

# Winnisquam Echo

THURSDAY, MAY 2, 2024

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## Community turns out to honor Bryan Caruso's legacy

### 12er Home Run Derby brings the crowds to Winnisquam Regional

BY JOSHUA SPAULDING

Sports Editor

TILTON — After what seemed like weeks of rain and chilly weather, the sun came out in force on Saturday and so did supporters of Winnisquam baseball coach Fred Caruso.

Caruso played host to the first 12er Home Run Derby to benefit the Winnisquam baseball program and the Bryan F. Caruso Scholarship Fund, which is named after the Bear coach's late son and the community turned out in force.

Former Winnisquam players, former players from Winnisquam foes, players coached by Bryan Caruso in their youth careers and kids of all ages came to the Winnisquam JV baseball field to take their best shot at the fence.

"Bryan had a big impact on this community when he was here and even after he stopped playing here," Caruso



Coach Fred Caruso helps his grandson, Colt, take some swings at the 12er Home Run Derby, held in honor of the coach's son and Colt's father.

said. "He coached a lot of kids and affected a lot of lives, not just on the baseball field, but off the field too."

For the younger

groups, both baseball and softball, there were cones set up for the homers to reach, while the high school and adult divisions had to clear the

fence in order for it to count as a homer.

Owen Tupeck hit eight homers to win the Little League baseball division, while Carter

Lloyd hit three to win in the middle school division. Eliot Medlock, a student at Merrimack High School, son of former Winnisquam AD Zach Medlock and a former player for Bryan Caruso with the Concord Cannons, won the high school division with four homers and former Winnisquam catcher Chaz Hibbert drilled three homers after spending the entire day catching while others hit homers.

Layla Milbourne hit seven homers to win the 12U softball division while Eila Petty was the winner at the middle school level and Jessi Mason won the adult softball division.

Longtime coach John

SEE CARUSOD, PAGE A8

## Exchange students learn and enrich Central NH communities



COURTESY

Exchange students from around the world gathered in Canterbury for an international dinner hosted by the Adair family on Northwest Road.

SANBORNTON — Exchange students from around the world are building cultural bridges here in central

New Hampshire. They recently gathered for an international dinner where they compared notes and delicacies

from sushi to crepes. Arriving in August, these students became part of their host families and began attending lo-

cal public high schools around the region, including Winnisquam and Franklin High Schools. This year's group came from Belgium, Brazil, France, Germany, Japan, Italy, Poland and Spain. They immersed themselves in American culture and the English language.

Current host mom Karen Darling, Franklin, attended the dinner with her Japanese daughter Mitsuki. She described the group as "radiant and positive." This is her second time hosting. Last year she hosted Yagiz from Turkey. As an empty nester, she remarked that she had the extra room and was happy to help. She likes to keep herself engaged with young people.

SEE EXCHANGE, PAGE A8

## May events and programs at the Belmont Public Library

BELMONT —

"May is the month of expectation, the month of wishes, the month of hope."

— Emily Brontë

In May, everywhere you turn something is waking up and beginning to grow. Your public library is the perfect place to nurture your own growth and explore new horizons.

Birdscaping in Your Backyard with Steve Hale from Open World Explorers Step up your game and attract more birds and more bird species to your backyard. We'll review various feeder types, food types, and the importance of natural live and dead cover for birds. Diversify your backyard with food, cover and water will have the birds in your yard...and not in your neighbor's yard! This special collaboration with the Belmont Conservation Commission is Wednesday May 22 at 6 pm at the Belmont Mill.

Adult programming at the Belmont Public Library

Do you enjoy knitting, cross stitch, or crochet? We offer a time and space to gather with other patrons on Monday mornings at 10:00 for fiber arts crafting. Or pick up a brush! Our watercolor group is con-

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## Belmont softball soaks up the sun in Florida

BY JOSHUA SPAULDING

Sports Editor

COCOA BEACH, Fla. — The Belmont softball team got away from the windy and chilly early spring temperatures over the school vacation week and headed to Florida to play a couple of games.

The original plan for the Raiders was to travel with another team from New Hampshire and play that team in a couple of games. However, when that plan did not materialize, the Raiders were able to schedule a couple of games against teams from the Cocoa Beach area and got the approval from the NHIAA for them to be considered regular season games. NHIAA rules prohibit teams from playing scrimmages while the season is in session, so the games had to be considered regular season games.

The first game of the trip came on Monday, April

SEE BELMONT, PAGE A8



# Getting in the Olympic spirit at Team USA Media Summit

Covering four Olympics over the course of the last 10 years has certainly been one of the biggest highlights of my career. The last two, specifically, with COVID precautions in place and few, if any, fans in the bleachers, have been especially memorable.

## SPORTING CHANCE

By JOSHUA SPAULDING



never made the trip out west.

However, as we approach the Paris Olympics this summer, the Team USA Media Summit was moved to New York City and was held April 14-17 at the Marriot Marquis Hotel in Times Square. When it was announced, I thought it might be interesting to attend, even though I knew I would be miss-

ing some games in the spring season.

A quick bus trip to Boston and a relatively quick train ride to New York City later, I found myself in the Big Apple on Sunday afternoon, April 14. I walked to the hotel (though it took a bit for me to find the entrance, which wasn't exactly obvious, despite the fact that it was right across the street from where I saw Sweeney Todd last year). For the record, this was the most expensive hotel room I have ever booked, but I went with it, figuring it was good to be in the same place as the Media Summit and I am glad I did it.

The opening reception was held at the Loeb Central Park Boathouse on Sunday night, with plenty of food and drink to go around. It was a beautiful night to be out near the water as the lights of the city illuminated the evening.

The next two days were stuffed full of press conferences, which featured athletes from multiple different sports discussing multiple different topics, all with an eye toward Paris in about 100 days. We also heard from representatives from the International Olympic Committee and the International Paralympic Committee and representatives of the Los Angeles 2028 Committee and the Salt



JOSHUA SPAULDING

Team USA athletes pose on the observation deck of the Empire State Building on April 17 as they celebrate 100 days until the Paris Olympics at the Team USA Media Summit.

Lake City bid committee, who's bid will likely be chosen for the 2034 Winter Olympics when the IOC meets in Paris. There were also numerous coaches and US Olympic and Paralympic Committee officials on hand to provide updates. One of the highlights was the announcement of the new Team USA marketing campaign, "One For All."

The final day, Wednesday, got off to a cool start when a group of athletes made the trip to the Empire State Building to ceremonially light the building up in red, white and blue in celebration of 100 days to go until the Paris Olympics. After a brief ceremony in the lobby of the building where the switch was flipped, athletes and the

assembled media journeyed to the top of the New York City landmark for some photo opportunities.

There were a few final press conferences on Wednesday before I headed back to New Hampshire so I could be at the Yum Yum Shop on Thursday morning to help pay those Olympic bills that are coming due.

The Olympics almost always contain great stories of people overcoming adversity, battling to the top and making history. I love the Olympics and the stories that go with them, which has made it a ton of fun to see these events in person in 2014, 2018, 2021 and 2022. I am thrilled to get the chance to see another Olympics and the Team

USA Media Summit was a great way to gear up for the summer ahead.

On a related note, if you know of any athletes with local connections who will be attending the Paris Olympics, please let us know, we'd love to tell their story.

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

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## Lakes Region Mental Health Center recognizes Mental Health Awareness Month

LACONIA —Lakes Region Mental Health Center is recognizing Mental Health Awareness Month this May. Since 1949, Mental Health America (MHA), its 141 affiliates, and countless others have observed the month of May as Mental Health Month by reaching out to millions of people to spread the word that mental health is something everyone should care about. Mental Health Month is a time to raise awareness, educate the public about mental health conditions and the importance of prevention and early intervention, reduce the stigma that surrounds these conditions, and encourage screening. Check your mental health at <http://www.mhascreening.org/>.

There are several ways everyone can support awareness during Mental Health Month this May:

Share your story. If you have a mental health story that could inspire others, or help to reduce the stigma of asking for help, consider sharing your story.

Help to Spread the

Word! Share this information with others, or on your personal social media.

Light up Green! Buildings across the country are participating in the Mental Health America Light Up Green campaign to encourage the public to learn about their well-being and take a mental health screening. Members of the public are asked to post photos of landmarks lighting up green on Instagram and tag @MentalHealthAmerica.

If you would like to help Lakes Region Mental Health Center, with [www.lrmhc.org](http://www.lrmhc.org), reach out to [development@lrmhc.org](mailto:development@lrmhc.org) (or) call (603) 524-1100, ext. 219 for more information. Follow LRMHC on Facebook, Instagram, and/or LinkedIn to learn more.

About Lakes Region Mental Health Center

Lakes Region Mental Health Center is the NH-designated community mental health center serving 24 towns in Belknap and Southern Grafton Counties. A non-profit, private corporation founded in

1966, LRMHC pro-

vides integrated care to children, adults, elders and their families who are living with- and recovering from- mental illness and/or emotional distress. LRMHC professionals provide the highest quality of care. By working in partnership with other health care providers, hospitals, law enforcement, corrections, courts, school districts, social workers and public health officials, LRMHC is able to provide a continuum of care for patients and improve the quality of life in the Lakes Region. In Fiscal Year 2023, LRMHC's nearly 200 employees served over 3,600 children, adults, and families. For more information, visit [lrmhc.org](http://lrmhc.org) or call 603-524-1100.

About Mental Health America

Mental Health America (MHA) is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all. MHA's work is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal. Learn more at [MHAnational.org](http://MHAnational.org).

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# Around and About Tilton

BY GREGG DEVOLDER

Hello and welcome back. It was another quiet week for meetings with just the Planning Board meeting on Tuesday. The only new project with the planning board last week was a proposal for a 60-unit storage facility at 232 and 246 Laconia Road. From what I saw on the maps, it's nearly across from the Instant Oil Change business heading north from town on Route 3 and on the left.

As I listened to the proposal, I couldn't help but wonder if the world needed another storage facility but as I dug deeper into the numbers, I was a bit surprised. It seems Americans have plenty of stuff to store. There's just under 19,500 cities, towns and villages in the United States and would you believe there are over 52,000 storage facilities in this country. That's four times more than MacDonald's franchises with just over 13,000 restaurants. It's also a nearly \$40 billion industry. Who knew? I guess the developer did. Shame on me, I bought a solid framed storage tent last fall to hold all the things I just couldn't live without. Lucky me, this last snow storm collapsed the tent frame completely. Which leads me to my next adventure with the town's clean up days. Thank goodness we have them, and I have to say, I haven't met a nicer bunch of folks than those that are working at the town's Public Works facility. What a big help they were. I finally bit the bullet and made about eight trips to heave-ho all my treasures. Thankfully, they took it all. Have you ever noticed how throwing things away can feel almost as good, as when you buy them? Go figure.

For those of you that have been waiting to read the minutes of the School Districts town meeting held back in March. They are now posted on the wrdsau59.org Web site.

Tilton's Hazardous Mitigation plan is also posted on the town's Web site at tiltonnh.org. It's over one hundred pages and has some interesting information and data included.

For those of you interested in the Salmon Run Conservation area, I stopped in last week to have a look and a bit of a walkabout. There's a great information kiosk that describes the Winnepesaukee River Trail network with maps and photos. With the island locked up, this is a pretty nice spot to bring a couple of chairs and enjoy the river. Just please remember, this is a designated conservation area not a park. There are no trash cans, picnic tables or benches so what you bring in with you, be sure to take out with you. It's an easy walk to and from downtown. From the parking lot it took about five minutes to walk to town hall. We may want to think about having a crosswalk painted to get you to the sidewalk on the other side but there is plenty of pedestrian signage there. On a slightly different note, as I walked by the Island, I thought it was looking rather sad. I suppose there's not much we can do about it right now but let's hope we can at least dress up the plywood blocking the gate to the Island Bridge.

For all you law abiding citizens that registered your dog this year. Get ready, the drawings for all those great gifts are coming soon! You should receive an email or call if you are a winner. With my luck, I'm afraid I couldn't win a dog biscuit in a one person drawing. Speaking of dogs, the doggy pooh collectors are up on Main Street, thank you in advance for taking care of your dog's business and may you win a gift for it!

It's hard to believe that Old Home Days are coming up but here we are at the beginning of May already. If you enjoyed the Tilton Historical Society "Encampment" and the minutemen marching in the parade last year, you won't be disappointed this year. It looks like the Historical Society will be expanding on this theme and adding a few interesting items as well. So, stay tuned!

Well, that's all I have for now. Thank you for reading and all your comments! As always, you can email me at: aroundandabouttiltonnh@gmail.com. I can't promise I'll respond to everyone, but I will read them all.

Have a great week!

## SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 28 calls for service for the week ending April 20. The breakdown is as follows:

ALL OTHERS	1
ANIMAL INVOLVED INCIDENTS	1
CIVIL STANDBY	1
CRIMINAL MISCHIEF	1
DIRECTED PATROL	1
DRUGS	1
FIRE/MEDICAL	1
HOUSE CHECKS	2
MONEY RELAYS	1
MUFFLER; NOISE PREVENTION	1
MV ACCIDENTS/NON-REPORTABLE	2
MV WARNINGS	5
NEIGHBORHOOD DISPUTE	2
POLICE INFORMATION	4
RECKLESS OPERATION	1
ROAD HAZARDS	1
V.I.N. VERIFICATIONS	2

There were no arrests reported during this time period.

# Interlakes Summer Theatre welcomes back alumni for fundraising gala



LACONIA — The Interlakes Summer Theatre will be presenting an Alumni Fundraiser Gala on Saturday, June 1 at 7 p.m. and Sunday, June 2 at 2 p.m. at the Lakeport Opera House in Laconia. The gala will feature songs and memories by 10 alumni from the last 16 years com-

panies. The Interlakes Theatre has been proud to launch more than 80 Broadway careers since our opening season in 2008. Tickets are \$50. Per person and seating is limited. There will also be a silent auction.

Our 17th season will open on July 3 with Dis-

ney's "Newsies." Next up will be the musical "Chicago," opening July 17, and "Legally Blonde, The Musical" opening July 31. The final show of the season is "Million Dollar Quartet," a true story about the day in 1956 when Elvis Presley, Johnny Cash, Carl Perkins and Jerry Lee

Lewis all showed up at the Sun Studios in Memphis, Tenn.

Tickets for the Gala and the seasons offerings are available at interlaketheatre.com or can be ordered over the phone at 603-707-6035.

## BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of April 15-22.

A 62-year-old female from Belmont was issued a summons in lieu of arrest on April 15 for owning a dog deemed a Menace, Nuisance, or Vicious.

Daniel Thomas Noe, age 59, of Laconia was arrested on April 17 for providing False Information pertaining to a Hand Gun.

A 47-year-old female from Belmont was issued a summons in lieu of arrest on April 18 for owning a dog deemed a Menace, Nuisance, or Vicious.

A 75-year-old male from Franklin was issued a summons in lieu of arrest on April 19 for Driving After Revocation or Suspension of License and Suspension of Vehicle Registration.


Jeffrey A. Cote, age 41, of Laconia was arrested on April 19 in connection with a warrant.

A 36-year-old male from Belmont was taken into protective custody on April 20 for multiple counts of Resisting Arrest or Detention.

A 37-year-old male from Mansfield, Mass. was taken into protective custody for undisclosed reasons on April 20.

Edward G. Parsons, age 81, of Belmont was arrested on April 21 for Domestic Violence-Simple Assault causing Bodily Injury.

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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.

## Unwind and savor

In a world where the pace of life seems to quicken with each passing day, it's becoming crucial to pause and appreciate the beauty in life's simplest moments. We're bombarded with messages that tell us success is synonymous with constant activity and productivity, but in our relentless pursuit, we often overlook the joy that can be found in slowing down and simply chilling out.

Think about it—how often do we rush through our days, barely taking the time to notice the world around us? We grab our morning coffee on the go, scroll through our phones during moments of downtime, and fill our schedules to the brim with commitments and obligations. But what if we took a step back and savored the little things?

There's something incredibly powerful about embracing simplicity in a world that seems to value excess. Whether it's enjoying a quiet moment with a good book, taking a leisurely walk in nature, or sharing a meal with loved ones without the distraction of technology, these small acts can have a profound impact on our well-being.

Research has shown that practicing mindfulness and engaging in simple activities can help reduce stress, improve focus, and cultivate a greater sense of contentment. By slowing down and being present in the moment, we can find peace amidst the chaos and rediscover the beauty that surrounds us.

Living more simply isn't about depriving ourselves or giving up on our goals—it's about finding balance and prioritizing the things that truly matter. It's about recognizing that true happiness isn't found in material possessions or external achievements, but rather in the connections we form, the experiences we cherish, and the moments of quiet reflection that nourish our souls.

COURTESY

Thursday night, May 9, all are invited to a Sanbornton Historical Society program just right for "winter is over." Master gardener Henry Homeyer will talk to us on "Beyond Perennials: Wood Plants, Stonework, Art and Whimsy in the Garden." The Gardening Guy is a lifelong organic gardener living in Cornish, where he has been planting flowers and trees since 1970. He is the author of four gardening books and has written a weekly gardening column for newspapers around New England for more than 24 years. He teaches organic gardening workshops throughout New England. The program is open to all, begins at 7 p.m. If a book-buyer, bring your wallet! We also welcome memberships -- new and renewals. Presentations are held in the handicapped-accessible and air-conditioned ballroom at Lane Tavern, 520 Sanborn Road. Light refreshments are served after the presentation. For more information, please contact Linda S. at 603-630-1749.



## Attract success, don't chase it

So many of us yearn to be successful, driven by an unrelenting desire to achieve. We work tirelessly, struggle against all odds, and clock in long hours, yet often find ourselves falling short of our goals.

Sometimes, it seems we're chasing after success like a mirage in a vast desert, seemingly within reach yet perpetually out of grasp, like trying to catch smoke with our bare hands. It can be like running a marathon with no finish line in sight. This relentless pursuit can feel like chasing the horizon — the closer you get, the further it seems to stretch away. Success, when pursued directly, often proves elusive, darting away like a startled deer the moment you think you've cornered it.

If you persist in chas-

ing success and consistently fall short, you will encounter a series of deep disappointments. These are not just mere setbacks; they are soul-wrenching disappointments that penetrate to the core of your being. Like sharp thorns on a seemingly beautiful rose, they prick at your spirit each time you reach out, leaving emotional scars that linger. Each failure feels like a personal betrayal, a dream deferred that saps your enthusiasm and dims the light of hope within you. These profound letdowns can hollow you out, leaving a feeling of emptiness where your passion once thrived.

Imagine sitting quietly in a park, lost in thought, when Jim Rohn, a white-haired man with twinkling, wise eyes, sits be-

side you. He carries the quiet authority of someone who has experienced much in life and who, during his lifetime, was celebrated for his insightful approach to personal development.

After a moment of comfortable silence, he turns to you and asks gently, "Well, how come you haven't achieved success yet?" His voice is soft but carries a weight that suggests deep understanding.

You find yourself opening up more than you intended, sharing, "I've tried for many years, but Success has always eluded me. I put in the hours, worked relentlessly, and at the end of the day, I watched as everyone else got their slice of the pie, but I never got mine." The older man nods thoughtfully as if he knows this

story all too well.

His response is both shocking and eye-opening. He responds with serene confidence, "Success is something you attract, not something you pursue. It's something you attract by becoming attractive."

You can't help but chuckle to yourself, misinterpreting his words, and reply, "Well, there are plenty of successful people who aren't traditionally attractive, and unfortunately, we're born with the looks we have."

He flashes a gentle, knowing smile and clarifies, "Not that kind of attractive. I'm talking about becoming someone who naturally draws opportunities. It's about being a person of value, character, and action—qualities that magnetize success."

Encouraged by his in-

sight, you lean in, intrigued, and ask, "So, how does one attract success then?"

His eyes light up with the question as if he's been waiting to share this secret.

He replies earnestly, "It's not about chasing external rewards; it's about personal development. You can have more than you've got right now because you can become more than what you are right now. If you multiply your value by three or by five, you can easily multiply your income by three, five, or even ten. But the key is to work on yourself. That's how you make yourself a magnet for Success."

His words resonate deeply, suggesting a shift from outward effort to inward growth and highlighting a pathway to bet-

ter circumstances and a better self.

If you want to have a successful large business, you need to refine your leadership skills.

If you aspire to be a renowned artist, enhance your innovative thinking and master new artistic techniques. For those aiming to excel in academia, strengthen your research abilities and cultivate critical thinking. Want to innovate in technology? Develop your technical expertise and learn to adapt quickly to new technological advancements.

By focusing on personal growth in these targeted ways, you make yourself a beacon for opportunities, naturally attracting the success you seek.

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## Comfort Keepers

### What to pack (and not to pack) for the hospital

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

Well-planned packing helps make vacations more enjoyable. Likewise, what you pack for your own or a loved one's admission to the hospital can make for a smoother, less stressful experience.

The following is a review of necessities for a hospital packing list, as well as items that can make a hospital stay more comfortable—plus those things that are best left at home.

Must-have items and information

Important medical documents and health care information serve as you or your loved one's passport to the hospital. Be sure to bring:

- Photo ID
- Insurance and Medi-

care cards, along with pre-certification and other documentation required by insurers

A list of all the medications—prescription and over-the-counter—you or your loved is currently taking, along with the dosage. (However, in most cases, hospitals ask that you bring only those medications that the physician requests.)

A copy of advance health care directives, such as durable power of attorney for health care and living will

A personal health record that includes information such as allergies, health conditions, immunization record and reports of recent tests or physical exams

Reports your physician gave you to bring to the hospital

A list of telephone

numbers of family and friends to be contacted as needed

To avoid misplacing any of the important paperwork and information—which is critical for facilitating a patient's treatment—keep it all together in one folder.

For your comfort Hospitals often encourage patients and their families to bring other items to help make a hospital stay more pleasant or comfortable. Hospitals provide gowns and toiletries, but they generally invite patients to bring their own pajamas, bathrobe, cardigan sweater, non-slip socks or slippers, comb, brush, lotions, toothbrush and toothpaste, and lip balm. However, avoid perfumes and any highly-scented products. Keep in mind

that short sleeves are best to accommodate intravenous lines.

Check ahead of time to find out what the hospital will allow. This information often can be found on the hospital's Web site.

Other things to bring include:

Protective containers for holding eyeglasses or dentures when not in use

Books, magazines, crossword puzzles to help pass the time

Paper and pen for jotting down notes and questions—to help you remember to ask doctors or nurses when they are in the room

A small amount of money for newspapers and magazines and other items from the gift shop or vending machines.



## Winnisquam Echo

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Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.

# Local WWII casualty to be honored with “Missing in Action” plaque

LACONIA — Lt. Austin Keith of Bangor, Maine joined the Army Air Force in 1942 and became a pilot during World War II. Assigned to the Pacific Theater as a B-29 Superfortress bomber pilot, Keith flew numerous missions against Japan. On one

mission, while joining up with other squadron aircraft before heading for Tokyo, Keith's B-29 collided with another aircraft and spun out of control. All hands were lost on both aircraft over the Pacific Ocean. There were no survivors.

Lt. Keith's family back home in Maine was devastated, as one can imagine, when they received word about the death of their only son. For several months, his mother continued to inquire of officials if a parachute was ever seen, was there a chance he was on a desert island awaiting rescue, were any life rafts spotted? The answer was always

the same...no sign. The family, with Austin's younger sister, relocated to the Weirs Beach area of Laconia, New Hampshire in the late 1950's. It was there, years later, that the parents passed away and the then elderly sister moved in with a generous neighbor for the remaining years of her life. The parents and their daughter are buried in Laconia's Bayside Cemetery.

Lt. Keith's story resonated with history professor, college dean and author, David Bergquist. He wrote a book about Lt. Keith, an aspiring actor when enrolled in college at the University of Maine before the

War. The book is entitled "Prelude to Courage." The more Bergquist researched his book, the more he felt Lt. Keith should be "joined in spirit" in the family gravesite; reunited, as it were, with his loving parents and sister. Bergquist's research found the neighbor who provided a home and was the caregiver for Keith's elderly sister prior to her death. He met with Nancy Marcoux of Laconia and explained his hope to "reunite" the family. Ms. Marcoux invited a former co-worker and Air Force Veteran, Don Morrissey to join a planning committee. Morrissey, in turn, reached out to

American Legion, Post One of Laconia to join as well. Post Adjutant Mark Vrooman, also an Air Force Veteran, signed on immediately.

Author Bergquist then contacted the Veterans Administration and learned that because Lt. Keith's body was never recovered, he was eligible for a memorial plaque as "Missing in Action." Bergquist only needed a military organization to act as sponsors and approval from the Cemetery Board of Directors to agree to the placement of a memorial plaque on the Keith Family grave. American Legion Post One wholeheartedly endorsed the

idea of a remembrance of this pilot who died in service to our Country and signed on as the sponsors. Likewise, the Board of Bayside Cemetery was most helpful and readily agreed to the memorial plan.

The ceremony, adding Lt. Austin Keith's name and service on an engraved plate to the family gravesite with full military honors, will occur at 10 a.m. on May 11. After seven decades, Lt. Austin Keith will be reunited with his beloved parents and sister at Bayside Cemetery in Laconia. The public is invited.

## COMFORT

CONTINUED FROM PAGE A4  
Photos or small personal items. However, keep in mind that space is limited.

Clothing to wear home at discharge

Items to leave at home

Hospitals cannot be responsible for patients' personal belongings. Generally, they recommend against bringing valuables. Specific things to leave off the packing list:

Cell phones. In most cases, these are not permitted in patient care areas, as they can interfere with heart monitors and other patient monitoring equipment

Tobacco products, because smoking is prohibited in health care facilities

Credit cards, checkbooks, large amounts of cash, jewelry, high-end portable music players and other valuables, as they can easily be stolen amidst the activity of a hospital patient care unit

Before bringing any type of electronic items, check the hospital's policy. Items that need to be plugged in generally are forbidden as their wiring does not meet hospital-grade standards. If you or a loved one does bring a portable electronic device, make sure it is in the care of a friend or loved one while the patient is sleeping or out of the room.

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## Touch-a-Plane, Touch-a-Truck returns to Laconia Airport

GILFORD — Winn Aero, the STEM education non-profit for youth, is pleased to announce that the group will, in partnership with the Laconia Airport Authority, host an Open House event on Saturday, May 18. The popular family-oriented event dubbed "Wings, Water & Wheels," will operate in the familiar "touch a plane, touch-a-truck" format so families are encouraged to bring their cameras.

"We have commitments from several aircraft owners to display their airplanes along with Gilford Fire and Police vehicles, large excavators and snow-plows and a vintage Midget Race Car from a private collection," stated Karen Mitchell, WinnAero President.

NH Marine Patrol also plans to attend. Expected to round out

the displays will be a construction crane, an oil truck and other construction vehicles.

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

Kids will be able to "fly" using the WinnAero Flight Simulators, speak to members of the Winnepesaukee Rocket Club, the Civil Air Patrol and the ACE Academy. Kids under 18 may also fly free orientation flights at the event thanks to the local chapter of the EAA. The World's largest association of aircraft owners is donating their aircraft and pilots to fly kids, free of charge, on "Young Eagles Flights" at the Open House. CR Helicopters of Nashua will be offering helo rides for a fee to children and adults.

Laconia Airport gates

open at 10 a.m. on May 18, and the event will run until 2 p.m. that afternoon. A small per-person (\$5) or per-family donation (\$20) will be requested upon entry. Again this year, as part of the non-profit WinnAero's fundraising efforts, there will be a 50-50 cash raffle at the Open House. Buy your raffle tickets at the Registration table. Food and beverages will be available for purchase from the Beans & Greens Food Truck. WinnAero appreciates the financial and in-kind support of this Open House from the Laconia Airport Authority, The Bank of New Hampshire, the EAA, E.M. Heath's, Granite State Glass, Gator Signs, SkyBright Aviation, The Glidden Trust and Emerson Aviation.

Besides Wings, Water & Wheels, WinnAero is also gearing up to operate its ACE Academy week-long day camps

in July for elementary, middle and high school students. As of today, approximately 20 slots remain open for interested youth. The openings are spread across all age groups and session themes; e.g. drones, engineering, search & rescue and general aviation. For more information, please visit [www.winn-aero.org](http://www.winn-aero.org).

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# Strong showing for track Bears in North Conway

*Winnisquam girls take second, boys third in vacation week meet*



JOSHUA SPAULDING



Nate Lavoie takes the handoff from Victor Pham during the 4X100-meter relay at Kennett High School last week

BY JOSHUA SPAULDING

**NORTH CONWAY** — The Winnisquam track girls took second place overall and the boys were third in a meet hosted by Division II Kennett over vacation week in North Conway.

The Bear girls won all three throwing events. In the shot put, Lauren MacDonald got the win at 30 feet, 2.5 inches, with Devin Timmons in fourth at 25 feet, nine inches, Kyra Russell in fifth place at 24 feet and Madelyn Penney in 13th place at 17 feet, six inches.

MacDonald also won the discus with a toss of 87 feet, two inches, while Vanessa Power was fourth at 64 feet, five inches, Timmons was fifth at 51 feet, one inch, Russell was 10th at 47 feet, two inches and Penney was 17th at 33 feet, three inches.

Victoria Kelly won the javelin with a throw of 94 feet, four inches,

with MacDonald in second place at 87 feet, six inches, Timmons in fifth place at 66 feet, two inches, Abigail Osmer in seventh at 59 feet, eight inches and Emmy Custance in 13th at 35 feet, one inch.

Kelly also got the win in the 300-meter hurdles, running to a time of 58.07 seconds and finished in third in the 100-meter hurdles in 20.25 seconds, while in the 800 meters, Power was seventh overall in 3:22.41.

The Bear 4X100-meter team of Kaiden Robb, Zariah Moore, MacDonald and Denessa Williams ran to second overall in 56.13 seconds while Moore picked up a third place finish in the long jump with a distance of 13 feet, 1.75 inches. Leah Morrison was also third in the triple jump with a distance of 24 feet, nine inches.

Williams ran to a third place finish in the 200 meters with a time of 29.47 seconds, with Os-

mer in 13th place in 32.92 seconds, Alexis Searles in 16th place in 33.89 seconds, Shayla Jordan in 24th in 35.73 seconds and Custance in 27th place in 37.66 seconds. Robb was seventh in the 100 meters in 14.85 seconds, with Williams in 12th in 15.21 seconds, Russell in 14th in 15.48 seconds, Moore in 15th in 15.65 seconds, Osmer in 16th in 15.66 seconds, Searles in 21st in 16.2 seconds, Jordan in 24th in 16.24 seconds, Anaya Mondesir in 31st in 17.46 seconds and Power in 32nd place in 17.75 seconds.

Robb finished in fifth place in the 400 meters in a time of 1:11 and Custance finished in 18th place in 1:30.93.

The Winnisquam boys' 4X400-meter team of Avery Woods, Noah Bassett, Henry Osmer and Brendan Goodwin finished with the win in a time of 3:46.95 while the 4X100-meter team of Frank McComiskey, Victor Pham, Nate Lavoie

and Dylan Griffin was second overall in 47.89 seconds.

Goodwin ran to third in the 200 meters in a time of 24.32 seconds, with Taber Haggett in eighth in 25.97 seconds, Philipp Rompf in 13th in 27.42 seconds, Wade Fournier in 14th in 27.42 seconds, Carl Edwardson in 25th in 30.15 seconds, Colin Parenteau in 27th in 32.39 seconds and Chris Collins in 28th in 32.91 seconds.

Goodwin was also fifth in the 100 meters with a time of 12.24 seconds, with McComiskey in eighth in 12.72 seconds, Lavoie in ninth in 12.76 seconds, Griffin in 12th place in 12.85 seconds, Pham in 13th in 12.85 seconds, Ari Booth in 14th with a time of 12.94 seconds, Fournier in 19th in 13.26 seconds, Ryan Searles in 32nd place in 15.48 seconds and Collins in 33rd place in 16.1 seconds.

David Swain finished in second place in the

1,600 meters with a time of 5:15.69, with Alesio Calderara in eighth place in 5:52.9 and Luke Larrabee in 12th in 6:32.78. Dylan Allar was eighth in the 3,200 meters in 14:19.18.

Fournier finished in fifth in the 300-meter hurdles in 52.45 seconds and Kyle Voight finished in sixth in a time of 59.93 seconds. Fournier was also sixth in the high jump, clearing four feet, 10 inches.

Edwardson was third in the triple jump with a distance of 31 feet, two inches, while Booth was fifth at 30 feet, 11 inches and Booth added a fifth place in the long jump at 15 feet, 9.5 inches.

Osmer was sixth overall in the 400 meters with a time of 57.49 seconds, with Rompf in ninth in 59.46 seconds, Bassett in 10th in 59.87 seconds and Carter Laliberte in 15th in 1:02.26.

Haggett took third in the javelin with a toss of 119 feet, seven inches, while Griffin was

fourth overall at 115 feet, 11 inches and Swain was seventh at 104 feet, 11 inches. Laliberte finished in 11th place at 95 feet, seven inches, Domenyk Garneau was 20th at 69 feet, eight inches and Rompf was 25th at 48 feet, six inches. In the shot put, Haggett was 11th at 29 feet, five inches, Osmer was 13th at 28 feet, 4.5 inches, Rompf was 14th at 27 feet, four inches and Garneau was 22nd at 18 feet, 4.5 inches. Haggett was also seventh in the discus with a toss of 93 feet, two inches, Osmer was 11th at 77 feet, seven inches, Griffin finished in 12th at 74 feet, nine inches, Jacoby Martin was 24th at 56 feet and Garneau threw 37 feet, 10 inches for 29th place.

The Bears are scheduled to compete on Saturday, May 4, at home at 10 a.m.

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

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**MOM**

# HIGH SCHOOL SLATE

**Thursday, May 2**  
 BELMONT  
 Baseball at Newfound; 4  
 GILFORD  
 Baseball vs. Monadnock; 4  
 Boys' Lacrosse at Laconia; 4  
 Boys' Tennis at Littleton; 4  
 Girls' Lacrosse vs. Laconia; 4  
 Girls' Tennis vs. St. Thomas; 4  
 Softball vs. Monadnock; 4

**Friday, May 3**  
 BELMONT  
 Softball vs. Hopkinton; 4  
 Track Home Meet; 4  
 WINNISQUAM  
 Baseball at Berlin; 4  
 Softball at Berlin; 4

**Saturday, May 4**  
 GILFORD  
 Track at Inter-Lakes; 10  
 WINNISQUAM  
 Track Home Meet; 10

**Monday, May 6**  
 BELMONT  
 Baseball vs. Winnisquam; 4  
 Softball vs. Winnisquam; 4  
 GILFORD  
 Baseball vs. Newfound; 4  
 Boys' Lacrosse vs. Lebanon; 4  
 Boys' Tennis at Inter-Lakes; 4

Girls' Lacrosse at Lebanon; 4  
 Girls' Tennis at Moultonborough; 4  
 Softball vs. Newfound; 4  
 WINNISQUAM  
 Baseball at Belmont; 4  
 Softball at Belmont; 4

**Tuesday, May 7**  
 BELMONT  
 Track Home Meet; 4  
 GILFORD  
 Track Home Meet; 4

**Wednesday, May 8**  
 BELMONT  
 Baseball at Prospect Mountain; 4  
 Softball at Prospect Mountain; 4  
 GILFORD  
 Baseball at Winnisquam; 4  
 Boys' Lacrosse vs. Plymouth; 4  
 Boys' Tennis vs. Plymouth; 4  
 Girls' Lacrosse at Plymouth; 4  
 Girls' Tennis at Berlin; 4  
 Softball at Winnisquam; 4  
 WINNISQUAM  
 Baseball vs. Gilford; 4  
 Softball vs. Gilford; 4  
 Thursday, May 9  
 GILFORD  
 Girls' Tennis vs. Inter-Lakes; 4

All schedules are subject to change.

# Bears drop lone vacation week game

BY JOSHUA SPAULDING  
 SPORTS EDITOR

TILTON — The Winnisquam baseball team took on Fall Mountain to kick off vacation week, dropping a 6-1 decision to the Wildcats on Monday, April 22.

The visitors opened the scoring with a run in the top of the first inning and added three in the top of the third for a 4-0 lead before the Bears got a run across in the

bottom of the fourth. Fall Mountain added two more in the fifth for the 6-1 final score.

Alex Nichols started on the hill for the Bears, going three innings and striking out four without giving up an earned run. John Shea pitched the final four innings, giving up two earned runs.

Zach St. Onge had a hit, Nichols had a hit and scored a run and Nic

Puffinburger had a hit. The game was the lone contest of the vacation week. Winnisquam is set to play at Berlin on Friday, May 3, and at Belmont on Monday, May 6, before returning home to host Gilford on Wednesday, May 8.

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

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Tagg Team Captain Judi Taggart and Joshua Ritson of Coldwell Banker, sponsor of the 2024 8th Annual Gift Card Gala, invite the public to the VFW at 143 Court St., Laconia on Sunday, May 5 for a chance to play 30 games of chance and win gift cards and prizes valued at over \$10,000. All proceeds to benefit the Community Challenge and the Greater Lakes Region Children's Auction. Doors open at 12:30 p.m., with snacks and a cash bar. To learn more or to pre-buy your game card by the May 2 deadline, go to <https://www.givegab.com/teams/tagg-team-2024>.



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CARUSO

CONTINUED FROM PAGE A1

Ledoux got in a few swings as well and one of the highlights of the day came when Bryan Caruso's son, with help from his grandfather, came up and took some swings with the crowd cheering him on.

"Colt wanted to come

up and hit on the same field where Bryan hit so many homers," the Bear coach said.

Caruso was overwhelmed by the turnout of people both to swing the bat and to support those who were taking their swings. They lined the sidelines, bought no-

freshments and cheered on everyone taking part.

"We live in a great place," Caruso said as he wrapped up the day.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

Coach Kevin Archibald (right) high fives coach John Ledoux after the latter took some swings against the former's pitching on Saturday.



Colt Caruso heads home toward his grandfather, Fred, as the Winnisquam baseball team cheers him on during Saturday's home run derby.



Coach Kevin Archibald takes a big swing during Saturday's 12er Home Run Derby at Winnisquam.

EXCHANGE

CONTINUED FROM PAGE A1

Another host parent present was Melanie Brown, Wilton, the mother of six-year-old twins, who said "They just adore Sandra, their Spanish sister."

Susan Dymont, Sanbornton, academic co-

ordinator for Cultural Homestay International, meets with host families to help make the best pairings depending on interests and preferences. She is now working to find families for next year's group of students. Students come with their own health insurance and spending money and

join local volunteer families for a semester or the full school year. Dymont interviews families and helps them navigate the application system to assure good matches. She is available at 387-7050 or [susan@gatehouseguidance.com](mailto:susan@gatehouseguidance.com) for further discussion about hosting.

Families are invited

to consider this powerful local action which has far-reaching international impact. There are openings at many local high schools. Schools know the value of cultural exchange and see welcoming international students as public diplomacy in action.

BELMONT

CONTINUED FROM PAGE A1

22, as the Raiders took on Rockledge High School and dropped an 11-0 decision.

"We played well against a fast team," said coach Bill Clary.

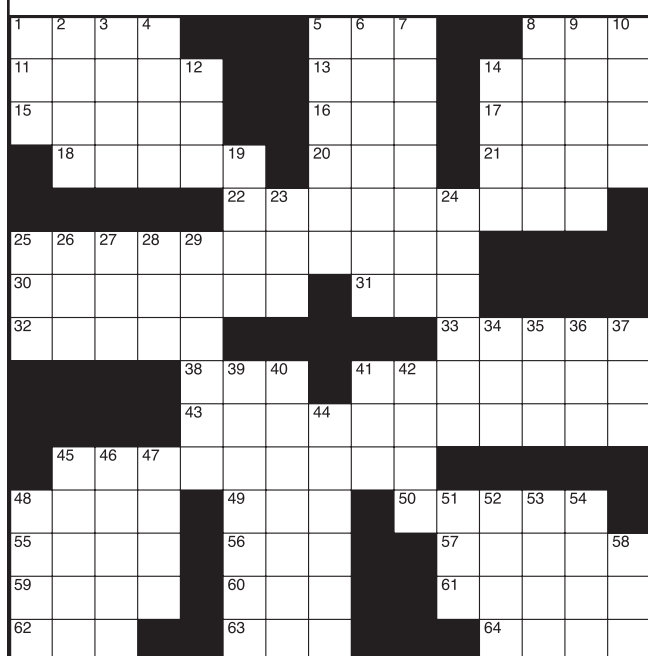
The Raiders were led by a pair of hits from

Molly O'Connell and a hit from Falyn Sicard. Defensively, Darci Stone and Madi MacDonald made diving catches in the outfield while Bailey Perkins made a deep catch running back from second base to save a couple of outs and Riley Cotnoir threw out a runner at third from behind the plate.

The Raiders are back on their New Hampshire home field to take on Hopkinton on Friday, May 3, and Winnisquam on Monday, May 6, before heading to Prospect Mountain on Wednesday, May 8, to take on the defending Division III champions.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

TAKE A BREAK



- ACROSS**
- Lions do it
  - In favor of
  - Rest here please (abbr.)
  - Pulpits
  - Leisure activity
  - Fertility god
  - Financial obligations
  - When you anticipate getting somewhere
  - Spanish river
  - Sporting events
  - Type of tree
  - Ceased to be
  - Persons
  - Synthetic resin
  - Relates to photochemical reactions
  - Father
  - Former Cowboys coach
  - City in Finland
  - Run batted in
  - Got through
  - They darken skin
  - In a harmful way
  - Form of weaving
  - City of Angels hoopster
  - Caucasian language
  - Syngman \_\_\_, Korean president
  - Sun up in New York
  - Paddled
  - Fishes
  - Affirmative
  - Nimble
  - Doctor of Education
  - Soviet Socialist Republic
  - A small island

- DOWN**
- Cool!
  - Hebrew unit of measure
  - Swedish rock group
  - College army
  - Favor over another
  - Called it a career
  - Egg-shaped wind instrument
  - Israeli statesman
  - Hurries
  - Slog
  - Midway between south and southeast
  - Benedictine monk
  - Self-immolation by fire ritual
  - Family of regulator genes
  - Surrendering
  - Political action committee
  - S. American plant
  - Long-term memory
  - Bark
  - Breathes in
  - Take hold of
  - Everyone has one
  - Valentine's Day color
  - Drivers' licenses and passports
  - Outer walls of castles
  - Enters with force
  - One thousandth of an inch
  - Deceased Chinese politician
  - Sugary secretion of plants
  - Expressed pleasure
  - Shelter
  - Utilizes
  - Forest resident
  - Fashion accessory
  - A sharply directional antenna
  - \_\_\_ Kristofferson, actor
  - A bad place to end up
  - MLBer Gordon

GIFTS FROM THE GARDEN WORD SEARCH

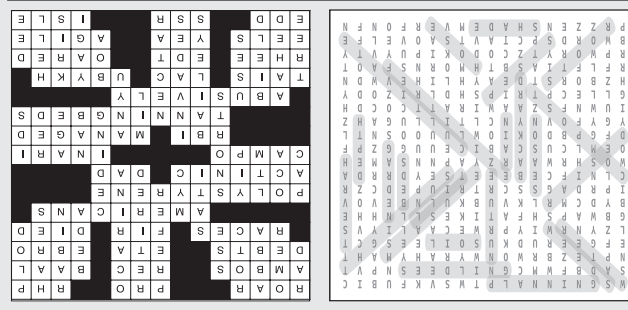
W S G N I N N A L P T W S V K F U B I C  
S A D B F W M C G N I L D E E S N P V T  
N P T E Z B R W O N W Y R A H Y M A H T  
E F G E E R U D K U S O I L E E S G C T  
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I U W N F S Z A A W I R A T T C O C D H  
G L L E C P T R I P S H D L R I Z O D Y  
H Z B O R S T D E A Y H L I H E V W D N  
R F L F T I A S B T H M O R N S F A O T  
R P W O R Y T Z C O D O K I P U Y V T Y  
B W O R D S P C T A V T S A O V E L F E  
P R Z Z E N S H A D E M V E R F O N F N

Find the words hidden vertically, horizontally, diagonally, and backwards.

GIFTS FROM THE GARDEN WORD SEARCH

BACKYARD, BEDS, COMPOST, CULTIVATE, DEPTH, FERTILIZE, GARDEN, HARVEST, HOSE, MEASURE, NURTURE, PESTS, PLANNING, RAIN, RAISED, ROOTS, SEASON, SEEDLING, SHADE, SOIL, SUNLIGHT, TILL, WATER, WEEDS

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Spyro is a shy little cat and we are excited for her to find her forever home. Spyro would thrive in a quieter home that is able to provide her with plenty of time and space to help grow her confidence. Due to her initial timidity, we are hoping for Spyro to find an adult only home.

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**LIBRARY**

CONTINUED FROM PAGE A1

tinuing to bloom like a field of wildflowers. The group meets Mondays at 2:00 for practice and socialization. Both groups are self-guided with experienced advisors on hand.

Cribbage Time for adults launched last month. Join friends at the BPL community table to play the classic card game Tuesdays 1-3 p.m.

The quarterly nonfiction group meets Friday, June 7 at 10:30 a.m. to discuss Small Town, Big Oil by David W. Moore.

Tea & Tales Book Group meets May 9 to discuss "Sometimes I Lie" by Alice Feeney. The next selection for Tea & Tales in June will be Little Bee by Chris Cleave. Friday Fiction meets May 17 at 10:30 a.m. to discuss "Inside the O'Briens" by Lisa Genova. Copies of book selections may be picked up at the circulation desk or through the library's ebook services. Even if the meeting times are inconvenient, you can read along. If you want to participate remotely, contact Rebecca or Eileen at circulation@belmontpubliclibrary.org.

Youth programming

at the Belmont Public Library

On Wednesdays, StoryTots at 10:30 a.m. is a time for young literary explorers ages birth to preschool. We enjoy reading aloud a story and getting active with songs and crafts.

BPL Storywalks are engaging events that bring a selection of books out of doors, over the bridge and through the woods. Thank you to those who joined us on our April Storywalk, planned to run through the first week in May. Look for more Storywalks this summer.

Join us for the Fam-

ily Book Club Saturday morning May 4 at 11 a.m. Families have been reading Let's Move! From the Magic on the Map Series. This book group encourages early readers to engage with their families around a book series. Ms. Rebecca will be introducing the next series, She Persisted, about women who worked to effect positive changes in the world. We look forward to seeing your family on the first Saturday of each month.

May will be the final month of homeschool programming for this school year. Come to the Lego drop-ins on Fridays at noon and the 1pm

Learning Sessions, Art on Thursday May 16, and S.T.E.M. on Thursday May 23.

We welcome teens to a variety of clubs at the BPL!

'Don't Be Board' while playing board and card games with Ms. Rebecca on Thursday May 16 at 4 p.m.

Film Fridays is a showing of age appropriate films from the '90s and early 2000s. Bring your snacks for the start time of 2:30 p.m. This program is for teens

in grade 5 and up. For questions regarding any of the BPLs youth programs, contact Rebecca at 603-267-8331 or youth-services@belmontpubliclibrary.org.

The Belmont Public Library will be closed Monday, May 27 in observance of Memorial Day. The library is open six days a week in the historic National Register building on Main Street. Digital resources are available any time at www.belmontpubliclibrary.org.

# Holocaust Remembrance Day program planned in Laconia

LACONIA — In observance of Yom HaShoah, Holocaust Remembrance Day, Temple B'nai Israel, the Unitarian Universalist Society of Laconia, the Congregational Church of Laconia, and the Laconia Human Rights Committee are proud to present a program to promote the importance of speaking out against injustice. The program will feature a screening of the acclaimed documentary "Defying the Nazis: The Sharps' War," followed by a question-and-answer session led by Dr. Larry Benaquist.

The community is invited to come together on Saturday, May 4, at 1 p.m. at the Congregational Church of Laconia, located at 18 Veterans Square in downtown Laconia (across from the train depot). This marks the second year the Congregational Church has hosted a Yom HaShoah event for the community.

"Defying the Nazis: The Sharps' War," sheds light on the heroic efforts of Unitarian Minister Waitstill Sharp and his wife Martha. The Sharps, from Wellesley, Massachusetts, risked their lives to save countless Jews and refugees fleeing Nazi persecution across Europe. The film, which premiered on PBS in 2016, was produced by legendary filmmaker Ken Burns and Artemis Joukowsky, III, and is based on the book by Joukowsky, grandson of the Sharps.

Following the documentary screening, a question-and-answer session will be led by Larry Benaquist, Ph.D. Dr. Benaquist is an Emeritus Professor of Film Studies at Keene State College, where he founded the film studies program and played a key role in establishing the Holocaust and Genocide Studies major. He also has extensive experience teaching courses related to film and the Holocaust. Dr. Benaquist played a significant role in the production of "Defying the Nazis," contributing his expertise and research. His personal experience and insights will add a unique dimension to the program.

Light refreshments will be served during the Q&A session. All are welcome to attend this free community program.

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# The Loft at Hermit Woods to host “Living Room Session” May 8



MEREDITH — The partnership between Katie Dobbins Music (Gilford) and Hermit Woods Winery & Eatery (Meredith) announces a brand-new show format that seeks to connect musicians with audiences in a warm, inviting setting to bring a deeper understanding of the people behind the music they create.

On Wednesday, May 8, Hermit Woods Winery will welcome touring acoustic duo Lance and Lea to The Loft Listening Room stage for the very first time for this unique “Loft Living Room Session” show. Hosted by local singer-songwriter Katie Dobbins, this promises to be an intimate evening of music and conversation. Guests will feel like these artists are right in their own living room while enjoying a nice night out including a full menu by Sweet Mercy and delicious Hermit Woods wine. Tickets, which include a complimentary pre-show wine tasting, range from \$12 to \$18 and are available on the Hermit Woods Winery website or for purchase at the door.

The evening will begin with a short opening set by award-winning New Hampshire artist Katie Dobbins, who will then invite Lance and Lea to join her on the couch for a couple songs and conversation about their music and what life is like on the road. The evening will culminate with a highly anticipated performance by this acclaimed Nashville duo.

Lea grew up Amish, listening to country music & singing in church & Lance grew up playing in a rock band in the Texas club scene. The two met randomly in Nashville, Tenn., & after their first songwriting session together, formed the duo Lance and Lea. Marked by old school country/rock influences with

Texas blues guitar, storytelling lyrics & soothing harmonies, their collaborative genius is on fire, with more than 500 songs written. Their first album “There Goes My Heart,” with Grammy award winning producer Paul Worley was released in late 2018 & their music has garnered airplay in the UK, Ireland, and in Music City, Nashville Tennessee.

The duo won “New Artist Of The Year” at the 2019 iHeart Radio Rocky Mountain Country Music Awards. “There Goes My Heart” was also nominated for Album Of The Year at the 2020 iHeart

Radio RMCMA’s. In 2020, the couple raised more than \$16,000 on a fan funded crowdfunding campaign for their album “Great Big World” which was released early 2021. That same year, in the middle of a pandemic, they booked a 31 date Backyard Pop-Up Tour all over the US covering 26 states & over 12,000 miles.

In 2021 they completed an 80 date, four month long Summer Tour, playing to even more fans across the US – this time traveling in a vintage RV aka “The Honeybee” and putting on 24,000

miles through 38 states. The duo released their album “Songs From The Road” in late 2022 and completed an 80 date Summer tour in 2023. 2024 is set to be a landmark year with the release of their double album “Boots & Blues” which is a reflection of each of their musical roots. To celebrate the album, the duo will embark on another 80 date tour across the country. Over 100,000 tour miles and counting...

Award winning singer-songwriter and light warrior Katie Dobbins seeks to share honest music that captivates listeners and brings light into their world. With a mastery of storytelling and the heart of a poet, this soulful songstress captures elements of life and relationships in ways that lift the spirit and challenge the soul. Her album There Is Light, produced by multi-award-winning producer Sean McLaughlin of 37 Productions, was awarded Album of the Year at the 2021 Limelight Music Awards. Her music has been featured on prominent radio stations like The River and “Boston’s Hottest Country,” with host Carolyn Kruse raving “Sweet but bold, Katie’s voice is reminiscent of one of her heroes, Jewel, but only deeper...”

A fearless spirit with a gentle touch.” Dobbins’ fall single Wild, written on the rocks at Marginal Way in Maine, sings of wild love that compels her to step outside of

her comfort zone and toward the wild dreams in her heart. The track was mixed and mastered by Emmy-nominated producer Brian Coombes of Rocking Horse Studio

(NH), whom Katie also produced her latest anthem Giants with, and whom she is currently recording more music with to be released this year.

## HELP WANTED



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### Town of Plymouth Highway Department

Plymouth, NH 03264

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highway@plymouthnh.gov

The town of Plymouth Highway Department is currently accepting applications for the position of Highway worker. If you are hardworking, team player, with a positive attitude and willingness to learn, you may be the person we are looking for. Candidates **need a valid driver's license with CDL-B endorsement.** This position performs duties in all areas of construction and other assigned projects to include summer and winter maintenance of roadways. Duties include but are not limited to, operating heavy machinery necessary for road maintenance, maintaining municipal equipment and plowing roadways for winter operations, and other road maintenance tasks. Successful candidate will be required to be on-call for a week at a time on a rotating schedule.

If you are looking for a drug free, appreciative working environment that offers a competitive wage and benefit package including: Vacation, Sick Leave, Personnel Days, Educational Training, Health Insurance (Employee pays 15% of premium), Dental Insurance (Employee pays 100% of premium), Group Disability and Life Insurance, and retirement through NH Retirement System, you may be the person we are looking for. The Town of Plymouth is an equal opportunity employer. Applications are available at the Plymouth Town Hall (603-536-1731), the Towns Website [www.plymouthnh.gov](http://www.plymouthnh.gov) or at the Plymouth Highway Department (603-536-1623) from 8am to 4pm, Monday through Friday. Applications will be accepted until a suitable candidate is appointed.

### Town of Plymouth Highway Department Highway Worker/Mechanic

The town of Plymouth, NH, qualifications will determine pay rate, attractive benefit package, for an individual who has a knowledge of small engine repair, diesel engine repair, hydraulic systems operation and repair and general knowledge of light and heavy-duty trucks. Be part of winter operational services. Must have CDL-B with air brake endorsement, NH Inspection license or capable of obtaining one upon hire. It is required to pass a physical, including a drug and alcohol screening, and will be subject to a criminal background check as well as a driving records check.

Applications are available at [www.plymouthnh.gov](http://www.plymouthnh.gov) Mail application to Plymouth Highway Dept., 6 Post Office Square, Plymouth NH 03264, or upon request, 603-536-1623, at the Plymouth Highway Garage.

#### INTER-LAKES 2024-2025 KINDERGARTEN Kindergarten Registration: May 20 and May 24

Registration is open to all children who reside within Center Harbor, Meredith or Sandwich; and who will be 5 years of age by September 30, 2024.

Join us for:

- Kindergarten Parent Night
- May 7, 5PM
- Elementary School Multi-Purpose Room
- Principal Presentation
- Distribution of Registration Paperwork
- Appointments will be scheduled when registration paperwork is returned to school.

Required to register:

- Child's birth certificate
- Physical exam within the last 12 months
- Up-to-Date Immunization Forms
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#### TYBEE ISLAND, GEORGIA

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### Local participants receive three-year certification as Mental Health First Aiders

COURTESY

The Congregational Church of Laconia staff and members of the public enjoyed an informative, fun, and inspiring morning this past weekend, learning about the importance of Mental Health First Aid and the positive effect the everyday citizen can have by knowing how to talk with and assist a person who may be experiencing a mental health challenge. We can all play a part in helping to build a recovery-friendly community with the skills of Mental Health First Aid. Staff of Satori Communications Group, Pamela Joyal and Abi Fannion, shared key insights about how to recognize and respond to someone using the ALGEE Action Plan. Congratulations to these Mental Health First Aiders who have earned themselves a three-year certification by the National Council of Wellbeing!

**NAI Glickman Kovago & Jacobs**

25 ELM STREET | SOUTHBRIDGE, MA

9,536-SF HISTORIC OFFICE BUILDING FOR SALE

- Historical building, also known as Tiffany-Leonard House, built in 1832
- Large Executive Offices with Elegant Finishes and High Ceilings
- Large Open Concept Cubicle Areas

- Listing price: \$850,000
- Building size: 9,536 SF
- Lot size: 13,939 SF
- Loading docks: (1) tailgate height
- Basement: partial | Unfinished



**JAMES GLICKMAN**  
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508-769-5007  
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1. I am interested in a cost estimate for:  Burial  Cremation

2. I am requesting this information for:  Myself  My Family  My Friend

3. The person(s) I am requesting this information for is/are: \_\_\_\_\_

4. Have you ever had the honor of serving your family in the past?  Yes  No

5. Have you ever made funeral arrangements for a loved one?  Yes  No

6. Do you own cemetery property?  Yes  No

7. In addition to my free estimate, I would also like more information on the following:  Alternative Payment Plans  Medical Qualification  Trust and Transferability Plans  Additional Family Benefits

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Email: \_\_\_\_\_

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