

Takantjas, Lacasse lead Belmont girls to Wilderness League title



JOSHUA SPAULDING

The Belmont track girls pose for a photo after winning the Wilderness League Championships on May 24.

Meet Sanbornton residents from the past

SANBORNTON — Sanbornton Congregational Church and Sanbornton Historical Society invite all to a program acquainting you with former Sanbornton residents, now removed to Centre Cemetery on Tower Hill Road (the cemetery to the left as one heads north from church).

Join us for this special program with locals acting the parts (researched). Listen to our ancestors introduce themselves. Who knows — they may have lived in your house!

This program will be held Thursday, June 12, at 2 p.m., in the Centre Cemetery. All are welcome. Refreshments to follow. Bring a black umbrella in the event of nature's dripping. Downpour? Watch for rescheduling. Some seating will be available or carry your own. Call Linda Salatiello at 603-286-4526 or Brendan Morrison at 603-630-3976 for more information.

Granite VNA offers Caregiver Connection in Belmont

BELMONT — Granite VNA offers Caregiver Connection on Wednesday, June 18 from 9:30 to 11 a.m. at Tilly Market Café at the Belknap Marketplace at 96 Daniel Webster Highway.

Join us and connect with other family caregivers, while enjoying an opportunity to unwind and have discussions rich in empathy and resources.

Pre-registration is not required. For more information, call (603) 224-4093 or (800) 924-8620, ext. 85664 or visit www.granitevna.org. This program is offered at no charge.

About Granite VNA

Granite VNA is a not-for-profit licensed and certified home health and hospice care provider. The agency serves people of all ages in 72 communities across the Greater Capital Region and Central New Hampshire by providing home care, hospice care, pediatric and maternal child health services, and wellness programming. The agency has offices in Concord, Laconia and Wolfeboro. Formed through the merger of Concord Regional VNA and Central New Hampshire VNA & Hospice, Granite VNA has served New Hampshire since 1899. For more information about Granite VNA, visit www.granitevna.org.

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — May 24 was a pretty good day for the Belmont track girls, as they dominated the competition in winning the Wilderness League title at Newfound Regional High School in Bristol. The Raiders scored 88 points to easily outdistance Gilford's 71.5 points.

Adaline Takantjas won three individual titles to lead the Raiders. She won the 100-meter hurdles preliminaries in a time of 16.3 seconds and went on to win in the finals in 16.1 seconds. Mia Ellis was third in the preliminaries in 17.79 seconds and finished in third in the finals in 17.71 seconds.

Takantjas won the 300-meter hurdles with a time of 48.45 seconds and she won the triple jump at 34 feet, six inches with Hailey Clairmont in ninth at 28 feet. 4.5 inches and Rebekah Edgren in 12th at 25 feet, 4.5 inches.

Ava Lacasse won a pair of individual titles, starting with the 200 me-

ters, where she finished first in the preliminaries in 12.82 seconds and won the finals in 12.67 seconds. Hannah Young was eighth in 13.83 seconds, Talia Watson was 10th in 13.93 seconds and Sadie Sturgeon was 15th in 14.37 seconds. In the unseeded 100, Ray was

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Winnisquam walks off with win in Battle of the Bears



JOSHUA SPAULDING

The Winnisquam baseball team poses with the Coaches Cup after defeating Newfound on Thursday night in Laconia.

Baseball Bears edge Newfound at Robbie Mills Park

BY JOSHUA SPAULDING
Sports Editor

LACONIA — Last year, the Newfound Bears walked off with the win over rival Winnisquam in the annual Coaches Cup Battle of the Bears to win the trophy for the first time.

This year, the Bears of Winnisquam returned the favor, as they plated a run in the bottom of the seventh inning to take a 2-1 win at Robbie Mills Field on Thursday, May 29.

The annual game,

played in honor of late coaches Scott Cote of Winnisquam and Ron Bucklin of Newfound, featured family members of the two coaches throwing out the ceremonial first pitches, turned into a bit of a pitchers'

duel, with neither team scoring through the first four innings. Winnisquam scored a run in the bottom of the fifth before Newfound tied the game in the top of the seventh,

SEE BEARS, PAGE A9

Show your support for NH nonprofits June 10 & 11

REGION — MVSB (Meredith Village Savings Bank) is proud to serve as the Granite State Giver sponsor for the 2025 NH Gives event from June 10-11. Hosted by the NH Center for Nonprofits, NH Gives is the state's largest day-of-giving – bringing together hundreds of nonprofits and tens of thousands of donors to fundraise for the causes served by New Hampshire's nonprofit sector.

The event takes place over a 24-hour period from 5 p.m. June 10 to 5 p.m. June 11, and everyone is encouraged to donate – however large or small – at nhgives.org. Participants can select from hundreds of nonprofits that have registered to participate.

“We are so proud to support this important fundraising event that not only provides much needed donations, but shines a spotlight on our local nonprofits whose services make a huge difference in the lives of so many people in New Hampshire,” said



Alexia Green, Universal Banker, and Melissa Sellars, Branch Services Supervisor, hold a sign promoting NH Gives.

Cindy Hemeon-Plessner, MVSB Senior Vice President Chief Marketing & Experience Officer. “We also encourage everyone to support their favorite nonprofits and use the power of social media to magnify the effect. Together, we can make a difference.”

The New Hampshire Center for Nonprofits’ mission is to strengthen and give voices to the state’s nonprofit sector through leadership, collaboration, and learning opportunities. Learn

more at nhnonprofits.org.

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

Lakes Region Chamber announces exciting line-up of June events

LACONIA — The Lakes Region Chamber invites the community to a vibrant series of June events designed to foster meaningful networking, celebrate entrepreneurial spirit, and mark exciting milestones for local businesses. From coffee chats to grand openings, these gatherings are an ideal way to build relationships, engage with local leaders, and support thriving businesses in the region.

Kickstart Your Workweek – Networking at Identity Coffee

Tuesday, June 3 | 9-11 a.m.
Location: Identity Coffee, 312 DW Highway, Meredith
Start your day with purpose and great coffee at Identity Coffee. Brew new connections and exchange ideas in a relaxed and energizing atmosphere. Whether you're a longtime chamber member or new to the community, this is where conversations—and collaborations—brew naturally. One cup at a time.
Grand Opening Celebration – EXP Realty

Tuesday, June 3 | 6-8 p.m.
Location: EXP Realty, 25 Country Club Rd, Unite 404, Gilford
Celebrate the grand opening of EXP Realty with broker Michelle Palys at her brand-new office. Attendees will also get a sneak peek at Michelle's exciting new book release. Enjoy delicious refreshments, drinks, and a surprise performance by artist Ben Archibald. It's a night of inspiration and community spirit.
Ribbon Cutting – Sobriety Centers of New

Hampshire
Wednesday, June 4 | Noon-1 p.m.
Location: 100 Autumn Dr., Tilton
Join us as we celebrate the expansion of essential recovery services in our region. The new Tilton location of Sobriety Centers of New Hampshire will enhance access to care and support for individuals and families. Meet the dedicated staff, connect with local and state leaders, and take part in an inspiring ribbon cutting ceremony.
Grand Re-Opening –

Awakening Chiropractic
Friday, June 6 | 3-6 p.m.
Location: 6 Grange Rd., Tilton
Awaken your sense of community at the Grand Re-Opening of Awakening Chiropractic! Join owners, staff, and neighbors to celebrate fresh beginnings. Enjoy a festive atmosphere with a food truck, live music, complimentary chair massages, games, and more.
RSVP encouraged
All events are free and open to the public, but RSVPs are strongly encouraged to help

with planning. Learn more and register at www.LakesRegionChamber.org – click on the Events tab.

These events exemplify the Lakes Region Chamber's mission: to create value for members through collaboration and education that promotes a more engaged community and thriving economy.

Join us and be part of what's brewing, building, and blossoming in the Lakes Region!

New Hampshire Loon nest streaming live from the Lakes Region

MOULTONBOROUGH — Loons have laid their eggs on a Live Loon Cam run by the Loon Preservation Committee (LPC). The cam is streaming live on YouTube and features a pair of loons nesting in the Lakes Region of New Hampshire. The first egg was laid on May 27, and the second

on May 30. Hatch is expected to occur between June 22 and June 24. In the coming weeks, viewers can watch, up-close and in real time, as the birds incubate their eggs and hatch their chicks. During this time, viewers will also see the loons interact with one another and with other species on the lake.

In addition to watching the loons, viewers of the cam also have the option to participate in an online chat to have their questions about loons answered by other viewers and LPC biologists. The chat allows viewers to share events that happen on camera, connect, and socialize over their love of the birds. Those interested in viewing the Loon Cam can do so at loon.org/looncam.

The pair featured on the Loon Cam is one of many loon pairs that

are currently incubating nests across New Hampshire. Loons nest on lakes and ponds and build their nests on the ground, usually along the shoreline of islands, in marshy areas, or along the mainland shoreline of protected coves. Because they have adapted for life in the water, loons cannot walk on land. As such, they build their nests right at the water's edge. These nests are vulnerable to boat wakes and to human disturbance.

“Because they cannot walk well on land, loons are vulnerable when they are nesting,” said LPC Senior Biologist/Director, Harry Vogel. “If they sense a threat, such as a closely approaching boat, they will flatten themselves low over their nests, with their heads angled toward the water, to try to hide. If the threat persists in the area, they will flush from their nests.”

If adult loons are flushed from the nest, their eggs may be ex-

posed and vulnerable to predation or temperature changes that can render them inviable.

Those who plan to boat, fish, or hike on or around New Hampshire's lakes during the loon nesting season are urged to use caution in areas where loons may be nesting. If a loon nest is found, it should be given plenty of space—150 feet at minimum, and more if the loon shows signs of distress, such as lowering its head over the nest. If member of the public accidentally flushes a loon from the nest, they should leave the area immediately so that the loon can resume incubation. Boaters are also urged to follow New Hampshire's no wake laws in order to avoid swamping loon nests.

The Loon Preservation Committee monitors loons throughout the state as part of its mission to restore and maintain a healthy population of loons in New Hampshire; to monitor the health and productivity of loon populations as sentinels of environmental quality; and to promote a greater understanding of loons and the natural world.



We proudly announce that The WiCC, Winnisquam's new high school career and technical center, is on schedule (thanks to Laconia's Bonnette, Page & Stone's construction management) to open for the 2025/26 school year.

We celebrate the scores of area students who took the leap to apply and confirm their acceptance to enroll for 2025/26. The response has been incredible. We offer five programs (some seats are still available):

- Machining and Welding ("Design, Create, and Fabricate")
- Cosmetology
- Outdoor Resources Recreation
- Animal Care and Management
- Our newly started BEE-A program (Business Enterprise and Entrepreneurship through Agriculture). This unique program enables students to develop the relevant knowledge and field skills necessary to produce and market a variety of agricultural products, and manage all aspects of a small competitive business.

The WiCC proudly serves area students attending or living in the region associated with the following high schools: Belmont / Franklin / Gilford / Inter-Lakes / Laconia / Merrimack Valley / Newfound Regional / Winnisquam Regional // (including area charter, private, and homeschool students)

www.WiCC-Ed.org



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Lakes Region Chamber welcomes dynamic group of new member businesses

LACONIA — The Lakes Region Chamber is proud to extend a warm welcome to a dynamic group of businesses that have recently joined our growing network of members. As the Chamber continues to foster a collaborative, thriving business environment, the addition of these new members strengthens our collective mission to promote economic vitality and community engagement across the Lakes Region.

“We are excited to welcome these innovative and community-minded businesses to the Chamber,” said Karmen Gifford, President of the

Lakes Region Chamber. “Their unique services and entrepreneurial spirit enhance the vibrancy of our local economy, and we look forward to supporting their growth and success.”

Welcome to our new members:

Granite Edvance
Millside Design
Edward Jones Financial Advisor – Jason Pochily
Identity Coffee Co.
Lakes Region Modular Homes
Winni Lick Ice Cream Donuts
603 Solar
Merrimack Valley Trimlight
Mosquito Pros NH

Encore Metal Roofing & Construction LLC
Robert’s Laundromat
Kate’s Candle Co.
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603 Technology Solutions LLC
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Canine Cottage LLC
Beeze Tees Screen Printing
Inspired Closets

ARC Excavation and Site Development
Streak Free or Die Window Cleaning
Papa’s Kitchen
Ron Bowman, Photographer
The Manor - Van Horn Estate

Each of these businesses adds value to our region and strengthens the diverse ecosystem of services and innovation that make the Lakes Region a vibrant place to live, work, and thrive.

“At the Lakes Region Chamber, we focus on helping our members gain visibility and build meaningful connections,” said Sarah Goodrum, Membership

Director. “Whether it’s through the support of our Board of Directors or sharing events on the Community Calendar, we provide real opportunities for members to engage with the community and grow their presence.”

These outstanding businesses are now part of a thriving network of more than 635 member organizations working together to build a stronger Lakes Region. We encourage you to explore their offerings and discover the wide range of products and services they bring to our communities by visiting www.LakesRegion-

[Chamber.org](http://www.LakesRegion-) and clicking on the Directory.

Thinking about joining? Now is the perfect time—Chamber members enjoy valuable visibility, exclusive networking, and promotional opportunities. Did you know more than 875,000 visitors search our website each year looking for local businesses and community events? Let the Chamber help you connect with new customers and grow your presence across the region. Contact Sarah at 603-524-5531 or sgoodrum@LakesRegionChamber.org. Learn more about membership today!

2025 Household Hazardous Waste events are ramping up

REGION—The Lakes Region Planning Commission will be hosting its annual Lakes Region Household Hazardous Waste (HHW) collections again in 2025. This year’s event will feature six collection dates and 9 collection sites that all participating residents may attend. The season will kick-off on June 21, with collection sites in Franklin and Wolfeboro. The collection season will end on Sept. 25 with the final collection in

Tuftonboro. This year the collections will be open to residents and taxpayers in 21 participating Lakes Region communities.

There is a variety of toxic and harmful materials that can be found in Lakes Region homes. These toxic materials are known as hazardous waste substances that can poison or contaminate our local environment like surface, ground or drinking water. Materials may

include flammables, corrosive or reactive substances that can be found in your household, gardening supplies, garage, workbench or art supplies. Toxic materials that pose ground water contamination threats are not allowed at local transfer stations. This is important for protecting human health and the water quality upon which the Lakes Region economy depends.

In addition to the Saturday, June 21 col-

lections in Franklin & Wolfeboro, collections will also be held on Saturday, July 26 in Gilford & Meredith, Saturday, Aug. 2 in Alton & Moultonborough, Thursday, Aug. 28 in Bristol, Saturday, Sept. 20 in Laconia, and Thursday, Sept. 25 in Tuftonboro. Saturday collections will run from 8:30 a.m. - noon and Thursday collections will run from 2 – 6 p.m. New this year there will be a second Thursday collection in Bristol and

additional collection sites located in Alton and Wolfeboro.

Residents and residential taxpayers in the 21 participating communities may bring up to 10 gallons or 50 pounds of household hazardous products in for safe disposal at the collection site that is most convenient for them. Participating communities for the 2025 collections are Alton, Alexandria, Andover, Bridgewater, Bristol, Center Harbor,

Franklin, Gilford, Gilmanton, Hebron, Holderness, Laconia, Meredith, Moultonborough, New Hampton, Sanbornton, Sandwich, Tamworth, Tilton, Tuftonboro, & Wolfeboro.

For more details on proper disposal of hazardous waste products and the Lakes Region HHW Collections, go to <https://www.lakesrpc.nh.gov/Pages/Index/228929/household-hazardous-waste>.

Savor the flavors of the 28th Annual New Hampshire Jewish Food Festival

LACONIA — Get ready for a taste of tradition! The 28th annual New Hampshire Jewish Food Festival, a popular summer event in the Lakes Region and a vital fundraiser for Temple B’nai Israel (TBI), is back to delight your taste buds.

From authentic homemade Jewish food prepared with love and care by TBI members to premium deli selections, this festival offers a delicious array of treats

you won’t want to miss. Indulge in homemade favorites like savory brisket, comforting matzah ball soup, crispy latkes, flaky knishes, sweet rugelach, and much more. Stock up on the best quality corned beef, pastrami, and tongue directly sourced from Evan’s Deli (Marlborough, Mass.). Place orders online at <https://tbinh.org> from June 8 through July 6. Convenient curbside, drive-through pickup will be available by appointment on July 18

and 19.

Just in from Food Festival Cooking Chair, Susan Needleman: “We are so excited to be offering a new Dinner Pack this year, an addition to our wildly successful Lunch Pack.”

Needleman continued, “While the Lunch Pack is perfect for on-the-go summer adventures, the Dinner Pack is a complete, frozen meal perfect for holiday gatherings or busy weeknights.”

The New Hampshire Jewish Food Festival began as a simple rummage sale in 1997 with the enticing aroma of knockwurst sizzling on a grill that blossomed into a favorite Lakes Region tradition. Today this festival stands as a testament to community, tradition, and exceptional homemade food.

Over the years, there have been many changes to Temple B’nai Israel’s Jewish Food Festival, but the consistent com-

ponent has always been the focus on the food. Almost every item sold is made by TBI members, working in teams, pouring their hearts (and countless hours of chopping, slicing, rolling, and frying) into creating these culinary delights, all while schmoozing (sharing stories and laughter) in the temple kitchen. Their unwavering commitment to quality ensures every bite is a taste of authentic tra-

dition and sincere care. Their focus is clear: if the food isn’t exceptional, the mission isn’t complete.

The 2025 menu is available on the TBI Web site – www.tbinh.org. Orders can be placed beginning on Sunday, June 8, continuing through Sunday, July 6. But, for the best selection, don’t wait as quantities are limited and likely to sell out early. Once it’s gone, it’s gone until next year!

Laconia Historical & Museum Society receives grant from New Hampshire Preservation Alliance, 1772 Foundation

LACONIA—A \$10,000 grant has been awarded to LHMS to support the Society’s first project of their “Legacy of Laconia Heritage Preservation Campaign,” a new initiative dedicated to making the needed repairs and upgrades to protect and preserve the society’s collections.

The N.H. Preservation Alliance, in partnership with The 1772 Foundation, awarded grants totaling \$125,000 to seventeen private non-profit organizations in New Hampshire to assist in preserving their historic structures.

“This year, The 1772

Foundation’s investment in New Hampshire is protecting and revitalizing seventeen historic buildings, positively impacting communities by bringing needed capital investment to important community landmarks,” said Beverly Thomas, deputy director of the Preservation Alliance.

The initial project for LHMS, pertaining to the “Protect the Collections” phase, aims to replace the deteriorated and leaking roof of the late 19th-century foundry building located in downtown Laconia. This necessity is urgent, as the rental space contrib-

utes to operational expenses, and the society’s archival collections are housed on the premises.

“Replacing the roof will significantly contribute to protecting and preserving the story of Laconia, ensuring that we, along with future generations, can continue to learn about the people, places, and events that have shaped our city. We are incredibly excited and grateful to The 1772 Foundation and the NH Preservation Alliance for the opportunity and support,” said Tara Shore, President, Laconia Historical & Museum Society.

The New Hampshire Preservation Alliance strengthens communities and stimulates local economies by encouraging the protection and revival of historic buildings and places. For more information, visit nhpreservation.org.

To learn more about the Laconia Historical & Museum Society’s Legacy of Laconia Heritage Preservation Campaign, the projects associated with it, and how you can help protect, preserve, and save Laconia’s story, visit laconiahistory.com.

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BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of May 19-26.

Bryce Steven Eason Fall, age 29, of Belmont was arrested on May 20 for Operating a Motor Vehicle After being Certified as a Habitual Offender and in connection with a warrant.

Robert Leroy Clark, age 48, of Belmont was arrested on May 22 in connection with multiple bench warrants.

Eric Vincent Lanigan, age 41, of Gilford was arrested on May 23 for Operating a Motor Vehicle After being Certified as a Habitual Offender.

A 33-year-old from Rochester received a summons in lieu of arrest on May 25 for Driving After Revocation or Suspension of license.



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Opinion

Pride Month — a celebration of freedom, love, and basic human respect

Pride Month isn’t about parades for the sake of spectacle, or some imagined political agenda. It’s about something much deeper and far more American: the right to live freely, love openly, and exist without fear.

At its core, Pride is a celebration of freedom of expression, a reminder that all people are created equal, and a protest against the idea that anyone should feel ashamed of who they are or who they love.

It’s wild, honestly, that in 2025 we still have to say this out loud: LGBTQ+ people have every right to exist, to love, and to thrive just like anyone else. But the hate, the violence, the bullying is still happening. Most of it comes from people who seem to be bothered by lives that have absolutely nothing to do with them.

What makes someone furious about two women holding hands? Or two men building a life together? Why do some people fixate on other people’s relationships as if they were their business to approve or condemn? It’s strange, and it’s telling.

A big part of it comes down to representation. For so long, gay couples and anyone who isn’t straight were invisible in media, ignored in history, and left out of the everyday story society tells about itself. And when something seems different or unfamiliar, some folks decide it’s wrong. But different doesn’t mean wrong. It just means different.

Pride Month is about countering that invisibility. It’s about creating a world where LGBTQ+ people don’t have to wonder if they’ll be safe in public, or if their identity will cost them their job, their family, or their lives. It’s about telling the kid in the small town, or the adult who’s finally coming out later in life: you are not alone, and there is nothing wrong with you.

Pride isn’t about sex. That’s a tired excuse opponents use when they don’t want to confront their own discomfort. Pride is about love, the right to love without shame, without silence, and without asking permission.

LGBTQ+ people are more than who they love. They are teachers, veterans, parents, artists, first responders, elected officials, neighbors, and friends. They contribute to society in every way imaginable. The idea that some people’s lives matter less because of their identity is not just wrong, it’s un-American.

Pride Month is a time to honor courage, community, and the hard-won right to live authentically. It’s also a time to remind ourselves that no one’s existence is more important than anyone else’s. We’re all just trying to live.

And for those who still feel the need to tear others down because of who they love, perhaps it is time to ask what that says about yourselves, not ‘them.’ Because live and let live isn’t just good advice — it’s one of the bedrock principles of a civil society.

Letter submission policy

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

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



COURTESY

The Belmont Police Department, alongside our incredible regional partners, proudly participated in one of our favorite annual traditions this past Friday—the Law Enforcement Torch Run for Special Olympics! This powerful event brings officers and public safety personnel together to carry the “Flame of Hope” through our local communities, promoting inclusion, respect, and support for individuals with intellectual disabilities. It’s more than a run—it’s a symbol of unity and service. Our team started at Shaw’s in Gilford, ran through Laconia and Belmont, and finished at the Winnisquam Market in Tilton, where we proudly passed the flame to Tilton PD for the next leg. A huge thank you to everyone who waved, cheered, and lined the streets to support us. Your energy and encouragement meant the world! Photo courtesy of the department’s Facebook page.

Venting!

We’ve all done it. Something goes wrong—a bad day at work, a fight with a friend—and the words come pouring out. Complaining can feel like a relief. But what if science says it’s not helping at all?

Your brain is like a hiking trail. Every time you walk the same path, it gets easier to find—and harder to avoid. Venting carves that path deeper. The more you fixate on what went wrong, the more your brain learns to return to that place.

Your brain can learn both positive and negative habits. And the more you replay either one, the more your mind is trained to stay in that state. So when you constantly focus on the negative—by venting, complaining, or reliving what went wrong—you’re teaching your brain to live there. To expect it. To look for it. Constantly hiking that trail, so to speak.

When you vent without seeking a solution, your brain starts to believe the problem is bigger—and that you’re smaller. Over time, you’re not just describing the struggle; you’re training your mind to feel powerless in the face of it. Complaining becomes less about release and more about rehears-

al. Conditioning yourself for failure.

Contrary to popular belief, expressing anger without resolution doesn’t release emotion—it amplifies it. It’s like turning up the volume without changing the song. Each time you vent, your brain thinks the threat is still happening, flooding your body with stress and keeping your nervous system in a state of fight-or-flight. The more you relive the stress, the more your system stays on high alert. Not because of what happened but because you won’t stop replaying it.

It’s hurting your relationships. It turns conversations into dumping grounds, leaving listeners feeling drained or helpless—especially when they feel unable to make a difference. In trying to release stress, we end up spreading it. When grumbling becomes the main event, connection takes a back seat. Instead of a conversation, it’s a monologue. The listener can’t help, and you both walk away less happy.

Conventional wisdom taught us that voicing our struggles helps us “get it all out,” but research suggests otherwise. Studies show that it doesn’t create clarity—

it creates confusion. Instead of moving toward resolution, we circle around blame, frustration, and helplessness. This kind of repetitive negativity dampens our brain’s ability to plan, prioritize, and think creatively. Complaining aimlessly doesn’t unlock solutions—it shuts them down. The mind can’t design solutions while it’s stuck in survival mode.

Emotions are contagious! When we grumble, we’re not just expressing—we’re transmitting. Cortisol (your body’s stress hormone) doesn’t just stay in your bloodstream; it causes others to produce stress hormones, too! Dysregulating not just your nervous system but everyone else’s as well. What feels like a release at the moment can leave others feeling anxious, irritable, or exhausted—and you even more out of sync.

Sadly, every time you vent, voice your pain, your wounds, your “stuckness”—you strengthen the story that you are those things. Instead of helping your brain process the experience and move forward, constantly venting blends your identity with the version of you that’s still hurting. Over time, that repeated focus doesn’t lead to healing—

it leads to entanglement. You stop being someone who had a challenging experience and starts becoming someone who is the experience.

Sure, complaining can feel good—for a second, like a steam valve hissing open. But long-term relief doesn’t come from circling the same complaints. It comes from breaking the loop. From reflection. From pattern interruption. From choosing to move forward, even when your feelings are still catching up.

So, the next time you feel the urge to vent, pause. Breathe. Ask yourself what you want—relief or repetition. The answer might change everything. The truth is that your brain is always listening.

Every word you speak shapes the path ahead. So talk like someone who’s going somewhere. Use words that push you forward, not hold you back. You’re not powerless—you’re learning, growing, becoming. You don’t need more drama. You need direction. You don’t need everything figured out—you need to stop looking back and start moving forward.

Toby Moore is a columnist, the star of Emmy - Nominated A Separate Peace, and the CEO of Cubestream Inc.

POSITIVELY
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Comfort Keepers Comfort Keepers hosts screening of caregiving documentary

LACONIA — As an advocate of positive, joyful living, Comfort Keepers,® a market-leading provider of uplifting home care for seniors and adults who need assistance, is proud to an-

nounce its partnership with PBS for “Caregiving,” the documentary for PBS created with executive producer Bradley Cooper highlighting the challenges and triumphs of caregiving in

America.

Narrated by award-winning actress Uzo Aduba (“The Residence,” “Painkiller,” “Orange is the New Black”), the two-hour documentary is centered

on the personal experiences of caregivers providing for loved ones, and the challenges and triumph they face each day. Caregiving touch-

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COMFORT

CONTINUED FROM PAGE A4

es so many lives—more than 40 percent of Americans are caring for a loved one who’s aging, ill, or disabled, a number that has nearly doubled in just 10 years.¹ Most caregivers are looking after individuals who are over the age of 60,¹ and with more than 11,200 Baby Boomers turning 65 every day in the U.S.,² the need for caregiving is only growing. “Caregiving” examines the historical and contemporary efforts to address this often unrecognized and rapidly increasing need. “Caregiving” is a production of Cooper’s production company, Lea Pictures, and public media station WETA Washington, D.C., in association with Ark Media.

To celebrate, Comfort

Keepers will be hosting an event to share the 30-minute screening. This will take place on Wednesday, June 25 at 1 p.m. The event will be held at Granite VNA, 780 North Main St., Laconia. This event is open to the public. We encourage all caregivers, both professional and loved ones, to join us.

“As a local Comfort Keepers franchise, we are honored to support this powerful PBS documentary and bring its message to our community,” said Martha Swats, Owner. “At Comfort Keepers, we believe in elevating the human spirit by supporting both caregivers and the seniors they care for, and this documentary beautifully highlights the dedication, love, and resilience of those on the frontlines of care. Hosting this local screening is our way of honoring

the inspiring stories of caregivers and reinforcing our commitment to providing compassionate, uplifting care that makes a real difference in people’s lives.”

“Caregiving” is set to premiere June 24 at 9 p.m. ET on PBS (check local listings), and on the PBS YouTube Channel. “Caregiving” will be available to stream on PBS.org and the PBS App beginning Tuesday, May 27. The project also includes 18 short films that examine current caregiving experiences, programs and perspectives — at individual, family and community levels.

Comfort Keepers’ partnership with PBS and “Caregiving” includes a comprehensive engagement campaign supported by more than 330 PBS stations across 150 markets. This effort

extends to educational materials, digital content, and a multi-channel marketing initiative, ensuring the message reaches caregivers where they are.

For more information about the film and the national engagement campaign, visit wellbeingsofcaregiving.org.

The company’s caregivers deliver uplifting support to seniors with a refreshing perspective that emphasizes the beauty and richness of life’s later chapters. With Comfort Keepers by their side, families can navigate the complexities of aging with confidence, knowing that every moment is an opportunity to create cherished memories and embrace the joy of living. Comfort Keepers has made it their mission to not only help today’s seniors thrive and find joy,

but also to invest, inspire and nurture the caregivers who care for them.

For more information about Comfort Keepers services, or to become a caregiver, visit www.ComfortKeepers.com.

References:
Statistics sourced from the Research and Development Corporation (RAND). America’s Military and Veteran Caregivers: Hidden Heroes Emerging from the Shadows. (September 24, 2024) https://www.rand.org/pubs/research_reports/RRA3212-1.html
American Association of Retired Persons (AARP). What’s It Like to Turn 65 in 2024. (December 27, 2023). <https://aarp.org/retirement/planning-for-retirement/info-2023/silver-tsunami-late-boomers-turn-65.html>

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Winnisquam softball wins Battle of the Bears

Weymouth records 200th career strikeout in victory over Newfound

BY JOSHUA SPAULDING
Sports Editor

FRANKLIN — The Winnisquam softball team pushed across a run in the bottom of the sixth inning to break a 4-4 tie and held on for the 5-4 win over Newfound in the Battle of the Bears under the lights of Odell Park in Franklin on Wednesday, May 28.

Newfound came out of the gate strong, scoring three times in the top of the first inning. Jayden Gilpatric led off the game with a base hit and Winnisquam pitcher Danica Weymouth hit both Kayleigh Hall and Olivia Bell to load the bases. Evie Bastarache grounded out to shortstop to plate one run and Cora Sanschagrin followed with a base hit to drive in two more runs before Weymouth retired the next two batters to end the inning.

Weymouth then led off the bottom of the first inning with a triple and after Camilla Cote and Addison Bernier worked walks, Aayleh Carter beat out an infield hit to plate Winnisquam’s first turn and after Gilpatric got a strikeout for the second out, a wild pitch brought home Cote to cut the lead to 3-2. Eila Petty worked a walk to keep



Winnisquam’s Camilla Cote slides home as Newfound pitcher Jayden Gilpatric takes the throw in action in Franklin last week.

the inning alive but Gilpatric got a strikeout to end the inning.

Weymouth struck out the side in the top of the second inning and Weymouth worked a one-out walk in the bottom of the inning, stole second and moved up on a Bernier fielder’s choice, but Gilpatric got out of the inning with no runs scoring. Weymouth retired the side in order in the top of the third inning, with Petty making a nice play at second base to end the inning.

Newfound catcher Taelynn Hannagan made a nice play on a Winn-

isquam bunt attempt to open the bottom of the third as Gilpatric set the side down in order. Weymouth retired the side in order in the bottom of the fourth as well.

The blue and white Bears tied the game in the bottom of the fourth inning. Alexis Mingolla worked a walk to open the inning, but she was called out after leaving first base early a couple pitches later. After Gilpatric got a strikeout, Weymouth reached on an error and eventually scored on a wild pitch. Cote worked a walk but Hannagan gunned her down stealing second to end the inning.

Newfound took the lead back in the top of the fifth inning. After Weymouth struck out the first two batters, Gilpatric had a base hit and moved up on a wild pitch. After Mariah Basha worked a walk, Bell reached on an error to plate Gilpatric with the Newfound run before Weymouth got her third strikeout of the inning.

Winnisquam came back to tie the game again in the bottom of

the inning. Bernier and Kenzie Bassett were both hit by pitches and stole their way ahead. Caidyn Carter then put down a perfect safety squeeze bunt to plate the tying run before Gilpatric got out of the inning.

Sanschagrin reached on an error to open the top of the sixth inning and Olivia Larsen followed with a fielder’s choice. Bailey Dow then moved both runners up with a sacrifice groundout before Weymouth struck out the next two batters to end the frame. Abby Meunier walked to start the bottom of the sixth and stole second. One out later, she took third on a wild pitch and then a Cote groundout drove home Meunier for the 5-4 lead.

Gilpatric gave the green and white Bears a leadoff base hit in the top of the seventh inning before Weymouth came back and struck out the next three batters, including her 200th career strikeout, finishing out the 5-4 win for Winnisquam.

Winnisquam wrapped up the season with a 16-3



Winnisquam’s Danica Weymouth recorded her 200th career strikeout during last week’s win over Newfound.

win over Mascoma on Friday, May 30, as the Bears banged out 22 hits, with 10 players getting in on the attack.

“I was really happy to see our bats really get going today,” said coach Mark Dawalga. “Good team win on the road.”

Weymouth had two doubles and two singles, Carter had three singles and a walk, Bernier had a double and two singles, Bassett had two singles and a walk, Petty had a single and a three-run homer, Mingolla had a pair of singles, Cartier had a single and a double, Cote had two singles, Meunier had a double and Peyton Collins had a walk and a single.

Weymouth went the distance in the circle, giving up four hits and striking out 12 in earning her seventh win of the season.

“I am very proud of this team,” Dawalga said. “It has been three years since we’ve been in the NHIAA tournament, so getting back there was one of our team goals when we started our season and seeing them achieve this goal has really been fun to watch.”

The Division III tournament kicked off Wednesday and continues on Saturday, June 7, at the home of the higher seed and the semifinals are Tuesday, June 10, at Chase Field just outside the Plymouth State University fieldhouse.

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

Belknap EDC awarded 2025 Micro-Enterprise Grant to support small businesses

LACONIA — Belknap EDC will be allocating more than \$250,000 to support small business development in the region. Working with the New Hampshire Small Business Development Center (SBDC), Belknap EDC will be able to directly support businesses with access to technical assistance, business plan development, direct grant, financing and other resources.

The Community Development Block Grant Microenterprise Program, administered by the New Hampshire Community Development Finance Authority (CDFA) is for low- to moderate-income (LMI) microenterprises (those with fewer than five employees) and start-ups to provide a full range of entrepreneurial training and technical assistance services.

“We are pleased to partner with CDFA, SBDC, and our strategic partners to provide this much needed one on one support to our small business community,” said Justin Slattery, Belknap EDC’s Executive Director.

A qualifying business must be classified as a for-profit entity with five or fewer employees, be in current operation or in start-up mode, be located within Belknap County and meet specific income requirements. More details can be found at belknapedc.org.



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Bear boys tie for third at Wilderness Championships



Brendan Goodwin charges toward the front of the pack in the 800 meters on May 24 in Bristol.



Nolan Abbott takes the baton from Taber Haggett in the 4X400-meter relay on May 24 in Bristol.

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Winnisquam boys tied for third overall at the annual Wilderness League Championships on Saturday, May 24, at Newfound Regional High School.

Brendan Goodwin had a come-from-behind win in the 800 meters, edging out rival Isaac Nudd-Homeyer at the finish line in a time of 2:00.82.

The Bear 4X400-meter team of Colby Blackburn, Taber Haggett, No-

lan Abbott and Goodwin finished in first place with a time of 3:34.11 while the 4X100-meter team of Ari Booth, Dylan Griffin, Kyle Douglas and Victor Pham placed second in 46.33 seconds and the 4X800-meter team of Lazar Arbutina, Dayton Brigante, Noah Bassett and Kane St. Hilaire finished in seventh place in 10:34.17.

Brigante took the win in the pole vault, clearing nine feet, six inches while in the high jump, Douglas was sixth at five feet, three inches, Carl



Denessa Williams leans across the finish line in the 200 meters at the Wilderness Championships.



Zariah Moore breaks from the blocks in the 100 meters over Memorial Day Weekend at Newfound.

Edwardson was seventh at five feet, one inch and Kyren Whitmore was 12th at four feet, 11 inches.

Pham finished in third in the triple jump, leaping 36 feet, six inches with Edwardson in eighth place at 34 feet, 4.25 inches.

Haggett jumped to fifth place in the javelin with a toss of 120 feet, 11 inches, Carter LaLiberte was eighth at 114 feet, Brigante was 11th at 109 feet, two inches, Blackburn was 16th at 98 feet, three inches and Louis Soyk was 17th at 98 feet.

Kane St. Hilaire was 19th in the 200 meters in a time of 25.97 seconds

while Abbott was seventh in the 400 meters in 54.34 seconds, Douglas was ninth in 55.24 seconds and St. Hilaire was 19th in 58.82 seconds. Arbutina finished in 14th in the 3,200 meters in a time of 11:27.15.

Avery Woods was seventh in the 110-meter hurdles in a time of 20.33 seconds and placed seventh in the 300-meter hurdles in 48.77 seconds with Whitmore in 12th in 52.5 seconds. Booth took seventh in the long jump at 17 feet, 10.75 inches. In the unseeded 100 meters, LaLiberte was 20th overall in a time of 13.23 seconds.

The top finish for the

Winnisquam girls was in the 4X400-meter relay, where the team of Emily Tripple, Kaiden Robb, Shayla Jordan and Alexandria Myers was fourth overall in 4:36.16. The 4X100-meter team of Myers, Tripple, Robb and Zariah Moore placed fifth in 54.58 seconds.

Denessa Williams finished in sixth place in the 200 meters in a time of 28.61 seconds with Tripple in 11th in 29.37 seconds, Myers in 12th in 39.43 seconds, Robb in 13th in 29.47 seconds and Moore in 24th in 31.46 seconds.

Robb finished in sixth place in the 400 meters with a time of 1:05.14

with Tripple in 13th in 1:08.4. In the 100 meters, Williams was 13th in 14.07 seconds and Myers was 15th in 14.37 seconds. Phoebe Timmons was 15th in the shot put at 24 feet, two inches and Anna Drinkwine was 11th in the javelin at 67 feet, nine inches.

The Bears took part in the Division III State Meet on Saturday, May 31 (see separate story).

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



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HAPPY SUMMER!

Double the pleasure for Belmont softball

Smith's strong pitching leads Raiders over Spartans in back-to-back games

BY JOSHUA SPAULDING

Sports Editor

BELMONT — The Belmont and White Mountains softball teams met up for a pair of games in the final week of the regular season, with the Raiders taking both wins in a pair of very different games.

The Raiders hit the road north to Whitefield on Tuesday, May 27, and scored three times in the second, seven times in the fourth, once in the fifth and three times in the sixth for the 14-0 win.

Both Belmont pitcher Madi Smith and White Mountains pitcher Olivia Packard pitched scoreless first innings before Belmont struck in the second. Natalee Cullen walked with one out and Lyla McSheffrey doubled to driver her home. Madi MacDonald then reached on an error to plate McSheffrey and after she stole third, MacDonald scored on a groundout by Falyn Sicard in her return from injury to give the Raiders the 3-0 lead.

Smith set the Spartans in order in the bottom of the inning and Packard did the same to

the Raiders in the top of the third inning. Alexis Hicks reached on an error in the bottom of the third inning and two outs later, Emma Simpson worked a walk but Smith got a strikeout to end the inning.

Cullen was hit by a pitch to open the top of the fourth, stole second and went to third on a passed ball. She scored on a base hit from McSheffrey, who moved to third on a base hit from MacDonald. One out later, Avery Thurber reached on an error to plate another run and after Bailey Perkins walked, Molly O'Connell singled to drive in MacDonald for the 6-0 lead. Thurber and Perkins came home on wild pitches and after Smith walked, Rylie Cotnoir doubled home O'Connell and courtesy runner Madison Carrier for the 10-0 lead.

Smith worked around a one-out single from Packard in the bottom of the fourth and the Raiders added to the lead in the top of the fifth. McSheffrey led off the inning with a base hit and stole second. One out later she took third on a passed ball and singled on a base hit from Sicard for the 11-0 lead. Spartan catcher Hannah Samson gunned Sicard down stealing second to help get out of the inning.

Hicks singled to lead off the bottom of the fifth and Ellie Quigley had a one-out single, but Smith struck out the

next two batters to end the inning. O'Connell led off the top of the sixth with a single, stole second and third and Smith worked a walk. O'Connell scored on a passed ball and a double from Cullen scored courtesy runner Amelia Smith for the 13-0 lead. One out later, Cullen scored on a passed ball.

Smith then struck out the side in the bottom of the sixth inning, with the final strikeout of the game going in the books as her 100th of the season.

Smith struck out 16 in the win while Packard struck out six in the loss.

The two teams returned to action the next day in Belmont, with the Raiders rallying for the 4-1 win.

Belmont took a 1-0 lead in the second before the Spartans tied the game in the top of the sixth inning. The Raiders then scored three times in the sixth and held on for the 4-1 win.

Packard and Smith both pitched clean first innings and Smith worked around an error in the top of the second before Cotnoir led off the bottom of the inning with a homer to center for the 1-0 lead.

From there, all was quiet until the top of the sixth inning. Quigley led off with a double and came all the way around to score on a pair of errors, tying the game at one.

Smith then led off the bottom of the inning with a single and Cotnoir put down a bunt to move her up. Cullen then reached on a bunt hit with courtesy runner Carrier scoring on an error for the 2-1 lead. McSheffrey followed with a single and stole second before MacDonald reached on an error to plate both Cullen and McSheffrey for the 4-1 lead. Smith then set down the side in the top of the seventh for the 4-1 final score.

For Belmont, Adi Ross had her first varsity hit in the win.

Smith struck out 15 in seven innings of work for the Raiders while Packard struck out six in six innings of work for the Spartans.

The Raiders finished off the season with a 6-0 win on the road at Hillsboro-Deering on Friday, May 30.

Coach Bill Clary noted that the team's win came behind a strong defense, while the offense also banged out 13 hits on the day. Perkins and MacDonald had high-light reel catches for the Raiders.

Smith allowed two

hits and struck out eight while also helping herself at the plate with four hits. Perkins, O'Connell and McSheffrey each had multiple hits on the afternoon.

The Division III softball tournament opened after deadline on Wednesday, June 4, and continues on Saturday, June 7, both at the home of the higher seed. The semifinals are Tuesday, June 10, at Chase Field near the campus of Plymouth State.

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

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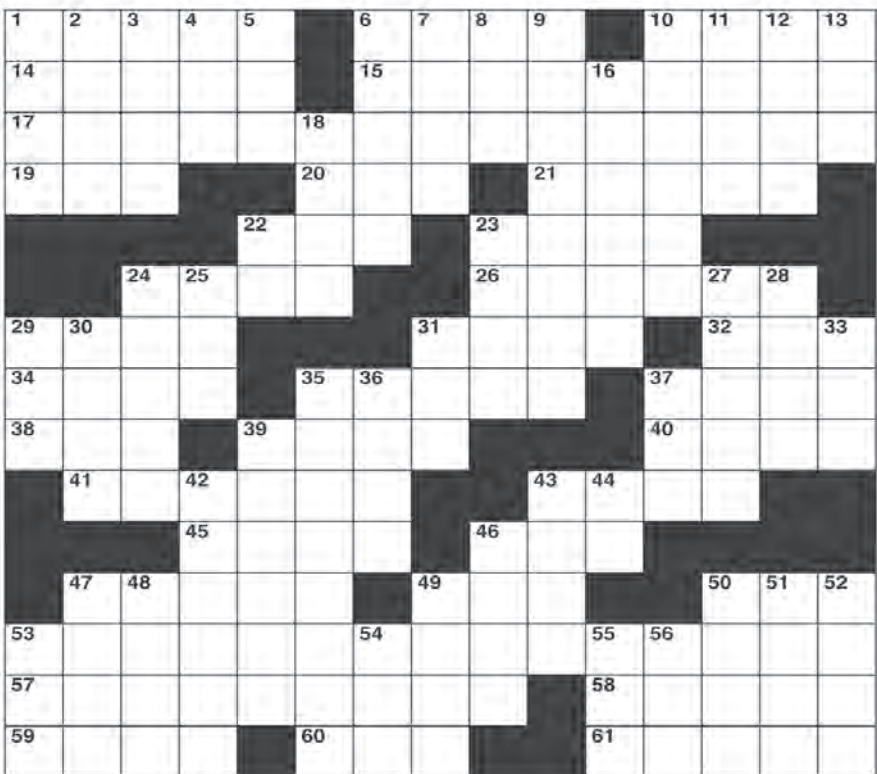
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CLUES ACROSS

1. Marsh plant

6. Southern constellation (“The Peacock”)

10. Fogginess

14. Home to Fools’ Day

15. Absence of the sense of pain

17. Popular November holiday

19. Consume food

20. Buddy

21. Long-haired goat-antelope

22. Japanese honorific

23. Actor Malek

24. One point south of southeast

26. Illegal acts

29. As fast as can be done

31. Prevents harm to young

32. Exclamation of satisfaction

34. African nation
35. Slow-moving animal

37. Oh, goodness!

38. A team’s best pitcher

39. Cleanser

40. Radioactivity units

41. Expectorated matter

43. Cover a wide range

45. The central area of a church

46. California capital (abbr.)

47. Dutch painter Klaver

49. 007’s creator

50. Impression of dishonesty

53. Northeastern sports rivalry

57. Cloths

58. Stalin’s police chief

59. Hostelry

60. Bitterly regret

61. Anwar __, Egyptian statesman

CLUES DOWN

1. Satisfy

2. European health advocate

3. Expression of annoyance

4. Strong liquor

5. Large red deer

6. Holder of less common religious beliefs

7. West Indian shrub

8. Family of proteins

9. Wealthy, influential business leader

10. Low spirits

11. Approves food

12. Monetary unit of Iran and Oman

13. Mary __, cosmetics

16. Expressed in pithy maxims

18. Relaxing spaces

22. The NFL’s big game

23. Proof of payment (abbr.)

24. Starchy preparation of dried orchid tubers

25. Indicates near
27. Minneapolis suburb

28. Herring-like fish

29. Doctors’ group

30. Pouches

31. Bread dipping in sauce

33. Commercials

35. A reminder of past events

36. Affected by injury

37. Geological time

39. Stationary part of a motor

42. Brings together

43. Of sound mind

44. Personal computer

46. Without (French)

47. A bank might give you one

48. Agricultural testing organization

49. A small island

50. Type of gene

51. Murres

52. Card game

53. A measure of human health

54. Australian airline (abbr.)

55. One point south of due west

56. Affirmative



BELMONT

CONTINUED FROM PAGE A1
second in a time of 15.11 seconds.

Lacasse won the 200 meters in a time of 26.1 seconds, Watson was 10th in 29.06 seconds, Sturgeon was 16th in 29.74 seconds and Annika Krauchunas was 26th in 31.56 seconds. Jaelyn Nialetz was eighth in the 400 meters in 1:05.8, with Krauchunas in 16th in 1:09.25, Jenna Laramie was 19th in 1:09.99, Clemence Lhermitte was 22nd in 1:11.52 and Clairmont was 23rd in 1:13.35. Riley DeGange was 14th in the 800 meters in 3:00.61.

The Raiders also won a pair of relay events. In the 4X100-meter relay, the team of Young, Watson, Ellis and Lacasse finished in 51.51 seconds while in the 4X400-meter relay, Nialetz, Ellis, Takantjas and Lacasse finished in a time of 4:15.14. The Raider 4X800-meter team of DeGange, Laramie, Devyn VonKadich and Clairmont was third overall in 11:32.54.

Ava Tonkin finished in third place in the shot put, tossing 28 feet, six inches while Madelyn Divers was seventh at 25 feet, 11 inches. Divers was also 15th in the discus at 56 feet, 10 inches and Harmony Rivera was 12th in the javelin at 67 feet, one inch.

For the Raider boys, David Tripp was second in the preliminaries for the 110-meter hurdles in 18.34 seconds and finished second in the finals in 17.72 seconds. He also placed fourth in the 300-meter hurdles in 47.56 seconds.

Brady Filteau was fourth in the discus with a toss of 143 feet, one inch and was third in



Ava Lacasse edges out Elle MacDonald of Newfound at the finish line of the 200 meters on May 24.



Spencer Cate jumps in the long jump at Newfound on May 24.

the shot put at 46 feet, 9.5 inches. In the 100 meters, Derik Matthews was 14th in 12.27 seconds, Brock Smith was 18th in 12.39 seconds and Spencer Cate was 19th in 12.48 seconds. In the unseeded 100, Kyle Waldron was fourth in 12.7 seconds and Wyatt Carroll was 15th in 13.04 seconds.

Matthews was also 11th in the 200 meters in 24.99 seconds, Tyler Durand was 18th in 25.55 seconds and Wal-

dron was 25th in 26.33 seconds. Aaryn Durand was 18th in the 1,600 meters in a time of 5:27.54 and in the 3,200 meters, Miguel Perez-Ramon was ninth in 11:10.9. In the long jump, Cate was ninth at 17 feet, 6.5 inches, Nathan Allard was 11th at 17 feet, 3.75 inches, Smith was 17th at 16 feet, seven inches and Waldron was 19th at 16 feet, 2.75 inches.

The Raiders took part in the Division III State Meet on Saturday, May 31 (see separate story).

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



Adaline Takantjas clears a hurdle on the way to winning the 100-meter hurdles on May 24 in Bristol.



David Tripp clears the hurdles in action at the Wilderness League Championships on May 24.

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BEARS

CONTINUED FROM PAGE A1

setting up the dramatic walk-off win in the bottom of the seventh.

Gavin Royea was hit by a pitch to open the game and Landon Sargent reached on an error. After Winnisquam starter John Shea got a strikeout, Winnisquam coach Fred Caruso elected to walk Brayden Jenkins intentionally to load the bases. Shea then got a strikeout and a fly ball to right field to end the threat and the inning. Sargent started on the hill for Newfound and after striking out the first two batters, Carter Lloyd had a base hit to get Winnisquam's first base runner. However, a grounder to second ended the frame.

Shea shut down the side in order in the top of the second inning and Jake Twombly worked a walk to open the bottom of the inning. He moved up on a groundout by Nik Puffinburger; but Daniel Sherkanowski snared a line drive to third and turned it into a double play to end the inning.

Newfound again went in order in the top of the third inning and Ben Wood was hit by a pitch to open the bottom of the third. Sherkanowski then took over on the mound for Sargent and after a sacrifice bunt from Mike DeFosse, Justin Tardif reached on an error. Jenkins then successfully picked off Wood at third base and a strikeout ended the inning with the game scoreless.

Jenkins was hit by a pitch to open the top of the fourth inning. One out later, he stole second and after a strikeout, Puffinburger made a diving catch in right-centerfield to end the inning and keep Newfound off the board.

Winnisquam went in order in the bottom of the fourth inning and Royea had Newfound's first hit with two outs in the top of the fifth inning, but he was stranded and Winnisquam was able to plate the first run of the game in the bottom of the inning.

With two outs, a bout of wildness resulted in the game's first run. Wood and DeFosse both walked and Dio Kastigiannis took over on the bases at first. A passed ball moved both runners up and walks to Tardif and Ethan Carter forced home the game's first run before Sherkanowski got a pop fly to third to end the inning.

Calvin Colby started the top of the sixth with a base hit but was forced at second on a

Jenkins grounder. Jenkins moved into scoring position on a wild pitch before Shea got a pop up and a groundout to end the inning, with Lloyd making a nice play on a grounder in front of the plate to end the inning.

Shea worked a walk to open the bottom of the sixth and Twombly put down a sacrifice bunt to move him up. A ground-er by Puffinburger put Shea at third, but Sherkanowski got a strikeout to end the inning.

With one out in the top of the seventh, Ryder Sargent reached on an infield hit. One out later, Royea singled and a wild pitch allowed the tying run to cross the plate before Shea got a strikeout to end the inning.

Wood walked to open the bottom of the seventh and Kastigiannis bunted him to second. He moved to third on a wild pitch before Tardif grounded to the right side of the infield. Wood broke for home and the throw went a bit wide of the plate and he slid home with the winning run.

Winnisquam wrapped

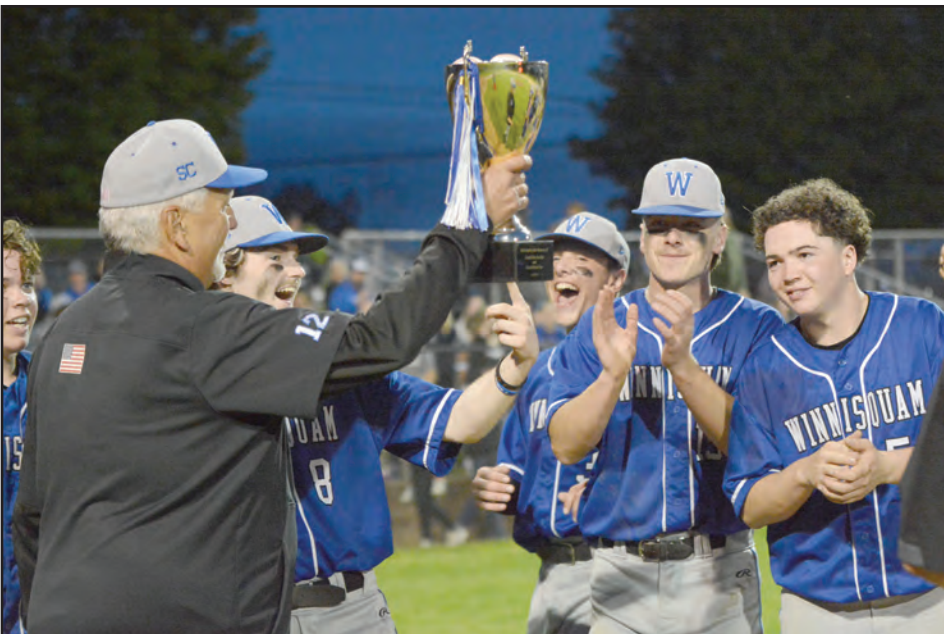
up the season with a 10-0 win over Inter-Lakes on Friday, May 30, in Meredith. The Bears scored once in the second, four times in the third and three times in the fourth before closing it out with two in the sixth.

Tardif had two hits and scored twice, Shea had two hits, scored three times and drove in a run, Twombly had a hit, drove in a run and scored a run, Brady Colby had a hit and drove in a run, Wood had a hit and drove in a run and Carter had a hit, drove in a run and scored twice.

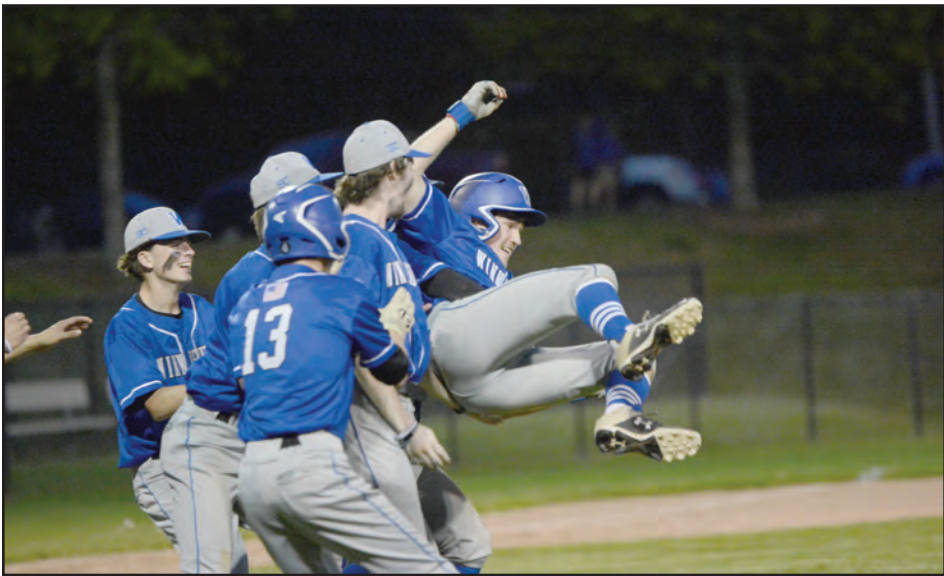
Lloyd went the distance on the hill, striking out nine while allowing just one hit in six innings of work.

The Division III baseball tournament is scheduled to start today, June 5, and continue on Saturday, June 7, both at the home of the higher seed. The semifinals are Wednesday, June 11, at Robbie Mills Park in Laconia.

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



Coach Fred Caruso lifts the Coaches Cup for his players after the Bears defeated Newfound last week.



Justin Tardif gets a lift from his teammates after delivering the winning run in last week's win over Newfound.

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Big innings send Raiders past Spartans in pair of battles

BY JOSHUA SPAULDING
Sports Editor

BELMONT — Two of the top teams in Division III baseball squared off on back-to-back days in the final week of the season, as White Mountains hosted Belmont on Tuesday, May 27, and then the Raiders returned the favor on Wednesday, May 28.

The Raiders picked up wins in both games, starting with a 13-6 win at home on Tuesday, May 27.

The Spartans scored three runs in the bottom of the first inning before Belmont scored one run in the second and another in the third then added three in the top of the fourth for the 5-3 lead.

The Spartans scored a run in the bottom of the fourth and both teams scored two runs in the sixth before the Raiders opened things up with six in the seventh inning for the 13-6 win.

“Just a great team win against the best team in the division,” said Belmont coach Matt LeBlanc. “I’m proud of how our team never gave in and fought all day.

“Every time they would close the gap, we would open it back up,” he continued. “Every member of our team contributed in some way.”

Daegan Stover got the start on the mound for the Spartans and worked around a walk in the top

of the first inning. Jake Silver was hit by a pitch in the bottom of the first inning and Noah Covell followed with a homer and Stover followed that up with a solo homer for the 3-0 lead before Belmont starter Anakin Underhill settled down and got out of the inning.

Wyatt Divers led off the top of the second with a double and Wyatt Bamford walked. Divers tagged up and went to third on a sacrifice fly by Michael Collette and scored on a sacrifice fly from Brady Thurber to cut the lead to 3-1.

Owen Waldron was hit by a pitch with one out in the top of the third and Underhill followed with a single.

Waldron then scored on a groundout from Jaxon Embree and Divers was hit by a pitch to keep the inning going. However, Stover got a fly ball to center to end the inning. Underhill then set the side down in order in the bottom of the inning.

Collette walked to open the bottom of the fourth and two outs later, Brayden Townsend doubled and Waldron followed with a homer to give the Raiders the 5-3 lead. The Spartans cut into the lead in the bottom of the inning. William Kenison was hit by a pitch with one out and one out later, he moved to second on an error and stole third. He then scored on a base hit from

Silver to cut the lead to 5-4. Divers singled in the fifth, but Stover got the next three batters in a row to strand him on the bases. Underhill struck out the side in the bottom of the fifth inning.

In the top of the sixth inning, Max Ryder was hit by a pitch, but he was cut down at second when Townsend grounded to shortstop. Waldron followed with a double and Townsend scored when Underhill singled. Embree and Divers both worked walks to load the bases, but Stover got a grounder back to the mound for an inning-ending double play.

Carson Miller singled to open the bottom of the sixth inning, Keni-

son worked a walk and Benny Hicks singled on a bunt to load the bases. Silver singled to plate two runs, cutting the lead to 7-6 heading to the seventh.

With one out in the top of the seventh, Thurber doubled and Ryder walked. Townsend doubled to left to plate Thurber and Ryder came around to score on a passed ball. Waldron reached on an error to drive home Townsend but was cut down trying to score on a base hit from Underhill. Embree reached on an error to plate Underhill and Divers homered to center for the final two runs of the game.

Divers came on to pitch in the bottom of the inning and worked around a leadoff walk to Gavin Holcomb to close the door on the 13-6 win.

Underhill finished with 12 strikeouts in six innings and Stover struck out six in five-plus innings, with Silver finishing up on the hill.

The next day, the Spartans broke a scoreless tie in the top of the fourth with two runs and Belmont plated one in the bottom of the inning. The Raiders then scored seven in the bottom of the fifth and after White Mountains scored one in the top of the sixth, Belmont added two in the bottom of the inning to close out the 10-3 win.

It was Divers and Covell engaging in a scoreless pitchers’ duel for the first three innings of the game before the Spartans got two in the top of the fourth. Silver singled to open the inning and Covell homered to center for the 2-0 lead.

Belmont answered in the bottom of the inning, with Embree singling with one out and Divers following with a double. The Spartans were able to cut Embree down going to third but Divers scored when Bamford reached on an error for the 2-1 score after four.

Thurber reached on an error to start the bottom of the fifth inning and Ryder bunted to reach first. Townsend walked to load the bases and Thurber scored on a base hit from Waldron. Underhill then doubled to left to plate all three runners for the 5-2 lead. Embree was hit by a pitch and Divers walked to load the bases again and Underhill scored on a groundout by Bamford. One out later, Thurber doubled to center to drive in Embree and Divers and Belmont had the 8-2 lead.

Hicks doubled to open the top of the sixth inning and came around to score on a base hit from Covell to cut the lead to 8-3. Townsend led off the bottom of the sixth with a single and one out later, Underhill homered to left to up the lead to 10-3 and that’s the way it finished.

Divers finished with five strikeouts in seven innings of work while Covell struck out three in six innings of work.

The Division III baseball tournament kicks off on Thursday, June 5, and continues on Saturday, June 7, both at the home of the higher seed. The semifinals are Wednesday, June 11, at Robbie Mills Park in Laconia.

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

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New Hampshire Loon nest streaming live from the Lakes Region

MOULTONBOROUGH — Loons have laid their eggs on a Live Loon Cam run by the Loon Preservation Committee (LPC). The cam is streaming live on YouTube and features a pair of loons nesting in the Lakes Region of New Hampshire. The first egg was laid on May 27, and the second on May 30. Hatch is expected to occur between June 22 and June 24. In the coming weeks, viewers can watch, up-close and in real time, as the birds incubate their eggs and hatch their chicks. During this time, viewers

will also see the loons interact with one another and with other species on the lake. In addition to watching the loons, viewers of the cam also have the option to participate in an online chat to have their questions about loons answered by other viewers and LPC biologists. The chat allows viewers to share events that happen on camera, connect, and socialize over their love of the birds. Those interested in viewing the Loon Cam can do so at loon.org/looncam. The pair featured

on the Loon Cam is one of many loon pairs that are currently incubating nests across New Hampshire. Loons nest on lakes and ponds and build their nests on the ground, usually along the shoreline of islands, in marshy areas, or along the mainland shoreline of protected coves. Because they have adapted for life in the water, loons cannot walk on land. As such, they build their nests right at the water's edge. These nests are vulnerable to boat wakes and to human disturbance.

“Because they cannot walk well on land, loons are vulnerable when they are nesting,” said LPC Senior Biologist/Director, Harry Vogel. “If they sense a threat, such as a closely approaching boat, they will flatten themselves low over their nests, with their heads angled toward the water; to try to hide. If the threat persists in the area, they will flush from their nests.” If adult loons are flushed from the nest, their eggs may be exposed and vulnerable to predation or temperature

changes that can render them inviable. Those who plan to boat, fish, or hike on or around New Hampshire's lakes during the loon nesting season are urged to use caution in areas where loons may be nesting. If a loon nest is found, it should be given plenty of space—150 feet at minimum, and more if the loon shows signs of distress, such as lowering its head over the nest. If member of the public accidentally flushes a loon from the nest, they should leave the area immediately so

that the loon can resume incubation. Boaters are also urged to follow New Hampshire's no wake laws in order to avoid swamping loon nests. The Loon Preservation Committee monitors loons throughout the state as part of its mission to restore and maintain a healthy population of loons in New Hampshire; to monitor the health and productivity of loon populations as sentinels of environmental quality; and to promote a greater understanding of loons and the natural world.

Belknap Mill to unveil new exhibit June 6

LACONIA — The Belknap Mill, the oldest unaltered brick textile mill in the United States, is proud to announce the opening of its newest permanent exhibit, “Threads of Innovation,” debuting to the public on Friday, June 6. This thoughtfully curated exhibit explores the Belknap Mill's pivotal role as a leader in early industrial efficien-

cy and innovation. At its center is the c. 1890s freight elevator, a key technological advancement that allowed seamless movement of materials between floors. This innovation supported a vertically integrated production process, allowing raw cotton to be transformed into finished cloth entirely under one roof. “Threads of Innova-

tion” offers a hands-on and immersive experience that highlights the Mill's groundbreaking approach to organization and manufacturing — a model that helped shape the structure of modern industry. “The Belknap Mill is not only a symbol of Laconia's industrial heritage but also of the ingenuity and adaptation that defined early

American manufacturing,” said Dr. Katherine Switala-Elmhurst, Vice Chair of the Board at the Belknap Mill. “This new exhibit brings that legacy to life in a powerful and accessible way.” To mark the exhibit's opening and celebrate summer, the Belknap Mill will also host a free outdoor concert as part of its First Friday festivities. Enjoy the swinging

sounds of the Freese Brothers Big Band performing live jazz and swing in Rotary Riverside Park at 6 p.m. Bring a blanket or lawn chair and relax by the Winnepesaukee River for a fun and festive evening! “Thread of Innovation” will be available to all visitors during regular museum hours: Wednesday–Thursday from noon to 4 p.m. and Friday–Saturdays from 10 a.m.–4 p.m. Admission

is \$10 for adults, \$5 for seniors and students, and free for children under 12 and Mill members. Visitors are also encouraged to explore the Mill's featured art exhibition in the Riverside Art Gallery: “Unscripted” by Grace Howe, throughout June. For more information, please visit www.belknapmill.org or follow the Belknap Mill on Facebook and Instagram for updates.

Belmont track girls finish as D3 runners-up

BY JOSHUA SPAULDING
Sports Editor
KINGSTON — The Belmont track girls, coming off their strong performance at the Wilderness Championships, finished second overall behind Hopkinton at the Division III State Meet on Sunday at Sanborn Regional High School. Once again, the Raider girls were led by impressive performances from senior Adaline Takantjas and junior Ava Lacasse. Takantjas won the triple jump with a distance of 34 feet, 8.5 inches, with teammate Hailey Clairmont jumping 28 feet, 2.5

inches for 13th place. In the 100-meter hurdles, Takantjas finished in second in the preliminaries in 15.84 seconds with Mia Ellis in sixth place in 17.59 seconds and in the finals, Takantjas was second in 15.69 seconds and Ellis was eighth in 17.49 seconds. Takantjas also finished second in the 300-meter hurdles with a time of 47.13 seconds. Lacasse won the 100-meter preliminaries in 12.42 seconds and Hannah Young finished in 13.42 seconds for 13th place. Lacasse then took top honors in the finals

in a time of 12.32 seconds. Lacasse also took top honors in the 200 meters with a time of 25.72 seconds. Laramie finished in 14th place in the long jump at 14 feet. Takantjas and Lacasse teamed up with Young and Sadie Sturgeon to win the 4X100-meter relay in a time of 52.07 seconds and then Ellis and Jaelyn Nialetz to win the 4X400-meter relay in 4:14.63. The team of Clairmont, Devyn VonKadich, Riley DeGange and Jenna Laramie took seventh in the 4X800-meter relay in 11:39.39. The top finisher for

the Belmont boys was Brady Filteau, who finished in third place in the shot put with a toss of 43 feet, two inches while Ethan Rivera was 12th at 36 feet, 7.75 inches. Filteau then took fourth overall in the discus, throwing a distance of 140 feet, five inches. Spencer Cate finished 11th in the long jump at 18 feet and Christian Edgren was 12th in the triple jump at 35 feet, 5.75 inches. *Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.*

Goodwin, 4X400 relay lead Bears at Division III State Meet

BY JOSHUA SPAULDING
Sports Editor
KINGSTON — The Winnisquam track team joined the rest of the Division III teams at the State Meet on Sunday at Sanborn Regional High School. The meet was delayed a day due to the weather. Brendan Goodwin had the best perfor-

mance for the Bear boys, finishing in fourth place in the 800 meters with a time of 2:03.53 while Nolan Abbott finished in 13th place in the 400 meters in 54.24 seconds. Abbott and Goodwin teamed with Taber Haggett and Colby Blackburn in the 4X400-meter relay to place fourth overall in a time of

3:38.21. The 4X100-meter team of Ari Booth, Blackburn, Haggett and Victor Pham placed fifth overall in 46.57 seconds. The 4X800-meter team of Lazar Arbutina, Kane St. Hilaire, Noah Bassett and Dayton Brigante placed ninth overall in 9:35.61. Brigante placed sixth in the pole vault, clearing nine feet, six inches while in the triple jump, Pham was 13th at 35 feet, five inches and Carl Edwardson was 16th overall at 34 feet, 4.5 inches. Louis Soyk was 13th in the shot put at 35 feet,

10.25 inches. For the Bear girls, Kaiden Robb ran to sixth place in the 400 meters in a time of 1:03.53, while in the 200 meters, Denessa Williams was 14th in 28.59 seconds and in the 100 meters, Williams was 15th in 13.52 seconds. The 4X100-meter team of Emily Tripple, Alexandria Myers, Zariah Moore and Robb placed sixth in 53.92 seconds and the 4X400-meter team of Myers, Tripple, Shayla Jordan and Robb was sixth in 4:32.69.

Allyson Lloyd of Northfield graduates from Clarkson University

POTSDAM, N.Y. — Allyson A Lloyd of Northfield received a master of business administration degree from Clarkson University on May 10. Clarkson University is a proven leader in technological education, research, innovation and sustainable economic development. With its main campus in Potsdam, N.Y., and additional graduate program and research facilities in the Capital Region and Hudson Valley, Clarkson faculty have a direct impact on more than 7,800 students annually through nationally recognized undergraduate and graduate STEM designated degrees in engineering, business, science and health professions; executive education, industry-relevant credentials and K-12 STEM programs. Alumni earn salaries among the top 2 percent in the nation: one in five already leads in the c-suite. To learn more, go to www.clarkson.edu.

No Wake order lifted on Silver Lake

BELMONT — Pursuant to NH RSA 270:132, the New Hampshire State Police - Marine Patrol has lifted the No Wake order on Silver Lake in Belmont as the gauge at the Department of Environmental Services, Silver Lake Station has dropped below 467.0 feet above sea level. The New Hampshire State Police - Marine Patrol urges all boaters throughout the state to be aware of their wakes and use caution when operating in channels or close to shore.

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Castle in the Clouds Community Arts Festival free to the public

MOULTONBOROUGH — Castle in the Clouds is hosting its third annual Commu-

nity Arts Festival on Saturday, June 21 from 10 a.m. – 4 p.m. Presented in partnership with the Lakes Center for the Arts, this exciting event will feature booths with dozens of crafters, artists, and community organizations, various art demonstrations and performances, a scavenger hunt, art activities for kids, and more!

The Community Arts Festival will be free for the public to attend.

Come spend the day supporting local artisans, craft activities, and enjoying light fare from Café in the Clouds and Little Red Bread Shed in the meadow across from Shannon Pond. The Castle will also be open for self-guided tours for anyone interested in making a full-day out of this event.

For more information, please contact eoconnor@castleinthecloud.org or visit www.castleintheclouds.org



About Castle in the Clouds

As the premier historical museum in the beautiful Lakes Region of New Hampshire, Castle in the Clouds provides each visitor with a look into the past while providing contemporary comforts to make every visit memorable. Originally called Lucknow, this breathtaking 6,300-acre property was developed in 1913 by Thomas G. Plant, a wealthy shoe manufacturer, to create a luxurious lifestyle with state-of-the-art amenities, beautiful hand-made furnishings, and a large staff to run the estate. These days, visitors come from all around the world to tour the mansion and exhibit gallery, dine in the Carriage House Restaurant or Café in the Clouds, explore miles of hiking and walking trails maintained by partner organization the Lakes Region Conservation

Trust, or enjoy one of our many programs and events. Operated by the Castle Preservation Society, a 501(c)(3) nonprofit organization, Castle in the Clouds is revered as a cultural and educational resource. The Lucknow Estate was designated a National Historic Landmark in 2024, recognizing its national significance in architecture and landscape architecture. Castle in the Clouds is also available as a fairytale wedding location and versatile private event rental venue. For more information about Castle in the Clouds, visit www.castleintheclouds.org.

About the Lakes Center for the Arts (LCA)

The 501(c)(3) nonprofit was created in 2019 to facilitate and encourage the growth of the arts through exhibition opportunities, marketing and business development resources, and community outreach for aspiring, emerging, and established artists and the community as a whole. The LCA wants to make the New Hampshire Lakes Region an area businesses want to locate, people want to live and tourists want to visit for its strong arts culture as well as its recreational opportunities.

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*One trade-in voucher per customer. Full trade-in details, list of participating shops, disposal locations, and more at: LOONSAFE.ORG

Funding for the buyback program and this ad is provided by the Loon Preservation Committee and by the US Fish and Wildlife Service on behalf of the Bouchard Barge 120 Buzzards Bay Oil Spill Trustees.