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The Home Beautiful owners celebrate five years by giving back to community

BELMONT — The Home Beautiful is celebrating five years of employee ownership by giving back to the community that helped make it possible.

In April 2021, after 35 years of ownership, Bruce Hamel sold The Home Beautiful and The Home Beautiful Bargain Outlet to his employees, marking a historic first for Central New Hampshire.

"It was hard to believe, but this was a first for the Lakes Region," said Hamel, who remains on the cooperative's board of directors.

Jackie Lemire, who began as a sales associate, has seen many changes at The Home Beautiful. She is now Design Department manager and President of the Cooperative.

"I am deeply grateful to have been part of Home Beautiful for 26 years, witnessing our growth and transformation into a thriving employee-owned cooperative. Its continued success is a testament to



The Home Beautiful team celebrating five years of employee ownership.

the passion, creativity, and commitment of everyone who has helped shape it along the way," Lemire said.

Today, the company has 11 employee-owners and continues to thrive under

its cooperative model. To mark this milestone, the team has launched a series of community-focused initiatives across Central New Hampshire.

Among the highlights is a Local Hero giveaway, awarding \$5,000 in flooring and installation to a deserving community member. The Home Beautiful is currently inviting the public to submit nominations through their website.

"We wouldn't be where

we are today without the support of our community over the past five years," said CEO Kimberly Young. "This giveaway and our community efforts are our way of saying thank you, while also recognizing someone who has made a meaningful difference in the lives of others."

In addition to the giveaway, the entire Home Beautiful team will participate in five acts of kindness throughout the Lakes

Region.

"I knew they were a very special group," Hamel added. "I'm not surprised by their success. Their commitment to customers, integrity, and community continues to set them apart."

The celebration also includes ongoing in-store promotions. Every fifth customer visiting The Home Beautiful's main showroom on Route 3 in Belmont will receive a

door prize throughout the anniversary celebration.

Customers and community members can nominate a Local Hero at TheHomeBeautiful.com/community-star through May 26. Full contest details and eligibility requirements are available on the company's website. The winner will be announced during a live broadcast on Mix 94.1 FM on Friday, June 5.

For updates on their community initiatives and events, follow The Home Beautiful on Facebook and Instagram.

About The Home Beautiful

The Home Beautiful, Inc. is a design center specializing in flooring, tile, Hunter Douglas and custom window treatments, wallpaper, and countertops in Belmont. It is also part of the Flooring America network. Employing 18 people, 11 who are employee-owners, The Home Beautiful has been dedicated to delivering superior service to architects, builders, designers, homeowners, and commercial property owners in Central New Hampshire for more than 45 years. The Home Beautiful, Inc. and Home Beautiful Bargain Outlet transitioned to an employ-

Sanbornton Historical Society meets May 14

SANBORNTON — All are welcome to come to Sanbornton Historical Society's program on Thursday, May 14 at 7 p.m. in Lane Tavern (520 Sanborn Rd.).

Our big project this year, following the successful Town Meeting vote to lease us a bit of land by the fire pond/police station, centers on the restored snowroller, topic of the May 14 program. "Snowrollers and the History and Restoration of Sanbornton's Snowroller," will be given by Ralph Sellars, who oversaw the restoration of this heavy road equipment from the past. Project completed in 2007! Restored -- in storage nearly 20 years -- time for the snowroller with its baby-blue painted seat -- to come out for public viewing.

Weatherman Don Kent's wife Miriam insisted on "baby blue" paint -- as it was the color of the seat of the

SEE HISTORICAL PAGE A8

Belmont Historical Society, Library host "Genealogy Starter Guide" program

BELMONT — Have you ever wondered about your ancestors? Would you like to pass on family history beyond what you already know to your children and grandchildren? On Thursday, May 14 at 7 p.m. at the Belmont Mill, Belmont, you will have an opportunity to see how to "build" on what information you already have, by using that information to move back generation by

generation.

Have you sought out family headstones in graveyards where you grew up? If so, you may already be a genealogy enthusiast! Genealogy is the exploration of ancestral lines and can be done through countless records, resources and artifacts. Join us to explore useful methods for research planning through the case study of Elsie Gas-kin (an eccentric librarian

from New Hampshire) and become a better researcher along the way.

Getting started with what you already know about your family is just the beginning of Your Family story!

Our presenter, Erin E. Moulton, writes books and tracks dead people. As a genealogical researcher, she has explored the lives of the departed for more than 14 years. Moulton is a

member of the Association of Professional Genealogists, the New Hampshire Historical Society, and the New Hampshire Society of Genealogists. She holds a B.A. from Emerson College, an M.F.A. from the Vermont College of Fine Arts, and a Certificate in Genealogical Research from Boston University. She is an award-winning author of middle grade

SEE GENEALOGY, PAGE A8

Bears cruise in Cooperstown

Winnisquam baseball team beats Inter-Lakes at Doubleday Field

BY JOSHUA SPAULDING
Sports Editor

COOPERSTOWN, N.Y. — For both coaches and teams, it wasn't just another Division III baseball battle between Lakes Region squads when the Winnisquam and Inter-Lakes baseball squads faced off on Friday, May 1.

The Lakers and Bears took the field at historic Doubleday Field in Cooperstown, N.Y. a year after the Bears and Gilford Golden Eagles were forced to move their game from

the historic stadium to Cooperstown High School due to weather. This time around, the grounds crew did a good job of getting the field prepared after rain the previous days and the teams got down to work on Friday morning, with the Bears taking the 13-3 win.

"We've been checking the weather for the last two weeks, but it turned out to be a perfect day," said Winnisquam coach Fred Caruso, who has made the trip with his team four times. "The field guy was confi-

dence we could play today (when they stopped in the previous day).

"We've been here four times and we're 2-2, but win or lose, it's always a great experience," the Bear coach continued. "Not everybody gets to do it, and God willing, we'll get to do it again in the future."

"This is the first program trip we've done outside of New Hampshire," said Inter-Lakes coach Dan Curnyn. "A lot of the

SEE BEARS, PAGE A8



COURTESY

Jake Ambrose of Inter-Lakes dives back into first as Winnisquam's Brady Colby takes a throw in action at Doubleday Field in Cooperstown, N.Y. on Friday morning.

Local runners take part in 130th annual Boston Marathon

BY JOSHUA SPAULDING
Sports Editor

BOSTON, Mass. — Amongst the thousands of finishers of the 130th annual Boston Marathon on April 20 were a number of runners from around the Salmon Press coverage area.

The top local runner and the top runner from all of New Hampshire was Conway's Erik Corbett, who finished in a time of 1:28:05. Sean McCauley of Canterbury finished in 2:25:42, Timothy Lindberg of Ashland crossed

in 2:45:10 and Andrew Ricchiardelli of Littleton finished in 2:54:14. Wolfeboro's Owen Gwizdala finished in a time of 3:00:01 and Natalie Hattan of Sandwich finished in 3:05:20.

Allison Graham, daughter of Dr. Richard and Eileen Neal of Wolfeboro, finished in a time of 3:05:54 with Melanie Clarke of Littleton in 3:15:34, Ryan Twomey of Plymouth in 3:18:07, Taylor Miller of Gilford finishing in 3:19:29 and

Colleen Ryan of Intervale finishing in 3:21:48. Cliff Li of Woodsville put up a time of 3:23:29, Cathy Frankauski of Ashland put up a time of 3:24:55 and Nick Perry of Meredith finished in 3:26:08.

Allison Taylor of Tuftonboro finished in a time of 3:30:45, Abigail Foxx of Madison crossed in a time of 3:31:27, Kaylee Boisvert of Gilford finished in a time of 3:38:48 and Richard Fargo

of Chatham put up a time of 3:39:56.

Kingswood graduate Terry Stackhouse, now a news reporter for WMTW Channel 8 in Portland, Maine, ran to a time of 3:44:45 with Kimberly Ashworth of Gilford finishing in 3:45:32, Ericka Coutts of Gilford crossing in 4:00:57 and Kera Tasker of Rumney recording a time of 4:13:29.

Linda Parrish of Albany finished in a time

of 4:24:19, Stephen Buzzell of Whitefield put up a time of 4:31:24, Helena Walker of Barnstead ran to a time of 4:32:48 and Robert Lamb of Holderness crossed in a time of 4:36:14.

Nicole Guarino of Center Harbor finished in a time of 4:48:30, Russell Tanguay of Sugar Hill finished in 4:55:21, James Arico of Berlin finished in 4:55:24 and Matthew Steele of Sugar Hill fin-

ished in 5:01:27. Karyssa Lachance of Gorham crossed with a time of 5:02:52, Kristina Bhimineni of Conway finished in a time of 5:15:42, Casey Bayer of Thornton finished in 5:18:05 and Nicole Downing of Middleton finished in a time of 6:39:39.

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

Granite VNA offers Healthy Steps for Older Adults in Sanbornton

SANBORNTON — Granite VNA is offering Healthy Steps for Older Adults, a falls prevention workshop to help older adults learn how to protect themselves and live a full and active life, free from the fear of falling.

Balance screenings are Tuesday, June 2 from 10-11:30 a.m. at Sanbornton Public Library, 27 Meeting House Hill Road. The workshops are being held on Tuesday, June 2 from 1:30-3:30 p.m. and Wednesday, June 3, 1:30 to 3:30 p.m. All registered participants must complete a balance screening and attend both workshops.

To register, call (603) 224-4093 or (800) 924-8620, ext. 85664 or visit www.granitevna.org. Registration is required by May 26 and space is limited. This program is offered at no charge.

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

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Water is vital to keep our bodies functioning properly. We lose about 68 ounces of water a day, mostly through perspiration, respiration, and urination. This water must be replaced to prevent excessive fluid loss, or dehydration.

Why is water so important?

It helps to control body temperature.

Perspiration keeps us cool in hot weather and protects the body against heat exhaustion.

Water helps the body to insulate itself against cold weather.

It carries nutrients to body cells and carries away waste.

Water promotes better digestion and intestinal function.

It keeps the mouth, nose, eyes, and skin moist.

Water ensures proper volume of blood.

The urinary tract can be flushed out. This is important in reducing the risk of urinary tract infections. Urinary tract infections can be serious or fatal in seniors.

Dehydration can be life-threatening. Dehy-

dration is one of the most frequent causes of hospitalization after age 65. Kidney function is less efficient in seniors, and body water content decreases. There is also less ability to notice changes in body temperature, as well as a reduced sense of thirst. Seniors also eat less, which means they are getting fewer fluids from food. Diabetes can upset the balance even further.

Preventing dehydration Here are some ways to encourage your loved one to drink enough water and healthy liquids during the day: Always have water and other healthy drinks in sight and within easy reach. Seniors may forget without a visual reminder. Keeping a water bottle next to the bed or their favorite chair could help, especially if they have mobility issues that discourage them from getting up to get — or replenish — their fluid supply. Drink sparkling water and vegetable juice. They can reduce spikes in blood sugar and unnecessary calories throughout the day. Replace caffeinated beverages with their decaffeinated versions. Sodas, coffee drinks, and teas with caffeine all have a diuretic effect on the body. Try flavored water. Add juice, a flavored drink mix, or flavored ice cubes to a bottle of water to make it more enticing. Keep in mind that diabetics need sugar-free water. Supply liquid nutritional supplements. They provide both water and nutrients. Consume foods that help with hydration. These include broth-based soups, watermelon, apples, oranges, cucumbers, green peppers, lettuce, and tomatoes.

If you suspect dehydration in a loved one, you can check by pulling up the skin on the back of the hand for a few seconds. If it does not return to normal almost immediately, the person is dehydrated.

- Fatigue
- Cramping
- Muscle weakness
- Difficulty walking
- Dizziness
- Confusion
- Forgetfulness
- Headaches
- Difficulty breathing
- Dry mouth, nose, or skin
- Sunken eyes
- Inability to sweat or produce tears

- A notable increase in body temperature
- Elevated heart rate
- Low blood pressure
- Low urine output
- Dark colored urine
- Constipation

Sixty-four ounces of fluids daily is recommended for good health. First, ask a doctor for appropriate levels of fluid intake, especially for seniors affected by congestive heart failure or kidney disease.

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ed for good health. First, ask a doctor for appropriate levels of fluid intake, especially for seniors affected by congestive heart failure or kidney disease.

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Choose healthy hydrating treats. Popsicles, water- or juice-based smoothies, frozen juice pops, Italian ices, or sorbets are hydrating treats that can help meet water consumption goals.

Have seniors take extra water with medications. Some medications can affect hydration. Remind seniors not to wait until they are thirsty to drink. Dehydration starts before people feel thirsty. About Comfort Keepers Comfort Keepers is a trusted provider of medical and non-medical in-home care, helping seniors and adults live safely, independently, and with dignity. Our comprehensive services include companionship, transportation, housekeeping, meal preparation, personal care, mobility assistance, private duty nursing, Live in and 24/7 caregiving. We also offer Comfort360™ Alert, part of our innovative Comfort360™ suite, delivering 24/7 response, proactive support, and added peace of mind for clients and families. Proudly serving New Hampshire since 2005, Comfort Keepers is committed to elevating the human spirit through compassionate, personalized care. To learn more, call 603-536-6060 or visit NHComfortKeepers.com.

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PETS OF THE WEEK

Meet Laci!



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 Scrappy!



side. Scrappy 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.

Scrappy 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!

Scrappy 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.

If you're looking for a loyal companion who's equal parts laid-back and loving, Scrappy just might be your guy. He's ready to drop the tough act and settle into a life full of comfort, care, and companionship.

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 Scrappy—she looks up to him and often follows his lead. If Scrappy decides you're

Meet Scrappy - One half of the Dachshund Duo
Scrappy 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

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Dollar Tree signs on as title sponsor for NHMS Cup Series race

LOUDON — Speedway Motorsports and Dollar Tree officials announced Sunday the value retailer has been named entitlement sponsor of the NASCAR Cup Series (NCS) race at New Hampshire Motor Speedway (NHMS) and Official Value Retailer of Speedway Motorsports.

The Dollar Tree 301 will take place at 3 p.m. on Sunday, Aug. 23, at NHMS. As the only annual NCS race in New England, the Dollar Tree 301 at “The Magic Mile” will be broadcast worldwide on USA Network, PRN and SiriusXM NASCAR Radio.

“NASCAR fans are some of the most passionate consumers in sports, and partnering with Speedway Motorsports provides a powerful opportunity to connect with them in a meaningful way,” said Mike Creedon, Chief Executive Officer, Dollar Tree. “We see this partnership and our race entitlement at New Hampshire Motor

Speedway as an invitation for fans to experience the value, convenience and discovery that only Dollar Tree can offer. Just as the sport thrives on teamwork and dedication to deliver for its fans, our more than 150,000 associates across the country share that same drive to deliver excellence every day for our customers.”

In addition to adding their name to New England’s only NCS race, Dollar Tree has branded the “More Fun. More Value” pages across all track websites in the Speedway Motorsports family as well as a ticket offer that includes a \$10 Dollar Tree gift card with a purchase of at least two tickets. Dollar Tree will activate in Speedway Motorsports Fan Zones with feature appearances from NCS drivers Erik Jones and John Hunter Nemechek of Legacy Motor Club.

“We’re thrilled to put Dollar Tree’s name on our NASCAR Cup Series

race,” said New Hampshire Motor Speedway Executive Vice President and General Manager David McGrath. “Attending a NASCAR race at New Hampshire Motor Speedway is the best value in sports, and our team strives to provide a top-notch experience with convenient options for race fans to make memories without breaking the bank. We can’t think of a better partner than Dollar Tree to join us in that mission. We look forward to welcoming veteran race fans to the Dollar Tree 301 as well as those discovering NASCAR for the first time – they’re sure to be race fans by the time that checkered flag waves.”

Through the partnership, Dollar Tree will activate through a series of NHMS assets, including VIP hospitality throughout race weekend for customers, vendors and associates, venue signage and branding, the opportunity to name the Grand Marshal

and Honorary Starter for the race and exclusive promotional rights.

Dollar Tree has proven to be a true supporter of the sport, also serving as a partner of Legacy Motor Club, which is owned by seven-time NCS champion, Hall of Famer and three-time NHMS winner Jimmie Johnson. As a primary partner, Dollar Tree anchors select race weekends with high-impact paint schemes on cars for both Jones and Nemechek, extending its brand from the track to fans nationwide.

“This partnership reflects the momentum we’re building with Dollar Tree,” said Johnson. “Dollar Tree stepping into an entitlement role at New Hampshire Motor Speedway with Speedway Motorsports speaks to their belief in the sport and the fans – they are committed. Dollar Tree has been an incredible partner to Legacy Motor Club with their full sponsorship of the numbers 42 and 43 – they

want to be in our sport long term, and I’m honored to be in business with them.”

This summer’s Dollar Tree 301 will be the 55th NCS race at the flat 1.058-mile oval and one of three NASCAR races at “The Magic Mile” from Aug. 21-23. A critical stop on the schedule, the Dollar Tree 301 will be one of the final chances for drivers to earn enough points to secure a spot in The Chase. It will be preceded on Doubleheader Saturday by the Team EJP 175 NASCAR Craftsman Truck Series (NCTS) race

(1:30 p.m.) and the Mohegan Sun 100 NASCAR Whelen Modified Tour (NWMT) race (4:30 p.m.).

For tickets and camping for New England’s only NCS weekend, featuring the Dollar Tree 301 NCS race, Team EJP 175 NCTS race, Mohegan Sun 100 NWMT race and Sig Sauer Academy Dirt Duels, fans should visit NHMS.com or call 833-4LOUDON. Tickets for kids 12 and under are just \$10 on Sunday, free on Doubleheader Saturday and start at \$10 on Friday.

Laconia Golf Classic supports cancer care in the Lakes Region

LACONIA — Community members, businesses, and supporters are invited to take part in the Laconia Golf Classic on Monday, May 18, for a day of golf, camaraderie, and giving back in support of cancer care in the Lakes Region.

Hosted by Concord Hospital Trust, this year’s event holds special significance as it celebrates the

return of cancer care services to Laconia. Proceeds from the tournament will benefit infusion and outpatient cancer services at Concord Hospital – Laconia, helping expand access to vital treatments and allowing patients to receive care closer to home.

“The Laconia Golf Classic is a wonderful example of how our community comes together to support one another,” said Kimber Carr, Concord Hospital Trust’s director of development and Lakes Region Giving Society manager. “As we continue to expand cancer services in the Lakes Region, events like this play an important role in ensuring patients have access to high-quality care close to where they live.”

The event will feature a

full day of golf along with raffles, contests, and other activities designed to create a fun and engaging experience for participants of all skill levels.

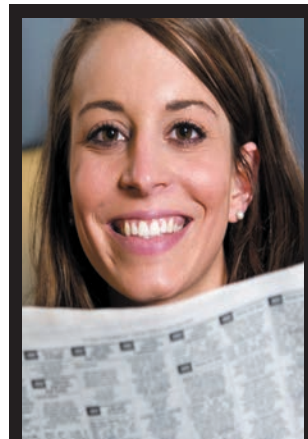
Daniels Electronic Corporation returns as the Presenting Sponsor for the third consecutive year, continuing its strong support of the event and the mission it advances.

Participants are encouraged to register early, as foursome spots are expected to fill quickly. Volunteer opportunities are also available for those interested in supporting the event, both on and off the course.

To reserve a foursome, volunteer, or learn more, please visit <https://bird-ease.com/LaconiaGolfClassic> or contact Concord

Hospital Trust at (603) 227-7162.

The Laconia Golf Classic is a yearly event. This year’s Laconia Golf Classic is especially meaningful as we celebrate the return of cancer care to Laconia. Proceeds will benefit Infusion and Outpatient Cancer Services at Concord Hospital - Laconia, expanding access to vital treatments and allowing patients to receive care closer to home.



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Plant Sale supports programs and events at The Pines

NORTHFIELD — The Pines Community Center is inviting residents to support its programs and services through its annual spring plant sale, with orders open through Friday, May 15.

Organizers say the fundraiser plays an important role in sustaining the wide range of activities hosted at the center throughout the year, including youth programming, before- and after-school care, summer camp opportunities, and seasonal community events. Proceeds also help maintain the facility as a gathering space for families and residents of all ages.

Plants ordered through the fundraiser will be available for pickup during the week of May 25 at the Pines Community Center. Organizers encourage residents to place orders early to ensure availability and help maximize the impact of the fundraiser.

Those interested in participating can place orders online at <https://www.zeffy.com/en-us/ticketing/the-pines-community-plant-sale>.

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.

Ownership that stays local and gives back

In small communities like Belmont, success stories are often measured not only by growth, but by staying power. Businesses come and go, markets shift, and ownership changes hands. What remains constant is the importance of local investment, both financial and personal. That is why the five-year milestone of employee ownership at The Home Beautiful stands out as something worth noting, and worth celebrating.

When longtime owner Bruce Hamel made the decision in 2021 to sell The Home Beautiful and its Bargain Outlet to his employees, it was more than a business transaction. It was a vote of confidence in the people who had helped build the company over decades. It was also, by all accounts, something new for the Lakes Region. Employee ownership has long been discussed in economic circles as a way to preserve local businesses, but it is still relatively rare in practice, particularly in smaller markets.

Five years later, the results speak for themselves. The company continues to operate successfully, now with 11 employee-owners who have a direct stake in its future. That kind of structure changes the equation. It turns workers into decision-makers, encourages long-term thinking, and keeps both profits and accountability rooted in the community.

But perhaps more important than the business model itself is what has come from it.

Rather than marking the anniversary quietly, the team has chosen to give back. A \$5,000 Local Hero giveaway is not simply a promotion, it is a recognition of the kind of quiet, everyday contributions that often go unnoticed in towns like Belmont, Tilton, and Sanbornton. At the same time, the company's commitment to completing five acts of kindness across the region reinforces a broader point: success means little if it is not shared.

There is something fitting about that approach. A cooperative model, by its nature, is built on shared responsibility and shared reward. Extending that mindset beyond the walls of the business and into the community is a natural progression.

It is also a reminder of what makes local economies work. Big-box retailers and national chains may offer convenience, but they do not always offer connection. Businesses that are owned and operated by the people who live here carry a different weight. They sponsor youth teams, support fundraisers, and, as in this case, find ways to recognize the people who make a difference.

The Home Beautiful's story is not just about flooring or design services. It is about continuity, trust, and the belief that a business can succeed without losing its local identity. It is about employees who stayed, adapted, and ultimately took ownership of what they helped build.

As communities across New Hampshire continue to grapple with questions about economic development, workforce retention, and the future of small businesses, examples like this offer a useful perspective. Ownership does not have to leave town when a founder steps away. With the right planning and the right people, it can stay right where it belongs.

Five years is a milestone. What comes next will be just as important. But if the past five years are any indication, this is a model, and a mindset, that deserves attention.



COURTESY

Robert Rivest, creator & founder of Wellbeing Laughter & The Rivest Method of Joyful Living, will present "Laughter is the Best Medicine" at the Tilton Senior Center on Tuesday, May 12 at noon. Rivest's program will include humorous stories from his childhood, classic mime skits, and comic improvisation taken from audience suggestions. He will also share insightful tips on using breathing, movement, and laughter, as a way to cultivate more happiness and joy. 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.

The quiet strength we learned from her

Mother's Day always sneaks up on me a little.

Not the date itself, mind you. The calendar does its job. The cards show up in the store right on time, same as they always have. But the feeling of it, that takes a little longer to settle in. It usually happens when I'm doing something ordinary. Standing at the sink. Folding a shirt the wrong way. Wondering why I walked into the garage in the first place. That's when it hits me.

I still do things the way she showed me.

My mother never made much of a fuss about what she did. I don't remember speeches or grand lessons.

KIND FOLKS, COLD WINTERS

By CHIPPY

What I remember is consistency. The kind you don't notice when you're young because it feels like the world just works that way.

Supper was on the table. Clothes were clean. If something broke, it got fixed or patched or made to last another year whether it wanted to or not. And if one of us kids thought we had it tough, well, she had a way of looking at us that made it clear we might want to think that through again.

She wasn't unkind. Quite the opposite. But she didn't waste words, and she didn't hand out sympathy like it was candy.

Looking back, I think that was the lesson.

These days, it feels like we talk a lot about big gestures. Grand expressions. Say it loud, say it often, make sure everyone knows. There's nothing wrong with that, I suppose. But that's not how I learned it.

I learned it from watching someone show up every single day.

My mother had a quiet way about her. Not quiet in the sense of being timid. Quiet in the sense that she didn't need attention to prove anything. She had a way of keeping a household running that felt, at the time, like it required no effort at all. Only now do I

SEE KIND, PAGE A5

LETTERS TO THE EDITOR

Why the Grit to Grow Summit matters for New Hampshire's teens - and for us

To the Editor:

Every generation faces the same question: Are we preparing our young people for the lives they hope to build? In New Hampshire, where our communities depend on homegrown talent and our workforce shortages grow more urgent each year, this question feels particularly pressing.

That's why the Grit to Grow Summit, coming June 22-24, is more than another youth program. It is a forward-looking investment in our state's future - one that brings together teens, parents, colleges, trades programs, and employers for a hands-on, three-day experience designed to strengthen both career readiness and personal resilience.

Hosted by New Hampshire 4H, the Summit offers rising sophomores through 2026 highschool graduates a chance to explore career paths, practice essential life skills, and meet the educators and industry leaders who can help them get where they want to go. And importantly, it does all this in a format that speaks to today's teens: experiential, relatable, and driven by authentic connection.

The Summit begins at Lakes Region Community College, where teens choosing the overnight option spend Day 1 focused on "Building Your Future Self." This isn't a lecture series - it's hands-on practice in budgeting, leadership, entrepreneurship, and self-discovery. That first day ends in a cookout and social time, acknowledging what research consistently shows: teens learn best when they feel supported, included, and connected.

Day 2, held at the Inn at Mill Falls in Meredith, open to both teens and parents, pivots toward "Building Your Career." Students rotate through industry-specific workshops, explore training programs, and meet employers at the Future Pathways Expo. Parents are welcome - not as spectators, but as partners. Helping adults understand how best to support a young person's evolving ambitions is part of the curriculum.

The final day, also at the Inn at Mill Falls in Meredith, is geared toward industry and community partners. Professionals come together to share insight, build collaborations, and participate in a public-facing career fair. It's not just teens learning from employers, but employers are listening to teens, too.

Programs like that Grit to Grow Summit matter be

cause so many young people today feel unsure about the transition from high school to adulthood. They are entering a world where the boundaries between higher education, trades, and career pathways are changing fast. They're inundated with choices - but offered very few real opportunities to explore them.

By giving teens a chance to try on careers, test their skills, and meet mentors face-to-face, the Summit helps demystify that transition. It gives them space to ask: What kind of life do I actually want? And: What steps will get me there?

These are not small questions. New Hampshire's economy - like much of rural America's - is strengthened when our young people see a future for themselves here. When teens feel confident and supported as they begin making decisions about education, employment, housing, and adulthood, our communities benefit for decades.

The Summit offers both one-day and two-day options, with earlybird and regular rates - and full scholarships are available at the Belknap County Cooperative Extension office for Belknap youth, ensuring cost is not a barrier. That commitment to accessibility acknowledges something essential: talent is everywhere, even when opportunity is not.

In a moment when so many conversations about young people focus on what they're "lacking," the Grit to Grow Summit flips the narrative. It assumes teens already have potential - what they need is a place to develop it.

Events like this don't happen in a vacuum. They flourish when the community embraces them. Parents can encourage their teens to attend. Employers can engage as partners or exhibitors. Educators and Guidance Counselors can help students identify whether the Summit is a good fit. And all of us can help spread the word.

New Hampshire's young people deserve meaningful opportunities to imagine their futures. The Grit to Grow Summit gives them exactly that - a place to explore, to ask questions, to build connections, and to grow.

For a weekend in June, they get the chance to see the future not as something to fear, but as something they can shape. That is the kind of investment that pays dividends - not just for teens, but for all of us.

Mike Harris

4-H Program Manager, Belknap County



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Plenty of wins for Winnisquam on home track

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam track team hosted a vacation week meet, welcoming teams to Tilton on Tuesday, April 28.

Kyle Douglas won the 100 meters in 11.98 seconds with Romain Berghmans in fourth place in 13.03 seconds, Connor Allen in seventh place in 13.57 seconds and Jesse Vienneau in 13th in 14.51 seconds.

Douglas also won the 200 meters in 23.82 seconds with Berghmans in fourth place in 26.09 seconds, Jovan Tyler in eighth in 27.55 seconds, Christopher Collins in 15th in 31.16 seconds and Chase Tripple in 17th in 34.33 seconds.

Cullen Desrochers took the win in the 1,600 meters in a time of 5:10.26 with Lucas Durphey was third in 5:37.05, Jack McGranaghan was fourth in 5:41.11 and Owen Bakis was fifth in 5:41.15.

Nolan Abbott won the

300-meter hurdles in 48.05 seconds with Kyren Whitmore in second in 49.61 seconds and Oliver Hatfield in third in 52.05 seconds. Whitmore was also second in the 110-meter hurdles in 20.41 seconds.

Whitmore won the high jump at five feet, four inches with Jourdan Treamer in second at five feet, Hatfield in third at four feet, 10 inches and McGranaghan in fourth at four feet, six inches.

Abbott also won the pole vault at 11 feet, four inches with Kane St. Hilaire second at 10 feet, six inches and Durphey in third place at seven feet.

Treamer picked up the win in the long jump at 15 feet, eight inches with Vienneau in second at 13 feet, six inches, Collins in third at 12 feet, seven inches, Cole Ringer in fourth at 12 feet, one inch, Tripple in fifth at 11 feet, three inches and Caleb Moriarty in sixth at 11 feet, two inches.

Taber Hagggett won the discus at 109 feet, five

inches, Noah Bassett was second at 103 feet, eight inches, Hunter Mulinski was fourth at 82 feet, four inches, Teagan Matteau was fifth at 77 feet, two inches, Kurtis Voight was sixth at 76 feet, nine inches, Jacoby Martin was seventh at 67 feet, 11 inches, Kevin Dore was eighth at 67 feet, nine inches, Daniel Powell was 11th at 51 feet and Kilean Fredette was 13th at 34 feet, three inches.

Hagggett also won the javelin with a toss of 120 feet, eight inches with Voight in fifth at 83 feet, 10 inches, Martin in eighth at 74 feet, two inches, Fredette in 12th at 59 feet, three inches, Ringer in 13th at 56 feet, six inches and Mason Virgue-Hedberg in 14th at 52 feet, 10 inches. Bassett was third in the shot put at 35 feet, eight inches, Andrew Field was fourth at 33 feet, 10 inches, Mulinski was sixth at 29 feet, 9.25 inches, Dore placed eighth at 27 feet, 1.75 inches, Stone Sub-

ocz was 10th at 25 feet, six inches and Powell was 11th at 24 feet, eight inches.

Allen placed fourth in the 400 meters in a time of 1:00.02 with Alexander Mauch in 11th in 1:04.73, Vienneau in 12th in 1:08.19 and Collins in 14th in 1:09.18. Tristan Honeman placed third in the 800 meters in a time of 2:35.55.

The Bear boys won the 4X400-meter relay in a time of 4:05.78 and placed second in the 4X100-meter relay with a time of 50.49 seconds.

For the Winnisquam girls, Alexandria Myers won the 100 meters in 13.97 seconds with Denessa Williams in second in 14.19 seconds, Emily Tripple in third in 14.22 seconds, Kaiden Robb in fifth in 14.69 seconds, Abigail Osmer in seventh in 14.76 seconds and Kyra Russell in 12th in 15.59 seconds. Myers was also second in the 200 meters in 28.71 seconds with Tripple

in fourth in 29.4 seconds, Robb in fifth in 30.33 seconds, Williams in sixth in 30.36 seconds and Milan Pham in 11th in 33.11 seconds.

Myers also picked up the win in the long jump, leaping 14 feet, two inches with Pham in second at 12 feet, eight inches and Russell in fifth at 11 feet, eight inches. Russell ran to eighth overall in the 1,600 meters in a time of 7:25.21.

Eloise Abbott won the pole vault, clearing seven feet, six inches and was also second in the 100-meter hurdles in 19.89 seconds and second in the 300-meter hurdles in 54.18 seconds with Osmer in third in 1:06.9 and Carly Drew in fourth in 1:10.09.

Osmer took top honors in the triple jump with a distance of 28 feet with Pham placing third overall at 27 feet, 10 inches. Anna Drinkwine was fourth the shot put at 22 feet with Kaylin Liesner in fifth at 21 feet, three inches and Addison Todt in eighth at

16 feet, 9.5 inches.

Drinkwine picked up the win in the javelin at 76 feet, nine inches with Athena Searles in fourth at 39 feet, six inches and Todt in fifth at 32 feet, six inches. Drinkwine was fourth in the discus with a distance of 63 feet, seven inches with Liesner placing fifth at 57 feet, eight inches, Searles finishing seventh at 52 feet, eight inches and Todt in eighth at 48 feet, seven inches.

The Bear girls ran to first overall in the 4X100-meter relay with a time of 54.25 seconds.

The Bears are scheduled to compete at the Bristol Lions Invitational at Newfound Regional High School on Saturday, May 9, at 10 a.m. and will be at Belmont on Tuesday, May 12, at 4 p.m.

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

KIND

CONTINUED FROM PAGE A1

understand what kind of effort it must have taken.

I remember winter

mornings in particular. The kind where the cold creeps in around the edges of the windows and the floor feels like ice under your feet.

Somehow, she was already

up. Coffee going. Breakfast started. The day already in motion before the rest of us had fully woken up.

I never asked how she managed it. Kids don't

think to ask those kinds of questions. You assume it's just how things are.

Now, years later, I'll wake up early sometimes and sit at the kitchen table with a cup of coffee. The house is quiet in a different way now. Peaceful, yes, but also a little empty. And I find myself thinking about those mornings.

About how steady she was.

That steadiness is harder to come by than people realize. It doesn't show up in headlines. It doesn't get awards. But it's the backbone of just about everything good in a family.

I see pieces of it in my own wife, if I'm being honest. Different style, different times, but the same kind of quiet determination to keep things together. It's something I probably didn't appreciate enough when I was younger. Maybe most of us don't.

Mother's Day, for me, isn't so much about the gifts or the cards. Though I'm told those are still important, and I've learned not to argue that point. It's more about taking a moment to notice the things that went unnoticed for so long.

The rides that were given without complaint. The worries that were carried quietly. The way a house felt like a safe place without anyone ever having to say so out loud.

I don't know if I ever thanked my mother properly for all of that. I suspect I didn't. Most of us probably fall short in that department. But I think she would have understood. She wasn't one for tallying things up.

Still, this time of year gives us a chance to try.

So if you're lucky enough to still have your mother around, maybe give her a call. Not a rushed one, either. Sit with it a bit. Ask

her something you haven't asked before. Or thank her for something you've never quite put into words.

And if she's no longer here, well, I've found that those lessons she gave you have a way of sticking around anyway. In the way you handle a problem. In the way you treat people. In the small decisions you make without even thinking.

That kind of influence doesn't go anywhere.

It just becomes part of who you are.

Cornhole tournament to benefit Greater Lakes Region Children's Fund

LACONIA — A community cornhole tournament aimed at supporting local children is set for Saturday, May 16, at the Laconia VFW.

The event, titled "Tossing Bags for Kids," will raise funds for the Greater Lakes Region Children's Fund, which supports youth and families across the region. Organizers say the day is designed to combine friendly competition with a strong community purpose.

Registration begins at 10 a.m., with games starting at 11 a.m. The cost is \$50 per team, and individual players are welcome, with organizers offering to pair up singles. The registration fee includes lunch for participants.

In addition to the tournament, the event will feature a silent auction, raffles, and a 50/50 drawing, giving attendees multiple ways to contribute to the cause.

The tournament is being organized by the Cafe Deja Vu Pub Mania Team, with sponsorship support from Zero Waste and Foley Oil & Propane.

Event organizers encourage early registration due to expected interest. Those looking to sign up in advance or seek more information can contact Tony Felch at 603-998-1418 or by email at ynotnot@peoplepc.com.



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Nursing is a diverse field

Nursing is a wise career choice for people looking for a challenging yet rewarding profession. Significant nursing shortages continue to pose a challenge within the health care industry, as the United States was expected to have a deficit of around 295,800 nurses by the end of 2025.

Nurses work in many different facilities and can focus on an array of specialties. Nurses may be categorized by their levels of education. Each level has a different scope of practice and responsibility. Those considering nursing as a career, or patients preparing to see a nursing provider for care, can explore these types of nurses.

Licensed practical nurse (LPN)

LPNs are health care professionals responsible for basic patient care and comfort. They typically are a patient's primary point of contact and relay information to the rest of the care team. One can think of LPNs as entry-level nurses, although their responsibilities are no less important than other medical professionals'. LPNs typically work under others' direct supervision and assist patients with eating, dressing and bathing. LPNs also take vital signs and administer medications. The American Nursing Association says becoming an LPN or a licensed vocational nurse requires a high school diploma or GED and a vocational training course, and a passing grade on the National Council Licensure Examination for Practical Nurses is necessary.

Registered nurse (RN)

RNs require a higher level of education than LPNs and they can provide more complex and comprehensive care for patients. RNs often handle a wider range of patient services and take on more responsibilities than LPNs. The ANA says two college degree paths available to aspiring RNs are an Associate Degree in Nursing (ADN) and a Bachelor of Science in Nursing (BSN). A BSN requires a greater financial commitment and a four-year undergraduate program takes time to complete. Many employers zero in on candidates with a BSN.

Nurses who have advanced degrees are called Advanced Practice Registered Nurses. They have specialized training beyond that of a typical registered nurse

SEE **NURSING**, PAGE A7




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Franklin Opera House presents JD & The Stonemasons

FRANKLIN — In collaboration with NH Music Collective, Franklin Opera House is proud to present JD & the Stonemasons!

This rollicking trio is back in town for another evening of toetapping Irish folk tunes rooted in the long and lively tradition of Celtic music. Drawing from centuriesold melodies, Celtic music is known for its driving rhythms, heartfelt ballads, and infectious feels that invite listeners to clap along—or even dance in their seats. Featuring traditional fiddle lines, vocal harmonies, and irresistible pubstyle energy, JD & the Stonemasons bring

the spirit of Ireland to life with every performance.

New England's most rollicking band of traditional musicians, this folk-rock band is known for skillful live performances and a blend of original and traditional folk songs. JD and the Stonemasons has released two albums. Learn more at their Facebook page <https://www.facebook.com/JDandtheStonemasons#>.

Maybe you've seen them at Waterhorse Irish Pub? This time they will be playing at Franklin Public Library on May 9 at 7 p.m. Whether you're a longtime fan of traditional Irish folk

music or new to its warm, communal sound, this concert offers a perfect introduction to the timeless Celtic vibe. Franklin Public Library offers the perfect setting for an evening filled with music, storytelling, and oldworld charm. The live show at Franklin Public Library will begin at 7:00 pm. Doors open at 6:30 pm. Tickets available at www.FOHNH.org, or stop by the Franklin Opera House Ticket office, located at 321 Central St. in Franklin.

This event is general seating. Advanced tickets are \$18 for adults and \$16 for children. All tickets at the door will be \$20.



NURSING

CONTINUED FROM PAGE A6 and have broader scopes of practice. They may work with greater autonomy in certain specialties.

Certified nurse practitioner (CNP)

A CNP is a health partner of choice for many people. The American Association of Nurse Practitioners® says CNPs are clinicians that blend clinical expertise in diagnosing and treating health conditions with an emphasis on disease prevention and health management. Advanced education, like a master's or doctoral degree, is required to become a CNP. He or she is able to prescribe medications, order diagnostic tests and manage chronic conditions.

Certified nurse-midwife (CNM)

CNMs provide gynecological and low-risk obstet-

rical care. These advanced practice registered nurses focus their study and practices on gynecology, family planning, prenatal, labor, and postpartum care. In addition to an advanced degree, CNMs must complete an accredited midwifery education program and pass a national certification exam.

Certified registered nurse anesthetist (CRNA)

CRNAs have specialized training in anesthesia. The Cleveland Clinic notes CRNAs can administer anesthesia for procedures and surgeries. These professionals work with surgeons, anesthesiologists, dentists, podiatrists, and other providers. CRNAs often are the sole anesthesia providers in hospitals in rural areas and the U.S. armed forces.

Nursing is an extensive field with many opportunities for individuals to find their niche.

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HISTORICAL

CONTINUED FROM PAGE A1
snowroller that passed by her house as a child in Sanbornton. The Kents, Sanbornton Historical Society members, often visited the underway restoration project. Pieces had been delivered back then by Matt Swain, with his truck. Restoration was a momentous job. Now the current board and SHS

membership are responsibly undertaking a shelter for public viewing of the massive snowroller. Late 1800s, early 1900s these "necessary" equipment pieces pulled by horse teams made roads passable by packing down the snow. Crossover time with autos? People used to put away their Model Ts for the winter and get the sleigh out of the barn.

Following the program, tasty refreshments will be served in the Tap Room, hosted by Nina Gardner & Betsy Bryant.

Donations are welcome towards the cost of the snowroller shed / shelter. SHS programs are scheduled through the non-snow months. For our program's details, visit our Web site at www.LaneTavern.org. All are welcome.

GENEALOGY

CONTINUED FROM PAGE A1
and young adult books. When she isn't tracking down just the right word or just the right clue, she can be spotted sleuthing New England's burying places. You can find her online at www.erinemoulton.com.

BEARS

CONTINUED FROM PAGE A1

guys got to experience the (National Baseball) Hall of Fame for the first time.

"Overall, the experience was extraordinary, the kids were incredible, it's a fun group to be with every day," the Laker coach continued. "It was an incredible bonding opportunity."

Curnyn noted that the team started fundraising back in October and November of last year after Caruso approached him about making the journey and he thanked the school community for supporting the team in making the journey.

Both teams visited the National Baseball Hall of Fame the day before their game and stayed overnight in Cooperstown before taking the field on Friday morning.

Carter Lloyd toed the rubber for the Bears and worked around a base hit from Nolan Streeter in the top of the first inning and helped his team put three runs on the board in the bottom of the inning. Evan Cote reached on an error to open the bottom of the inning and Dio Katsigiannis reached on a dropped third strike. Lloyd worked a walk to load the bases and a base hit from Brady Colby plated two runs. After Laker starter Cooper Bliznik got a strikeout, a groundout from Danny Blodgett-Fralic drove home the third run of the game for the Bears.

Ryder Palsgrove led off the top of the second inning with an infield hit but Lloyd set the side down in order after that and the Bears added two more in the bottom of the inning. Caleb Hall led off with a walk, stole second and one out later moved to third on a passed ball. He scored when Cote reached on an error and after Katsigiannis worked a walk, both runners stole and a groundout from Lloyd drove home Cote to make it 5-0.

Jake Ambrose reached on an error to start the top of the third inning and Cash Frontiero followed with a double. One out later, Streeter worked a walk and Jayce Frontiero reached on an error to give the Lakers their first run. A wild pitch brought home another run and the Lakers were within three before Lloyd struck out the net two batters.

Palsgrove took the mound for the Lakers in the bottom of the third inning and Blodgett-Fralic reached on an error with one out. Cullen Desrochers beat out a bunt hit and both runners moved up on a sacrifice bunt from Hall.

The program will be held Thursday, May 14 on the fourth floor of the Belmont Mill, 14 Mill St., Belmont, at 7 p.m. It is free and open to the public. Handicapped accessible elevator available. Enter at the back of the building by the side parking lot. For additional information

contact Christine Fogg at email: ccf123@metrocast.net

This program is provided primarily through funding from the NH Humanities Program, with additional funding from the Belmont Sargent Fund.



Dakota Sousa of Winnisquam takes a lead behind Inter-Lakes first baseman Nolan Streeter in action last Friday morning in Cooperstown, N.Y.



Cullen Desrochers comes up throwing from third base during action against Inter-Lakes last week in Cooperstown, N.Y.



Matt Hibbert (23) congratulates teammates Evan Cote (2) and Dio Katsigiannis after they scored runs at Doubleday Field in Cooperstown, N.Y. last week.

A wild pitch brought home a run and a dropped third strike pushed across another for the 7-2 lead. Cote doubled to drive home another run and an infield hit from Katsigiannis made it 9-1. Lloyd had a base hit and Colby worked a walk, but Palsgrove stranded them there.

Lloyd worked around a two-out base hit from Ambrose in the top of the fourth and Palsgrove worked around a base hit from Hall and a dropped third strike that allowed Jacoby Keith to reach.

The Lakers added to their run total in the top of the fifth. Jayce Frontiero reached on an error with two outs and moved up on a passed ball. He scored on a base hit from Palsgrove and Kaleb Knott followed with a base hit. However, Cote made a great grab of a line drive to center field to end the inning.

Palsgrove worked around a base hit from Lloyd and a walk to Colby in the bottom of the fifth inning and then Lloyd set the side down in order in the top of the sixth in what would end up being his final inning of work.

Ambrose took over on the hill for the Lakers in

the bottom of the sixth inning and Desrochers worked a walk to start the inning. Dakota Sousa took over on the bases for the Bears and Hall also worked a walk. A pair of wild pitches brought home one run an after a walk to Keith, the Bears got a 4-3 double play, with Caleb Spears making a nice grab of a line drive to second to start the play. Katsigiannis worked a walk and a pair of wild pitches brought home two more runs. Lloyd worked a walk and then Colby doubled to left, plating the 13th run for the Bears and bringing the game to a close.

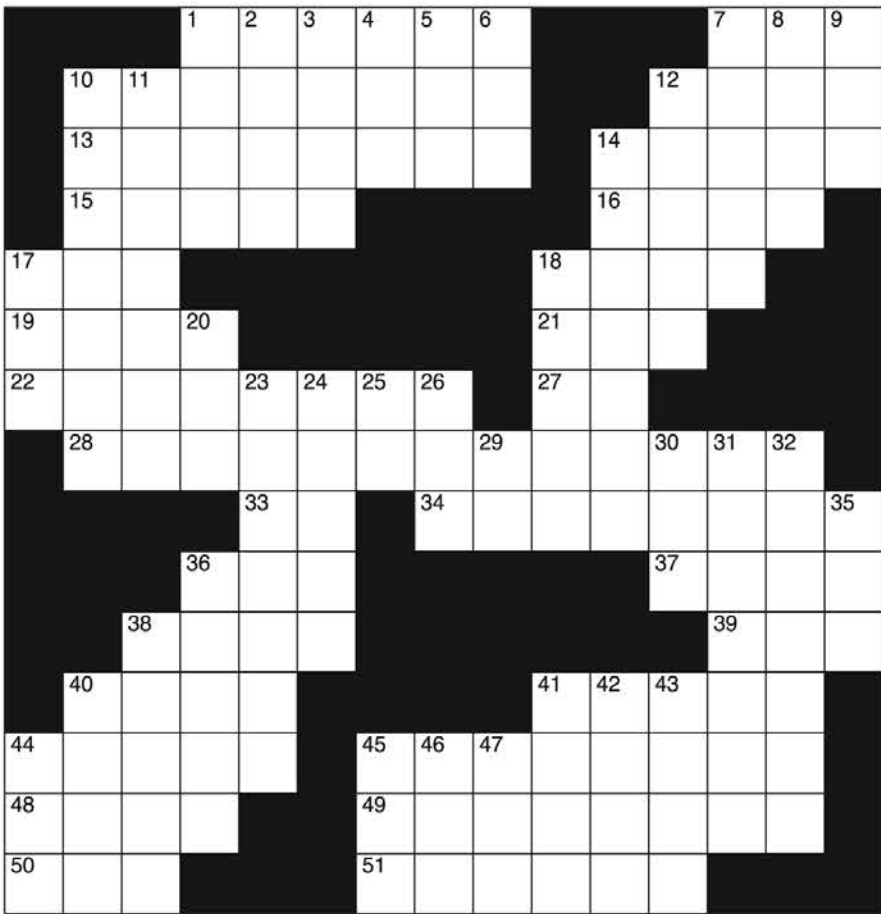
The Lakers are slated to be back in action on Friday, May 8, at home against Hillsboro-Deering, Monday, May, 11 at Berlin and Wednesday, May 13, at Gilford.

The Bears are scheduled to be in action on Monday, May 11, at home against Gilford and Wednesday, May 13, at home against Belmont, both at 4 p.m.

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



The Winnisquam and Inter-Lakes baseball teams pose for a photo after their game at Doubleday Field in Cooperstown, N.Y. last week.



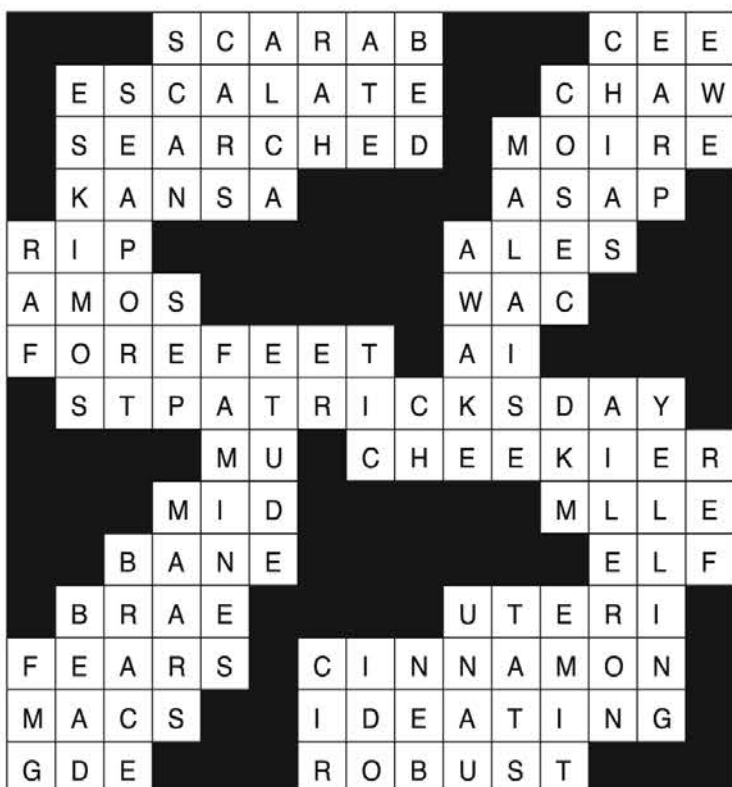
CLUES ACROSS

- 1. Large dung beetle
- 7. Gambling game __-lo
- 10. Further along
- 12. Type of tobacco
- 13. Looked for
- 14. Silk fabric
- 15. Computer method to solve equations
- 16. As fast as can be done (abbr.)
- 17. Tear
- 18. Brews
- 19. "Famous" cookie baker
- 21. Women's Army Corps
- 22. Front parts of an animal
- 27. It's causing quite a stir
- 28. Beloved March holiday
- 33. 12th letter of the Greek alphabet
- 34. More impudent
- 36. Indicates center
- 37. Young woman (French)
- 38. A cause of distress
- 39. Santa's helper
- 40. Hillside
- 41. Many wombs
- 44. Is afraid of
- 45. Popular baked goods ingredient
- 48. Popular computers
- 49. Conceiving of
- 50. Google certification (abbr.)
- 51. Sturdy

CLUES DOWN

- 1. Peruse quickly
- 2. Automobiles
- 3. Razorbill genus
- 4. Bravo! Bravo! Bravo!
- 5. Consumed
- 6. A place to sleep
- 7. Small seeds
- 8. Legendary law man Wyatt
- 9. Female sheep
- 10. Indigenous peoples of eastern Siberia
- 11. A place ships dock
- 12. Reciprocal of sine
- 14. Discomfort
- 17. British Air Aces
- 18. Exit sleep
- 20. Solar energetic particle
- 23. Plagues characterized by starvation
- 24. Short musical composition
- 25. Trauma center
- 26. Habitual twitching
- 29. A place where checks are exchanged (abbr.)
- 30. Decameter
- 31. Hinged surface in a wing
- 32. Shouting
- 35. Sports official
- 36. Volcanic craters
- 38. Supportive device
- 40. It's part of a rosary
- 41. Two-toed sloth
- 42. Body art
- 43. Let out
- 44. Foreign medical graduate
- 45. Nonprofit journalism organization (abbr.)
- 46. Couples say it
- 47. Bird's beak

PUZZLE SOLUTION



Bear boys and girls sweep Campbell Cougar Classic

BY JOSHUA SPAULDING

Sports Editor

LITCHFIELD — Apparently Sundays agree with the Winnisquam track team.

The Bear boys and girls both finished in first place at the second annual Campbell Cougar Classic on Sunday, April 26, in Litchfield.

The lone individual win for the Bear girls came from Anna Drinkwine in the javelin, where she threw 80 feet, 11 inches with Athena Searles tossing 36 feet, six inches for 11th place.

The Bears did win all three relay events, finishing the 4X100-meter event in 53.68 seconds, the 4X400-meter relay in 5:03.75 and the 4X800-meter relay in 12:19.84.

Kyra Russell cleared seven feet in the pole vault to take third place and Eloise Abbott cleared the same height to place fifth overall. Russell was also fourth in the shot put with a toss of 25 feet, nine inches with Kaylin Liesner in sixth at 21 feet, 10 inches and Addison Todt in 11th at 16 feet. Liesner was also fifth in the discus with a throw of 60 feet with Todt in ninth at 48 feet and Searles in 10th at 42 feet, eight inches.

Milan Pham jumped to second in the triple jump with a distance of 27 feet,



COURTESY PHOTO

The Winnisquam track boys and girls both picked up the win at the Campbell Cougar Classic on Sunday, April 26.

5.5 inches with Abigail Osmer in third at 26 feet, 5.5 inches. Alexandria Myers was third in the long jump at 14 feet, 6.75 inches with Pham in 10th at 11 feet, 9.5 inches and Russell in 11th at 11 feet, 6.5 inches.

Myers finished fourth in the 100 meters in 13.87 seconds with Denessa Williams in fifth in the same

time. Kaiden Robb was sixth in 13.9 seconds and Eliza Allen was 16th in 15.46 seconds. Williams ran to fifth in the 200 meters in a time of 28.99 seconds and Pham finished in 20th in 33.7 seconds.

Robb was third overall in the 400 meters in 1:06.24 with Emily Tripple placing seventh in 1:09.64. Drinkwine added a third place in the 3,200 meters in a time of 14:51.66 with Hayden Rose Moriarty finishing in sixth in the 800 meters in 3:28.42.

For the Bear boys, Kyle Douglas ran to the win in the 100 meters in 11.69

seconds with Romain Berghmans in seventh in 12.76 seconds, Jovan Tyler in 13th in 12.92 seconds and Christopher LeBlanc in 23rd in 13.57 seconds. Berghmans was sixth in the 200 meters in 25.53 seconds, Jesse Vienneau was 25th in 29.7 seconds and Chase Tripple was 29th in 33.46 seconds.

Kyren Whitmore picked up the victory in the 300-meter hurdles, running to a time of 49.76 seconds and he also placed fourth in the 110-meter hurdles in 20.34 seconds and fourth in the high jump at five feet, two inches.

The other individual win for the Bear boys came in the pole vault, where Nolan Abbott cleared 10 feet with teammate Dayton Brigante in second at the same height and Kane St. Hilaire in third at nine feet, six inches.

The Bears won the 4X400-meter relay in 3:40.44 and won the 4X800-meter relay in 9:05.12 then placed third in the 4X100-meter relay in 48.72 seconds.

Cullen Desrochers ran to second in the 3,200 meters in a time of 11:20.38 with Lucas Durphey in fourth in 12:00.7 while in the 1,600

meters, Owen Bakis was sixth in 5:32.22, Jack McGranaghan was seventh in 5:36.29, Whitmore was eighth in 5:38.59 and Andrew Paquette was 12th in 6:44.13.

Taber Hagggett was second in the javelin at 130 feet, 10 inches with Noah Bassett in 11th at 85 feet, six inches, Kurtis Voight in 12th at 84 feet, 7.5 inches and Jacoby Martin in 15th at 75 feet, 2.5 inches. Hagggett also placed third in the discus at 107 feet, two inches with Bassett in fourth at 93 feet, six inches, Hunter Mulinski in 12th at 71 feet, nine inches and Teagan Matteau in 13th at 70 feet, 11 inches. Bassett was seventh in the shot put at 35 feet, eight inches with Andrew Field in 11th at 34 feet, Mulinski in 22nd at 28 feet, eight inches and Kevin Dore in 23rd at 28 feet, two inches.

St. Hilaire was fifth in the 800 meters in a time of 2:20.96 with Tristan Honeman in eighth in 2:29.5 while in the 400 meters, Connor Allen was ninth in 1:00.84 and Alexander Mauch was 14th in 1:04.14. Cole Ringer was 19th in the long jump at 12 feet, one inch and Tripple placed 21st overall at 11 feet, 8.25 inches.

The Bears are slated to be at the Bristol Lions Invitational at Newfound on Saturday, May 9, at 10 a.m. and at Belmont on Tuesday, May 12, at 4 p.m.

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

Raiders hit the track at Winnisquam

BY JOSHUA SPAULDING

Sports Editor

TILTON — The Belmont track team competed in a vacation week meet at neighboring Winnisquam on Tuesday, April 28.

Christian Edgren jumped to the win in the triple jump with a distance of 36 feet, 10 inches with David Mahoney in second place at 31 feet, three inches and Jaxon Potter in third place at 22 feet, three inches.

Ethan Rivera won the shot put with a toss of 39 feet, 7.5 inches with Ryan O'Connor taking second place at 36 feet, five inches and Daniel Tripp in fifth place at 33 feet, three inches. Tripp was third overall in the javelin at 115 feet, one inch and Owen Michaelsen was 10th at 69 feet, five inches.

Sacha Artis finished first in the 110-meter hurdles in a time of 19.24 seconds and also placed second in the 400 meters in 58.96 seconds. Edgren was third in 59.76 seconds, Andrew Cryans was eighth in 1:03.23, Dane Smith was ninth in 1:03.76 and Potter was 16th in 1:20.41.

Aiden Milmore ran to second in the 1,600 meters in a time of 5:26.48 while in the 200 meters, Nick Wright was fifth in 26.1 seconds, Mahoney was 10th in 28.29 seconds and Michaelsen was 19th in 35.13 seconds. Wright was third in the 100 meters in 12.48 seconds and Cryans was 10th in 13.97 seconds.

The Belmont boys finished first in the 4X100-meter relay with a time of 49.08 seconds while the Raider girls finished in second place in their 4X100-meter relay in a time of 56.7 seconds.

Cora Takantjas led the Raider girls with a win in the 300-meter hurdles in a time of 51.3 seconds with Neala Murphy in fifth in 1:10.28.

Takantjas also won the 100-meter hurdles in 18.5 seconds and Murphy was third in 23.14 seconds. Takantjas was second overall in the triple jump with a distance of 27 feet, 11 inches and Murphy was fourth overall at 21 feet, two inches.

Anna McDonald finished in third place in the 400 meters in a time of 1:14.03 with Allieanna Steele in fourth place in 1:21.02 while in the 200 meters, Caitlyn Conover was eighth in 32.88 seconds, Ella Stevens was ninth in 32.92 seconds, McDonald was 12th in 33.49 seconds and Alahni Mauzy was 14th in 35.21 seconds.

Steele took second overall in the javelin with a distance of 63 feet, four inches while in the shot put, Sami O'Connor was third at 25 feet, seven inches and Steele was seventh at 19 feet, 8.5 inches. Meadow Rogers finished third in the long jump at 12 feet, eight inches.

Conover was fourth in the 100 meters in 14.58 seconds, Sadie Sturgeon was sixth in 14.72 seconds and Stevens was eighth in 15.23 seconds. Riley DeGange was fourth in the 1,600 meters in 6:34.6 with Zoe Perlet in sixth in 7:18.6 and Violet Smith was seventh in 7:22.98.

The Raiders are scheduled to compete on Tuesday, May 12, at home.

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

Divers pitches Raiders to vacation week win over Berlin

BY JOSHUA SPAULDING

Sports Editor

BELMONT — The Belmont baseball team played a rescheduled game against Berlin over vacation week, cruising to a 16-0 win over the Mountaineer on Tuesday, April 28.

Belmont scored eight times in the first inning,

added another in the second then four in the third and three in the fourth to close out the 16-0 win.

Wyatt Divers pitched all five innings for the Raiders, giving up just four hits and no walks while striking out nine in picking up the win.

Offensively, Brayden

Townsend had a double and a single, drove in four runs and scored a run, Eddie Rochenski had a double and a single, drove in two runs and scored two runs, Divers had a hit, drove in two runs and scored three times, Jack Crockford had a hit and scored two runs and Sean Andrews had a

hit and scored a run.

The Raiders are slated to take on White Mountains Regional at home today, May 7, and Wednesday, May 13, at Winnisquam, both at 4 p.m.

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

Katsigiannis pitches Bears past Mascoma

BY JOSHUA SPAULDING

Sports Editor

CANAAN — The Winnisquam baseball team made the trip to Canaan on Monday, April 27, and knocked off Canaan by a 12-0 score to kick off vacation week.

The Bears scored three times in each of the first two innings and added six in the third inning to close out the 12-0 win.

Anestis wins Panther Award for PSU wrestling team

PLYMOUTH — The Plymouth State University Department of Athletics held its annual Panther Awards and Senior Reception last Monday night, honoring individual student-athletes from each athletic program.

The Senior Reception was held in Heritage Commons, where graduating athletes were presented with Student-Athlete stoles and gifts from the department.

The Panther Awards were held in Hanaway Theatre and recognized each program's Panther Award winner.

The Panther Award is one of the department's highest honors, recognizing individuals from each athletic team who best represent Plymouth State Athletics' mission on the field, in the classroom and throughout the community. Each program has the leniency to set its own additional criteria.

Local Panther Award winners included Belmont's Chase Anestis for the wrestling team and Gilford's Alyssa Craigie for the women's tennis program. A full recording of the event will be available on the department's YouTube channel (Plymouth State University Athletics) and website.

Dio Katsigiannis went the distance on the mound for the Bears, giving up just two hits and striking out 11 to earn the shutout.

Carter Lloyd had two hits, drove in two runs and scored two runs, Katsigiannis had a double, drove in two runs and scored three times, Cullen Desrochers had a hit, drove in a run and scored a run, Dan-

ny Blodgett-Fralic had a hit and drove in a run and Mason Dubreuil added a hit.

The Bears will be in ac-

tion on Monday, May 11, at home against Gilford and Wednesday, May 13, at home against Belmont, both at 4 p.m.

Softball Bears sweep doubleheader from Royals

BY JOSHUA SPAULDING

Sports Editor

CANAAN — The Winnisquam softball team played two games to open vacation week, sweeping a doubleheader at Mascoma on Monday, April 27.

The Bears won the first game by an 18-0 score and won the second game by a 12-0 score.

"Today we were able to get great pitching and great defense and when you put both together, it is a great day," said coach Mark Dawalga. "It was really good to see everyone contributing for the wins today."

"This team works hard every day at practice and it is starting to show in games," he added.

The Bears will be in action on Friday, May 8, at Newfound, Monday, May 11, at home against Gilford and Wednesday, May 13, at home against Belmont, all with 4 p.m. scheduled starts.

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

Spring Craft Fair returns to Tanger Outlets



TILTON — Shoppers and craft enthusiasts will have plenty to explore when the Lakes Region Spring Craft Fair returns May 16 & 17 at Tanger Outlets Tilton.

The two-day event will run Saturday from 10 a.m. to 5 p.m. and Sunday from 10 a.m. to 4 p.m., featuring more than 80 exhibitors offering a wide variety of handmade goods and specialty items. Admission is free, and the event will be held rain or shine under canopies.

Visitors can expect an eclectic mix of arts and crafts, including handmade jewelry, laser-cut wood products, baked goods, soy candles, sublimation art, metal caricatures, scarf accessories, goat milk soaps, custom embroidery, and handcrafted wooden flags

and crosses. Organizers say the fair is designed to showcase both traditional craftsmanship and newer creative techniques.

A highlight of the weekend will be a live chainsaw carving demonstration by artist Elise, who will create wood sculptures from logs on site. Live music is also planned for Saturday afternoon, featuring a performance by the band North River.

The event is family-friendly, and leashed dogs are welcome.

The fair is organized by Joyce's Craft Shows, which hosts events across the region throughout the year. More information is available by calling 603-387-1510 or visiting joycescraftshows.com.

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HIGH SCHOOL SLATE

Thursday, May 7
BELMONT
 Baseball vs. White Mountains; 4
 Girls' Lacrosse at Plymouth; 4
 Softball vs. White Mountains; 4
GILFORD
 Girls' Tennis at Monadnock; 4
 Friday, May 8
GILFORD
 Baseball vs. Somersworth; 4
 Boys' Lacrosse vs. Milford; 4
 Boys' Tennis vs. Prospect Mountain; 4
 Girls' Lacrosse at Kearsarge; 4
 Softball vs. Somersworth; 4
WINNISQUAM
 Softball at Newfound; 4
 Saturday, May 9
GILFORD
 Track at Newfound; 10
WINNISQUAM
 Track at Newfound; 10
 Monday, May 11
BELMONT
 Girls' Lacrosse at Pelham; 5

Softball at Berlin; 4
GILFORD
 Baseball at Winnisquam; 4
 Girls' Lacrosse vs. Coe-Brown; 4
 Softball at Winnisquam; 4
WINNISQUAM
 Baseball vs. Gilford; 4
 Softball vs. Gilford; 4
 Tuesday, May 12
BELMONT
 Girls' Lacrosse vs. Campbell; 4
 Track Home Meet; 4
GILFORD
 Boys' Tennis vs. Trinity; 4
 Girls' Tennis at Trinity; 4
 Track at Belmont; 4
WINNISQUAM
 Track at Belmont; 4
 Wednesday, May 13
BELMONT
 Baseball at Winnisquam; 4
 Softball at Winnisquam; 4
GILFORD
 Baseball vs. Inter-Lakes; 4
 Boys' Lacrosse vs. Pelham; 4

Boys' Tennis at White Mountains; 4
 Girls' Lacrosse at St. Thomas; 4
 Softball vs. Berlin; 4
WINNISQUAM
 Baseball vs. Belmont; 4
 Softball vs. Belmont; 4
 Thursday, May 14
BELMONT
 Baseball vs. Inter-Lakes; 4
 Track Home Meet; 4
GILFORD
 Baseball vs. Winnisquam; 4
 Boys' Tennis vs. St. Thomas; 4
 Girls' Lacrosse vs. Milford; 4
 Girls' Tennis at St. Thomas; 4
 Softball vs. Winnisquam; 4
WINNISQUAM
 Baseball at Gilford; 4
 Softball at Gilford; 4
 Track at Belmont; 4

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34 Cherry Valley Road— 3.56 acre Lot 226-031-002 Assessed \$161,490	

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Gunstock sets sights on next winter

\$4.5 million investment in improvements now underway



GILFORD — As the last of this winter’s snow melts away, Gunstock Mountain Resort has already begun working on improvements for the 2026/27 season, and beyond.

As part of a \$9 million, two-year plan introduced in 2025, Gunstock plans to

reinvest a total of \$4.5 million into the mountain this offseason. Approximately \$1.4 million will be devoted to snowmaking systems, just over \$2 million for chairlifts, and an additional \$1.1 million for various equipment and facility upgrades and maintenance. “Our focus remains

on investing in our infrastructure,” shared Robert Drake, President and General Manager. “It’s a foundational part of creating a positive experience for our guests.”

Efforts to refurbish several key components of the Panorama lift, which provides summit access to

guests, began immediately following Gunstock’s closing day on April 4. The high-speed detachable quad will be the recipient of a new drive, chair-spacing system, and an all-new control system. It will receive new lift structures installed at the base and summit to house the up-

graded control system and lift attendants.

“A large part of this investment in the Pan won’t be directly visible to guests,” explained Dave Ulbrich, Director of Mountain Operations. “The real payoff we expect to see is the increased reliability of service that comes with installing a brand-new system like this.”

Additional lift improvements will include a new haul rope for the Tiger chair, as well as new grips on the Pistol chair and the completion of Pistol’s gearbox rebuild.

Gunstock’s snowmaking system is also slated to receive major upgrades this offseason, most notably the installation of 5,000 feet of new pipe and the isolation of Gunstock’s lower and upper mountain snowmaking systems. This update will eliminate sys-

tem inefficiencies that have prevented simultaneous snowmaking in both regions of the mountain, expanding the resort’s ability to make snow top to bottom at once. The new pipe will not only replace aging infrastructure but also be used to create a more direct snowmaking line to the summit.

Other noteworthy investments include a new Prinoth Bison X winch cat, an additional contactless RFID lift access gate at the base of the Panorama chair, and the continued widening of the Derringer trail to ensure smoother and safer traffic flow onto the Smith trail.

You can follow Gunstock’s ongoing improvements this offseason on their social media pages @gunstockmtn or at gunstock.com.

Touch-a-Plane, Touch-a-Truck at Laconia Airport



GILFORD — Winn Aero, the STEM education non-profit for youth, is pleased to announce that it will again sponsor, with the Laconia Airport Authority, the annual Open House event on Saturday, May 9. The popular family-oriented event, dubbed “Wings, Water & Wheels,” will operate in the “touch a plane, touch-a-truck” format.

“We’ll have several aircraft owners displaying their airplanes and expect a local marina to display their boats, along with Gilford Fire and Police, and Sheriff’s vehicles,

large excavators and snowplows,” stated Karen Mitchell, WinnAero President.

The Belknap County SWAT vehicle will also be on display. Expected to round out the displays will be a construction crane, an oil truck and other construction vehicles.

“This is an excellent opportunity to speak directly with the pilots, operators, police and fire personnel about their planes, vehicles and careers,” Mitchell added.

Kids will be able to “fly” using the WinnAero Flight Simulators, speak

to members of the Civil Air Patrol and the ACE Academy Summer Camps. Kids under 18 may also fly free orientation flights at the event thanks to the local chapter of the EAA. The World’s largest association of aircraft owners is donating their aircraft and pilots to fly kids, free of charge, on “Young Eagle Flights”; pre-register at www.eaachapters.org. Pine Tree Helicopters will be offering helo rides for a fee to children and adults.

Laconia Airport gates open at 9 a.m. on May 9, and the event will run until 2 p.m. Wings, Water

Wheels is WinnAero’s main fundraiser to help deliver aviation and aerospace education to youth throughout New Hampshire. An admission of \$5 per person or \$20 per family is gratefully accepted to support this mission. Youth registered for Young Eagle flights get free admission. There will also be a 50/50 cash raffle at the Open House. A Food Truck for food and drinks will be available. WinnAero appreciates the financial and in-kind support from the Laconia Airport Authority, The Bank of New Hampshire, the EAA, Granite State Glass, SkyBright Aviation, The Glidden Trust, Pine Tree Helicopters and Emerson Aviation. Besides Wings, Water & Wheels, WinnAero is also gearing up to operate its ACE Academy week-long day camps in July. As of today, 82 campers are enrolled while 30 slots remain open for interested youth. The openings are in Aeromedical Aviation, Air Traffic Control, Girls in Aviation, Pre-Ground School and Search & Rescue. For more information, please visit www.winnaero.org.

Mount Washington Cruises

announces historic expansion of summer schedule

REGION — Mount Washington Cruises has announced the most significant expansion of its summer schedule in decades, introducing a new vessel deployment strategy, additional daily departures, and enhanced connectivity across Lake Winnepesaukee.

“These are historic changes for our company and for tourism on the lake,” said Jared Marajo, General Manager of Mount Washington Cruises. “We are thrilled to offer our passengers more flexibility and new ways to experience the Big Lake than ever before.”

Expanded service on the M/S Mount Washington

For the first time, the summer schedule has been redesigned to significantly increase connectivity between Wolfeboro and Weirs Beach, two of the lake’s most popular destinations.

New Wolfeboro Departure: Added 1:45 p.m. sailing (in addition to 11:15 a.m.)

New Weirs Beach Departure: Added 3 p.m. sailing (in addition to 10 a.m. and 12:30 p.m.)

The expanded schedule allows passengers more time to explore Wolfeboro’s shops, museums, and restaurants, while also introducing new one-way travel options between ports—making it easier

than ever to experience the lake without a car.

Winnepesaukee Spirit moves to Center Harbor

In a major service expansion, the Winnepesaukee Spirit will now operate out of Center Harbor.

Expanded Weekly Service: Multiple sailings per week throughout the summer

New Routes: Service connecting Center Harbor and Wolfeboro

New Experience: Introduction of a Sunset Cocktail Cruise departing from the Wolfeboro Town Docks

Return of the Winnepesaukee Belle

Following an extensive refurbishment, the Winni-

pesaukee Belle returns to service from Meredith.

Daily Cruises: Multiple cocktail cruises from Meredith Town Docks, with additional departures from Weirs Beach

Themed Experiences: Including Happy Hour Cruises, Sunset Dessert Cruises, and the return of the popular Haunted Winnepesaukee Cruises

Looking Ahead: Alton Bay

Mount Washington Cruises is also actively exploring a return to Alton Bay as part of its long-term service plan. The company expects to provide an update on potential seasonal service in the coming weeks.

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Registration open for community summer sailing programs



MOULTONBOROUGH — Registration for the New Hampshire Boat Museum's summer sailing program offered in cooperation with the Wolfeboro Parks and Recreation Department, is now open. The program offers instructional sailing programs for all ages and skill levels at two locations on New Hampshire's lakes.

"For more than twenty years, our sailing programs have continued to grow," said Anne Lennon, NHBM Programs Director. "It's a rewarding way for both kids and adults to get on the water, build new skills, and potentially discover a lifelong passion."

At Albee Beach on Lake

Wentworth in Wolfeboro, youth classes start in Optimist dinghies while adults learn in Sunfish sailboats, with advanced instruction available for youth interested in racing. At 19 Mile Bay on Lake Winnepesaukee in Tuftonboro, keelboat classes for ages 16 and over offer both scheduled and private instruction from US Sailing-certified instructors.

"Our sailing programs reflect NHBM's ongoing commitment to providing hands-on boating experiences while fostering a lasting appreciation and stewardship for New Hampshire's lakes," added Lennon.

Founded in 1992, the

New Hampshire Boat Museum is dedicated to preserving and sharing the state's rich freshwater boating heritage. Through dynamic exhibits, programs like Boat Building, On Water Instruction and more, NHBM brings New Hampshire's boating story to life. For sailing class schedules, requirements, and registration information, visit nhbm.org.

NHBM is supported by its generous partners, including Goodhue Boat Company, Eastern Propane and Oil, Avery Insurance, Kingswood Press and Design Studio, Lanes End Marina, North Water Marine and Watermark Marine.

Learn to make a ring with a bezel set stone



MEREDITH — Join us at the League of NH Craftsmen – Meredith Fine Craft Gallery on Saturday, May 16 from 10:30 a.m. – 4:30 p.m. for a Ring With a Bezel Set Stone Class with juried artist Joy Raskin.

In this one-day workshop, students will start by making a silver ring band out of wire or sheet metal. The bezel will then be soldered to the ring, a cabochon stone will be set, and the finished ring will be polished and ready for you to wear and enjoy. Materials are not required, but students can bring in a favorite stone or any silver they may have. The instructor will supply silver

wire and sheet metal, plus cabochon stones of assorted sizes for students to purchase. The estimated cost of materials ranges from \$40 to \$90, depending on the cost of materials you use.

Tuition is \$75 per student. Materials fee is between \$40-\$90, depending on the stones and amount of silver the student uses. The materials fee will be paid cash or check to the instructor on the day of class.

Space is limited, and pre-registration is required. Those who wish to take the class must sign up by Wednesday, May 13.

To register for this workshop, call the League of NH Craftsmen – Meredith Fine Craft Gallery at (603) 279-7920 or visit the Gallery at 279 Daniel Webster Highway in Meredith.

For more details, visit our Web site at <http://meredith.nhcrafts.org/classes/> and our Facebook page at <http://www.facebook.com/nhcraft/>.

The League of NH Craftsmen Meredith Fine Craft Gallery is located at 279 DW Highway, Meredith, and is dedicated to the education and support of New Hampshire's fine craft tradition since 1932.

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