THURSDAY, MAY 23, 2024 FREE

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## Aspiring anglers reel in fun at Tilton-Northfield Rotary Kids Fishing Derby

BY DONNA RHODES

Contributing writer

TILTON ton-Northfield Rotary held their 22nd annual Kids Fishing Derby on May 19. Not only did 119 children sign up to participate this time around; when hooks were raised and tabulations on the morning's catch were finalized, it was determined that 118 fish were reeled in by the youngsters at the Tilton Prep School Pond, and trophy winners were soon announced.

"You're really all winners in our opinion, though," said Rotarian Chuck Drew. "It's a lot of work (to put on the derby), but there is also a lot of rewards. Thank you all for coming out today!"

Children were asked to register for the derby in age groups from 1-6, 7-11 and 12-15 prior to the start of the event. Little ones kicked the tournament off in the stocked pond at 9 a.m., then older



Donna Rhodes

While everyone was deemed a winner just by participating in the 22nd Annual Kids Fishing Derby, sponsored by the Tilton-Northfield Rotary, these lucky boys and girls were the trophy winners for 2024.

participants were added in every half hour. Time of catch, length of the fish and age groups of the young anglers who brought in a catch were then registered with the TNFD Rotary derby offi-

Waiting anxiously for the results was five-yearold Toby from Northfield who hoped his first-ever catch- a small trout, would win him a shiny trophy, but his grandmother, "Nana Lois," said it was all worth it.

with or without a trophy to take home.

Preparing for his first ever fishing adventure,

she said she took him shopping where Toby picked out a fishing pole and reel, a super cool Spider Man tackle box, bobbers, hooks and power bait.

He enjoyed his time at the derby so much that he continued to cast his rod out even after the competition ended.

"I came here today because I wanted to," he declared. "This is fun!"

Sadly, Toby and his tiny trout didn't get a trophy but 10 other of the young anglers were lucky enough to take one home.

In the 12-15-year-old category, winners were Noel Desrochers (third place), Ben Fair (second place), and Matt Hibbard (first place in his age group). For the 7-11 division this year, it was girls who topped the chart. In third place was Sophia Chambers, Gracie Bailey came in second, and

SEE **DERBY**, PAGE A9

# Bear track boys take second at Wilderness Championship

## Winnisquam girls finish fourth overall

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — It was a fine day for the Winnisquam track team at the annual Wilderness Championships, held on Saturday at Newfound Regional High School in Bristol. The Bear boys finished second behind Division II Kennett while the Bear girls finished in fourth place behind Newfound, Gilford and Belmont.

For the Winnisquam boys, Brendan Goodwin ran to the win in the 800 meters with a time of 2:00.73 with Henry Osmer picking up a couple of points with a fifth place finish in 2:08.9.

The Bear 4X400-meter relay team of Avery Woods, Taber Haggett, Osmer and Goodwin placed second in 3:39.45,

with the 4X100-meter team of Frank McComiskey, Victor Pham, Nathan Lavoie and Dylan Griffin in a time of 46.66 seconds for fourth place. The Winnisquam 4X800-meter team of Dylan Allard, Alessio Calderara, Philipp Rompf and David Swain was fifth in 9:39.36.

Swain cleared nine feet, six inches in the pole vault to take second place overall while Haggett finished in sixth place in the high jump at five feet, four inches and Wade Fournier was 13th at five feet.

Pham jumped 35 feet, 10 inches for fourth place in the triple jump, with Carl Edwardson taking 11th at 31 feet, six inches. Haggett was 12th in the discus at 98 feet, eight inches, Keegan Adams was 21st at 80 feet, six

inches and Griffin was 23rd at 58 feet, six inches. Haggett was also ninth in the javelin at 108 feet, eight inches and Swain was 10th at 100 feet, nine

inches.
Woods finished in fourth place in the 300-meter hurdles with a time of 47.2 seconds and Fournier placed ninth in

50.98 seconds.

In the 100 meters, Mc-Comiskey was 14th in 12.11 seconds and Pham was 16th in a time of 12.17 seconds. For the unseeded 100 meters, Griffin was fourth in 12.61 seconds, Ari Booth was 10th in 12.86 seconds and Fournier was 18th in 13.07 seconds.

McComiskey was 13th in the 200 meters in a time of 25.26 seconds, Lavoie was 14th in 25.33 seconds and Fournier was 27th in 27.13 seconds. Rompf finished in 14th in the 400 meters in 57.94 seconds, with Swain right behind in 15th in 58.46 seconds. Booth finished in 17th in the long jump at 15 feet, five inches.

For the Winnisquam girls, Skye Tibbetts won the long jump at 15 feet, 9.75 inches, with Zariah Moore in 12th at 12 feet, eight inches. Tibbetts was also fourth in the

SEE **TRACK**, PAGE A9

## Franklin VNA and Hospice receives grant from Oleonda Jameson Trust

FRANKLIN — The Franklin VNA and Hospice is pleased to announce that it has been awarded a grant to further enrich our services to low-income, underinsured, and individuals

with chronic conditions. This grant has been graciously provided by the Oleonda Jameson Trust in the amount of \$5,000. It will enable the Franklin VNA and Hospice to further enhance its

mission to provide quality Home Health Care, Hospice, and Education to individuals and families in our communities so that they may reach

SEE **GRANT**, PAGE A8

## Lakes Region Board of Realtors® gives back to communities



LACONIA — Volunteers from the Lakes Region Board of REAL-TORS® recently came together throughout central and northern New Hampshire to donate their time and efforts for REALTOR GIVE BACK DAY. This gathering has become an annual event in which REALTORS®, affiliates, lenders, settlement companies and other local businesses give back to communities and organizations who are in need of assistance throughout an expansive area.

This year an overwhelming number of volunteers participated in this event. They worked tirelessly throughout an expensive area: White Oaks Pond in Holderness, the Loon Center Sanctuary in Moultonborough.

Loon Center Sanctuary in Moultonborough, Odell Park in Franklin, PRKR Mountain Trails in Littleton, Wells Field in Bristol, the Littleton Area Senior Center in Littleton, the Plymouth Senior Center in Plymouth, Waukewan Highlands Community Park in Meredith, the Boys &

Girls Club of the North Country in Lisbon, and Daniell Park in Franklin.

The board would like to express their gratitude to everyone who participated their time and energy to make a difference in the lives of our neighbors.

The Lakes Region Board of REALTORS® is a non-profit organization servicing more than 1,000 members throughout central and northern New Hampshire with headquarters in Laconia.

## Early deadlines for Memorial Day

The offices of the Winnisquam Echo will be closed Monday, May 27 in observance of Memorial Day.

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

## LWA receives \$650,000 grant for watershed management plans

mnews@salmonpress.news

ALTON – A large federal grant will greatly help the Lake Winnipesaukee Association continue its work on developing watershed management plans for different parts of the lake and address threats to water quality.

The LWA had received a \$650,000 grant from the Environmental Protection Agency to work on watershed management plans around Lake Winnipesaukee and Lake Kanasatka in Moultonborough.

Representatives from the LWA, local communities, and Sen. Jeanne Shaheen's office met for the special announcement at the Alton Bay gazebo on May 17.

"This is a really big day for both the lake and the Lake Winnipesaukee Association," said Mark Ishkanian, Vice Chair of the board of the Lake Winnipesaukee Associa-

Ishkanian said the lake is the crown jewel of the region and it is defined by having clean water.

"This grant will help us protect that water quality," he said. "Like anything precious, it needs to be protected."

LWA President Pat Tarpey said the lake's water quality is facing threats from numerous sources.

"We are fortunate to live here and live in beautiful place, we shouldn't take it for granted," Tarpey said.

Both lakes are on the

EPA's list of Threatened of Impaired Waters and have experienced declines in water quality, including cyanobacte-

One of the causes of decreased water quality has been development around the lake. Tarpey said a few decades ago no one realized how much development around the lake would impact the water.

"The number one threat to water quali-



Special Assistant for Policy and projects for US Sen. Jeanne Shaheen's office, announce the LWA recently received a

ty in New Hampshire is stormwater runoff," Tarpey said.

\$650,000 grant for watershed management.

She said without any mitigation the rainwater runoff picks up everything and runs right into the lake.

A major concern is the concentration of phosphorus in the lake. She said there are many natural sources of phosphorous, but the largest concentrations are caused by human involvement. Most phosphorous comes from erosion, stormwater runoff, septic systems, and fertilizer use by the lake.

A study by UNH tracked the amount of phosphorous in the water starting in the 1980s and showed that the amount has gotten larger in the past few decades, though seems to be leveling off.

Large amounts of phosphorous can lead to cyanobacteria and toxic algae blooms.

The LWA is working on watershed management plans for 10 different bays on Winnipesaukee. Tarpey said an EPA watershed approved management plan is needed in order to receive any state or federal funds for mitigation. Six of the watershed management plans have been completed and recently the LWA worked with the town of Wolfeboro to develop a watershed management plan for Wolfeboro Bay.

The grant money will

Lake Winnipesaukee Association board Vice Chair Mark Ishkanian, LWA President Pat Tarpey, and Elizabeth McKenna,

> help do management plans for the remaining areas on the list: Center Harbor Bay, Alton Bay,

Gilford and Alton. "It helps us look at what's going in in the watershed," Tarpey said.

and the Broads between

watershed These management plans are a first step to addressing he problems in each bay. The LWA will work with communities around the lake to develop sustainable land use practices and work on consistent watershed regulations and ordinances among many other tasks.

Tarpey said these watershed management plans and mitigating issues is also a community project and the LWA will work with municipalities around the lake to help improve water quality.

Ishkanian said a lot can be done at the municipal level with mitigation and education. Many projects are in the works with communities around the lake to address water quality

"EPA's grant will help the Lake Winnipesaukee Association address the threats that imperil Lake Winnipesaukee's water quality," Tarpey said in a statement from the LWA. "If we don't take steps to protect thus resource right now, we risk seeing the lake's water quality continue to decline which in turn

my of the region."

The LWA was able to get the grant through the office of U.S. Sen. Jeanne Shaheen.

Elizabeth McKenna, Special Assistant for Policy and projects for Shaheen's office, read a letter from the senator congratulating the LWA on the grant.

"Your efforts to protect the water quality and promote the shared enjoyment of our lakes help to ensure that future generations are able to enjoy the Granite State we have come to know and love," Shaheen wrote. "New Hampshire has a great tradition of forging partnerships at the local, state, and federal level to preserve our public lands and sustain our beautiful natural resources. At the Lake Winnipesaukee ciation you continue to engage the community with the understanding that pristine lakes can provide untold environmental, economic, recreational, and cultural benefits to residents and visitors."

Shaheen said in a statement by the LWA that she was happy to secure the funds.

"The Lake pesaukee Association plays a pivotal role in preserving and improving water quality in the Lakes Region, including Lake Kanasatka and Winnipesaukee, Lake which is critical to driving economic growth and tourism across the region," Shaheen said in the statement. "I was glad to secure federal funds to support LWA's work to protect New Hampshire's most valuable freshwater resources and expand lake preservation efforts for years to come."

With the grant, the LWA will have to come up with around \$150,000 in new matching funds. Ishkanian said they gave received a few grants that will help cover those funds and they are raising donation to cover the rest.

Ishkanian said they are looking for the support of businesses, and individuals. He said they

are in the process of "reintroducing" the LWA to people.

"We are quite honestly the best kept secret on the lakes," Ishkanian said.

## Around and **About Tilton**

BY GREGG DEVOLDER

Hello and Welcome back. Last week, I had the pleasure of attending the Parks Commission meeting. They had a full agenda, starting with the Movies in the Park at the River Front Park Pavilion. The Raven Gael Blaisdell Foundation is sponsoring these events along with the Hall Memorial Library with the aid of the Tilton Police Department and our DPW folks. The first movie will be "The Trolls" this Friday, May 24 starting at 5 p.m., and will continue each month this summer. There will be complimentary pizza, popcorn, drinks and cookies available so bring the family, come early, get a great seat and have something to eat. The show will begin at approximately 7:15 p.m., or when it's dark enough. There is limited parking so please pay attention to the signage. The foundation will also be providing a booth where a free new book will be available for each child. Remember, reading is learning, but it's also fun! Should it be raining, Judy Tilton has been gracious enough to offer the cafeteria at the Compass Classical Academy just over the bridge and behind the library in Northfield as an alternative movie venue. So, rain or shine the movie will go on!

The farmers market is coming up soon as their first date is Tuesday, May 28 from 3:30 to 6:30 p.m. and will run through Oct. 8. It will be at 45 Sanborn Rd. (Route 132), next to the Tilton Police Station. How great is that!

And on Saturday, June 1 at 11 a.m., you can get up close and personal with, "Wildlife Encounters" at the River Front Park Pavilion. Grab the kids or grandchildren and see and hear about these special animals visiting Tilton. Be sure to bring your chairs as the picnic tables will be moved to make more room. These folks never disappoint to bring something exotic and fun!

Tuesday's Planning Board meeting gave their approval for subdividing a lot on 35 Range Road, and two conceptual consultations. The property at 495 West Main St., with the potential of ten buildings with eight apartments each was referred to the Zoning Board of Adjustments as a first step. It seems to be early days for this project as they get more information as well. The Clark Road item was postponed, and Calef Hill had a quick once over.

The selectmen's meeting had a full agenda with Tim Pearson, our Finance / IT Director stepping in as Interim Town Administrator. I honestly don't know how he does it all. We're very fortunate to have him with us. The Town has moved forward with the engineering firm on the Island Bridge and will determine first if the bridge can be repaired in place and if so, at what cost. The senior center bus needs replacement and they are searching for a good, used, fairly new minivan, donations are always welcomed. The town owned lot on the corner of High Street and Cedar was approved for sale/auction. I imagine we'll hear more on that. For safety concerns, the town has decided to close one end of Academy Street until repairs can be made. There is a considerable amount of washout under the street.

The ZBA will have reviewed on Tuesday the request for 60 storage units, special exception and ten four unit multifamily dwelling units, variance, in the resort commercial zone located at 246 Laconia Road.

The Tilton Historical Society is raffling a one of a kind, Historical Dining Experience, "Dinner With Ben." Benjamin Franklin will be in Tilton and Northfield on Saturday, June 29, to march in our Old Home Day Parade. Afterwards, he will be the host at a period-style dinner with two lucky raffle winners (plus a guest each) in the Grand Ball Room of the beautiful Charles Elliott Tilton Mansion on School Street. You will dine with Ben Franklin impersonator, Robert DeVitis from Philadelphia who embodies the looks, mannerisms, and wit of one of the greatest patriots in American history. It will be an experience that you won't forget!

Tickets are just \$10 each and are limited to just 200. The winners will be drawn on Old Home Day at the Pines at the Tilton Historical Society booth at 3 p.m. for dinner that evening at 7 p.m. Proceeds from

the fundraiser will benefit the Tilton Historical Society.

Let's not forget to thank our Veterans this weekend as we celebrate Memorial Day. The VFW will be having their annual parade and wreath laying ceremony downtown on Monday, May 27 starting at 9 a.m. at the High School. Come on down and show your support and thanks.

How about a big "Shout Out" to our Tilton and Northfield Police departments for their great police work in solving the destruction and theft at the Tilton Family Mausoleum at the cemetery.

Lastly, I would like to say thank you to the Tilton School Seniors and their Seniors Helping Seniors program. They've once again gone out and neatened up the lawns and homes of our seniors and I believe this is their twenty-fifth year doing this. Thank you!

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

Have a great week!

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## MVSB supports playground equipment upgrades at Laconia elementary schools

LACONIA — MVSB (Meredith Village Savings Bank) is proud to support the Laconia School District with a \$10,000 donation that will help to replace and upgrade playground equipment at Woodland Heights Elementary, Elm Street School and Pleasant Street School in Laconia this summer.

"There are a lot of older pieces of equipment at the schools that we determined were in need of replacement or refurbishment, so we began a public/private fundraising campaign that has seen great community support so far," said Steve Tucker, Laconia School District Superintendent. "We are grateful to MVSB, who



From left, Steve Tucker, Laconia School District Superintendent, Board Members Laura Dunn and Jennifer Anderson, Elizabeth Brothers, MVSB Mortgage Loan Officer NMLS# 69282, Michaela Champlin, Woodland Heights School Principal, and Cindy Hemeon-Plessner, MVSB Senior Vice President, Chief Marketing and Experience Officer, present MVSB's donation at a recent Laconia School Board meeting. Steve, Laura and Michaela serve on the Playground Capital Campaign

## Explore how electricity changed rural life "in NH with Gilmanton Historical Society

GILMANTON — The Gilmanton Historical Society opens its 2024 summer program series with a presentation by Stephen Taylor on Tuesday evening, May 28.

Imagine a New Hampshire town where some people enjoyed the benefits of electricity – lighting at the flick of a switch and reliable heating controlled by a thermostat – while others lived with smelly kerosene lamps and smoky box stoves. In New Hampshire, during the first half of the 20th century, residents of developed communities enjoyed the transformative benefits of electric power while those in the sparsely populated re-

## LRAA presents an uncommon look at the Common Loon

TILTON — With their haunting cries and beautiful plumage, common loons are an iconic symbol of the northern wilderness. Join us for "An Uncommon Look at the Common Loon," a slideshow exploring the natural history of loons in the North Country. West Newbury, Vt.-based photographer Ian Clark spent nearly 2.000 hours kayaking with loons over the last decade and has taken more than 250,000 photos of loons and their behaviors.

Join us May 20 at 7 p.m. in the Lakes Region Art Gallery in Tilton as Clark will present his show. Admission is free and everyone is welcome.

Clark spent many years operating commercial photo labs and tackling technical photographic problems, including a stint as the Manager of the Photographic Section at NASA's Langley Research Center. He has a B.S. from the Rochester Institute of Technology and did his master's work at the S.I. Newhouse School of Public Communications at Syracuse University. He has been a news stringer off and on since 1975. He is a Juried Member of the League of New Hampshire Craftsmen, the New Hampshire Art Association, and the Vermont Hand Crafters. More information about Ian is available on his website at www.IanClark.com.

Our meetings are held at the Lakes Region Art Gallery, 120 Laconia Rd., Tanger Outlets, Suite 300,

For more information about the Gallery, visit our Web site, www.LRAANH.org.

#### **SANBORNTON POLICE LOG**

SANBORNTON — The Sanbornton Police Department responded to 18 calls for service, for the week ending May 11. The breakdown is as follows: ALARMS

ANIMAL INVOLVED INCIDENT ASSIST ANOTHER DEPT. **DOMESTIC** FELON/POSSESSION/WEAPON **HOUSE CHECKS** MV ACCIDENTS POLICE INFORMATION RECKLESS OPERATION SEX OFFENDER REG. SUSPICIOUS VEHICLE THEFT BY DECEPTION UNTIMELY DEATH

# GENERAL

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gions lived and worked in conditions little changed from the 19th century. It took the

coming of the New Deals Rural Electrification Administration and a determined band of farmers to overcome opposition from the established private utilities to create the New Hampshire Electric Cooperative in 1939. Despite labor and material shortages during World War II, within a decade power came to almost all of the previously unserved areas of the state. For thousands of households, this meant relief from the drudgery of the wood-fueled cookstove, the washboard and the kerosene lamp. Reliable electric power similarly brought new ways of life to farmers and artisans. This program will explore how

#### BELMONT **POLICE LOG**

BELMONT — The Belmont Police Department reported the following arrests during the week of May 6-13.

A 30-year-old female from Manchester was issued a summons in lieu of arrest on May 7 for Operating a motor vehicle Without a Valid License.

Kimberly A. Coughlin, age 42, of Laconia was arrested on May 8 in connection with a warrant.

Jayson E. Walsh, age 37, of Belmont was arrested on May 9 for Possession of a Controlled Drug (subsequent of-

## GENERAL

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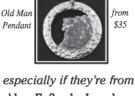
these developments changed civic and social life in New Hampshire's countryside, and touch

earlier struggles. The program, at the Old Town Hall on Route 140 in Gilmanton Iron Works, begins promptly at 6:30 p.m. Social hour and refreshments begin at 6 p.m. All are welcome. There is no charge, but donations to support the Society are welcome.

The Society sponsors programs on the fourth Tuesday of each month, May through September. June 25 presents the History of Lake Winnepesaukee. For information about the

Society's museum and other programs, see the Society's Web site: www.gilmantonhistoricalsociety.org.

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has proudly shown their support for the school district's local athletic programs, school initiatives, the Huot MVSB Culinary Arts Center and now to help us provide safer and more engaging playscapes for Laconia children and families to enjoy for years to come."

"Playgrounds are a vitally important component of child development, health and learning, and we are excited for this great opportunity to help bring improved resources to the children in our local community," said Elizabeth Brothers, MVSB Mortgage Loan Officer NMLS# 69282.

The total cost to upgrade playground equipment at all of the schools will be around \$489,000 and the district is seeking to raise \$239,000 in donations through their fundraising efforts.

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, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit www.mvsb.



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May 23, 2024 WINNISQUAM ECHO

## 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.

## All paths are worth exploring

For too long, society has placed undue emphasis on traditional educational accomplishments, equating success with college degrees and academic accolades. While these achievements are commendable, it's time we broaden our understanding of what it means to succeed and celebrate the different paths young people choose after high school. This includes trade schools, the military, joining the workforce, or simply pursuing what brings them joy and fulfill-

Trade schools offer rigorous and specialized training in essential fields such as plumbing, electrical work, carpentry, and healthcare. These professions are vital to our daily lives, yet they are often undervalued compared to careers requiring a college degree. By celebrating those who choose vocational training, we acknowledge the importance of skilled tradespeople who keep our world running smoothly. These careers offer stability, satisfaction, and often, financial rewards that rival or surpass those of traditional college graduates.

The decision to join the military is a profound commitment to serving one's country. It requires discipline, and a strong sense of duty. Unfortunately, this path is sometimes overlooked in discussions about post-high school achievements. Recognizing and honoring military service as a commendable and honorable choice is crucial. These individuals make sacrifices to protect our freedoms and contribute to national security, and their dedication deserves our utmost respect and admiration.

Entering the workforce immediately after high school is another valid and valuable choice. Many young people begin their careers early, gaining practical experience and financial independence. These individuals often become the backbone of various industries, contributing to the economy and their communities in significant ways. It's time we celebrate those who find their niche in the workforce, recognizing that success doesn't always require a

Ultimately, success should be measured by happiness and personal fulfillment. We must encourage young people to pursue what they love, whether that means following a traditional educational path, learning a trade, serving in the military, or entering the workforce. Mental health and well-being should be prioritized over societal expectations and pressures. When individuals are happy and fulfilled, they are more likely to contribute positively to society, regardless of their chosen path.

To change this narrative, society as a whole must shift their focus. We should celebrate all forms of post-high school achievements at graduation ceremonies and in community recognition events. Media and public discourse should highlight success stories from diverse paths, showcasing the myriad ways people find fulfillment and contribute to society.

By emphasizing happiness and personal fulfillment over societal expectations, we can create a more inclusive and supportive environment for future generations. It's time to redefine what it means to succeed in life.

Courtesy

Introduction to Garment Knitting on Saturday afternoons begins in June at the Belknap Mill.

Knit a short sleeve top using authentic Belknap Mill yarn! Basic knitting skills will be needed such as casting on, knitting, purling, knitting in the round on circular needles, and binding off.



## ~ Comfort Keepers~

### Pneumonia in seniors: Prevention and treatments

BY MARTHA SWATS

Owner/Administrator Comfort Keepers

There are many benefits that come with getting older, and there are also factors to be aware of when it comes to our health and wellness.

As we age our body's natural defenses become less reliable and as a result, seniors are more susceptible to infection including pneumonia. Pneumonia is an infection that affects one or both lungs and can range from mild to severe.

The additional steps that older adults take to protect their health can nave long-lasting physical and mental effects. And staying healthy is the best way for seniors to continue living the highest quality of life. Why pneumonia is more common in seniors

Changes to the lungs as we age: Because of changes to the respiratory system that happen with age, seniors can't always effectively clear secretions as well from their lungs. Those secretions can go down into bronchial tubes, causing the infection.

Weakened immune systems: A senior's immune system has a harder time fighting off infection. And, some health issues can an even greater negative effect on a senior's ability to fight off an infection - issues like an organ or bone marrow transplant, che-

motherapy (treatment for cancer), or long-term steroid use.

Senior health conditions: Diabetes, Parkinson's disease, chemotherapy, and HIV put seniors at a higher risk for pneumonia, as well as cystic fibrosis, asthma, COPD (chronic obstructive pulmonary disease), and bronchiectasis. Surgery can also expose seniors to infections that can lead to pneumonia. Signs of pneumonia

Symptoms can clude coughing, fever, chills, shortness of breath, chest pain, green or yellow sputum that comes up during coughing, fatigue, and the sudden worsening of a cold or the flu. Pneumonia treatments

Typically, a physician

will do a chest X-ray and/or blood test to determine if a senior has Bacterial pneumonia. pneumonia, it is usually treated with antibiotics. If the infection is viral, an anti-viral medicine may be prescribed. In addition to medication. doctors may give the patient fluids, oxygen, pain relief and medical support. Reducing the risk of pneumonia in seniors

Seniors should discuss pneumonia vention with their physician to determine the best plan. Some options to help reduce the risk of pneumonia include:

Get vaccinated. All people over age 65 should get an annual flu shot, as well as a pneumococcal vaccine, a one-time shot that protects against the pneumococcus, or pneumonia bacteria.

Practice good hygiene: Wash hands regularly or use an alco-

hol-based hand sanitizer. Don't Smoke or Take Steps to Quit: Smoking negatively impacts just about everything in our bodies, but the lungs obviously receive a significant amount of damage. Those who smoke are at a greater overall risk of pneumonia because the lungs' defense mechanisms become compro-

Practice a Healthy Lifestyle: Seniors should follow a physician-approved diet and exercise regimen. This will help bolster their immune system and reduce the risk of pneumonia.

mised.

Comfort Keepers® can help

Whether senior clients are recovering from pneumonia or looking to protect themselves. the trusted care team at Comfort Keepers® can help. Our caregivers remind clients to take medication, provide transportation to scheduled appointments, and support physician-prescribed exercise regimens and diets. Above all, our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

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About Comfort Keep-

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship,

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Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent.

Please call 603-536 6060 or visit our Web site nhcomfortkeepers. com for more information.

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Everyday Health. "Pneumonia 101: What You Need to Know." Web.

## Winnisquam Echo

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## Have you ever felt like

you're your own worst enemy, standing in the way of your success?

What does it mean to self-sabotage? At its core, self-sabotage involves behaviors or thought patterns that hold you back from achieving your goals and living your best life. These actions are almost always subconscious and manifest in numerous ways, creating barriers to personal growth and fulfillment.

Have you ever found yourself holding onto painful memories? Letting go feels impossible. Maybe it was a parent, a sibling, a relative, or a friend, and what they did to you was traumatizing, and now, years later, you realize your behaviors are keeping you from what you want.

Perhaps you've avoided new relationships because you're scared of getting hurt again.

Maybe the trauma has made you overly self-conscious. You might stay quiet in social situations, fearing judgment or rejection. This persistent self-doubt prevents you from engaging fully with others and sharing your ideas.

It creates a loop of negative self-talk, paralyzing you with hy-

per-awareness of **POSITIVELY** perceived SPEAKING you from taking risks or trying new MOORE things.

Dismantling the barriers of self-sabotage

Sometimes, it manifests as a victim mentality. "Why me?" you ask. "What did I ever do to deserve this?" The woe-is-me mindset breeds terness and frustration, leading to unfair judgment and criticism of others, to their face or behind their back and creating a temporary sense of superiority but ultimately isolating you,

more disconnected. Or maybe the trauma has led you into a doom

making you colder and

loop of excuse-making to soothe your anxiety about not pursuing your Excuse-making stems from a subconscious fear of failure or rejection, protecting you from the potential pain of trying and not succeeding. However, these excuses only reinforce the belief that you're powerless and incapable, creating a self-fulfilling prophecy.

Indeed, the trauma has caused loneliness at times, feeling like nobody understands you. Continually focusing on the idea that no one is there to support you can exacerbate the sense of

SEE **POSITIVELY**, PAGE A9

## Voting opens May 21 in NH Electric Co-op board election

PLYMOUTH — Members of New Hampshire Electric Cooperative (NHEC) will be voting to fill four seats on the 11-member Board of Directors when the election opens on May 21.

A field of nine candidates is running for those four seats. Six of the candidates were nominated by the NHEC Nominating Committee, an independent body that reviews the qualifications of each candidate and recommends those it believes would best contribute to the successful operation of

NHEC. Three candidates Holderness who were not nominated by the committee are running by petition, which required them to gather the signatures of a minimum of 100 NHEC members.

Candidates nominated by the committee seeking election to threeyear terms are:

Patricia Barbour of

Paul Bolduc of Bartlett

James Krull of Plym-

Peter Laufenberg of Thornton

Morrill of

Brian Norton Campton

Those candidates who submitted petitions with the required signatures to run for the board are:

Brenda Boisvert of Campton

Leo Dwyer of Sand-Jerry Stringham of

North Woodstock

Members will also be asked to decide on a proposed amendment to the NHEC Code of Bylaws. The proposed amendment, which was sub-

supported by the Board of Directors, seeks to expand the Board's powers of access to Cooperative working documents.

NHEC members are receiving written statements from the candidates in support of their candidacies, along with a ballot and a postage-paid return envelope. To save time, money and resources, NHEC encourages all members to vote securely online instead of returning a paper ballot. Each ballot mailing will include instructions for voting quickly and securely online.

members have until Wednesday, June 12, to return their completed paper ballot or cast their electronic ballot. Election results will be announced at the 85th Annual Meeting of Members, to be held Tuesday, June 18 at 5:30 p.m. at Owl's Nest Resort in Thornton. Members can also attend the Annual Meeting online. To register to attend in-person or online, please vis-

https://www.nhec. com/event/2024-annual-meeting-of-members/.

All NHEC members

are welcome to attend. Resort activities such as tennis, pickleball, paddle boarding, golf and more are free or discounted for NHEC members from noon to 5 p.m. on the day of the meeting. Childcare and overnight accommodations are also available.

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## Woods presents Maddi Ryan

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MEREDITH Thursday, May 23, The Loft at Hermit Woods is pleased to welcome Maddi Ryan to The Loft

Hailing from just north of Boston, Maddi Ryan is an up-and-comsinger/songwriter who will steal your heart. Her passion for singing and performing began when she was just a little girl. Her first stage was on top of her coffee table, where she'd sing for anyone in her family who would listen. Since then, Ryan and her band have performed all around the country at venues big and small and

have had the opportunity to open for acts such as Ray Fulcher, Morgan Myles, and The Cadillac

Three. Her performances have earned Rvan 'Country Act of the Year' nominations at the 2019, 2021, and 2023 New England Music Awards. The Deli magazine highlights her, "clear ability to engage her most honest emotions, and deliver them cordially through her vocals, full of grace." Ryan recently released her debut EP 'Growing Pains' and has songs featured on Country 102.5, 101.7 The Bull, 95.9 WATD, 90.5 WICN, and 92.5 the River.

Maddi Ryan – Vocals/ Acoustic Guitar

Alex Sennett - Electric Guitar/Background Vocals

Charles Greenwood -Drums/Percussion

Tickets can be purchased at www.hermitwoods.com/music.

About the Loft at Hermit Woods - Listening Room Series

The Loft is an intimate sixty-seat music venue offering a listening room experience in downtown Meredith at Hermit Woods Winery and Eatery. We bring world-class artists from New England and beyond to perform on our Loft stage. We feature Jazz, folk, blues, classical, and world music. Each performance will provide you with an upclose and personal experience with the performing artists. The audience is asked to refrain from talking during the show, allowing the artists and the audience to immerse themselves in the performance in a way not possible otherwise.

Hermit Woods Winery and Eatery is located at 72 Main St. in Meredith, and is open seven days a week year-round. Visit their Web site, www.hermitwoods.com, to learn more.

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#### SNHU announces Winter 2024 Dean's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Winter 2024 Dean's List. The winter terms run from January to May.

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

Nicolette Pike of Belmont Calvin Freer of Belmont Courtney Drouin of Belmont Nicole Hodgman of Belmont Olivia Conley of Northfield Cordelia Larivee-Ambrose of Tilton

Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 91-year history of educating traditional-aged students and working adults. Now serving more than 225,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the "Most Innovative" regional university by U.S. News & World

Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.





Department of Environmental Services

Robert R. Scott, Commissioner

#### May 17, 2024 STATE OF NEW HAMPSHIRE **DEPARTMENT OF ENVIRONMENTAL SERVICES** WATER DIVISION **CONCORD, NEW HAMPSHIRE**

#### **NOTICE OF PUBLIC HEARING**

RSA 482-A:8, Env-Wt 202, Env-C 205.03

h The New Hampshire Department of Environmental Services Wetlands Bureau (NHDES) is providing notice of a public hearing scheduled for May 29, 2024, commencing at 2:30 p.m.. The hearing will be held at NH Fish & Game Department, 11 Hazen Drive, Concord, NH in the West Conference Room. The purpose of this public hearing is to receive public comments regarding NHDES application #2024-00297, submitted by Eversource Energy, requesting authorization to impact wetlands to replace 188 existing wooden utility poles with steel structures and replace existing static wire with Optical Ground Wire along its existing X178-3 transmission line. The applicant proposes approximately 864,137 square feet (19.84 acres) of temporary impacts to palustrine open water, scrub/shrub, emergent and forested wetlands for construction matting and 1,620 square feet of permanent impacts to palustrine scrub/shrub and emergent wetlands for the installation of new utility poles. Approximately 386,208 square feet of the temporary impacts and 740 square feet of the permanent impacts are proposed within Priority Resource Areas. The proposed project is located within the existing X178-3 transmission ROW, extending from Sugar Hill, through Bethlehem, and Dalton, to

The public hearing will be digitally recorded and made part of NHDES application #2024-00297.

Members of the public may submit written comments to be included in this application hearing as follows:

- Email: WetlandsApplicationPublicComments@des.nh.gov,
- First-class mail: NHDES, 29 Hazen Drive, PO Box 95, Concord, NH 03302-0095, or • Hand-delivered during this application hearing.
- All written comments must include NHDES application #2024-00297, to ensure the written comments are included in the record of this application hearing.

Prior to the conclusion of the hearing, a party may request the record be left open for a specified length of time for the filing of information not available at the hearing. Otherwise, the record will be closed at the end of the hearing. The file will be made available for review at the offices of NHDES, 29 Hazen Drive, Concord, NH during regular business hours of 8 a.m. to 4 p.m. To schedule an appointment to review the file, submit a request to: filereview@des.nh.gov.

### SNHU announces Winter 2024 President's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Winter 2024 President's List. The winter terms run from January to May.

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

Jada Edgren of Belmont Karin Desrosiers of Belmont Tatum Hartford of Belmont Amanda Rochenski of Belmont Stephanie McKim of Belmont Mary Lambert of Sanbornton

Madison House of Sanbornton Nicholas Skafidas of Northfield Talon Lauziere of Tilton

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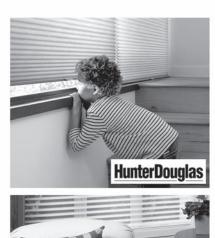
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Spring is a season of rejuvenation that compels millions across the globe to quit hibernating and get back to enjoying the great outdoors. Spring also marks a great time to assess a home's exterior, namely those areas like a deck where people will spend a lot of time in the warmer months to come.

Assessing a deck after winter can be eye-opening. Harsh winter weather can take its toll on a deck, and the following are some telltale signs that a deck could be in need of repair or replacement.

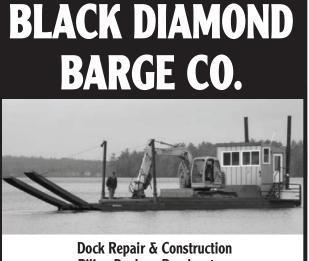
• Wobbly underfoot and in hand: Wobbly planks and railings are one sign of a deteriorating deck homeowners won't recognize as they hide from winter weather indoors. But these tend to reveal themselves rather quickly when examining a deck after winter. Wobbly planks in the middle of the deck can be inconvenient, but wobbly steps and railings can be dangerous. According to the home improvement resource Angi, wobbly railings can be a byproduct of rot. A local decking professional can assess the extent of the rot in railings and elsewhere and determine the best course of action. If the rot is isolated to an area or two, a simple repair may be all that's necessary. Extensive rot may require a full replacement of the existing deck.

• Faded paint: Many homeowners paint their wood decks, and that paint will not last forever. Faded paint can turn an otherwise lovely deck into an eyesore, and paint can fade over the winter. Thankfully, a local painter can address a faded deck and may recommend some additional strategies to safeguard the deck against fading next winter and beyond.

• Holes in the wood: Many a homeowner has encountered curious-looking holes in their deck. This could be a sign of insect infestation. Termites, carpenter ants and carpenter bees are among the various types of insects that can bore holes through wood. Homeowners who notice holes throughout their deck are urged to call a deck professional and/or pest control firm to assess the holes and offer a solution. Though small issues may be addressed with repairs, a deck littered with holes caused by insects may need a full replacement.

• Rust: Wood decks may be made of wood, but they can still exhibit signs of rust, namely in the nails and metal connectors that hold the deck together. If screws have rusted to the point where they are no longer holding the deck together, a full-scale replacement could be in the cards, as the deck could have substantial structural damage. Like other issues that can reveal themselves during a springtime inspection of the deck, rust necessitates a thorough examination by an experienced decking professional.

Many people do not use their decks during winter, which only underscores the significance of a full deck inspection in spring.



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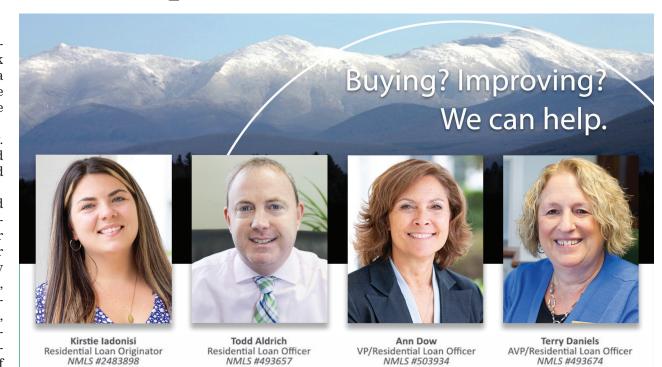
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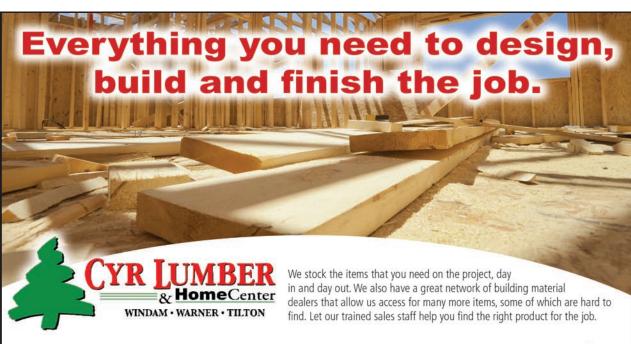
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## Belmont baseball bounces back from loss to Huskies

BY JOSHUA SPAULDING

BELMONT — The Belmont baseball team rallied in the fifth inning and again in the seventh but couldn't come all the way back to catch a strong Monadnock team on Monday, May 13.

The Huskies scored once in the top of the third and twice in the top of the fourth before Belmont tied the game with three in the bottom of the fifth. Monadnock responded with five in the top of the sixth and Belmont scored twice in the bottom of the seventh for the 8-4 final

Michael Collette got the start on the hill and pitched five innings, giving up three earned runs and striking out six. Wyatt Bamford and Jaxson Embree finished out on the hill with an inning

Anakin Underhill provided the big blow offensively with a homer, driving in two runs and scoring one. Owen Waldron had a pair of hits, drove in two runs and scored once, Embree had a hit and scored twice Hutch Haskins scored a run.

On Wednesday, May 15. the Raiders defeated

Gilford by a 5-0 score behind a complete game, eight-inning effort from Underhill, who gave up just one hit and struck out 15.

"Nothing doing all day for either team," said coach Matt LeBlanc. "We scattered a couple of hits, their pitcher threw well and they only managed one hit.

"We threatened a couple times, didn't have a runner make it behind second," the Raider coach continued.

However, in the top of the eighth inning, Embree reached on an error, Waldron walked and a sacrifice fly by Underhill move Embree to third and Waldron to second. On a grounder to short by Wyatt Divers, Embree beat the throw to the plate and Waldron went to third. A Collette single pushed the lead to 2-0 and walks to Brayden Townsend and Max Ryder pushed across another run. Haskins then singled home a couple more runs for the 5-0 win.

"Great team win," LeBlanc said. "It took us eight innings, but we finally broke through and did so in a big way.

"Gilford is a good team and their pitcher is talented and tough," he continued. "We tip our

cap to him as we had to battle all day to earn the win. Hopefully this helps propel us through the rest of the season.

Belmont closed out the week with an 11-1 win over Mascoma on Thursday, May 16. The Raiders scored one run in each of the first two innings, then added three in the third, two in the fourth and four in the fifth to beat the Royals.

Underhill had a double and a single, scored twice and drove in a run, Waldron had a double and a single, scored twice and drove in a run, Embree had two hits and scored two runs, Haskins

had a hit, drove in a run and scored a run, Collette had a hit, drove in a run and scored a run, Townsend had a hit and score a run and Bamford had a hit, scored a run and drove in a pair.

Divers went the full five innings on the mound, giving up four hits and striking out three.

Raiders The scheduled to finish the regular season today, May 23, at home against Hopkinton at 4 p.m.

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

## Raiders finish the week with big win

BY JOSHUA SPAULDING

BELMONT — The Belmont softball team rallied from a five-run deficit to cut the lead to one against Monadnock on Monday, May 13, but the Monadnock Huskies were able to add some insurance and took the 9-4 win over the Raiders.

The Huskies scored

twice in the first inning with two hits while Avand added two more in the third and another in the fifth to take a 5-0 lead before the Raiders were able to score four times in the bottom of the fifth inning, with hits from Falyn Sicard, Madi MacDonald and Abbi Paquette helping to push those runs across. MacDonald and Sicard

each finished the day

ery VonKadich, Bailey Perkins and Rylie Cotnoir each added a hit.

Perkins went the distance in the circle, allowing 10 hits to the Huskies.

The Raiders dropped an 8-5 decision to Gilford on Wednesday, May 15.

Madi Smith went six innings in the circle, striking out six and giv-

ing up just eight hits on the day.

Sicard and Molly O'Connell each had a double and a single to lead the offense, with Sicard scoring twice and O'Connell driving in two runs. Perkins added a hit and scored a run.

"We played great again and hit the ball well," said coach Bill

The Raiders finished the week with an 18-1 win over Mascoma on Thursday, May 16

Perkins pitched the first three innings, giving up just two hits while Kami Decato finished things out, striking out two and not giving up a hit in two innings.

Perkins also had two hits and drove in two runs, MacDonald had another two-hit game and O'Connell had a double to drive in two runs.

The Raiders were scheduled to wrap up the regular season after deadline on Tuesday.

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

## Takantjas wins pair of Wilderness titles

BY JOSHUA SPAULDING

NEWFOUND — The Belmont track team traveled to Bristol on Saturday for the annual Wil-

derness Championship, hosted by Newfound Regional High School. The Raider girls finished in third place overall and the boys were 12th, with Kennett winning for the

## Softball Bears keep fighting into season's penultimate week

BY JOSHUA SPAULDING

TILTON — It was a tough start to the penultimate week of the regular season for the Winnisquam softball team's offense, as the Bears struggled to get the hits in losses to Conant and Fall Mountain.

On Monday, May 13, the Bears took on Conant and dropped an 8-0 decision. The Orioles had a 1-0 lead going to the bottom of the third and the Bears were able to load the bases but couldn't get a run across.

'We just could not come up with that big hit," said coach Mark Dawalga. "Credit to the Conant pitcher for working her way out of that jam."

Danica Weymouth went six innings in the circle, allowing only two earned runs on seven hits while striking out three. Ava Sargent closed out the game with an inning of work.

"This team is really working hard and it's only a matter of time before our bats really get going,' Dawalga said.

The next day the Bears struggled to get anything going again and dropped a 14-3 decision to Fall Mountain. "Today was just one of those days we just could

not get anything going early on," said Dawalga. "I like how we battled and stuck together the whole game.' Camilla Cote had a double and Weymouth and

The Bears dropped a 4-1 decision on Friday, May 17 against Somersworth. The Bears gave up all four runs in the second inning, which was the story of the game. Weymouth went six innings and gave up

Peyton Collins each chipped in with a hit for the

just three earned runs and struck out three. Cote ripped her first homer in the third inning, which gave the Bears a spark of energy heading to the fourth. They loaded the bases in the fourth but couldn't get the big hit.

Winnisquam wrapped up the regular season after deadline on Wednesday.

boys and the host Bears winning for the girls. Adeline Takantjas

won the 100-meter hurdles with a time of 17.02 seconds with Aspen Fillebrown finishing in fifth place with a time of 19.25 seconds. In the 300-meter hurdles, Takantjas was second in 50.21 seconds and Fillebrown was 11th in 59.17 seconds.

Takantjas also won the triple jump, leaping 33 feet, five inches, with Ella Stevens in ninth place at 27 feet, 11 inches, Hailey Clairmont in 10th at 27 feet, 4.5 inches, Jaelyn Nialetz in 12th at 27 feet, 3.5 inches, Mia Ray in 15th with a time of 25 feet, 8.5 inches and Rebekah Edgren in 18th at 24 feet, 10 inches.

In the 100 meters, Ava Lacasse finished in second place in a time of 13.1 seconds, with Talia Watson in seventh place in 13.87 seconds, Cate

McDonald in 12th in 14.38 seconds, Stevens in 16th in 14.69 seconds and Kyleigh Roe in 23rd in 14.9 seconds.

Lacasse also ran to third in the 200 meters in a time of 26.93 seconds, with Watson in 10th in 39.3 seconds and Roe in 24th in a time of 31.49 seconds. Emilie Defrancesco finished 11th in the 400 meters in 1:11.82 and Riley Degange was 12th in 1:12.48. Helena Papadopoulos was ninth in the 800 meters in a time of 2:48.15 and Devyn VonKadich was 11th in 2:50.38. Ava Tonkin added a 12th place in the shot put with a toss of 23 feet, 2.75 inches.

The Raider 4X100-meter team of watson, Stevens, McDonald and Roe was fourth overall in 55.65 seconds and the 4X400-meter team of Nialetz, Edgren, Takantjas and Lacasse was

third in a time of 4:28.52. The Raider 4X800-meter team of Defrancesco, Degange, Edgren and Papadopoulos was sixth

overall in 11:24.59. David Tripp had the top individual performance for the Raider boys, finishing in second place in the 110-meter hurdles in a time of 18.18 seconds. Tripp was also

fifth in the 300-meter

hurdles in a time of 48.63 seconds. Sam Slayton jumped to third place in the triple jump with a leap of 36 feet, two inches, Nathan Allard was eighth at 32 feet, 5.5 inches, Tyler Flanagan was ninth at 31 feet, eight inches, Cullen Decato was 10th

at 31 feet, 6.5 inches and

Christian Edgren was

11th at 31 feet, six inches.

Brady Filteau was third in the discus with a throw of 129 feet, four inches while in the shot put, Ethan Rivera was seventh at 39 feet, 3.25 inches, Filteau eighth at 37 feet, six inches and Hunter Erlick was ninth at 37 feet, five inches.

Erlick added a sixth place finish in the javelin with a throw of 117 feet, two inches.

Colby Vetter ran to fourth in the 100 meters in a time of 11.43 seconds, with Demetri Kafkoulas in eighth in 11.84 seconds. Kafkoulas was also seventh in the 200 meters in a time of 24.72 seconds. In the unseeded 100 meters, Richard Johnson was 15th overall in 12.99 seconds and Derik Matthews was 27th in 19.57 seconds.

Tyler Durand ran to eighth in the 400 meters in 56.79 seconds and Baidyn Lewis placed 18th in 58.83 seconds. Allard was 14th in the long jump at 15 feet, 9.25 inches.

The Belmont 4X400-meter team of Kaikoulas, Johnson. Lewis and Durand placed eighth in 3:55.66.

The Raiders scheduled to compete in the Division III State Meet, set for today, May 23, at Winnisquam at 4

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

#### HIGH SCHOOL SLATE Thursday, May 23

**BELMONT** Baseball vs. Hopkinton; 4 Friday, May 24 WINNISQUAM Baseball at Newfound: 7 All schedules are subject to change.

**GRANT** 

CONTINUED FROM PAGE A1 their highest level of independence.

This grant will be utilized to strengthen various aspects of the services that we provide and allow us to increase the amount of healthcare we can give to families in need. This financial support will play a crucial role in ensuring that Franklin VNA and Hospice will continue to offer high-quality and

personalized physical, emotional, and spiritual support to terminally ill patients, their family, and loved ones.

The Oleonda Jameson Trust was established in 1977. It is an independent foundation based in Concord, New Hampshire. The trust is managed by and in care of McLane Middleton, a New England law firm that specializes in a wide range of practice areas. The foundation's grantmaking includes children and youth, hu-

man services, health and diseases, churches, and education. We are deeply grateful that Franklin VNA and Hospice has been selected to be a recipient of this honor. This grant allows us to advance the commitment to providing comfort, dignity, and support for the patients that we

We will continue to remain dedicated to delivering exceptional care to our patients and fostering a compassionate environment for individuals navigating their health care needs.

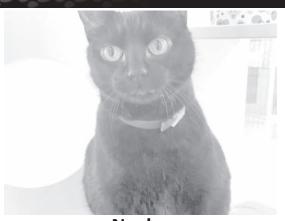
Franklin VNA Hospice is a non-profit, 501(c)3, certified home health and hospice care provider. For 79 years, Franklin VNA & Hospice has been providing services to people of all ages in 14 communities in Merrimack and Belknap counties.

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#### **TRACK**

CONTINUED FROM PAGE A1

high jump, clearing four feet, eight inches and Victoria Kelly was 10th at four feet, two inches.

Kelly claimed the win in the javelin with a toss of 104 feet, with Lauren MacDonald in third place at 78 feet, eight inches.

MacDonald, who earlier in the week broke the school shot put record with a toss of 36 feet, 7.5 inches, finished second in that event at Wilderness with a toss of 35 feet, 6.25 inches. Devin Timmons was 12th at 23 feet, 2.75 inches and Kyra

Russell was 14th at 22 feet, 11.75 inches.

MacDonald was also fourth in the discus with a throw of 92 feet, two inches and Timmons finished in 12th at 65 feet, nine inches.

Brianna Harlow ran to fifth place in the 800 meters with a time of 2:35.57 while in the 100-meter hurdles, Kelly was seventh overall in a time of 18.97 seconds. Kelly finished in fifth place in the 300-meter hurdles with a time of 54.14 seconds.

The Winnisquam 4X100-meter team of Kaiden Robb, Denessa Willliams, MacDonald and Tibbetts finished in third place in 54.88 seconds and the 4X400-meter team of Robb, Emily Tripple, Williams and Russell was fourth over-

all in 4:30.

In the 100 meters, Williams was ninth in 14.11 seconds, Robb was 14th in 14.57 seconds and Moore was 31st in 15.45 seconds.

Abigail Osmer was second in the unseeded 100 meters in a time of 15.09 seconds. Williams was also ninth in the 200 meters in a time of 29.29 seconds.

onds, Tripple was 20th in 31.2 seconds and Moore was 22nd in a time of 31.29 seconds.

Tripple finished in eighth place in the 400

#### **DERBY**

CONTINUED FROM PAGE A1
Ciara Strayhead reeled in a 13.5-inch trout to place first

When announcements for the one-to-six-year-old division were made, applause rang out for young Desmond Zelaya's third place catch, a 13.25-inch trout put Riar Tupeck in second for their age group, but after that presentation there was a slight pause from the announcers. Presenters Chuck Drew and Scott Haskins then revealed that not only was five-year-old Aubreigh Leroux the winner in her age group, she had also reeled in the largest catch of the day and was proclaimed the overall winner of this year's derby. The trophy she was presented was just

a bit shorter Aubreigh herself.

While the most unusual catches were a few frogs some kids snagged with their poles, one final trophy recipient was Margie Bodwell, who was honored for registering the smallest catch of the day.

In addition to all the activity on the pond last Sunday, there were free give-a-way prizes for registrants while families enjoyed food and beverages available at the Rotary's cook shack and adults were offered the chance to take home some cash in a 50/50 raffle. Thanks to generous participation in the drawing, this year's raffle winner took home over \$600 with his lucky ticket.

## Songwriter Series Show lineup set for May 29

MEREDITH — The partnership between Katie Dobbins Music (Gilford) and Hermit Woods Winery & Eatery (Meredith) which has brought the monthly music series Songwriter Round-Up to the Lakes Region is set to deliver another great show near the end of this month. Held in the region's premier listening room, The Loft located on the second floor of the Winery, this series has been giving audience members a chance to experience the original music of talentsinger-songwriters from the New England area and beyond. At each show three artists share their songs and stories in a unique in-the-round style performance. This intimate series features two different songwriters alongside host per-

on the last Wednesday of every month.

The series has been steadily gaining popularity with many sold-out shows and a growing number of area residents attending as many shows as possible to experience the show "magic" that each new lineup creates. Winery co-founder and owner Bob Manley is thrilled to have his establishment be home to the monthly Songwriter Round-Up Series.

Remarking on the success of the series, Manley reaffirms the valued partnership the Winery has developed with Katie Dobbins Music, expressing "Working alongside Katie Dobbins and her Songwriter Round-Up Series has been an absolute delight. Katie brings an engaging presence to the stage, effortlessly

connecting with our audiences and showcasing incredible talent with each performance."

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

Reflecting on the Songwriter Round-Up Series at Hermit Woods Winery, she says, "Bob Manley and his fellow co-owners, along with the Winery staff, have been so supportive in the creation and delivery of this songwriter series."

Dobbins adds, "I've met and shared this stage with so many talented artists through these shows and the reception and support from the Lakes Regions community has been amazing and rewarding for all of us. Though I perform throughout New En-



gland, this monthly series in my home community is something really special to me."

The next Songwriter Round-Up show takes place on Wednesday, May 29, featuring folkpop artist Katie Dobbins, along with Vermont folk artist Dylan Patrick Ward, and multiple media Americana artist Dan Fallon from New Hampshire. All three of these artists bring their own unique life-lyrics, melodies, and styles to the stage. This promises be an evening of great original music and dynamic entertainment that you won't want to miss. A complimentary wine tasting will begin at 5:30 p.m., Loft seating opens at 6pm, and music runs from 7 – 8:30 p.m.

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

#### POSITIVELY

CONTINUED FROM PAGE A4

former Katie Dobbins

isolation, making it even harder to take steps forward. This mindset prevents you from seeing the resources and opportunities available to you. These types of cognitive distortions often make individuals overlook help that's right in front of them.

Sometimes, trauma causes us to take comfort in our perceived powerlessness, thinking, "It's okay I'd never be able to achieve this anyway; I have no help; I don't have the right connections." Never understanding, we've become trapped.

Or maybe the trauma has caused you to lie to yourself, telling yourself you're finally going to go for it, but over time, you start to see that you're constantly procrastinat-

These delay tactics will only cause you to miss opportunities and fall further behind on your goals—building layer after layer of

self-sabotage.

All of the above only amplifies feeling overwhelmed and even more powerless, creating a downward spiral in which each missed chance confirms your worst fears and deepens your sense of failure and stagnation.

So, what is one to do? How can the cycle be broken?

To break the cycle of self-sabotage, self-awareness is crucial.

on your goals—build- Start today by acing layer after layer of knowledging at least one

self-sabotaging behavior and commit to changing it

Acknowledge the behaviors and thoughts that are holding you back. Reflect on past traumas and their impact on your current life, and try to stop letting them define your future.

Confront feelings of self-consciousness by challenging negative self-talk and gradually exposing yourself to social situations. Seek out the help of a friend or a professional who

can help you reframe negative thoughts and build more constructive thought patterns.

Practice empathy and build meaningful connections instead of criticizing others to feel superior. Actively seek to understand and empathize with others to reduce the tendency to criticize and build more supportive relationships.

Transform excuse-making into proactive problem-solving by identifying small, actionable steps toward your goals. Setting small, achievable goals and celebrating progress can help build momentum and confidence.

Trying to develop a growth mindset, where failure is seen as an opportunity to learn and grow, can reduce the fear of failure and encourage taking risks. By taking these beginning steps, you can start dismantling the barriers of self-sabotage and move towards a fulfilling life.

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The State of New Hampshire

**Department of Environmental Services** 

Robert R. Scott, Commissioner

May 17, 2024 STATE OF NEW HAMPSHIRE **DEPARTMENT OF ENVIRONMENTAL SERVICES** WATER DIVISION **CONCORD, NEW HAMPSHIRE9.43** 

#### **NOTICE OF PUBLIC HEARING**

RSA 482-A:8, Env-Wt 202, Env-C 205.03

The New Hampshire Department of Environmental Services Wetlands Bureau (NHDES) is providing notice of a public hearing scheduled for May 29, 2024, commencing at 1:00 p.m.. The hearing will be held at NH Fish & Game Department, 11 Hazen Drive, Concord, NH in the West Conference Room.

The purpose of this public hearing is to receive public comments regarding NHDES application #2024-00149, submitted by Eversource Energy, requesting authorization to impact wetlands to replace 101 existing wooden utility poles with steel structures, install two new utility poles, and replace existing static wire with Optical Ground Wire along its existing U199 transmission line. The applicant proposes approximately 410,701 square feet (9.43 acres) of temporary impacts to scrub/shrub, emergent and forested wetlands for timber matting and wetland grading and 775 square feet of permanent impacts to scrub/shrub and emergent wetlands for the installation of new utility poles.

Approximately 74,834 square feet of the temporary impacts and 175 square feet of the permanent impacts are proposed within Priority Resource Areas or very poorly drained soils. The proposed project is located within the existing U199 transmission ROW, extending from Littleton, through Bethlehem, to Sugar Hill. The public hearing will be digitally recorded and made part of NHDES application #2024-00149.

Members of the public may submit written comments to be included in this application hearing as follows:

- Email: WetlandsApplicationPublicComments@des.nh.gov,
- First-class mail: NHDES, 29 Hazen Drive, PO Box 95, Concord, NH 03302-0095, or
- Hand-delivered during this application hearing.

All written comments must include NHDES application #2024-00149, to ensure the written comments are included in the record of this application hearing. Prior to the conclusion of the hearing, a party may request the record be left open for a specified length of time for the filing of information not available at the hearing. Otherwise, the record will be closed at the end of the hearing.

The file will be made available for review at the offices of NHDES, 29 Hazen Drive, Concord, NH during regular business hours of 8 a.m. to 4 p.m. To schedule an appointment to review the file, submit a request to: filereview@des.nh.gov.





The State of New Hampshire

#### Department of Environmental Services

Robert R. Scott, Commissioner

May 17, 2024 STATE OF NEW HAMPSHIRE **DEPARTMENT OF ENVIRONMENTAL SERVICES WATER DIVISION CONCORD, NEW HAMPSHIRE** 

#### NOTICE OF PUBLIC HEARING

RSA 482-A:8, Env-Wt 202, Env-C 205.03

The New Hampshire Department of Environmental Services Wetlands Bureau (NHDES) is providing notice of a public hearing scheduled for May 29, 2024, commencing at 10:00. The hearing will be held at NH Fish & Game Department, 11 Hazen Drive, Concord, NH in the West Conference Room.

The purpose of this public hearing is to receive public comments regarding NHDES application #2023-02083, submitted by Lebanon Municipal Airport, requesting Project includes safety improvement projects to be conducted at Lebanon Municipal Airport including extension of Taxiway A and associated relocation of localizer antenna, localizer shed and localizer access road. The location of the proposed project is 5 Airpark Road, Lebanon, Tax Map #131, Lot #1. The applicant proposes approximately 96,512 square feet of permanent impacts to Palustrine Forested, Scrub Shrub and Emergent wetlands and 28, 891 square feet of temporary impacts to Palustrine Forested and Palustrine Scrub Shrub wetlands.

The public hearing will be digitally recorded and made part of NHDES application #2023-02083.

Members of the public may submit written comments to be included in this application hearing as follows:

- Email: WetlandsApplicationPublicComments@des.nh.gov,
- First-class mail: NHDES, 29 Hazen Drive, PO Box 95, Concord, NH 03302-0095, or
- Hand-delivered during this application hearing.

All written comments must include NHDES application #2023-02083, to ensure the written comments are included in the record of this application hearing.

Prior to the conclusion of the hearing, a party may request the record be left open for a specified length of time for the filing of information not available at the hearing. Otherwise, the record will be closed at the end of the hearing. The file will be made available for review at the offices of NHDES, 29 Hazen Drive, Concord, NH during regular business hours of 8 a.m. to 4 p.m. To schedule an appointment to review the file, submit a request to: filereview@ des.nh.gov.



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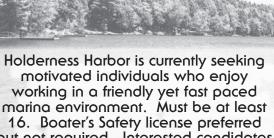
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The Empire Trio

WED., JULY 17 • 7:30 PM **Rebecca Robbins** 

WED., AUGUST 14 • 7:30 PM

The Toomai **String Quintet** 

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Canterbury Shaker Village to bost stone wall workshop

CANTERBURY — On Saturday, June 29, and Sunday, June 30, Canter-bury Shaker Village will host its popular Stone Wall Workshop, a twoday experience in which participants help restore sections of deteriorating stone walls.

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"It's chance to preserve history and have fun doing it,' said Education Manager Kyle Sandler, who noted the hands-on workshop will

be led by master stone artisan and mason Kevin Fife. "He is incredibly talented and knowledgeable, so it's an experience that keeps people coming back year after year."

Registration is \$250 and \$150 for new and prior participants, respectively. The workshop includes materials and lunch each day. To enroll in the Village's Stone Wall Workshop on June 29 & 30, 9 a.m. to 4 p.m., visit shakers.org.

Designated as a National Historic Land-

mark, Canterbury Shaker Village features 26 original Shaker buildings, four reconstructed Shaker buildings, a collection of more than 100,000 artifacts, and 694 acres of idyllic natural landscapes.

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