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Winnisquam Echo

THURSDAY, JUNE 8, 2023

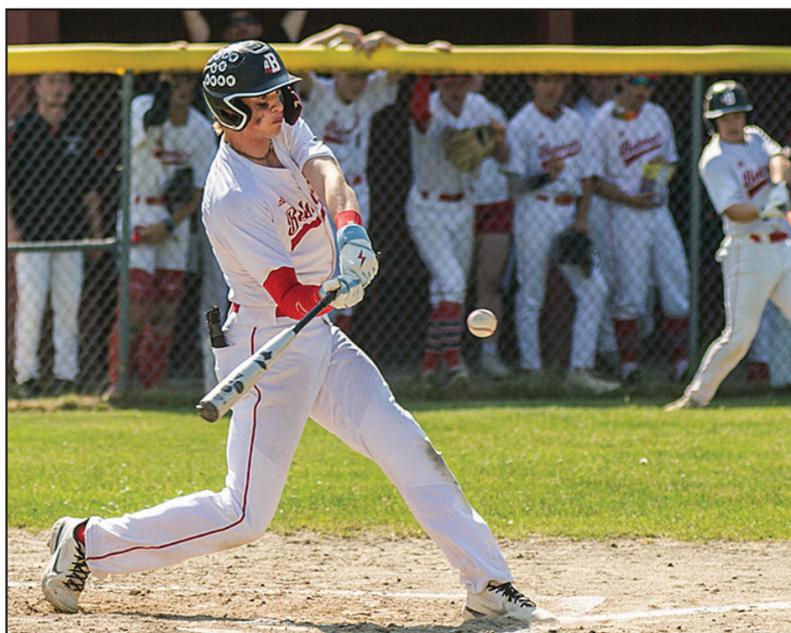
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FREE



Liam Waldron fires a pitch during his team's first-round playoff game against Stevens.

RC GREENWOOD



Anakin Underhill takes a swing during playoff action against Stevens last Thursday afternoon.

RC GREENWOOD

Baseball Raiders rally to get first-round win

BY JOSHUA SPAULDING

Sports Editor

BELMONT — The Belmont baseball team

started strong and finished strong in the opening round of the Division

III tournament on Thursday, June 1, finishing off a 9-5 win over Stevens.

"I don't care how we get it done, in the playoffs you have to win any way

you can and take advantage of miscues and timely hits," said coach Matt

LeBlanc. "We tip our cap to a tough Stevens team. SEE **BASEBALL**, PAGE A9

Sanbornton Historical Society to visit Wright Museum

SANBORNTON — The Sanbornton Historical Society is pleased to offer a travel-away program on Thursday, June 8. Sign up as an SHS member or come along because interested!

The visit is to Wright Museum in Wolfeboro, featuring WWII "when America came of age." On exhibit along with regular offerings are WWII paintings from the South Pacific, by Private Charles J. Miller, New Hampshire born to first-generation Lithuanian immigrants. He never received formal art training but was a self-taught draftsman and painter. The displayed paintings show depictions of the South Pacific experience of our servicemen in that WWII theater.

Carpooling will be at 1 p.m. from Lane Tavern on Sanborn Road, in the Town Square. Cost is \$10 per person, to be paid to Linda Salatiello, SHS officer organizing the visit. The visit is scheduled for a 5 p.m. return to town. Reservations are appreciated. Please call Linda at 603-286-4526 for information and to be included. We welcome all!

Spaulding Academy & Family Services welcomes two to Board of Directors

NORTHFIELD — Spaulding Academy & Family Services is pleased to announce Cathy Cullity and Charles Lloyd have joined its board of directors.

Cullity always had an interest in Spaulding, and loved the concept of a school that provides unique learning experiences with equal opportunities for all children. After spending 23 years as Chief Executive Officer at Girls Incorporated of New Hampshire (Girls Inc.), she is well equipped with the skills required to drive growth and raise funds for the organization through connections in New Hampshire and beyond all while keeping a keen focus on the mission to serve children and families. She's received numerous recognitions for her unique accomplishments including the Top 6 Women in Business for NH (2015), BIA NH Advantage Award (2017), and Eastern Bank Commu-



Cathy Cullity



Charles Lloyd

nity Advocacy Award (2018).

As the President of White Mountains Community College, Lloyd's experience in educational leadership and administration

will also provide a strong foundation based in real-world application. Born and raised in Franklin, and now residing in Bow, his SEE **SYC**, PAGE A9

Stephanie McQuade named LRAA's Featured Artist

TILTON — The Lakes Region Art Gallery's Friday Featured Artist for May video series highlights Stephanie McQuade. Generally, the FFA videos have her voice coming from behind the camera. This month we switched things around and put the focus on her.

Art has been a part of McQuade's life since birth. Her mother was an artist who later in life added wood carvings to her list of skills. Her older sister, whose career was in programming, also has exhibited an artistic flair.

Now, with her children out on their own, and a recently vacated bedroom waiting to be claimed as a studio, McQuade blew the dust off her paints and re-acquainted herself with art by taking some lessons from our own Pat Edsall. Her downtime was



Stephanie McQuade

spent binge-watching art instruction on the web. Stephanie's re-en-

try into the arts started with watercolors, then progressed into acrylics

which later lead her to dimensional acrylic art and now has evolved to

include pastels. Her favorite medium seems to be all of them. Her favor-

ite subject: whatever she sees that fascinates her. SEE **LRAA**, PAGE A9

Newfound baseball shut out by Winnisquam in season finale

BY JOSHUA SPAULDING
Sports Editor

LACONIA — The annual tradition of the Winnisquam and Newfound baseball teams meeting in the Battle of the Bears Coaches Cup Game continued on Friday night, as the two teams tangled at Laconia's Robbie Mills Field.

The Coaches Cup, given in memory of Winnisquam's Scott Cote and Newfound's Ron Bucklin, was clinched for the fourth time in the game's five-year history (COVID cancelled the game in 2020) by the boys from Winnisquam.

"We give ourselves a chance with Boom on the mound and played an error-free game," said Winnisquam coach Fred Caruso. "We had a couple of key, two-out RBIs."

After two scoreless innings to start, Winnisquam scored three runs in the third, then added one in the fourth, two in the fifth and one in the sixth to secure the 7-0 win.

Ayden Cushing got things going in the third with a base hit, then stole second and went to third on a wild pitch. He then scored on a groundout by Alex Nichols for the 1-0 lead. Anthony Boomer walked and Duncan Gosselin was hit by a pitch before the two executed a double steal and a groundout by Brady Palmer plated Boomer and a double to left by Zach St. Onge brought in the third run.

In the fourth, John Shea singled and scored on a base hit by Nichols. In the fifth, St. Onge and Shea each had RBI singles and in the sixth, Gosselin drove in the seventh and final run with a base hit.

Boomer was stellar on the mound for Winnisquam, giving up just two hits and walking two while striking out 11. Landon Sargent started on the hill for Newfound,

went three innings, giving up three earned runs and striking out one, while Josh Blouin went two innings, giving up two earned runs and striking out three and Zack Stevens finished things off with an inning of work, striking out



Anthony Boomer was stellar on the hill for Winnisquam in the regular season finale.



Brayden Jenkins beats the ball to first as Alex Nichols stretches for the throw during action Friday night, May 26.



Coach Fred Caruso and the Winnisquam baseball team celebrate winning the Coaches Cup in the final game of the regular season on May 26.

two and giving up one earned run.

Nichols had a pair of hits, drove in two runs and scored one run, St. Onge had a double and a single and drove in two runs, Gosselin had a hit, drove in a run and scored two runs, Shea had a double, drove in a run and scored a run, Boomer had a hit and

scored a run and Cushing had a hit and drove in a run.

Brayden Jenkins and Romeo Dokus had the only two hits for Newfound.

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

Softball Bears wrap up the season

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam softball team finished off the regular season with losses to playoff teams Gilford and Newfound.

The Bears took on Newfound in the Battle of the Bears under the lights at Franklin's Odell Park on Thursday, May 25, dropping an 18-3 decision to Newfound.

Two bad innings sank the Winnisquam girls, as Newfound scored five runs in the second inning and seven runs in the sixth inning.

"The kids played hard, but two bad innings really was the difference in the game," said coach Mark Dawalga. "We had a couple of chances to limit their run totals in the second and sixth, but just could not make the plays to get out of the inning."

Lauren MacDonald had two hits, McKenzie Bassett had a hit and scored a run, Katie Sheridan had a hit and scored a run and Ava Sargent had a hit and drove in a run.

Laura Slate went the distance in the circle, striking out two.

The Bears wrapped up the regular season on Friday, May 26, dropping an 11-2 decision to

Gilford.

Gilford scored a run in the top of the first inning, but MacDonald drilled a two-run homer over the fence in center to give the Bears a little momentum and a 2-1 lead. However, Gilford came back with two in the top of the second and another in the fifth for the 4-2 lead before breaking things open with seven runs in the seventh

inning.

"This team has battled all year no matter what the score was and continue to improve every game," said Dawalga.

Caidyn Carter had a strong defensive game in center with eight putouts and Camilla Cote had a strong day at third base with five putouts. Ali Max and Bassett each had a hit.

Seniors Teagan Nelson, Avary Anderson, Katie Sheridan and Slate played their final games as Bears.

"They will all be missed next year," Dawalga noted.

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

Belmont bats come to life in regular season finale

BY JOSHUA SPAULDING
Sports Editor

HOPKINTON — The Belmont baseball team went on the road for the regular season finale and knocked off Hopkinton by a 17-2 score on Friday, May 26.

The Raiders scored five times in the first inning, then added three in the second and one each in the third and fourth

before finishing things off with seven runs in the seventh inning, all with two outs. Belmont had 17 runs on 18 hits and limited their defensive miscues.

The highlight of the game came from Alejandro Jimenez Gonzalez, who had a double for his first varsity hit with two outs in the seventh inning. The hit sparked the offense, which plated seven runs and was capped off with Jimenez Gonzalez getting a single in the same inning.

"It was a good day and nice to get a boatload of hits and runs just before our season ends," coach

Matt LeBlanc said. "We hope to be hitting the playoffs in stride as we know we'll have our hands full as we play the top teams in the division."

Liam Waldron started and pitched into the second inning and Wyatt Divers pitched the remainder of the game, giving up just six hits and two runs while striking out four.

Jaxson Embree had a triple and two singles, stole two bases, scored two runs and drove in two runs, Anakin Underhill had a double and two singles, stole a base, scored three times

and drove in two runs, Jimenez Gonzalez had a double and a single, stole a base and scored a run and Waldron had a triple and two doubles, scored three runs and drove in four runs.

The Raiders earned the eighth seed in the Division III tournament and took on Stevens in the first round. The tournament continued on June 3 and June 7, with the finals scheduled for Saturday, June 10, in Manchester.

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

Bears see season end in opening round game

BY JOSHUA SPAULDING
Sports Editor

WALPOLE — The Winnisquam baseball team traveled to Walpole for the opening round of the Division III tournament against Fall Mountain.

The 10th-seeded Bears got the first run of the game, scoring in the top of the first inning, but they didn't score again and the seventh-seeded Wildcats scored one in the third and two in the fourth before adding two in the sixth to seal the 5-1 win.

Ayden Cushing led the Winnis-

quam offense with a double and a single and scored a run. Alex Nichols had a pair of hits, Zach St. Onge had a double and Anthony Boomer, Duncan Gosselin and John Shea each had base hits.

Boomer took the hill for the Bears and went all six innings, striking out five and giving up nine hits and five earned runs.

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Locals compete in track Meet of Champions

BY JOSHUA SPAULDING
Sports Editor

DURHAM — The top track athletes from around the state converged on Oyster River High School in Durham on Saturday afternoon for the Meet of Champions.

For the girls, Kennett's Aida Wheat was the star of the show for the locals, as she picked up the victories in the 100 and 200 meters. In preliminaries for the 100 meters, she finished in 12.21 seconds and then won the finals in 12.2 seconds. Newfound's Elle MacDonald finished in 12th place overall in a time of 13.06 seconds.

In the 200 meters, Wheat took the top spot in a time of 25 seconds, with MacDonald in fourth in 26.38 seconds and Belmont's Ava Lacasse in 10th place in a time of 27.27 seconds.

Kennett's Piper Lopashanski finished in fifth place in the 400 meters with a time of 60.67 seconds, with Kingswood's Kylie Rapoza in ninth in a

time of 62.3 seconds and teammate Marcela DeNitto in 13th place in 62.83 seconds. Shannon Abrams of Kennett was 13th in the 800 meters in 2:29.44 and Elli Englund of Plymouth finished 12th in the 1,600 meters in a time of 5:41.18.

In the 3,200 meters, Addison Englund of Plymouth was 10th in 11:52.07 and Adah Chapman of Moultonborough was 11th in a time of 12:06.25. Lauren MacPhee of Kingswood was 12th in the 300 hurdles in 49.93 seconds and Stacia Paul of Newfound finished in 50.37 seconds for 14th place.

In the 4X100-meter relay, the Kennett team of Abrams, Lopashanski, Gabriella Cubero and Wheat placed ninth in 51.59 seconds, the Belmont team of Emma Winslow, Hannah Young, Cate McDonald and Lacasse was 10th in 51.69 seconds and the Newfound team of Isabella Valliere, Paul, Soraya Glidden and MacDonald was 14th in 52.75 seconds.

The Kingswood 4X400-meter girls finished in eighth place, with the team of MacPhee, Rowan Donovan-Laviolette, DeNitto and Rapoza crossed in a time of 4:15.88, while in the 4X800-meter relay, the Plymouth team of Elli Englund, Addison Englund, Leah Ines and Reagan Sutherland was seventh in 10:24.23 and the Gilford team of Maddy Burluck, Alana Sawyer, Maria Tillery and Georgia Eckhardt placed ninth in 10:40.04.

Newfound's Taylor Mooney took fourth in the pole vault, clearing nine feet, six inches, while teammate Gretchen Reynolds finished ninth in the high jump, clearing four feet, 10 inches.

Adeline Takantjas of Belmont finished fourth in the triple jump, leaping 33 feet, four inches, while Newfound's Malina Bohlmann was sixth in the long jump at 16 feet, 1.5 inches and Winslow was 12th at 15 feet, four inches.

Winnisquam's Becc Kulengosky finished fifth in the shot put with a toss of 33 feet, .5 inches, while in the discus, Gilford's Abby Kenyon tossed 100 feet, five inches for sixth place and Isabelle LaPlume of Newfound was right behind in seventh at 98 feet, three inches.

Bohlmann finished second in the javelin with a throw of 117 feet, four inches, Sadey Sherkanowski of Moultonborough placed 11th at 96 feet and Victoria Kelly of Winnisquam was 13th at 94 feet, three inches.

For the boys, Gilford's Patrick Gandini broke his own school record and set a personal best in winning the 1,600 meters in a time of 4:14.8.

Gandini's teammate, Isaiah Reese claimed the win in the javelin with a toss of 171 feet, six inches, with Caleb Russo of Kingswood in seventh place with a throw of 144 feet, 10 inches.

Inter-Lakes freshman David Walker

won the triple jump, leaping 42 feet, three inches, with Woodsville's Garrett Emery finishing in third place at 40 feet, 7.5 inches.

In the 100 meters, Reese finished sixth in the preliminaries in 11.22 seconds and was fifth in the finals in 11.1 seconds. He also placed ninth in the 200 meters in a time of 22.93 seconds.

Gandini also added a third place in the 800 meters with a time of 1:57.99, while in the 400 meters, Tristan Kamann of Inter-Lakes was ninth in 52.3 seconds and Casey Arsenault of Kingswood was 14th in 53.08 seconds. Will Riley of Belmont finished in 12th in the 3,200 meters with a time of 9:56.9.

In the 300-meter hurdles, Gilford's Aidan Malek was seventh in a time of 41.91 seconds while in the 110-meter hurdles, Cole Ahern of Plymouth was 15th in 18.01 seconds. The Winnisquam 4X800-meter team of David Swain, Carter Laliberte, Hen-

ry Osmer and Brendan Goodwin finished in 12th place in a time of 9:11.9.

Aidan Donahue of Winnisquam finished in third place in the high jump, clearing six feet, two inches and Nash Harrigan of Kennett was seventh at five feet, 10 inches. Elijah Beaulieu of White Mountains finished in ninth in the pole vault with a height of 11 feet.

In the shot put, Carter Fredette of Winnisquam was 15th at 38 feet, 1.25 inches, while in the discus, Trevor Sanschagrin of Newfound was eighth at 125 feet, two inches and Alex Luehrs of Plymouth was 15th at 113 feet, five inches.

All finishers in the top six earned the right to compete at the New England Championships, to be held on Saturday, June 10, in Bangor, Maine.

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

NH Jewish Food Festival offers 2023 menu at 2022 prices

LACONIA — The New Hampshire Jewish Food Festival, presented by Temple B'nai Israel, will be open for orders on June 11 without increasing prices from last year. "Although our costs have increased, we are trying to help beat back inflation by holding prices at 2022 levels," according to the Food Festival committee chair, Stu Needleman. This is welcome news for all.

The 26th annual NH Jewish Food Festival was built on 19th-century recipes that have met 21st-century technology including an online ordering system and curbside drive-through pickups. Almost every item sold is made by teams of volunteers in the kitchen of Temple B'nai Israel using the recipes that were handed down

from generation to generation. Every recipe, from Bubbie's Chicken Matzah Ball Soup and Zaydie's Brisket, to sweet creamy noodle kugels and flaky potato knishes, are made with the authentic recipes and attention to detail that will ensure the outcome is perfect. Over the years there have been many changes to the Jewish Food Festival, but the consistent component is the focus on the food. The teams of Food Festival cooks are never satisfied unless the products they produce are unsurpassed.

The menu options for 2023 include the traditional favorites that sell out every year - sweet cheese blintzes, two kinds of knishes, potato and ground brisket, crispy potato

latkes, homemade challah, rugelach, strudel, and many other luscious treats that are not easily found in this part of New Hampshire. As in previous years, you will find corned beef, pastrami, and beef tongue available to purchase. These deli favorites are transported from Evan's Deli in Marblehead, MA directly to the TBI kitchen to be sliced, packaged, and refrigerated so it is delivered fresh to you. These deli favorites are also sold in a "Lunch Pack" option that includes a loaf of "When Pigs Fly" New York style rye bread, deli horseradish mustard, half-sour pickles, homemade coleslaw, and rugelach for dessert. Pick up and go... to the beach, the boat, or the backyard.

Mark your calendar now, and don't wait until the ordering period closes on July 9 to place an order. Quantities are limited and likely to sell out quickly. All orders will be ready for curbside drive-through pickup on July 21 or 22 at the temple in Laconia. Visit <https://tbinh.org/food-fest-menu/> to see this year's menu, at last year's prices, and place orders beginning on June 10.

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Opinion

A4 Thursday, June 8, 2023

WINNISQUAM ECHO

EIDTORIAL

Spotlighting one group's struggle does not negate another's

We've heard some rumblings about why a Pride Month exists, and how other groups of people should have a month-long celebration. Pride Month isn't a federal holiday like other groups.

Just because a group of people are celebrated doesn't mean any other group shouldn't be. Any such comparisons are a case of apples being set against oranges.

The reason we celebrate Pride is simply to applaud overcoming and still working to overcome hate and bigotry the LGBTQ community has received for hundreds and hundreds of years. The same goes for Black History month. It's to celebrate the people who have been and still continue to be oppressed. Whether or not you experienced it with your own eyes doesn't matter. It exists.

Simple rights such as not being able to get married and afforded the same rights under federal law as straight couples, not being seated in a restaurant, getting gunned down for being in a gay nightclub, getting murdered for being gay, not feeling comfortable holding hands in public, fear of getting gawked at or harassed, not being able to rent an apartment or buy a house are a few things members of the LGBTQ community has faced.

Even though those things are legal now, it's still an uphill battle. Bad things certainly happen to everyone, but not because of who they love. It is discrimination that fuels that evil.

Pride is simply about being proud of who you are. The most important thing for any individual is to simply be kind, obey the law and focus on your own lives. To judge who another person loves would be odd at best.

Pride Month was initially inspired by the 1969 Stonewall Uprising, and works to achieve equal justice and opportunity for LGBTQ Americans. The purpose of the month is to recognize the impact that LGBTQ individuals have had on society locally, nationally, and internationally.

In some states, it is still illegal for same sex couples to adopt children or acquire fair employment.

The Stonewall Uprising took place on June 28, 1969, and was a tipping point for the Gay Liberation Movement in the United States. In the 1960s, the Stonewall Inn in New York City's Greenwich Village was a gay club and refuge for many in the LGBTQ community. On that day, the New York City police raided the inn, sparking a riot among bar patrons and neighborhood residents with the police.

The riot involved hundreds of people and led to six days of protests and violent clashes with law enforcement outside the bar.

A year later, thousands of people marched from the Stonewall Inn to Central Park in what was then called "Christopher Street Liberation Day" marking what is now recognized as the nation's first gay pride parade. Since 1970, LGBTQ+ people and allies have continued to gather together in June to march with pride and demonstrate for equal rights.

We are all Americans, and we must continue to look out for each other and ensure that each and every one of us are treated equally under the law. True freedom is not for just one group of people, it is for all people. Anything less is un-American.



COURTESY

Kids can learn to crochet at the Belknap Mill

Beginners Crochet and Crochet for Kids begins Saturday, June 3 at the Belknap Mill! Register at www.belknapmill.org/textiles.

Positively speaking!

Toby Moore

The journey is the destination

Renowned motivational speaker and entrepreneur Jim Rohn said, "There are times when you just lose; no matter what you do, it's that kind of planet."

You could be passionate about what you do, work ten-hour days, love your family, be honorable, and ultimately, you can still lose! Does that mean you did something wrong? Only sometimes.

Humans strive to comprehend the world, drawing patterns and expecting consistent outcomes. We prefer a neat universe where hard work and dedication lead to success. But life doesn't always adhere to these rules.

As a former high school and college swimmer, I experienced this firsthand. I woke up at dawn, diving into morning practices before the school bell rang, and slipped back into the pool each afternoon when classes ended; I always smelled like chlorine and loved it.

My passion for swimming was the compass guiding my efforts. Yet, despite my dedication and undying love for the sport, I couldn't compete at the elite level.

What had I done wrong? In essence, nothing! Being a professional athlete just wasn't in the cards. The realization stung, of course. I mourned losing what I believed was my calling, grappling with feelings of failure and disappointment. But then, I remembered another nugget of wisdom from Jim Rohn.

Asked in one of his lectures about knowing when to give up on something and try something new, Rohn humorously replied that he knew it was time to change course when he ran out of money.

That's a good reason. Another good reason is when you run out of passion.

I often talk about never giving up, never giving

in, and striving to achieve your goal no matter the odds, and I still believe that, but also you need to be passionate about what you're doing.

I quit the swim team mid-way through my junior year in college. Why? I ran out of passion when I realized I couldn't compete as an Olympian.

Some would say I'm a quitter, but if you no longer feel enthusiastic about your current goal, you should consider a new direction. Without passion, sustaining your motivation is almost impossible. You must love what you do.

The focus is not on throwing in the towel but actively channeling your energies toward more productive pursuits.

Sometimes, you may only need a break; after some time away, you may discover your passion again. That's great! Return to what you love.

How did I lose my passion?

Despite consistent efforts, I wasn't making the progress I needed to achieve my dream. It was only then that I realized it wasn't suitable for me.

So, how does one know what to turn to next? The answer lies in uncovering what stirs your soul.

It is often said, "Whatever you don't use, you lose." Hence, exercising the ability to chase your dreams, and stirring your innate desire, is crucial.

Embracing a new direction is a delicate process. After deciding to move on from an unfulfilled dream, don't beat yourself up reliving the past. Doing so can crush your new vision and dampen your plans. Forgive yourself; you haven't failed but are on the path to your true destiny.

Another reason to pursue a different dream is that your values change. What seemed like a worthy goal in the past may no longer align with your current reality. It's imperative to ensure that your goals resonate with your present self and not an outdated version of you.

Life, as we all know, is an ever-changing journey - an expedition marked by phases of growth, learning, and evolution. As we navigate through these stages, our perspectives inevitably shift and expand, giving rise to new values, aspirations, and self-understanding.

Clinging onto an outdated goal is like adhering to a defunct map; it can lead you somewhere, but likely not your desired destination. Allow yourself to revise your dreams. If they no longer resonate with you, then move on.

As Jim Rohn famously stated, "If you don't like where you are, move! You aren't a tree." Embrace change as your companion, and constantly remind yourself that the journey is the destination.



Winnisquam Echo

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Hannaford Supermarkets continues tradition as Presenting Sponsor of Children's Auction

LACONIA — The Greater Lakes Region Children's Auction is pleased to announce that Hannaford Supermarkets is committed to serve as presenting sponsor for the fourth consecutive year for the 2023 Children's Auction.

"Hannaford has been a loyal supporter of the Auction for more than 20 years, donating funds, items and employee volunteer hours, and we are grateful and honored that the organization continues to rise to the challenge of leading the way as our presenting sponsor," said Jennifer Kelley, executive director of the Children's Auction.

In addition to providing much-needed funding, Hannaford offers support to the Auction by providing volunteers. Larry Poliquin, store manager in Bristol, has been heading up staff teams for the Auction for roughly 30 years, as long as he has worked at Hannaford.



COURTESY

Left to right, the employees are: Brian Burns, Mike Capsalis, Joel Lloyd, Troy Cone, Melissa Dutile, Larry Poliquin, Jean-Marie Beauchemin, Joe Gentile and Tim French.

He is also a board member and a member of the Distribution Committee; he and seven other committee members read all the grant applications and make recommendations on distribution. Hannaford also staffs a phone bank, com-

plete with its very own Grinch.

"Hannaford has a strong tradition of supporting many deserving and worthwhile community organizations, and we are grateful to be a part of the communities we serve," said Poliquin.

"In partnership with organizations like the Children's Auction, we can continue to impact our primary focus areas: hunger relief, health and wellness, and child development and families."

Learn more about the Auction at ChildrensAuction.org.

and Vermont. All are committed to offering great fresh food, convenient experiences and everyday low prices. Hannaford also is an active and committed community partner—focusing on fighting hunger, supporting youth development, and helping people live healthier lives. Hannaford is an industry leader in sustainability with a strong commitment to reducing waste and protecting the environment. Hannaford diverts or donates all food at risk of going to waste—sending no food to landfills. In 2022,

Hannaford donated 25 million pounds of food to hunger relief organizations and prevented 65 million pounds of food waste from reaching landfills. Hannaford employs nearly 30,000 associates and is based in Scarborough, Maine. Additional information can be found at Hannaford.com.

About the Greater Lakes Region Children's Auction

Numerous fundraising events in the Lakes Region throughout the year support the Greater Lakes Region Children's Auction, including our four-day signature event every December. In the past four decades we have distributed more than \$8 million to over 80 nonprofits that serve low-income families and children in the Lakes Region, all through volunteer efforts, community donations and corporate sponsorship. The Auction falls under the umbrella of the Greater Lakes Region Charitable Fund for Children, a 501(c)(3) nonprofit organization that helps local community organizations that serve children and families in need. For more information about the Auction, the nonprofits it supports and how you can help, visit ChildrensAuction.org.

LRMHC offers free screenings of "Anxious Nation"

LACONIA — Lakes Region Mental Health Center (LRMHC), in partnership with NAMI New Hampshire, is excited to bring two free screenings of the film *Anxious Nation* to Smitty's Cinema in Tilton on Thursday, June 8. The first screening is at 4 p.m. and the second at 6 p.m., with a panel of mental health experts available to answer questions in between the two. Panel members include Susan Stearns, Executive Director of NAMI New Hampshire, Mark Wagner, MD, Hope Dixon, LCMHC, ATR, Jessica Kangas, LCMHC, and Kimberly Goldberg, LCMHC and Director of LRMHC Acute Services. These free screenings are made possible with the generous support of the Endowment for Health and New Hampshire Charitable Foundation.

tal illness and/or emotional distress. LRMHC professionals provide the highest quality of care, and by working in partnership with other health care providers, hospitals, law enforcement, corrections, courts, school districts, social workers, and public health officials, LRMHC is able to provide a continuum of care for patients and improve the quality of life in the Lakes Region. In Fiscal Year 2022, LRMHC's 200+ employees served 3,512 children, adults, and families and provided over \$372,000 of charity care. For more information, visit lrmhc.org or call 603-524-1100.

About Anxious Nation Film

Anxious Nation explores and captures the many faces and facets of anxiety. This feature-length documentary takes a deep look into the crisis of anxiety and mental health in America, especially its impact on youth (ages 10-26) and families. The film sets out to lift the stigma surrounding mental health while giving emotional insight into how anxiety shows up in our children's lives, impacts families, and what parents' contributing role may be in the journey. Visit www.smittyscinema.com/movie/Tilton/

ANXIOUS-NATION---FREE-SCREENING to learn more and reserve your seat today.

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Edward Jones: Financial Focus

Should you consider 401(k) loans or withdrawals?

At some point, you may have more money in your 401(k) than in any other investment. And even though your 401(k) is intended for your retirement, you may one day think you have to tap into your account early — but should you? And if you do, how should you go about it?

If it's possible to avoid taking money from your 401(k) before you retire, you probably should do so. You could spend 25 or more years in retirement, and you'll need to pay for those years, so you may want to look for alternatives to your 401(k). If you've built an emergency fund containing several months' worth of living expenses in cash or cash equivalents, you could use some of this money. If you have a Health Savings Account (HSA), you could use it to pay for qualified medical expenses. Or you could sell some of your taxable investments, rather than

going into your tax-deferred 401(k).

But if you have determined that you must look at your 401(k) plan to meet a short-term funding need, you'll want to carefully consider how to go about it. You typically have two main choices: loans or withdrawals.

For plans that allow loans, employees can generally borrow up to 50% of the vested amount of their 401(k)s, up to a maximum of \$50,000 within a 12-month period. Administrative fees may apply, and interest will be charged, but it will be added back to the 401(k) account as part of the loan repayments. Except when they're used for a home purchase, loans must be repaid within five years, with equal payments made at least quarterly, unless payments are allowed to be paused temporarily. If you leave the company or don't repay the loan according to the agreement, the loan balance will likely be treated as a taxable distribution.

Now, let's consider withdrawals. For 401(k) plans that allow current employees to make withdrawals, the withdrawal requests are usually considered either hardship or non-hardship. To qualify for a hardship withdrawal, you must demonstrate an immediate and heavy financial need to pay for certain expenses, including a home purchase, college, a medical issue or other specified costs, and your withdrawal is limited to the amount necessary to meet the need. Non-hardship withdrawals can typically be taken for any purpose but usually are not granted until you're 59½ or older.

Unlike with a loan, a hardship withdrawal can't be repaid, while a non-hardship withdrawal can usually only be repaid by rolling over the amount to an IRA within 60 days. But the bigger issue may be taxes. If you withdraw funds from your 401(k), any previously untaxed money is generally taxed as ordinary income and a 10% penalty will apply if you're younger than 59½, unless you qualify for an exception. Plus, your 401(k) plan typically must withhold 20% of the withdrawal for taxes, so you'd have to take an even larger withdrawal to meet your needs.

Before embarking on a 401(k) loan or withdrawal, you may want to consult with a financial professional and your tax advisor. Taking money from your 401(k) is a big move, so make sure you know everything that's involved.

Jacqueline Taylor
Financial Advisor
3 Mill Street
PO Box 176
Meridith NH 03253
603-279-3161
Fax 866-532-8685
jacqueline.taylor@edwardjones.com

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC. Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

Lakes Region Food Pantry ready for summer

MOULTONBOROUGH — Lakes Region Food Pantry and Thrift Shop is ready for another exciting summer season. Donations are abundant! In addition to its regular hours of Wednesday, Thursday and Friday from 11 a.m. to 4 p.m., the thrift shop will be open Saturdays during the summer from 10 a.m. - 1 p.m. June 3 through Sept. 2.

The family of LRF needs volunteers to sort and price donated items. Even a couple of hours a week would be greatly helpful. LRF encourages donations of gently used items including clothes, household goods and decor, furniture and small working appliances.

For reference please see a list of accepted items on our Web site, lakesregionfoodpantry.org. The generous support of donors near and far have made the children's summer lunch program possible. Starting in June eligible families of Moultonborough, Inter-Lakes and other lakes region students will receive weekly vouchers to purchase healthy foods at their choice of three local grocery stores. \$25 each week per child for 10 weeks allows families to provide healthy meals for their children while they are out of school for the summer months and not receiving free and reduced lunch. Each

child is also enrolled in a sneaker and backpack program. Parents bring their children to

Bootleggers in Meredith to be fitted for new sneakers for the new school year and to receive a new backpack.

LRF is open to suggestions for additional outreach programs and

can be reached in person during business hours or via 603-476-5400.

Dispatcher promoted to Lieutenant's rank at LRMFA

LACONIA — The Lakes Region Mutual Fire Aid Association (LRMFA) provides all hazards, fire, EMS, and Hazardous Materials Emergency Communications, and mutual aid coordination to our 35 member communities in the Lakes Region. LRMFA dispatched and coordinated more than 29,600 emergency calls for service in 2022.

Chief Jon Goldman is pleased to announce the promotion of Dispatcher Brian Dumka to the rank of Lieutenant. Lt. Dumka has worked in public safety emergency communications for twenty-four years and came to LRMFA as a Dispatcher in early 2022.

Lt. Dumka works closely with our information technology, radio systems, and social media. He will also be coordinating our public outreach efforts.

With Lt. Dumka's



Brian Dumka

promotion, he will be assigned to and lead his own shift in a supervisory capacity. LRMFA staffs one Lieutenant (shift supervisor) and

one Dispatcher per shift, 24/7. Lt. Dumka will be the shift supervisor working with his partner to lead the shift, and is responsible

for ensuring all policies, procedures, and standards are followed. Lt. Dumka's promotion is effective May 30.

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Nicole Reusch of Sanbornton named to Lasell University Dean's List

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— Nicole Reusch, a Lasell University student from Sanbornton, was named to the dean's list for their academic performance in the spring 2023 semester.

The spring 2023 dean's list includes students who have completed at least 12 credits as a full-time student in that semester

and have achieved a semester GPA of 3.5 or higher.

For more information contact: Samantha Mocle, assistant director of communications, at (617) 243-2386, or smocle@lasell.edu.

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Benny

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Zip

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Belmont's Max Marinace earns degree from Clark University

WORCESTER, Mass. — Max Marinace, of Belmont, received a degree from Clark University during the University's 119th Commencement exercises on Sunday, May 21. Marinace graduated cum laude with a Bachelor of Arts in Geography.

The University awarded 1,300 degrees (590 Bachelor's degrees, 681 Master's degrees, and 29 doctoral degrees) to the Class of 2023 and conferred three honorary degrees in ceremonies that heralded the graduates for their accomplishments, their resilience, and their ambition.

In his opening remarks, President David B. Fithian noted that the undergraduates were impacted by the COVID-19 pandemic throughout all four years of their college careers, a collec-

tive experience that he said resulted in a more creative and tenacious learning community.

"You became experts in the evolving art of remote learning and navigating uncertainty," Fithian said. "You experienced a uniquely challenging time in our history, and you proved to be stronger than maybe you even imagined you could be."

Robert D. Putnam, Malkin Professor of Public Policy at the Harvard University John F. Kennedy School of Government and author of a number of books examining the decline of community in American Society, including "Bowling Alone" and "The Upswing," delivered the commencement address. Putnam urged the graduates to seek new ways to bring Americans together across di-

vides of politics, region, race, religion, ethnicity, class, and gender.

"Our country today faces unprecedented political polarization, economic inequality, social fragmentation, and moral self-centeredness, but you - collaborating with others - can reverse those trends," he said. "Your generation didn't cause these problems, but only you can lead the way toward a more diverse, more tolerant, more cohesive, more equal society. A society in which rather than shout or shoot at one another, we listen to one another - actually listen."

Honorary degrees were conferred to Putnam; Ruth Wilson Gilmore, a professor, scholar, and author considered a pioneer in the field of carceral geography and a forceful activist in the prison abolition

movement; and Ronald Carter, a legendary jazz bassist, bandleader, Grammy Award winner, and distinguished professor emeritus.

The "transformative power of education" was the theme of remarks by the graduate ceremony student speaker Idriss Laouali Abdou.

"Imagine growing up in a community where you and your friends had dreams you knew were impossible to achieve. That was the reality for me growing up in Niger," said Abdou, who served as the vice president of the School of Management Student Council and the graduate advisor for Clark's Caribbean and African Student Association.

"I was fortunate enough to pursue my studies in Morocco and France, and now here in the United States as

a Fulbright scholar," he said. "My personal journey is just one example of how education can change lives. As members of the Clark community, I know that each of you has a story to tell, challenges to overcome, and successes to celebrate."

In her address to fellow undergraduates, student speaker Glory Phipps, a philosophy major, compared her class's journey to that of a rose growing from concrete, an analogy inspired by a poem written by the late rapper Tupac Shakur. Phipps spoke about the optimism she and her classmates shared at the start of their Clark experience, and how they persevered during the pandemic.

"We made it through by focusing on our passions. We fought for is-

sues we believed in. We began to use our voices for the greater good," said Phipps, who served on the Student Council, the Black Student Union, the Latin American Student Organization, and the Mock Trial team. "No matter how many times we were struck down we still got up."

That perseverance, President Fithian said, is why the world needs Clarkies.

"Today's world needs minds that can understand a variety of perspectives. Today's world needs those who value research-based and evidence-informed solutions to complex problems. Today's world needs individuals who aren't afraid to be themselves, and who aren't afraid to challenge convention," he said. "Today's world needs you."



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BASEBALL

CONTINUED FROM PAGE A1
 They got down early but hung in there and made us earn it.”
 Belmont scored three in the bottom of the first inning for an early lead before Stevens came back with four runs in the top of the fifth inning and added another in the sixth for a two-run lead. However, the Raiders scored six times in the bottom of the sixth inning to take the 9-5 lead and held on to win by that score.
 Matt Krasnecki started the big sixth inning by reaching on an error

and Brayden Townsend walked. Wyatt Divers reached on an error and a consecutive passed balls got Krasnecki and Townsend home to tie the game. Owen Waldron and Liam Waldron both worked walks to load the bases and Divers scored on a wild pitch and after a pitching change, Owen Waldron scored on another wild pitch. An Anakin Underhill double plated Liam Waldron and Hutch Haskins reached on an error, bringing Underhill home. Underhill finished with a double, two runs

scored and an RBI, Jaxson Embree had two hits, stole a base and drove in a run, Divers had a double, a walk and two runs scored and Haskins had a double, a walk and an RBI.
 Liam Waldron went five innings on the hill,

giving up four earned runs and three walks while striking out five. He also had a base hit, walked twice, stole two bases and scored two runs on the offensive side of things.
 “Though he wasn’t sharp, Liam Waldron

did enough on the bump to allow us to stay in the game and ultimately pull out the win,” said LeBlanc.
 The win sent the Raiders on to Saturday’s quarterfinal game in Swanzey against defending champion Mo-

nadnock. Belmont gave them everything they could handle, but eventually dropped a 4-3 decision to the Huskies.
Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

LRAA

CONTINUED FROM PAGE A1
 Her first finished art piece was of dolphins. She then moved into animals, then animals followed by landscapes and nature.
 McQuade’s weekly videos throughout the month of May can be found on the Lakes Region Art Association Facebook and Instagram pages. Her full-length video can also be found on our YouTube channel listed below.

Friday Featured Artist is a weekly program that highlights an artist from the Lakes Region Art Gallery each Friday for four consecutive weeks each month. Subscribe to our Facebook or Instagram channels to receive these videos and more in your social media feeds. Past videos are also available on our YouTube channel, www.youtube.com/@LAKESREGION-ARTGALLERY.

SYC

CONTINUED FROM PAGE A1
 lifelong knowledge of Spaulding will also be a valuable resource as he applies his educational passion to supporting the children and families of Spaulding. He graduated from Keene State College with a Bachelor of Science in Physical Education, earned his master’s degree in education and Certificate of Advanced Graduate Studies from Plymouth State University, and his Doctorate is in Higher Education Administration from Northeastern University. In addition, his unique experience will enable the creation of new student pathways to offer a quality, holistic approach to education.
 “The appointment

of Cathy Cullity and Charles Lloyd to our board of directors is a source of great excitement,” said Todd Emons, President & CEO of Spaulding Academy & Family Services. “Their diverse skill sets are invaluable and will enhance Spaulding’s capacity to deliver exceptional care and support to those who depend on us.”
 The Spaulding Academy & Family Services board of directors is comprised of volunteers from the human services, corporate, investment, and philanthropic sectors in New Hampshire. To learn more about the Spaulding Academy & Family Services board of directors, visit <https://www.spauldingservices.org/>

leadership.
 About Spaulding Academy & Family Services
 Spaulding Academy & Family Services is a leading provider of educational, residential, therapeutic and community-based programs and services for families, and children and youth with neurological, emotional, behavioral, learning or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Established in 1871 as the New Hampshire Orphans Home and School for Industry, Spaulding Academy & Family Services is the oldest child care organization in operation in the United States. It is a tax-ex-

empt 501(c)(3) nonprofit that was formerly known as Spaulding Youth Center since 1958. Its scenic hilltop campus is located on more than 500 acres in Northfield, NH and welcomes boys and girls from ages four to 22 from around the state of New Hampshire and beyond. In addition to programs provided on the Northfield campus, Spaulding’s community-based programs include foster family licensing, Individual Service Option (ISO) foster care, ISO in-home services, child health support services, and more for children ages 0 to 20 and their family. For information about Spaulding Academy & Family Services, visit www.Spaulding-Services.org.

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