SERVING TILTON, NORTHFIELD, BELMONT & SANBORNTON, N.H.

Car show raises funds for future Winnisquam grads

BY DONNA RHODES Contributing Writer

TILTON – Winnisquam Regional High School was the site of a special car show last Saturday to help members of the Class of 2025 raise money for the graduation in three years. It was the fifth such event conducted at the school, beginning in 2018 with the Class of 2020, and participants not only shared the beauty and mechanically capabilities of their cars but shared some interesting stories about them,

too. Debbie Gibbs Franklin brought her bright yellow 2012 Camaro SS convertible, which turned out to be a favorite with the kids who came to the car show. It turns out that her eight-cylinder, six-speed ride was not only a 45th anniversary model for Chevrolet, the 2012 Camaro SS was also the model for the "Transformer" movie and the boys especially were thrilled to climb inside a real "transformer"

"Unfortunately, doesn't change into a robot or anything but the kids have all been thrilled to see it," said Gibbs.

She added that she has wanted a Camaro since she was 16 years old and was excited when she finally got to buy the "Bumble Bee," the name she has given to her yellow and black trimmed set of wheels.

classy Austin Healey also caught a lot of eyes, along with a 1956 T-Bird. Lois Porter of Franklin said the car belonged to her husband Bill who recently passed away and she brought it to the show on her own for the first time on Saturday. From the white wall tires to the beautiful salmon-colored paint, as well as everything under the hood and in the passenger compartment, Porter said her husband spent 30 years restoring the vehicle.

"He wasn't even a mechanic, but he figured out how to do everything on his own," she said.

While she didn't know much about the mechanical side of things in the car, Porter was pleased so many stopped to admire it and pay her husband compliments on his workmanship.

A 1974 Hurst Olds muscle car down the

row didn't need much explaining. The car still bears the words "Official Pace Car of the 55th Annual Indy 500" on its side panels. It actually led the field in Indianapolis on May 26, 1974 to get the race underway and saw Johnny Rutherford finally win the famed race on his 11th try.

As people walked along admiring the cars, some locals were surprised to see Northfield Police Chief John Raffaelly standing beside a beautiful 1966 Pontiac LeMans muscle car, its paint sparkling in the sunlight. Raffaelly said he has been working on cars for 40 years and bought the LeMans just three years ago as his next project.

"I had one in high school, and I loved it," he said. Fully restored now, he said it originally had an automatic transmission, but he replaced it with a standard and added a classic Hurst shifter. "You just can't have a car like this with an automat-



Three-year-old Levi was thrilled when car owner Debbie Gibbs let him climb behind the wheel of her 2012 Camaro SS, which was the model of car used in the Transformer movie.

ic," he laughed. Raffaelly painted the body himself and spent last winter working on the interior upholstery from his living room. The finishing touch was an authentic 1974 license plate he was able to register the vehi-

All around the parking lot were other cars and trucks ranging from the early 1900s up to today's modern cars that have a lot of customized work and accessories added. Radio station Mix 94.1FM was broadcasting live from the show, fill-

ing the air with music to add to the fun atmosphere of the day. Sweets and Treats food truck brought delicious dessert items to sell, while members of the Class of 2025 were busy selling other SEE CAR SHOW, PAGE A9

Spaulding Academy & Family Services names Lavallee Principal, Director of Special Education



Garrett Lavallee

REGION — The Winnisquam Watershed Network (WWN), a non-profit group created to protect the water quality of Lake Winnisquam, is pleased to announce that the draft Lake Winnisquam Watershed Based Plan (WBP) is available for review and

Winnisquam

Watershed Based

Plan available for

public comment

The plan was developed over a period of nearly two years through active collaboration among FB Environmental Associates, Horsley Witten Group, the Winnisquam Watershed Network, the New Hampshire Department of Environmental Services, the US Environmental Protection Agency, the Lakes Region Planning Commission, the Belknap County Conservation District, several local lake associations, representatives from the municipalities of Meredith, Laconia, Gilford, Belmont, Tilton, Sanbornton, and New Hampton, and private landowners. Funding for the project was provided in part by funds from the U.S. Environmental Protection Agency and the NH State Conservation Committee Conservation Moose Plate Grant Program.

The intent of the watershed plan is to provide a blueprint for protecting the water quality of Lake Winnisquam into the future. It is based on a considerable amount of research into the current status of land within the 40,694 acres of the Winnisquam watershed and the existing and projected sources of pollution to the lake. The WBP quantifies the pollutant reductions needed to achieve water quality goals for the lake, identifies a number of Best Management Practices and protection strategies for pollutant reduction, and lays out a plan of action with measurable targets and milestones. Completion of the Watershed-Based Plan in accordance with EPA guidelines makes implementation projects eligible for Section 319 Watershed Assistance Program grant funding.

For more information and links to the draft document and to the meeting please visit the Winnisquam Watershed Network's Web site, www.winnisquamwatershed.org. You can also sign up for an email reminder with the meeting link to be sent that

NORTHFIELD Spaulding Academy & Family Services has promoted Garrett Lavallee, MEd, of Meredith to Principal and Director of Special Education.

Lavallee began his career at Spaulding Academy & Family Services in 1999 as a member of the Residential team while an undergraduate

student at Colby-Sawyer College. He then held various positions within Spaulding Academy including Paraeducator, Special Education teacher, and Special Education Coordinator. He most recently served as Assistant Director of Special Education.

"Garrett's unique combination of techni-

cal expertise and deep compassion for his students will serve him well in this role," Todd Em-Spaulding Academy & Family Services. "He has dedicated his career to improving the lives of every student on campus and considers Spaulding Academy an extension of his family. The Board of Directors and leadership staff share my excitement in partnering with him to shape the future of Spaulding Academy."

Lavallee is currently working to expand Spaulding Academy's Social Emotional Learning (SEL) curriculum, including deepening integration of the Choose Love Movement program. He is also identifying ways to further the school's student-centered focus.

"Spaulding Academy exists to give children the tools to experience

healing, safety, and happiness, while preparing them for meaningful adulthoods," Lavallee mons, CEO & President, said. "Along with academics, we treat the whole child - aiming to meet each child's unique needs."

Lavallee is a member of the Boards of Directors of Lakes Region Community Services and 603 United and serves as a Spaulding Academy & Family Services ambassador to the Child Development education team at Colby-Sawyer College. He was awarded the 2011 State of New Hampshire Division for Children. Youth and Families and Division of Juvenile Justice Services Exemplary Leadership and Service Award and was a 2006 inductee of the Gilford High School Athletic Hall of Fame for soccer SEE **LAVALLEE**, PAGE A13

Winslow wins Division III 100-meter championship

BY JOSHUA SPAULDING

PELHAM — After the Division III State Meet was postponed by a day, the Belmont track team traveled to Pelham on Sunday afternoon, May 29, and the girls came home with a fifth place finish and the boys finished in seventh place.

Emma Winslow staked her claim as the fastest girl in Division III, winning the 100-meter dash in a time of 12.86 seconds, while teammate Talia Watson finished in 10th place in

SEE TRACK, PAGE A6



Emma Winslow breaks from the blocks on her way to winning the D3 100-meter title.

GOING OUT OF TOWN Coastal fun and rock hopping in York

BY ERIN PLUMMER

mnews@salmonpress.news

There are a few places I can name off the top of my head when I just get somewhere and chill out. It of course depends on my mood, the weather, and if it's been a while since I've gone to one place on the checklist. Different places have different energies I really could use at certain times. This weekend in particular called for some time outside breathing in some sea air and hanging out by churning waves and seagulls. My number one spot for that is York, Maine, which has a collection of fun places in a few mile radius. I could write multiple columns on different locations in York, but I'll stick to a

few particularly a gorgeous lighthouse and some rock formations that are way too much fun to climb around.

I pretty much grew up with York Beach, but it's one of those places I came to appreciate more as an adult. I'm originally from the Seacoast Region of New Hampshire right on the state line of Maine. I spent most of my childhood in Rochester which was just about half an hour or so from York and to me Short Sands was the definition of a beach. We went for beach days over the summer and sometimes we would go just for a spur of the moment picnic. Even when my family moved to the Lakes Region, we still went back to York at least once a



PHOTOS BY ERIN PLUMMER

Nubble Lighthouse in York, Maine, on a lovely day. Not pictured is the smell of ocean air (if only we had scratch-and-sniff photography).

Hanging out with the locals.



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still go there when I feel like it, especially when the weather is coopera-

summer. As an adult I

York is a peaceful place to me: the quintessential seaside town with gorgeous views of the Atlantic, buildings with an old-time coastal style, and rows of beach roses everywhere you look. I personally adore the ocean and I love getting to it as much as I can. I consider it a privilege to be able to just

drive for a little while to see the ocean. I have known people who said they have never seen it, whereas I pretty much grew up right next to it.

While I love York Beach and being next to the ocean, the weird thing is I'm not that much of a fan of beachgoing in a general sense. I might occasionally grab a chair and perch on the sand, but I mostly dislike sunbathing (especially since I sunburn really, really easily) and am not

a fan of hot weather at all. My idea of beachgoing is mostly to walk the sands and take in the atmosphere: the salty air, the spray on the rocks, the ripple and crashing of waves, the brisk wind, and so much more. My ideal time to be there is early evening after sun dips down and before dusk, though walking any beach at night is a neat experience.

While I grew up on Short Sands, I enjoy exploring the other parts of coastal York. There is one other place that I absolutely adore, but is best experienced during daylight hours when the weather is nice and mild and while wearing a nice, sturdy set of sneak-

house, or Nubble Lighthouse, is a popular destination for visitors and an oft photographed site. Sohier Park, the area around it, is beautiful with amazing views of the ocean with a historical lighthouse just a few hundred feet away. It's a popular spot with sightphotographers, seers, divers, and so many others.

There is another fun feature of this area that requires strong legs and shoes with excellent tread. The point is made different boulders and rock formations that are way too much fun to climb on. I hadn't been

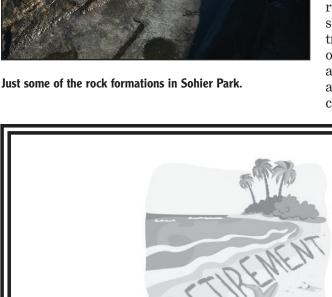
here to properly rock hop in several years and I went to see people of all ages wandering around the rocks and trying to find the best way to get to different areas. Navigating the rocks requires quite a bit of problem solving and testing ones own physical ability and courage level. What is the best way to get down this set of rocks? Is there an area that you can treat as stairs? Do you find a set of smaller stones to get down to one area or do you take a calculated leap of faith? It's so much fun and a nice challenge with some fantastic views as rewards.

By the time I got there, the tide was coming in, requiring me to read the spray and ocean flow to decide if it was going to get wet really soon and maybe to move to another rock. Another natural hazard came in the form of a full flock seagulls hanging out by the rocks. It was fun watching these big birds take off and even get into little spats with each other, but I had to look to the rock to make sure I wasn't stepping in some messy leavings.

By the time I was ready to head out my legs were nice and still from hopping all around almost every part of the rocks. It was time to take off for Short Sands for a relaxing walk on the beach and some ice cream from The Goldenrod.

I foresee a few more trips to York sometime this summer, not only to Short Sands but also to Long Sands. I still plan to take a rare beach day sometime this summer, of course with an umbrella and plenty of SPF 50+ sunscreen.

Don't be surprised if York pops up again in this column; like I said, there are so many fund things about this place.



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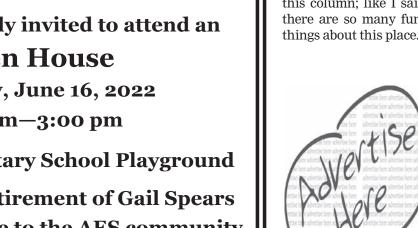
> BUSINESS MANAGER RYAN CORNEAU (603) 677-9082

OPERATIONS DIRECTOR JIM DINICOLA (508) 764-4325

DISTRIBUTION MANAGER JIM HINCKLEY (603) 279-4516

MANAGING EDITOR Brendan Berube (603) 677-9081 brendan@salmonpress.news

PRODUCTION MANAGER JULIE CLARKE (603) 677-9092 julie@@salmonpress.news



~ Comfort Keepers ~ Compassionate communication skills

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A Better Relationship with the Person in Your Care

The stresses of caring for someone can create a buildup of tension, frustration and fatigue. Our conditioning sometimes tells us to blame someone or anyone for how we feel-it's the "difficult" person in care, "non-communicative family members" or the "inadequate" health care system. Blame can relieve momentarily some tension, but it also leads to other unpleasant feelings such as anger, resentment and disappointment.

compas-Practicing sionate communication like Nonviolent Communication (NVC) instead of blame can bring more understanding and deeper relief. Giving ourselves and others even a few moments of empathy in a difficult situation can increase safety, trust and mental health.

One way to have more empathy for ourselves and others when we are in emotional pain is to follow the "Observation,

Feelings, Needs and Requests" model. Try this next time you have painful feelings, and notice if you experience a shift.

Observation - When vou have uncomfortable feelings like anger, frustration, or sadness, first make an observation about what is stimulating your pain. An observation has no judgment or evaluation in it. It's something that is so factual that it could be captured by a video camera. For example, "Mary refused to eat her dinner tonight" is not an observation - there's an evaluation there that Mary is "refusing" something, and that judgmental thought can lead us to feel frustration or resentment. An observation would be, "When I offered Mary her dinner, she did not eat it." Observations help us get clarity about what really happened versus the story we are telling ourselves.

Feelings - Next, notice what feelings you are having about this event. Feelings arise in the body, as opposed to thoughts, which are in the head. They only

happen inside us - for example, joy, fear, worry or grief. (Watch out for "false feelings," which are things others are doing to us, like "unappreciated," "insulted" or "unsupported.")

Needs - Needs are values that are universal to all human beings - for example: justice, care, love, health, kindness, support, and cooperation. Sometimes one person isn't meeting our needs, but we can get the need met somewhere else, because meeting our basic human needs is important! The key is to remember that no one person is responsible for meeting our needs - we can get them met many ways. What are your needs that aren't being met in this painful situation? Make a list.

Request - Next, try making a request. A compassionate request is specific and doable, and gives other person involved choice. It is helpful to name our needs when we make the request. For example, "Mary, your health [need] is important to me. I'd like to offer you dinner again in an hour, and I would like to know if you'd be willing to try a few bites then [request]. I could use your support [another need] to make sure your body gets the nutrition it needs."

You can practice communicating compassionately with yourself, which is called self-empathy. Acknowledge your feelings and needs in a iournal or in a few minutes of reflection. For example, "When Mary did not eat the dinner I offered her [observation], I sure felt frustrated and upset [feelings]. Some support and cooperation [needs] would be really wonderful."

Compassionate communication doesn't "fix" some of the very difficult challenges and realities of being a caregiver, but it does lead to kindness, gentleness, and more resilience when we do this hard work. You might also try making an observation, feeling, needs and request guess for the person in your care or in the care team to better understand them and more compassion and connection and less

judgment.

Empathetic compassionate communication is a practice that becomes more natural and automatic the more you do it. Try keeping a journal of your observations, feelings, needs and requests when difficult feelings arise, or find a buddy to practice with.

Communication Not Just Speaking As much as 90% of our communication is non-verbal. When the person in your care can no longer communicate with words, you can communicate that you care about him by the tone of your voice. A hug speaks more clearly than words. Music and dancing can also be a kind of communication. People with Alzheimer's may be able to sing a song with you, even though they can no longer speak. Dancing together can communicate your affection for each other.

Comfort Keepers® Can Help At Comfort Keepers®, our professional care team is trained to identify changes in client behavior and report them to the family. For those

suffering from Alzheimer's or dementia, our caregivers can help them remain safe and comfortable at home, while providing everything from laundry and housekeeping to meal preparation and transportation. Learn more about how we can help seniors and other adult clients by contacting your local Comfort Keepers location today.

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Jewish Food Festival celebrates 25 years, welcomes the Laconia Village Bakery

LACONIA — The New Hampshire Jewish Food Festival is currently open accepting online orders until June 30 with pickup, by appointment, on July 22, 23, or 24. Temed to announce Laconia Village Bakery will be supplying freshly baked rye bread, seeded or unseeded options, to make sandwiches with the deli meats from Evan's NY Style Deli. Along with the usual array of homemade Jewish foods that the Lakes Region has come to enjoy, the menu has been expanded to include halva, a sweet middle eastern treat. homemade Israeli salad, and reimagined recipes on several old favorites such as matzah ball soup and traditional rugalach, a sweet crescent shaped cookie. Quantities are limited so don't

wait to order. Visit the temple Web site, www. tbinh.org, beginning June 1.

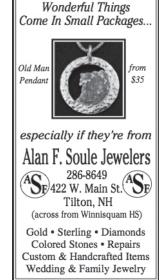
This most unique event in the Lakes Region began on Sunple B'nai Israel is excit-day, July 13, 1997. The Jewish Food Festival flyer advertised "delicious, homemade foods - knishes, kugel, hummus, etc. Eat "Under the tent or take home." The event included a raffle, white elephant sale and "other goodies." Temple B'nai Israel (TBI), like all nonprofit organizations, was looking for a way to raise much needed funds, to support various programs, including education and community enrichment. The festival was drawing huge crowds for one day in the busy summer season. As the crowds grew so did the menu which expanded to include

stuffed cabbage, corned beef sandwiches, and a bakery table filled with all kinds of homemade

As the popularity of the Jewish Food Festival grew, the lines would begin forming at the front door by 10 a.m. for the opening at 11 a.m. By noon, several items were already sold out leading to disappointment and discontent amongst the customers and especially members of TBI. The first and easiest solution was to take preorders over the phone to avoid disappointment. This innovation was improved and expanded over time by using computer technology to track and fill the preorders that were placed online. What the festival committee could not have anticipated was just how important this innovation would become in the not-too-distant future, 2020, when the entire world was thrown a curve, Covid-19. There would be no in person Food Festival, but a great deal of the food was already made. The team developed a curbside pick-up plan that was based on the website that was built for preordering. Customers so desperate for comfort foods immediately adopted the change and all the product that was made sold out. The online ordering system was improved and refined for 2021 and another successful online Jewish Food Festival was in the books. It appeared that this format would be the future of The New Hampshire Jewish Food Festival.

Over the years, there have been many changes to the Jewish Food Festival, but the consistent and the customer expericomponent is the focus on the food. Almost every item sold is made by TBI cooking teams in the temple kitchen. The recipes used were handed down from generation to generation. Each year recipes are tweaked by various temple members as innovative ideas brought in by new cooking team members grandmothers whose might have added a pinch of this or changed an ingredient. These innovative ideas get introduced to the discussion during cooking sessions that take place around temple's kitchen center island. The team is never satisfied with what they have done and is constantly striving to make the products better

ence unmatched. They never lose sight, however that it's about the food and if the products are not unsurpassed, then they haven't done their



BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of May 23-30.

Jason M. Macleod, age 42, of Belmont was arrested on May 25 for Driving After Revocation or Suspension.

Rhianna Frenette, age 43, of Tilton was arrested on May 25 in connection with multiple warrants.

Emily A. Kresco, age 29, of Laconia was arrested on May 26 in connection with multiple bench warrants. Eric S. Morin, age 36, of Laconia was arrested during the same incident for Operating After Certification as a Habitual Offender and circumventing an alcohol ignition interlock device.

Bryan P. Jenness, age 33, of Northfield was arrested on May 26 for Driving After Revocation or Suspension (subsequent offense).

William James Moses, age 42, of Bristol was arrested on May 27 for Driving After Revocation or Suspension

and Suspension of Vehicle Registration.

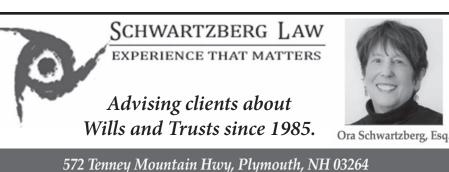
Vincente Perez, age 60, of Tilton was arrested on May 27 for Operating After Certification as a Habitual Offender.

Austin R. Gluyas, age 28, of Laconia was arrested on May 27 for DUI-Impairment.

Susan Sisson, age 68, of Belmont was arrested

on May 28 for Domestic Violence resulting in Simple Assault or Physical Contact, Criminal Mischief, and Domestic Violence-Making a Criminal Threat Against another Person with a Deadly Weapon.

Anthony M. Kay, age 54, of Belmont was arrested on May 28 in connection with a warrant.



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Opinion

A4 Thursday, June 9, 2022 WINNISQUAM ECHO



COURTESY PHOTO

Lax all-stars

The Laconia Lacrosse Club hosted its annual New Hampshire youth lacrosse all-star games over Memorial Day weekend at Laconia High School. More than 300 of the best male and female youth lacrosse athletes from across the state played games throughout the day Sunday, from 8U games in the morning, to 14U games in the afternoon. The competition was fierce, and the kids had a great time playing alongside athletes they faced as competition throughout the spring season. Pictured are some of the 10U girls, with Laconia Lacrosse represented by Ashleigh Sopinski, Emmy Butka, Georgia Eckberg, Lauryn Marsh, Hazel Towne and Gillian Varnum. They are joined by Gilford players Yao Yao Tripp and Hannah Costa, as well as girls from Manchester, Exeter, Plymouth, Amherst, Derry and Timberlane.

A time to take Pride in diversity

We've heard some rumblings about why a Pride Month exists, and how other groups of people should have a month-long celebration.

First, setting aside a month to recognize a certain group that has historically been discriminated against is intended to spotlight their situation, and theirs alone. It does not necessarily take away from the importance of, or the trials and tribulations faced

by, any other group.

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

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

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

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

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

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

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

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

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

We are all Americans, and we must continue to look out for each other and ensure that each and every one of us are treated equally under the law.

North Country Notebook

The words about birds we'd rather not heard



By John Harrigan

COLUMNIST

No sooner had I built a lifelong dream, a camp in the middle of nowhere, than the birds began to disappear. It's likely to get much worse, and people can only hope to ever see it get better.

I've never been very strong on my birds, and much admired those who were. David Killam was tops in the field, to me, although later in life my longtime friend John Lanier was not far behind. I was fortunate to know both men, and for several shared reasons.

We all loved music, we all loved the outdoors, and we all loved birds. Killam excelled at music, although he was not far behind with birds. Lanier excelled at all manner of wildlife and the habitat thereof, although he could out-forest a forester. He was damned good on his birds, too.

The least able of the lot, I was headed for a career as a certified softwood grader when I betrayed myself with a love for the spoken and written word.

+++++

Mr. Killam was Colebrook's music teacher when I was coming up through the grades. Oh, we had a couple before he came on the scene, but after that, never anything like him. Even back then Mr. Killam was a lifetime birder, although I didn't know it.

In the month of May, meanwhile, best friend Jimmy Berry and I were planning on playing hooky. Ergo, we had been out on the golf course, using flashlights to pick nightcrawlers. They would stretch out on the grass, bent on doing whatever nightcrawlers do, and we'd avert the light and grab them fast.

And there were these birds we heard. They'd fly way up high, so far that we could barely see them in the late-evening sky, and then they'd make a "whoo-whoowhoo" sound on their way to earth, or almost.

Mr. K was at our house one night for supper, which was often the case. "What are those birds that climb way on high and dive down and make this sound?" I asked no one in particular, demonstrating through sweet-potato hands.

"Snipe," said Mr. K, before I'd blown the last note.

++++

Many birders and bird researchers have known for quite some time that birds are in trouble. How much so al-



COURTESY of Mothor

A snipe, best heard and seen as a high and low of Mother Nature. (Courtesy NH Fish and Game)

most defies description. Thirty percent of North America's birds, for instance, have disappeared since 1970.

For the curious, that's about three billion birds.

Habitat loss is the leading cause, although climate change is catching up fast. Other factors are intensified agriculture, pollution, insecticides, urbanization, and population growth.

+++++

Jimmy and I played the promised hooky and took our nightcrawlers down to a deep hole in the Mohawk River known as Big Bend, hoping that neither Mr. Moulton, our coach and math teacher, nor Mr. Irwin, the headmaster, would know (they did).

I found out this and more before life's twists and turns took me to the camp in the woods in the middle of nowhere.

It had been growing quieter in the woods long before I began to notice it. Hearing what seemed to be more songbirds in various far-flung places reminded me about the scarcity around the North Country; fewer bird-sounds in my own fields and pastures and back yard.

But it was the growing silence in the deep woods, in the woods around the camp that had been on my life's list, that drove the message home. And sure enough, year after year the woods have been growing quieter.

It brings a question I'd hoped never to have to ask Mr. Killam, or John Lanier, or Jimmy Berry. At least, with all three, I won't have to.

But what in the world are we going to do without the sweetest music of all?

(This column is syndicated in newspapers from Concord to Canada. Please address mail, including phone numbers for questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

Send your letters!

E-mail us at echo@salmonpress.news Please include your name, address and phone number.

"Jackass" alum Steve-O brings "Bucket List" tour to the Colonial

LACONIA — The Colonial Theatre of Laconia is proud to welcome Steve-O Bucket List Tour on Wednesday, Aug. 24 at

Every idea on Steve-O's Bucket List was so ill-advised, he never expected to go through with any of them. Until it was time to prepare for this tour. Not only are the stunts more ridiculous than what you already know Steve-O for, he did them all, and made a highly XXX-rated, multimedia comedy show out of them. Not for kids, or for the faint of heart.

Please note that this is an adults-only, 18-plus show.

Tickets for Steve-O Bucket List Tour at the Colonial Theatre of Laconia on Wednesday, Aug. 24 at 8 p.m. are \$39-\$59 and go on sale Friday, June 3 at 8 p.m. at www. coloniallaconia.com or by calling 1-800-657-8774.

Steve-O (a.k.a. Stephen Glover) was willing to do whatever it took to become famous, even if it meant stapling his ball sack to his leg.

After failing miserably at the University of Miami, Steve-O was a homeless couch-surfer for three years before attended Ringling Brothers and Barnum & Bailey Clown College, to help further his goal of becoming a famous stuntman.

His relentless attention-whoring ultimately led to working with Johnny Knoxville on a

stunt-based reality show. Aug. 24 at 8 p.m. are \$39-The rest is history. MTV aired the first season of "Jackass" in 2000.

Since then, Steve-O has had continued success, as a New York Times best-selling author with the release of his memoir, 'Professional Idiot', and he has established himself as a force in the world of stand-up comedy. He's thrilled to be releasing his new, profoundly multimedia, and wildly explicit comedy special, direct to his fans at steveo. com. It's called "Gnarly", for good reason.

Across his social media platforms, Steve-O has amassed well over 24 million followers and counting, providing an intimate window into his continued antics and colorful life with his fiancée, Lux. He's also got a weekly podcast called Steve-O's Wild Ride! with amazing guests which have included Demi Lovato, Shaquille O'Neal, Ronda Rousey, David Dobrik, Tony Hawk, and more.

Steve-O has never stopped being wild and crazy, but he's evolved. He's been clean and sober for over twelve years now and developed a genuine love for animals (including the four dogs, two cats, and three goats he and Lux have rescued). Steve-O and Lux have plans to start their own animal sanctuary.

Tickets for Steve-O's Bucket List Tour at the Colonial Theatre of Laconia on Wednesday,

\$59 and go on sale Friday, June 3 at 8 p.m. at www. coloniallaconia.com or by calling 1-800-657-8774.

First opened in 1914, the Colonial Theatre was designed by George l. Griffin. Original owner Benjamin Piscopo was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. The theatre hosted a variety of stage productions and photoplays. By the early 1930s the Colonial had pivoted to show motion pictures. In 1983, the theatre was divided up into 5 separate movie screens. In August of 2002, the theatre closed after 87 years of opera-

On June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. 609 Main Street LLC was created to conduct the capital campaign for the renovation. The restoration of the Colonial began in March of 2016 and concluded in early 2021.

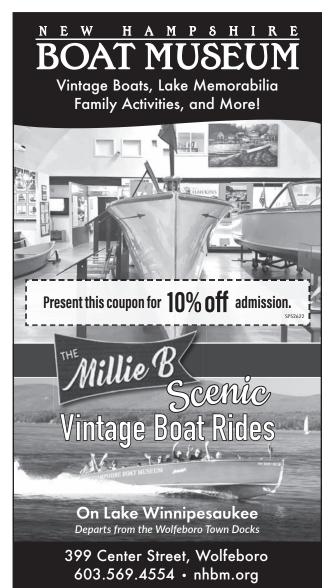
The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to a wide range of performances, including music, theatre, comedy, and civic events. The Colonial Theatre is managed by Spectacle Management and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is coloniallaconia.com

Spectacle Live was founded in 2012 to provide performing arts venues throughout New England with expert services in venue operations, booking and programming, venue and event marketing, venue programming and operational management, consulting, and event production. Since its founding, Spectacle Live has worked with more than a dozen New England venues on facility management, and in promoting, marketing, and producing hundreds of concerts, comedy, civic, educational, theatrical, and family entertainment events. Spectacle Live has also been a valuable consulting partner to municipalities and non-profit venue owners, developers, programmers, and operators. Spectacle Live has offices in Lexington and Lowell, MA and Laconia, NH. For more information, please con-

tact Pete Lally, plally@

Laconia, NH 03246. www. 531-1257. www.spectacle-

located at 609 Main St., spectaclelive.com or 617- live.com





Local students earn degrees from University of Vermont

BURLINGTON, This year's mencement at the University of Vermont-the in its historv-marked a return to a traditional celebration outdoors on the University Green after two years of re-imagined ceremonies due to pandemic restrictions.

The following students graduated from the University of Vermont during commencement ceremonies in May,

Jessica Dion of Belmont graduated with a Bachelor of Arts in Psychological Science.

Emily Day of Sanbornton graduated with a Bachelor of Science in Biomedical Engineer-

Erik Weihenmayer, one of the most renowned adventurers of the 21st century-best known as the first blind person to summit Mount Everest-urged graduates and family members to emulate a climber in their lives, not to quit or settle comfortably like a camper half-way up the peak. "Climbers understand life's an ongoing, never-ending of reaching out into the darkness," he said, "reaching towards im-

mense possibilities." The ceremony was especially meaningful for UVM President Suresh Garimella-his third as president but the first one on the Green. Garimella conferred degrees on an estimated 3.332 graduates. including 2,558 bachelors, 515 masters, 131 doctoral and 118 medical degree recipients. Degree recipients hail from 44 states; among the graduates were 122 international students from 27 foreign countries. Approximately 1,057 of the graduates are from Vermont. The graduating class includes approximately

415 students of color. About UVM

Since 1791, the University of Vermont has worked to move humankind forward. Committed to both research and teaching, UVM professors -- world-class researchers, scholars, and artists -- bring their discoveries into the classroom and their students into the field. Located in Burlington, Vermont, one of the nation's most vibrant small cities and top college towns, UVM is a Public Ivy and top 100 national research university educating 10,700 undergraduate students, 1,627 graduate students, 776 certificate and non-degree students, and 478 M.D. students in the Larner College of Medicine.

Canterbury Withdrawal Study Committee

The Shaker Regional School District is seeking community members to serve on the Canterbury Withdrawal Study Committee. The current committee members will select 2 members from Belmont and 2 members from Canterbury to serve on this committee at its June 27, 2022 withdrawal study committee meeting. All members must be registered voters for the town in which they are serving. Please submit a letter of interest to Randi Johnson, Withdrawal Study Committee Chair at rjohnson@sau80.org or Shaker Regional School District, 58 School Street, Belmont, NH 03220 no later than June 20, 2022.

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You could spend two, or even three, decades in retirement. So, to pay for 35 years experience all those years, you'll probably need to take full advantage of your retirement

> tirement plan contributions on your tax return. Before looking at what's changed this year, let's review the key benefits of these

• Traditional IRA - You typically contribute pretax (deductible) dollars to a traditional IRA, and your earnings can grow tax-deferred.

accounts. And in 2022, you may have

expanded opportunities to deduct re-

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• Roth IRA – You invest after-tax dollars in a Roth IRA, so your contributions won't lower your taxable income, but your earnings can grow tax free, provided you've had your account at least five years and you're 591/2 or older when you begin taking withdrawals.

• 401(k) - A 401(k) or similar plan (such as a 457(b) for state and local

New limits expand 401(k), IRA opportunities government employees or a 403(b) for employees of public schools or nonprofit groups) is generally funded with pretax dollars and provides tax-deferred earnings. Some employers offer a Roth 401(k), in which employees contribute after tax-dollars and can take tax-free withdrawals if they meet the same age and length-of-ownership requirements

as the Roth IRA. So, what's different about these plans in 2022? First, consider the traditional IRA. If you - and your spouse, if you're married - don't have a 401(k) or similar plan, you can always deduct the full amount of your contribution on your tax return, no matter what you earn. But if one or both of you are covered by an employer-sponsored plan, then your deductions could be reduced or eliminated based on your income.

Single taxpayers can claim the full deduction if your modified adjusted gross income (MAGI) is \$68,000 or less This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC

(\$109,000 for married filing jointly), with deductibility decreasing at higher income levels and phasing out entirely at \$78,000 (\$129,000 for married filing jointly). But here's the key point: Compared to 2021, these ranges are \$2,000 higher for single filers and \$4,000 higher for those who are married and filing jointly - which means that this year, you might have more opportunities to make deductible contributions.

<u> Edward Jones: Financial Focus</u>

And a similar type of increase applies to Roth IRA eligibility. In 2022, if you're a single filer, you can put in up to \$6,000 (\$7,000 if you are 50 or older) in a Roth IRA if your modified adjusted gross income (MAGI) is less than \$129,000 - up from \$125,000 in 2021. Allowable contributions are reduced at higher income levels and phased out if your MAGI is \$144,000

or more, up from \$140,000 in 2021. If you're married

\$204,000-\$214,000, up from \$198,000-\$208,000 in 2021. Again, higher ranges may mean more opportunities for you. (Consult your tax advisor to determine your eligibility to contribute to a Roth IRA or make deductible contributions to a traditional IRA.) And finally, the annual contribution lim-

and file jointly, the respective ranges are

it for 401(k), 457(b) and 403(b) plans is \$20,500 - up \$1,000 from 2021. If you're 50 or older, you can put in an extra \$6,500 this year, for a total of \$27,000. These changes may not seem monumental, but when you're saving for retirement, any opportunities to invest and potentially reduce taxes, of whatever size, can be valuable. So, review your options to determine how you can help yourself move closer to your retirement goals.

Jacqueline Taylor 3 Mill Street PO Box 176 603-279-3161 Fax 866-532-8685

Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

TRACK

CONTINUED FROM PAGE A1 a time of 13.71 seconds.

Winslow then finished in third place in the 200 meters, crossing in a time of 26.93 seconds, with Jada Edgren in 10th place in a time of 28.78 seconds and Watson was 13th overall in 30.38 seconds.

Winslow also added a fifth place finish in the triple jump with a distance of 32 feet, 7.25 inches, Jada Edgren was seventh at 30 feet, 9.75 inches and Adeline Takantjas was nine at 29 feet, 10.5 inches.

The Raider girls finished in second place in the 4X100-meter relay, with the team of



Brian Miles fires the shot put during action at the Division III State Meet on May 29.

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Winslow, Jada Edgren, Cate McDonald and Watson finishing in a time of 52.41 seconds. In the 4X400-meter relay, the team of Jaelyn Nialetz, Alyssa Edgren, Helena Papadopolous and Takantjas finished in eighth place in a time of 4:35.98.

In the 400 meters, Alyssa Edgren finished in 15th place in 1:10.2, while in the 800 meters, Rebekah Edgren finished in 2:41.05. Takantjas finished in ninth place in the 100-meter hurdles in a time of 18.7 seconds and in the 300-meter hurdles, Takantjas finished in ninth place in 53.49 seconds and Aspen Fillebrown finished in 14th place in 55.99 seconds. Watson finished in ninth place in the long jump at 13 feet, 10.5 inches and in the javelin, Ella Irving threw 75 feet, five inches to place 12th overall.

The Belmont boys were led by a pair of second place finishes on the day.

In the 200 meters, Colby Vetter finished in second place in a time

of 23.3 seconds. He also picked up a point in the 100 meters, finishing in sixth place in a time of 11.43 seconds. Teammate Damien Sanborn was 13th in 11.99 seconds.

The other second place came from Brian Miles, who threw 122 feet, 10 inches to place second in the discus. Miles also finished third overall in the shot put with a toss of 41 feet, four inches.

Will Riley ran to third place overall in the 3,200 meters, crossing in a time of 10:17.17.

The Raider 4X100-meter relay team of Damien Sanborn, Mitchell Berry, Demetri Kafkoulis and Vetter finished in fifth place overall with a time of 47.08 seconds.

Berry finished in 11th place in the 110-meter hurdles in a time of 18.14 seconds and was also 12th in the 300-meter hurdles with a time of 46.12 seconds. Juan Montoya finished in 12th place in the triple jump at 36 feet, 7.25 inches and also finished in eighth place in the javelin with



Adeline Takantjas clears a hurdle in action on Sunday, May 29.



Will Riley ran to third in the 3,200 meters during the Division III State Meet.

a throw of 120 feet.

On the strength of their top-three finishes, Winslow, Vetter, Riley, Miles and the 4X100-meter relay girls all earned automatic bids to the

Meet of Champions the following weekend.

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

Artist Lesley Dill brings history to life at Canterbury Shaker Village

CANTERBURY Renowned New Yorkbased artist Lesley Dill brings historical and literary figures from America's past to life in "Wilderness: Light Sizzles Around Me," a new exhibit at Canterbury Shaker Village that opened May 28. Featuring hand-painted, sewn textile sculptures and banners, the exhibit represents Dill's ongoing investigation into significant voices and personas of America's past, some of which

include Dred Scott, So-

journer Truth, and Sauk warrior Black Hawk.

"When visitors her impressive works, they will be in awe," Leslie said Nolan, Director at Canterbury Shaker Village.

Suspended from the ceiling, each sculpture represents an historical figure, embellished with words and symbols drawn from their respective writings and experiences. Hand-painted banners hang on every wall of the gallery with additional text and imagery that further elaborate on their unique stories.

"The exhibit demonstrates how far we have come as a country and how far we have yet to go," added Nolan, who said Dill also features Mother Ann Lee, founder of the Shakers. "The purpose of Canterbury Shaker Village is to interpret Shaker life through exhibits, buildings, gardens, and programs, so this exhibit uniquely supports our mission."

According to Dill, there is a personal connection to many of the people represented in her exhibit, which has

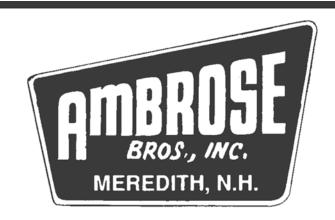


been shown in galleries across the country. "These personas and their times stir something deep in my own family history and sense of self," she said. "I was compelled to explore this period in America's history when limited access to a diversity of written word ignited the bravery of these figures in response to their times."

Nolan said The Village's Hubbard Gallery is "the perfect venue" for an exhibit of this scope. "The ceilings are high and the lighting is extraordinary. We routinely host weddings here, too, so our staff understands how to create space for important experiences - personal or cultural."

"Wilderness: Light Sizzles Around Me" is available for viewing through September 12. Canterbury Shaker Village is located at 288 Shaker Rd., Canterbury, New Hampshire, just south of Laconia and north of Concord. To learn more about the exhibit, or purchase tour tickets online, visit shakers.org.

Canterbury Shaker Village is a member of the NH Heritage Museum Trail, which connects the public with culturally rich heritage institutions in New Hampshire. For more information, visit nhmuseumtrail.



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behavior program. Check out Coco's strengths: smart, social, and motivated by food and toys, this little pup has a lot

going for her! What needs some improvement:

Coco can be nervous about her resources being taken from her such as food and toys. We have been working to teach her that people approaching her food bowl and other high value items means that good things happen and we aren't there to take her stuff away. So far, she is making great progress! What Coco is working on: Coco is learning that she does not have to fear her resources being taken from her. She can also get a little uncomfortable with restraint, so she is working or building positive associations with handling.

What Coco needs in an adopter: Coco is looking for someone who is patient and has lots of love to give! She's a really sweet girl that needs to be shown that her fears in life aren't so scary after all. Through an adopter willing to continue down the path of positive experiences and training, Coco will grow up to be a lovely dog!

Adoption information-Kids: no kiddos

Dogs: Coco may do well on some supervised doggie playdates, but is not ready to go home with another dog due to her insecurity around food and toys.

Lina

Miss Lina. She is an adorable little cat looking for a quiet home where she can learn to trust and accept attention from her human friends. She might benefit from having another cat to help her warm up, but with the right patient human she should flourish.



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Kelly, Power and Goodwin score points at State Meet



Lucas Robdau jumps in the triple jump in the Division III State Meet.

BY JOSHUA SPAULDING

Sports Editor

PELHAM — The Winnisquam track team took a delayed trip to Pelham for the Division

afternoon, May 29. The performance of the day for the Winnisquam girls came in the 300-meter hurdles, where Victoria Kelly ran

III State Meet on Sunday

to a personal best time of 52.21 seconds for fourth place overall. She was also 13th in the 100-meter hurdles in a time of 18.67 seconds.

Vanessa Power finished in a tie for sixth place in the pole vault, clearing six feet.

Kelly just missed scoring in the javelin, getting a seventh place finish at was 13th in the 1,600 me 88 feet, seven inches.

The Bear 4X100-meter team of Kelly, Lily Webster, Jordan Boelig and Alexis Poole finished in 13th place in a time of 56.35 seconds and the 4X400-meter team of Webster, Emily Max, Ashlee Roache and Boelig finished in 13th place in a time of 4:56.2.

Poole finished in 12th in the high jump, clearing four feet, four inches.

For the Winnisquam boys, the lone points came from Patrick Goodwin, who finished in fifth place in the pole vault at nine feet, six inches. Aemon Gauthier cleared eight feet, six inches for ninth place and David Swain cleared seven feet, six inches for 12th place.

Aidan Donahue cleared five feet, eight inches in the high jump to take eighth place, while Lucas Robdau jumped to 13th place in the triple jump with a distance of 36 feet, .25 inches. Carter Fredette tossed the shot put 35 feet, three inches for ninth place and Goodwin added a ninth place in the discus with a distance of 97 feet, 11 inch-

Goodwin finished in seventh in the 400 meters with a time of 53.28 seconds while David Swain ters in a time of 5:08.85.

The Bear 4X100-meter team of Robdau. Victor Pham, Donahue and Leighton Morrison finished eighth in 47.93 seconds, the 4X400-meter team of Swain, Brendan Goodwin, Robdau and Patrick Goodwin finished in eighth in 3:48.95 and the 4X800-meter team of Paul Laraway, Henry Osmer, Swain and Brendan Goodwin was 10th in 10:11.15.

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



David Swain runs in a relay for his team during the State Meet



Patrick Goodwin clears the pole vault bar in action in Pelham on May 29.

Locals shine at track Meet of Champions

BY JOSHUA SPAULDING

KINGSTON — Local track athletes who qualified made the trek to the Meet of Champions on Saturday at Sanborn Regional High School in Kingston.

The top local performances came on the girls' side of things, where Newfound's Paulina Huckins and Plymouth's Katherine Luehrs their respective

Huckins fired the shot put 37 feet, eight inches to take top honors, with teammate MollyLu McKellar in fourth place at 35 feet, 8.5 inches.

Luehrs the won 100-meter hurdles with a time of 15.26 seconds. with McKellar finishing in 11th place in a time of 17.2 seconds.

Luehrs also added a 10th place finish in the long jump at 15 feet, one inch, Malina Bohlmann of Newfound was 14th at 14 feet, 3.25 inches and Sara Harris of In-

ter-Lakes finished in 15th place in at 14 feet, one inch.

In the triple jump, Plymouth's Sydney Valenti finished in 11th place with a jump of 32 feet, .75 inches and in the pole vault, Newfound's Taylor Mooney finished in seventh place at eight

Isabelle LaPlume of Newfound finished in sixth place in the discus with a toss of 98 feet, four inches and Kennett's Taylor Garland was 11th at 91 feet. Bohlmann added a 14th place in the javelin at 99 feet, nine inches.

Kennett The 4X800-meter relay team of Grace Perley, Amy Burton, Molly DellaValla and Piper Lopashanski finished in seventh place in a time of 10:27.4. The Eagle team of Alexis Tuttle, Sam Habert-Jaques, Wheat Brynne Fayle finished 10th in the 4X100-meter relay in 51.83 seconds,

Belmont's team of Talia Watson, Jada Edgren, Cate MacDonald and Emma Winslow was 12th in 52.55 seconds and Newfound's McKellar, Stacia Paul, Soraya Glidden and MacDonald was 14th in 52.56 seconds.

Kennett's Aida Wheat finished third in the 100 meters in a time of 12.6 seconds, with Winslow in 11th place in 13.18 seconds, Kingswood's Lauren MacPhee in 12th place in 13.18 seconds and Newfound's Elle MacDonald in 16th place in a time of 13.73 seconds.

Catherine Stow of Gilford finished in ninth in the 1,600 meters with a time of 5:33.54.

Lopashanski finished in fourth place in the 400 meters in a time of 1:00.34, Kingswood's Kylie Rapoza was fifth in 1:00.44 and teammate Marcella DeNitto was 11th in 1:01.76.

In the 300 hurdles, MacPhee finished in seventh place in 49.38 seconds and Gwen Pelchat 51.29 seconds.

25.63 seconds, Winslow was 11th in 27.22 seconds and Luhers was 15th in 27.46 seconds.

The Kingswood 4X400-meter team of MacPhee, Rowan Donovan-Laviolette, Rapoza and DeNitto set a new school record in 4:11.12 to place fourth overall.

For the boys, Anthony Haddocks of Gilford was fourth in the triple jump at 41 feet, 6.25 seconds and Malaki Ingram of Newfound was eighth at 40 feet, one inch.

Curtis Smoker of Plymouth was fifth in the long jump at 19 feet, 10.5 inches while in the high jump, Aidan Donahue of Winnisquam finished in fourth place at six feet, Cole Ahern of Plymouth was eighth at five feet, 10 inches and Ingram was 10th at five

feet, 10 inches.

Berlin's Hayden of Berlin was 12th in Munce threw the discus 119 feet, six inches for Wheat took second in ninth place, Brian Miles 115 feet, nine inches and Trevor Sanschagrin of Newfound was 13th at 111 feet, three inches. Ahern cleared 10 feet, six inches in the pole vault for 12th place overall and Miles was 14th in the shot put at 39 feet, one inch.

Kingswood's Ethan Arnold finished fourth in the javelin at 158 feet, 10 inches, Gilford's Isaiah Reese was eighth at 152 feet, one inch, Kingswood's Caleb Russo was 10th at 149 feet, two inches and Haddocks was 13th at 146 feet, two inches.

The Prospect Mountain 4X800-meter relay team of Joey Howlett, Deuce Smith, Perrin Mc-Leod and Dennis Simpson placed 12th overall in 9:18.49.

In the 110-meter hur-

dles, Ahern was ninth in 16.44 seconds and Aidan Malek of Gilford was 11th in 16.72 seconds. Berlin's Brayden Landry the 200 meters in a time of of Belmont was 11th at was 16th in the 1,600 meters in a time of 4:46.09.

Owen Carney of Inter-Lakes placed third in the 400 meters in a time of 50.48 seconds and Malek ran to seventh in the 300-meter hurdles in a time of 42.48 seconds. Belmont's Colby Vetter was 13th in the 200 meters in a time of 23.62

seconds. Gilford's Patrick Gandini finished in fourth in the 3,200 meters in a time of 9:28.6, with Will Riley of Belmont in 14th place in 10:24.2. The Gilford team of Reese, Aiden Bondaz, Nicholas Haddocks and Gandini placed 14th in the 4X400-meter relay in a time of 3:39.95.

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

Kiara Chase earns Dean's List bonor at University of Saint Joseph

WEST HARTFORD, Conn. — Kiara Chase of Tilton has been named to The University of Saint Joseph Spring 2022 Dean's list. To be named to the Dean's list, students must have earned a GPA of 3.50 or higher for the semester, with no grade lower than a "B." Kiara is studying Nursing.

"Students on the Dean's List exemplify academic excellence and their ability to achieve their goals. We are very proud of these students who join the network of accomplished USJ scholars competitively pursuing a range of studies from health sciences to criminal justice," said Provost Michelle Kalis, Ph.D.

Congratulations on earning this academic achievement, Kiara!

The University of Saint Joseph is the premier small private university in Connecticut developing professionals for in-demand fields of health care, social services, education, and the sciences. A USJ degree is a proven credential for undergraduates seeking a traditional New England college setting with exceptional NCAA Division III athletics and a strong sense of community. For graduate students ready to learn more and earn more, USJ offers online, hybrid, and on-ground masters and doctoral programs with innovative modular curricula that attract students from around the world.

To learn more, view our Web site at www.usj.edu.



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Prescott Farm project underway

cusp of summer, the 160 acres around Prescott Environmental Education Center on White Oaks Road are full of beautiful sights and sounds. On any weekday morning a visitor will likely see Fledglings Nature Based Preschoolers learning and playing. They might hear garden volunteers discussing which veggies are ready to plant, which beds to weed, and which sections of the vast perennial gardens need invasive abatement. And they will certainly see and hear visitors of all ages taking the time to enjoy the views, the time in nature, and a connection to one another.

With plenty of daylight, moderate temperatures, and the school year coming to a close, possibilities of learning and teaching in nature seem infinite the summertime. During the darker and colder months, however, obstacles arise. That's why the nonprofit, established in 1997, has spent the last three years developing a master site plan and considering ways to overcome seasonal limitations such as a lack of indoor heated space, limited restroom and kitchen facilities, and a challenging driveway and parking lot configuration. This spring, construction of Phase I of the master site plan is underway at Prescott Farm to accomplish these goals.

The building project, approved by the City of

LACONIA - On the Laconia Planning board this winter, has three major components:

> A 3,610 square foot Innovation Center that will include a five-station teaching kitchen, maker space, screened porch, restroom facilities, storage, and a maintenance area;

> A 1,150 square foot finished space in the ell connected to the barn that will include public restroom facilities, a small classroom/meeting room, and a small office; and

> An expansion of the parking areas with improvements to the current driveway that will improve traffic flow and safety during drop-off and pick-up times.

> Prescott Farm Executive Director Jude Hamel said that the interest in nature- and outdoor-based learning experiences is greater than ever. "After two years of being 'cooped up' due to the pandemic, we're seeing more and more people participating in our programs. COVID 19 has brought the need for people of all ages to connect with nature and with each other into sharp relief."

> The new learning spaces will vastly increase the number and scope of onsite programs that Prescott Farm educators and guest instructors can host.

"We are thrilled that our organization is in a position to become an even bigger resource for the Lakes Region," said Robert Ewell, a resident of Laconia and a mem- from The Samuel P. Par-



Representatives from the Lakes Region Chamber of Commerce, CCI, M.E. Latullippe Excavating, and Prescott Farm gathered for a groundbreaking event on May 18. From left to right: Joanne Haight (Lakes Region Chamber of Commerce), Ian Blackman (Prescott Farm Board of Directors), Bryant Lehr (CCI Project Manager), Jude Hamel (Prescott Farm Executive Director), Mark Marceau (CCI Site Superintendent), Rob Hester (M.E. Latulippe Excavating), and Bob Ewell (Prescott Farm Board of Directors).

ber of the Prescott Farm board of directors. "We already see about 3,000 program participants and visitors annually and when this project is complete, we estimate we will see that number increase substantially."

Prescott Farm's Master Plan was developed with input from the Board, staff, community volunteers, and with consultation from Lavallee Brensinger Architects. The property project is managed by Conneston Construction, Inc. (CCI).

Funding for the project is provided by a grant doe Foundation and by individual donors who support Prescott Farm. Over the past 25 years, The Samuel P. Pardoe Foundation has donated \$11 million in grants for education, human services, and land and resource management to Lakes Region organizations. In July 2021, the foundation announced its plan to wind down its grant-making program in the Lakes Region when it awarded fifteen valedictory multi-year grants totalling \$600,000 to area nonprofits that meet the needs of Lakes Region residents and protect the region's environment. Support for the capital expansion at Prescott Farm is con-

Phil Vassar brings

Piano Bar Tour

sidered to be another wind-down activity of the foundation, however partial support for Prescott Farm's operations is expected to continue.

Early stages of the site work at Prescott Farm began in April with project completion forecast by the end of

The Colonial welcomes Béla Fleck

LACONIA — The Colonial Theatre of Laconia is proud to welcome Béla Fleck - My Bluegrass Heart on Tuesday, July 19 at 7:30 p.m.

Just in case you aren't familiar with Béla Fleck, there are many who say he's the premiere banjo player in the world. Others claim that Béla has virtually reinvented the image and the sound of the banjo through a remarkable performing recording career that has taken him all over the musical map and on a range of solo projects and collaborations. If you are familiar with Béla, you know that he just loves to play the banjo and put it into unique settings.

Tickets for Béla Fleck My Bluegrass Heart at the Colonial Theatre of Laconia on Tuesday, July 19 at 7:30pm are \$49-\$79 and go on sale Friday, May 20 at 10 a.m. at www. coloniallaconia.com or by calling 1-800-657-8774.

Tickets for Béla Fleck My Bluegrass Heart at the Colonial Theatre of Laconia on Tuesday, July 19 at 7:30 p.m. are \$49-\$79 and go on sale Friday, May 20 at 10am at www.coloniallaconia. com or by calling 1-800-657-8774.

First opened in 1914,

the Colonial Theatre was designed by George l. Griffin. Original owner Benjamin Piscopo was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. The theatre hosted a variety of stage productions and photoplays. By the early 1930s the Colonial had pivoted to show motion pictures. In 1983, the theatre was divided up into 5 separate movie screens. In August of 2002, the theatre closed after 87 years of opera-

On June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. 609 Main Street LLC was created to conduct the capital campaign for the renovation. The restoration of the Colonial began in March of 2016 and concluded in early 2021.

The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to a wide range of performances, including music, theatre, comedy, and civic events. The Colonial Theatre is managed by Spectacle Management and is

home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main St.. Laconia, NH 03246. www. coloniallaconia.com.

Spectacle Live was

founded in 2012 to provide performing arts venues throughout New England with expert services in venue operations, booking and programming, venue and event marketing, venue programming and operational management, consulting, and event production. Since its founding, Spectacle Live has worked with more than a dozen New England venues on facility management, and in promoting, marketing, and producing hundreds of concerts, comedy, civic, educational, theatrical, and family entertainment events. Spectacle Live has also been a valuable consulting partner to municipalities and non-profit venue owners, developers, programmers, and operators. Spectacle Live has offices in Lexington and Lowell, MA and Laconia, NH. For more information, please contact Pete Lally, plally@ spectaclelive.com or 617-531-1257. www.spectacle-

live.com

to The Colonial LACONIA — The Co-ful lyrics and infectious lonial Theatre of Laco- melodies that capture Colonial Theatre has a nia is proud to welcome the heart and soul in seating capacity of 750 Phil Vassar's Piano Bar Tour on Saturday, Sept. 24 at 8 p.m. Phil Vassar's Piano Bar Tour features the prolific singer-song-

writer in an intimate setting with limited seating to showcase his incredible music. It's a nod to his solo piano livestreams as well as his 2020 album, "Stripped Down."

Tickets for Phil Vassar's Piano Bar Tour at the Colonial Theatre of Laconia on Saturday, Sept. 24 at 8 p.m. are \$29-\$69 and go on sale Friday, May 20 at 10 a.m. at www. coloniallaconia.com or by calling 1-800-657-8774.

Vassar was racking up hits on the radio long before he even began his own recording career that has seen the release of six albums, two AS-CAP Songwriter of the Year trophies, ACM's Top New Male Vocalist and sold-out shows across the country. Vassar's songwriting career blossomed in the mid-'90s when he landed a publishing contract with EMI and penned hits for Collin Raye (Little Red Rodeo), Alan Jackson (Right on the Money), Tim McGraw (For a Little While), Jo Dee Messina (Bye Bye, Alright), and Blackhawk (Postmarked Birmingham). He signed a record deal of his own with Arista in 1998 and was named ASCAP's Country Songwriter of the Year in

1999. Vassar continues to

churn out incisive, soul-

the unique and special way that only he can. informamore on Phil Vasvisit PhilVassar. com and follow him on Facebook, Instagram and Twitter.

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For Advertising Information Call 603-279-4516 email: Tracy@salmonpress.news

CAR SHOW

CONTINUED FROM PAGE A1 food, drinks and raffle tickets for a wide range of gift certificates from local eateries and automotive businesses.

Perhaps the most important part of the day was the judging, which was left up to the public. Each person was handed a voter card where they could mark the registration number for their favorites in seven categories. Students tallied the numbers and trophies were awarded to winners for Best Import (European), Best Import (Asian), Best American car, Best Truck, Kids Choice, People's Choice and Best in Show.

Freshman Peyton Collins was amazed by the variety of cars that took part in the day. Classmates Beni Griffin, Ari Booth and Jahnavi Jani



Makenna Kane, Alicia Max and Loralie Nelson, members of the WRHS Class of 2025, spent last Saturday selling raffle tickets at the car show to help raise money for prom and other expenses in their senior year.



raised last weekend and over the next three years will all help with expenses for their prom and class trip in 2025.

Lois Porter drove the 1956 T-Bird her husband had restored on his own to the WRHS Class of 2025 Car Show last weekend where it was admired by many.

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all agreed that continu-

ing the tradition of a car

show was a good idea

and they were grateful

for their advisors who

presented them with the

crowd Jani added, "It's

just a great way to raise

money for our class. This

is a fun little gathering

Jackie Daugherty are

the advisors for the class

and said the students all

worked hard to make the

Nicole DiBiaso and

Looking around at the

opportunity.

here today!"

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from the Bedroom



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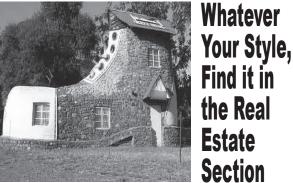
Online-Only Bidding Ends: Wednesday, June 29th at 1:00 p.

21 Mad River Road is a two-story Cape with a detached two-car garage on .6 acre in-town lot. This property has 116' of frontage on Mad River Road and 90' on Route 175. The home was built in 1920 totals 1,560 sq.ft. and includes 4-bedrooms on the second floor with a full bath. The first floor includes a sitting room, dining room, living room and kitchen. There are two covered porches which run the length of the home on the first and second floor. The home has a full basement and walkup attic. Tax Map 4, Lot 14, Sub-lot 6.

Open House: Saturday June 25th from 11:00 a.m. until 3:00 p.m. Terms: A major credit card will be placed on file with the auction company as a qualification to bid. Successful bidder to deliver earnest money totaling 10% of the total purchase price no later than, Thursday, June 30th at 1:00 p.m. with the balance due at closing within 45 days of the auction. A 10% buyer's premium will be added to the high bid price to become the total purchase price. Property is being sold free and clear of all

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1-800-669-9777 1-800-927-9275. **PAUL M'INNIS** LLC You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301 refuse any advertising.



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newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sec, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination. (The Fair Housing Act of 1968 at 42 U,S,C, 3604(c)) This paper will not knowingly accept any adverting which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll free at For The Washington DC area,

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Bear baseball falls in Berlin

BY JOSHUA SPAULDING

Sports Editor

BERLIN — The Winnisquam base-

ball team pounded out seven hits in the opening round of the Division III tournament on Thursday, June 2.

Unfortunately for the Bears, they were unable to push any runs across the plate and the host Berlin Mountaineers took the 10-0 win to advance to the quarterfinals.

The Mountaineers scored four in the first inning, added one each in the second and third, plated two more in

the fourth and finished things off with two in the sixth inning.

Marcus Korenkiewicz went two innings on the mound, giving up six runs, of which only two were earned. He walked three and gave up four hits. Anthony Boomer pitched the final three-plus innings, giving up four runs, of which only one was earned. He struck out three and walked just one and gave up four hits.

On the offensive side of things, Duncan Gosselin led the Bears with two hits and Kyler Bourdeau, Alex Nichols, Mark Labonville, Korenkiewicz and Anthony Robbins each added a hit to the attack.

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

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Hosted by the Army National Guard Littleton, NH

In partnership with the Littleton, Franconia & Western White Mountain Chambers of Commerce Job & Resource Fair Saturday, June 11th 9:45AM - 2PM

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TOWN OF LINCOLN

FULL-TIME HIGHWAY LABORER/DRIVER

The Town of Lincoln is accepting applications for the position of a Highway Laborer/Driver. The successful candidate will be responsible for general laboring responsibilities and operating various pieces of light and heavy equipment. A Commercial Driver's License with Air Brake endorsements, or the ability to attain one, is required. The individual chosen for this position must possess a willingness to work with others including the general public. High School Diploma or equivalent is required; Driver's License and Criminal record check are required, mandatory participation in the department's Drug/Alcohol Screening Program as required by federal law. This is a year-round full-time, fully benefited position working approximately 40 hours per week.

Applications & Job Description are available on the Town's website at www.lincolnnh.org under Employment Opportunities. Applications are to be returned to the Director of Public Works, Nate Hadaway, 148 Main St., PO Box 25, Lincoln, NH 03215.

Applications will be accepted until the position is filled.

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Full-Time Position Warehouse/Service

Energysavers Inc is looking for a self-motivated individual to add to its staff. The position would include, but is not limited to, organizing and pulling parts for jobs as well as receiving deliveries. We are a highly recommended 47 yr old Lakes Region retailer of well-known hearth & spa products. You can earn while you learn! Potential to move into a service or installation position is a possibility. No prior experience required. Must have a valid driver's license & be able to lift/carry an 80lb min.

Stop in to fill out an application:

Energysavers Inc, 163 Daniel Webster Hwy, Meredith NH



Installers Assistant Energysavers Inc, a 47 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. Earn up to \$20 hour.

LEARN WHILE YOU EARN!

No prior experience required. Must have a valid driver's license and pass the pre-employment drug screening. Stop in to fill out an application:

Energysavers Inc, 163 Daniel Webster Hwy, Meredith NH

A division of Belletetes, Inc. **Hardware Sales**

We are looking for a full-time hardware sales person who enjoys people and has good customer service skills. Knowledge of paint, plumbing and electrical as well as a basic understanding and knowledge of hardware preferred but not required. Weekend hours required on a rotating basis.

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You may apply in person or download an application from our website. All applications should be submitted to:

> Dan Uhlman, General Manager 20 West Street, Ashland, NH 03217 or you may email to duhlman@belletetes.com.

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Our Ashland location is searching for a member of our Lumber & Building Materials Yard Team. The primary responsibility of a Lumberyard Associate is to maintain customer service per company standards, the accurate and efficient loading and unloading of all lumberyard related transactions. In addition, you will be responsible for maintaining the appearance of the yard and racks in an orderly and clean manner. Forklift experience and heavy lifting is required. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:

> Dan Uhlman, General Manager 20 West Street, Ashland, NH 03217 or you may email to duhlman@belletetes.com.

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The Common Man — Lincoln (745-3463) Or APPLY ONLINE — thecman.com/work-here

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Pipe Fitters / Laborers wanted. Must have a valid driver's license with a clean driving record and be able to pass DOT physical. Must have mechanical aptitude, troubleshooting skills, have strong commitment to quality. ICC Certified, HAZMAT Certified and/or CDL License is a Plus but Not required. Willing to train. Year-round employment with paid Travel, Holidays,

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Town of Plymouth Highway Department

Seeking a qualified individual, starting hourly rate at \$21, with an attractive benefit package, to perform all aspects of highway construction, maintenance and snow removal, will require you to work during adverse weather conditions, weather events including snow and ice storms. The final candidate will have a minimum CDL-B with air brake endorsement (or the ability to attain one in a short period of time) and will be required to pass a physical, including a drug and alcohol screening, and will be subject to a criminal background check as well as a driving records check.

Applications are available on the Town of Plymouth's website, Mail application to Plymouth Highway Dept., 6 Post Office Square, Plymouth NH 03264, or upon request, 603-536-1623, at the Plymouth Highway Garage. Hours are from 6am-2:30pm. Please ask for Joe.

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Emily.Mulinski@lrcs.org

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Tilton-Northfield Water District Water Operator

The Tilton-Northfield Water District is accepting applications for a full time permanent Water Operator position. The position will perform skilled and semi-skilled work involving the operations and maintenance of a water treatment and water distribution system.

Position requires a current New Hampshire driver's license, ability to lift 80 lbs., heavy equipment operating experience; being able to respond to emergencies, be on a rotating on-call schedule and live within 15 minutes of the District. Overtime is required.

Minimum qualifications include a high school diploma or GED; possession of a NHDES Grade 1 Water Treatment and Grade 1 Distribution License (or must be willing to obtain these licenses within the first year of employment).

The Tilton-Northfield Water District offers a competitive hourly rate and benefits package. Please send letter of introduction with resume and references to: Tilton & Northfield Aqueduct Co., Inc. 14 Academy Street Tilton, NH 03276. Applications are available at our website t-nwaterdistrict.com or at the office.

The successful applicant will be required to pass a background check, a DMV check and a drug test. EOE/ADA/AA

Town of Plymouth Recycling Center Part-Time Operator Position Available

The Town of Plymouth Recycling Center is currently accepting applications for a motivated and flexible candidate who can perform semi-technical and heavy manual work associated with operation of transfer facility and recycling center.

This position consists of three, 8-hour days.

Starting Wage: Up to \$14.37/hr. based on experience

Preferred one-year experience in Solid Waste Management and Recycling operations.

MINIMUM QUALIFICATIONS REQUIRED

Possession of a high school diploma or equivalent. Must be 18 years old. Clean criminal and driving record. Some experience in the performance of heavy manual labor and equipment operation. Possession of a valid New Hampshire vehicle operator's license. Must be able to obtain a Solid Waste Facility Operator Certification and Public Weigh master license within 12 months from date of hire.

Applications are available at either the Plymouth Town Hall (536-1731) from 8:00am until 4:30pm Monday to Friday or the Plymouth Recycling Tuesday to Friday.

Please send applications to the attention of Jessie Jennings, Recycling Manager, Town of Plymouth, 6 Post Office Square, Plymouth, NH 03264 Position will remain open until filled.

Joen Our Teams



Mount Prospect

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LAVALLEE

CONTINUED FROM PAGE A1

and basketball.

Lavallee holds State of New Hampshire licensing in Special Education Administration, Special Education Teaching, and Early Childhood Special Education Teaching; a Master of Education degree in Special Education Administration from Plymouth State University; and a Bachelor of Science degree in

Child Development from Colby-Sawyer College.

For more information about Spaulding Academy & Family Services, visit SpauldingServices.

About Spaulding Academy & Family Services

Spaulding Academy & Family Services is a leading provider of educational. residential. therapeutic and community-based programs and services for families, and children and youth with neurological, emotional, behavioral, learning or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Established in

1871, Spaulding Academy & Family Services is a tax-exempt 501(c)(3)nonprofit that was formerly known as Spaulding Youth Center since 1958. Its scenic hilltop campus is located on over 500 acres in Northfield, NH and welcomes boys and girls from ages

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4 to 21 from around the state of New Hampshire and beyond. In addition to programs provided on the Northfield campus, Spaulding Academy & Family Services' community-based programs include foster family licensing, Individual Service Option (ISO) foster

care, ISO in-home services, child health support services, and more for children ages 0 to 20 and their family. For information about Spaulding Academy & Family Services, visit www. SpauldingServices.org.





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NTAINS REGIONAL SCHOOI

ATHLETICS

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LANCASTER ELEMENTARY SCHOOL

Paraprofessional

Certified Speech Assistant (2022-23 school year) Part-Time Food Service Staff (2022-23 school year) Music Teacher (2022-23 school year) Middle School Math Teacher (2022-23 school year) Elementary Teacher (2022-23 school year) Anticipated Special Education Teacher (2022-23 school year)

WHITEFIELD ELEMENTARY SCHOOL

Paraprofessional Middle School Social Studies Teacher (2022-23 school year) Custodian (2022-23 school year) Art Teacher (2022-23 school year) Grade 1 Teacher (2022-23 school year)

Specialized Paraprofessional (part-time; 2022-23 school year) Part-Time Food Service Staff (2022-23 school year)

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT

High School English/Humanities Teacher (2022-23 school year) Special Education Teacher (2022-23 school year) High School Math Teacher (2022-23 school year) World Language Teacher (2022-23 school year) Computer Technology/Robotics Teacher (2022-23 school year)

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT

Substitute Teachers Teacher Leader/Instructional Coach (2022-23 school year)

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For further information, contact:

TEL.: 603-837-9363/FAX: 603-837-2326 • Email: codyarsenault@sau36.org

Cody Arsenault, HR/Payroll Manage White Mountains Regional School District, SAU #36 14 King Square, Whitefield, New Hampshire 03598

Softball Raiders finish strong with win over Spartans team," said coach Bill three hits, including a

BY JOSHUA SPAULDING Sports Editor

WHITEFIELD — The Belmont softball team closed out the regular season with a big win over White Mountains on the road on Friday, May 27.

The Raiders hit the road to Whitefield and

CONCERTS

returned home with the 18-7 win, scoring in every inning but one before the game was called in the sixth inning due to thunder and lightning moving through the

"Great way to go into the playoffs with a solid win against a good Clary.

Perkins Savannah had two hits and drove in a run, Avery Von Kadich had four hits, including a homer and a double and drove in five runs, Carly Drouin had

double and scored twice, Abbi Paquette had two hits and scored twice.

Belmont strong with four runs in the first inning and finished strong with five in the sixth inning.

Lena Rodrigues did the pitching for the Raiders, striking out eight, giving up nine hits and walking four.

The Raiders advanced to the Division III tournament with a 9-7 regular season record.

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



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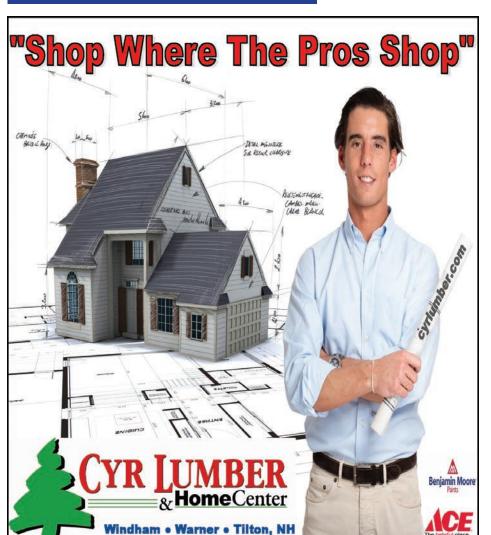
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