



THURSDAY, NOVEMBER 6, 2025 FREE

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Brushstrokes of bravery

Veterans' art takes center stage at Veterans Home

TILTON — Veterans of the New Hampshire Veterans Home (NHVH) will be hosting an Art Show on Friday, Nov. 7, from 10 a.m. to noon, and 1 to 3 p.m. at 139 Winter St. in Tilton. This event features free admission and will take place in the Home's 'Town Hall' great room, accessible via the main entrance.

The wide variety of veterans' art on display will include pencil drawings, watercolor paintings, acrylic paintings, photography, poetry, and magnetic art. In addition to veteran art displays and conversation with artists, the Show will feature live music performances by veterans and employees, including the National Anthem, sung by Heather Sparano, NH Veterans Home Volunteer Services employee; patriotic selections from the New Hampshire Veterans Home Company Beat music group; and band and chorus performances by the Winnisquam Regional High School. Additionally, visiting artists from The Galleries at 30 Main from Meredith will provide demonstrations, displays and art conversations.

The NH Veterans Home residents, staff and volunteers recognize RED (Remember Everyone Deployed) shirt Fridays in



New Hampshire Veterans Home 2024 Art Show attendees enjoy the pieces on display.

solidarity to support our deployed troops. Art Show attendees are invited to wear red to show their support; RED shirts are also available for purchase in the Home's 'Main Street Store.'

The New Hampshire
SEE **BRAVERY**, PAGE A10

Volleyball Raiders

power on to semifinals

BELMONT GIRLS BEAT MASCENIC IN QUARTERFINAL MATCHUP

BY MILTON WOOLFENDEN
Contributing Writer

BELMONT — On Friday night, the number four seed Belmont Red Raiders volleyball defeated the number five seed Mascenic Vikings in four sets by scores of 25-15, 21-25, 25-14, 25-20, to advance to the semifinals of the Division III tournament.

Starting the first set, the teams were going point for point as it seemed like the set might end 25-23.

However, volleyball is like lacrosse, where you can score a lot in a short amount of time, as that's exactly the Red Raiders did midway through the set, quickly going from an 11-10 lead to a 16-10 lead before a timeout by Vikings head coach Lauren Somero to try to gather her team.

"Every point is so emotional," Red Raiders head coach Bry Kelly said. "But we just focus on getting the ball back in the hand of our server and preparing for the next point."

While out of the timeout, the Vikings would win the next point, the lead the Red Raiders had built would prove to be enough as they won the first set 25-15.

SEE **VOLLEYBALL**, PAGE A10

Sanbornton Master Plan Housing Committee to hold open house

SANBORNTON — The Master Plan Housing Committee has been holding small forums with groups around town to get input on housing opportunities and challenges within Sanbornton. Now it's time to hear from a larger audience!

Have you heard? Rather than hold a typical Town Hall-style meeting with a presentation, a podium, and an audience, the Master Plan Housing Committee has chosen to hold an interactive Open-House

Poster Session. Attendees will browse a series of informational and interactive posters to provide input on various housing topics. This event will run from 4:30 – 6:30 p.m., and folks are encouraged to come anytime during that block. The nature of this event allows attendees to go through the posters at their own pace and stay for as long (or as short) as they would like. There will be members of the Sanbornton Master Plan Housing Committee and Lakes Re-

gion Planning Commission to guide folks through the process and answer any questions.

This is a family-friendly event with a Kids' Corner providing activities sponsored by the Recreation Department, so be sure to bring the whole family! Light refreshments will be served, and participants will be entered into a drawing for a \$100 Amazon gift card. Come be a part of the future by sharing your voice and your vision for the Town of Sanbornton.

We want to hear from YOU!

Where: Old Town Hall, 19 Meeting House Hill Rd.

When: Wednesday, Nov. 12, anytime between 4:30 and 6:30 p.m.

Who: Family-friendly event with a Kids' Corner

What: Be a part of the future of housing in Sanbornton

How: This initiative is funded by a Housing Opportunity Planning (HOP) Grant from the New Hampshire Housing Finance Authority

Winnisquam Regional High School hosts annual College Fair

TILTON — Winnisquam Regional High School (WRHS) recently held its Annual College Fair, an event designed to connect students, families, and community members directly with a diverse range of higher education institutions, military representatives, and career-focused trade schools.

More than 40 representatives from colleges and universities across New England attended the College Fair. Institutions range from large public universities to small liberal arts colleges, offering students a wide perspective on academic fit. Additionally, attendees had opportunity to speak with recruiters from



Pictured above are a student from the Winnisquam Career Center speaking with a recruiter from Empire Beauty School; WRHS Johnny Truong learning more about Keene State University; and, WRHS Student Colin Parenteau exploring option with the US Army.

SEE **FAIR**, PAGE A10

MVSB supports Home Possible Project’s fundraising for new community residence

COURTESY
Beck Reposa, MVSB AVP Branch & Business Development Officer (left), and Alyssa Richard, MVSB Universal Banker (right), present a donation to The Home Possible Board Members Cheryl Larose, Dorothy Piquado, Lisa DiMartino and Joel Fisher at the MVSB Gilford branch office.



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GILFORD — The New Hampshire Community Development Finance Authority recently awarded tax credits to The Home Possible Project, a Lakes Region nonprofit providing long-term supportive housing for adults with developmental disabilities. The organization is fundraising to build a new community residence in Gilford, which will feature 12 private individual apartments, a shared kitchen and dining room, family room and more. MVSB (Meredith Village Savings Bank) is proud to purchase \$10,000 in tax credits to support their efforts.

“We are grateful to MVSB for this generous donation, which brings us one step closer to building our flagship community residence for adults with developmental disabilities,” Lisa DiMartino, Board Chair, The Home Possible Project. “Our goal

is to promote independence, foster a true sense of belonging and create a warm, inclusive environment where residents can thrive.”

“At MVSB, we are committed to supporting organizations that strengthen our communities and create opportunities for individuals to live fulfilling lives,” said Cathy Sleeper, MVSB Regional Vice President. “The Home Possible Project’s vision for inclusive housing will have a lasting impact in the Lakes Region, and we are honored to play a role in helping bring it to life.”

Go to homepossiblenh.org to learn more about the organization.

CDFA tax credits allow businesses to fund qualifying economic or community development projects in exchange for a tax credit that can be applied against state business tax payments. The tax credits

are administered by the New Hampshire CDFA. Any business with operations in New Hampshire that contributes to a CDFA tax credit project receives a New Hampshire state tax credit worth 75 percent of their contribution. The credit can be used over a period of five years to reduce the business’ state tax liability (business profits, business enterprise, or insurance premium taxes). The tax credit program allows New Hampshire businesses to use their state tax dollars to support local projects that they care about. CDFA reviews many project applications each year, and awards tax credits to those they determine are feasible and will make the biggest impact on economic development in the state. Visit nhcdfa.org for more information.

MVSB has been serving the essential banking needs of people, business-

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

Northfield man pleads guilty to removal of political signs

CONCORD — Attorney General John Formella announces that Nick Moorhead (age 55) of Northfield has pled guilty in Franklin District Court to one class B misdemeanor count of unlawfully removing political signs, contrary to RSA 664:17.

Moorhead had removed political signs from the front yard of a private

residence in Northfield prior to the Nov. 5, 2024 State General Election. The Court imposed a \$250 fine plus \$60 penalty assessment, for a total penalty of \$310. Pursuant to Part I, Article 11 of the State Constitution, Mr. Moorhead’s right to vote in New Hampshire is terminated unless later restored by the New Hampshire Supreme

Court.

This matter was prosecuted by Senior Assistant Attorney General Brendan A. O’Donnell. This matter was investigated by Election Law Unit Investigator Cristina Ostrowski and the Northfield Police Department.

The Election Law Unit reminds the public

that RSA 664:17 governs both the placement and the removal of political advertising, and violations of the statute can result in civil or criminal penalties. See RSA 664:17 (“No person shall remove, deface, or knowingly destroy any political advertising which is placed on or affixed to public property or any private property except for removal by the owner of the property, persons authorized by the owner of the property, or a law enforcement officer removing improper advertising. Political advertising placed on or affixed to any public property may be removed by state, city, or town maintenance or law enforcement personnel.”).

Any person who believes a political sign has been unlawfully erected should contact the Election Law Unit or the owner of the property where the sign was erected. Any person who believes a political sign has been unlawfully removed should contact the Election Law Unit or local law enforcement.



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Dan Fallon Band brings high-energy Americana Rock to The Loft at Hermit Woods

MEREDITH — Get ready for a night of exceptional live music, fine wine, and locally inspired cuisine as The Dan Fallon Band takes the stage at The Loft at Hermit Woods on Thursday, Nov. 13.

Known for their powerhouse Americana-rock sound, The Dan Fallon Band blends gritty vocals, electric soul, and blues-driven energy into an unforgettable live experience. Led by singer-songwriter Dan Fallon, the band has built a loyal following across New England, performing at venues such as the Bank of NH Stage, Nash and Revo Casinos, Tower Hill, the Hazy Stage, and The Stone Church. With a sound that lands somewhere between Chris Stapleton and The Black Keys, The Dan Fallon Band delivers both emotion and energy in every note.



Band Members:
Dan Fallon – Lead Vocals,
Acoustic & Electric Guitar,
Andrew Morrissey –

Drums, Backing Vocals
Abe Hughes – Bass
Bryan House – Trumpet,
Trombone, Keys & Vocals
Emily Streese – Vocals

Evening Schedule:
5:30–6 p.m.: Complimentary Wine Tasting

6 p.m.: Doors Open
& Dinner Service Begins

7 p.m.: Show Begins

(Drinks & Dessert available during the show)

Tickets: www.hermitwoods.com/events/dan-fallon-band

The evening takes place in The Loft's intimate listening-room setting, designed to connect artists and audiences through a shared appreciation of live performance. Guests are asked to refrain from conversation during the show, creating a truly immersive experience unique to The Loft.

For more information about the band, visit www.danfallonmusic.com, or follow @danfallonmusic on Instagram and Facebook.

Join us for an evening of music, food, and fine wine — an experience that embodies the heart and soul of Hermit Woods.

Liberty Academy to present public chartered school application to NH State Board of Education

MOULTONBOROUGH — After two years of dedicated preparation

and rigorous review, the Founders of Liberty Academy will appear before

the New Hampshire State Board of Education on November 19 to present its application to establish a new public chartered school in Moultonborough.

Liberty Academy will be using a curriculum provided by Hillsdale College's Barney Charter School Initiative (BCSI), designed to offer a classical liberal arts education focused on academic excellence, civic virtue, and moral character.

If approved, Liberty Academy would join a network of schools across the country committed to renewing American education through timeless principles and a content-rich curriculum. Liberty Academy's application represents the culmination of two years of development, research, and collaboration to ensure the highest standards of educational and organizational readiness.

"This has been a

thoughtful and thorough process, and we are grateful for the opportunity to share our vision with the State Board of Education," said Jim Miller, one of the founding members. "Our goal is to partner with families and the community to provide students with an education that cultivates knowledge, wisdom, and virtue."

The founding members of Liberty Academy are actively working to collect letters of support from local parents and other community stakeholders. For more information about our charter school project, how to support us, and to stay updated, please visit www.libertyacademynh.org.

Following State Board approval, Liberty Academy will host an open house event to celebrate and to meet the community.

Charter School Initiative (BCSI)

The Barney Charter School Initiative, a project of Hillsdale College, supports the creation of classical charter schools across the nation. Its mission is to assist local citizens in founding schools that provide

an education rooted in the classical tradition and in the principles of moral and civic virtue.

Community Calendar November 6-13

Thursday, Nov. 6

A chill in the air, a leaf on the breeze, Tilton Library hosts Storytime at three! Crafts for the kids and cocoa to pour— Warm hearts and small hands, and laughter galore.

Friday, Nov. 7

At Belmont High, the lights will gleam bright, Raiders football kicks off Friday night! Bundle in blankets, let spirit run free— The crowd sings louder than any TV.

Saturday, Nov. 8

The Grange in Sanbornton's setting the scene, For a harvest supper of autumn cuisine. Five o'clock seating, desserts at six— Pumpkin and apple—take your pick!

Sunday, Nov. 9

At the Mill in Belmont, artists convene, Paintings and pottery polish the sheen. A fall craft fair from ten until four, Handmade treasures and gifts galore.

Monday, Nov. 10

Belmont Town Hall, Select Board meets, Decisions made on our neighborhood streets. Public invited—come listen, come learn— Democracy's candle gets its weekly burn.

Tuesday, Nov. 11 – Veterans Day

Tilton's green wears flags in the frost, Names remembered, no one lost. Gather at ten as the trumpets resound, Gratitude carried through every town.

Wednesday, Nov. 12

Northfield Library has knitting at two, Bring your yarn and a story or two. Coffee and company make the day glow— A stitch for each friend we're lucky to know.

Thursday, Nov. 13

Belknap Mill hosts a jazz delight, A free concert brightening Thursday night! Music and memory dance through the hall, A fine autumn finish, enjoyed by all.



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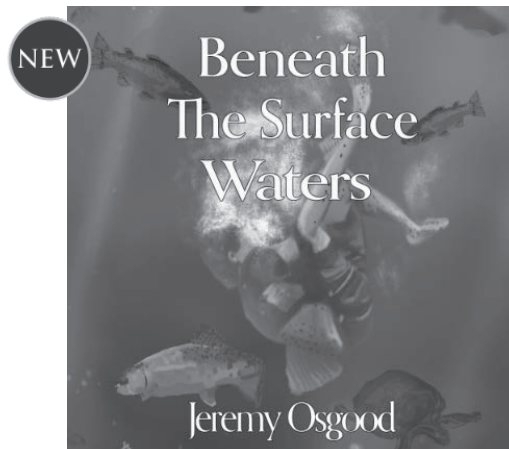
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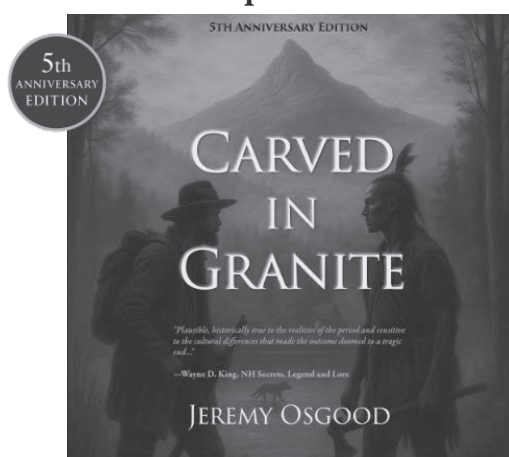
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Opinion

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.

When November whispers

The first week of November carries a strange electricity in the air. The jack-o’-lanterns are beginning to sag, but their flickering light still guards front porches in Tilton, Belmont, Sanbornton, and Northfield. The final leaves cling stubbornly to the maples while the lake goes still and glassy, mirroring a sky that feels colder than it looks. It’s a season caught between worlds—too late for summer, too early for snow—and that pause makes people notice things they might otherwise rush past.

This in-between time is when New Hampshire towns show what they’re made of. The fairs have closed, the tourists have headed home, and yet the pulse of the Lakes Region doesn’t fade. You see it in the glow of the school gym on a Friday night, in the volunteers setting tables at a Grange hall supper, in the veterans’ groups hanging bunting before the first frost. It’s the quiet part of the year when community feels the loudest.

In communities like ours, we measure time less by the calendar and more by the work that needs doing. November is when select boards dig into budgets and school boards talk about next year’s needs. It’s when library trustees plan the next fundraiser and highway crews prepare their plows for the first storm. Every one of those discussions, every motion passed, affects real lives—the roads we drive, the teachers we rely on, the neighbors we help keep warm.

It’s also when gratitude becomes less of an idea and more of a daily practice. Food drives pop up in church basements and market foyers. Fire departments collect toys for local families. The senior centers fill with laughter and coffee as friends swap stories about Thanksgivings past. The news can make the world feel divided, but small towns prove, again and again, that unity doesn’t depend on agreement—it depends on showing up.

There’s something steady about that. The daylight fades early, and yet the glow from our windows feels warmer. The wind sharpens, but the conversations at the diner stretch longer. People check in on one another more often, not because of obligation, but instinct. In November, we remember that community isn’t a seasonal event—it’s the sum of a thousand small kindnesses that carry us through the darker months ahead.

When November whispers through the Lakes Region, it reminds us that belonging is built, not bought. It’s built every time a student helps at the food pantry, every time a neighbor shovels another’s steps, every time a crowd stands in the cold for a parade that lasts ten minutes but means everything. The leaves may be gone, but what remains is stronger—the quiet beauty of people still choosing to care, even as the days grow short.



COURTESY

The Belmont Police Department had such a great time at Trunk or Treat seeing all the amazing costumes and smiling faces! A huge thank you to everyone who came out to join the fun and to all who helped make the event possible. It was a fantastic night full of fun, laughter, and great company! Photo courtesy of the department’s Facebook page.

Comfort Keepers

Comfort Keepers celebrates 20 years of elevating the human spirit in New Hampshire

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

This year marks a major milestone for Comfort Keepers of Central and Northern New Hampshire: 20 years of providing compassionate, uplifting in-home care to seniors and their families. Since opening their doors in 2005, this independently owned and operated franchise has made it their mission to help aging adults live safely, independently, and joyfully in the comfort of their own homes.

Rooted in the scenic heart of New Hampshire, Comfort Keepers has grown from a small office to a trusted community partner serving families across both Central and Northern New Hampshire. Whether it’s navigating a new dementia diagnosis, supporting a spouse through caregiver burnout, or simply being there to provide companionship and help with daily tasks,

the Comfort Keepers team has stood by its commitment to Elevating the Human Spirit® — one client, one caregiver, and one moment at a time.

A legacy of compassion and quality

For two decades, Comfort Keepers of Central and Northern New Hampshire has delivered more than just home care — they’ve delivered hope, connection, and peace of mind. Their signature approach, Interactive Caregiving™, focuses on doing tasks with clients instead of just for them. This personalized model supports mind, body, and spirit — encouraging seniors to stay active, engaged, and emotionally fulfilled.

In addition to individualized care plans, their team of Comfort Keepers — carefully selected for their empathy and skill — helps seniors maintain independence while also relieving the burdens on family caregivers, who often juggle

full-time jobs, parenting, and caregiving responsibilities.

A community partner, not just a provider

Comfort Keepers is also deeply involved in the community. They’ve built strong partnerships with local hospitals, senior centers, rehab facilities, and trusted advisors throughout the region. As part of their ongoing commitment to excellence, the team has also embraced digital tools and local outreach to stay top of mind among referral sources and families alike.

Looking ahead: More than a milestone

“As we reflect on the last 20 years, we are filled with gratitude — for our caregivers, our clients, and our community,” said Martha Swats franchise owner. “I look forward to the next 20 years of uplifting lives, creating joy, and making a lasting difference in the lives of seniors and their families.”

Join the celebration

To honor this milestone, Comfort Keepers of Central and Northern New Hampshire invites community members to stop by our open house on Thursday, November 6th from 4pm to 6pm at the main office, 12 Yeaton Rd., Plymouth.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all

Meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

Food security

When the stock market crashed in 1929, it didn’t just erase fortunes—it erased certainty. Factories went dark. Payrolls vanished. The hum of American industry fell to silence, replaced by the hollow echo of empty stomachs.

By 1933, unemployment had soared to nearly fifteen million—more than one in five workers. Families who once counted on a paycheck now counted

pennies, or borrowed bread from neighbors who were just as poor.

In city after city, long lines snaked around corners, men in threadbare coats clutching tin cups and children holding out chipped bowls. Hunger had no party, no region, no mercy.

And then came the dust.

As if economic ruin weren’t enough, the early 1930s brought a second

catastrophe. The Great Plains—once called the nation’s breadbasket—became a wasteland. Years of drought and over-farming tore the topsoil loose, and winds carried it east in storms so dense they turned day into night.

By 1934, one hundred million acres of farmland lay barren. Crops withered. Livestock suffocated. Entire families packed what they could onto rattling trucks and fled west, their lives reduced to dust and

memory.

But out of that dust, compassion took root.

Ordinary citizens—neighbors, church groups, and volunteers—refused to wait for government relief that was still tangled in red tape. In living rooms and church basements, they poured kettles of soup, handed out bread loaves, and opened their doors to strangers. These homegrown soup kitchens

SEE POSITIVELY PAGE A5

Winnisquam Echo

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The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253.
POSTMASTER:
Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.

THE WINNISQUAM ECHO
PUBLISHED BY
SALMON PRESS

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Raider boys come up short in quarterfinal match in Manchester



Evan Martinez settles the ball with Trinity's Callum O'Connor (46) and Anthony Vasquez closing in on him during the NHIAA Division III boys' soccer quarterfinal contest at Derryfield Park in Manchester.

BY JOE SOUZA
Contributing Writer

MANCHESTER — Often weather conditions can play a major role in contests, and that certainly was the case during Saturday's Division III boys' soccer quarterfinal contest here at Derryfield Park.

Number four and host Trinity won the toss before the game and took the wind to its back in the

POSITIVELY
CONTINUED FROM PAGE A4

ran on donations, not directives.

In Detroit, Capuchin friars opened a humble kitchen that would serve thousands each day, surviving on faith and flour. Even Chicago's most unlikely philanthropist, Al Capone, set up a soup line—not out of sainthood, of course.

Across the nation, gymnasiums became dining halls, union halls became food depots, and women's auxiliaries became engines of mercy. The system was imperfect and chaotic, but it worked.

No one knows exactly how many Americans were starving, but by 1932, a quarter of all families had no wage earner at all. Hunger was not a number—it was a cold morning, an empty pot, a mother whispering to her child, "We'll find something tomorrow."

Out on the plains, where the dust blotted out the sun, the same story unfolded. Farm wives gathered wild berries. Neighbors shared seed and sugar. Churches turned barns into relief depots. At train stations, small-town committees left buckets of milk and bread for migrants heading west. And in California's orchards, locals organized food drives for the endless wave of families who had lost everything but their will to survive.

By the late 1930s, those collective acts of kindness—migrant relief kitchens, church pantries, and conservation efforts—had begun to turn the tide. Fields were reseeded. Families found work. The wind still blew, but hope had returned to the soil.

Things may change by the time you read this, but as of now, the federal

second half. The Pioneers eventually would break through in the final 15-plus minutes, snapping a 1-1 deadlock with a three-goal outburst to upend number five Belmont, 4-1.

"We had the wind at our back in the first half, and that played a role today," Belmont head coach Mike Foley said after his club ended its season with an 11-4-3 record.

government shutdown has halted the Supplemental Nutrition Assistance Program—known to most as food stamps or EBT. More than 42 million Americans rely on that card to buy groceries and feed their families. A judge has ordered the administration to make the payments, but delays mean refrigerators are empty.

Wherever you stand on the issue, I hope we can all agree that when the system pauses, the people must not.

Throughout our history, when hardship struck—whether in the breadlines of the Great Depression or the barren fields of the Dust Bowl—it wasn't bureaucracy that saved us. It was we, neighbors, who refused to look away. Church volunteers stirring soup at dawn. Farmers who shared seed they could barely spare. Americans have always filled the gap with compassion and courage, long before any program or policy could.

That's the tradition we inherit. That's what makes this country strong.

So go to the store. Pick up some rice, beans, noodles, pasta sauce, peanut butter, honey, and bread—whatever lasts and nourishes. Drop it off at your local food pantry. Share this with your friends and encourage them to do the same.

Please don't wait for permission or for Washington to solve it. The United States is swimming in food; no one should go hungry.

America's greatness has never come from government checks—it has come from human hands, and from hearts that move.

That's the American way.

"Because of the wind you were able to control a lot of play when you had it at your back," added the veteran coach. "They won the toss and took the wind in the second half."

And that eventually paid off for the Pioneers. Trinity (12-2-4) was able to survive the first 40 minutes with the game knotted at 1-1.

It remained that way for much of the second half, but the Pioneers controlled much of the action. Belmont keeper Ryan Monansky came up big during the early stages of the second half. The junior, who finished with seven saves after rarely seeing the ball in the opening 40 minutes, denied Trinity's Joey Bouchard with 33 minutes remaining. Monansky's best stop came seven minutes later when he was able to get his hands on an Andrew Wood drive.

"I told them at halftime that we can't play long ball into the wind," Foley said. "We had to work the ball deep and create our chances, and we just didn't do that in the second half."

"We also talked about number eight (Wood), and how we can't let him dictate the game... He is that good."

"We also talked about how that next goal was going to be the biggest," added Foley.

That came with just over 15 minutes remaining in the contest. Wood was able to collect a bouncing ball that eluded a Belmont defender on the right side of Monansky and placed it inside the far post for the eventual game-winner.

The Pioneers would get an insurance goal three minutes later. Ntefeloudis Panos was able to settle the ball down in nearly the same spot as Wood early and knocked it in on the far side to make it 3-1 Trinity.

Wood would cap the scoring with a blast into the top corner with less than five minutes on the clock.

With the wind coming from their backs in the opening half, the Red Raiders had opportunities and did take an early 1-0 edge. A long throw by Brock Smith, from deep in the corner, was deflected and then tapped in by Niko Smith to give Belmont that early lead.

That edge didn't last long as Trinity responded just over a minute later. A direct kick bounced around



Trinity keeper Tyler Charette clears the ball away with Belmont's Niko Smith closing in on him during the second half of NHIAA Division III boys' soccer quarterfinal contest. Also in on the play is Trinity's Levi Locke.



Belmont's Sacha Artis (6) and Trinity's Callum O'Connor battle for position as they chase down a long clear during NHIAA Division III boys' soccer quarterfinal play on a blustery Saturday afternoon in Manchester.



Belmont forward Gabi Bernandez (10) tries to break free from Trinity's Callum O'Connor (46) and Connor Cote in the second half of their NHIAA Division III boys' soccer quarterfinal game at Derryfield Park in Manchester.

inside the box before the Pioneers tapped it home to make it 1-1.

It was a disappointing end to a solid season the Red Raiders will look to build on next year.

"We had a great run this year. We just weren't able to extend it today," Foley pointed out. "We have four losses on the season. It's not the end of the world."

And the Red Raiders will look to build on the success they did enjoy as well as some lessons learned along the way. Belmont loses just five seniors, including two exchanges students, so the veteran coach returns the core of his team for next fall with experience and some lessons learned.

"We learned that home field advantage does mat-

ter," Foley said. "We let a couple of games slip away this year, whether they were ties or losses, and those were the difference of being at home instead of (Manchester). And it did come right down to the last game of the season."

"And playing on turf is another big difference," added Foley. "We got to work on turf (Friday night). Big shout out to Inter-Lakes (High School) for that, but there's a big difference with the bounces. Then you toss in the wind today and it's a big difference."

Seniors playing their final game for Belmont were Andy Cryans, Wyatt Carroll, Ryan Cribbie, Brock Smith, and Brady Fysh.

Foley is confident his returning core has the abil-

ity to take it further next fall.

"A lot of these guys know what it takes," he said. "A lot of these guys were on the basketball team that won the state title last year and the baseball team that went to the semi-finals."

"We have to work on the little things, and we'll do that next summer."

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Quick trip to the city to prep for Milan-Cortina (and see Lindsey Vonn)



JOSHUA SPAULDING

I made it to the Team USA Media Summit on Tuesday in time to catch the end of Lindsey Vonn’s press conference.

Last April, prior to the Paris Olympics, I made the trip to New York City to attend the Team USA Media Summit, which was a great chance to hear from multiple athletes across multiple sports ahead of the Summer Olympics. I really enjoyed the experience and was looking forward to the possibility of Team USA

doing a similar event ahead of the Milan-Cortina Winter Olympics.

Team USA announced the Winter Olympics Media Summit for last Tuesday and Wednesday in New York City. Originally, I was psyched to spend a few days with the Winter Olympic athletes until I realized that I was not go-

ing to be able to be there. I had committed to being the stage manager for the Village Players production of Sweeney Todd, which was in tech week last week, meaning we had rehearsal every night and being in New York for a couple of days did not fit into that schedule.

I still wanted to be a part of the event, so I registered and then kept an eye on the

schedule as to who would be attending. Knowing I had Tuesdays and Wednesdays off from the Yum Yum Shop, I figured I could at least make an appearance there one day for a short period of time.

And when the schedule was announced, Lindsey Vonn appeared on the press conference schedule on Tuesday morning and that’s the day I knew I had to be there. But I was also aware that I probably wouldn’t be able to be there for very long.

For a brief glimpse, this is what the schedule on Tuesday eventually looked like for me. The wakeup call was 1:35 a.m. and I was out the door by 2 a.m. for the drive to Boston. I parked near South Station and boarded the first Amtrak train out of the station at 5 a.m. The planned arrival was about 10 minutes before 9 a.m., which would put me at the Javits Center about five minutes into Lindsey Vonn’s press conference. However, the train was delayed, and I ended up getting to the

SPORTING CHANCE

By JOSHUA SPAULDING



venue with about five minutes left in her press conference. I stayed for two more press conferences, including a panel that included New Hampshire’s Caroline Harvey, a member of the US women’s hockey team, before I headed back to Moynihan Hall for an 11 a.m. train back to Boston. The train arrived at 3:30 p.m., I got in the car and headed north amongst the traffic on Route 1 and got to rehearsal (with a brief stop) at 6:05 p.m., just in time to get Sweeney Todd under way.

Every day is a long day in my world, but that was a lot of train travel. I spent just about two hours in the city and more than eight hours on the train. But I did get to see Lindsey Vonn and I made it to my commitment at the theater.

Wednesday marked 100 days until the start of the

Milan-Cortina Olympics and as part of the Team USA Media Summit there was a special ceremony at the Empire State Building (I attended a similar ceremony in April of last year). Personally, it also made me realize that I need to book a flight to Milan soon. I sent the final payment for my accommodations and have spent some time perusing the most recent publications regarding the media services and facilities available to us once we arrive.

The sixth Olympic experience is right around the corner. Time to start preparing a bit more I guess.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Coos County Democrat and The Baysider. He can be reached at josh@salmonpress.news, at 279-4516, or PO Box 729, Meredith, NH 03253.

Divers runs at Meet of Champions

BY JOSHUA SPAULDING

Sports Editor

HUDSON — The top runners from around the state descended on Alvirne High School in Hudson on Saturday for the NHIAA Meet of Champions, which brought together the top finishers in each State Meet the previous week in Manchester.

Gilford’s Maria Tilley was the top local runner, finishing in 11th place overall with a time of 18:52, which also placed her as the second Division III runner. Plymouth’s Elli Englund was the next local finisher, crossing in 25th place in a time 19:30 and Hailey Watts of Moultonborough crossed in a time of 19:48 for 33rd place

overall.

Ceili Irving of Newfound ran to 56th overall in a time of 20:31 and teammate Emerald Briggs was 71st overall in a time of 20:57. Elsa Bartlett of Inter-Lakes finished in 85th place overall in a time of 21:19 and Addison Alpers of Newfound finished in a time of 22:18 for 112th place overall. Newfound’s Reece Cutting was 129th in a time of 23:36 with teammates Sophie Garlick-Drake in 143rd place in 31:56 and Morgan Hemingway in 144th place in 32:25.

In the boys’ race, Newfound’s Colin Foster led the locals with a time of 16:08 for 17th place overall with

teammate Brady Harker in 41st place in 16:47 and Plymouth’s Tate Hayman finished in a time of 16:59 in 52nd place overall.

Profile’s Collin Reeder finished in 77th place with a time of 17:32, Newfound’s Connor Hemingway was 83rd in a time of 17:38, Grady Steele of Kingswood finished in 100th place in 17:54 and Belmont’s Wyatt Divers finished in 113th place in

18:18. Newfound’s Wyatt Towne was 133rd in 19:35, and was followed by teammates Jacoby Beyer in 136th in a time of 20:28, Matthew Rearick-Ahne in 139th place in 21:17 and Loukas Raptis in 140th place in 21:35.

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Volleyball Bears fall in playoff battle in Peterborough

BY JOSHUA SPAULDING

Sports Editor

PETERBOROUGH — The Winnisquam volleyball team hit the road for the first round of the playoffs on Thursday, Oct. 30, taking on sixth-ranked ConVal in Peterborough.

The Cougars came out quickly and took a 25-10 win in the first set before coming back stronger in the next two sets, falling 25-19, 25-20 as the Cougars took the 3-0 win. “We really picked up our game in the second and third sets and played well and gave ourselves a chance on the road against a very good sixth seed ConVal,” coach Mark Dawalga said. “I was very happy with how we came back in the second and third sets.

“This team really grew together all season, going 7-2 down the stretch to earn the 11th seed,” the Bear coach continued. “I am very proud of this group.

“From where we started to where we finished, this team really improved every day,” Dawalga added. “We will miss our three seniors (Caidyn Carter, Anna Drinkwine, Alexis Mingolla) next year and this will leave big shoes to fill, but I believe we have a strong core group coming back and looking forward to next season.”

Winnisquam finished at 8-8 to earn the 11th seed in the Division II tournament.

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

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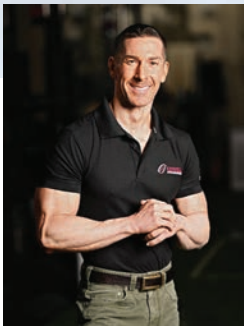
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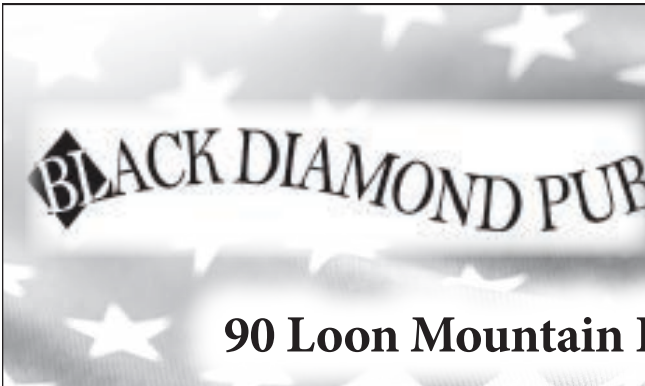
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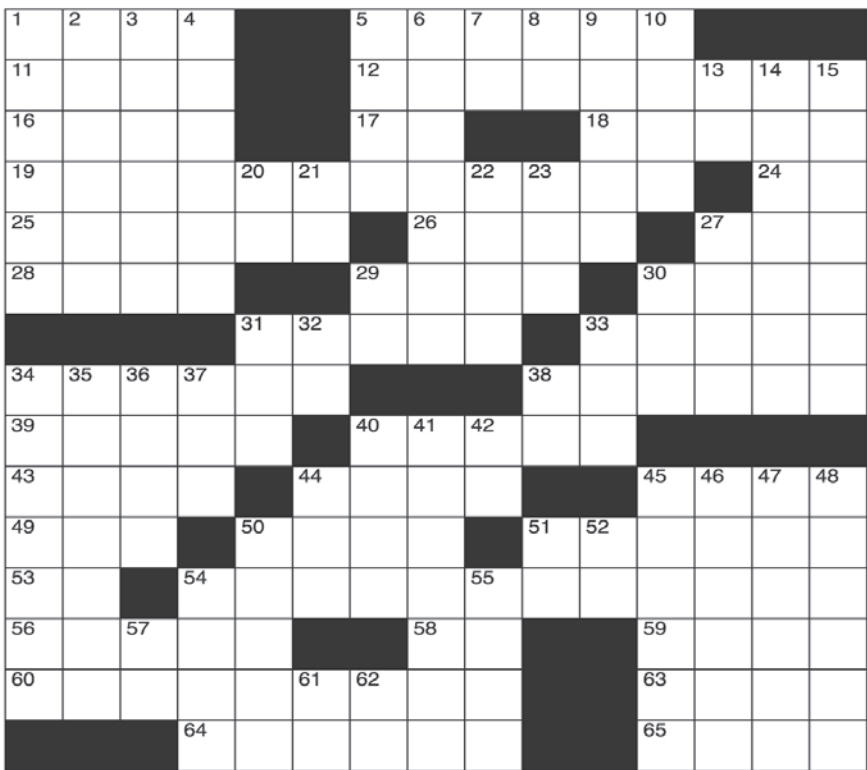
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VOLLEYBALL

CONTINUED FROM PAGE A1

The second set began just like the first, with the teams going point for point. This time it was the Vikings who went on their first run of the evening, turning a 9-9 tie into a 16-9 lead before Kelly called a timeout.

“This was the four vs. five matchup, so we knew it was going to be a hard-fought game,” Kelly said. “They’re an awesome team, and we knew no lead was safe, and we had to stay disciplined the whole set.”

Out of the timeout, Belmont dug their heels in and began clawing their way back, while being aided by some Mascenic service errors.

As the Red Raiders drew within two to make it 20-22, the Vikings took a timeout to steady themselves as they were within striking distance of evening the game at one set apiece.

The Red Raiders surrendering two points out of the timeout proved to be just enough of a cushion for the Vikings as they took the second set by a score of 25-21.

Starting the third set, the Red Raiders jumped out to a 6-0 lead. Two other big runs in the set from 9-3 to 15-3 and 15-5 to 23-5 made it seem like this was going to be an easy set win.

While the Red Raider faithful made their presence known the entire game, they especially did so in the third set, trying to rattle the Vikings.

“We’ve always had an awesome crowd,” Kelly said. “They always make their presence known.”

However, once again, in volleyball, no lead is ever safe, and no deficit is ever insurmountable as the Vikings suddenly made it 23-10. After dropping the next

point, the Vikings went on another run to make it 24-14, but the Red Raiders were able to get the set point and move to a 2-1 lead.

Once again, the Red Raiders got the opening point of the fourth set and quickly jumped out to a 5-1 lead.

However, you could tell the Vikings knew their back were against the wall as they battled for every point with three instances of battling to tie the set.

“They knew we were up two games, and we knew they were going to do everything they possibly could to force a fifth set,” Kelly said.

Later in the set, a quick three-point run to make it 18-14 gave the Red Raiders some much-needed breathing room. After swapping points, another three-point run made it 23-17.

While the Vikings did everything they could to force a fifth set, the Red Raiders ended up winning the set 25-20 and the game 3-1.

With the win, the Red Raiders advance to the semifinals, where they faced top-seeded and reigning champion Inter-Lakes after deadline on Wednesday.

“The biggest thing is confidence and energy,” Kelly said. “We’ve learned a lot this year about how to manage our confidence and energy on and off the court.”

In their two regular season meetings, Belmont lost both in straight sets. In their 17 games so far this season, the Lakers have yet to drop a single set, a perfect 51-0.

The winner of the semi-final game will move on to the Division III championship, which takes place on Saturday, Nov. 8, at 2 p.m. at Pinkerton Academy in Derry.

BRAVERY

CONTINUED FROM PAGE A1

Veterans Home is home to 152 men and women who have served their country and fellow Granite Staters. The Home has been a cornerstone of care

and community since its founding in 1890 as the Soldier’s Home for Civil War Veterans. With a mission to provide high-quality, professional long-term care services to elderly and disabled veterans with dignity, honor, and respect,

NHVV is the state’s only long-term care facility dedicated exclusively to veterans. The Home has been honored with the Platinum Veteran-Friendly Business award from the Department of Military Affairs & Veterans Services, as well

as recognition for excellence in care and business leadership. For more information, call (603) 527-4400 or visit www.nh.gov/veterans, www.facebook.com/nhveteranshome, or www.instagram.com/nhveteranshome/.

FAIR

CONTINUED FROM PAGE A1

branches of the U.S. Military and various technical/trade schools focusing on

high-demand career fields. Amanda Santoro, Director of Counseling, said, “The College Fair is one of the most vital events we host each year. It intro-

duces the college search process by bringing dozens of options right here to our campus. It’s an indispensable resource for our students to start exploring

options and begin to make informed decisions about their futures, whether that future involves a four-year degree, military service, or skilled trades.”

Winnisquam senior class sponsors craft fair

TILTON — The Winnisquam Regional High School (WRHS) Senior Class is excited to announce they will be hosting a Craft Fair on Saturday, Nov. 8, from 9 a.m. to 2 p.m. at Winnisquam Regional High School, located at 435 W Main St., Tilton.

The public is warmly invited to attend and support local artisans and the graduating class of 2026. This event is a critical fundraiser for the Senior Class, with proceeds going directly toward their end-of-year activities, including the Senior Class trip and Prom.

The fair will feature a variety of high-quality handmade goods, perfect for early holiday shopping or finding a unique gift. Attendees can expect to find everything from jewelry



COURTESY

Pictured above are the WRHS Senior Class Officers promoting their upcoming event. The class officers are President, Caidyn Carter; Vice President Carly Drew; Secretary, Alexis Mingolla; and Treasurer Marcus Morrisette.

and handcrafted décor to baked goods and fine art.

Space for vendors is still available but limit-

ed. Interested crafters and artisans should contact Catherine Rand at crand@wrdsau59.org.

Come join us and show your support for the Winnisquam Regional High School Senior Class!

HELP WANTED

SHAKER REGIONAL SCHOOL DISTRICT KITCHEN MANAGER

Shaker Regional School District has an immediate opening for a Kitchen Manager for Canterbury Elementary School. Duties include, but are not limited to, oversight of food and supply inventory, maintaining daily food production records, preparation and distribution of breakfast and lunch, and oversight of kitchen staff. This school-year position is 6.00 hours per day, with starting pay of no less than \$18.43/hr, and is eligible for the district contribution toward Health Insurance, plus fully paid Dental, Life, and Long-Term Disability Insurance.

Please submit an application and 3 letters of reference to Nancy Cate, 255 Seavey Rd, Belmont, NH 03220. You may contact Mrs. Cate at 603-267-6525 X1352 to obtain an application or visit the Human Resources section of our website: www.sau80.org to download a copy. Successful completion of a post-offer pre-employment criminal background check, including fingerprints, are required. Shaker Regional School District is an equal opportunity employer.

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Energysavers Inc, a 50 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. Starting pay, \$18-\$20 hour based on experience.

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Break out of the same monotonous routine and find an exciting new job.

See the classifieds today!

Playhouse teens present “Peter Pan” prequel

MEREDITH — Come join us in Neverland! A recent Broadway hit, “Peter and the Starcatcher,” flies into Meredith and will take to the Winnepesaukee Playhouse stage from Nov. 6-9. Winner of five Tony Awards in 2012, “Peter and the Starcatcher” is an innovative prequel to the Peter Pan story, telling how a miserable orphan turns into the boy who never grew up. It will be performed by talented teens as part of the Playhouse’s Education Department season.

This imaginative and adventurous play chronicles the adventures of Molly, a girl charged to protect a cargo of stardust from falling into the wrong hands, and a trio of orphans who find themselves thrust onto the high seas where they go on an adventure with sailors, pirates, natives, and mermaids. Originally written as the

young adult novel, “Peter and the Starcatchers” by humorist Dave Barry adapted as a play by Rick Wayne Barker. Much like Elice and has music by “Wicked” is a prequel to



“The Wizard of Oz,” “Peter and the Starcatcher” provides the back story to Peter Pan with some recognizable names (like the pirate Smee), and other new characters. In addition to finding out how the unnamed orphan takes on the name of Peter Pan, audiences also see the moment Captain Hook earns his name! “Peter and the Starcatcher” is a play with music and includes traditional songs as well as musical numbers created specifically for the show. It features a cast of thirteen local performers ages 12-18. It is directed by Madison Tayler Williams with music direction by Ryan Witham. The Winnepesaukee Playhouse’s 2025 season is generously sponsored by Northeast Mill Services. Tickets can be ordered by calling (603) 279-0333 or online at www.winnepesaukeeplayhouse.org.

Auditions coming up for acclaimed comedy

MEREDITH — Two local community groups are teaming up to present one very big comedy in 2026. The Winni Players, the community theatre

group in residence at the Winnepesaukee Playhouse, will be working with Laco-

nia’s Powerhouse Theatre Collaborative to produce the hit comedy “The Play

house’s Bryan Halperin will be directing with the Playhouse’s Cory Lawson as assistant director and fight choreographer. Auditions for the play are open

to all members of the community ages 18 and up and newcomers are encouraged to attend. Auditions will take place on Dec. 2 and 6 at the Winnepesaukee Playhouse. Those wishing to audition will need to sign up in advance and can do so by clicking the Get Involved menu on either the Winnepesaukee Playhouse or Powerhouse Theatre Collaborative’s websites.

“The Play that Goes Wrong” has been running since 2012 in London, where it won Best New Comedy at the 2015 Laurence Olivier Awards. Since 2014, the play has undertaken five tours of the UK. A Broadway production ran from 2017–2019 and then continued off-Broadway where it is still playing today.

Tanger Outlets welcomes the magic of the holidays with festive event lineup

TILTON — The holiday season is officially arriving at Tanger Outlets Tilton! Beginning in November, the center will celebrate with festive décor, bright traditions and big savings. Guests can enjoy shopping for local artisanal gifts, merry moments with Santa and more.

scarves and clips, sweater mittens, holiday wreaths, tabletop ornaments and more. Additional highlights include live chainsaw carving demonstrations by Elise, chalkboard mats for kids, and cozy knit items for the start of the season.

The celebrations continue the following weekend on Nov. 7 from 4-6 p.m. with the Tanger Tilton Holiday Festival, a one-night event of holiday cheer by the playground area. Guests are invited to gather with family and friends for a magical evening featuring selfies with Santa, a hot cocoa bar presented by Service Credit Union and more festive fun to help everyone get in the

holiday spirit.

For more information, please visit tanger.com/Tilton

ton—and connect on Facebook and Instagram.

Tilton Senior Center hosting emergency preparedness program

TILTON — An Emergency Preparedness program will be presented by Partnership for Public Health at the Tilton Senior Center on Wednesday, Nov. 19, from 12:15 to 1:15 p.m.

This program is to help empower you with essential skills: making a kit, making a plan, and staying informed. Learn about home fire safety and prevention, making a disaster kit, emergency first aid, what to do in a power outage, and more.

This program is open to all and free to attend. Tilton Senior Center is located at 11 Grange Rd. in Tilton. For more information, please call 603-527-8291. To learn more about Partnership for Public Health, go to <https://www.pphnh.org/>.

REQUEST FOR PROPOSALS SNOW REMOVAL

Shaker Regional School District is soliciting quotes for snow removal at its three campuses in Belmont, NH. Proposals are due by noon on November 5, 2025. The Shaker Regional School Board will award the bid at its meeting on November 12, 2025.

Base Bid:

- 1.” – 6” accumulation
- 6” – 12” accumulation
- 12”+ accumulation
- Application of salt only
- Application of salt/sand mixture
- Loader work per hour
- Minimum bid is for 1 year (2025-2026)
- Provide an alternate bids for a 2-year and 3-year contract.

Proof of Worker’s Compensation Insurance and liability Insurance for a minimum of \$1 Million, with SRSD named as Additional Insured, is required.

Please send sealed bids to Debbie Thompson, Business Administrator, 58 School Street; Belmont, NH 03220.

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PETS OF THE WEEK

Meet Brian Wilson!

Brian Wilson is a handsome brown tabby with a heart as gentle as his gaze. This sweet boy might hunker down at first, but it doesn’t take long to see how much he craves affection. He’ll lean his head in for gentle pats, clearly wanting love — he’s just still figuring out how to ask for it.

Brian can be a little nervous in new situations, but his soft nature and stunning looks make him impossible

Meet Simi!

Simi is the total package — handsome, loyal, and full of energy! This athletic boy loves to run, jump, and show off his playful spirit, so a home that can give him plenty of exercise and adventure is a must. Whether it’s a long walk, a backyard sprint, or a good game of fetch, Simi is always ready to move. Once his zoomies are out of the way, though, he’s all about snuggles.

True to his velcro-dog nature, Simi loves nothing more than being right by your side, soaking up all the love he can get. When he gets excited, he proudly picks up his favorite

not to fall for. With a bit of patience and kindness, he’s sure to blossom into a loyal, loving companion who will quietly steal your heart.

If you’re looking for a calm and affectionate cat to share your space — someone who brings comfort rather than chaos — Brian Wilson is the perfect match. A sweet soul ready for a gentle home to call his own.

toy to show it off — and yes, he insists his harness goes around both him and his toy. Simi would prefer to be the only dog in the home without other pets: he loves to chase and hunt smaller animals for fun.

A man knows what he wants, after all! Simi always looks dashing in his signature bandana and is ready to steal hearts (and maybe a few squeaky toys) wherever he goes. If you’re looking for a loyal best friend with energy, style, and endless affection, Simi is your guy.

NH Humane Society
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New Beginnings to host Annual Gala fundraiser Nov. 8



A Night of New Beginnings Gala attendees dance at last year's fundraiser at the Belknap Mill in Laconia. The 2025 gala is set for Nov. 8.

LACONIA — New Beginnings – Without Violence and Abuse is set to host their annual fundraising gala “A Night of New Beginnings” at 5 p.m. Nov. 8 at the Belknap Mill in Laconia. Longtime supporter, MVSb (Meredith Village Savings Bank), will serve as the presenting sponsor.

“Everyone in our community deserves a safe environment to thrive in and we are so grateful to New Beginnings for the vital work they do to bring se-

curity and comfort to those in crisis,” said Tina Simpson, MVSb Vice President Commercial Loan Officer and New Beginnings Board Member. “This event is one of their most important fundraisers to continue those efforts and we hope the community will join us in supporting this entertaining and meaningful evening.”

The event will feature cocktails, dinner, dancing and an online silent auction. Dress code is business or cocktail attire. Go to newbeginningsnh.org/gala for more information and to purchase tickets.

Without Violence & Abuse is dedicated to ending sexual, domestic, and stalking violence through the provision of safe and effective services, including emergency refuge and support; and works toward social change by promoting an effective community response to violence. Go to newbeginningsnh.org to learn more.

MVSb has been serving the essential banking needs of people, businesses, nonprofits and municipalities for more than 150 years. As a mutual savings bank, MVSb has no stockholders but rather operates for the benefit of its customers, employees

and community. Since our founding, one thing has always remained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Exeter, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, North Conway, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

LRCC hosts first Big Crab Cook-Off competition for high school culinary students



LACONIA — On Oct. 28, students from culinary programs at eight New Hampshire high schools filled the Culinary Arts kitchen at Lakes Region Community College (LRCC) to compete for top honors in the inaugural Big Crab Cook-Off Competition. A partnership between Heron Point Seafood, the New Hampshire Lodging and Restaurant Association Education Foundation (NHLRAEF), and LRCC, the competition was created to showcase skills and foster culinary creativity in a fun way. Despite stiff competition, Plymouth Regional High School cooked the competition, finishing in first place and was awarded a combined \$4,500 allocated between the school and team members.

The event showcased both the culinary talents of state high school students and the state-of-the-art culinary facilities at LRCC.

“We were happy to host the event and have the opportunity to show our new kitchen facilities to potential LRCC students from all over New Hampshire,” said Chef William Walsh, a professor in the LRCC Culinary Arts program.

As the official sponsor of the Big Crab Cook-Off, Heron Point donated fresh crab for both practice and competition. Rick Spalding, vice president of sales and marketing at Heron Point Seafood, said that crab was selected to provide an opportunity for students to explore an unfamiliar protein.

“Crab is not heavily utilized in this neck of the woods. These students probably know crab cakes, but we want to challenge them. What else can you do with it?” he commented.

Students enrolled in Culinary 1 or Culinary 2 classes at high schools from around the state rose to the challenge to demonstrate their culinary skills. During the 45-minute competition, they prepared, cooked and plated dishes before a panel of judges including Chef Derek Bissonette and Tom Weir of Heron Point Seafood; Joe Linnehan, COO of Tinios Hospitality Group and a New Hampshire Lodging and Restaurant Association board member; and Bryce Haines, a current LRCC student, former ProStart competitor, and proud recipient of the Heron Point Seafood Scholarship.

Teams of two to three students from Concord Regional Technical Center in Concord; Dover Regional Career Technical Center in Dover; Mount Washington Valley (MWV) Career & Technical Center in North Conway; North Point Career Technical Education in Colebrook; Pinkerton Academy in Derry; Plymouth Regional High School in Plymouth; Portsmouth High School in Portsmouth; and White Mountains Regional High School in Whitefield participated. Each team was charged with creating a well-executed appetizer or entrée dish following a strict list of permitted ingredients and preparation requirements. Judging was based on four categories: taste and flavor, knife skills and technique, creativity and plating, and presentation.

The winners included:

First Place – Plymouth Regional High School Sophie Kelsey and Alivia Menth prepared Crab Salad and Mango Salsa. The school received \$3,500 and the students received \$500 each.

Second Place – MWV Career Technical Center Nirvana Clough and Wil-

liam Como prepared Coastal Crab Fusion. The school received \$1,500 and students received \$200 each.

Third Place – Pinkerton Academy Layla Brown, Megan Gelinas, and Kiley Hewey prepared Crab and Mango Tower. The school received \$1,000 and the students each received a Dexter knife set.

Josh Cole from Portsmouth High School and Maddy Stice from Dover Career Technical Center each received a Dexter knife set in recognition of their strong performance.

NHLRAEF is dedicated to supporting the education of New Hampshire’s current and future workforce by creating and financially contributing to educational opportunities. The ProStart program, a nationwide, two-year high school program that combines classroom learning with real-world experience in culinary arts and restaurant management, is a key NHLRAEF initiative and Aimie Pariseau, executive director, was pleased to find that many of the teams participating in the Big Crab Cook-Off were using the competition to prepare for ProStart events. “That wasn’t the expectation, but it’s awesome that students are excited. Events like the Big Crab Cook-Off continually promote and grow the program.” Heron Point sponsors additional competitions through the ProStart program.

With more than 35 degree and certificate programs, including pathways in Culinary Arts and Pastry Arts, LRCC delivers high-quality, career-focused education that fuels economic growth and strengthens communities across central New Hampshire.

About LRCC

Lakes Region Community College (LRCC), located in Laconia, New Hampshire, is a leading institution dedicated to providing high-quality, affordable education and training opportunities that meet the ever-changing needs of individuals, businesses, and communities. With a steadfast commitment to excellence, LRCC prepares its students for success in a rapidly evolving world. For more information, visit LRCC.edu.

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