

Winnisquam Echo

THURSDAY, JUNE 11, 2026

FREE

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Winnisquam Career Center finishes extensive addition and renovation project



TILTON — Representatives from the New Hampshire Department of Education (NHED) recently visited the newly renovated Winnisquam Career Center in Tilton, completing the Department's final walk-through of the two-year project.

Attached to Winnisquam Regional High School, the Winnisquam

Career Center (WiCC) on West Main Street in Tilton recently finished an \$11.2 million construction project designed to expand and strengthen its career and technical education programs. The upgraded facility enhances the integration of rigorous academic instruction with engaging technical training and employability skill develop-



ment.

"With eight schools sending students to the Winnisquam Career Center, it's clear that today's learners want hands-on experiences that go far beyond a classroom setting," said Commissioner Caitlin D. Davis of NHED. "This renovated facility opens doors for students to explore real career pathways while earning industry

and postsecondary credentials. It gives them a true jump-start on their futures and helps build a stronger, more skilled workforce for New Hampshire."

The Winnisquam Career Center offers five career and technical education programs through a two-year program, which include:

Animal Care and Management provides students



with pet training, grooming, pet first aid and CPR, animal diagnostics, basic livestock care, and more.

Cosmetology teaches hair cutting, styling and coloring, as well as skin and nail care, makeup application, and more.

Design, Create and Fabricate provides students with shop and machine safety, blueprint reading, proper use of industry-grade equipment and tools, welding, advanced

manufacturing, and more.

Outdoor Resources and Recreation teaches trail building and maintenance, forest management, chainsaw use, bike and ski tuning, landscape construction, and more.

Plant Science and Agriculture provides lessons on soil science, plant breeding, floral design, greenhouse operation and production, apiculture, maple sugaring, hydroponics, and

SEE **CENTER**, PAGE A10

Franklin Opera House to hold Annual Membership Meeting, free performance!

FRANKLIN — The Franklin Opera House is pleased to announce a special free performance of "Galileo: The Starry Messenger" on Saturday, July 11 at 7:30 p.m. at the Franklin Public Library. This event featuring Michael Francis is offered with the assistance of NH Humanities To-Go, bringing high-quality cultural programming directly to the community. This community evening of engagement is FREE and open to the public.

The Annual Membership Meeting at 6 p.m. is open to all members and interested residents. Hear a review of the past season's programs and accomplishments, along with updates on the ongoing capital campaign, financial standing and operational updates. Learn about opportunities for community input and volunteer involvement. 2026/2027 season programming will be announced. New members of the Franklin Opera House Board of Directors will also be elected. However, only the membership of Franklin Opera House Inc. can vote.

For more information about the meeting, membership, or upcoming events, please contact the Franklin Opera House at info@franklinoperahouse.org or visit www.FOHNH.org.

FRANKLIN — Franklin Savings Bank proudly grants \$5,000 to Lakes Region Community Developers (LRCD) Good Neighbor Program, an initiative designed to strengthen families, build community connection, and help residents thrive.

The Good Neighbor Program provides LRCD residents with access to essential resources, including financial education, health and wellness support, community engagement opportunities, and crisis-prevention assistance. By bringing services directly

to the neighborhoods they serve, LRCD helps ensure that individuals and families have the tools they need to build stability and long-term success.

"Lakes Region Community Developers play a vital role in creating healthy homes and vibrant communities throughout the region," said Brian Bozak, President & CEO, Franklin Savings Bank. "Their Good Neighbor Program is a powerful example of how thoughtful support can change lives. We are honored to contribute."

SEE **GRANT**, PAGE A11



COURTESY
Carmen Lorentz, Executive Director, Lakes Region Community Developers, with Brian Bozak, President & CEO, Franklin Savings Bank.

Raiders roll past Wildcats, on to Final Four



JOSHUA SPAULDING

Jack Crockford fires a throw across the diamond during action in the Division III quarterfinals on Saturday.

BY JOSHUA SPAULDING

Sports Editor

BELMONT — After struggling a bit to score runs in the opening round of the Division III tournament, the Belmont baseball team found the stroke in the quarterfinals on Saturday afternoon against Fall Mountain.

The Raiders erased a 1-0 Wildcat lead with six runs in the bottom of the third inning and pulled away from there, picking up the 11-1 win to earn a spot in the Division III semifinals.

"I'm so proud of this team and the effort they show up with every day," said Belmont coach Matt LeBlanc. "They are an easy team to coach and they have so many people

rooting for them. They've earned every win and deserve all the credit, they really do."

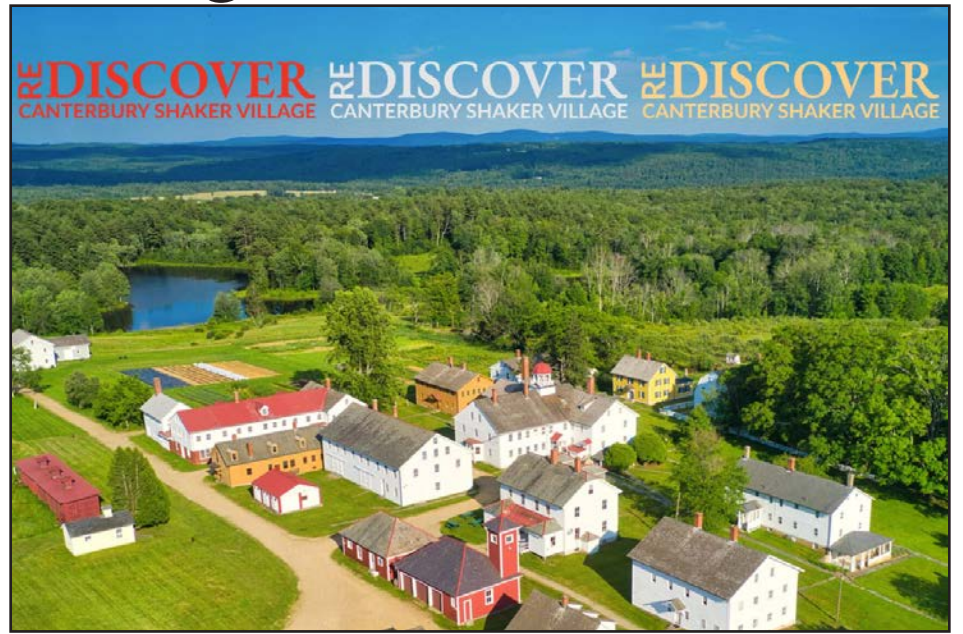
Wyatt Divers got the start on the hill for Belmont and set the side down in order in the top of the first. Divers and Wyatt Bamford both worked walks in the bottom of the frame and Jack Crockford was hit by a pitch to load the bases with two outs, but the Raiders could not get the run home. Divers set the side down in order again in the top of the second and Brady Fysh was hit by a pitch in the bottom of the second but was stranded at first.

A single and an error allowed the Wildcats to

push across a run in the top of the third before the Raiders came to life in the bottom of the frame. Divers reached on an error and Bamford singled before Max Ryder reached on an error, allowing Divers to score to tie the game at one. Crockford was hit by a pitch again and a single from Sam Binder drove home Bamford to give Belmont the lead. Eddie Rochenski followed with a single to drive in Ryder and Crockford and after Fysh walked, Alex Rowley singled to center to drive in Binder and Rochenski to make it 6-1 after three innings.

SEE **RAIDERS**, PAGE A10

Canterbury Shaker Village invites guests to “ReDiscover Canterbury Shaker Village”



CANTERBURY — Canterbury Shaker Village is excited to invite our local and regional visitors to “ReDiscover Canterbury Shaker Village” for the 2026 season, offering new programming, active preservation projects, and fresh experiences for people to ReDiscover what’s special about this incredible National Historic Landmark.

Canterbury Shaker Village has long celebrated the innovative legacy of the Shakers who lived here for 200 years, their outsized impact on local and national history, and the intentional community they created. With the Shakers and Shakerism receiving a general increase in cultural exposure this winter with the release of Golden Globe-nominated film “The Testament of Ann Lee,” starring Amanda Seyfried, and new Shaker exhibitions at museums across the country, it was a great opportunity to open our doors for new people to discover this history for the first time, invite past guests and locals to rediscover their connection to this place, and provide new events and experiences to deepen everyone’s engagement with the Village.

“For first time visitors, Canterbury offers a portal of discovery into an intriguing, historic

world, exploring how nearly 300 Shakers lived and worked together in community,” said Manger of Communications and Engagement Garrett Bethmann. “Additionally, there are many people who have deep, emotional ties to the Village, whether it be memories of the last generation of Sisters who lived here until 1992, or the sense of sanctuary that came with enjoying the serenity here. We hope we can inspire them rediscover why they initially were energized by the Village and connect them with who we are today as a museum and community.”

For all visitors, the season introduces new events and experiences designed to deepen their engagement with the Village:

- An updated tour model provides a great introduction to the Canterbury Shakers, while giving guests the opportunity to follow their curiosity to different open spaces and buildings.
- The Movers and Shakers Trail Club is a monthly recreation group that enjoys active (walk/run/exercise) and creative (photography/painting/reading) recreation on the

trails, on the last Saturday of every month.

- A new Bee House exhibition arriving this summer will highlight the agricultural history of the land and how the Shakers provided for themselves. • A pilot partnership with Sanborn Mills Farm activates the vegetable gardens and greenhouses with locally grown produce, with opportunities to view traditional farming techniques, like using livestock for tilling.

In addition to these programmatic additions, Canterbury Shaker Village is in an exciting season of multiple preservation projects unfolding at once. Both the Meeting House (1792) and East House (1810) are undergoing significant preservation and restoration efforts, offering a rare opportunity for people to view this work in-person and understand the craft and dedication it takes to keep these historic buildings fresh and thriving.

Canterbury Shaker Village remains what it has long been, a place of fascinating history, innovation, and community. Whether the Village has been sitting on someone’s “to-do” list for years, or it’s been years since a guest last visited, everyone is invited to ReDiscover Canterbury Shaker Village in 2026.

Canterbury Shaker Village: <https://www.shakers.org/>

Canterbury Shaker Village, Inc., is an internationally-known non-profit museum founded in 1969 to preserve the heritage of the Canterbury Shakers. Designated as a National Historic Landmark for its architectural integrity and significance, the Village has 25 restored original Shaker buildings, four reconstructed Shaker buildings, and 694 acres of forests, fields, gardens, nature trails, and mill ponds under permanent conservation easement. Tours, programs, exhibits, and events help visitors chart their own journey of simplicity, caring, and community.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of May 25 to June 1.

A 20-year-old female from Laconia was taken into protective custody for Unlawful Possession (of Alcohol) or/ Intoxication on May 26. A second 20-year-old female from Campton whose identity has been withheld from publication received a summons in lieu of arrest during the same incident for Unlawful Possession and/or Intoxication.

Saxon Neil Gregory, age 30, of Concord was arrested on May 27 for DUI-Impairment.

William J. Sanborn, Jr., age 36, of Gilmanton was arrested on May 27 for Criminal Threatening by Conduct and Harassment.

Brittany Alexis Freeman, age 29, of Franklin was arrested on May 30 for Driving After Revocation or Suspension of license (subsequent) and driving at a rate of speed 16-20 mph over a posted limit of 55 mph or less.

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

BY DONALD CHAPMAN

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

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

- Can I subdivide my property?
- Can I build another home or accessory building on the lot?
- What permits are required?
- What happens if wetlands are involved?
- Can I improve my driveway or private road?
- Will I need stormwater management or septic approvals?

These are exactly the kinds of questions we help property owners answer every day at Strong Tree Engineering.

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

That's why early planning matters.

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

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

- Boundary and topographic land surveys
- Lot subdivisions and boundary adjustment plans
- Septic system design and upgrades
- Wetland delineations and environmental permitting

- Driveway and roadway design
 - Stormwater management systems
 - Site planning for new homes and additions
 - Commercial and residential development projects
 - Local, state, and shoreline permitting support
- The Lakes Region presents unique engineering and environmental challenges compared to many other parts of New England. Steep terrain, high groundwater, shoreline protection rules, wetlands, aging infrastructure, and rural access conditions all require thoughtful planning and experienced local guidance.

At the same time, there are tremendous opportunities for responsible growth and property improvement throughout the region. Our philosophy at Strong Tree Engineering is simple: help clients move projects forward efficiently while protecting the natural resources that make New Hampshire such a special place to live and invest.

Whether someone is planning a small residential improvement or a larger development project, we believe good engineering starts with listening, practical problem-solving, and clear communication. Sometimes a project is more feasible than a property owner initially thought. Other times, there are legitimate site limitations that need to be understood before moving forward. Either way, having the right team involved early can make all the difference.

As a company, we are proud to have established our Lakes Region office in Ossipee because we believe local knowledge and local relationships matter. We're invested in helping property owners improve and maximize their land responsibly — while preserving the character and environmental quality of the communities we all value. If you are considering a property improvement, subdivision, new home, driveway, roadway, septic upgrade, or development project in the Lakes Region, Strong Tree Engineering is here to help.

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After 30 years, Lakes Region Heating & Air Conditioning celebrates expansion to Loudon

LOUDON—After more than 30 years serving New Hampshire homeowners and businesses, Lakes Region Heating & Air Conditioning celebrated a new chapter with the grand opening and ribbon cutting of its new Loudon location on Friday, May 29.

The company, owned by Eric Grennell of Gilford, recently relocated from Northfield to a new commercial property at the corner of Routes 106 and 129 in Loudon. The event featured an open house, ribbon cutting ceremony and barbecue for employees, customers and community members.

Grennell said the move marks not only a milestone for the business, but also a celebration for the employees, customers and community members who helped the company grow from a one-man operation in Belmont into a regional HVAC company with approximately 25 employees.

“It’s a celebration for all the guys that helped get us where we are today,” Grennell said. “It’s a thank you to the public and to our crews.”

Grennell founded the company in 1992 after deciding to strike out on his own following previous jobs in the HVAC industry. He said his interest in heating and air conditioning began while attending Shawsheen Valley Technical High School in Billerica, Massachusetts, where students rotated through vocational exploratory programs before selecting a trade.

“My destiny in life was probably to be some kind of heavy equipment operator,” Grennell said, noting his father worked with dump trucks and excavators. “But I liked doing the HVAC better, so that’s what I stuck with.”

The company officially incorporated in 1994 and initially operated out of Belmont before eventually relocating to Northfield, where it remained for roughly 20 years. In its early years, Grennell said the company accepted work throughout New England, including projects for Hannaford supermarkets across



Eric Grennell of Gilford, owner of Lakes Region Heating & Air Conditioning, cuts the ribbon on a new location for the 30-year-old business in Loudon.

Over time, however, the business established itself more firmly in the Lakes Region community and shifted its focus closer to home.

“It took us a long time to break in and not be the new guys anymore,” Grennell said. “Now, we’re the old guys.”

Grennell said one of the company’s biggest strengths has been its decision to remain focused solely on heating and air conditioning rather than branching into unrelated trades.

“You stick with what you do best,” he said. “You train your crews to do heating and air conditioning, and that’s all they have to think about.”

The Loudon property provides several advantages over the previous Northfield location, which was located in a residential zone, according to Grennell. Located in a commercial district with easy highway access, the new site offers increased visibility, room for expansion and additional storage space.

“We have a lot more exposure to the general pub-

lic,” Grennell said. The property also includes a second building that could support future growth if needed.

Grennell said the HVAC industry itself has changed dramatically since he entered the field in the early 1990s, particularly with advances in technology.

“The biggest thing is how everything is run by computers now,” he said. “Wi-Fi access on your phone, Bluetooth, smart thermostats — it’s really the technology part of it that keeps advancing.”

He said customers are increasingly interested in mini-split systems, energy efficiency and improved indoor air quality through advanced filtration and humidity control systems.

While the company primarily focuses on residential work today, it has also completed large-scale commercial and luxury residential projects over the years, including work on some of the largest homes around Lake Winnepesaukee and Lake Sunapee.

Grennell said the company’s reputation has largely been built through word of mouth rather than tradi-

tional advertising. “We’ve had customers and builders we’ve worked with for 20 years or more,” he added.

That long-term loyalty

extends to employees as well. Several staff members have been with the company for more than two decades. “Without

Local student earns Dean’s List recognition at Norwich University

NORTHFIELD, Vt. — Norwich University is pleased to announce that Nathaniel Hashem of Tilton has been recognized on the Dean’s List at Norwich University for the Spring 2026 semester:

Dean’s List recognition is awarded to full-time undergraduate students who achieve a semester grade point average of 3.4 or higher, acknowledging sustained academic achievement and dedication to scholarly success.

About Norwich University

Norwich University is a diversified academic institution that educates traditional-age students and adults in a Corps of Cadets and as civilians. Norwich offers a broad selection of traditional and distance-learning programs culminating in baccalaureate and graduate degrees. Norwich University was founded in 1819 by Captain Alden Partridge of the U.S. Army and is the oldest private military college in the United States of America. Norwich is one of our nation’s six senior military colleges and the birthplace of the Reserve Officers’ Training Corps (ROTC). www.norwich.edu

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them, we wouldn’t be here,” Grennell said.

Grennell also emphasized the importance of skilled trades and workforce development, saying the industry offers strong career opportunities for people who may not want to pursue a traditional college path.

“Not every kid needs to go to college,” he said. “You’ve got guys in the trades buying houses at 25 years old without the college debt hanging over their heads.”

Grennell has been involved nationally through the Air Conditioning Contractors of America, a Washington, D.C., based organization that helps develop industry standards. He said workforce shortages and technical education have become major discussion points nationwide.

As the company settles into its new Loudon location, Grennell said the focus remains on continued growth while maintaining the quality and customer service the company has built its reputation on for more than three decades.

“We try to make it right no matter what it takes,” he said.

Learn more about Lakes Region Heating & Air Conditioning at <https://lrhvac.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.

An investment that will pay off

The Winnisquam Career Center is more than a renovated building. It is a statement about what communities value and how they choose to invest in the future.

For generations, conversations about education have too often created a false choice. Students were encouraged to pursue a traditional four-year college path, while career and technical education was sometimes viewed as a secondary option. That mindset no longer reflects reality. Today's economy demands skilled workers in fields ranging from advanced manufacturing and agriculture to cosmetology, recreation management, and animal care. These careers are essential, rewarding, and increasingly in demand.

The completion of the \$11.2 million renovation at the Winnisquam Career Center represents a recognition of that reality. The expanded facility provides students with opportunities to gain hands-on experience, earn industry credentials, and explore career paths while still in high school. Just as importantly, it allows students to connect classroom learning with practical application, helping them understand not only what they are learning, but why it matters.

The numbers tell an encouraging story. Enrollment is projected to grow from 120 students to approximately 184 students by the fall of 2026. Those students will come not only from Winnisquam Regional High School but from surrounding districts across the region. That level of interest demonstrates that young people are eager for educational experiences that blend academics with real-world skills.

What makes the center especially valuable is the diversity of opportunities it offers. Students can learn welding and advanced manufacturing techniques, study plant science and agriculture, gain experience in animal care, develop cosmetology skills, or explore careers connected to outdoor recreation and natural resources. These are not niche programs. They reflect significant sectors of New Hampshire's economy and provide pathways to both employment and continued education.

The renovation also highlights the value of partnership. State funding covered approximately 70 percent of the project's cost, while local communities provided the remainder. That investment reflects a shared understanding that workforce development benefits everyone. Employers gain access to better-prepared workers. Communities strengthen their local economies. Students graduate with clearer career goals and practical skills that can serve them throughout their lives.

Perhaps the most important aspect of career and technical education is the confidence it builds. Students who may struggle to connect with traditional classroom instruction often thrive when they can apply concepts in a hands-on setting. They discover talents they did not know they possessed. They learn problem-solving, teamwork, communication, and responsibility. Those lessons extend far beyond any specific trade or profession.

The renovated Winnisquam Career Center also serves as a reminder that education is not one-size-fits-all. Success can take many forms. For some students, these programs will lead directly to employment. For others, they will provide a foundation for college or specialized training. Both outcomes are valuable.

As New Hampshire continues to face workforce shortages across multiple industries, investments like this one become increasingly important. They help bridge the gap between education and employment while giving students meaningful opportunities to build productive futures.

The Winnisquam Career Center's new facility is certainly an impressive building. More importantly, it is a place where students can discover passions, develop skills, and prepare for the opportunities ahead. That is an investment that will continue paying dividends for decades to come.



COURTESY PHOTO

Undefeated

The Laconia Lacrosse Club's 10U girls' red team finished their regular season Sunday undefeated with a 13-8 win over Merrimack to put them at a perfect 8-0 on the year in the state's top division of girls' youth lacrosse. All spring they've played fantastic defense, had a relentless attack on goal, and used teamwork to outplay their opponents from across the state, including Nashua, Concord, Hanover, Hollis-Brookline, Plymouth, and Timberlane. They've also had a ton of fun as a group. Pictured are Rosemary Todd, Maddie Dionne, Eve Greeley, Eloise Paquette, Sofia Cardona-Swain, Maddie McNulty, Brooke Demmons, Layne Smith, Mya Yeakel-Curry, Karmella Gilpin, Nora Wardwell, and Amelia Breton.

The towns between the towns

The older I get, the more interested I become in places that don't appear on postcards.

Not the famous overlooks. Not the covered bridges everyone photographs. Not the lakeside docks at sunset. I'm talking about the places in between. The little stretches of road where nobody stops unless they live there. The side streets lined with modest homes and well-worn mailboxes. The forgotten corners of town where a rusted basketball hoop still stands over a cracked driveway and someone has been planting the same row of tomatoes every summer for thirty years.

When visitors come to New Hampshire, they understandably head for the places that make travel brochures. The White Mountains. The Lakes Region. The villages with church steeples and flower boxes. They're beautiful places. We should be proud of them. But if you really want to understand a town, you have to spend time in the parts nobody advertises.

A few weeks ago, I found myself taking a wrong turn while driving

through a town I've visited dozens of times.

Instead of turning around immediately, I kept going. I passed a tiny cemetery tucked behind a stand of pine trees. There were maybe twenty headstones, some so weathered that the names had nearly disappeared. A few hundred yards farther along was an old red barn leaning slightly to one side, as though it had spent decades fighting New Hampshire winters and was finally getting tired. There was no historical marker. No tourist attraction. No scenic overlook. Just a quiet corner of the world that had been there all along.

It occurred to me that every town has places like that. They're easy to miss because they aren't trying to get our attention. The older general store that survives despite bigger competition. The road that follows a river but never appears in guidebooks. The little park bench that offers a better view than some of the state's more famous destinations. Most communities are built from these overlooked pieces.

KIND FOLKS, COLD WINTERS

By CHIPPY

We tend to define places by their landmarks, but people actually live their lives

in the ordinary spaces. Nobody remembers a town because of its water tower. They remember the street where they learned to ride a bicycle. The neighborhood where they shoveled snow for a neighbor. The back road they drove home on after a high school football game. The corner where they waved to the same crossing guard every morning.

When my children were growing up, family road trips often involved complaints from the back seat.

"Are we there yet?"

At the time, I understood the question. Kids are naturally focused on destinations. Adults aren't much different. We're always headed somewhere. The next meeting. The next project. The next holiday. The next weekend. We spend so much energy looking ahead that we sometimes overlook the landscape we're already standing in.

One of the advantages of getting older is that you become a little less con-

cerned with arrival. You start paying attention to the route. You notice things. A handmade sign for a church supper. A farmer repairing a fence. An old maple tree that must have witnessed a century of seasons. A porch light left on for someone expected home late. These details rarely seem important at the time. Yet they're often the things we remember years later. I suspect that's true of communities as well.

The character of a town isn't found in its most photographed location. It's found in the collection of ordinary moments unfolding quietly every day. In the streets that aren't famous. In the buildings that aren't historic. In the people who show up, help out, wave hello, and go about their business without much fanfare. Those are the towns between the towns. The places that don't attract much attention, but somehow end up meaning the most.

And if you're lucky enough to live in New Hampshire, they're never very far away. Sometimes, all it takes is a wrong turn to find them.

Comfort Keepers

Social wellness and its benefits to seniors

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

A big piece of the puzzle

When it comes to feeling our happiest and healthiest, two of the most significant factors are undoubtedly physical and mental well-being. There's no question that staying fit, following a healthy diet, and keeping the brain sharp, are pivotal in shaping the way we live our lives. But what about


social wellness? Often described as one's ability to communicate and maintain meaningful relationships with others, social wellness is just as vital as physical and mental wellness, and requires the same level of maintenance. As we age, it's especially important that we foster positive social engagement to not only safeguard against isolation, but to also improve various aspects of our physical health.

Why is it important?

Let's face it, almost every aspect of life changes as we reach our senior years. Children may move out of state, friends and family may pass away, and certain health conditions may make it harder to fully enjoy the things we love doing. And as these changes occur, it's important that we talk about them. Without a support system of friends and family in place, many of life's events can slowly begin to take their

toll on us and potentially lead to a downward spiral of loneliness, isolation, and even major depression. But by nurturing current relationships and taking steps to build new ones, seniors can create a reliable network that allows them to learn new skills, view things from different perspectives, and see how others effectively manage the challenges of aging.

SEE COMFORT PAGE A5



Winnisquam Echo

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Belmont-Winnisquam rivalry takes center stage in playoff battle

BY MILTON WOOLFENDEN
Contributing Writer

BELMONT — On Wednesday afternoon, another chapter was etched in the Belmont vs. Winnisquam rivalry as the third-seeded Red Raiders barely survived against the 14th-seeded Bears to advance to the quarterfinals of the Division III tournament in an instant classic.

With the teams separated by only seven miles, fans from each side packed the stands and made their presence known.

Starting the game, Wyatt Divers took the mound for the Red Raiders and immediately sent the signal that the Bears would have to work every hit, as he faced four batters and recorded three strikeouts.

As the Red Raiders grabbed the bats for the first time, Division III Player of the Year Brayden Townsend led off the inning by lacing the ball down the right field for a triple as Bears pitcher Carter Lloyd was already in his first jam of the day.

After a groundout by Divers, Wyatt Bamford got the ball into the outfield to drive Townsend home and give the Red Raiders

the early 1-0 lead. Lloyd would get the next two batters out, but the Bears now found themselves trailing.

"We've got a young team", Bears head coach Frank Caruso said. "But we played one of the toughest schedules, so even though we're young, those tough games made it so we weren't scared of trailing".

In the bottom of the second, after singles by Sam Binder and Alex Rowley and deciding to intentionally walk Townsend, the Red Raiders had bases loaded with two outs.

"They know our lineup really well, and making the decision to intentionally walk Townsend shows they respect his ability," Red Raiders head coach Matt LeBlanc said.

A groundout by Divers got the Bears out of the inning, and the score remained 1-0.

In the bottom of the third, with runners on the corners, a strikeout by Lloyd on Eddie Rochenski once again got the Bears out of trouble.

In the top of the fourth, the Bears got their first bases-loaded opportunity of the game, and the Red

Raider defense had to try lock in for the first time in the game.

"Winnisquam's a well-coached, solid team, and we knew they were going to give us everything and make us work just like we were going to make them work," LeBlanc said.

However, a groundout by Danny Blodgett-Fralic saw the Red Raiders maintain their 1-0 lead.

"We got a little unlucky," Caruso said. "But we were keeping it close and with Carter on the mound, we knew we had a chance."

A blast by Bamford to start the bottom of the fifth had Red Raiders fans on their feet, but Jacoby Keith made the catch on the warning track for the out. While the team was able to get two men on base, they failed to convert as the score remained 1-0.

Following a leadoff single by Evan Cote to start the top of the sixth, Dio Katsigiannis dropped down a bunt. While Divers made the scoop he slipped on the mound, allowing Katsigiannis to make it to first as the Bears now had two men on with no outs.

However, two ground-

outs and a strikeout once again saw the Bears unable to convert and the Red Raiders escape danger.

After Brady Fysh and Rowley both successfully got on base, the Bears once again chose to intentionally walk Townsend, loading the bases with no outs.

"When the bottom of our order is hitting and making contact the way they were, we tend to put up some serious runs," LeBlanc said. "So, to keep the game so close just shows how stellar their defense and pitching was today".

After Divers struck out, a play at the plate saw Fysh get tagged out, keeping it 1-0 but you could tell the Red Raiders smelled opportunity.

An errant pitch by Lloyd

got past Blodgett-Fralic as Rowley raced home and gave the Red Raiders their second run of the day. A groundout by Max Ryder got the Bears out of the inning.

With their season on the line, the Bears had every intention of playing until the final out.

"There's no quit in these guys," Caruso said. "They play one hundred percent no matter what."

The Bears got runners on first and second as LeBlanc made a pitching change, handing the ball to Bamford while Divers took over for Townsend behind the plate.

A single by Kellan Hilliker drove Cote in and suddenly it was a one-run game. Back-to-back walks saw the Bears load the bas-

es with two outs.

Another mound visit by LeBlanc saw him go back to Divers, who, despite being pulled as pitcher, because he remained in the game as a position player, was able to return to the mound.

A popout to Fysh by Lloyd gave the Red Raiders the win and a trip to the quarterfinals.

While not the result they wanted, Caruso was proud of his team's performance.

"We've got a young team so we'll build off this and I think we're going to be back and cause some people some headaches in the future," Caruso said.

In the other dugout, LaBlanc was happy to advance, but knows the road only gets tougher from here.

"We earned it today and we're going to have to go and earn it again if we want to be part of the final four," LeBlanc said.

After beating Fall Mountain on Saturday (separate story) the Red Raiders were back in action on Tuesday, June 9, in the Division III semifinals. The finals are set for Saturday, June 13, in Manchester.

COMFORT

CONTINUED FROM PAGE A4
Though it may go without saying, maintaining social wellness brings about a number of other health benefits as well. Not only can it help strengthen our immune system, but it can lead to better sleep and increased productivity. Studies also show that increased socialization can enhance our cognitive abilities and even reduce our risk of Alzheimer's and dementia. In fact, one study showed that socially active seniors had a 70% lower rate of cognitive decline than those who were less socialized.

What can seniors do?

One of the barriers some seniors may face is that they may not know what opportunities are available to them. That's why we've put together a list of some of the ways seniors can begin to build and maintain their social connections:

Volunteer, or become involved in community efforts and activities.

Join a senior center, and make connections with like-minded individuals.

Continue learning through online courses or those offered by universities and community colleges.

Find a new hobby or in-

terest, or revisit old ones.

Invite a friend or friends over for coffee or tea.

Take a part-time job.

Offer assistance to someone in the family.

Join an exercise group or class.

Reach out to those at a church, synagogue, temple, or other place of worship to sign up for upcoming events.

Utilize social media to stay connected with friends and families (near and far).

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At Comfort Keepers®, we understand the importance of maintaining social wellness and the value it can bring to seniors' lives. Our trusted caregivers not only provide meaningful companionship, but they can also help in getting seniors to and from places they need to go. Whether it's a trip to the senior center to visit friends, or to the local college for a weekly class, we'll be there to help. We also offer technology solutions that can enhance socialization and keep seniors connected to their loved ones. For more information about Comfort Keepers' services, reach out to your local office today.

About Comfort Keepers

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

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Beckett Nichole Gilbert of Belmont named to Clarkson University's Dean's List

POTSDAM, N.Y. — Beckett Nichole Gilbert of Belmont, a freshman majoring in mechanical engineering, was named to the Dean's List for the Spring 2026 semester at Clarkson University.

Dean's List students must achieve a minimum 3.25 grade-point average and also carry at least 14 credit hours.

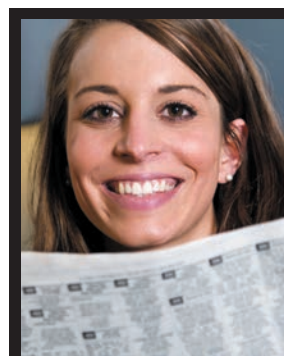
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Raiders fall short in quarterfinal battle in Alton



Molly O'Connell reaches up to snare the ball in shallow center field in action against Prospect Mountain on Saturday.



Lyla McSheffrey runs between second and third during action against Prospect Mountain in the Division III quarterfinals.



Bailey Perkins fires a pitch for Belmont during Saturday's quarterfinal battle in Alton.

BY JOSHUA SPAULDING
Sports Editor

ALTON — The Prospect Mountain softball team plated four runs in the bottom of the first inning and that was all they would need in the Division III quarterfinals on Saturday morning, as the Timber Wolves picked up an 8-0

win over visiting Belmont to advance to the Final Four.

Prospect added a run in the bottom of the second inning and added two more in the bottom of the third before scoring their final run in the bottom of the fifth inning.

Timber Wolf pitcher

Sophia Bowman struck out the side in the top of the first inning and the Timber Wolves got on the board in the bottom of the inning. With one out, Paige Harding reached on an error and Paityn Glidden followed with a homer over the fence in left field for the 2-0 lead. Kylee

Guptill and Bowman both worked walks and after Taylor Greenwood reached on a fielder's choice, Leila Hillsgrove was hit by a pitch to load the bases and a single from Ashlynn Roberts gave the Timber Wolves the 4-0 lead.

Lyla McSheffrey and Molly O'Connell worked walks to open the top of the second inning before Bowman came back and struck out the next three hitters. Glidden then launched her second homer of the game in the bottom of the second with two outs and Guptill followed with a double. However, Belmont pitcher Bailey Perkins got out of the inning by inducing a groundout. Bowman set the side in order in the top of the third.

In the bottom of the third, Greenwood reached on an error and stole third and Hillsgrove worked a walk. Greenwood scored on a wild pitch and Roberts and Kourtney Kaplan had

base hits before Perkins got a pair of grounders to force runners at home. Kaplan scored on a wild pitch for the 7-0 lead and the Raiders walked Glidden intentionally before Perkins got a groundout to second to end the inning.

Bowman set the side down in order in the top of the fourth inning and Perkins worked around a two-out walk in the bottom of the inning. Bowman set the Raiders down in order in the top of the fifth and Prospect added to the lead in the bottom of the fifth.

With two outs, Harding homered over the fence in center to make it 8-0 and walks to Glidden and Bowman and a single from Guptill loaded the bases, but Perkins got a groundout to end the inning.

Perkins picked up Belmont's first hit of the game with two outs in the top of the sixth inning, but the Raiders could not push the run across. Perkins then

retired the side in order in the bottom of the sixth and Lyla McSheffrey led off the top of the seventh with a single and O'Connell worked a walk. However, a pickoff, a strikeout and a groundout ended the game with the Timber Wolves taking the 8-0 win to advance back to the Division III semifinals.

Prospect Mountain moved on to the Division III Final Four, taking on White Mountains after deadline on Wednesday in Holderness. The finals are set for Saturday, June 13, at 4:30 p.m. in Holderness.

Belmont finished the regular season at 9-7 to earn the 10th seed in the Division III tournament and upset Fall Mountain in the opening round of the tournament.

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

Tips to pick the right plants for your landscape

Each year, gardening enthusiasts anxiously await the arrival of spring. Spring is a great season to plant new flowers, plants, grasses, and trees, making it a popular time of year to spend sunny days out in the yard.

Veteran gardeners may know their landscapes well and be able to pick the right plants on their own. Novices may need a little help as they look to give their landscapes a whole new look. The following are some helpful tips to help homeowners pick the right

plants for their landscapes.

- Conduct a site evaluation. A colorful landscape featuring an array of plants and flowers can be eye-catching and add curb appeal to a property. However, where plants will be planted is a significant variable that must be considered before homeowners choose what to plant. The Center for Agriculture, Food, and the Environment at the University of Massachusetts Amherst notes that site evaluation is the first step when picking plants. A number of factors must be evaluated, including light

availability; water availability; exposure to the elements, including wind and extreme temperatures; and competition from existing vegetation, among other things. Document these variables prior to picking plants. For example, take note of the area you plan to plant to see if it is full sun or partial shade, and then pick plants whose growing conditions align with those you observe.

- Look at more than looks. Aesthetic appeal might be what homeowners most desire from their landscapes, but that appeal



is only achieved when the right plants are chosen for a space. If the wrong plants

are chosen, they're unlikely to thrive or they could threaten existing vegetation, thus compromising the overall appeal of the property. Native plants can often handle local weather conditions, so prioritize natives over more exotic plants whose key attribute is aesthetic appeal. If jaw-dropping aesthetic appeal is your top priority, speak with a local landscaping professional about which natives can provide that without compromising surrounding vegetation.

- Consider maintenance prior to planting. Maintenance is another variable gardeners must consider. Newly planted trees may require substantial watering until they've fully established their roots, and some homeowners may not have time for that. In addition, certain plants may require a considerable amount of pruning in order to create and maintain the look homeowners desire.

Individuals must be willing to invest the time and effort necessary to maintain new plantings that require such diligence. If not, look for plants that don't require much maintenance while keeping in mind that even low-maintenance plants still require some effort and attention.

- Consider local wildlife. If your lawn is routinely visited by local wildlife, then look for plants that won't look like a meal to these welcome, if uninvited, guests. For example, if you routinely see deer lounging around in your backyard, look for deer-resistant plants. This is a good way to protect your investment, of both time and money, and ensure minimal wildlife traffic through your newly landscaped yard.

Spring gardens are awe-inspiring, especially when homeowners embrace various strategies for successful planting.

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Granite VNA Hospice Home & Garden Tour returns to Lakes Region July 15

Five waterfront properties will be showcased to support community hospice services



COURTESY

Home one, on the edge of Roberts Cove, is a spacious, open-concept home with large living area, a four-season porch, and scenic water views. The home features a walk-out game room, stone patio, and private beach with docks offering direct lake access and a view of Rattlesnake Island.



Home four offers a spacious sitting area filled with plants overlooking Roberts Cove.

REGION — Granite large gatherings for relax-



Home five houses home four's off-site art studio and temperature-controlled vintage racing boat workshop.



The kitchen of home two features soapstone counters that complement antique light fixtures, one of the many treasured and unique items featured throughout the property.

is honored with original stone from the property as part of the lakeside patio. Filled with reclaimed materials, vintage accents, and transom windows, this home draws from both the past and the present.

Home three, once a rustic Camp Dewitt cottage, has been transformed into a light-filled retreat blending family history and timeless design. An open kitchen invites visitors to convene around a large island while artisan lighting, drawer pulls, and playful farm animal accents bring the home together. A piece by Maine artist Sarah Madeira Day brings a whimsical feeling to the family room, complementing the original exposed beams, cozy textures, and ample sunlight that dapples every room.

Home four is a lakeside getaway, also situated on the site of Camp DeWitt. Since the home was last featured, the first floor has been refurbished to expand the living space, the kitchen has been updated to accommodate a breakfast bar and comfortable seating, and a screen porch has been transformed into a sunroom for year-round enjoyment. The home showcases the owner's acclaimed artwork created in her off-site studio, and is thoughtfully decorated with photos of antique boats, a collection of banjos, and a gorgeous piano.

Home five, just two miles from home four, houses home four's off-

site art studio and temperature-controlled vintage racing boat workshop. The owner's artwork focuses on abstract landscapes done with watercolor on Yupo paper, a synthetic plastic surface that allows for bright colors and flexible techniques. In the boat workshop, visitors will find three vintage speedboats - Illusion and Compulsion, replicas of Gar Wood race boats originally built in the 1930s, and Sassy, a Jersey Speed Skiff.



This spacious living room in home three features exposed beams from the original Camp DeWitt cottage.

Tickets for the Hospice Home & Garden Tour are on sale now for \$55 each and guests are encouraged to purchase tickets in advance - the tour often sells out. Tickets are available online and at Black's Paper & Gift Shop (cash sales only), 8 South Main Street in Wolfeboro. All proceeds benefit Granite VNA community hospice services.

In 2025, Granite VNA made 111,331 visits to 6,096 home care patients in their homes, facilities, and retirement communi-

ties, as well as 28,176 visits to 799 hospice patients in their homes, assisted living communities, retirement communities, and skilled nursing facilities, and 11,507 visits to 419 patients at Granite VNA Hospice House in Concord. Proceeds from the Hospice Home & Garden Tour directly benefit this work.

For additional information about the 2026 Hospice Home & Garden Tour, and to purchase tickets, visit www.granitevna.org/hometour.

VNA's Hospice Home & Garden Tour has become an annual can't-miss summer event in the Lakes Region. This year's tour showcases five beautiful, historic properties in Alton and Wolfeboro that are sure to "wow" visitors. The self-guided tour takes place Wednesday, July 15, from 10 a.m. - 4 p.m., and welcomes attendees to stroll through lush gardens, enjoy elegant interiors, and explore the history behind each unique property.

"Whether you are visiting the Lakes Region for the day or a week, or if you live here, this tour should be on your calendar! Experiencing these unique homes, gardens, and beautiful surroundings is simply the perfect way to spend a summer day," said Granite VNA volunteer and tour committee co-chair Karen Haskell. "We are incredibly grateful to the property owners who open their doors to visitors and support Granite VNA community hospice services. We also owe a big thank you our more than 75 volunteers, sponsors and others, who make the tour possible. We can't wait to welcome you into these gems of the Lakes Region."

2026 Hospice Home & Garden Tour featured homes:

Home one, on the edge of Roberts Cove, offers a stunning interior featuring furnishings and décor from the southeast United States. The open-concept home features large living areas with scenic water views and a four-season porch providing a comfortable herb garden overlook. The home accommodates 18 people and comfortably welcomes

ation in the walk-out game room or on the stone patio adjacent to the private beach where two docks offer direct lake access and a view of Rattlesnake Island.

Home two, a warm lakefront retreat, blends craftsmanship, creativity, and a deep appreciation for the past set against stunning views of Lake Winnepesaukee. Antique clocks, sewing machines, glass bottles, and repurposed treasures are woven throughout the home, alongside custom reclaimed wood pieces. The first floor studio provides space for quilting, sewing, knitting, and crocheting. Now suited for modern living, the home is built on the site of a 1940s camp which



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Bears edge Rams to advance to quarterfinals

BY JOSHUA SPAULDING
Sports Editor

TILTON — It was a classic eight vs. nine first round tournament game as the Winnisquam softball team hosted Raymond on Wednesday, June 3.

The Bears scored four runs in the fourth inning and held on tight to get the 5-3 win over the Rams to advance to the Division III quarterfinals.

“This was a great softball game between two very good softball teams,” said Winnisquam coach Mark Dawalga. “Give Raymond credit, they never quit.”

The Bears got on the board first in the bottom of the fourth inning with two-run singles from Hennessy

Vieira and Aaylah Cartier leading the way. In the bottom of the fifth, the Bears added to that lead, with Adie Bernier driving a two-out double to left to score Danica Weymouth, who had worked a walk.

“We knew Raymond was not going away easily,” Dawalga said. “They are a well-coached team.”

The Rams scored two runs in the top of the sixth inning to cut the lead to three and then loaded the bases in the top of the seventh and got the tying run to second with one out.

However, Weymouth was able to bear down, striking out the third hitter in the Raymond order and getting their cleanup hitter to pop

up to end the game. Weymouth allowed just two earned runs on five hits and struck out seven in earning the playoff win.

“I am really proud of this team,” Dawalga said. “Seeing the hard work that they put in every day at practice really pay off was exciting to see. This was a great team win with everyone contributing.”

The win propelled the Bears into the Division III quarterfinals where they faced off with top-ranked Gilford on Saturday.

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

O’Connell’s three-run blasts leads Raiders to first-round upset

BY JOSHUA SPAULDING
Sports Editor

LANGDON — The Belmont softball team made the most of its long ride to Langdon for the opening round of the Division III tournament, as the Raiders came out and rolled to a 17-4 upset win over Fall Mountain on Wednesday, June 3.

Every starter in the lineup had at least one hit on

the day for the Raiders, led by Molly O’Connell’s three-run homer over the 10-foot red fence. O’Connell, Bailey Perkins, Falyn Sicard and Natalee Cullen each had two hits on the day and Madi MacDonald, Lyla McSheffrey, Avery Thurber, Sara Cribbie and Adi Ross each had a hit.

Perkins got the start in the circle for the Raiders and went all five innings,

allowing just four hits and four earned runs while striking out five.

The Raiders moved on to face second-seeded Prospect Mountain in the Division III quarterfinals on Saturday.

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

4-H Wildside: “Trek to End Hunger” brings youth, families together for outdoor adventure, community impact

GILFORD — New Hampshire 4-H hosted 4-H Wildside: Trek to End Hunger on June 6 from 10 a.m. to 2 p.m. at Gunstock Mountain Resort, the event offered a free day of outdoor adventure, education, and service for youth and families.

Mike Harris the 4H Program Manager for the Belknap County stated that the Event was a success. Mike said that the event engaged over 100 people and received more than 325 pounds of donated food that will be distributed to local food pantries.

The event combined recreation and service-learning to raise awareness about food insecurity while supporting hunger relief efforts across the state. Participants explored activities at their own pace while engaging in hands-on projects, outdoor challenges, and educational experiences.

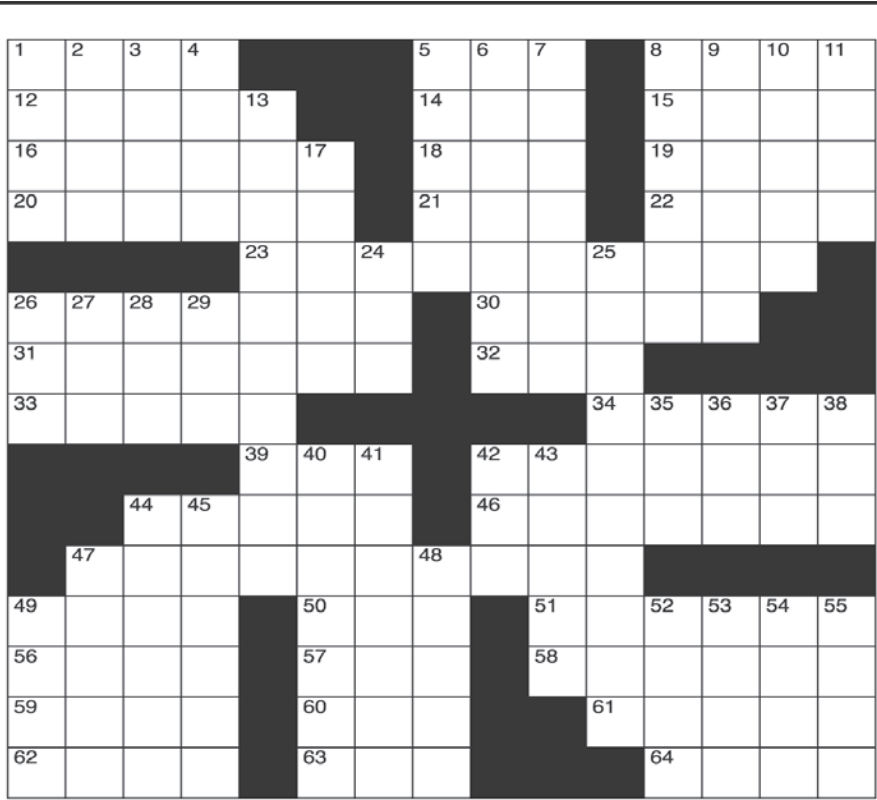
At the heart of the event was the Wild Miles Adventure Loop, where attendees walked a 1.125-mile trail while stopping at interactive stations focused on nutrition, trail stewardship, and food insecurity awareness.

Additional activities included service projects such as assembling food donation bags and planting micro-green gardens, an outdoor recreation expo, a hands-on cooking workshop with a shared meal, and a fishing workshop hosted by New Hampshire Fish & Game.



Registered participants also had access to the Gunstock Mountain Coaster at no cost.

Mike Harris said 4 H was joined by 11 organizations at the expo. The expo partners were Wildly Responsible, New England Mountain Bike Association, Granite Outdoor Alliance, UNH Recreation Management, and UNH Policy Department, The Cornucopia Project, Partnership for Public Health, NH Beekeeping Association, Highland Bike Part, Mount Washington Observatory, South East Land Trust of New Hampshire, NH Fish & Game, Barry Conservation Camp, and Gunstock Mountain Resort.

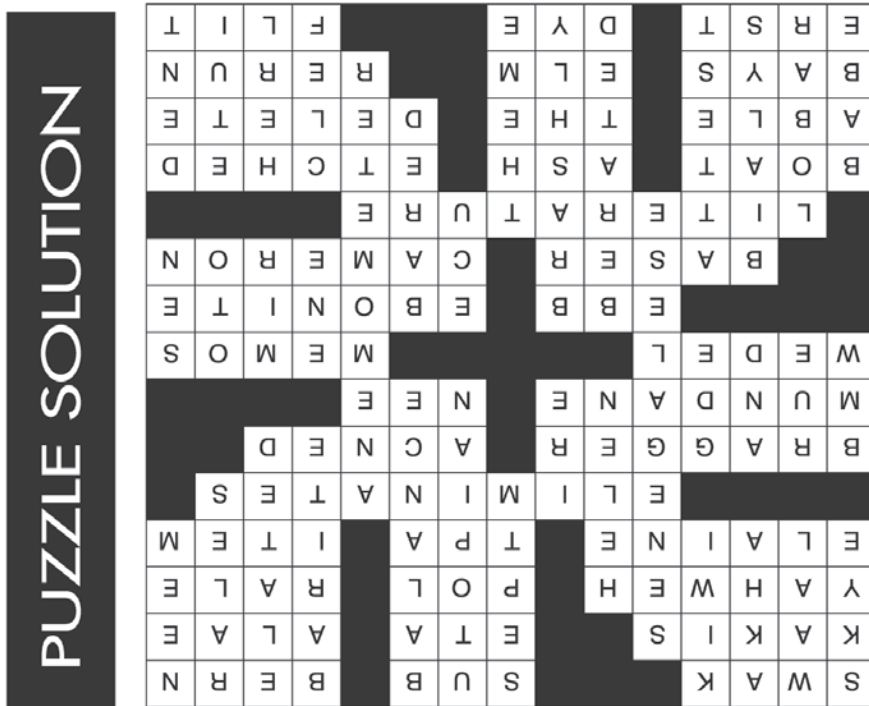


CLUES ACROSS

- 1. Sealed with a kiss
- 5. Large sandwich
- 8. Swiss city
- 12. Japanese persimmons
- 14. When you hope to get somewhere
- 15. Wings
- 16. A name of God
- 18. Elected official (informal)
- 19. Abnormal breathing
- 20. “Seinfeld” character
- 21. Yearly tonnage (abbr.)
- 22. Something for sale
- 23. Gets rid of
- 26. One who touts
- 30. Blemished
- 31. Less than exciting
- 32. Born of
- 33. N. German town
- 34. Notes
- 39. Move away from land
- 42. Vulcanite
- 44. More ignoble
- 46. Child actor Kirk
- 47. Written works
- 49. Sea vessel
- 50. Residue
- 51. Engraved
- 56. Having sufficient skill
- 57. One and only
- 58. Erase
- 59. Broad inlets
- 60. Nightmarish street
- 61. Play again
- 62. Formerly (archaic)
- 63. Add a color to change the color
- 64. Move swiftly and lightly

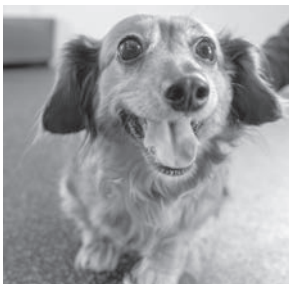
CLUES DOWN

- 1. Scottish island
- 2. River in the Netherlands
- 3. Asian people
- 4. Fuzzy fruit
- 5. Ninth month (abbr.)
- 6. An idealistic social reformer
- 7. What you owe
- 8. Colorless mineral
- 9. Overjoyed
- 10. Rattling breaths
- 11. Tropical Old World tree
- 13. A citizen of Senegal
- 17. Greek mythological beauty
- 24. Wrath
- 25. Instrument to measure wind speed
- 26. Luxury carmaker
- 27. Bitterly regret
- 28. Not or
- 29. Google certification
- 35. Midway between northeast and east
- 36. Space station
- 37. Relating to the ears
- 38. Congressman
- 40. Yelled at
- 41. Rudely assertive
- 42. Defunct European money
- 43. Shared one’s soul
- 44. Onion rolls
- 45. A way to state clearly
- 47. Relating to a lobe
- 48. Underlying message
- 49. Hollywood pig
- 52. Indicates pitch
- 53. Filament of a feather
- 54. Small ornamental ladies’ bag for small articles
- 55. Diminish



PETS OF THE WEEK

Meet Laci!



Meet Laci - One half of the Dachshund Duo
Laci is a beautiful long-haired dachshund mix with a gentle soul and a touch of shyness that only makes her more endearing. She may take a little time to warm up to new people, but with patience and kindness, her sweet personality truly begins to shine.
Laci takes a lot of comfort in her brother Scrappy—she looks up to him and often follows his lead. If Scrappy decides you’re

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

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

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

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

Meet Scrappy!



Meet Scrappy - One half of the Dachshund Duo

Scrappy may have a bit of a “don’t mess with me” look at first glance, but don’t be fooled—this dachshund mix is a total softie at heart. Beneath that scrappy exterior is a lovable guy who’s just waiting to show off his sweet, easygoing side to the right person.

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

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

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

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

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

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Bears, Raiders compete at Meet of Champions

BY JOSHUA SPAULDING
Sports Editor

DURHAM — The best track athletes from around the state headed to Oyster River High School for the Meet of Champions on Saturday, June 6.

In the long jump for the boys, David Walker of Inter-Lakes took the win at 23 feet, six inches and Prospect Mountain's DJ Scarpa finished in 12th place in 20 feet, 6.5 inches while for the girls, Gilford's Pearl Marvel was first at 17 feet, 8.25 inches, Pelletier was fourth at 17 feet, 3.25 inches and Newfound's Autum Blackman was seventh overall at 16 feet, nine inches.

For the boys in the 100 meters, Kingswood's Graham Scully was 14th over-

all in 11.56 seconds while for the girls, Belmont's Ava Lacasse was fifth in the preliminaries in 12.74 seconds and fifth in the finals in 12.76 seconds.

In the 200 meters for the boys, Winnisquam's Kyle Douglas finished in a time of 22.89 seconds for seventh place and Scully finished in eighth place in 23.02 seconds. Lacasse was fourth for the girls in the 200 meters in 25.8 seconds.

For the girls in the 400 meters, Macy Sawyer of Gilford placed second in 57.06 seconds and Olivia Lorenz of White Mountains Regional finished in eighth place in 1:00.17.

For the boys, Plymouth's Lucas Van De Moere was seventh in 50.05 seconds

and Kingswood's Evan Thurston was 11th in 50.92 seconds.

In the 800 meters for the boys, Newfound's Brady Harker was seventh in 1:59.35, Plymouth's George Sutherland was 14th in 2:05.42 and teammate Tate Hayman was 15th in 2:05.91.

For the girls in the 3,200 meters, Elli Englund of Plymouth finished in eighth place in 11:30.75. In the 1,600 meters, Gilford's Maria Tilley was sixth in 5:13.67 and Moultonborough's Hailey Watts was 15th overall in 5:30.73.

In the 300-meter hurdles for the boys, Winnisquam's Nolan Abbott finished in ninth place in 41.36 seconds and in the 110-meter hurdles, Win-

nisquam's Taber Haggett finished in 16.17.

For the girls in the 100-meter hurdles, Kingswood's Norah Pelletier was fifth in the preliminaries in 15.66 seconds and fourth in the finals in 15.03 seconds. Profile's Isabel Lawton finished in 12th place overall in 16.76 seconds. Pelletier was also fourth in the 300-meter hurdles in 47.08 seconds, Emily Aguiar of Gilford was sixth in 48.41 seconds and Belmont's Cora Takantjas was 10th in 49.68 seconds.

Dayton Brigante of Winnisquam was fifth in the pole vault at 11 feet, six inches and Abbott was ninth at 10 feet, six inches.

In the shot put, Brady Filteau of Belmont was

third at 47 feet, one inch, Max Colby of White Mountains Regional finished in ninth place at 43 feet, 9.75 and Ethan Rivera was 15th at 39 feet, 8.5 inches. Colby was also seventh in the javelin at 147 feet, five inches with Brayden Robinson of Inter-Lakes in ninth place at 141 feet, six inches. For the girls in the javelin, Plymouth's Hadassah Crane finished in 11th place at 92 feet, 11 inches and Brooke Laflamme of Berlin finished in 16th place at 87 feet, one inch. For the boys in the discus, Gilford's Gunnar Marvel was fifth at 143 feet, three inches, Filteau was 11th at 124 feet, six inches and Jonah Katz of Kennett finished in 16th place at 113 feet, three

inches.

The Winnisquam boys' 4X400-meter team finished in ninth place in 3:29.19 while the Plymouth 4X800-meter boys finished in third place in a time of 8:16.04. The Gilford 4X400-meter relay girls finished in fifth place in 4:10.81. The Newfound 4X100-meter girls finished in 13th place in a time of 52.15 seconds and the Kingswood 4X100-meter boys finished in eighth place in 44.41 seconds.

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

Tilton resident Brendan Cilley completes intensive research project

WORCESTER, Mass. — Brendan Cilley, a member of the class of 2027

Fairfield University congratulates Spring Dean's List

FAIRFIELD, Conn. — Caitlin Connelly of Tilton received Dean's List Honors for the Spring 2026 semester.

In order to be placed on the Dean's List, students must have completed a minimum of 12 credit hours in a semester, have no outstanding or incomplete grades for that semester, and have attained a semester grade point average of 3.50 or better.

Computer Engineering at Worcester Polytechnic Institute (WPI), was a member of a student team that recently completed a professional-level research-driven project titled "The Effects of Delay and Jitter on Cloud Game Players."

Known as the Interactive Qualifying Project (IQP), this project is a core part of the innovative undergraduate experience at WPI. Centered around project-based learning, this hands-on approach offers students opportunities to help develop thoughtful solutions to open-ended problems. These real-world problems affect the quality of life for people in the communities where students work, giv-

ing students a chance to make a difference in the world before they graduate. All WPI undergraduates are required to complete an IQP, usually in their junior year, through which they apply science and technology to address an important societal need or issue. About two-thirds of WPI students complete their IQP at one of the university's more than 50 off-campus project centers located in more than 30 countries around the world.

"The WPI project-based curriculum's focus on global studies brings students out of the classroom and their comfort zones and into the global community to apply their knowledge and to solve problems," said Professor Kent Riss-

millier, professor of International & Global Studies and associate dean of The Global School. "Students are immersed in all aspects of a different culture-from the way people live and work to the values they hold to the foods they eat, all valuable perspectives for surviving and thriving in today's global marketplace. They also learn the meaning and magic of teamwork; make a real and meaningful difference in their host community; and gain a competitive edge for any resume, or graduate or professional school application."

About Worcester Polytechnic Institute

Worcester Polytechnic Institute (WPI) is a top-tier, STEM-focused univer-

sity with an R1 research classification and global leadership in project-based learning. Founded in 1865, WPI's distinctive approach integrates classroom theory with real-world practice, preparing students to tackle critical challenges through inclusive education, impactful projects, and interdisciplinary research. With more than 70 bachelor's, master's, and doctoral degree programs across 18 academic departments and over 50 global project centers, WPI advances knowledge and innovation in fields such as life sciences, smart technologies, advanced materials and manufacturing, and global innovation. Learn more at www.wpi.edu.

Bank of NH donates \$10,000 to Laconia Fire Department's regional first responder training facility

LACONIA — First responders require ongoing training to develop new skills and maintain the expertise needed to respond effectively during emergencies. To support this effort, the Laconia Fire Department is planning to construct a new 3,000 square foot regional training facility that will provide realistic, hands-on training opportunities for first responders throughout the region.

Bank of New Hampshire donated \$10,000 to support the construction of the facility, which will be located on city property. The training center will help first responders strengthen operational readiness, practice response strategies in high-stress scenarios and improve outcomes during low-frequency, high-risk emergency situations.

"We are proud to support the Laconia Fire Department and its vision for a regional training facility that will benefit first responders across our community and beyond," said Janna Thompson, AVP — Laconia Banking Office Manager. "Investing in public safety and emergency preparedness helps strengthen the communities we serve, and we are honored to be part of this important project."

"We greatly appreciate



Janna Thompson, AVP — Laconia Banking Office Manager (second from right); and Michelle Blake, VP — Gilford Village Banking Office Manager (third from left); present a \$10,000 check to Laconia Fire Department Chief Tim Joubert (far right), and Laconia Police Chief Matthew Canfield (far left) to support the construction of new 3,000 square foot regional training facility.

Bank of New Hampshire's generous support of our project," said Tim Joubert, Fire Chief of the Laconia Fire Department. "This facility will provide critical training opportunities for first responders throughout the region, helping ensure they are prepared to respond safely, effectively and confidently when emergencies occur."

Founded in 1831, Bank of New Hampshire is the oldest and one of the larg-

est independent banks headquartered in the state. With assets exceeding \$2.7 billion and 21 banking offices across New Hampshire and southern Maine, the bank provides comprehensive deposit, lending and wealth management solutions for families and businesses. As a mutual organization, Bank of New Hampshire is focused on the success of its customers, communities and employees—rather than stockholders. With a

legacy of strength and stability, the bank combines local decision-making and trusted guidance with modern technology to deliver a seamless banking experience. For more information, call 1-800-832-0912 or visit BNH.Bank.



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CENTER

CONTINUED FROM PAGE A1
more.

“The WiCC is an incredible asset to our community. It provides students with opportunities to explore career pathways, develop practical skills, and build confidence in themselves and their future,” said Principal Andrea Wujcik. “One

of the best parts of the WiCC is seeing students fully engaged in learning without even realizing how much they are growing academically, professionally, and personally.”

Enrollment is expected to be about 184 students in the fall of 2026, according to Wujcik, which is up from the current enrollment of 120.

“This renovation proj-

ect really changes what is possible for students. The updated labs and new equipment make the space feel like a real workplace, not just a classroom. It also provides students with engaging technology they’ll actually use in their careers,” said Jeffrey Beard, State Career & Technical Education Director.

The WiCC’s career and technical education con-

struction and renovation project was funded in large part thanks to state funding in the 2024-2025 state capital budget. The WiCC received \$7.6 million in state funds for these renovations, which represents approximately 70% of the full project cost, pursuant to RSA 188:E-10. The state pays up to 75 percent of renovation and construction costs for CTE

projects, with local municipalities covering the rest. Included in the 2028-2029 Biennium Capital Budget Requests are two proposed CTE projects – additions and renovations at the Milford Applied Technology Center and the Region 14 (ConVal) Applied Technology Center.

For more information about the facility, visit www.WiCC-ED.org, or

email info@WiCC-Ed.org. Students attending or living in the region associated with the following high schools are eligible to apply: Belmont; Franklin; Gilford; Inter-Lakes; Laconia; Merrimack Valley; Newfound Regional; Winnisquam Regional; and area charter, nonpublic, and home education students.

JUMPWORD

CONTINUED FROM PAGE A1

Divers weaved his way around a pair of errors in the top of the fourth inning and Ryder reached on an

error to open the bottom of the fourth. Walks to Crockford, Binder and Rochenski plated another run and two more runs scored on a fielder’s choice and error for the 9-1 lead. Brayden

Townsend added a sacrifice fly to make it 10-1 after four innings.

Divers worked around a single in the top of the fifth and with two outs in the bottom of the fifth, Binder

doubled home Crockford, who had walked, and Belmont had the 11-1 win over the Wildcats to earn a trip to the Division III semifinals.

Divers gave up just two

hits and one unearned run while striking out five over five innings for the Raiders.

“To come out and go down in a high stakes game just to turn it on and 10-run a good team is impressive,” LeBlanc said. “You would think we would have to rely on our All-State players and it’s just not the case.”

“Eddie Rochenski, Brady Fysh, and Sam Binder were impact players and I’m so happy for them,” the veteran coach continued. “On a day when

our top of the order guys didn’t get the results we’re used to and to have the lower half guys stand out is awesome. If we can put it all together moving forward, the sky is the limit.”

Belmont played in the Division III semifinals against Bishop Brady after deadline on Tuesday. The Division III finals are set for Saturday in Manchester.

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



Wyatt Divers fires a pitch during action on Saturday in the Division III quarterfinals against Fall Mountain.



Brady Fysh dives back into first base during action against Fall Mountain in the Division III quarterfinals on Saturday.

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<p>\$1,330,000 MLS# 5092632</p> <p>Sanbornton: Set high on 3.34 acres with elevated lake views, this 5-bedroom contemporary Lake Winnisquam waterfront home features vaulted pine ceilings, a wood stove, and walkout in-law suite.</p>	<p>\$479,000 MLS# 5092436</p> <p>Laconia: This 2-bedroom, 2-bath modular ranch offers an open layout complete with a white cabinet kitchen, a center island, vinyl plank flooring, and a full unfinished basement. Nearby beach on Lake Opechee.</p>	<p>\$750,000 MLS# 5092347</p> <p>New Hampton: Tucked on 15 acres, this 3-bed home features cathedral ceilings, skylights, and access to Forest Pond. Detached 2-car garage, private pickleball and basketball courts, an octagon building, and a woodland cabin.</p>	<p>\$975,000 MLS# 5091414</p> <p>Laconia: This updated 3-bedroom property in the Sands of Brookhurst neighborhood offers a spacious main-level great room with a wood stove and partial lake views. The home features an oversized rear deck abutting a conservation area, paired with a coveted deeded dock for a 26' boat on Winnepesaukee.</p>
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NHBM, others partner to rebuild WWII Storm Boat for America's 250th



ALTON BAY — In the spring of 1945, a small Florida pleasure-craft company named Correct Craft built 406 wooden Storm Boats for the U.S. War Department in just 19 days—working around the clock, but never on Sundays. Those 17-foot plywood assault craft, powered by purpose-built 50-horsepower Evinrude outboards, carried American soldiers across the Rhine River and helped bring World War II to a close.

Eighty-one years later, the New Hampshire Boat Museum (NHBM) is rebuilding one of those boats from Correct Craft's original 1945 plans that have never before been shared outside its own archives. The project will make its public debut at the Wolfeboro Fourth of July parade, towed behind a restored

WWII Jeep. "Correct Craft told us, 'We haven't given these plans to anyone—we'd like to partner with you and have you build the boat,'" said NHBM Executive Director Devon Kurtz. "In light of the 250th anniversary of the United States, it just felt right."

The Storm Boat itself was a marvel of wartime engineering—17 feet long with a six-foot beam and a four-inch draft, double-bottomed for survivability, and able to carry eight fully equipped soldiers at 23 knots. Its Evinrude motor, adapted from the company's pre-war Elto 460 racing platform, featured a reinforced lower unit with horizontal fins to prevent fouling on underwater barbed wire and a bi-pod quick-mount bracket, allowing the motor to be in-

stalled or removed in seconds. This bracket also kept it from being torn off during beach landings.

NHBM's reconstructed boat will be powered by an original 1944 Evinrude engine donated by a collector in Texas, which is now being stripped down and rebuilt to full operational condition by members of the Antique Outboard Motor Club.

Although Correct Craft is headquartered in Florida today, the company's roots run through New Hampshire. The Meloon family, who founded the company, first arrived in Portsmouth before moving to Ossipee. They continued to return to Ossipee every summer, even after settling in Florida.

The connection to NHBM came through board chair Jamie Laurent, who met a retired Correct Craft employee through a mutual friend. That introduction led to conversations with the company, which embraced the project as part of its own heritage and the nation's semiquincentennial celebration.

What followed was an ad hoc committee with representatives from Correct Craft, the Antique Outboard Motor Club, NHBM's boat-building program, and the Wright Museum, which is painting and applying period-correct markings to a donated trailer and providing the WWII Jeep that will tow the boat in parades. NHBM's boat-building volunteers, joined by outside volunteers and members of local veterans' groups, are handling construction.

"These boats were built really fast to do one specific job, one time," Kurtz said. "They weren't made to last forever—it was almost a disposable concept. We're not talking about the mahogany boats of the 1920s. These boats won a war."

The original 1945 production effort, which Correct Craft called its "Miracle Production," was itself a community story. Carpenters, mechanics, teenagers, mothers, church volunteers, and veterans worked three nonstop shifts at the Pine

Castle factory, exceeding the Army's contract of 300 boats by 106 units. Correct Craft received the Army-Navy "E" Award for excellence.

"It's those little stories of how communities came together during the war—Victory Gardens, scrap metal drives, a pleasure-boat company turning out 406 combat boats in 19 days," Kurtz said. "That's exactly what's happening

with this project today. People from across the country, across generations, and across organizations are coming together to honor that legacy."

Once complete, the Storm Boat will become a portable exhibit, traveling to boat shows, the Wright Museum, and other regional venues, accompanied by a school curriculum currently in development. To

volunteer for the project or learn more, visit nhbm.org.

Founded in 1992, NHBM is dedicated to preserving and sharing the state's rich freshwater boating heritage. Through dynamic exhibits, youth programs like Junior Skippers, and on-the-water experiences, NHBM brings New Hampshire's boating story to life for visitors from across the world.

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Belknap Area Market Management (BAMM) announces beginning of Farmers Markets' third season

BELMONT — Belknap Area Market Management (BAMM) is excited to announce the return of its farmers markets for the 2026 season, bringing fresh, locally sourced produce, meats, baked goods, and artisan crafts to the communities of Tilton, Barnstead, and Laconia/Weirs Beach. The markets will run from late May through early October, offering residents and visitors a vibrant and accessible way to support local farmers and artisans.

Market Schedule
 Tilton Farmers Market
 Tuesdays, 3:30–6:30 p.m., starting May 19
 Tilton Police Department, Route 132, Tilton
 The Market at Weirs (Laconia)
 Saturdays, 10 a.m.–1 p.m., starting May 24
 Weirs Community Park, Laconia
 New Suncook Valley Farmers Market (Barnstead)
 Saturdays, 10 a.m.–1 p.m., starting May 30
 91 Maple St., Center Barnstead

Each market will feature a diverse array of vendors offering fresh produce, meats, baked goods, and artisan crafts. SNAP/EBT benefits are accepted at all markets and are doubled through the Granite State Market Match program, making healthy, local food more accessible to all.

BAMM is committed to fostering a strong local economy by providing a platform for small-scale farmers and artisans to showcase their products. The markets also serve as community hubs, bringing together neighbors and visitors to celebrate the abundance of the Belknap region, while enjoying live music and hot food from a variety of food trucks.

For more information about the markets, vendor applications, and support opportunities, please visit www.bamm-nh.org.

GRANT CONTINUED FROM PAGE A1

ute to their mission."

The \$5,000 grant was awarded through Franklin Savings Bank's Fund for Community Advancement, which supports nonprofit organizations working to improve the quality of life in the communities the bank serves. Franklin Savings Bank remains committed to strengthening communities through charitable giving, volunteerism, and longstanding partnerships with local organizations.

"This grant comes at a critical time when many of our tenants are having a harder time making ends meet. We are grateful that Franklin Savings Bank understands the importance of helping people maintain stable housing," explains Carmen Lorentz, Executive Director, Lakes Region Community Developers.

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

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Concord Hospital Health System welcomes New England College nursing cohort

Students receive hands-on clinical training across Concord, Franklin, and Laconia campuses

REGION — Concord Hospital Health System (CHHS) recently welcomed this year's cohort of nursing students from the New England College

(NEC) Class of 2028, continuing a partnership focused on developing the next generation of nurses through immersive, hands-on clinical education.

This year's cohort includes 19 students, with 15 training in Concord and four training in Franklin and Laconia. For the first time since the partnership began, one student will complete her employee nursing shifts as a licensed practical nurse (LPN) at Concord Hospital - Franklin, marking an important milestone in expanding educational opportunities across the health system.

"We are proud to continue strengthening our partnership with New England College and creating meaningful opportunities for nursing students to learn and grow within our health system," said Emily Higgins, DNP, MSN, RN, ONC, CHHS's academic-practice partner and student placement coordinator. "Programs like this provide students with the opportunity to build confidence and strengthen their clinical skills while serving in both student nurse and nursing assistant roles. For many students who must continue working while pursuing their nursing ed-



COURTESY

The 19-member cohort of nursing students from the New England College Class of 2028 poses for a group photo in the main lobby of Concord Hospital. They will complete a 14-week clinical rotation working directly with registered nurse preceptors.

ucation, the cooperative model offers this ability while helping to strengthen our healthcare workforce."

The accelerated Bachelor of Science in Nursing program combines classroom instruction and extensive clinical training, allowing students to gain real-world experience while working alongside experienced healthcare professionals across the health system. Throughout the program, students work as healthcare employees while completing student nurse clinical rotations under the guidance of nurse preceptors. The model gives students the opportunity to apply classroom knowledge directly in patient care settings, become

familiar with organizational culture, policies, and interdisciplinary teamwork, and complete their degree in an accelerated timeframe while gaining significant hands-on experience.

"Concord Hospital was the inaugural partner for the NEC's earn while you learn program," Higgins said. "The Class of 2028 represents the fourth cohort we have welcomed into our health system. Many of the graduates remain in our organization as new graduate nurses, demonstrating exceptional clinical skills developed through working and training in our organization throughout their clinical rotations. The program is designed to allow students to gain experience across the full continuum of care, including critical care, perioperative, emergency, maternity, behavioral health, and outpatient services, allowing them to explore diverse areas of nursing and identify the

settings where they hope to build their careers after graduation."

This summer, students will begin a 14-week clinical rotation, working directly with registered nurse preceptors. As a teaching organization, CHHS remains committed to supporting clinical education and workforce development through nursing programs, residencies, apprenticeships, and student placements across the system.

"With students now training in Concord, Franklin, and Laconia, we are continuing to expand opportunities for experiential learning while helping strengthen healthcare access across the regions we serve," Higgins added.

CHHS encompasses hospitals in Concord, Franklin, and Laconia, as well as more than 60 ambulatory and specialty care locations throughout New Hampshire.

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