emergency Response Units, providing an added layer of security and peace of mind for clients and families. Proudly serving New Hampshire residents since 2005, Comfort Keepers is committed to thinking outside the box—exploring innovative solutions to meet the evolving needs of our community. To learn more, call 603-536-6060 or visit NHComfortKeepers.com.

References:
NCO, National Council on Aging: What is In-Home Care?
NIH National Institute on Aging: Aging in Place: Growing Older at Home
NIH National Center for Biotechnology Information: Reducing Hospital Readmissions
ComfortKeepers.com: Respite Care: Providing Support and Relief for Family Caregivers

MVSB names SBA Leading Rural Lender of the Year

MEREDITH — Meredith Village Savings Bank (MVSB) was named Leading Rural Lender of the Year by the U.S. Small Business Administration (SBA) New Hampshire District Office, recognizing the Bank's commitment to expanding access to capital for small businesses in communities across New Hampshire.

The award highlights MVSB's leadership in SBA 7(a) lending and its focus on supporting entrepreneurs in areas where financing options can be more limited. In the past year, 92% of MVSB's SBA lending supported businesses located in rural communities, reinforcing the Bank's mission to strengthen local economies and help businesses grow.

"Small businesses are the backbone of our communities, but for those in rural areas, getting access to financing isn't always easy," said Dan Osetek, Senior Vice President and Senior Commercial Loan Officer at Meredith Village Savings Bank. "Being named the SBA's Leading Rural Lender of the Year really reflects our team's commitment to support local business owners. We're proud to work with entrepreneurs who are creating jobs, reinvesting locally, and helping keep New Hampshire's rural communities strong."

MVSB leadership and members of the Commercial Lending team accepted the award during the SBA's Lender Appreciation Ceremony at the historic Mill-



From left, Peter A. Steele, SBA New England Regional Administrator, Katelyn LaBonte, MVSB Senior Credit Analyst, Tina Simpson, MVSB VP Commercial Loan Officer, Tate Miller, MVSB Commercial Loan Officer, Dan Osetek, MVSB SVP Senior Commercial Lending Officer, Lori Cote, MVSB VP Commercial Loan Officer, and Amy Bassett, SBA NH District Director.

yard Museum in Manchester on March 2.

MVSB's Commercial Lending team partners with businesses throughout the Lakes Region, Sea-

coast and Mount Washington Valley, helping them start, expand and adapt through every stage of growth. Combining local expertise, SBA programs, and advanced technology,

the Bank delivers a modern lending experience that supports long-term economic vitality in New Hampshire.

The U.S. Small Busi-

ness Administration (SBA) helps small business owners and entrepreneurs pursue the American dream. The SBA's 7(a) Loan Program is its primary program for pro-

viding financial assistance to small businesses and offers government guarantees on loans of up to \$5 million. Learn more about the SBA New Hampshire District at sba.gov/district/new-hampshire.

MVSB has been serving the essential banking needs of people, businesses, non-profits and municipalities for more than 150 years. As a mutual savings bank, MVSB has no stockholders but rather operates for the benefit of its customers, employees and community. Since our founding, one thing has always remained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Exeter, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, North Conway, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

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Senior Life



Free Three-Part Caregiver Education Series Coming to Chocorua This April

Visiting Nurse Home Care and Hospice and Tamworth Community Nurse Association Co-Present "Becoming a Caregiver" on Three Thursday Evenings in April

CHOCORUA, NH — Visiting Nurse Home Care and Hospice (VNHCH) and Tamworth Community Nurse Association (TCNA) are pleased to announce a free, three-part educational series designed to support and inform current and future caregivers in the region. "Becoming a Caregiver" will take place on three consecutive Thursday evenings in April at Runnells Hall, 25 Deer Hill Rd, Chocorua, NH 03817, from 5:30 to 6:30 PM.

The series is free and open to the public. Each session will feature expert speakers from VNHCH, TCNA, and Memorial Hospital addressing the topics families most need to understand as they navigate caregiving for a loved one.

Session Details
 Session 1 — Thursday, April 2: Medicare & Medicaid

Time: 5:30 – 6:30 PM
 Speakers: Jennifer Robinson, Community Liaison; Melissa Taylor, Memorial Hospital

This session will clarify the key differences between Medicare and Medicaid, explain what each program covers, and guide attendees through the process of applying for CFI (Choices for Independence) long-term Medicaid — before a crisis makes the need urgent.

Session 2 — Thursday, April 9: Making Order Out of Chaos

Time: 5:30 – 6:30 PM



Jennifer Robinson (center) is one of the speakers at the Becoming a Caregiver event series, shown here demonstrating how to complete Advance Care Directives.

Speakers: Lindsay Kafka, RN, TCN; Julie Lanoie, Director, TCNA

Caregiving often arrives suddenly, leaving families scrambling to manage finances, coordinate medical appointments, and navigate unfamiliar systems. This practical session offers concrete tools and frameworks for getting organized in advance — including guidance on advance directives — so families are prepared before they're in the middle of a crisis.

Session 3 — Thursday, April 16: When Is It Time? Understanding Hospice

Time: 5:30 – 6:30 PM
 Speakers: Kim DeSanctis, Hospice Director, VNHCH; Dr. Rachel Hamilton, Hospice Medical Director and Memorial Hospital Primary Care Physician

"When is it time for hospice?" is one of the most difficult questions families face. This compassionate session covers hospice medical eligibility criteria, what hospice care pays for, and the full scope of physical, emotional, and

family support that hospice provides — offering clarity and reassurance to those who may be approaching this decision.

Event At a Glance

Dates: Thursdays, April 2, 9, and 16, 2026

Time: 5:30 – 6:30 PM each evening

Location: Runnells Hall, 25 Deer Hill Rd, Chocorua, NH 03817

Cost: Free.

Registration: Register online at TinyUrl.com/BecomingaCaregiver

More Information: www.VNHCH.org or call 603-356-7006 and ask for Jennifer Robinson

About the Co-Presenting Organizations

Visiting Nurse Home Care and Hospice (VNHCH) provides compassionate, professional home health, hospice, and community health services to residents across the region. www.VNHCH.org

Tamworth Community Nurse Association (TCNA) is a local nonprofit organization dedicated to supporting the health and well-being of residents in the Tamworth area through home nursing care, wellness programs, and community education.

How seniors can build their social networks in retirement

Social isolation and loneliness can have a notably adverse effect on a person's overall health. According to the World Health Organization, roughly 12 percent of older individuals experience loneliness, which can have a negative impact on their physical and mental health, quality of life, and even their life expectancy.

Seniors have much to gain when they take successful steps to avoid social isolation. Seniors who are concerned about the prospect of social isolation or loneliness or those already experiencing such feelings can try these strategies to build their social networks in retirement.

- Reconnect with old friends. It's easy for adults to lose touch with old friends. By the time many adults reach middle age,

professional and personal obligations can leave little time for a thriving social life. Successful professionals may be preoccupied with work projects, and while parents may be juggling their own hectic schedules with their children's obligations. Come retirement, much of those responsibilities have ended, making this a perfect time to reconnect with old friends who also might have extra free time on their hands. Reach out through social media, text message or even a phone call, and let the situation unfold organically from there.

- Take advantage of community offerings. Many communities sponsor events for seniors, like bus trips to local museums or stadiums, in an effort to encourage seniors to get

out of the house. Retirees can take advantage of these opportunities, which tend to attract like-minded individuals with the same interests. A bus trip to a theater production will attract fellow arts lovers, and shared interests are a solid foundation for friendship.

- Start a local club or group. Starting a local club based on a particular activity is another great way for seniors to build a social network in retirement. Take to social media and express your interest in starting a local book club or walking group. Like community-sponsored bus trips, clubs and groups tend to attract like-minded individuals, providing a built-in pathway to friendship.

- Reconnect with your faith. Houses of worship also offer a great way to meet locals and build rela-

tionships based on a shared identity. Faith-based communities provide a sense of belonging that can help retirees overcome social isolation and loneliness.

- Open yourself to new experiences. Trying something new is another great way to make new friends. Many local agencies like parks departments or community recreation offices offer seniors in-person workshops covering a wide range of activities. These offerings are a great way to discover a new pastime and meet new people along the way.

Social isolation and loneliness poses a significant threat to millions of seniors. But there are many ways for seniors to build their social networks in retirement.

Heading south for a little baseball and softball

SPORTING CHANCE

By JOSHUA SPAULDING

I freely admit that I am not a fan of the heat. I prefer colder (or at least cool) weather, but at the end of the winter, I am usually ready for the cold and snow to be gone to move on to a bit warmer temperatures.

And for more than a decade now, I have been looking for the opportunity to travel south sometime near the end of March and for me, it's usually easier to do that if I combine it with some sort of work. That way, I don't have to use vacation time, though I do need to rework my schedule at my second job, which is what allows me to take these trips in the first place.

The trips started following Kingswood baseball to Florida. I went to Bradenton a few times when



JOSHUA SPAULDING

For the second year in a row I made a trip to Myrtle Beach, S.C. for some spring training action at the Ripken Experience last week.

The Knights teamed with the Souhegan Sabers and played and practiced at Pi-

rate City, the spring training home of the Pittsburgh Pirates.

The Knights then made the move across the state of Florida to play some games and practices at the Jackie Robinson Training Center (formerly Dodgertown) in Vero Beach, which they did for a few years.

Eventually, the Kennett baseball team followed them down and the Kingswood softball team also did a year at Vero Beach.

Last year, the Kennett baseball and softball teams and the Kingswood baseball team all made a different trip, heading to Myrtle Beach, S.C.'s Ripken Experience to compete in a few days of games and practices. This year, both Kennett teams returned to

South Carolina and I saw it as a chance to get out of town for a couple of days.

Normally, I would've stayed in the sun for a few more days, probably returning on Saturday night so I could be at the bakery on Sunday morning. However, I was working backstage for the Village Players spring production and we had a show on Friday night, so I had to make a shorter trip than normal.

I took a flight from Manchester to Baltimore-Washington International on Wednesday afternoon. There I ended up on the same flight with the Kennett teams on our way to Myrtle Beach, landing a little after 9 p.m. I got my rental car and found the Air BnB I was staying at.

After breakfast on Thursday morning, I headed to the Ripken Experience where both the Kennett teams were practicing. The softball Eagles had the first game of the trip and played back to back games on Thursday and after a short break, I returned to the park for the Kennett baseball team's first game of the trip.

Unfortunately, because I had to be back in Wolfe-

boro on Friday afternoon, those were the only three games I had the chance to see, as I boarded a flight out of Myrtle Beach on Friday morning on the way back to Manchester (through BWI again).

After heading to Los Angeles two weeks earlier (on top of the Olympic travel in February), there's been a lot of travel in the last few months. I love going different places and seeing different things and am always looking for the opportunity to go somewhere, particularly if I can tie it into work or seeing another Major League Baseball park (still weighing those options for summer travel). While there's a short New York City trip on the docket after deadline, the next work trip will most likely be to Cooperstown, N.Y. at the end of April as I have a few teams playing at Doubleday Field over the April vacation.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Mercedith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Coos County Democrat and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Mercedith, NH 03253.

Sanbornton Historical Society to hold first program of the year

SANBORNTON — On Thursday, April 9, from noon to 2 p.m., Sanbornton Historical Society will have our first program of the year. The meeting will be in the town library, upstairs in the Woodman Room. It's a lunch, too! SHS board members will provide lunch, a buffet. All interested town members with a story and a hankering for lunch with others, please put this on your calendar!

The theme this year is "Stories of Sanbornton Told by Townspeople." President Lynn Chong will start it off with a published story in an old book, about a local weight-lifting challenge that was part of our town's early life. She'll be reading, but the expectation is most stories are unwritten, shareable, entertaining, perplexing, other adjectives may apply. What have you seen, memorable, to share? Interesting wild animal stories in our town, too. Please call Vice-President John Olmstead with any questions at 603-630-5630.



Moultonborough - Lumber Counter

This is a full time position in our Moultonborough store. Duties include assisting customers and contractors with product selection and order entry. Preferred, but not mandatory, doors and windows experience. Minimum two years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Weekend hours required on a rotating basis.

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

Ian Shurbert, Branch Manager, c/o Belletetes Inc.
121 Whittier Highway, Moultonborough, NH 03254
or you may email to ishurbert@belletetes.com

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

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

Rick Ash, Hardware Manager, c/o Belletetes Inc.
120 West St., Ashland, NH 03217
or you may email to rash@belletetes.com

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In recognition of Mental Health Awareness Month, this 5K benefits Lakes Region Mental Health Center.

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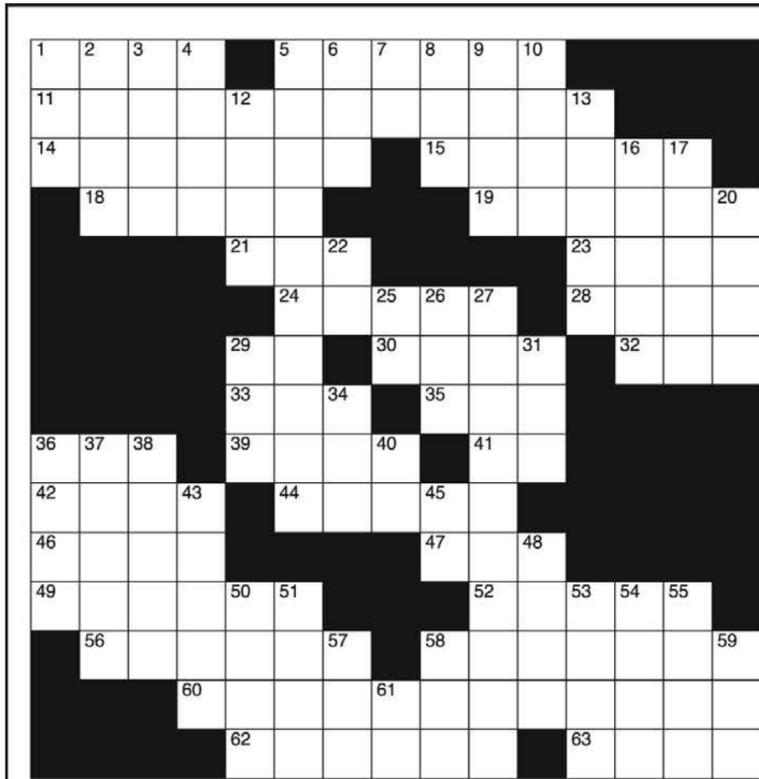
Stay Safe! Stay Healthy!

Wash your hands!

Aviation summer camp takes off

COURTESY

ACE Academy graduate, now licensed pilot, Ethan Seeler, gets ready for takeoff. Since attending ACE Academy, Seeler, currently a college student, has earned his private and commercial pilot's license, is rated to fly single and multi-engine aircraft, has his instrument rating and is licensed as an Airframe and Power Point Mechanic.



CLUES ACROSS

- 1. Absence of difficulty
- 5. Preserve a dead body
- 11. Gratitude
- 14. The act of coming together again
- 15. More cushy
- 18. Visionaries
- 19. Large fish-eating bird
- 21. Indicates near
- 23. Former CIA and CIA critic
- 24. Icelandic poems
- 28. Pop
- 29. Hammer is one
- 30. Selfs
- 32. Thyroid-stimulating hormone
- 33. Nowhere to be found
- 35. Electronic data processing
- 36. Drivers' licenses and passports are two
- 39. Snake-like fishes
- 41. Air Force
- 42. Popular personal computers
- 44. Stages in ecological succession
- 46. Wings
- 47. In the center
- 49. Pleasantly smooth
- 52. Jeweled headdress
- 56. In slow tempo
- 58. ___ Falls
- 60. Reiterations
- 62. Eras
- 63. Hyphen

CLUES DOWN

- 1. Body part
- 2. Mimics
- 3. Expel or eject (variant sp.)
- 4. Sea eagle
- 5. Taxonomic category
- 6. Chinese languages
- 7. Mr. T's "A-Team" character
- 8. Consumed
- 9. Chinese dynasty
- 10. NFL legend Randy
- 12. Ireland
- 13. Palm trees with creeping roots
- 16. Fungal disease
- 17. Tall, slender-leaved plants
- 20. Affirmative! (slang)
- 22. It says who you are
- 25. Atlantic coast state
- 26. Grow older
- 27. Associations
- 29. Woman (French)
- 31. Sunscreen rating
- 34. Brew
- 36. Leader
- 37. Indigo bush genus
- 38. Burn with a hot liquid
- 40. Junior's father
- 43. Mackerel genus
- 45. Morning
- 48. Straight line from side to side (abbr.)
- 50. Type of molding
- 51. Small, thin or twisted bunch
- 53. Worn by exposure to the weather
- 54. Mars crater
- 55. Humanities
- 57. Relating to the ears
- 58. "To the ___ degree"
- 59. Residue when something is burned
- 61. It cools a home

GILFORD — WinnAero, the STEM aviation/aerospace education non-profit, announces its summer day camp schedule with a new twist. Due to increasing applications, WinnAero has engaged RegPack, a computerized on-line registration and payment software company to expedite the registration process.

"Our increasing enrollments each year dictated we offer an on-line registration and payment option for parents," said WinnAero Education Director Dan Caron.

The new online process will apply to this summer's ACE Academies held at the Laconia Airport.

"Parents can now submit their student's application fully on-line, reserve a seat early, pay tuition securely and submit required documentation as well," added Caron.

The results have been immediate said Zach Glennon of Meredith. Glennon joined WinnAero as its Technology Consultant responsible for on-boarding the RegPack System. For the previous three years, the ACE Academies have averaged 100 students enrolled. Thus far in 2026, RegPack has already processed 56 applications for the July summer camps.

The dates, times, themes and tuition costs for the ACE Academies summer camps are available at www.winnAero.org or by contacting Camp Director Caron at dan.caron@winnAero.org. The 2026 session themes include Air Traffic Control, Search & Rescue Techniques, Aerospace Engineering, Pre-Ground School for future pilots, a Space Academy, Drone Operations, and Aeromedical Effects of High Altitude Flight. All sessions are taught by current certified N.H. teachers augmented by subject matter experts. The ACE Academies are day camps for grades 3 through 12 students the weeks of July 6-10 and July 13-17. For more information, visit www.winnAero.org.

Bank of New Hampshire sponsors Winnipesaukee Playhouse Community and Education Season



COURTESY

Pictured from left: Janna Thompson, AVP – Laconia Banking Officer Manager; Annie Jenkins, Director of Development at Winnipesaukee Playhouse; Cory Lawson, Winnipesaukee Playhouse Director of Education and Community Engagement; Windy Carnes, VP – Retail Banking Regional Manager.

MEREDITH — Bank of New Hampshire is proud to sponsor the Winnipesaukee Playhouse's 2026 Community and Education Season.

Located in the Lakes Region, the Winnipesaukee Playhouse is a nonprofit organization that develops and stages professional and community-based theatrical productions, while providing opportunities in theatre and the performing arts for the community.

"We are proud to support the Winnipesaukee Playhouse and their commitment to ensuring that young people have access to high-quality theatrical performances," said Windy Carnes, VP – Retail Banking Regional Manager at Bank of New Hampshire. "Organizations like the

Playhouse enrich our communities by inspiring creativity, fostering empathy and providing meaningful opportunities for young people to engage with the arts."

"We are grateful for Bank of New Hampshire's support of our theatre as we embark on another season," commented Cory Lawson, Director of Education and Community Engagement at the Winnipesaukee Playhouse. "We believe the arts are an essential public good that is critical to a vibrant society. We appreciate the bank's support with helping us fulfill our mission to advance our work."

Founded in 1831, Bank of New Hampshire is proud to be celebrating 195 years of supporting its

customers and communities across the state. With assets exceeding \$2.7 billion and 21 banking offices across New Hampshire and southern Maine, the bank provides comprehensive deposit, lending and wealth management solutions for families and businesses. As a mutual organization, Bank of New Hampshire is focused on the success of its customers, communities and employees—rather than stockholders. With a legacy of strength and stability, the bank combines local decision-making and trusted guidance with modern technology to deliver a seamless banking experience. For more information, call 1-800-832-0912 or visit BNH.Bank.

PUZZLE SOLUTION



Ready to build? Join MVSB for a construction loan seminar this spring

REGION — MVSB (Meredith Village Savings Bank) will host in-person seminars during March, April and May to help individuals navigate the home construction loan process. Attendees will gain valuable insight from MVSB's construction loan specialists on financing options, budgeting strategies, and ways to stay ahead of potential challenges. As an added benefit, those who attend will be eligible for a \$500 closing cost credit from MVSB (conditions apply).

"Building a home is an exciting milestone, but it can also feel overwhelming," said Lauren Young, MVSB Vice President Residential Mortgage Sales NMLS# 1890212. "These seminars are designed to help break down the process, answer common questions, and give attendees a clearer understanding of the Bank's role in supporting them at every step — from planning and financing to closing — so they can move forward with confidence in their homebuilding plans."

The public is invited to RSVP to one of the following seminars from 5–7 pm:

April 14: Pease Public Library, Plymouth

April 16: MVSB Ports-



From left, Roy Graves, Senior Construction Loan Specialist, and Kenneth Paul, VP Residential Construction Lending Officer, discuss the home construction loan process at a seminar last March. MVSB will host construction loan seminars again this spring.

mouth Branch Office

April 22: MVSB Laconia Branch Office

May 6: Pope Memorial Library, North Conway

May 12: Wolfeboro Public Library

There is no charge to attend and light refresh-

ments will be provided. Go to mvsb.com/class to reserve your space or contact Michele Aguiar at 603-279-9129 for more information.

Spring 2026 Construction Loan Seminar attendees are eligible for a \$500 credit against closing costs

at closing for certain new construction 1-4 family residential owner-occupied first mortgages with MVSB with a completed application within 12 months of the date you attend a seminar. This is subject to qualification, approval and closing of the loan. This

discount excludes home equity and government loans and cannot be used with any other offer or discount. Coupon must be presented at time of application and all eligibility requirements met prior to your new loan closing date. Only one discount permitted per new

JLTV now available through Breezeline

REGION — Jewish Life Television (JLTV), the nation's largest and most robust 24/7, English-language, Jewish-themed television network, is pleased to announce that Breezeline has added JLTV to

J3ST brings Soul, Funk, and Jazz energy to The Loft at Hermit Woods

MEREDITH — The Loft at Hermit Woods welcomes J3ST, New Hampshire's all-star organ trio, for an electrifying night of soul, funk, and jazz on Thursday, April 2. Known for their inventive sound and high-energy performances, J3ST delivers a fresh take on the classic organ trio format.

Featuring Tom Robinson (Hammond organ), Scott Solsky (seven-string guitar), and Jared Steer (drums), the trio reimagines traditional roles within the group. Solsky's 7-string guitar carries part of the bass line, freeing the organ to take the lead—resulting in a dynamic, groove-driven sound that blends deep funk, soulful textures, and modern jazz improvisation.

J3ST's performances are built on tight rhythms, creative interplay, and a repertoire that mixes original compositions with reimagined covers. The result is a sound that is both familiar and unexpected—rooted in tradition, yet pushing beyond it.

The performance takes place in The Loft at Hermit Woods, an intimate listening room designed for focused, up-close musical experiences. Guests are invited to arrive early and enjoy a complimentary wine tasting, followed by dinner service before the show.

Event details:

Date: Thursday, April 2

Location: The Loft at Hermit Woods, Meredith

Wine Tasting: 5:30–6 p.m. (complimentary)

Doors & Dinner: 6–7 p.m.

Show: 7 p.m.

Hermit Woods' Listening Room Series brings exceptional artists from across New England and beyond to the Lakes Region, offering audiences a rare opportunity to experience live music in a setting designed for true listening. Guests are asked to refrain from talking during performances to preserve the connection between artist and audience.

Tickets are available now at: www.hermitwoods.com/music.

its channel lineup in the Lakes Region (including Belmont, Bristol, Grafton County, Laconia, and Wolfeboro, NH). Breezeline's video customers can now watch JLTV on Breezeline Channel 97.

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

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

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

Generations: This series reveals sometimes heartwarming, sometimes heartbreaking stories of our celebrities' families through deep genealogical research and detailed DNA analysis.

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

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

Prisoners of War: The New York Times named this Israeli series, the inspiration for Showtime's *Homeland*, the #1 best international program of the 2010s.

At a time when the nation is experiencing unprecedented spikes in antisemitism, JLTV is a

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

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

loan. This discount is void where prohibited, is non-transferable and may be subject to other terms and conditions. Discount may not exceed the borrowers out of pocket closing costs. MVSB reserves the right to cancel this program at any time.

MVSB has been serving the essential banking needs of people, businesses, non-profits and municipalities for more than 150 years. As a mutual savings bank, MVSB has no stockholders but rather operates for the benefit of its customers, employees and community. Since our founding, one thing has always remained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Exeter, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, North Conway, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com. MVSB. Equal Housing Lender. NMLS #466022

State of Israel."

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

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

Concord Hospital expands OB/GYN services in Laconia with addition of female surgeon

LACONIA — Dr. Michelle L. Ciarlo is providing surgical services at Concord Hospital Obstetrics & Gynecology — Laconia (CH OB/GYN — Laconia), responding directly to community feedback requesting a female surgeon in the Lakes Region.

Previously, surgical services in Laconia were supported by one male surgeon, with additional Concord-based surgeons rotating through the practice. With Ciarlo's regular presence in Laconia, patients will now have expanded access to female surgical care closer to home.

"We listened to what the community has requested—a female surgeon," said Maria J. Rosario, MSW, MBA, practice administrator for Concord



Dr. Michelle L. Ciarlo

Hospital OB/GYN in Concord and Laconia. "This will allow members of the Lakes Region to receive that care in their community. Dr. Ciarlo is a knowl-

edgeable provider who gives the very best care to her patients."

Ciarlo will provide both surgical procedures and office-based patient

care during her time in Laconia. Her addition does not replace any existing personnel; rather, she will continue practicing in Concord while dedicating part of her schedule to serving the Lakes Region.

In addition to expanding access to a female surgeon, Concord Hospital has successfully introduced robotic-assisted gynecologic surgery in Laconia. Dr. Heidi Hallonquist and Dr. Courtney Jones will continue traveling to Laconia to perform robotic procedures, ensuring patients benefit from advanced minimally invasive surgical options locally.

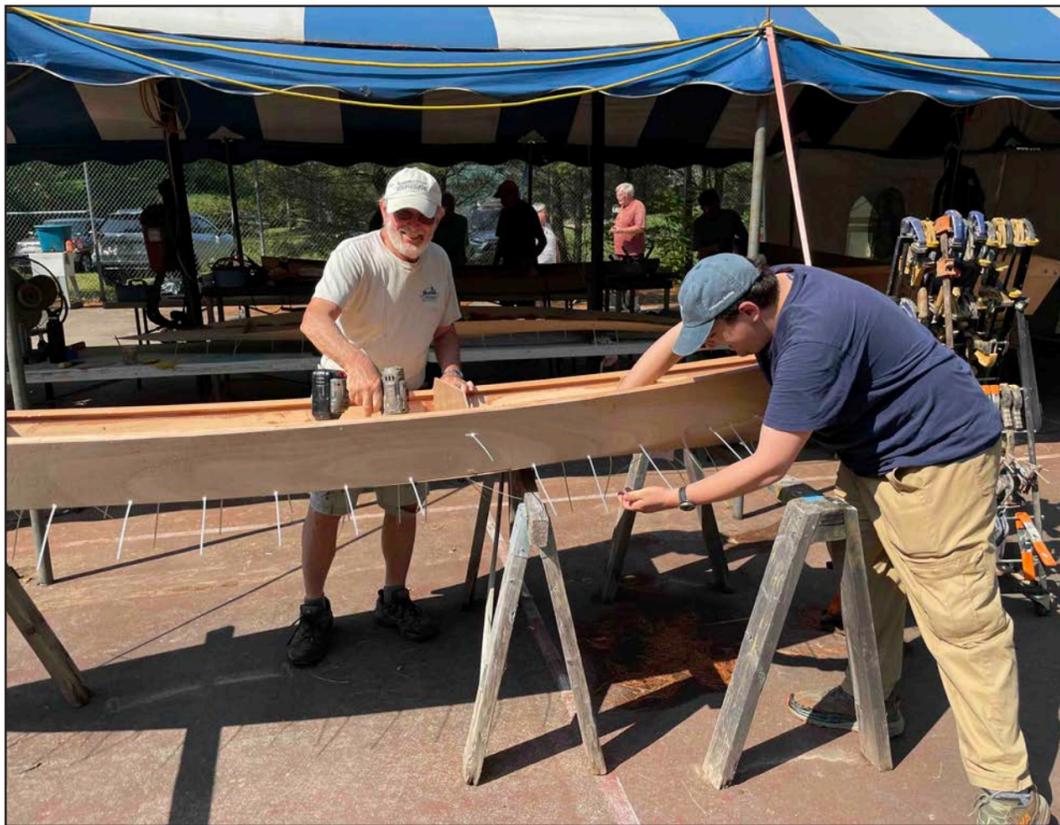
For more information or to schedule an appointment at CH OB/GYN — Laconia, visit concordhospital.org.

NHBM's Signature Boat Building program returns this July

MOULTONBOROUGH — The New Hampshire Boat Museum's Youth, Family, and Adult Boat Building Class returns this summer from July 11–19. Held at the museum's Wolfeboro campus, the popular program invites participants to transform a kit of raw materials into a fully functional, handcrafted watercraft in just over a week.

"There is a profound sense of magic that happens in the program," said Devon Kurtz, Executive Director of the New Hampshire Boat Museum. "Participants arrive with a dream and a pile of wood — and nine days later, they are standing on the shores of Lake Wentworth with a boat they built with their own two hands."

The 2026 session features five distinct boat models to suit every skill level and interest. These models include classic canoes and kayaks, which



are elegant designs for solo or tandem paddling. The Wood Duck 12 Kayak is this year's featured model, known for its stability

and spacious cockpit. Participants can also build a modern, lightweight paddleboard or Bevin's Skiff (a family-friendly project

perfect for youth teams).

The class runs daily from 8:30 a.m. to 3:30 p.m. at 399 Center St. in Wolfe-

boro. Registration is open now at nhbm.org. The program concludes with a celebratory Group Launch on Lake Wentworth on Sun-

day, July 19.

Financial assistance is available to ensure the program remains accessible to everyone. To learn more or register, visit nhbm.org/boat-building.

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

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

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(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

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Colebrook: This 11.2-acre getaway features 515' of direct frontage on the Mohawk River and includes a handy storage shed. Located just minutes from Dixville Notch State Park, the partially cleared lot offers privacy.

Franklin: Renovated 3BR/2BA ranch on 1.3 acres combines residential comfort with high-visibility commercial potential. It features a new granite kitchen, solar panels, and a cozy wood-burning fireplace.

Brookfield: Set on 1.33 acres, this 3BR/2BA home features an open-concept kitchen and a living room with cathedral ceilings. Highlights include a three-season sunroom, a whole-house-generator, and owned solar panels to reduce costs.

Belmont: Built in 2007, this 3BR/2BA cape sits on 1.8 acres and showcases quality craftsmanship with crown molding, wide pine floors, and a granite kitchen island. The property includes a two-story barn that currently provides rental income, plus a glassed-in porch.

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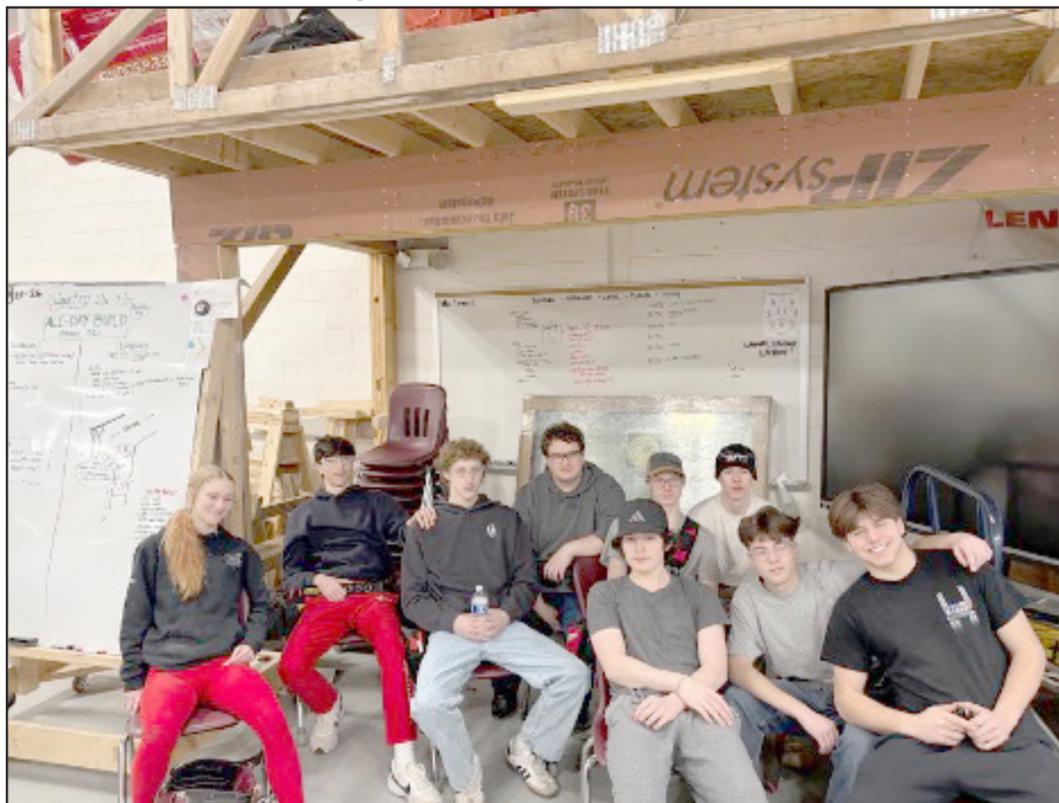
* Statistics obtained from PrimeMLS since 1997 for all real estate firms reporting sales in the entire state of NH during that time.

Building the future of the trades & housing: The Huot House Workforce Development Initiative

LACONIA — The Lakes Region Builders & Remodelers Association (LRBRA), in partnership with the Huot Technical Center, is proud to advance one of the Lakes Region's most impactful workforce development and housing initiatives: the Huot House Program. Designed to prepare the next generation of skilled trades professionals while addressing New Hampshire's growing need for attainable housing, the Huot House program offers students an immersive, hands-on learning experience that bridges classroom education and real-world construction.

Through the program, students enrolled in Huot Technical Center's Building Construction and Plumbing & Heating programs construct a fully functional home from start to finish. Under the mentorship of experienced Huot instructors and LRBRA member professionals, students participate in every phase of the build. The Huot Technical Center is formally recognized as a Certified Modular Home Builder, further elevating the program's standards and providing students with industry-recognized experience in modular construction.

Now in its ninth build,



Huot Tech Students during an All Day Build on Tiny House #9.

COURTESY

the Huot House program exemplifies LRBRA's commitment to workforce development by equipping students with the technical skills, problem-solving abilities, and professional standards demanded by today's construction industry. Each home is constructed inside the school's building shop over the ac-

ademic year and measures 12 feet by 36 feet (approximately 435 square feet). The result is a high-quality, energy-efficient home that meets all current building codes.

Tiny House #9 is expected to be completed this spring and is currently for sale, continuing the program's tradition of rein-

vesting proceeds directly back into workforce development, program expansion, and student scholarships. Contact LRBRA at info@lakesregionbuilders.com for more information on purchasing TH #9.

This initiative would not be possible without the extraordinary support of our industry partners who

donate materials, provide labor, offer discounted products, contribute financial support, and most importantly, step into the classroom and shop to teach students specialized skills. Their mentorship gives students direct access to real-world expertise and industry standards.

Workforce development meets housing solutions

The Huot House initiative addresses two of New Hampshire's most pressing challenges: a shortage of skilled trades professionals and a lack of attainable housing options.

As the construction workforce continues to age, LRBRA's workforce development initiatives play a critical role in preparing students for successful careers in the trades while strengthening the local building industry. At the same time, the completed homes help expand housing opportunities in the Lakes Region, offering smaller-scale, efficient and affordable housing options well-suited to today's needs.

This work aligns closely with New Hampshire's recent housing reforms, including updated Accessory Dwelling Unit (ADU) Bill, which make it easier for homeowners and communities to add smaller homes that support affordability, multigenerational living, and workforce housing. The Huot House demonstrates how thoughtful design, quality construction, and workforce training can support these statewide housing goals.

Community survey launched to address gaps in women's health access across NH

REGION — Women of the Mountains Birth Initiative (WOMB) is calling on women across New Hampshire to participate in a brief, anonymous survey aimed at improving access to comprehensive women's health care statewide.

The survey is part of a federally funded initiative led by the New Hampshire Insurance Department (NHID) to better understand where women face barriers to care—including insurance coverage gaps,

limited provider access, and unmet health needs across the lifespan. Findings will directly inform state-level recommendations, payer strategies, and future outreach and education efforts.

WOMB recently partnered with NHID to host a regional focus group in late 2025. This follow-up survey expands that effort, offering a broader opportunity for voices—especially those in rural and underserved communities—to

be heard.

"Too often, decisions about women's health care are made without hearing directly from the people most affected,"

said a representative from WOMB. "This survey is a chance for lived experiences to shape real policy conversations."

The survey is voluntary, anonymous, and takes approximately 5–10 minutes to complete. No personally identifiable information is collected. NHID has con-

tracted with Health Management Associates to analyze results and prepare a report with recommendations to the state.

Community members are encouraged to participate and share the survey widely.

Take the survey at https://healthmanagement.qualtrics.com/jfe/form/SV_d4h9ebw3BlTtoVM.

Share your input on transportation in the Lakes Region

REGION — The Lakes Region Planning Commission is inviting residents to take part in a Transportation Survey as part of the update to the 2015 Lakes Region Master Plan.

This survey is the first in a series of four and will help guide future planning efforts related to transportation, housing, economic development, and natural resources.

Your feedback is important—please consider taking a few minutes to complete the survey on the LRPC's Web site, lakesrpc.nh.gov.

WRSD

CONTINUED FROM PAGE A1

er facilities-related article authorizing up to \$187,000 from the same capital reserve fund for HVAC units at the Winnisquam Regional Middle School media center and Winnisquam Early Learning Center, replacement of classroom heating units at Sanborn Central School and Southwick School, and refurbishment of classroom casework at both elementary schools. This article also carries no additional tax impact.

A separate article allow-

ing the district to add up to \$450,000 to the Building Renovations and Repairs Capital Reserve Fund from the June 30, 2026 unassigned fund balance was approved as well.

Voters further supported adoption of a limited open enrollment program for Winnisquam Regional Middle School and Winnisquam Regional High School. The measure allows up to 20 nonresident students to enroll in district programs, with admission standards and capacity limits set by the administration. The arti-

cle also maintains current enrollment arrangements for nonresident students attending the Winnisquam Career Center and prevents district residents from enrolling in open enrollment schools outside the district.

LIBRARY

CONTINUED FROM PAGE A1

mended for ages 10 and up, while supplies last. Families can also look forward to Family Film Friday on May 1 at 3 p.m., featuring a family-friendly movie and popcorn. The popular StoryWalk will return in late April, encouraging

Together, the approved articles advance several facility upgrades and policy changes while maintaining the district's operating framework for the coming year.

families to enjoy reading and the outdoors together.

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

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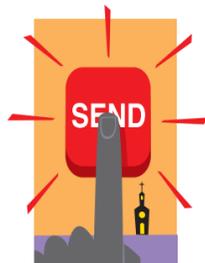
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Boat Museum to host "Ready to Launch" Women's Boating Class

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

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

Designed for both nov-

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

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

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

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

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

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



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

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

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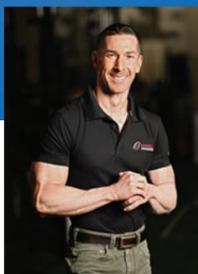
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