

Winnisquam Echo

THURSDAY, JUNE 4, 2026

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Local school districts Unite to Host “Granite Minds, Connected Hearts” community event



TILTON — Recognizing the complex issues facing today’s youth, the Winnisquam Regional, Laconia, and Franklin School Districts recently joined forces to present “Granite Minds, Connected Hearts,” a unique, dual-track community engagement event

designed to support local families. Held in a spirit of regional collaboration, the evening offered critical insights and dialogue for parents alongside an educational, inspiring wildlife program for their children. The centerpiece of the adult program was a powerful performance by the New Hampshire Theatre Project titled “The Kids Are Not Alright.” Through a live, seated play, professional actors boldly brought to life the difficult

topics and societal pressures that teens navigate daily. The performance provided a raw, authentic look at modern adolescent vulnerabilities. Following the play, a

skilled facilitator guided the audience through an interactive discussion. Parents and community members actively participated, sharing observations and discussing actionable

strategies to foster stronger emotional support systems and open lines of communication at home. While parents engaged

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Belmont Public Library announces June programs, Summer Reading kickoff

BELMONT — The Belmont Public Library invites community members of all ages to participate in a wide variety of programs this June, including book discussions, creative gatherings, family activities, and the launch of the library’s Summer Reading Program.

Weekly adult programs continue throughout the month with Fiber Arts on Mondays at 10 a.m. and Watercolor Workshop on Mondays at 2 p.m. Both programs offer relaxed, self-guided opportunities for adults to socialize while working on creative projects, with watercolor supplies provided by the library.

The library’s book discussion groups also continue in June with a range of genres for readers to enjoy. The

SEE **LIBRARY**, PAGE A8

Lacasse wins pair of Division III championships

BY JOSHUA SPAULDING
Sports Editor

PELHAM — Belmont senior Ava Lacasse finished out her career by winning two Division III championships at the Division III State Meet at Pelham High School on Sunday.

Lacasse won the preliminaries for the 100 meters in a time of 12.7 seconds and then won the finals over rival Macy Sawyer of Gilford with a time of 12.56 seconds to claim the Division III championship.

Lacasse then rolled to the win in the 400 meters with a time of 58.43 seconds.

Ninth grader Cora Takantjas finished in fourth

place in the 300-meter hurdles in a time of 49.94 seconds with teammate Mia Ellis in 12th in 51.65 seconds. In the 100-meter hurdles preliminaries, Ellis was sixth in 17.39 seconds and Takantjas was seventh in the same time and in finals, Ellis was seventh in 17.57 seconds and Takantjas was eighth in 18.08 seconds.

Takantjas also took fourth in the triple jump with a distance of 31 feet, five inches and Hailey Clairmont was 14th at 28 feet, six inches. Jenna Laramie jumped to ninth in the long jump at 15 feet, 5.5 inches.

The Belmont



JOSHUA SPAULDING

Ava Lacasse powers down the front stretch on the way to winning the 400 meters at the Division III State Meet on Sunday.

Division III State Meet twice as nice for Abbott

Winnisquam sophomore wins pair of state championships

BY JOSHUA SPAULDING
Sports Editor

PELHAM — Sophomore Nolan Abbott won

two Division III championships to lead the Winnisquam track boys to third

place at the Division III State Meet on Sunday at Pelham High School.

Abbott won the pole vault with a height of 11 feet with teammate Dayton Brigante finishing in second place at the same height.

Abbott also won the 300-meter hurdles with a time of 42.53 seconds with Taber Hagggett in third in 43.14 seconds and Brigante in 13th in 45.9 seconds. In the 110-meter hurdles, Abbott was sixth in the preliminaries in 16.91 seconds with Hagggett in seventh in 17.1 seconds and Kyren

Whitmore in 14th in 18.51 seconds. In the finals, Hagggett was fourth in 16.47 seconds and Abbott was eighth in 16.71 seconds.

Kyle Douglas ran to fifth in the preliminaries for the 100 meters in 11.56 seconds and then finished fourth in the finals in 11.52 seconds. Douglas also placed second in the 200 meters in a time of 22.91 seconds.

The team of Kane St. Hilaire, Douglas, Hagggett and Abbott finished in second in the 4X400-meter relay with a new school record of 3:32.92.

The team of Cullen Desrochers, Owen Bakis, Lucas Durphey and Simon Ahlgren finished eighth in the 4X800-meter relay in 9:29.38.

Hagggett finished in 12th in the javelin with a toss of 118 feet and Desrochers was 14th overall in the 3,200 meters in a time of 10:55.1.

Kyra Russell had the top individual finish for the Bear girls, placing fifth in the pole vault at seven feet, six inches. Denessa Williams was 11th in the high jump at four feet, six inches and in the long jump,

Williams was 12th at 14 feet, 10.75 inches and Alexandria Myers was 13th at 13 feet, 11.5 inches.

The Bear team of Myers, Emily Tripple, Williams and Kaiden Robb finished in seventh place in the 4X400-meter relay with a time of 4:29.69 while in the 4X100-meter relay, the team of Tripple, Williams, Myers and Robb was fifth in 53.05 seconds.

Eloise Abbott was seventh in the 300-meter hurdles in a time of 50.63 seconds while in the 400

SEE **MEET**, PAGE A10



JOSHUA SPAULDING

Nolan Abbott and Dayton Brigante took the top two spots in the Division III pole vault at Pelham High School on Sunday.

Governor recognizes “Early College Advocate” from Franklin High School

CONCORD — Gov. Kelly Ayotte issued a proclamation identifying May as Early College Month in New Hampshire. Through its Early College program, the Community College System of New Hampshire (CCSNH) provides opportunities for high school students to earn college credit at low or no cost to New Hampshire families. At a State House event, CCSNH and the Governor recognized seven high school partners as “Early College Advocates” for promoting the program to students.

Cheryl Dore-Chapman, school counselor at Franklin High School, was recognized for her efforts to grow the Early College program and broaden access for Franklin students. She was named the Lakes Region Community College Early College Advocate for her advocacy, innovation and commitment to the program.

“Early college programs at New Hampshire’s community colleges enable thousands of high school students each year to earn college credit, save on college costs, and gain the confidence to thrive in postsecondary education and in careers,” said Governor Ayotte.

CCSNH’s Early College programs help students get ahead academically by earning dual high school and college credit while reducing college costs and debt. This year, 11,100 students from 125 high schools enrolled in Early College and earned 18,552 college credits. Through recent investments by the governor and state Legislature, students and families are expected to save at least \$15 million in future college costs through CCSNH’s Early

College program.

“Early College enables motivated students to pursue academically challenging courses and lessen the barrier of cost and the burden of debt that might otherwise inhibit them from pursuing postsecondary education that is critical to their futures and to New Hampshire’s,” said Mark Rubinstein, CCSNH chancellor. “This is only possible through a partnership with these talented educators and with the strong support CCSNH receives from the State of New Hampshire.”

At the May 20 proclamation ceremony, CCSNH and Governor Ayotte recognized Dore-Chapman as the Lakes Region Community College Early College Advocate, as well as the following Early College Advocates from across the state:

Great Bay Community College: Jaclyn Chisholm, Assistant Principal of Curriculum and Instruction, Portsmouth High School

Manchester Community College: James Choquette, Social Studies Teacher, Londonderry High School

Nashua Community College: Stacey Kalleis, Career-Connected Learning Coordinator, Salem High School

NHTI - Concord’s Community College: Jessamyn Rockwell, Extended Learning Opportunities Coordinator, Concord High School

River Valley Community College: Kim Gogan, Flexible Pathways Coordinator, Windsor High School

White Mountains Community College: Michelle Larcomb, Math Teacher, Groveton High School



Cheryl Dore-Chapman (left), school counselor at Franklin High School, was named the Lakes Region Community College Early College Advocate for her advocacy, innovation and commitment to the program. Standing next to her is Chelsea Divers (right), Early College coordinator at Lakes Region Community College.

Franklin Savings Bank gives \$1,000 donation to CASA of NH, Inc.



Pictured, from left to right: Heather Capraro, Regional Vice President, Business Relationship Officer; James Yates, Assistant Branch Manager, Goffstown; Mike Duval, Senior Vice President, Commercial Loan Officer; Stacy Lopes, CASA Director of Development; Tarah Bergeron, CASA Development Associate.

FRANKLIN — Franklin Savings Bank recently gave CASA of New Hampshire a \$1,000 donation to support the organization’s ongoing efforts to

assist children who have experienced abuse or neglect. CASA is dedicated to recruiting, training, and supporting community volunteers who serve as advocates for these children throughout the state.

“Supporting CASA aligns with our commitment to strengthening the communities we serve,” said Jenn Prince, AVP, Marketing and Community Engagement Officer for

Franklin Savings Bank. “Their volunteers make an extraordinary difference in the lives of children who need it most, and we are honored to contribute to their mission.”

This contribution supports CASA’s mission to ensure that vulnerable children have a strong, compassionate voice throughout the court process. Their work plays a vital role in promoting safety, stability, and hope for children

across the state.

“We are grateful for the partnership with Franklin Savings Bank, who has been supporting the mission of CASA for several years. Thanks to their continued involvement, CASA has been able to recruit and train volunteer CASA advocates to speak on behalf of victimized children throughout the state,” explains Tarah Bergeron, Development Associate.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering an array of commercial lending, personal banking and investment services. The Bank

also offers investment and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors. A recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology. Visit www.fsbnh.bank to learn more or follow the bank on Facebook, LinkedIn, Instagram, and YouTube.

Tilton Senior Center to host genealogy program

TILTON — Kate and Mike Lancor of Old Friends Genealogy will present “Following Your Roots Back in Time” at the Tilton Senior Center on Tuesday, June 16 at noon.

The program will help attendees find the records they need to identify their immigrant ancestors and identify the sources one can use to determine exactly where one’s immigrant ancestors lived before emigrating to the U.S.

The program is free and open to the public. The Tilton Senior Center is located at 11 Grange Rd., Tilton. For more information, please call 603-527-8291. Visit <https://www.oldfriendsgenealogy.com/> for more information about Old Friends Genealogy.

No Wake order in effect on Silver Lake

BELMONT — Pursuant to NH RSA 270:132, the New Hampshire State Police - Marine Patrol has instituted a No Wake order on Silver Lake in Belmont. This order will remain in effect until the lake level drops below 467.0 feet above sea level. The gauge at the Department of Environmental Services, Silver Lake Station will be used to make this determination.

The Marine Patrol urges all boaters throughout the state to be aware of their wakes and use caution when operating in channels or close to shore.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of May 18-25.

Gordon D. Walker, age 75, of Belmont was arrested on May 18 for Breach of Bail and Driving After Revocation or Suspension of license (subsequent).

Nicholas Paggiotopoulos, age 37, of Belmont was arrested on May 18 for Simple Assault resulting in Physical Contact or Bodily Injury and Disorderly Conduct. Vicki M. Jackson, age 64, of Belmont was arrested during the same incident for Disorderly Conduct, Criminal Mischief, Criminal Threatening Against a Person, and multiple counts of Simple Assault resulting in Physical Contact or Bodily Injury.

A 30-year-old male from Walpole, Mass. received a summons in lieu of arrest on May 19 for Operating a motor vehicle with an Expired License (subsequent).

Ronald John Lo Primo, Jr., age 51, of Merrimack was arrested on May 21 for multiple counts of DUI-Impairment.

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Mason records 200th save for Raider girls



The Belmont lacrosse girls honored goalie Shelby Mason after she recorded her 200th career save in action in Lebanon on May 21.

BY JOSHUA SPAULDING
Sports Editor
BELMONT — The Belmont lacrosse girls found themselves behind Lebanon by a 13-2 score as the penultimate week of the regular season came to a close on Thursday, May 21.

However, the Raiders did not quit and won the second half, keeping the hosts off the board for the entire 24 minutes and scoring the lone goal of the second half.

With her first four saves of the game, goalie Shelby Mason reached a career milestone, as she recorded her 200th career save.

Defenders Reese Paquette, Kira Perry, Morgan Schofield, Grace Collins, Augusta Provencale and Gabby Murphy earned their coach's praise for guarding cutters and crashing consistently to help stop shots in front of Mason.

Midfielders Madi McClennan, Lexi Carr, Daylan Henry and Brooke Varnum were strong in transition and on offense, Brooke Murphy had seven shots on

goal with Ava Damon and Mia Kennison also chipping in.

Henry led the offense with a pair of goals and Brooke Murphy added the other goal.

The Raiders kicked off the final week of the regular season with a trip to Bishop Brady on Tuesday, May 26, dropping a 12-8 decision to the Giants.

The Raiders started the game with just two subs and an injury and the heat left them with nobody on the bench and numerous players had to switch roles on the field to keep the game moving on.

Paquette, Perry, Collins and Provencale helped in front of Mason, who had 23 saves in the net while Damon had an interception, Kennison stepped in at midfield and defense at different times and Schofield went wherever she was needed.

Gabby Murphy, Varnum, Henry, Carr and Provencale were strong in the midfield and traded

places throughout the game to keep the team going.

McClennan had a goal, Brooke Murphy had three goals and Varnum had four goals.

"Transition and redefend came together in these last two games," said coach Rose Marie Marinace. "Most importantly the girls came off the field happy with their effort and played clean even when it was hot, they were tired and numbers were against them."

Marinace noted that when the team started the 2026 season they felt they were able to pick up where they left off in 2025 and with only two seniors leaving with graduation and three upcoming eighth graders who have played in middle school, she is confident that keeping the momentum and team spirit up will serve them well into next year.

Belmont ended the season with a 17-2 decision at John Stark on Thursday, May 28.

"We've regularly faced



The Belmont lacrosse girls celebrate seniors Madi McClennan and Shelby Mason at the end of the season.

teams with two and three times the number of players and this game was no different," Marinace said. "This time, however, we played first with one and then with no subs at all.

The Belmont girls' stamina to run the field has grown with every week of the season."

The game marked the final high school game for Mason and McClennan and

Mason ceremonially turned over the net to Brooke Murphy for the second half as the team heads into the next season.

Henry and Varnum scored the goals with Provencale picking up an assist while Mason had 10 saves and Murphy stopped nine in the second half.

"The team has regularly been complimented on its sportsmanship, leaving the field cheerful and ready for the next competition," Marinace noted. "I applaud the commitment and efforts of the entire team."

She praised the efforts of Kenison, Damon, Paquette, Perry, Schofield, Collins and Carr.

The Raiders are planning some free summer recruitment clinics in July and August for middle schoolers and any high school girls who are considering trying the sport.

Anyone interested in taking part in lacrosse is asked to e-mail Marinace for more information at BelmontNHLax@gmail.com.

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

Bamford tosses no-hitter against Inter-Lakes

BY JOSHUA SPAULDING
Sports Editor

BELMONT — Belmont's Wyatt Bamford tossed a no-hitter as the Raiders took a 9-0 win over Inter-Lakes to kick off the final week of the regular season on Tuesday, May 26.

The Raiders scored two goals in the bottom of the first inning then added three in the bottom of the third and two in the bottom of the fourth before closing out the game with two in the bottom of the sixth inning.

Bamford went all seven innings for the Raiders without allowing a hit and striking out 12 while Ryder Palsgrove pitched five innings for the Lakers, giving up eight hits and striking out four while Kiernan Donnelly pitched the final inning.

Brayden had a triple, a double and a single and scored three runs, Max Ryder had a triple, drove in two runs and scored a run, Wyatt Divers had a triple, two singles, drove in two runs and scored four times and Bamford had a double and a single, drove in three runs and scored a run.

Kaleb Knott was the only Laker to reach base, working a walk.

The Division III baseball tournament started after deadline Wednesday and continues on Saturday, June 6, at the home of the higher seed. The semifinals are Tuesday, June 9, at Robbie Mills Park in Laconia.

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



COURTESY
Wild animals are coming back to Tilton! Will the macaw show up? Or the alligator? Or the snakes? How about the hedgehog or the capybara? Find out on Saturday, June 6 from 11 a.m. until noon at the Riverfront Park pavilion. Sponsored by the Tilton Parks Commission, a group of interesting, and unusual animals, will be introduced to the attendees. While you never know which animals will be visiting, you can be sure that the program will be fun for all. Wildlife Encounters Ecology and Wellness Center provides programs that are educational, interactive, entertaining, and in great demand. Picnic tables for seating will be available, but feel free to bring your own chairs.



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Opinion

Letter submission policy

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

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

Building stronger connections before a crisis

In every generation, parents face challenges that seem unique to their time. Today's families are raising children in a world shaped by social media, constant connectivity, academic pressures, mental health concerns, and a pace of life that often leaves little room for reflection. While every era brings its own worries, one truth remains unchanged: young people thrive when they feel connected, supported, and understood.

That is why events like "Granite Minds, Connected Hearts" deserve recognition and appreciation.

The recent collaboration between the Winnisquam, Laconia, and Franklin school districts demonstrated what can happen when communities come together to address challenges that extend beyond classroom walls. Rather than focusing solely on academics, the evening acknowledged an important reality: helping young people succeed requires attention to their emotional well-being, mental health, and sense of belonging.

The centerpiece presentation, "The Kids Are Not Alright," confronted difficult topics that many families encounter but often struggle to discuss openly. By presenting the realities and pressures facing today's teenagers through theater, organizers created an opportunity for parents and community members to engage in meaningful conversations. Sometimes a story told from a stage can open doors that statistics and reports cannot.

Just as important was what happened after the performance. Families were not simply presented with problems and sent home. They were invited into a dialogue. Parents shared experiences, explored solutions, and discussed ways to strengthen communication with the young people in their lives. Those conversations matter because strong relationships are often the first line of defense when children face challenges.

Equally thoughtful was the decision to provide engaging programming for children during the event. While adults participated in discussions, young attendees were introduced to wildlife from around the world through hands-on educational experiences. The arrangement removed a common barrier that often prevents parents from attending community programs. It also ensured that children were enjoying an educational experience of their own.

The evening's success was further strengthened by the presence of organizations dedicated to supporting local families. Representatives from regional mental health agencies, family resource centers, and student leadership groups provided information and connections that may prove valuable long after the event itself has ended.

Perhaps the most encouraging aspect of "Granite Minds, Connected Hearts" was the spirit of cooperation behind it. School districts are often viewed through the lens of competition, budgets, enrollment numbers, or athletic rivalries. Here, three districts chose collaboration. They recognized that the challenges facing young people do not stop at town boundaries, and neither should the efforts to address them.

Communities are strongest when schools, families, service organizations, and local leaders work together. No single institution can solve every challenge facing today's youth. But when people come together with a shared commitment to helping children succeed, remarkable things become possible.

The title of the event captured that idea perfectly. Strong minds are important. Education matters. Achievement matters. But connected hearts matter too. Young people need adults who listen, communities that care, and opportunities to know they are not facing life's challenges alone.

That lesson is worth carrying forward long after the event has ended.



COURTESY

The Unitarian Universalist Congregation of Franklin recently celebrated National Little Free Library Day (May 17). Since its installation in November 2025, the Little Free Library at 206 Central Street, Franklin, has shared many books with the public. Little Free Library is a nonprofit organization based in Saint Paul, Minn. Their mission is to be a catalyst for building community, inspiring readers, and expanding book access for all through a global network of volunteer-led Little Free Library book-sharing boxes. The UU Congregation of Franklin is very happy to be a part of this mission.

LETTERS TO THE EDITOR

This world needs your kindness

To the Editor:

As we send our graduates into the world, I'd like to share a few words.

Today (whichever day of your particular graduation) is a great day. A great day for you. A great day for all of your teachers. A great day for parents — although there is a tinge of sadness for those parents and elders in your lives. Our memories go back a bit farther than yours, and as we gaze upon the young adult you have become, we are, of course, very proud. And overwhelmed with all the memories of the little child you once were. Some day, you might understand.

I'd like to talk a bit about all those accomplishments of yours. Some of them are official and duly notarized. You conquered Shakespeare and the Pythagorean theorem. You now have a working knowledge of History — World and United States. Some of you might have a trophy or two — awards and certificates gathering dust on your shelves, because — as we all know — you never clean your room.

But there are other things over these past years. Other mountains climbed, other trails blazed. They are not on file, and you may very well laugh at them now. But bear with me.

Years ago, frightened and alone, you were dropped in a parking lot by a yellow bus. You fought the crowded hallways. You got lost. Some of you were picked on a bit by those upper classmen — You found your classroom, you figured out the locker combination, your schedule, and the lunch line.

Somehow, you managed to get organized, do a little homework, and maybe even go to a game or a dance along the way.

You survived — maybe not all A's all the time, but you made it. If you have the 4.0 GPA — congratulations. The person sitting next you has a 2.5 — and they are getting the same piece of paper. You suffered through classes you hated, and you dealt with a teacher or two you just could not stand. Yea. We all have them. We know who they are.

More importantly, over all these years, you made friends — and lost one or two along the way. You probably did a few things you shouldn't have. We won't

mention them today. You got up the courage to ask her out. You fell in love. And when they broke your heart, and your world crumbled, and you didn't know how you could go on — you did.

Some of you dealt with other troubles. Serious stuff like depression, cutting, drugs. Stuff no one likes to talk about. So no one does. So, you suffered alone, while the person in the desk across suffered alone too. Being a teenager is hard. Very hard. It was hard for us elders too. Sometimes we don't remember just how difficult it was.

But, here you are — no longer our little children. You've grown. You've changed. And you are now taking that next step to adulthood. And yes, we are proud. And we are still worried. We will always worry.

So, now, as you take your next step, whatever that may be — please remember this. There will always be seniors and freshmen. Those who know and those who don't. There will always be insiders, outsiders, and even the outcast. And throughout life, you will find yourself among them. Sometimes you will be the senior, confident and assured. Sometimes, you will be the freshman, scared and just trying to figure out the lunch line. And sometimes, you will be the outcast. Misunderstood, alone and broken hearted that those you thought were friends turned on you.

Wherever you find yourself, take a moment. Remember how you felt. Remember those moments feeling lost and alone. Remember how you felt when you were finally included. Remember those moments of being hurt. Of being scared. Please — in whatever you do, and wherever you are, be kind. Be the friend who once befriended you. Be the person who showed you the way — who included you. Be the person who helped you navigate the lunch line. Be the person who made you feel that things would be OK. Be the person who offers kindness and compassion. We all know you are intelligent. We have no doubts about your ability. You will be successful. What this world needs is your kindness.

Rev. David Poole
Hospice Chaplain
Lakes Region VNA

Comfort Keepers

Stay safe and independent

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

June is National Safety Month, so for seniors, it is a good time to take steps to make them safer. By increasing seniors' safety, they can not only experience better health and wellbeing but also stand a greater chance of living in their own homes independently for as long as possible. With the wealth of information available on senior safety, though, it can be difficult to know where to start. Two areas to consider are home and vehicle

safety.

Tackling home safety can start by simply assessing the senior's needs, then modifying his or her home to accommodate those needs. Does the senior suffer from arthritis? Are there trip hazards in the home? Does the senior use a walker? The Society of Certified Senior Advisors has compiled a list of the top 11 home safety improvements from the U.S. Department of Housing and Urban Development, which can help you get started in the right direction as you consider safety improvements:

Levered doorknobs

Grab bars in bathrooms
Levered faucets in kitchen sink

Handrails on both sides of stairwells and on front and rear steps

Grab bars in showers
Removal of any door threshold

Movable shower heads for those who must sit
Portable shower seats

A bedroom and a bathroom with a bath/shower on the first floor

Widened doors to accommodate wheelchairs
Ramps for those using walkers and wheelchairs

Read more about home modifications in our Uni-

versal Home Design for Senior Independence article.

Another area of concern when it comes to older adults' safety is driving. Driving allows seniors to get around independently, but if the senior's driving abilities diminish, the risk of injury or death outweighs the benefits of mobility. Seniors at the greatest risk of driving impairment are those over 75, and in particular, those over 80. Depending on their physical and cognitive abilities, seniors can continue to drive, and can

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Winnisquam Echo

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Winnisquam rallies to win Battle of the Bears



JOSHUA SPAULDING

The Winnisquam baseball team poses with the Coaches Cup after beating Newfound in the Battle of the Bears at Robbie Mills Stadium in Laconia last Thursday.

BY JOSHUA SPAULDING
Sports Editor

LACONIA — The Newfound and Winnisquam baseball teams have made a tradition out of taking the field under the lights at Robbie Mills Stadium in Laconia for the final game of the regular season.

And those games have often been fun ones to watch and last Thursday night was no different, as the blue and white Bears scored two runs in the top of the seventh inning to erase what was once a 6-1 deficit and defeated the green and white Bears by a score of 8-6.

Winnisquam led off the game with an infield hit from Evan Cote and one out later, Carter Lloyd doubled to put two runners in scoring position. Cote scored when Brady Colby reached on an error, but Lloyd was cut down when Matt Hibbert grounded to short and Gavin Royea fired home for the out to keep any more runs from scoring. Newfound got a two-out double from Dan-

iel Sherkanowski and an infield hit from Jayden Belyea in the bottom of the inning but Lloyd pitched out of trouble by striking out the next batter.

Newfound starter Nate Arnold worked around a walk to Kobe Lloyd in the top of the second and his teammates got him some runs in the bottom of the inning. Ryder Sargent led off with an infield hit and one out later, Parker Matthews reached on an error. Ryan Hobart beat out an infield hit to tie the game an Arnold followed with a base hit. Royea grounded back to the pitcher, forcing the out at the plate, but a throwing error followed and Newfound took the 2-1 lead. Sherkanowski followed with a base hit to make it 4-1 and Belyea blasted a monstrous two-run homer over the fence in right center field to give Newfound the 6-1 lead after two innings of play.

Sherkanowski made a nice play at third to start the top of the third before Carter Lloyd was hit by a pitch. One out later, Hib-

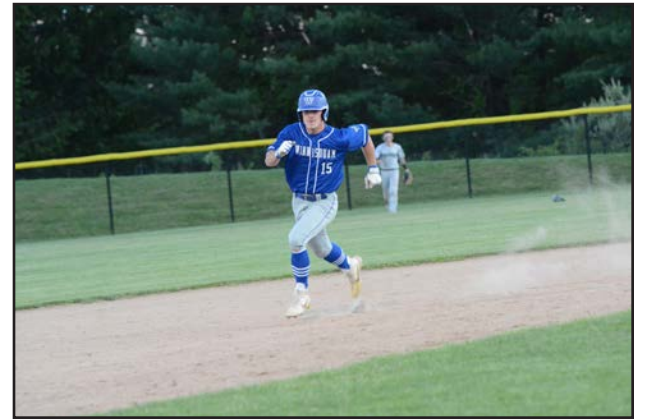
bert reached on an infield hit and an error allowed Winnisquam's second run to score to make it 6-2. The Bears of blue and white managed to get through the bottom of the inning without any damage.

Kobe Lloyd had a one-out base hit in the top of the fourth and Kellan Hilliker followed with a base hit. A walk to Cote loaded the bases and a Carter Lloyd base hit drove in two runs. Colby followed with a double to drive in two more runs, but he was gunned down at third base to end the inning.

Carter Lloyd set Newfound down in order in the bottom of the inning and Arnold did a nice job working around base runners in the top of the fifth thanks to some strong defense. Hibbert walked to start the inning and Danny Blodgett-Fralic followed with a double. Belyea made a great diving catch on a bloop to right and then fired home to Hobart at the plate to gun down the runner trying to tag and score for the 9-2 double play.

Sargent had a two-out infield hit in the bottom of the fifth inning, stole second and third, but an obstruction call ended the inning. Sherkanowski took over on the mound for Newfound in the top of the sixth inning and worked around a hit batter and Carter Lloyd retired the side in order in the bottom of the inning.

Colby reached on an error to open the top of the seventh inning and Hibbert worked a walk. One out later, a walk to Cullen Desrochers loaded the bases and a wild pitch plated the go-ahead run. Kobe Lloyd worked a walk to load the bases again and after a force play at the plate for the second out, another wild pitch plated the eighth run for Winnisquam and they took the 8-6 lead to the bottom of the seventh.



Brady Colby charges toward third base during action against Newfound last Thursday in Laconia.



Kellen Hilliker puts down a bunt during Winnisquam's game in Laconia last Thursday night.



Winnisquam's Matt Hibbert prepares to play defense as Newfound's Daniel Sherkanowski takes a lead off first in action last Thursday night.

Royea and Sherkanowski both beat out infield hits to start the bottom of the seventh before Carter Lloyd struck out the next two batters. Sargent worked a walk and with his pitcher at the pitch limit, Winnisquam coach Fred Caruso called on Dio Katsigiannis to close out the game and he delivered, getting a strikeout to end the game.

The Division III tournament started after deadline Wednesday and continues on Saturday, June 6, at the home of the higher seed. The semifinals are Tuesday, June 9, at Robbie Mills Park in Laconia.

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

COMFORT

CONTINUED FROM PAGE A4

increase their safety on the road by taking some preventive measures:

Exercise for strength and flexibility (This helps with maneuvering a car.)

Know what prescriptions may interfere with driving

Have regular eye check-ups

Drive in the best conditions: in daylight with good weather

Plan driving routes in advance

Find safe routes with left-turn arrows at intersections, well-lit streets, and easy parking

Ensure driving is distraction free (no eating, talking on phone, or loud music)

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Weymouth tosses no-hitter to close regular season



JOSHUA SPAULDING

Newfound's Kinley Smith takes the throw at the plate as Winnisquam's Alissa Jean slides in during action on Friday night in Franklin.



Karmyn Simpson rounds third with coach Kevin Dame waving her homeward in action on Friday night in Franklin.

BY JOSHUA SPAULDING
Sports Editor

FRANKLIN — It may have rained a little, but the Newfound and Winnisquam softball teams played on at Franklin's Odell Park on Friday, May 29, with the

Winnisquam girls getting a no-hitter from Danica Weymouth on the way to a 16-0 win over Newfound. Weymouth led off the game with a base hit and Camilla Cote worked a walk. A walk to Karmyn

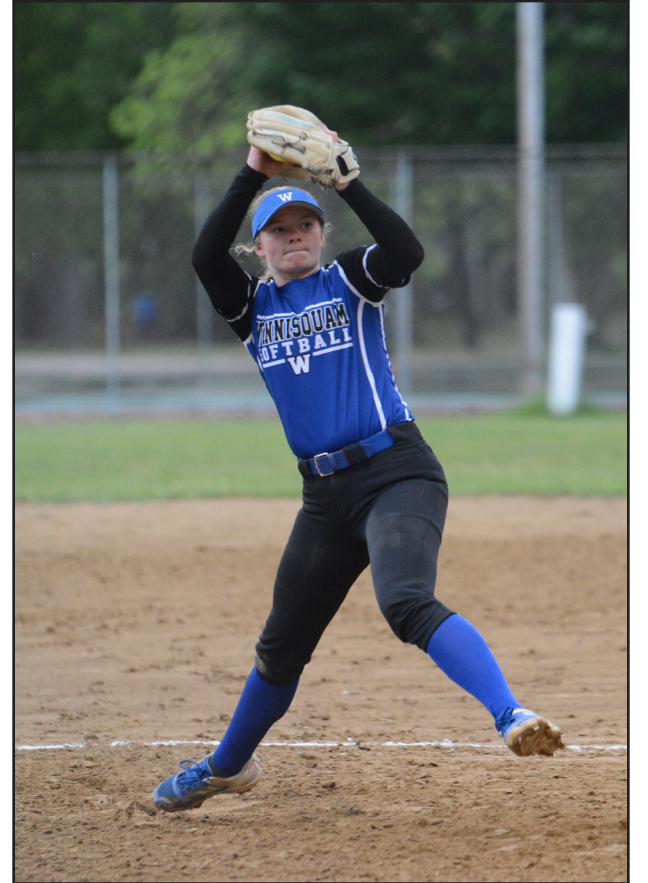
Simpson loaded the bases and a sacrifice groundout from Layla Gloddy drove in the first run of the game. Hennesey Vieira followed with a base hit to drive in two more runs with Kaylee Jeanson taking over on the bases for the Winnisquam catcher. Aaylah Cartier worked a walk and a sacrifice fly from

Alexis Mingolla brought home the fourth run before Newfound starter Kinley Smithy got the final out of the inning.

Weymouth shut the side down in order in the bottom of the first inning and Smith worked around a Weymouth walk in the top of the second inning. Gloddy made a great defensive snare of a line drive to short in the bottom of the second and after Erin Matthews worked a walk, Weymouth struck out the next two to end the inning.

Gloddy was hit by a pitch to open the top of the third and Vieira reached on an error with Jeanson again taking over on the bases. Cartier worked a walk and one out later, Caidyn Carter grounded the ball between first and second. The ball hit Cartier for the automatic out, but one run scored for the 5-0 lead. Alissa Jean reached on an error to drive in another run and a Weymouth base hit made it 7-0. A wild pitch brought in another run and after Cote was hit by a pitch, Simpson reached on an error to drive in another run. A base hit from Gloddy drove in two more runs and Winnisquam was up 11-0 in the middle of the third.

Weymouth put the side down in order in the bottom of the third inning and Jovie Robinson took over in the circle for Newfound in the top of the fourth. Cartier led off the inning with a triple and scored when Mingolla reached on an error. Carter had a base hit and Jean was hit by a pitch to load the bases. Weymouth drove in a run with a base hit and Taelynn



Winnisquam's Danica Weymouth threw a no-hitter in the final game of the regular season against Newfound on Friday.

Hannagan made a nice play at third and cut down a runner at the plate when Cote ripped a grounder her way. A walk to Simpson plated another run and Matthews made a great catch of a foul pop from Gloddy that drove in another run and after a Vieira infield hit, a base hit from Cartier gave Winnisquam the 16-0 lead. Hannagan and Robinson had back-to-back walks to open the bottom of the fourth, but Vieira cut down Hannagan stealing third and Weymouth struck out the next two batters to end the inning.

Carter worked a walk to start the top of the fifth and one out later, Matthews made a spectacular running catch of a long drive from

Weymouth and after Cote walked, Ayla Dolloff made a nice play at short to end the inning.

Weymouth then struck out her ninth and 10th batters of the game in the bottom of the fifth to seal the no-hitter and the win for the Winnisquam girls.

The Division III tournament kicked off after deadline on Wednesday and continues on Saturday, June 6, at the home of the higher seed. The Division III semifinals are Wednesday, June 10, at D and M Park in Holderness.

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

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Bear boys take second at Wilderness Championships



JOSHUA SPAULDING

The Winnisquam track boys finished as the runners-up at the annual Wilderness League Championships on May 23 in Meredith.



The team of (l to r) Kane St. Hilaire, Kyle Douglas, Taber Haggett and Nolan Abbott won the Wilderness League 4X400-meter championship.



Alexandria Myers breaks from the blocks in the 100 meters during action in Meredith on May 23.



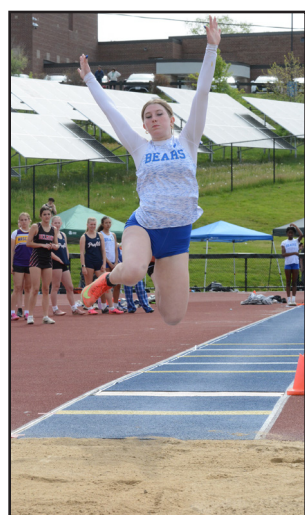
Cullen Desrochers runs in the 3,200 meters during the Wilderness League Championships.

BY JOSHUA SPAULDING
Sports Editor

MEREDITH — The Winnisquam track boys put together a solid performance at the Wilderness League Championships, finishing second overall while the Bear girls finished in a tie for eighth place on Saturday, May 23, at Inter-Lakes High School.

Nolan Abbott won the preliminaries for the 110-meter hurdles in 17.31 seconds with Kyren Whitmore in fourth in 19.2 seconds. Abbott then won the finals as well with a time of 17.18 seconds with Whitmore again in fourth in 18.7 seconds.

Abbott also won the 300-meter hurdles in 43.15 seconds with Taber Haggett in second in 43.53 sec-



Zariah Moore sails through the air during the long jump competition at the Wilderness League Championships.

Dayton Brigante in ninth in 47.81 seconds and Whitmore in 14th in 50.78 seconds.

Abbott was second in the pole vault, clearing 10 feet, six inches with Brigante in third at 10 feet and Kane St. Hilaire in fifth at nine feet, six inches.

Kyle Douglas was fifth in the preliminaries for the 100 meters in 11.64 seconds and placed fourth in the finals in 11.54 seconds.

St. Hilaire was 18th in 12.25 seconds, Jovan Tyler was 27th in 12.43 seconds, Oliver Hatfield was 31st in 12.65 seconds and Romain Berghmans was 33rd in 12.73 seconds. Douglas was also sixth in the 200 meters in 23.29 seconds and Berghmans was 22nd



Nolan Abbott clears the pole vault bar during the Wilderness League Championships on May 23.

Haggett tossed his way to fourth in the javelin with a throw of 143 feet, six inches while in the discus, Noah Bassett was 14th at 105 feet, five inches.

In the shot put, Bassett was 18th at 35 feet, 6.5 inches and Andrew Field was 22nd at 34 feet, 4.5 inches.

Whitmore cleared five feet, three inches in the high jump to place seventh overall and Hatfield was 11th at five feet, one inch. Jourdan Tremer finished in 18th place in the long jump at 16 feet, 5.25 inches.

Cullen Desrochers was ninth in the 3,200 meters in 10:53 while in the 400 meters, Connor Allen was 17th in 57.33 seconds and

Simon Ahlgren was 23rd in 58.91 seconds.

The Bear boys won the 4X400-meter relay in a time of 3:36.19, finished fifth in the 4X800-meter relay in 9:38.98 and were 13th in the 4X100-meter relay in 49 seconds. The Bear girls were third in the 4X100-meter relay in 52.99 seconds and were fourth in the 4X400-meter relay in 4:25.91.

Kyra Russell was third for the girls in the pole vault, clearing seven feet while Eloise Abbott was seventh at six feet, six inches. Milan Pham finished in eighth in the triple jump at 29 feet, eight inches and Zariah Moore was 14th at 28 feet, 6.5 inches.

Phoebe Timmons finished in third in the shot put with a toss of 30 feet, 1.5 inches with Russell in ninth at 25 feet, 3.5 inches.

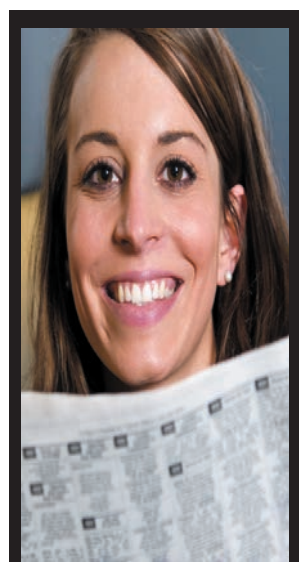
Timmons was also fifth in the discus with a toss of 75 feet, seven inches while Anna Drinkwine threw her way to fourth in the javelin with a distance of 90 feet, nine inches.

Abbott finished in fifth place in the 300-meter hurdles in a time of 51.58 seconds while in the 200 meters, Emily Tripple was 14th overall in 28.55 seconds. Alexandria Myers was 11th in the 100 meters in 13.59 seconds with Denessa Williams in 16th

in 13.82 seconds, Kaiden Robb in 24th in 14.14 seconds and Moore in 38th in 14.78 seconds.

Williams finished in sixth place in the long jump at 15 feet, 7.5 inches with Myers in eighth at 15 feet, Pham in 16th at 13 feet, two inches and Moore in 17th at 13 feet, .75 inches. Robb placed seventh in the 400 meters in 1:06.15 with Tripple in ninth in 1:06.98 and Russell in 19th in 1:14.34.

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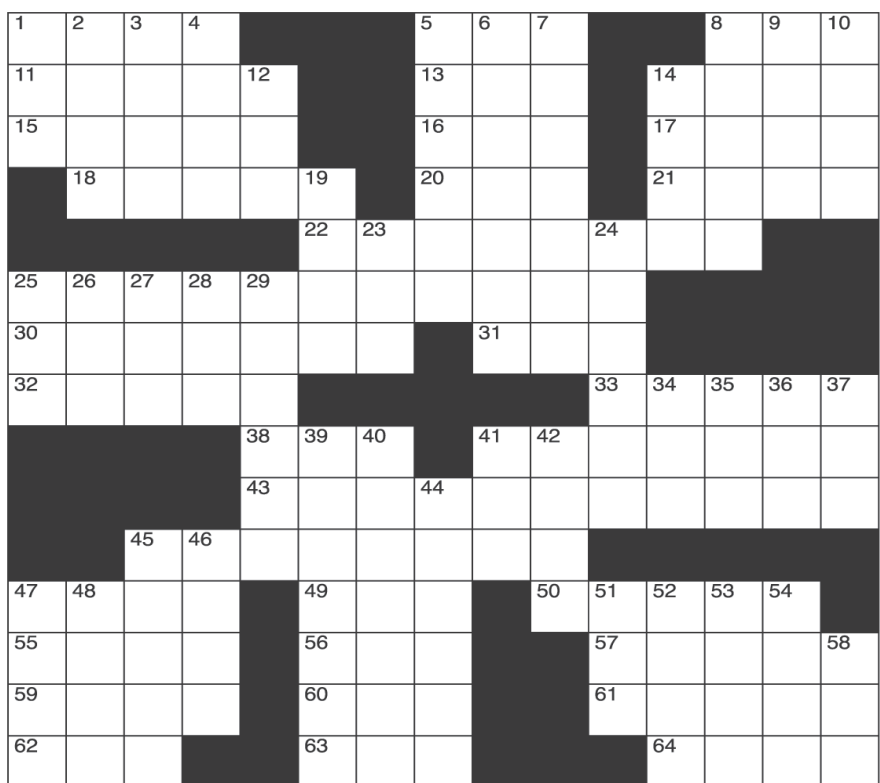
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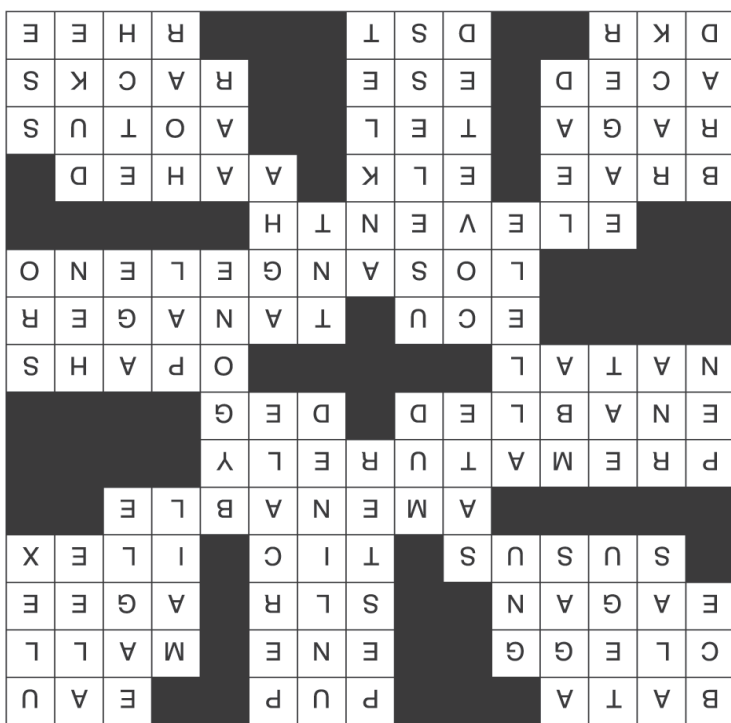
CLUES ACROSS

- 1. Egyptian bull-god
- 5. A young canine
- 8. Cologne
- 11. Fictional British P.I.
- 13. Midway between northeast and east
- 14. A place to shop
- 15. Minneapolis suburb
- 16. Single lens reflex
- 17. NY Mets great Tommie
- 18. Informal loan clubs
- 20. Habitual twitching
- 21. Holm oak
- 22. Willing to consent or submit
- 25. In an early way
- 30. Made possible
- 31. Language in Ghana
- 32. Relating to one's birth
- 33. Deep-bodied fishes
- 38. Defunct European currency
- 41. Small American songbird
- 43. One from L.A.
- 45. After tenth
- 47. Hillside
- 49. Red deer
- 50. Partner to "oohed"
- 55. Indian musical pattern
- 56. Israeli city __ Aviv
- 57. Golden peas plant
- 59. Breezed through
- 60. Midway between east and southeast
- 61. Frameworks
- 62. Danish krone
- 63. Fall back
- 64. Influential Korean leader

CLUES DOWN

- 1. Bridge building degree
- 2. Expression of sorrow or pity
- 3. Large, stocky lizard
- 4. Turkish leader title
- 5. Nag
- 6. Blank
- 7. Closely woven cotton fabric
- 8. A nice shot in golf
- 9. Away from wind
- 10. Evergreen shrub genus
- 12. Large African antelope
- 14. Something you receive
- 19. Satisfy
- 23. Wet dirt
- 24. No longer here
- 25. Writing utensil
- 26. Ribonucleic acid
- 27. Consume food
- 28. Licensed for Wall Street
- 29. Alternative forms of a gene
- 34. Buddy
- 35. We all do it
- 36. Chicken
- 37. No seats available
- 39. Yearned to possess
- 40. Ineffectual
- 41. Explosive
- 42. Turkish title
- 44. Worn near the foot
- 45. Impatient
- 46. Set an example for others
- 47. Actor Pitt
- 48. Instrument of torture
- 51. Swiss river
- 52. Grayish white
- 53. A way to print
- 54. Storied college hoops program
- 58. Midway between south and southeast

PUZZLE SOLUTION



MINDS

CONTINUED FROM PAGE A1

in these vital conversations, their children enjoyed a parallel experience of their own. Led by a professional Wildlife Encounters educator, the presentation introduced youth to a popular team of wild and exotic Ambassador Animals, including a North American opossum, Bennett's wallaby, African giant millipede, Granite Burmese python and many more. The program kept young minds constructively engaged while emphasizing the ecological importance of these animals, teaching the audience the value of wildlife appreciation, respect, and protection.

By offering distinct, age-appropriate programming, the regional school districts successfully removed barriers to attendance, allowing entire families to participate in an evening dedicated to empathy, growth, and connection. Families walked away with valuable community resources, a take-home activity designed to build protective factors for youth, and a sense of renewed hope.

Also present were representatives from Lakes Region Mental Health Center, Riverbend Community Mental Health, Lakes Region Community Services: Family Resource Center and staff/students from La-

conia's Stand Up Sachems. The event was hosted at Prescott Farm with complimentary food generously donated by Domino's Pizza and Annie's Cafe & Catering in Laconia. This event was funded by Promising Futures for New Hampshire which is a partnership between NH Department of Education Bureau of Student Wellness and Nutrition and the NH Department of Health and Human Services Bureau for Drug and Alcohol Services.

Members of the New Hampshire Theatre Project, along with Franklin High School students (Paige McGahey & Kylan Fissette-Snow) prepare for the event's presentation.

LIBRARY

CONTINUED FROM PAGE A1

Nonfiction Book Group meets Thursday, June 5 at 10:30 a.m. to discuss "Devil in the White City" by Candice Millard. The Afternoon Book Group will discuss "The Quiet Game" by Greg Iles on Thursday, June 11 at 4:30 p.m. Mystery Group meets Thursday, June 18 at 10 a.m. with "The Locked Door" by Freida McFadden, while the Friday Fiction Book Group discusses "Finlay Donovan Is Killing It" by Elle Cosimano on Friday, June 19 at 10:30 a.m. An After Hours Book Group will also meet Thursday, July 2 at 4:30 p.m. to discuss "Just for the Summer" by Abby Jimenez.

For children and families, Story Time continues

every Wednesday at 10:30 a.m. with stories and activities for preschool-aged children.

The Belmont Public Library's Summer Reading Program officially begins June 22. To celebrate, the library will host a Bubble Garden event on Monday, June 22 from 4-6 p.m., with a rain date scheduled for June 23. Additional summer activities and programs will be announced throughout the season.

Teen readers can join the Teen Book Club on Thursday, June 25 at 4 p.m. to discuss the graphic novel edition of "House of Hades" by Rick Riordan. All ages are welcome to attend.

The library will also host Mah Jongg on Wednesday, June 24 at 2 p.m., welcoming both beginners and experienced

players.

Library patrons can also take advantage of discounted admission opportunities available with a Belmont Public Library card, including passes to the McAuliffe-Shepard Discovery Center, New Hampshire State Parks, Squam Lakes Natural Science Center, and the Mt. Kearsarge Indian Museum. Additional passes for the Mt. Washington Observatory, Auto Road, and Cog Railway are expected soon.

All programs are free and open to the public unless otherwise noted.

For more information, visit belmontpubliclibrary.org, call (603) 267-8331, or stop by the Belmont Public Library at 146 Main St.

CHAMPIONSHIPS

CONTINUED FROM PAGE A1

4X400-meter team finished in ninth place with the team of Riley DeGange, Annika Krauchunas, Clairmont and Laramie finishing in a 4:34.46 and in the 4X100-meter relay, Krauchunas, Kyleigh Roe, Sadie Sturgeon and Ellis finished in 12th place in 54.82 seconds.

Brady Filteau led the way for the Belmont boys with two top-three finish-

es. He was second in the discus with a toss of 157 feet and then finished in third in the shot put with a distance of 46 feet, 7.75 inches. Teammate Ethan Rivera was 14th at 40 feet, 7.5 inches.

Aaryn Durand finished in eighth place in the triple jump at 38 feet, 9.5 inches and Christian Edgren was 10th at 37 feet, 3.5 inches. Sacha Artis was 10th in the 300-meter hurdles in a time of 45.42 seconds and 13th in the 110-meter hur-

dles in 18.32 seconds.

The Raider 4X400-meter team of Artis, Edgren, Aiden Milmore and Durand finished in 12th in 3:47.67.

Lacasse automatically qualified for the Meet of Champions, which takes place on Saturday, June 6, at Oyster River High School.

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



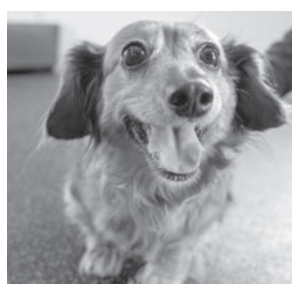
Brady Filteau winds up to fire the shot put during action at the Division III State Meet on Sunday in Pelham.



Mia Ellis goes over the hurdles during action in the Division III State Meet on Sunday at Pelham High School.

PETS OF THE WEEK

Meet Laci!



Meet Laci - One half of the Dachshund Duo Laci is a beautiful long-haired dachshund mix with a gentle soul and a touch of shyness that only makes her more endearing. She may take a little time to warm up to new people, but with patience and kindness, her sweet personality truly begins to shine.

Laci takes a lot of comfort in her brother Scrapy—she looks up to him and often follows his lead. If Scrapy decides you're

a friend, chances are Laci will start to feel the same way too. Watching her gain confidence and come out of her shell is incredibly rewarding, and she forms strong bonds with those she trusts.

This silly girl enjoys getting fresh air and would love a home where she can join you for peaceful walks and little outdoor adventures. She's got a playful side that peeks through once she feels safe, and it's sure to make you smile.

Laci may need some dental work down the line, so her future family should be prepared to keep an eye on her dental health and continue with any care she may need. With the right support, she'll continue to thrive.

If you have a soft spot for the quieter ones and the patience to let her blossom at her own pace, Laci will reward you with a loyal, loving companionship—and maybe a few silly moments along the way.

Meet Scrapy!



Meet Scrapy - One half of the Dachshund Duo Scrapy may have a bit of a "don't mess with me" look at first glance, but don't be fooled—this dachshund mix is a total softie at heart. Beneath that scrappy exterior is a lovable guy who's just waiting to show off his sweet, easygoing side to the right person.

He's a big fan of the simple joys in life: a good squeaky toy, some fresh air on a nice walk, and a cozy spot to relax by your

side. Scrapy would be more than happy to be your daily sidekick—whether you're out and about or just lounging at home, he's happiest just being with his people.

Scrapy and his sister are also working on getting into their best shape, so they'll need a forever home that's committed to helping them stay healthy. A little extra exercise and mindful feeding will go a long way for this pair!

Scrapy does have a seizure disorder that is currently well-managed with medication. Because of this, his future family will need to be comfortable continuing his medication routine and staying on top of his care to keep him feeling his best. He doesn't let it slow him down, and with the right support, he can continue to live a happy, full life.

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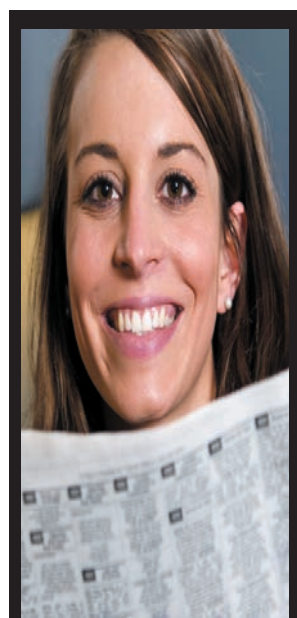
While hardscaping garners considerable attention when planning an outdoor entertaining space, landscaping should not be overlooked. Many homeowners want to enjoy their outdoor entertaining spaces without having to spend too much time tending to the surrounding grounds, which can make these low-maintenance landscape features the perfect fit.

- **Native plants:** Native plants are low maintenance because they are naturally adapted to the local climate. That means homeowners won't have to expend extra effort and energy watering plants or amending the soil. Non-native species may provide some bold colors, but that comes at the cost of additional maintenance. There's also an environmental cost when planting non-native species, as the United States Environmental Protection Agency warns that non-native species typically displace natives, which can adversely affect the local ecosystem.

- **Perennials:** Homeowners looking to accent their outdoor entertaining areas with flowers can choose perennials over annuals. Perennials live for three or more years, and some species can even live for a decade or more. While they might require some seasonal pruning, perennials will not need to be replanted each year like annuals.

- **Tolerant plants:** Plants that can tolerate the local climate generally fall under the native category. But it's especially important that homeowners who don't want to expend much effort on landscape maintenance look for plants that can tolerate drought. A recent study from researchers at UCLA, the National Oceanic and Atmospheric Association, and CIRES predict drought conditions will last longer, cover wider areas, and become more severe as the climate continues to warm. Drought-resistant plants may still require some watering if such predictions hold true. However, such plants will not require as much maintenance as those that are less equipped to handle drought. Homeowners who choose plants with drought-tolerance in mind won't have to spend as much time watering and also can protect their financial investment.

Outdoor entertaining spaces are meant to be enjoyed. And homeowners may enjoy such spaces a lot more if they opt for low-maintenance landscape solutions.



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Thinking About Improving or Developing Your Property in the Lakes Region?

BY DONALD CHAPMAN

President & Co-Founder, Strong Tree Engineering
 For many property owners in New Hampshire's Lakes Region, land is more than just real estate — it's legacy.

Whether it's a family lot that's been passed down for generations, a seasonal camp being converted into a year-round home, or raw land purchased with future plans in mind, many owners eventually reach a point where they start asking important questions:

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- What happens if wetlands are involved?
- Can I improve my driveway or private road?
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These are exactly the kinds of questions we help property owners answer every day at Strong Tree Engineering.

Across the Lakes Region, we continue to see strong interest in land development, home additions, subdivision planning, septic upgrades, and property improvements. But many projects become more complicated than expected once local zoning, environmental regulations, topography, drainage, wetlands, and permitting requirements enter the picture.

That's why early planning matters.

One of the most common mistakes property owners make is investing significant time or money into a project before fully understanding site constraints or permitting requirements. In many cases, a simple consultation with an experienced surveyor, engineer, or environmental professional early in the process can save substantial time, expense, and frustration later.

At Strong Tree Engineering, our Lakes Region office in Ossipee helps homeowners, developers, contractors, and landowners navigate projects such as:

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- Lot subdivisions and boundary adjustment plans
- Septic system design and upgrades
- Wetland delineations and environmental permitting

- Driveway and roadway design
- Stormwater management systems
- Site planning for new homes and additions
- Commercial and residential development projects
- Local, state, and shoreline permitting support

The Lakes Region presents unique engineering and environmental challenges compared to many other parts of New England. Steep terrain, high groundwater, shoreline protection rules, wetlands, aging infrastructure, and rural access conditions all require thoughtful planning and experienced local guidance.

At the same time, there are tremendous opportunities for responsible growth and property improvement throughout the region.

Our philosophy at Strong Tree Engineering is simple: help clients move projects forward efficiently while protecting the natural resources that make New Hampshire such a special place to live and invest.

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Sometimes a project is more feasible than a property owner initially thought. Other times, there are legitimate site limitations that need to be understood before moving forward. Either way, having the right team involved early can make all the difference.

As a company, we are proud to have established our Lakes Region office in Ossipee because we believe local knowledge and local relationships matter. We're invested in helping property owners improve and maximize their land responsibly — while preserving the character and environmental quality of the communities we all value.

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MEET

CONTINUED FROM PAGE A1

meters, Robb was 10th in 1:05.72 and Tripple was 16th in 1:07.86. Myers was

14th in the 100 meters in 13.81 seconds.

Phoebe Timmons was eighth in the shot put at 29 feet, 10.75 inches and finished in 12th in the discus at 70 feet, six inches. Anna Drinkwine finished ninth in the javelin at 84 feet, 11 inches and in the triple jump, Milan Pham was eighth at 29 feet, 8.5 inches.

With his wins, Abbott automatically qualified for the Meet of Champions, which takes place on Saturday, June 6, at Oyster River High School.

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



Eloise Abbott clears a hurdle during action at the Division III State Meet on Sunday.



Taber Haggett powers over a hurdle during action in the Division III State Meet at Pelham High School on Sunday.



Phoebe Timmons prepares to fire the shot put during action on Sunday in the Division III State Meet.

Raiders double-up 'Toppers in Somersworth

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont baseball team closed out the penultimate week of the regular season with a 10-5 win over Somersworth, a game that wasn't really as close as the final score would indicate.

Each team scored a run in the first inning and Belmont added two in the top of the second and two in the top of the fourth for the 5-1 lead after four. The "Toppers added a run in the bottom of the fifth before Belmont scored twice in the sixth and three times in the seventh to open up the 10-2 lead. The hosts hit a two-run homer in the seventh that popped out of the glove of Eddie Rochenski in the Belmont outfield and fell over the fence for the final score of 10-5.

Wyatt Divers went the distance on the mound,

giving up four earned runs and striking out nine.

Divers helped his own cause at the plate with two triples and a single, two RBIs and three runs scored. Brayden Townsend had a double and three singles, drove in two runs, scored two runs and stole two bases, Wyatt Bamford had a pair of singles, drove in four runs and stole a base, Sam Binder had two singles and a walk and scored a run, Max Ryder had a double and a walk, Brady Fysh had a single and a walk, reached on an error and scored two runs and Alex Rowley had a single and a walk, drove in a run and scored two runs. Coach Matt LeBlanc noted that Rowley laid down the nicest bunt he's seen in a number of years and it went for a hit.

"It was a good team win and great environment

to play in as we near the playoffs," LeBlanc said. "We give a ton of credit to Somersworth as they brought a ton of energy and never quit, they played a good game."

"Divers, Townsend and Bamford continue to be formidable at the top of our lineup and we are getting contributions up and down the lineup," he continued. "We keep playing one game at a time, we have the right mindset and are learning winning baseball."

The Division III tournament continues with quarterfinal action on Saturday June 6, at the home of the higher seed and the semifinals are Tuesday, June 9, at Robbie Mills Park in Laconia.

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

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Softball Raiders finish regular season with a win

BY JOSHUA SPAULDING

Sports Editor

BELMONT — The Belmont softball team finished the season strong, playing a great battle against White Mountains for the second time this season and rolling to a rainy win over Hillsboro-Deering.

On Wednesday, May 27, the Raiders headed north to Whitefield and battled the Spartans. Belmont took the lead with three runs in the fifth inning to take the 5-4 lead, however, the Spartans scored two runs in the bottom of the inning and held on for the 6-5 win over the Raiders.

The Raiders were led by Madi MacDonald and Falyn Sicard with two hits and an RBI each while Lyla McSheffrey had a hit and drove in two runs and Molly O'Connell had a hit and drove in a run.

The Raiders wrapped up the regular season with a home game against Hillsboro-Deering on Friday, May 29, with MacDonald and Meg Soucie honored for their dedication to the program. MacDonald started in center and Soucie in left as the Raiders cruised to a 13-1 win over the Hillcats.

Bailey Perkins got the win in the circle, going six innings and allowing just one hit and four walks while striking out nine. McSheffrey earned coach Bill Clary's praise for her outstanding game behind the plate calling the game. McSheffrey threw out a runner stealing and had a pair of hits at the plate.

"Those two girls work so well together," the veteran coach said of his battery.

O'Connell continued her strong play with three hits and four runs driven in as well as a great defensive play at second base. Avery Thurber and Adi Ross both had a pair of hits and Natalee Cullen had a game, lacing a single, a double and a triple. In her final at-bat, she hit a fly ball to right that was played into an error and allowed Cullen to circle the bases for the walk-off run.

The Division III tournament kicked off after deadline on Wednesday and continues on Saturday, June 6, at the home of the higher seed. The Division III semifinals are Wednesday, June 10, at D and M Park in Holderness.

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

Softball Bears drop extra-inning thriller to Spartans

BY JOSHUA SPAULDING

Sports Editor

TILTON — The Winnisquam softball team dropped a 2-1 extra-inning decision to White Mountains on Friday, May 22, closing out the penultimate week of the regular season with a playoff-type battle.

"This was a great game between two very good softball teams that could have gone either way," said Winnisquam coach Mark Dawalga. "Give White Mountains credit, they were able to make a couple of more plays than us."

"I really liked our compete level today," the veteran coach continued. "This was like a playoff game with both teams playing great softball."

The Division III softball tournament began after deadline Wednesday and continues on Saturday, June 6, at the home of the higher seed. The semifinals are Wednesday, June 10, at D and M Park in Holderness, near the campus of Plymouth State University.

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

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JOSHUA SPAULDING
Madi MacDonald rounds third on her way to scoring a run in action against Hillsboro-Deering last week.



Natalee Cullen attempts to put down a bunt during action against Hillsboro-Deering last Friday afternoon.

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Lacasse sets new Wilderness League 400 record

BY JOSHUA SPAULDING
Sports Editor

MEREDITH — The Belmont track team took part in the Wilderness League Championships on Saturday, May 23, at Inter-Lakes with the girls finishing in fourth place and the boys finishing in sixth place for the day.

Ava Lacasse had another good day for the Raider girls, setting a Wilderness record on the way to winning the 400 meters with a time of 58.11 seconds.

Hailey Clairmont finished in 14th place in 1:08.84.

Lacasse also won the preliminaries in the 100 meters in 12.61 seconds and won the finals in 12.55 seconds. Annika Krauchnass was 18th in 13.95 seconds, Sadie Sturgeon was 26th in 14.33 seconds and Kyleigh Roe was 34th in 14.68 seconds.

Cora Takantjas finished in second place in the 300-meter hurdles in 49.73 seconds with Mia Ellis in sixth place in 52.29 seconds.



JOSHUA SPAULDING
Ava Lacasse breaks from the blocks on her way to winning the 100 meters at the Wilderness Championships on May 23.

Takantjas was sixth in the preliminaries for the 100-meter hurdles in 17.98 seconds and finished third in the finals in 17.19 seconds with Ellis in ninth in 18.85 seconds.

Jenna Laramie jumped to fifth overall in the long jump at 15 feet, 7.5 inches while in the 800 meters, Laramie was 12th in 2:46.24 and Riley DeGange was 13th in 2:47.14.

Takantjas added a fourth place in the triple jump at 31 feet, 2.75 inches with Clairmont in 13th place at

28 feet, 7.75 inches while Sami O'Connor placed sixth in the shot put with a toss of 26 feet, six inches.

The Raider girls were sixth in the 4X400-meter relay in 4:37.91 and placed seventh in the 4X100-meter relay in 54.8 seconds. The Raider boys were fifth in the 4X400-meter relay in 3:53.16 and eighth in the 4X100-meter relay in 48.05 seconds.

Sacha Artis was third in the preliminaries for the 110-meter hurdles in 19.11 seconds and finished sec-



JOSHUA SPAULDING
Sacha Artis clears a hurdle during the 110-meter event at the Wilderness League Championships.

ond in the finals in 18.03 seconds. He was also fifth in the 300-meter hurdles in 45.62 seconds.

Aaryn Durand jumped to third in the triple jump at 39 feet, 1.25 inches with Christian Edgren in third at 38 feet, 6.5 inches. Durand was also 14th in the 800 meters in 2:17.91 and Aiden Milmore was 16th in 2:22.61. Milmore was also 17th in the javelin at 99 feet, 11 inches.

Brady Filteau was third in the discus with a toss of 146 feet, eight inches and was also third in the shot

put at 47 feet, 2.5 inches with Ethan Rivera in seventh at 42 feet, 3.5 inches, Ryan O'Connor in 10th at 39 feet, 11 inches and Daniel Tripp in 32nd place at 31 feet, 10 inches. Nick Wright was 17th in the 200 meters in 24.88 seconds and 19th in the 100 meters in 12.26 seconds and Dane Smith was 27th in the 400 meters in 1:00.08.

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

Ryder's blast leads Belmont over Spartans

BY JOSHUA SPAULDING
Sports Editor

WHITEFIELD — The White Mountains baseball team got out to a quick 2-0 lead over visiting Belmont on Wednesday, May 27, but Belmont's Max Ryder launched a three-run homer in the fifth inning and the Raiders added two more in the seventh to pull out a 5-3 win over the Spartans.

Ryder had the homer, drove in three runs and scored two runs to lead the way for the Raider offense while Wyatt Divers had a hit and scored a run, Jack Crockford had a hit and scored a run, Sam Binder had two hits and drove in a run and Alex Rowley and Brayden Townsend each added a hit.

Deagan Stover had a double, drove in a run and scored a run to lead the way for the Spartans while

Jacob Silver had a hit and scored a run, Benny Hicks had a hit and drove in a run and Carson Miller had a hit and drove in a run.

Divers went the distance on the mound for the Raiders, giving up three earned runs and striking out eight. Stover started for the Spartans and went five innings, giving up three earned runs and striking out seven while Silver and Rylan Bennett finished things up on the hill for the Spartans.

The Division III tournament continues with quarterfinal action on Saturday June 6, at the home of the higher seed and the semifinals are Tuesday, June 9, at Robbie Mills Park in Laconia.

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

Softball Bears drop extra-inning thriller to Spartans

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam softball team dropped a 2-1 extra-inning decision to White Mountains on Friday, May 22, closing out the penultimate week of the regular season with a playoff-type battle.

"This was a great game

between two very good softball teams that could have gone either way," said Winnisquam coach Mark Dawalga. "Give White Mountains credit, they were able to make a couple of more plays than us.

"I really liked our compete level today," the veter-

an coach continued. "This was like a playoff game with both teams playing great softball."

The Division III softball tournament began after deadline Wednesday and continues on Saturday, June 6, at the home of the higher seed. The semifinals

are Wednesday, June 10, at D and M Park in Holderness, near the campus of Plymouth State University.

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

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