

Winnisquam Echo

THURSDAY, APRIL 9, 2026

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Nicole DiBiaso named Winnisquam School District's Teacher of the Year

TILTON — Winnisquam Regional High School is proud to announce that special education teacher Nicole DiBiaso has been named the Winnisquam Regional School District's 2026 Teacher of the Year.

Mrs. DiBiaso has dedicated the past 14 years to the district. In addition to her work in special education, she is a vital pillar of the school community, serving as a Member of the High School Leadership Team, Student Council and Class Advisor, Varsity Softball Coach and Volleyball Assistant Coach, as well as Interact Advisor.

A school-wide assembly was held at the high school to recognize Mrs. DiBiaso's extensive contributions. Students, staff, and her family, along with Superintendent Dr. Shannon Bartlett and School Board members David Honeman and Jennifer Holt, attended the event.

The Teacher of the Year award is granted to licensed, full-time staff who demonstrate excellence in



SEE **DIBIASO**, PAGE A8

Pictured above are WRSD Teacher of the Year Nicole DiBiaso with WRHS school staff, family members, and fellow members of the WRHS Special Education Department.

State officials investigate officer involved shooting in Northfield

NORTHFIELD — Attorney General John M. Formella announces that members of the Attorney General's Office are responding to a report of an officer-involved shooting that occurred in the early hours of Monday morning in Northfield.

The incident reportedly occurred at a private residence as officers were responding to a domestic disturbance call, and resulted in one adult female being shot by one of the responding officers. The adult female died at the scene.

The exact circumstances surrounding this incident were under active investigation, and full details were not yet clear as of our press deadline Monday morning. The name of the deceased was to be released following notification of next of kin, and an autopsy had been scheduled by the Office of the Chief Medical Examiner.

There is no known threat to the public at this time, and more information will be released as it becomes available.

Concord Hospital Franklin installs advanced CT scanner

FRANKLIN — Concord Hospital – Franklin (CHF) has a new, state-of-the-art Siemens SOMATOM go.Top CT scanner, enhancing diagnostic imaging capabilities and expanding access to advanced testing for patients in the Franklin and surrounding communities.

Computed tomography (CT), commonly known as a CAT scan, is an advanced imaging test that uses X-rays and computer technology to create detailed

SEE **CT SCANNER**, PAGE A8



CT technologists pose with CHF's new, state-of-the-art Siemens SOMATOM go.Top CT scanner in the renovated scan room and control area. CT technologists use this machine to produce high-quality images while prioritizing patient comfort, safety, and overall care throughout the imaging process.

Depth a strength for Winnisquam baseball boys

BY JOSHUA SPAULDING
Sports Editor

TILTON — Last year

the Winnisquam baseball team took a step forward, making the Division III

tournament after missing the postseason the previous year and the hope is that the steps forward continue in the new season as coach Fred Caruso kicks off his 20th year at the helm of the Bears.

"The goal is to be competitive every game," said Caruso. "We took steps last year, made the tournament after missing the year before. The goal is to get in and make some noise."

The veteran coach noted that the Bears have some depth that they haven't had in a couple of years and he is excited to see how the pieces all fall into place.

"Our younger players are bringing a renewed enthusiasm to the mix," Caruso said. "That being said, we're relying on the guys who've been here to lead the way."

"We did have a lot of turnover, graduating eight from last year's team," he continued. "I think we'll get stronger as the year goes on."

The Knights will be led by a trio of captains in seniors Dio Katsigiannis and Brady Colby and sophomore Carter Lloyd. Katsigiannis will pitch and play shortstop, Colby will play at first base and Lloyd will

pitch, catch and play the infield.

Junior Matt Hibbert will pitch, catch and play first base and classmate Jacoby Keith will play second base and outfield. Sophomore Cullen Desrochers will get the look at third base while classmate Daddy Blodgett-Fralic will pitch, catch and play the infield. Ninth graders Evan Cote (centerfield), Caleb Hall (second base and outfield) and Kobe Lloyd (outfield, pitcher, first base) will also get a chance to make their impact in their first years.

Additionally, seniors AJ Barton (infield) and Dako-

ta Sousa (outfield) and junior Micah Goodell (DH, outfield) add to that depth that Caruso is excited to see.

The Bears will once again be traveling to Cooperstown, N.Y. for a game at Doubleday Field against rival Inter-Lakes. The trip is always a highlight and Caruso hopes that the weather will be on their side this year after rain made last year's game a bit of a challenge.

Additionally, the Bears Cup against Newfound will once again take place

SEE **BOYS**, PAGE A8



COURTESY PHOTO

Captains (l to r) Brady Colby, Carter Lloyd and Dio Katsigiannis will be leading the Winnisquam baseball team this spring.

Tilton announces Amnesty Week at transfer station in August

TILTON — Residents will have an opportunity this summer to dispose of bulky household materials and certain hard-to-handle waste during Tilton's annual Amnesty Week, scheduled for Aug. 19 through 22 at the town transfer station on West Main Street.

The event will take place Wednesday through Friday, Aug. 19–21, from 9 a.m. to 3:30 p.m., and Saturday, Aug. 22, from 8:30 a.m. to 4 p.m. at the transfer station at 581 W. Main St. The program is intend-

ed to help residents clear out unwanted items while keeping materials out of illegal dumping sites and regular household trash streams.

Town officials announced that a wide range of construction and demolition materials will be accepted during the four-day event. Eligible items include painted and unpainted wood, sheetrock, asphalt shingles and pressure-treated lumber. The program also allows disposal of several common household appliances such

as stoves, dishwashers, refrigerators, air conditioners, dehumidifiers and microwave ovens. Refrigerator doors must be removed before disposal.

Residents may also bring clean scrap metal, provided it is free of attached plastic or wood. Tires measuring up to 20 inches in diameter will be accepted, with a limit of four tires per household. Propane cylinders from 1 pound to 60 pounds are also eligible.

Electronic waste will be accepted as well, including

televisions with no size limit, though households are limited to four televisions. Computers and related equipment such as keyboards, monitors, central processing units, fax machines and smaller copier units will also be permitted. Car and truck batteries are included among acceptable items.

Town officials emphasized that certain materials will not be accepted during Amnesty Week. Residents may not bring hazardous waste, oil-based paints, household cleaners, chem-

icals, brush, leaves or grass clippings. These items must be handled through other approved disposal programs.

Access to the transfer station during Amnesty Week remains limited to Tilton residents with valid transfer station stickers. Vehicles entering the facility must display a current Town of Tilton sticker, which can be obtained from the Town Clerk's Office during regular weekday business hours.

Amnesty Week is designed to give residents a

structured opportunity to dispose of materials that are typically restricted or require special handling during normal transfer station operations. Events like this also help towns manage waste streams more efficiently and reduce improper disposal in neighborhoods and wooded areas.

Residents planning to participate are encouraged to prepare items in advance and confirm eligibility requirements before arriving at the facility.

Brookford Farm to host 'Baa Baa Bash' spring celebration

CANTERBURY — Families looking for a close-up look at spring on a working New Hampshire farm will have multiple opportunities in April as Brookford Farm opens its gates for its annual Baa Baa Bash, a weekend series centered on baby animals, seasonal farm activities, and local food.

The free event is scheduled for Saturdays and Sundays throughout April

from 9 a.m. to 6 p.m. at Brookford Farm, 250 West Rd. Visitors are invited to meet young livestock, explore the farm store, and learn more about the farm's year-round community supported agriculture program.

Organizers describe the event as a chance for residents to experience lambing season and early spring farm life firsthand. Depending on timing and

farm conditions, visitors may even witness a live animal birth, one of the highlights that draws returning families each year.

Guests can purchase feed bags to interact with animals and are encouraged to come prepared for muddy conditions typical of early spring in central New Hampshire. Farm staff recommend sturdy boots and outdoor clothing.

In addition to animal

visits, the farm's store will be open throughout the event, featuring farm-raised products and locally made goods. Free samples will also be available. Organic seeds and organic soil products will be offered for purchase as gardeners begin preparing for the growing season.

Farm representatives will also provide information about Brookford Farm's CSA program,

which allows members to receive regular shares of vegetables, dairy, and meats produced on site. The program operates year-round and serves households across the region.

Because the farm is home to numerous animals, visitors are asked not to bring pets.

Brookford Farm is one of the largest diversified organic farms in New Hamp-

shire, producing vegetables, dairy, pasture-raised meats, and other goods while hosting educational programs and seasonal public events throughout the year.

The Baa Baa Bash is open to all ages, and does not require advance registration.

Ducks Unlimited annual dinner set for April 11

FRANKLIN — The Daniel Webster Chapter of Ducks Unlimited will hold its 37th annual dinner banquet auction on Saturday, April 11, at 4:30 p.m. at The Franklin Lodge of Elks on 125 South Main St. in Franklin. James Cropsey is Area Chairman this year. Nearly 6,200 local Ducks Unlimited fundraising events throughout the country contribute towards Ducks Unlimited's national fundraising effort

achieving 88 percent efficiency, resulting in 88 cents of each dollar raised being spent on wetland acquisition or improvement.

Each year the United States loses some 140,000 acres of wetland habitat. Since its inception, Ducks Unlimited has raised more than one billion dollars and enhanced and restored nearly 15 million habitat acres, encompassing more than 15,000 wetland projects, in an effort to re-

verse this destructive trend. Prime wetlands sequester more carbon than any other habitat with .39 metric tons on average per acre each year. DU's projects provide habitat for more than 600 wildlife species, including ducks, geese, and endangered or threatened species like the whooping crane and bald eagle.

While Ducks Unlimited has accomplished a great deal since its founding in 1937, the rapid draining of our wetlands demands that the organization continue to accelerate its work. Efforts like those of the Daniel Webster Chapter are a vital part of Ducks Unlim-

ited's efforts.

Order your tickets for cash or check today. Dinner tickets cost \$100 for an individual and \$120 for a couple while youths under 18 years of age are \$65. All attending youths win prizes. Sponsor tickets are \$325 for an individual ticket. Sponsors

will have a one in eight chance of winning a gun of their choice from a vast selection. Sponsors need not be present to win. Buy a table of eight for \$900 and receive the choice of a Traditions scoped muzzle loading rifle or a Traditions 1851 Colt Navy Revolver Reproduction. To

purchase tickets or for information on how you can support Ducks Unlimited's program of wetlands conservation, contact Steve Saulten at 603-289-2109 or Jim Cropsey at 603-286-9633. You may also order online at www.ducks.org.

Audubon announces program on Edwin Way Teale

MOULTONBOROUGH — On Thursday, April 16 at 7 p.m. at the Loon Center in Moultonborough, the Lakes Region Chapter of the New Hampshire Audubon Society will present a New Hampshire Humanities program called "Returning North with the Spring: Retracing the Journey of Naturalist Edwin Way Teale," presented by John Harris.

In 1947, Edwin Way Teale, the most popular naturalist in the decade between Aldo Leopold and Rachel Carson, followed the progress of spring over four months from the Everglades to the summit of Mount Washington. His best-selling book, *North with the Spring*, recounts the epic journey he and his

wife Nellie undertook.

In 2012, John Harris set out to retrace Teale's route, stopping at unfamiliar wild places on the same calendar date on which Teale visited. Using Teale's journal notes and photographs, Harris examined and compared changes in the flora, fauna, and lives of the people along the way. His account documents the losses, details the transformations, and celebrates the victories, for a remarkable number of east coast refuges have grown wilder during the intervening years.

John R. Harris is currently an adjunct faculty member in Environmental Science at Franklin Pierce University. He holds a Ph.D. in British and American literature from the Uni-

versity of North Carolina at Chapel Hill, and has taught courses in nature writing, environmental literacy, regional history, American literature, and composition at Franklin Pierce University. In addition, he has organized and helped to edit two regional anthologies, "Where the Mountain Stands Alone" and "Beyond the Notches: Stories of North Country New Hampshire."

The Loon Center is located on Lee's Mill Road; follow the signs on Blake Road from Route 25 near the Moultonborough Central School, or from Route 109, turn on to Lee Road and turn left on Lee's Mill Road.

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BELMONT POLICE LOG

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

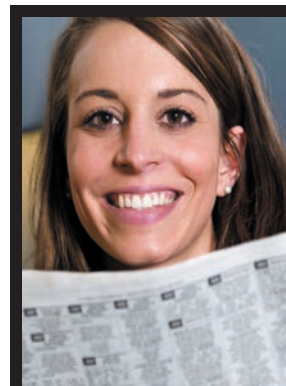
James P. Murphy, age 51, of Tuftonboro was arrested on March 25 for Hand Guns-False Information.

Leah A. Wallace, age 29, of Belmont was arrested on March 26 for Criminal Mischief.

An 18-year-old male from Belmont received a summons in lieu of arrest on March 26 for Disobeying an Officer and Speeding-Existing Conditions.

Scott A. Hill, age 59, and James Edward McNeil, Sr., age 46, no know address for either, were arrested on March 27 for Criminal Trespassing.

Jordyn Elizabeth Nedobity, age 24, of Tilton was arrested on March 28 for Simple Assault resulting in Physical Contact or Bodily Injury.



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Leadership Lakes Region program explores complex landscape of modern education

LACONIA — Leadership Lakes Region’s class of 2025/2026 recently gathered for “Educational Issues Day,” an intensive program exploring the fiscal and social challenges facing New Hampshire’s schools.

The day opened at Belmont Middle School with a panel titled “Decreasing Enrollment and Increasing Costs,” featuring Danielle Bolduc (Principal, Gilford Elementary), Aaron Pope (Principal, Belmont Middle School), Dr. Tari Selig (School Psychologist, Belmont Elementary), and Rachelle Ashey (School Nurse, Belmont Middle School), Kelley Caravona (Student Assistance Counselor, Gilford High) and Charley Hanson (School Board Chair, SAU #2). Together, they highlighted how modern education requires a robust infrastructure of mental health and social support to supplement traditional academics.

A deep dive into “School Budgets and Funding” followed, led by Michael Tursi (Superintendent, SAU #80) and Debbie Thompson (Business Administrator, SAU #80). They provided a bottom-to-top view of the budget-building process, emphasizing



Leadership Lakes Region class members display leadership books presented by author Tom Raffio, President/CEO of Northeast Delta. Pictured, left to right: Sarah Cate, Tom Raffio, Sarah Gray, and Carrie Duran.

ing that while the data is complex, the true drivers remain community vision and district values. Every line item, they noted, reflects a commitment to student-centric success.

The conversation shifted to the digital frontier with a panel of students from the Lakes Region Technology Center (SAU #40) Marketing Education program. These stu-

dents provided a sophisticated analysis of “The Impact of Social Media on Teens,” drawing from a curriculum that includes industry-recognized HubSpot certification and the “4 P’s” of marketing.

Following the student panel, Principal Jeremy Hillger highlighted Sandwich Central School (SCS) as a model for community-integrated edu-

cation. Recently honored with a Special Recognition Award from the NH Elementary School of Excellence Committee, SCS serves as a blueprint for active community involvement and personalized learning.

The afternoon session moved to the Huot Career and Technical Center, where Director Dave Warrender briefed the

cohort on how vocational programs fuel the regional workforce before leading a tour of the facility’s technical resources. Michael Harris, Program Manager for 4-H, then introduced the upcoming Grit to Grow Summit, an inaugural event designed to address New Hampshire’s projected 197,000 job openings by 2032.

The day concluded

at Lakes Region Community College (LRCC), featuring a presentation from Chris Guilmett, Executive Director, and Karen Switzer, Director, of the Lakes Region Scholarship Foundation. Since 1956, the Foundation has awarded over \$10.9 million to local students.

Tom Raffio, President & CEO of Northeast Delta Dental, shared a master-class on servant leadership, emphasizing that corporate success is most meaningful when rooted in civic responsibility.

Finally, Lakes Region Community College, President Patrick Cate discussed the “educational pipeline” connecting high schools and the university system. This unified approach ensures New Hampshire’s students have accessible pathways to high-level skills, supplying the regional business community with a job-ready workforce.

Leadership Lakes Region would like to thank Northeast Delta Dental for sponsoring this program day and their continued long-term support of Leadership Lakes Region.

For more about Leadership Lakes Region, visit www.leadershiplakesregion.org.

Gunstock gearing up for Snowmobile Mountain Madness

GILFORD — While many parts of the country are experiencing record-shattering heat and humidity, northern New England is still hanging on to winter. The calendar may say it’s Spring, but Mother Nature has had other ideas as April looms just around the corner.

Thanks to a sizable snowfall last Sunday that dumped 6-8 inches of powder across much of the White Mountains and surrounding areas, conditions are looking ideal for X Racing’s upcoming Snowmobile Mountain Madness event at Gunstock Mountain Resort on Saturday and Sunday, April 11-12.

Admission is \$25 per day for adults, or \$40 for a weekend pass. Children age 10 and under will be admitted free with a paying adult. Spectator gates open at 10:30 a.m. on Saturday, with Hillcross racing getting under way at 11 a.m. On Sunday, gates open at 10:30 with Snowcross racing starting at 11 a.m.

“It’s encouraging to see

it still snowing like that in New Hampshire,” X Racing’s Joe Duncan said. “The team at Gunstock had an ample stockpile of snow for us anyway, but this natural snow is just icing on the cake. We’ll have plenty of it to create great tracks for Hillcross, Snowcross and Sunday Funday.

“Holding onto a large amount of snow for a race like this can be a challenge, but it sure helps when the temperatures stay cool and natural snow continues to fall. I’m excited to see all of the racers out there come enjoy what we’re planning at Gunstock. It’ll be a great way to close out their winter season.”

Vintage Snow Ovals have been added to Sunday’s schedule, with racing from 1 to 4 p.m. Racers will compete on a flat, snow-filled track, with semi-banked corners. Pre-registration is mandatory, and any class with less than three racers will be eliminated from the program. As always, they can add any class that brings in five

or more riders.

Plans are also well under way for another exciting season of sanctioned sled racing in New England for 2027 and beyond. X Racing is looking at long-term deals with quality venues; evidenced by the fact that both Gunstock and Wheel Spring MX in Maine are wanting multi-year plans for race dates.

“To do it right in any part of the country, you need a high-quality site and a three-year period at least to build the event to see if it has long-term potential,” Duncan added. “You can’t really judge it from the results of one year alone. It takes time and effort to build it up and get an event established.”

Gunstock is a four-season mountain resort that offers year-round fun and adventure, with skiing and snowboarding on 227 skiable acres and 49 trails. The Gunstock initiative started in 1935 when members of the Winnepesaukee Ski Club cut some cross-country trails through the Belk-

nap Mountains.

X Racing is a sanctioning body for snowmobile racing based in Elk River, Minn. X Racing strives to maintain regional race circuits in the upper Midwest and Northeast to keep the sport thriving. It operates on a philosophy of affordable racing, keeping costs to a minimum for families who love sleds.

For more information about historic Gunstock Mountain Resort, go to


www.gunstock.com. To learn more about X Racing, please go to www.SundayFundayX.com.



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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.

A teacher who makes a difference where it matters most

Every school has educators who quietly shape lives in ways that do not always appear on report cards or test scores. When a teacher like Nicole DiBiasco is recognized as Winnisquam Regional School District's 2026 Teacher of the Year, it gives the entire community a chance to pause and appreciate the kind of work that often happens behind the scenes but leaves a lasting mark on students and families.

Special education teachers occupy one of the most demanding roles in any school system. Their classrooms are places where patience, creativity and persistence must come together every day. They meet students where they are academically and emotionally, and then help them move forward step by step. That work requires not only professional skill but also deep commitment and empathy.

It is clear from DiBiasco's record of service that her influence reaches well beyond a single classroom. Fourteen years in the district is a meaningful investment in a community. During that time, she has taken on responsibilities that support students in many different ways, from advising student groups to coaching athletics to serving on the high school leadership team. These are not small commitments. They are the kinds of roles that help define the culture of a school.

Students benefit when teachers are visible across many parts of school life. A teacher who can be found in a classroom during the day, on the sidelines after school, and working with student leaders in the evening becomes someone young people recognize as dependable and approachable. That presence builds trust, and trust is one of the most important foundations for learning.

Recognition programs like Teacher of the Year also remind communities that education is not only about curriculum and facilities. It is about relationships. When administrators describe a teacher as someone who ensures students feel seen and valued, they are describing something essential. Students who feel respected and supported are more likely to take risks in their learning and believe in their own potential.

For families across Belmont, Northfield, Sanbornton and Tilton, the strength of local schools depends heavily on educators who choose to stay and grow within the district. Long-term commitment builds continuity for students and confidence for parents. It helps create schools where younger children are taught by people who once taught their older siblings and where teachers understand the character of the community they serve.

There is also something especially meaningful about recognizing a special education teacher in this way. Inclusive education has become a central goal in public schools, and that work succeeds only when skilled educators are prepared to support learners with a wide range of needs. Honoring leadership in this field highlights the district's values and reinforces the importance of making every student feel welcome and capable.

Awards do not define a teacher's impact, but they do give communities a chance to say thank you. They also remind students that dedication and service are noticed. In a time when educators face increasing expectations and challenges, moments like this help strengthen morale and reaffirm the shared purpose that connects schools and towns.

Celebrating DiBiasco's recognition is really about more than one teacher. It is about recognizing the kind of commitment that keeps local schools strong and ensures that every student has someone in their corner. When communities take pride in educators who make that difference each day, everyone benefits.



Thank you to all of the students, staff, and families that joined Belmont Elementary School last Tuesday night for our Family Arts and Literacy Night. One of our favorite events of the year, with so much positive energy, the night included an art show and glow room, a free book for all students, outstanding performances by the vocal ensemble, the ever-popular book fair, popcorn from B.E.S.T., and representatives from several of our local community services. Photo courtesy of the Shaker Regional School District's Facebook page.

Comfort Keepers

The facts about age-related macular degeneration (AMD): What seniors should know

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Many seniors in their 60s and 70s have likely noticed some vision loss, and this can be a normal part of aging. However, an eye condition known as age-related macular degeneration, or AMD, can impact the severity of the vision loss that is due to aging. This is why it is important to know the basic facts about AMD. The good news is, these facts include preventive steps seniors can take to reduce the risk of developing AMD.

Understanding AMD

We rely on the macula, which is found at the center of the retina, to help us read fine print and do needlework and other similar tasks that require sharp focus. AMD is a progressive eye condition that affects this area of the eye, and there are two types: dry AMD and wet AMD.

Dry AMD: According to Retina International, dry AMD accounts for 90 percent of all AMD and occurs when yellow deposits, called drusen, build up on the macula. This happens because a layer of photo receptor cells, which is part of the retina, starts to break down and dies. The result is vision distortion, especially when our eyes need to focus on small items or detailed tasks. A person can have these deposits and not have AMD, but having them does increase the risk for dry AMD, especially if they are soft and rather large. Fortunately, the dry form of AMD does not typically necessitate that the affected person give up reading altogether.

Wet AMD: Retina International reports that the wet form of AMD accounts for only about 10 percent of AMD cases, but the vision loss associated with it can be devastating. Wet AMD occurs when abnormal blood vessels grow in a part of the macula known as the choroid, a thin layer of cells. Eventually wet AMD leads to blood and protein leakage resulting in more severe visual distortion than occurs with dry AMD. If these blood vessels form scar tissue, the person can experience a permanent loss of central vision.

Know the risks and symptoms for AMD

People in their 60s and 70s have the highest risk for developing AMD. While experts are not completely sure if AMD is genetic, it does tend to run in families, especially first-degree relatives (a person's mother, father, and siblings). It is therefore important for patients who have family histories of AMD to make sure their eye doctors know about it.

The symptoms of wet AMD include visual distortion that causes straight lines to look like waves, blurred vision, and trouble seeing details (up close or far away). Advanced forms of wet AMD are more serious and include images similar to hallucinations. One of the most important facts about AMD is that it does not cause pain as a warning signal, so seniors should never skip routine eye exams.

Sometimes seniors confuse the condition of AMD with other eye conditions such as cataracts and glaucoma, as well as a condition associated with diabetes called diabetic retinopathy. However, these conditions are not associated with AMD, do not increase the risk of developing AMD, and do not make AMD worse if it already exists.

Dealing with AMD

The progression of dry AMD varies greatly from person to person. It also develops slowly over a number of years, and can remain stable in between routine eye exams. Those who have dry AMD often develop the ability to work around the vision loss by learning to compensate with their remaining vision, although most people with advanced AMD do become legally blind. Wet AMD progresses faster than dry AMD and is more likely to cause severe vision loss.

Even if a person's AMD is not advanced, it can be dangerous to drive. As seniors age, they worry about the day they will no longer be able to get around by themselves as driving represents a symbol of remaining self-sufficient. However, continuing to drive with visual impairment is putting everyone who drives and rides in a vehicle at risk for accidents. Even though it is a difficult decision, their ability or inability to drive needs to be discussed

with those who have developed AMD, and it is better to err on the side of caution.

Treating AMD

There is currently no cure for AMD, although there are some treatments that can help halt the progression of the condition. In the case of wet AMD, there is photodynamic therapy, or PDT. This treatment utilizes a light-sensitive medicine, which is injected into the blood stream. Another treatment option for wet AMD is called laser photocoagulation. Doctors can determine if a patient is a good candidate for these treatments and may prescribe additional medicines that boost their effectiveness.

Another important recommendation for those who already have AMD is adding an Age-Related Eye Disease Study (AREDS) formula vitamin supplement. Some of those that are on the market include Bausch + Lomb Ocuvite PreserVision®, Science-Based Health MacularProtect Complete®, and Alcon I-Caps®. Ask your doctor before taking an AREDS formulation supplement.

The most critical question

After knowing and understanding all the facts about AMD, an important question remains: Can AMD be prevented? Fortunately, there are a variety of things seniors can do to help ward off AMD. All About Vision offers these tips:

Do not smoke.
Improve their diet by eating dark leafy green vegetables, such as spinach; increasing their intake of fish; and consuming nuts and fruits daily. Doctors also recommend reducing refined carbohydrates.

Add supplements to their diet, including a multivitamin/multimineral supplement such as Centrum Silver® (They should ask their doctors for a recommendation.); and a fish oil supplement if their diet is lacking sufficient fish protein. (An enteric-coated fish oil does not have a fishy after-taste or cause belching.)

Get plenty of exercise.
Keep their cholesterol, blood pressure and weight all in check.

Wear sunglasses outdoors that block UV and

blue-ray light, the type of sunlight that may cause eye damage

Get regular eye exams.

About Comfort Keepers
Comfort Keepers is a trusted provider of medical and non-medical in-home care, helping seniors and adults live safely, independently, and with dignity. Our comprehensive services include companionship, transportation, housekeeping, meal preparation, personal care, mobility assistance, and private duty nursing. We also offer Comfort360™ Alert, part of our innovative Comfort360™ suite, delivering 24/7 response, proactive support, and added peace of mind for clients and families. Proudly serving New Hampshire since 2005, Comfort Keepers is committed to elevating the human spirit through compassionate, personalized care. To learn more, call 603-536-6060 or visit NHCComfortKeepers.com.

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WOW Trail enhancement project underway in Lakeport

LACONIA — Just as people across the region are starting to think about getting outside for a walk or bike ride, developer Scott Everett has launched a project that will make the Lakeport end of the WOW Trail and the emerging Opechee Loop safer and more appealing for all users.

The effort is one of the early phases in the development of the Opechee Loop, an extension of the WOW Trail that will take cyclists, runners and walkers safely around Lake Opechee on a course that will add close to six additional miles of recreation and transportation options for residents and visitors.

To support and enhance the project, Everett is collaborating with the WOW Trail and the city of Laconia.

Nate Guerette, director of the Laconia Department of Public Works and a member of the WOW Trail board, was instrumental in getting city approvals for the project, and Michelle DuPont, owner of Lake Opechee Inn and Spa, made the space available to make this phase of the expansion of the Lakeport section of the trail happen.

“The WOW Trail has been a fabulous addition to the city, and our customers have really appreciated having this amenity so close to our inn,” said DuPont. “We’re excited with the plans for the Opechee Loop and happy to help make this promenade section happen.”

Everett said, “The city really got behind this one. I was very pleased with that.”

Work began in early March to backfill the slope on the parking lot side of the sidewalk across from 51 Elm St. to make it level with the street.

Instead of widening the existing sidewalk for the

PROPOSED WOW TRAIL EXPANSION
LACONIA, NEW HAMPSHIRE



Opechee Loop between Doris Ray Court and the WOW Trail terminus, as originally planned, trail users heading to or from the neighborhoods of Lakeport will be able to exit or enter the trail at Doris Ray Court and travel along a new 10-foot paved path that will connect directly to the WOW Trail.

“The trail will be a lot safer this way,” Everett said, noting that cyclists won’t have to ride by the post at the end of the trail and negotiate the curb and narrow sidewalk alongside heavy traffic.

He added that there will be a new pedestrian crossing near the entrance to Doris Ray Court, where the sidewalk was widened last fall, for a safe crossing to businesses across Elm Street.

“The focus is the continued beautification of Lakeport,” Everett said. “Clearly, this is another huge step towards that goal. I’m on a

mission to make Lakeport great.”

The enhancement Everett is creating will be known as the promenade, and it will feature sitting benches to relax and enjoy the view of Lake Opechee, with ample space to gather, and a gazebo-like structure that will offer protection from the sun and rain may also be added.

“We want to make it a beautiful and functional space,” Everett added.

The WOW Trail has committed up to \$100,000 towards the promenade.

“We believe the promenade section will be a beautiful upgrade to our original plans of widening the sidewalk at this section,” said Allan Beetle, president of the WOW Trail. “We are also planning to sell personalized, engraved bricks and benches once the hardscape and landscape improvements are finalized to help fund this exciting project. It will be a great opportunity

for the community to join in support of it.”

Everett is also planning a fundraiser at the Opera House to help defray the cost of construction.

Lakeport and downtown Laconia are currently linked by the WOW Trail, providing non-motorized options for residents and visitors to safely travel between these two growing business and cultural centers of Laconia.

The proposed Opechee Loop will include a mix of on-street enhancements, bike lanes and improved/widened sidewalks, Beetle said.

“We are currently working with the city, the state and the Laconia Village developers of the former state school property for the best route to connect through the development and into Ahern Park,” he added. “The Opechee Loop is designed to enhance safe pedestrian and bicycle connections from our res-

idential neighborhoods to our business and arts districts, schools, beaches and parks.”

While the current WOW Trail/Winnisquam Scenic Trail in Laconia/Belmont is 4.25 miles, the Opechee Loop would expand the combined trails to nearly 10-miles of recreation for residents and visitors alike, including walkers, runners, bicyclists and inline skaters.

The entire Opechee Loop project is expected to exceed \$1 million dollars, and the city and the WOW Trail Committee will continue to look for opportunities to reduce costs where possible by combining construction of sidewalk improvements with other necessary roadway repairs, similar to the recent Elm Street bridge maintenance project, which widened a section of sidewalk along Elm Street.

The city currently has been approved for a federal Transportation Alternatives

Program grant, off-setting the cost of street repairs and sidewalk improvement from Franklin Street to the Elm Street School, work which is planned for 2028 or 2029.

Future sections of the Opechee Loop expansion will be planned by the city, with the WOW Trail collaborating with engineering planning and funding, including spearheading various grant sources and community fundraising.

For more information, including a proposed map of the Opechee Loop, visit wowtrail.org.

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Lakes Region Art Association announces Artists of the Month



TILTON — Lakes Region Art Association members have the opportunity to enter a piece of artwork into the Artist of the Month Program at each monthly Member Meeting. Winners are able to display and sell a single work for a month in various public venues throughout the Lakes Region in participating Banks and Libraries or Local Businesses.

March 2026 Artists of the Month (pictured above, left to right) — Back Row: Sherwood Frazier, Sally Hibberd, James Cryan, Don Giguere. Front Row:

Gail Brunt, Elizabeth Cryan, Martha Aucoin

The Winning artists’ artwork will be on display in locations in the Lakes Region through the third week of April 2026.

Don Giguere, this month’s First Place winner has the distinct honor of displaying several pieces of his artwork at Annie’s Cafe & Catering in Laconia, NH. Chill out with some scrumptious homemade soup and sandwiches and enjoy the art while you eat!

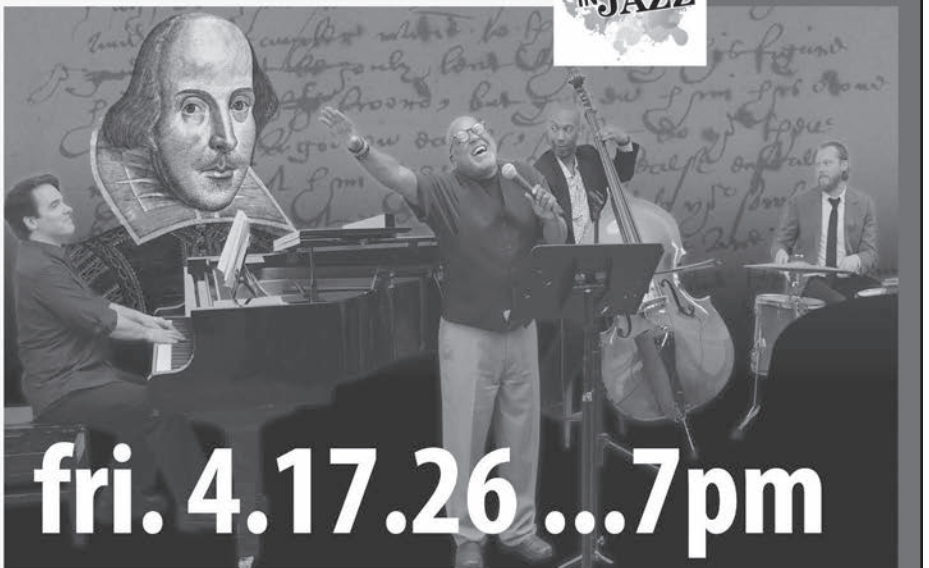
The art pieces for the Honorable Men-

tion artist will be on display through the third week of April in the following locations:

- Sally Hibberd - Camden Bank, Tilton
- Gail Brunt - Laconia Library
- Sherwood Frazier - Camden Bank, Meredith
- Jim Cryan - Gilford Library
- Liz Cryan - Franklin Savings Bank, Gilford
- Martha Aucoin - Camden Bank, Laconia
- Pat Anderson (not pictured) - Franklin Savings Bank, Franklin

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Squam Lakes Artisans celebrates eight years in Center Harbor with April 24 Open House



CENTER HARBOR — Squam Lakes Artisans, a cooperative gallery and gift emporium on the shores of Lake Winnepesaukee, is celebrating the 2026 spring season with an Open House on April 24, from 5-6:30 p.m. The gallery membership includes 20 fine artists, photographers and artisans who are local to the Lakes Region. The gallery provides a broad and colorful cross

section of the creativity that exists throughout New Hampshire. The works on display include all manner of visual art: paintings, photography, and fine art and crafts fashioned from fabric, glass, wood, and other materials.

Paintings on display have been created in traditional mediums (oil, acrylic, watercolor), as well as more esoteric mediums such as digital, alcohol

and ink. Felted wool and stained-glass wall hangings festoon the walls alongside the paintings and photography. In addition to the hanging art, the gamut of fine arts and crafts is fully represented, from wood carvings, fabric art, pottery and ceramics to fine jewelry, glass art, woodworking and metal sculptures.

“As a cooperative, the gallery is always staffed by members, so visitors are assisted by knowledgeable professional artists,” said SLA president Marian Federspiel. “The Open House is a rare opportunity to meet more of our artists, ask questions and even see demos of artmaking in process.”

Many new and exciting things are happening at the gallery. Visitors are invited to sign up for the new newsletter, which will keep them informed of events, introduce new artists, and provide updates about gallery events and artist activities.

Squam Lakes Artisans [SLA] was established in

2005 in the Squam Lake Science Center in Holderness. In 2018, the gallery relocated to 23 Main St., Center Harbor, in the building next to the town bandstand, just across from the town docks.

For more information about the gallery and the artists, visit SquamLakesArtisans.com.

Ready to build? Join MVSB for a construction loan seminar this spring

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REGION — MVSB (Meredith Village Savings Bank) will host in-person seminars during March, April and May to help individuals navigate the home construction loan process. Attendees will gain valuable insight from MVSB’s construction loan specialists on financing options, budgeting strategies, and ways to stay ahead of potential challenges. As an added benefit, those who attend will be eligible for a \$500 closing cost credit from MVSB (conditions apply).

“Building a home is an exciting milestone, but it can also feel overwhelming,” said Lauren Young, MVSB Vice President Residential Mortgage Sales NMLS# 1890212. “These seminars are designed to help break down the process, answer common questions, and give attendees a clearer understanding of the Bank’s role in supporting them at every



From left, Roy Graves, Senior Construction Loan Specialist, and Kenneth Paul, VP Residential Construction Lending Officer, discuss the home construction loan process at a seminar last March. MVSB will host construction loan seminars again this spring.

step — from planning and financing to closing — so they can move forward with confidence in their homebuilding plans.”

The public is invited to RSVP to one of the following seminars from 5–7 pm:

- April 14: Pease Public Library, Plymouth
- April 16: MVSB Portsmouth Branch Office
- April 22: MVSB Laconia Branch Office
- May 6: Pope Memorial Library, North Conway
- May 12: Wolfeboro Public Library

There is no charge to attend and light refreshments will be provided. Go to mvsb.com/class to reserve your space or contact Michele Aguiar at 603-279-9129 for more information.

Spring 2026 Construction Loan Seminar attendees are eligible for a \$500 credit against closing costs at closing for certain new construction 1-4 family residential owner-occupied first mortgages with MVSB with a completed application within 12 months of the date you attend a seminar. This is subject to qualification, approval and closing of the loan. This discount excludes home equity and government loans and cannot be used with any other offer or discount. Coupon must be presented at time of application and all eligibility requirements met prior to your new loan closing date. Only one discount permitted per new loan. This discount is void where prohibited, is non-transferable and may be subject to other terms and conditions. Discount may not exceed the borrowers out of pocket closing costs. MVSB reserves the right to cancel this program at any time.

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Patrick's Pub & Eatery to host Cabin Fever Tropical Tapas Tour April 28

GILFORD—The snow is gone, and temperatures are steadily rising, but you still can't put your boat in the water or stick your feet in the sand at a local beach.

Patrick's Pub & Eatery has a way to beat these still-feels-like-winter blues in the form of its next Chef's Signature Series event, the Cabin Fever Tropical Tapas Tour, on Tuesday, April 28, at 5:30 p.m.

Executive Chef Rick Morten says 10 small plates will be served during this meal, including several desserts, which is typical of the tapas dinners he imagined and brought to life at Patrick's in 2021.

Menu items he and other staff will prepare for the spring event include a Coconut Macadamia Shrimp Bao Bun—think Asian taco—an exotic radish salad and a Deconstructed Pineapple Banana Napo-

leon.

Representatives from liquor companies will be on hand with samples for tasting that are very likely to include rum, and Vanessa Mills, Patrick's bar manager, is working on cocktail selections that will pair with Morten's offerings.

"There will be a lot of rum and coconut," he says, noting he made an Allspice Dram with rum, clove, cinnamon and allspice that will be used as a flavoring in some of Mills' tiki drinks.

Each diner will also receive a raffle ticket to win a prize during the evening, and Dan Fallon will offer live music.

"It's going to be a great way for people to get excited about summer and shake off the long, long, cold winter we've had," Morten says. "It will offer a nice, fun vibe. I encourage peo-



COURTESY
Executive Chef Rick Morten is excited for the upcoming Cabin Fever Tropical Tapas Tour at Patrick's Pub and Eatery.

ple to join us. It's always a good time."

Morten began working at Patrick's 32 years ago as a dishwasher. He was trained over the years by the pub's finest chefs, from Jeff Beetle to Morten's sister, Stephanie Kirk, and his brother, Arthur Kirk.

Morten has been the head chef for six years.

Because the pub is always looking for new ways to bring people in during slower times of the year, and Morten likes to experiment with culinary ideas that are too time-consuming and tricky to put on the menu, he conceived of the Chef's Signature Series in 2021.

"I love food, and I love exploring different cuisines and recipes," he says.

The first five-course tequila dinner was offered in 2021 and had a Mexican

Cinco de Mayo flair, and it was offered in the Emerald Room when the restaurant was open. A Sweet Potato Chili served that night was on the menu last fall.

The most recent signature event was tied to St. Patrick's Day and featured Guinness beer and blarney-inspired food.

Morten says he gets very positive feedback after each event.

"People seem to be really having a lot of fun. They like to be able to try things they might not necessarily try if it was on the menu for \$30, and they weren't sure they would like it," he says. "There are so many options during a signature event, if you don't like one course, there's a lot more food to come. It gets people to try things they might not necessarily try."

For tickets, visit patrickspub.com.

Hermit Woods welcomes Chef Eric Huckins, returns to a simpler, more thoughtful menu



Eric Huckins

MEREDITH — Hermit Woods Winery & Eatery is pleased to announce that Chef Eric Huckins has stepped into the leadership role in the Hermit Woods kitchen, marking both a

continuation of tradition and a thoughtful evolution of the winery's culinary program.

Many guests will already recognize Huckins, who has been part of the

Hermit Woods team for nearly two years, working alongside former chef Kaylon Sweet. With Sweet's recent departure, Eric now takes the reins, bringing with him a steady hand, a passion for cooking, and a deep appreciation for simple, well-executed food.

Huckins' path into the culinary world began at a young age. At just 15, he started working in kitchens and quickly found that the pace, discipline, and creativity suited him. He went on to pursue culinary studies in high school, followed by two years of formal training at the college level. Most recently, he served as interim head chef at The Italian Farmhouse, where he gained valuable experience leading a kitchen and managing a team.

For Huckins, the reward of cooking comes not from complexity, but from connection.

"What I love most," he says, "is seeing guests enjoying the food I've created."

That perspective is helping to shape the direction of the Hermit Woods

kitchen at a time when the winery is intentionally refocusing its culinary approach.

Under Huckins' leadership, Hermit Woods is returning to a philosophy rooted in simplicity—thoughtfully prepared food made with care from high-quality, locally sourced ingredients. Rather than chasing trends or overcomplicating dishes, the focus is on honest flavors and balanced plates that naturally complement the winery's wines, meads, and ciders.

The newly refreshed menu, titled The Hermit's Table, reflects this approach. Guests will find familiar, comforting dishes prepared with intention, including a slow-cooked French onion soup, rustic boards of local cheeses and charcuterie, and a selection of approachable fare designed to pair seamlessly with a glass of wine. The goal is not to impress through complexity, but to create food that feels right in the setting—welcoming, satisfying, and true to the spirit of the winery.

At Hermit Woods, food has always been part of a larger experience—one that includes live music, handcrafted beverages, and an intimate, relaxed atmosphere. Eric's approach reinforces that balance, ensuring the kitchen supports and enhances the overall experience rather than competing with it.

As the kitchen continues to evolve, guests can expect a steady, thoughtful progression. Seasonal ingredients, local sour-

ing, and a commitment to quality will remain at the forefront, while Huckins gradually brings his own ideas and creativity to the menu. Among the dishes he is particularly proud of is his French onion soup, a recipe developed during his culinary training that highlights both technique and patience.

Hermit Woods invites guests to visit, meet Chef Eric Huckins, and experience the next chapter of the Hermit Woods kitchen.

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teaching, innovation, and a deep connection to the community. Recipients are chosen for their student-centered pedagogy and their ability to embody district core values while improving student outcomes.

Dr. Angela Friborg, WRHS Principal said, “Nicole creates a learning environment where all students feel seen, valued, and capable. She has an extraordinary ability to connect with learners of all backgrounds and abilities, meeting each child where they are and guiding them toward meaningful

growth.” “Nicole is a true positive light in our building. She has a remarkable ability to connect with all students, even those who are hardest to reach. Students know she is both a strong advocate and a trusted adult in their corner,” said Amanda Santoro, Director of Counseling.

CT SCANNER

CONTINUED FROM PAGE A1

cross-sectional images of the body. Each rotation of the scanner provides an image of a thin slice of the area, and the images are saved as a group on a computer for analysis. The new scanner at CHF replaces the previous 16-slice CT system with a more advanced 128-slice platform.

“This upgrade represents a significant step forward for our patients and our clinical teams,” said Julia Rubin, R.T.(R) (CT), Manager of Radiology Operations for Concord Hospital Health System (CHHS). “The new CT scanner allows us to deliver higher-quality imaging, faster results, and more advanced studies right here in Franklin, which means patients can receive the care they need closer to home.”

The scanner is operated by CT technologists, highly trained medical professionals who ensure each patient is safely and accu-

rately imaged. They play a crucial role in producing high-quality images while prioritizing patient comfort, safety, and overall care throughout the imaging process.

“This technology gives us the ability to expand the types of CT imaging we can offer locally, and we are continuing to develop protocols to support additional advanced studies,” Rubin said. “It enables our team to deliver the same high level of diagnostic care that patients expect throughout our health system.”

Upgrading from a 16-slice to a 128-slice scanner also improves speed and precision, which is especially important in emergency situations. Faster image acquisition enables quicker evaluation of trauma and stroke patients, helping providers make timely treatment decisions while reducing motion artifacts and improving overall diagnostic accuracy.

From a patient experience standpoint, the new system offers shorter scan times, improved comfort, and potentially lower radiation exposure due to more efficient imaging technology.

The installation also included a complete renovation of the CT scan room and control area, creating a modern, updated environment that supports the new equipment and enhances staff workflow.

“The result is a clean, modern space that supports the advanced capabilities of the new scanner and provides an optimal experience for both patients and staff,” Rubin said.

Franklin was selected as the first site for this upgrade as part of a broader effort to modernize imaging technology across CHHS. The new scanner continues the system’s long-standing partnership with Siemens imaging technology and marks the first of several planned upgrades.

BOYS

CONTINUED FROM PAGE A1

under the lights at Robbie Mills Field in Laconia. Last year the Bears had to walk off with a 2-1 win, which got them into the tournament.

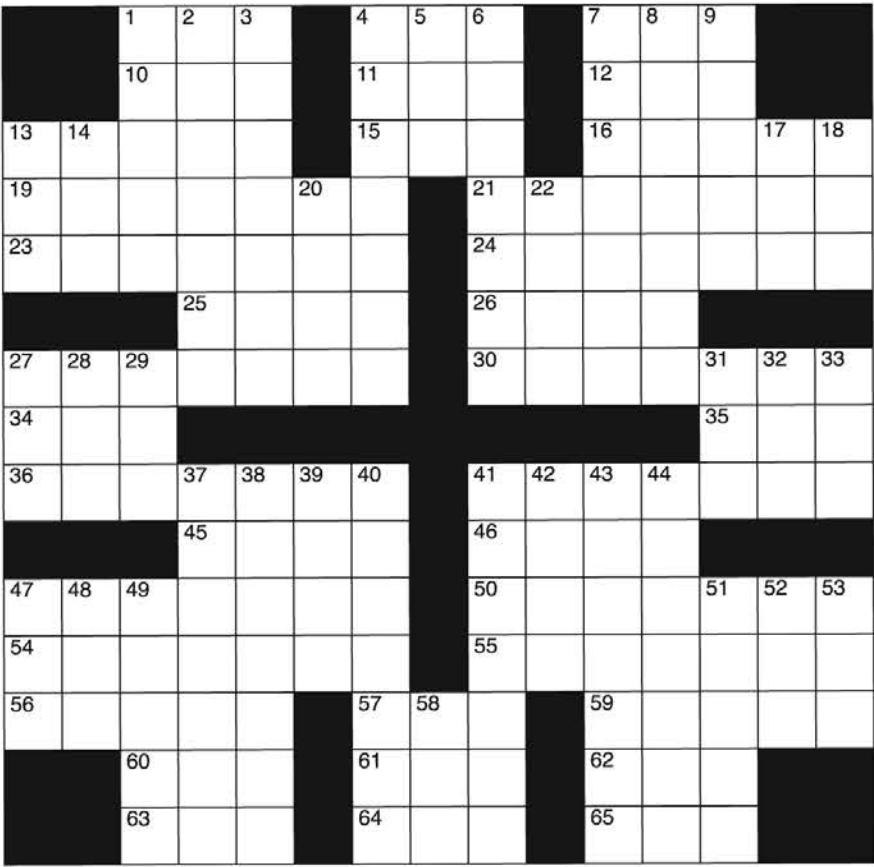
“These games are always intense,” Caruso said. “We look forward to

it every year.”

The Bears will play two games each with Inter-Lakes, Belmont and Gilford and single games with Somersworth, Berlin, Conant, Bishop Brady, Mascoma, Monadnock, Stevens, Fall Mountain, White Mountains and Newfound.

The season kicks off on Monday, April 13, at home against Somersworth and Wednesday, April 15, at Berlin, both at 4 p.m.

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



CLUES ACROSS

- 1. Health care pros
- 4. A person inhabiting Benin
- 7. One thousand cubic feet (abbr.)
- 10. Split pulses
- 11. Frozen water
- 12. Small constellation
- 13. Perennial mountain rice
- 15. Pick up
- 16. Japanese historical period
- 19. Suggesting the horror of death and decay
- 21. Unattached
- 23. Fishing port in SE France
- 24. Products for dogs
- 25. One point south of southeast
- 26. Having the skill or resources to do something
- 27. Involve oneself deeply
- 30. Immobile
- 34. ___ pai dong: Hong Kong food stall
- 35. Move quickly on foot
- 36. Gathered
- 41. A way through
- 45. Another name for Thor
- 46. Sharp dueling sword
- 47. The supreme commander of a fleet
- 50. Seasoned sausages
- 54. Path
- 55. Christian hermit
- 56. Ancient region of Asia Minor
- 57. Where wrestlers go to work
- 59. Roman statesman
- 60. Explosive
- 61. Licensed for Wall Street
- 62. Where golfers start
- 63. Grow old
- 64. Autonomic nervous system
- 65. No seats available

CLUES DOWN

- 1. A legally binding command
- 2. General feeling of discomfort
- 3. Dribble
- 4. Soft touch
- 5. South American plant
- 6. Clouds of gas and dust in space
- 7. Warm-blooded vertebrates
- 8. Lines created by folding
- 9. Strong belief
- 13. Senior officer
- 14. Adult
- 17. Joint entrance examination in India
- 18. Passports and drivers' licenses are two
- 20. Those who go against an accepted authority
- 22. One point east of northeast
- 27. Journalist Tarbell
- 28. One's mother (British)
- 29. Nowhere to be found
- 31. A way to save for old age
- 32. Fall behind
- 33. Midway between northeast and east
- 37. The work of a sailor
- 38. Mark with striae
- 39. Energy, style and enthusiasm
- 40. Sticky situation
- 41. Monetary units of Spain
- 42. Three-banded armadillo
- 43. Chooses
- 44. More disreputable
- 47. Defensive nuclear weapon
- 48. “The Partridge Family” actress Susan
- 49. Livestock owners assn. in Spain
- 51. Duplicating machine (abbr.)
- 52. OJ trial judge
- 53. Politician
- 58. Airborne (abbr.)



Powerhouse announces auditions for annual play festival!



COURTESY David Nelson and Carey Hough perform in a scene from last year’s playwriting festival. They are both writers this year.

LACONIA — Every winter talented writers from around the state meet up on Tuesday nights online for Powerhouse Theatre Collaborative’s Playwriting workshop. This year, 14 playwrights completed original short plays that will be produced in Powerhouse’s 2026 New Play Festival at Prescott Farm in Laconia on May 30 and 31.

Auditions for the plays are now open and will be by video. All the information on how to audition and how to register can be found at <https://www.powerhouseh.org/auditions> and auditions are open to Powerhouse veterans and newcomers! There are 30 roles in all to fill with people ages 18-80! Play synopses and character descriptions are available on the website as well. Submissions are due by April 15.

The workshop, led by Producer Bryan Halperin and assisted by Chuck Fray, takes place over 10 weeks and combines writing exercises with instructor and peer feedback as writers shape their new works. The festival is also a place for new directors to try their hand at something new.

Says Halperin, “It’s exciting that each year at Powerhouse we get to give life to the world premieres of 12-15 new plays! It is hugely important for aspiring writers to get a chance to see their words brought to life and see how an audience reacts. In community theatre it isn’t often that actors and directors get to be the first people to tackle a script and create characters.”

The Play Festival is also a chance for aspiring actors to get involved at Powerhouse with a smaller time

commitment than one of its large scale productions as the resident theatre company of the Colonial Theatre. Each of the 14 teams will create their own rehearsal schedule that works for everyone and allows performers to be at their best for the May 30/31 production weekend.

Says Halperin, “The play festival is always such a fun time for those involved as well as those who come out to beautiful Prescott Farm to enjoy theatre out in nature!”

For all the details on Powerhouse Theatre Collaborative, auditions, and other events in the 2026 season, check out powerhouseh.org or email info@powerhouseh.org. There are still opportunities available for businesses to sponsor events in the 2026 season.

Belmont baseball a mix of experience and youngsters

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The members of this year's Belmont baseball team have a history of playing together over the years, but despite that, the team is relatively inexperienced at the varsity level, with five starters and two more seniors graduating last June.

"This team has a history of playing together at several levels over the years," said veteran coach Matt LeBlanc. "They are familiar with each other and do

a good job of focusing on individual and team goals while offering encouragement and motivation to each other."

Wyatt Divers returns to anchor a relatively inexperienced pitching staff and will also be a big bat in the middle of the order, playing shortstop and catcher when not on the mound.

"(We) graduated seven in 2025, five starters and will rely on a blend of experience and an infusion of new, younger talent," LeBlanc said. "Our goal is

to learn from both successes and challenges, develop the younger players and to be playing our best ball by the end of the season."

Brayden Townsend will also be a top or middle of the order bat and will pitch, catch or play in the outfield while Eddie Rochenski returns to play centerfield and Wyatt Bamford will be a middle of the order bat while also pitching and playing first base. Max Ryder will be back in the middle infield and will also pitch and Jack Crockford

returns to both pitch and play third base.

Divers, Townsend, Rochenski, Bamford and Ryder all had starting roles at points last year and Fysh and Crockford will be asked to step into bigger roles in the new season.

The newcomers for the Raiders include Sean Andrews (first base and pitcher), Sam Binder (outfield and infield), Brennen Geoffrey (outfield), Alex Rowley (infield, outfield, pitcher) and Jasper Sottak (outfield, DH).

The Raiders will play two games each with Gilford, Winnisquam, Inter-Lakes and White Mountains Regional and single games with Prospect Mountain, Bishop Brady, Kearsarge, Derryfield, Campbell, Berlin, Mascoma and Somersworth. The team will play its annual Jake Deware Kindness Game on May 6 against rival Winnisquam and will also be taking part in the "My Jersey, Your Impact" initiative.

"We expect to get tested

early as we face many of the top teams in Division III before April break," LeBlanc said.

The Raiders will kick off the season on Monday, April 13, at home against Prospect Mountain and will be at Bishop Brady on Wednesday, April 15, both at 4 p.m.

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

Marinace takes helm for Belmont lacrosse girls

BY JOSHUA SPAULDING
Sports Editor

BELMONT — While there is a new coach for the Belmont girls' lacrosse team this spring, she is pretty familiar to many of the girls on the Raider squad.

Rose Marie Marinace takes the helm for the Raiders after coaching with the Laconia Lacrosse Club since 2013 and in the process, coaching many of the girls on this Belmont team. She coached at Sant Bani and at Bishop Brady and Bishop Guertin as well.

"This is the first year we have a solid core who have played lacrosse and played together," said Marinace. "Most of the girls on the core of this Belmont team have been playing together since our days at the Laconia Lacrosse Club."

For returning players, senior Shelby Mason is back to man the goal for the Raiders while junior Gabby Murphy will be a key piece returning in the midfield. The rest of the key returners are all sophomores with Brooke Var-

num, Augusta Provencale and Grace Collins all in the midfield, Lexie Carr and Brooke Murphy on attack and Kira Perry on the defensive side of the ball.

For newcomers, senior Madi McClennon will be a key piece of the attack as she moved from Virginia in the middle of the final year of high school.

"It's been a tough transition to a new school as a senior, but the lacrosse field is where she can shine," Marinace said.

The team has been do-

ing weekly clinics since November and played in the Tomahawks winter session in January and February with a mix of Laconia, Bishop Brady and a few other schools on the team. The group finished second in their division and are hoping to build on that momentum.

"This year is about building good habits and teamwork and setting realistic goals," Marinace said. "We need to build a positive culture on last year's core so that the girls

we know are coming up through have a team ready to hit the ground."

Either way you look at it, Marinace is excited to see this group of girls come together on the varsity field.

"I have lived in Belmont for 31 years and it was an opportunity that I couldn't pass up to coach girls I've known since middle school," she said.

The Raiders will be playing a schedule that includes games with John Stark, Derryfield, Bish-

op Brady, Lebanon, Kearsarge, Gilford, Hopkinton, ConVal, Campbell, Pembroke, Pelham, Plymouth, Inter-Lakes/Moultonborough and Concord Christian.

The season kicks off on Monday, April 13, at home against Derryfield and will be at Gilford on Wednesday, April 15, both at 4 p.m.

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

Softball Raiders excited to get a new infield

Pieces falling in place for veteran coach Bill Clary's squad

BY JOSHUA SPAULDING
Sports Editor

BELMONT — While conflicts and low numbers have made the preseason a bit difficult for the Belmont softball team, veteran coach Bill Clary expects that things will fall into place and they will fall into place on a new infield, thanks to fundraising the girls have done for the last 10 months.

"The girls have actively raised enough funds to redo our infield with red Dura Edge clay," Clary said. "The field will be re-

cut and edged to make for a top-notch playing surface the weekend of April 18."

As for the preseason, it's been a little bit of piecemeal as pieces start to take shape for the Raiders.

"It's been a tough preseason, we have yet to have the entire team at a practice," Clary said. "Low numbers and various conflicts have made things difficult to nail down positions."

Senior captain Madi MacDonald will start in center field but is a very

versatile player and will likely see time at other positions as well. The team's other returning senior, Meg Soucie, is out for the season with a torn ACL/MCL.

Bailey Perkins will toe the rubber in the pitcher's circle for the Red Raiders and will also serve as a captain in her junior season. Classmate Falyn Sicard will be the team's third captain and will be the starting shortstop for Belmont.

Junior Molly O'Connell will get a look at second base and will likely see time at other positions as things get sorted out while Lyla McSheffrey

will get the nod behind the plate and possibly at third base. Fellow junior Avery Thurber will likely be the team's starting first baseman.

Sophomore Natalee Cullen returns and will likely start at third base but will see some time behind the plate as well while classmate Sara Cribbie will be in the starting lineup, though Clary is still figuring out positions.

Junior Ada Ross and sophomore Della Liakas have shown improvements in the preseason and will see playing time at various positions while sophomore Amelia Smith has had a

shortened preseason but will also likely see time in numerous spots. Ninth graders Kallie Trudeau and Bailey May Marsh are both working hard to make their mark as well.

"Our goal this year is to stay healthy and make the playoffs again," Clary noted. "We should stay physically healthy this year, our girls have done preseason conditioning with our trainer and that has continued into the season."

The Raiders will play two games each again Gilford, Winnisquam, White Mountains Regional and

Berlin and single games with Prospect Mountain, Bishop Brady, Kearsarge, St. Thomas, Trinity, Mascoma, Somersworth and Hillsboro-Deering.

The season officially kicks off on Monday, April 13, at home against Prospect Mountain at 4 p.m. and continues on Wednesday, April 15, at Bishop Brady at 4:30 p.m.

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

Plenty of talent on the track in Belmont

BY JOSHUA SPAULDING
Sports Editor

BELMONT — Coming off a solid indoor season, the Belmont track team moves outdoors with plenty of talent making that transition for coaches Scott Clark and Alex Takantjas.

"The goal, your best, every day, regardless of circumstances," Clark said. "It's a great group, hard working and fun."

For the girls' team, Ava Lacasse will be counted on to earn the points, as she is a three-year New England qualifier and the real deal in the sprints for the Raiders. Mia Ellis qualified for the Meet of Champions last year and will be competing in the hurdles, sprints and relays while Hannah Young also qualified for the Meet of Champions and will compete in the sprints, relays and long jump.

Newcomers that should chip in with some key points include ninth grader Cora Takantjas who will be working in the hurdles and jumps and qualified for the State Meet in the indoor season. Caitlyn Conner is a transfer from California and will be a help to the Raiders in the sprints.

For the boys, Brady Filteau was the indoor shot put champion in Division II and will be looking to return to the Meet of Champions and Ethan Rivera earned a top 10 finish in the shot put in the indoor season.

For newcomers, French exchange student Sacha Artis qualified for the Division II indoor championships in the hurdles and will be looking to transfer that outdoors and ninth grader Nick Wright qualified for the state meet in indoor and will be looked at in the sprints.

Clark notes that both the boys and girls are solid groups that are training hard and improving each and every day.

The Raiders will host meets on April 10, April 21, May 12 and May 14 and will also compete at Winnisquam, Gilford and Inter-Lakes.

The season officially kicks off on Friday, April 10, with a home meet at 4 p.m.

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

Bayview Artisan Gallery to host inaugural Intuitive Arts Event

MEREDITH — The Bayview Artisan Gallery will host its first Intuitive Arts Event on Sunday, April 26, from 11 a.m. to 3 p.m.

Gallery owner Fabiana Walsh has gathered a talented group of psychic mediums, reiki practitioners, and gifted energy healers for this unique afternoon. Visitors can experience a healing ambiance and positive energy while enjoying the gallery's collection of original artwork, award-winning illustrations, fine crafts, and custom furniture. All featured works are created by local and regional New England artists and are available for purchase.

The event offers a serene setting with stunning views of Lake Winnepesaukee at 285 Daniel Webster Highway, Meredith. For more information, please contact the gallery at 603-207-3110.

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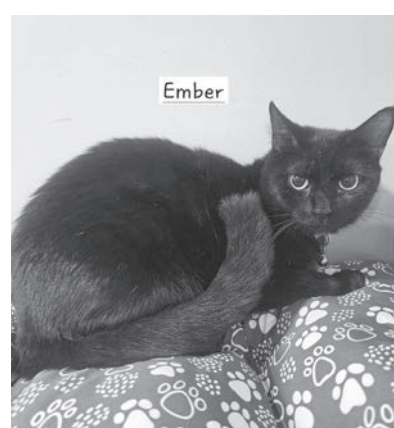
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Huge numbers for track Bears in new season

BY JOSHUA SPAULDING
Sports Editor

TILTON — When Patti Malone took over the Winnisquam track program in 2021, the Bears had 21 athletes, of which only three were girls.

This year, as the new season kicks off for the Bears, Malone has more than 60 athletes donning the blue and white.

“It’s crazy to think that the team has tripled in size since then,” Malone said. “We have a lot of new athletes who are still learning their place in the sport and that’s going to be a journey for everyone involved.”

“We’re looking to continue to perform well at Wilderness and are confident that we’ll send a decent-sized contingent to the Division III Meet and hopefully beyond,” Malone continued. “There’s a lot of depth to work with, especially with the numbers we have this year and we’re hoping to be strategic about competition choices.”

The Bears have a lot of promising returning athletes this year, led by seniors Taber Haggett and Dylan Griffin, who are reliable multi-event athletes and Malone notes the trouble with them will be figuring out where to use them for the most strategic benefit. Griffin has his sights set on the school pole vault record of 12 feet after hitting 11 feet last year before an injury sidelined him late in the season.

Sophomore Nolan Abbott is back off a strong indoor season and the coaches are excited to see him back on the full size track while classmate Dayton Brigante is chasing Griffin in the pole vault and will also throw the javelin and sophomore Andrew Field will be working in the throws. Brigante and Field are coming off strong wrestling seasons and are committed to getting back to the track. Sophomore Kyle Douglas will look to improve on a strong

freshman campaign in the sprints and jumps while sophomore Kyren Whitmore showed strong development in the hurdles over the winter despite not having formal practice in the event during the season.

On the girls’ side, veteran senior sprinters Kaiden Robb, Emily Tripple and Denessa Williams and sophomore Lexi Myers all worked well together during the winter season and will be looking to continue to perform this spring.

Senior Anna Drinkwine will work in the javelin while classmate Carly Drew returns to the pole vault. Senior Zariah Moore will be taking on the sprints and the long jump while senior Phoebe Timmons had an excellent indoor season in shot put in addition to competing on the wrestling team and continues to work hard in the offseason.

“We had the weight room open three days a

week for the weeks between wrestling and track and it was really well attended,” Malone said. “The freshmen, especially the boys, seem very eager to get into the season in a way I can’t really recall having before.”

“The enthusiasm around getting into a sport in general at Winnisquam is high right now and it’s been really nice to see so many kids get involved this season,” she continued.

For newcomers, Malone has a lot of fresh faces up from the middle school as well as some first-time athletes. Freshmen Simon Ahlgren and Solomon Shartar-Howe in the middle distance and distances will be counted on while classmate JT Treamer is ready to go in the jumps and sprints. Sophomore Cullen Desrochers will be looking to pull of the two-sport season as he will run distance events for the track team and is also playing baseball for veteran

coach Fred Caruso.

On the girls’ side, Eloise Abbott joins her brother in the middle distances as a ninth grader and will also see time in the pole vault. Milan Pham is looking to take up the triple jump shoes left by her brother Victor when he graduated last spring and Eliza Allen has looked strong in the sprinting events.

In addition to returning coaches Sean Goodwin, Tom Osmer and Ken Tripple, the Bears will also welcome Winnisquam high jump record holder Aidan Donahue to the coaching ranks this spring.

“He’s a natural teacher and I’m excited to see what he can make of our jumpers,” Malone said. “He’s working with a group that’s enthusiastic about the jumps, particularly in the high jump and it’s really great to see.”

“With five coaches this season, we’re really able to focus in and work with kids closely, helping them

dial in on specific needs and skills,” the Bear coach continued. “I think Tom is pleasantly overwhelmed with the number of athletes choosing the distance events, as is Sean over at pole vault. I’m not sure we actually have enough poles for the number of athletes that want to try it.”

Malone noted the kids are excited to compete a few times under lights this spring, including meets at Kennett and Monadnock as well as the Division III State Meet at Pelham.

The Bears will have three home meets, on April 18 and 26 and then the senior meet on May 5, where the 15 seniors will be honored.

Additionally, the Bears will compete at Belmont, Monadnock, Kennett, Campbell, Newfound, Gilford and Inter-Lakes.

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



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Softball Bears return solid core to the diamond

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam softball team picked up seven wins last year and made the Division III tournament and coach Mark Dawalga is excited about what this year's team can do.

"We are looking at a solid core group coming back from last year," said Dawalga. "They really came on strong last season."

Junior pitcher Danica Weymouth returns to the circle after taking her game up a notch last year and the Bear coaches expect bigger things from her this year.

"We believe there is more to come this year as she has worked hard this offseason on all her pitches," Dawalga said.

Senior Camilla Cote will see a lot of time behind the plate to start the season as junior catcher Addie Bernier will miss a little time coming off an injury in the winter season. The right side of the infield will see senior Alexis Mingolla and sophomore Eila Petty returning while the outfield will be anchored by returning senior Caidyn Carter and sophomore Aaylah Cartier.

"Caidyn and Aaylah can cover a ton of space in the outfield and will look to take their game up a notch," noted Dawalga.

Sophomore Abby Meunier also returns to the roster and has the ability to play just about anywhere on the field.

Newcomers include

ninth graders Alissa Jean in the outfield, ninth graders Kaylee Jeanssen, Karmyn Simpson and Claire Hart in the infield and outfield and senior Bella Soucy in the outfield.

"With six new players joining this year's team, it may take a little time for everyone to gel," Dawalga said. "This group of newcomers have all worked hard and will contribute to our season."

The Bear coach also noted that ninth grade pitcher Layla Gloddy has looked good early on and Dawalga is looking forward to watching her progress.

"The kids have been awesome as we work together and figure things out," Dawalga said. "The

team is very excited to get outside and start the season."

The Bears will play two games each with Belmont, Mascoma, Newfound and Gilford and single games with Somersworth, Berlin, Conant, Bishop Brady, Monadnock, Stevens, Fall Mountain and White Mountains Regional.

The season kicks off on Monday, April 13, at home against Somersworth and will be at Berlin on Wednesday, April 15, both at 4 p.m.

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

PSU soccer programs announce summer camps

PLYMOUTH — The Plymouth State University men's and women's soccer programs have released the details of their summer Panther Soccer ID camps.

The programs will host their sixth annual Panther Soccer ID Camps in mid-July. The full-day sessions run from 9:45 a.m. to 5 p.m. Campers will run technical and tactical training sessions, compete in games, participate in a col-

legiate soccer presentation, and tour the campus with lunch in Prospect Dining Hall also included. Campers will receive a PSU soccer t-shirt and post-camp access to video footage to create their own highlight videos. The boys' ID camp is set for Thursday, July 16, with the girls' ID camps on Friday, July 17. Camp fees are \$145, with discounted rates for siblings.

The Panther Soccer ID

Camps offer high school players aged 16 and up the opportunity to train and play games in the Plymouth State environment while gaining insight into the college recruitment process. Participants will also learn what it takes to succeed physically, emotionally, technically, and tactically at the collegiate level.

Both events are run by head coaches Rob Wright

and Sammy Blizzard Bogardus and their coaching staffs and are limited to 28 participants.

Registration links, waiver forms, detailed information, and camp brochures can be found on the department website at athletics.plymouth.edu/camps.

HIGH SCHOOL SLATE

Thursday, April 9

GILFORD

Boys' Tennis vs. Kearsarge; 4

Friday, April 10

BELMONT

Track Home Meet; 4

GILFORD

Boys' Tennis at St. Thomas; 4

Girls' Tennis vs. St. Thomas; 4

Track at Belmont; 4

WINNISQUAM

Track at Belmont; 4

Monday, April 13

BELMONT

Baseball vs. Prospect Mountain; 4

Girls' Lacrosse vs. Derryfield; 4

Softball vs. Prospect Mountain; 4

GILFORD

Boys' Lacrosse at Plymouth; 4

Girls' Lacrosse vs. Inter-Lakes; 4

WINNISQUAM

Baseball vs. Somersworth; 4

Softball vs. Somersworth; 4

Tuesday, April 14

GILFORD

Boys' Tennis at Kearsarge; 4

Girls' Tennis vs. Kearsarge; 4

WINNISQUAM

Track at Monadnock; 4

Wednesday, April 15

BELMONT

Baseball at Bishop Brady; 4

Girls' Lacrosse at Gilford; 4

Softball at Bishop Brady; 4:30

GILFORD

Baseball at Mascoma; 4

Boys' Lacrosse at Kennett; 4

Boys' Tennis vs. Prospect Mountain; 4

Girls' Lacrosse vs. Belmont; 4

Softball at Mascoma; 4

WINNISQUAM

Baseball at Berlin; 4

Softball at Berlin; 4

All schedules are subject to change.

Ladies Twilite Golf League at Den Brae now accepting registrations for 2026 season

SANBORNTON — The Ladies Twilite Golf League at Den Brae Golf Course is now accepting registrations for Tuesday night league play beginning in May.

Ladies Twilite is a fun, social, and somewhat competitive golf league designed for women of all skill levels. Whether you are new to the game

or a seasoned player, the league provides a welcoming environment where camaraderie and friendly competition go hand in hand. Many participants come for the golf and stay to enjoy drinks, dinner, and socializing following their round.

League play runs from May 19 through Aug. 25, with tee times avail-

able Tuesday evenings from 3:30 to 6 p.m. The league format is structured to ensure fair and enjoyable competition, with players matched against others of similar skill levels. Teams are formed based on each player's combined average score from two rounds played at Den Brae, creating balanced and competitive matchups throughout

the season.

Women interested in joining are encouraged to register soon, as space may be limited.

For more information or to register, please email ladiesstilite@gmail.com.

Come for the golf — stay for the fun!

HELP WANTED



Full-Time Installers Apprentice

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.

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

Scott Burns' Landscaping, LLC

Well-established Lakes Region landscape company is hiring for the upcoming season. Positions available include gardeners as well as hardscape and softscape crew leaders and members.

If you are looking to change it up and love the outdoors with a M-F work schedule, give us a call. Valid driver's license required.

For more info, contact Scott at 603-279-8100 or email scott@scottburnslandscaping.com

HR & Finance Assistant

Carroll County has an immediate opening for an HR & Finance Assistant. Responsibilities include but are not limited to: preparing and processing paperwork associated with benefit enrollments, changes, and termination, maintaining employee records, processing pre-employment background checks, coordinating onboarding, assisting with resolution of benefit issues, communicating benefit information to employees, answering general benefit questions, acting as payroll backup, serving as point of contact for Right-To-Know requests, assisting in the preparation of meeting packets, agendas, correspondence, and mailings, and filing.

An Associate Degree in Human Resources, Business Administration, or other related field, and 1-3 years directly applicable experience in Human Resources and payroll are required. Experience with UKG a plus.

Excellent salaries, and generous benefits including a medical, dental, and vision package with employer cost share, pension plan, 457 tax-advantaged retirement savings plan, Flexible Spending Accounts, Earned Time/Paid Time Off, short-term disability, and more.

Carroll County Human Resources

95 Water Village Road

Ossipee, NH 03864

Secure Fax (603) 539-9297

Apply online at: <http://www.carrollcountynh.gov>

EOE



HELP WANTED

Work for a Purpose and join our team to help New Hampshire's Loons!

The LOON PRESERVATION COMMITTEE is seeking to hire a personable, motivated team player as a Loon Center Assistant for 2-3 days a week Mid-May through Mid-Oct. The Loon Center Assistant will work primarily in the gift shop warmly greeting customers, conducting sales and stocking shelves. Must be able to stand for extended periods, and lift moderately heavy boxes. Retail experience preferred.

For additional information go to

<https://loon.org/job-opportunities/>.

Please send resume & cover letter to

info@loon.org.

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Forest Society celebrates Earth Day all month with Mount Major conservation efforts

ALTON — With more than 80,000 annual visitors, Mt. Major is one of New Hampshire's most beloved hiking destinations. However, its popularity brings significant challenges, including trash, vegetation damage, and trail erosion. To honor Earth Day and protect this iconic landscape on Route 11, the Society for the Protection of New

Hampshire Forests (Forest Society) is launching a month-long series of events to support the mountain's long-term sustainability.

Supported by the Alton Centennial Rotary Club, the Belknap Range Conservation Coalition, Aroma Joe's, Hannford, and Athletic Brewing Co., this year's Earth Day celebration features four distinct ways for

the public to get involved:

1. Volunteer Trailhead Outreach Program (VTOP) Online Info Session

Tuesday, April 14 | 7 – 8 p.m. The Forest Society is seeking volunteers for its summer and fall outreach program. VTOP volunteers stationed at the Mt. Major pavilion interact with hikers to share safety tips and conservation information.

Training is provided, and schedules are flexible.

2. Trail Trash Challenge (DIY Cleanup)

Wednesday, April 22 | 9 a.m. – 1 p.m. Join a community-wide effort to clean the trails, woods, and summit. Forest Society staff will be at the trailhead to provide gloves and bags. Hikers can pick up litter during their trek and return it to the base for proper disposal. No registration is required.

3. Trail Stewardship Workday

Wednesday, April 22 | 9:30 a.m. – 2:30 p.m. Roll up your sleeves for hands-



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Our attorneys at Schwartzberg Law also may be able to assist in protecting your assets or the inherited or gifted assets you provide for your children from creditors or divorce. Also, sophisticated estate planning can limit your exposure to government taxation and help protect your children.

I have been practicing law since 1985, after graduating from Vermont Law School. Before starting my legal career, I earned a Master's Degree in counseling from SUNY, Plattsburgh, and completed my undergraduate studies in education at Temple University in Philadelphia. Before entering the legal field, I worked as an inner-city high school teacher and ran a cactus business, selling plants as a street vendor in downtown Philadelphia. My legal career began in Saranac Lake and Lake Placid, New York, where I practiced law until 2002. In that year, I passed the New Hampshire Bar and relocated to New Hampshire to continue my practice. I am an active member of the New Hampshire Bar Association. Over the years, I have served as President of the Grafton County Bar Association and as Chair of the Alternative Dispute Resolution Section. I also served on the New Hampshire Bar Association Board of Governors for 2 terms. Currently, I am a member of the New Hampshire Bar Legislative Committee and a Fellow of the New Hampshire Bar Foundation.

I also hosted a weekly radio show called "Family Law Talk Radio," which featured professionals with expertise in various related subjects. In recent years, I have focused my practice on Estate Planning and administration. This includes drafting wills and trusts, as well as probate and trust administration.

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In recognition of Mental Health Awareness Month, this 5K benefits Lakes Region Mental Health Center.

2nd Annual

nucar

Lakes Region 5K for Mental Health

May 31st, 2026

Race: 8:30am

Kids Fun Run: 8:00am

Register Here!

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www.lrmhc.org

to register or sponsor

on maintenance. Projects include removing sand from the parking lot to protect Lake Winnepesaukee from runoff, cleaning drainages on the Main Trail, and removing graffiti on the Boulder Trail.

4. Remote Support: Give Back "Above & Beyond"

Those unable to attend in person can support the ongoing sustainability of Mt. Major's most popular routes by making a financial contribution.

"With so many annual visitors, litter remains a constant challenge," says Carrie Deegan, Vice President for Recreation Management and Public Engagement. "Even small things, like a forgotten dog waste bag or a food wrapper blowing away, add up. We are incredibly grateful to the volunteers who help us care for this mountain and encourage everyone to do their part every time they hike."

Established in 1901, the Forest Society is a private, nonprofit land trust and forestry organization that owns more than 200 forest conservation properties—nearly 67,000 acres in 105 New Hampshire communities—and holds conservation easements that permanently protect an additional 140,000 acres statewide. Forest Society properties are open to the public and draw more than 500,000 visitors annually. To learn more or become a member, please visit forestsociety.org.



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