

Winnisquam Echo

THURSDAY, APRIL 16, 2026

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The Belmont High School French Club would like to thank Liberty Tremblay, former BHS student and owner of Lady Liberty's Confectionary in Franklin, for visiting recently to teach us how to make macarons! We made pistachio, strawberry rose, lavender honey, and cookies and cream macarons. While they cooled, we feasted on a raclette dinner of cheese, meats, potatoes, and salad. Photo courtesy of the Shaker Regional School District's Facebook page.

COURTESY

Northfield woman shot by police during domestic incident

BY DONNA RHODES
Contributing writer

NORTHFIELD — Police from Northfield and Tilton were called to 20 Vine St. in Northfield at 12:12 a.m. on Mon., April 6, when 911 dispatchers received a call from a distraught person concerning a domestic violence incident which was underway at the residence.

The caller said their girlfriend was being beaten by a distraught person who had not only assaulted her with a fire extinguisher, but broken a window and other items in the home and was still acting aggressively.

The 911 dispatcher also relayed to officers that, while on the phone with the caller, they could hear yelling and commotion in the back-

SEE SHOOTING, PAGE A8

Sanbornton Public Library receives NH Humanities grant to present "Big House, Little House, Back House, Barn: The Connected Farm Buildings of New England"

SANBORNTON — Sanbornton Public Library will host the program "Big House, Little House, Back House, Barn: The Connected Farm Buildings of New England" on Wednesday, April 29 at 6p.m., at the Sanbornton Public Library, 27 Meetinghouse Hill Rd. in Sanbornton.

Through architecture unique to northern New England, this illustrated talk focuses on several case studies that show how farmers converted their

SEE GRANT, PAGE A8

Bears and Raiders honored at ceremony in Concord



BY JOSHUA SPAULDING
Sports Editor

CONCORD — Over the course of two days last week, scholar-athletes from around New Hampshire descended on the Capitol Center for the Arts in Concord for the annual NHIAA/NHADA Scholar Athlete Awards.

These awards are given to senior student-athletes in honor of their performance in the classroom, on athletic teams and in the community. In order to earn the honor, the student-athletes had to maintain a B+ average or higher, letter in at least two NHIAA sports and serve as a positive role model through community service.

SEE AWARDS, PAGE A9

Belmont's honorees at the NHIAA/NHADA Scholar Athlete Awards pose with Athletics Director Cayman Belyea at last week's ceremony in Concord.

Raiders kick off the season with strong showing at home

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The work that the Belmont track team did on the track in the season opener last Friday afternoon was eclipsed only by the amount of work done by team members, coaches, school staff and volunteers in preparing and planning for the opening meet of the season.

Mia Ellis won the 100-meter hurdles to kick off the day in 17.55 seconds with Cora Takantjas in second in 18.27 seconds, Neala Murphy in 10th in 23.43 seconds and Meadow Rogers in 12th in 26.03 seconds.

Ava Lacasse was second in the 100 meters in 12.86 seconds with Annika Krauchunas in ninth in 14.38 seconds, Sadie Sturgeon in 10th in 14.76 seconds and Ella Stevens in 14th in 15.03 seconds. Devyn VonKadich was 14th in the 1,600 meters in 7:33.7 and Violet Smith ran to 15th in 7:46.93.

The Belmont girls ran to first overall in the 4X100-meter relay in 54.96 seconds while in the 400 meters, Anna McDonald was ninth in 1:16.25, Alianna Steele was 10th in 1:18.93 and Alahni Mauzy

SEE TRACK, PAGE A8



JOSHUA SPAULDING

Mia Ellis clears a hurdle on the way to winning the 100-meter event during action last Friday afternoon.

Lakes Region Board of REALTORS® gathers for high-energy legislative membership meeting



THORNTON — Nearly 100 real estate professionals from across the Lakes Region came together last Thursday for a sold-out Legislative Membership Meeting hosted by the Lakes Region Board of REALTORS® at the picturesque Owl's Nest Resort in Thornton.

The event brought REALTORS® under one roof with a shared purpose: to stay informed and engaged

on the latest legislative developments impacting private property rights. With a strong turnout and an energized atmosphere, the meeting underscored the organization's growing focus on member engagement and advocacy in 2026.

homeownership and real estate transactions.

Joining him was Timothy Lang, State Senator, who shared insights and perspectives from the State level.

The event concluded on a celebratory note with the awarding of the organization's "Golden Ticket," a scholarship to the Leadership Lakes Region program for the upcoming fall session. The surprise giveaway added an extra layer of excitement to an already memorable meeting.

LRBR also extended their appreciation to our affiliate members, whose ongoing support continues to strengthen the Board's mission.

With strong attendance, meaningful dialogue, and a clear commitment, the Legislative Membership Meeting reflected the Lakes Region Board of REALTORS®' dedication to empowering its members and protecting the interests of property owners throughout New Hampshire.

One of the most impactful moments of the day was the induction and pinning ceremony for new members. Surrounded by brokers and peers, these individuals were formally welcomed into the profession—marking the start of their real estate careers with a visible show of support from the local community.

Attendees also heard from key voices in state policy and real estate advocacy. Chris Norwood, representing the New Hampshire REALTORS®, provided a comprehensive update on current legislation affecting private property rights. His presentation highlighted several active bills and offered insight into how policy decisions at the state level could shape the future of

New Hampshire Magazine names Bank of New Hampshire "Best of NH 2026"

LACONIA — Bank of New Hampshire has been selected by the readers of New Hampshire Magazine as "Best of NH 2026" for Best Personal Banking. Winners will be celebrated during the annual Best of NH celebration on June 25, from 6-8 p.m. at Flag Hill Distillery and Winery in Lee.

"We are incredibly proud to once again be recognized in the Best Personal Banking category," said Chris Logan, President & CEO. "As a mutual community bank, our focus has always been on helping our customers and communities thrive. This recognition is a direct reflection of those relationships and the outstanding efforts of our team."

Best of NH winners are determined by an online poll organized by New Hampshire Magazine. The poll is divided into 115 categories that range from best ice cream to best summer attraction — and more. Visit www.bestof-nh.com for a full listing of this year's winners.

Founded in 1831, Bank of New Hampshire is the oldest and one of the largest independent banks headquartered in the state. With assets exceeding \$2.5 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.

Correction

TILTON — In last week's preview of the Winnisquam baseball team, the team name was accidentally referred to as the Knights rather than the Bears, and Danny Blodgett-Fralic's name was inadvertently misspelled.

The Winnisquam Echo deeply regrets any confusion that may have resulted from these unintentional errors.

Michael Brownell sentenced on sale of controlled drug, felon in possession charges

CONCORD — Attorney General John M. Formella announces that Michael Brownell of Franklin has been sentenced by the Merrimack County Superior Court on five counts of Sale of a Controlled Drug, Subsequent Offense, and two counts of being a felon in possession of a firearm. Mr. Brownell was also sentenced for violating the terms of his probation on a previous case.

After the defendant pleaded guilty, the court sentenced the defendant to serve 15 to 30 years in state prison on the Sale of a Controlled Drug, Subsequent Offense charges, with three years of the minimum sentence suspended upon successful completion of certain programming while incarcerated. The sentences on each of these five charges will run concurrent with each other. On the charges of being a felon in possession, the court sentenced the defendant to three and a half to seven years in state prison, all of which is suspended for ten years from today's date.

On a separate case, the defendant admitted that he had violated the terms of his probation, and the court imposed a previously suspended sentence of six to 12 years in state prison. This sentence will run concurrently with the sentences for the Sale of a Controlled Drug, Subsequent Offense charges.

The evidence in this case established that between December of 2024 and January of 2025, Brownell made five sales of fentanyl to a confidential informant. In the aggregate, the defendant sold approximately 475 grams of fentanyl. When he was arrested, the defendant was found to be in possession of two firearms, despite having previously been convicted of a felony.

The investigation and resolution of these cases were the result of collaborative efforts of the New Hampshire Attorney General's Office and the New Hampshire State Police's Narcotics and Investigations Unit.

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Granite VNA names James Culhane President and CEO

REGION — After a rigorous and comprehensive executive search, Granite VNA, New Hampshire's largest not-for-profit home health and hospice agency, has named James Culhane as its next president and CEO. He will succeed Beth Slepian, who has served in that role since 2015, upon her retirement in June 2026.

Culhane has served as president and CEO of Lake Sunapee Region VNA & Hospice in New London since 2015.

"Jim's extensive ex-

perience in healthcare leadership and advocacy, track record of operational excellence, and a passion for advancing high quality care will be integral to the ongoing success of Granite VNA," said Granite VNA Board Chair David Green, MD. "Strong organizations are built on mission-driven teams, collaborative partnerships, and trust within the communities we serve, and we are confident Jim will continue the great work already underway: strengthening clinical excellence, expanding access to care, supporting our workforce, and ensuring

long-term sustainability."

Culhane brings more than 25 years of healthcare and non-profit leadership experience to the Granite VNA role. Prior to joining Lake Sunapee Region VNA & Hospice, he served in a leadership role with The Elliot VNA from 2011-2015 and served in progressively higher management and director positions at Granite VNA from 2002-2011.

"I am honored by the opportunity to serve in this role," said Culhane. "Granite VNA has a solid foundation built by a dedicated and compassionate

team committed to delivering exceptional care. I look forward to working together to advance our mission and continue the legacy of service to our community."

Culhane has helped Lake Sunapee Region VNA & Hospice navigate organizational change during challenging times, including healthcare reforms, technology upgrades, evolving reimbursement landscapes, and the COVID pandemic. He successfully navigated the agency's merger with Connecticut Valley Home Care, expanding the agency's service area to 32 towns across Merrimack, Graf-

ton, and Sullivan Counties while thoughtfully aligning team members, patients, and operations within a unified organization.

"Jim is a strong, thoughtful leader, and Granite VNA will be in excellent hands," said current Granite VNA President and CEO Beth Slepian. "I feel confident passing this role to him and wish him well as he guides the agency's next chapter."

Culhane holds a Master's degree in business administration from the University of New Hampshire and a Master's degree in social work from

the University of North Carolina-Chapel Hill, and a Bachelor's degree from Canisius College in Buffalo, N.Y. Active in the community and home health and hospice industry, he serves on the boards of the Rural Homecare Network; Community Nurse Connections – Upper Valley; and the Homecare, Hospice & Palliative Care Alliance of New Hampshire. He served on the board of the Foundation for Health Communities from 2018-2024.

Culhane resides in Henniker with his family.

Winnepesaukee Playhouse teens Present award-winning drama



COURTESY

Madden Bolduc plays Christopher in the Winnepesaukee Playhouse's upcoming production of "The Curious Incident of The Dog in the Night-Time."

MEREDITH — The Winnepesaukee Playhouse's Education Department continues its 2026 season with the highly-acclaimed drama "The Curious Incident of the Dog in the Night-Time." Simon Stephen's theatrical adaptation of Mark Haddon's popular novel. A huge hit in London prior to transferring to Broadway in 2014, the play has won multiple international awards. It will be performed by local students ages 13-18 at the Playhouse in Meredith from April 23-26.

The story centers around a 15-year-old named Christopher (played by Moultonborough's Madden Bolduc), who has traits associated with Autism Spectrum Disorder, though a diagnosis is never explicitly stated. Armed with his extraordinary brain, Christopher sets out on a mission. After discovering the untimely death of his neighbor's dog, Christopher embarks on a journey that tests his unique personality and drives him out of his comfort zone in order to prove his innocence and solve the crime.

The play is directed by Heather Williams. A long-time fan of both the original novel and the play adaptation, Williams says, "At its heart, this play is about a young man who dares to confront the truth, and in doing so discovers that both his world and his own potential are far greater than he had ever imagined."

Williams has masterfully led a company of 12 talented teen performers from across the Lakes Region.

She states, "it has been a privilege to explore this story with a group of young artists who approached this work with a hungry curiosity, a keen intellect, and a willingness to grapple with difficult questions. Together, we have spent time not only examining what happens in this play, but why, seeking to understand the choices these characters make and the ways the impact ripples through one another."

Like the original production, the Playhouse's version will feature intricate projections woven into the scenery to immerse the audience into Christopher's world.

"The Curious Incident of the Dog in the Night-Time" is supported by the Playhouse's season sponsor, R&D Paving, the Community Theatre and Education Department sponsors, Bank of New Hampshire and Northeast Mill Services, and the production sponsor, New Hampton School.

Tickets are available at www.winnepesaukeeplayhouse.org or by calling (603) 279-0333.

Local organizations collaborate to deliver comprehensive family home visiting services

REGION — National Home Visiting Week takes place April 20-24, an observance to celebrate and recognize home visitors and the positive impact they make on maternal and child health outcomes.

Home visiting connects pregnant and parenting families with young children to trained family support professionals who provide customized coaching and guidance through pregnancy and the early stages of a child's development. Utilizing a variety of evidence-based models, home visiting supports healthy birth outcomes, increases family self-sufficiency and helps children enter school fully prepared to succeed.

Home visiting programs are offered in all 50 states and the District of Columbia. In 2025, more than 284,000 families engaged in home visiting services in the U.S.

Organizations throughout the country are celebrating National Home Visiting by sharing home visitor stories on social media and other digital channels.

Three local community organizations—Granite VNA, Children Unlimited, and Lakes Region Community Services—are working collaboratively to deliver comprehensive home visiting services across New Hampshire's Lakes Region and Mount Washington Valley.

These programs provide personalized, in-home support to pregnant individuals, young children, and families, promoting healthy development, positive parenting, and overall family well-being. Through regular home visits, trained professionals offer developmental screenings, parenting education, health guidance, and connections to critical community resources.

This coordinated approach reflects a shared

commitment to early intervention, prevention, and building resilient communities throughout the region.

Three local community members representing Granite VNA—a mom, a family support specialist and a program supervisor — recently visited Washington D.C. and met with the office of the Second Lady to discuss the importance of home visiting.

The Institute for the Advancement of Family Support Professionals, a national organization focused on strengthening home visiting and human service programs across the country, is collaborating with nonprofit partners and elected officials to organize National Home Visiting Week. The Institute offers a free online training program to help family support professionals learn new skills to support the growth of the home visiting workforce.

"Home visiting is a powerful tool to help make our families and communities stronger and more resilient," said Institute executive director Janet Horras. "Our local home visitors are incredible and we're proud to highlight their important work through National Home Visiting Week and beyond."

To learn more about National Home Visiting Week and the Institute, visit <https://www.theinstitute.org>.


For more information about local home visiting services near you, visit <https://www.granitevna.org/services/pediatric-maternal/healthy-families-america/> or childrenunlimitedinc.org/programs or Lrcs.org/family-resource-center/.

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Laconia-Gilford Lions Club
Electronic Waste Collection Day
Saturday, April 18, 2026
 Rain date May 16
8:30AM to 12:30PM
Cinemas 8 Parking Lot
9 Old Lakeshore Road, Gilford

Fundraiser to benefit Laconia-Gilford Lions Club
 Recycle electronic items (phones, computers, air conditioners, etc.) for a disposal fee from \$5 to \$20 (\$30 plus for TVs 26" & up)

Opinion

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.

A difficult night in Northfield shows the importance of patience, clarity and community trust

News of the fatal police shooting on Vine Street in Northfield in the early morning hours of April 6 is the kind of event that settles heavily across a community. Incidents involving domestic violence are already among the most difficult calls officers face. When one ends in loss of life, the questions that follow are serious and unavoidable.

According to information released by the New Hampshire Attorney General's Office, officers responding to a 911 call arrived within minutes and encountered a woman armed with a knife near an injured resident. Officers gave repeated commands for the weapon to be dropped. When those commands were not followed, an officer discharged a firearm. The individual later died at the scene.

There are two truths that can exist at the same time in moments like this.

The first is that domestic violence calls are unpredictable and dangerous. Officers responding to them are entering situations that are already volatile, emotional and often rapidly changing. Their responsibility is not only to protect victims but also to protect themselves and anyone else nearby. These decisions are made in seconds, not hours.

The second truth is that the loss of life always deserves careful review. A police shooting is never routine, even when it follows established procedure. It affects families, neighbors and the officers involved. It also affects the trust that small communities place in the people sworn to protect them.

New Hampshire's practice of placing such cases under review by the Attorney General's Office exists for precisely this reason. Independent examination helps ensure transparency and reinforces confidence that conclusions are based on evidence rather than assumption. The ongoing review of body camera footage and officer interviews is not a delay. It is part of a process designed to provide answers the public can rely on.

In towns like Northfield, residents are used to knowing the officers who respond to emergencies. These are not distant figures. They coach youth teams, attend community events and live in the same neighborhoods they serve. That familiarity makes incidents like this feel closer and more personal.

It also makes patience more important.

Speculation spreads quickly after events like these, especially when details are still emerging. Yet early assumptions rarely help anyone. They do not help investigators. They do not help families. And they do not help communities trying to understand what happened.

Domestic violence itself remains one of the most serious and often hidden public safety challenges facing local communities. The circumstances that led to the call that night remind us that intervention, support services and early reporting matter. Preventing violence before it reaches a crisis point is always the better outcome.

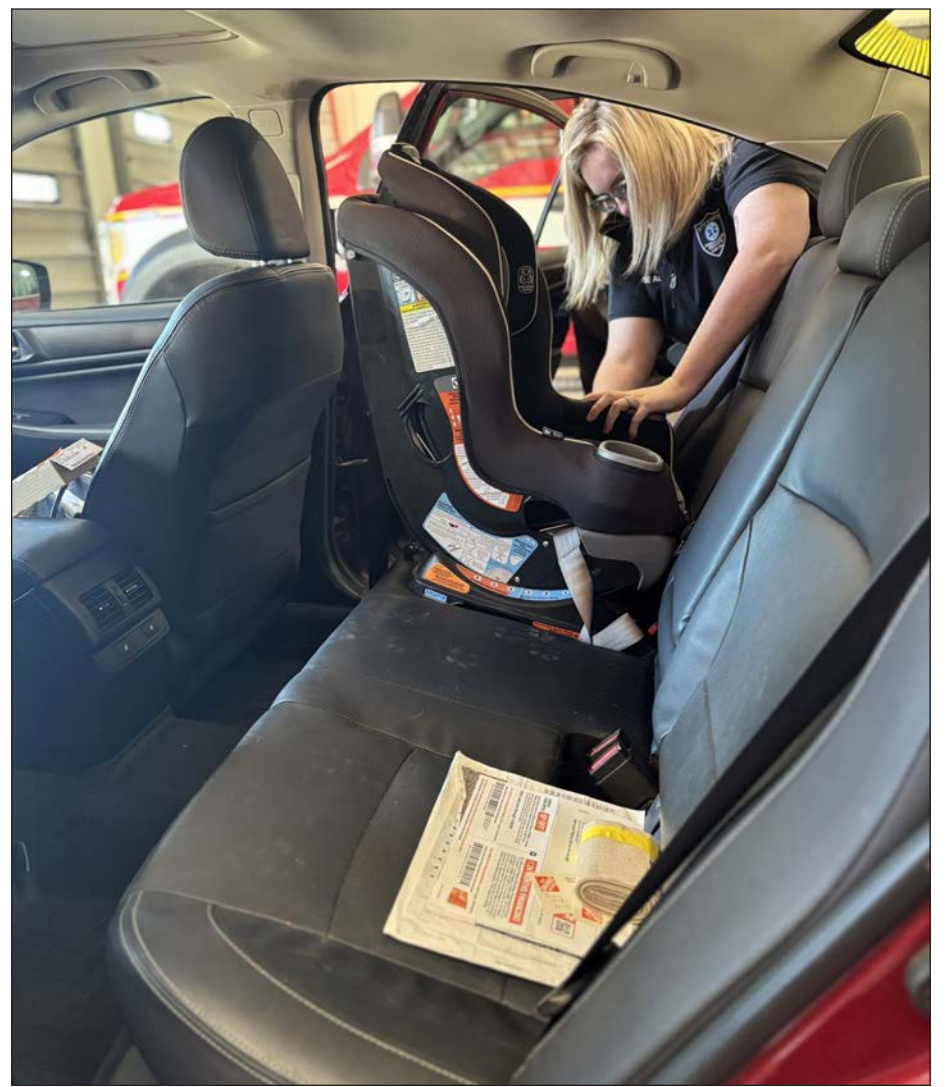
As the investigation continues, residents should expect a careful accounting of what took place and why. That process exists to protect both the public and the integrity of law enforcement.

Events like this are never easy. But small towns have always shown their strength through steadiness, fairness and concern for neighbors on all sides of difficult situations. Those values are worth holding onto now.

Communities across the Winnisquam region will be watching closely as more information becomes available. They deserve clarity. They deserve transparency. And they deserve confidence that the system designed to review incidents like this is working as it should.

COURTESY

The Tilton-Northfield Fire District is excited to share that we can now assist you with your car seat needs! Rose Johnson, one of our call members, has officially earned her National Child Passenger Safety Certification. She is now available to help ensure your child safety seats are properly installed and used correctly. You can contact the station to schedule an appointment with Rose for assistance. Photo courtesy of the District's Facebook page.



When the lake begins to breathe again

KIND FOLKS, COLD WINTERS

By CHIPPY

Every spring in the Lakes Region, there comes a day when somebody says the same three words in the same hopeful tone.

"Did you hear?"

And you already know what they mean.

Ice-out.

It doesn't matter whether you live right on a lake, a few miles away, or just pass one on your way to the grocery store. Around here, ice-out is not only a change in the weather. It is a change in mood. You can feel it in the hardware store, in the post office line, even in the way folks linger a little longer outside their cars instead of hurrying indoors.

All winter long, the lakes belong to the cold. They hold their breath under snow and wind and silence. People cross them on foot, sometimes on snowmobiles, sometimes pulling little sleds behind them like quiet explorers. It is a different kind of beauty, but it is a still one.

Then one day, the edges begin to soften.

You notice a narrow ribbon of water along the

shoreline. A dock starts to shift slightly where it did not move

yesterday. The ice turns darker, then patchy, then uncertain. Someone says they heard it cracking overnight. Someone else says there is open water near the bridge already.

And suddenly, everyone is paying attention.

I have never met anyone who did not care about ice-out, even if they pretend they don't. There is something about it that feels like permission. Permission to believe winter really is letting go this time.

When I was younger, I thought ice-out was mostly about boats.

Now I know it is about chairs.

Not the fancy kind. I mean those simple folding chairs or old wooden ones that spend the winter leaning against a garage wall. The kind you carry down to the edge of the water and set facing west without even thinking about why.

Once those chairs come

out, people start sitting again.

They sit with coffee in the morning and jackets

zipped up to their chins. They sit in the afternoon watching the wind wrinkle the surface of water that only days ago was solid enough to hold a person's weight. They sit in the evening when the light stretches longer across the lake and nobody is in a hurry to go inside.

Sometimes, they sit without saying a word.

I think that might be my favorite part.

Winter conversations are often practical. Did you shovel yet? Did the furnace hold up? How bad are the roads where you are? Spring conversations begin differently. They start with what you noticed. Open water near the cove. A pair of ducks back already. Someone spotted the first boat trailer headed down the road.

Little reports from the front lines of the season changing.

It always amazes me

how quickly hope travels in a small New Hampshire town. One person sees open water in the morning and by supper half the community seems to know about it. No announcements. No meetings. Just neighbors talking the way neighbors always have.

I walked past a shoreline the other evening where a man stood looking out over a long stretch of gray ice that had broken into floating plates. He wasn't fishing. He wasn't measuring anything. He was simply watching.

After a minute, he said, mostly to himself, "Won't be long now."

I knew exactly what he meant, and I suspect he knew I did too.

There are many signs that winter is ending, but ice-out is the one that feels official to me. It reminds me that patience still counts for something around here. It reminds me that seasons do move forward, even when they seem to linger longer than we expected.

And it reminds me to start looking for my chair.

Comfort Keepers

Health impacts of stressful living

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Seniors who are trying to stay active and healthy can benefit from reducing stress in their lives. Stress can have negative impacts on people of any age, but as people get older the effect stress has on the system can be more severe and cause quite a few more problems than it does for younger people.

Years of stress can take its toll by increasing the risk that the senior will develop a chronic disease, such as hypertension, which can culminate in heart disease; cancer; or even diabetes. Stress can cause the system to enter a flight-or-fight mode, which can cause weight gain and affect how the body processes glucose. These are both risk factors for diabetes. Prolonged stress is also associated with higher rates of disability, mobility

impairment, and problems with cognition. Stress not only makes older adults more vulnerable to chronic disease but also reduces their ability to fight off infections or recover from illness.

While the cause-and-effect relationship between stress and illness is a topic still being explored, researchers believe part of the reason stress has such an impact on health is due to people's reaction to it. Stress can affect sleep pat-

terns, and people under stress tend to exercise less, eat poorly, smoke more, and fail to follow the recommendations of medical professionals. The behavioral factor may also partly explain why stress can have strong health impacts for some individuals but not for others.

For those seniors who are seeking ways to reduce stress in their lives, there are a number of strategies they can try. For starters, SEE COMFORT PAGE A5

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

ALTON — With more than 80,000 annual visitors, Mt. Major is one of New Hampshire's most beloved hiking destinations. However, its popularity brings significant challenges, including trash, vegetation damage, and trail erosion. To honor Earth Day and protect this iconic landscape on Route 11, the Society for the Protection of New Hampshire Forests (Forest Society) is launching a month-long series of events to support the mountain's long-term sustainability.

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

1. Volunteer Trailhead Outreach Program (VTOP) Online Info Session
Tuesday, April 14 | 7–8 p.m. The Forest Society is seeking volunteers for its summer and fall outreach program. VTOP volunteers stationed at the Mt. Major pavilion interact with hik-

ers to share safety tips and conservation information. Training is provided, and schedules are flexible.

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

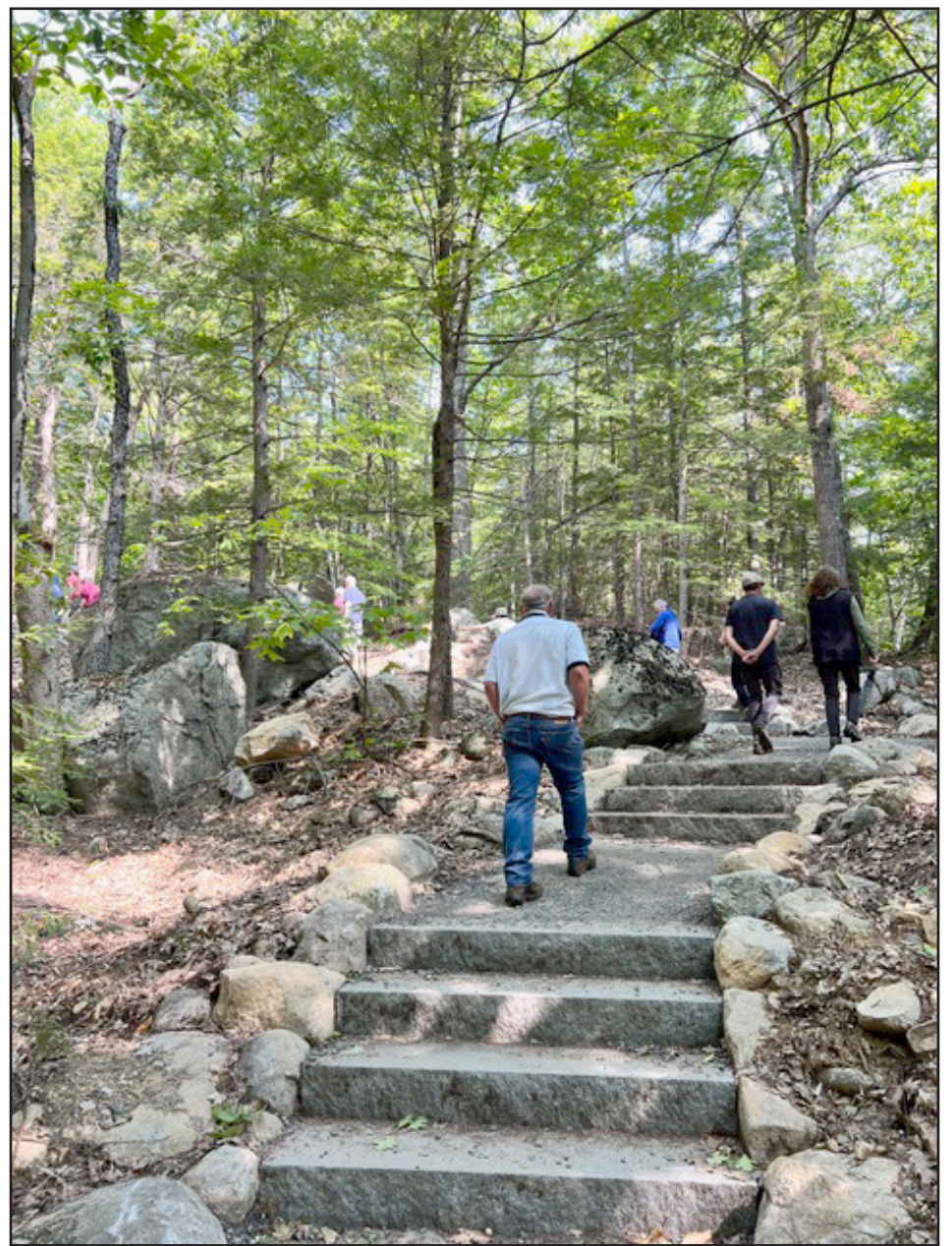
3. Trail Stewardship Workday
Wednesday, April 22 | 9:30 a.m. – 2:30 p.m. Roll up your sleeves for hands-on maintenance. Projects include removing sand from the parking lot to protect Lake Winnepesaukee from runoff, cleaning drainages on the Main Trail, and removing graffiti on the Boulder Trail.

4. Remote Support: Give Back "Above & Beyond"
Those unable to attend in person can support the ongoing sustainability of Mt. Major's most popular

routes by making a financial contribution.

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

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



COMFORT

CONTINUED FROM PAGE A4

ensuring they take care of themselves by eating a balanced, nutritious diet; not smoking; and minimizing caffeine and alcohol intake can help them to be physically prepared for dealing with stress. Exercise and yoga are also good outlets for releasing accumulated stress as are meditation and breathing exercises. Being socially active and talking with others about their lives can help seniors put their problems into perspective so that those problems are more manageable. Lastly, there are a lot of benefits to seeking the help of a professional if stress is an overwhelming challenge for an individual. Psychologists, social workers, and other health care workers can offer tailored guidance and direct the senior to services, such as transportation help, food assistance, and senior programs, that can alleviate sources of stress.

Hiring an in-home caregiver can also help reduce sources of stress for seniors who are having difficulty managing on their own. Professional caregivers can help the older adult with daily activities, such as meal preparation or keeping the house clean; help with mobility and transportation issues; and help the senior avoid loneliness and isolation through companionship and by providing transportation to social activities. For more information on how in-home care can help seniors, contact your nearest Comfort Keepers® office.

About Comfort Keepers
Comfort Keepers is a trusted provider of medical and non-medical in-home care, helping seniors and adults live safely, independently, and with dignity. Our comprehensive services include companionship, transportation, housekeeping, meal preparation, personal care, mobility assistance, and private duty nursing. We also

offer Comfort360™ Alert, part of our innovative Comfort360™ suite, delivering 24/7 response, proactive support, and added peace of mind for clients and families. Proudly serving New Hampshire since 2005, Comfort Keepers is committed to elevating the human spirit through compassionate, personalized care. To learn more, call 603-536-6060 or visit NHComfortKeepers.com.

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JLTV now available through Breezeline

REGION — Jewish Life Television (JLTV), the nation's largest and most robust 24/7, English-language, Jewish-themed television network, is pleased to announce that Breezeline has added JLTV to its channel lineup in the Lakes Region (including Belmont, Bristol, Grafton County, Laconia, and Wolfeboro, NH). Breezeline's video customers can now watch JLTV on Breezeline Channel 97.

More cultural than religious, JLTV welcomes viewers of all faiths to enjoy its high-quality, thought-provoking programming. On the original programming side, among other series, JLTV proudly produces:

Air Land & Sea: This award-winning, historically driven global travel series uncovers the triumphs and tribulations of the Jewish people over the centuries, highlighting both secular and sacred sites.

Bubbies Know Best: This multi-generational dating show features three Jewish grandmothers, who find the perfect dates for our Jewish and non-Jewish mates. The award-winning series has taken the nation by storm, with the Bubbies appearing on Access Hollywood, Steve Har-

vey, TMZ, and more.

Generations: This series reveals sometimes heartwarming, sometimes heart-breaking stories of our celebrities' families through deep genealogical research and detailed DNA analysis.

As for acquired programming, among other fan favorites, JLTV proudly broadcasts:

Faada: The New York Times ranked this action-packed thriller from Israel the 8th best international series of the last decade.

Prisoners of War: The New York Times named this Israeli series, the inspiration for Showtime's Homeland, the #1 best international program of the 2010s.

At a time when the nation is experiencing unprecedented spikes in antisemitism, JLTV is a welcome antidote that entertains, educates, and informs its multi-faith audience about the Jewish cultural and religious experience in the United States, in Israel, and around the World. JLTV's programming crosses across multiple genres - including children's, cooking, classics, comedy, drama, exercise, history, inspiration, lifestyle, news and talk, travel,

and so much more.

Brad Pomerance, JLTV's Executive Vice President, said, "Now more than ever, we thank Breezeline for adding JLTV to its Channel Line-Up in the Lakes Region. Breezeline is demonstrating its support for distinct voices, amplifying engaging, entertaining, and informative content about the Jewish faith, Jewish history, the Jewish people, and the State of Israel."

For more details about JLTV's availability through Breezeline, please see the attached flyer, which is available for general distribution. For more information, additional imagery, or interviews, please contact Tina at tina@jltv.tv or at

310-266-2061.

About Jewish Life Television
Jewish Life Television/JLTV is North America's premier 24/7 English-language, Jewish-themed television network and is available in over 100 million homes through Charter/Spectrum, Comcast/Xfinity, Cox, DirecTV, and other traditional and non-traditional video operators. To find JLTV's channel position in any community, please sign onto www.jltv.tv/channels.

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Hiltz Excavating returns as NH Marathon title sponsor

BRISTOL — Jeremy Hiltz Excavating, Inc. is proud to return as the title sponsor of the 33rd annual New Hampshire Marathon, taking place Saturday, Oct. 3, amid the breathtaking fall foliage of the Newfound region. Their continued commitment ensures that this

long-standing community tradition remains one of New Hampshire's most meaningful and impactful athletic events.

The NH Marathon features four races—the full marathon, half marathon, 10K, and Kids' Marathon—welcoming runners of all ages and abilities.

Last year's event broke participation records, drawing 864 runners from 43 states, Washington D.C., and five countries, making it the largest field in the event's history.

In 2025, the women's marathon also saw an exciting milestone: a new women's course record, set

by Natalie Hattan of North Sandwich, who crossed the finish line in 3:05:56.

For more than three decades, the NH Marathon has remained committed to strengthening the lives of local youth. All proceeds are donated to three Lakes Region nonprofit organizations serving children and

teens:

Circle Program – Providing year-round mentoring, enrichment, and free summer camp for New Hampshire girls.

Supporting New Hampshire boys through a tuition-free summer program and year-round mentoring.

Tapply-Thompson Community Center (TTCC) – Offering youth sports, after-school programs, and family supports that strengthen the Newfound region.

These organizations expressed their gratitude again this year for Hiltz's continued generosity and belief in the power of youth development—support that helps sustain life-changing programming across the region.

"We are honored to continue as the lead sponsor of such a wonderful community event that supports

area youth," said Jeremy Hiltz, owner of Jeremy Hiltz Excavating, Inc.

Race organizers echoed that appreciation.

"Hiltz Excavating has a long history of going above and beyond in their support of the community, and we are proud to partner with them again for this year's race."

Building on last year's momentum and enthusiastic community turnout the 2026 NH Marathon is poised to be one of the most inspiring yet. Runners, families, and community members are invited to mark their calendars and join in for a day that celebrates determination, community pride, and the positive impact people can create together for local youth.

Visit nhmarathon.com for more information.



COURTESY PHOTO

Hiltz Excavating returns as the title sponsor for the New Hampshire Marathon. Left to right, Tania Hiltz (Hiltz Excavating), Beth Dever (Circle Program), Les Dion (Tapply-Thompson Community Center), Karen Schaffner (race director), John Clayton (committee member), Laura Brusseau (Mayhew Program).

Lindsey Rustad "From Science to Trout" Tuesday in Plymouth



COURTESY PHOTO

Dr. Lindsey Rustad will address the Pemigewasset Trout Unlimited meeting on Tuesday.

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Moultonborough - Lumber Counter

This is a full time position in our Moultonborough store. Duties include assisting customers and contractors with product selection and order entry. Preferred, but not mandatory, doors and windows experience. Minimum two years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Weekend hours required on a rotating basis.

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

Ian Shurbert, Branch Manager, c/o Belletetes Inc.
 121 Whittier Highway, Moultonborough, NH 03254
 or you may email to ishurbert@belletetes.com

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Paint Specialist/Hardware Clerk

Belletetes Inc. is seeking a paint specialist for our Ashland, NH location. Responsibilities include assisting customers with colors and all necessary supplies for their projects; mixing and matching colors; maintaining and organizing inventory and supporting the hardware department as needed.

The position also requires working with the hardware department when necessary. The successful candidate must enjoy working with people and have excellent customer service skills. Computer skills are helpful and prior experience in paint or retail is beneficial. Some weekend hours are required.

You may call for an appointment or download an application from our website. All applications should be submitted to:

Rick Ash, Hardware Manager, c/o Belletetes Inc.
 120 West St., Ashland, NH 03217
 or you may email to rash@belletetes.com

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Our Ashland location is searching for an experienced contractor sales member of our Lumber & Building Materials Contractor Sales Team as well as with our Millwork dept. You will prepare quotes, orders, invoices, special orders and purchase orders. This position will also coordinate deliveries and returns as necessary. You will serve as a resource for the customer, helping them make selections and build their confidence using your product knowledge and excellent customer service. Weekend hours required on a rotating basis.

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We offer an industry leading benefits package that includes competitive wages, health insurance, life insurance, paid vacation, paid time-off, paid holidays, paid bereavement leave, profit sharing, 401k and store discounts.

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

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

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Inside Lumber Stock Associate

We are looking for a dependable and hardworking individual to join our team as an Inside Lumber Stock Associate. In this role, you will be responsible for stocking and organizing a variety of lumberyard essentials including nails, joist hangers, flashing, and other related materials. Maintaining a clean, well-organized, and fully stocked sales floor is key to supporting both our customers and team. This position will also assist at the lumber desk as needed, helping customers with basic inquiries and ensuring smooth day-to-day operations. No prior experience is required—we're willing to train the right candidate. A strong work ethic, attention to detail, and willingness to learn are the most important qualifications.

Responsibilities: Stock and replenish lumber-related materials and hardware; Maintain organization and cleanliness of inventory areas; Assist customers and support the lumber desk when needed; and work collaboratively with team members to keep operations running efficiently. Heavy lifting is necessary.

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

Dan Uhlman, Branch Manager
 20 West St., Ashland, NH 03217
 or you may email to duhlman@belletetes.com.

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PLYMOUTH — The Pemigewasset Chapter of Trout Unlimited April meeting will take place on Tuesday, April 21, at 7 p.m. in the Common Man Inn at 231 Main St. in Plymouth.

The speaker at this meeting will be Lindsey Rustad discussing what seven decades of science at Hubbard Brook teaches about trout streams.

Dr. Rustad is a Research Ecologist, recently retired from USDA Forest Service. She also serves as Faculty Associate at the University of Maine. Dr. Rustad earned her B.A. in Philosophy from Cornell University, M.S. in Forest Science from the Yale School of the Environment, and Ph.D. in Plant Science from the University of Maine. Her areas of expertise include forest soils, biogeochemistry, climate change impacts,

and the integration of Art and Science. She is an avid angler, fishing her home waters in Maine with her husband, Lou Zambello.

Prior to the chapter meeting, the board of directors will meet in the same location starting at 5:30 p.m. Board members usually order their dinners and dine during the meeting. If you are interested in chapter activities, feel free to sit in on board meetings.

All Pemigewasset Trout Unlimited meetings are free and open to everyone. There will be an optional raffle at the meeting to raise money to sponsor kids attending summer learn-to-fish camps. Trout Unlimited is a national organization with local chapters, promoting cold-water sport fishing and stream preservation efforts.

Strong start for track Bears in Belmont



JOSHUA SPAULDING

Dylan Griffin goes up over the pole vault bar in action in Belmont last Friday afternoon.



Alexandria Myers breaks from the blocks in the 100 meters during action last Friday in Belmont.



Nolan Abbott runs with the crowd during action on Friday at Belmont High School.



Eloise Abbott runs in the 3,200 meters during action at Belmont on Friday afternoon.

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Winnisquam track team made the short trek to Belmont on Friday, April 10, for the opening meet of the season, where the Red Raiders welcomed more than 300 athletes to town on a beautiful spring afternoon.

In the 110-meter hurdles to start the day for the boys, Taber Haggett finished in second place in 17.77 seconds while in the 100 meters, Kyle Douglas was fifth in 12.4 seconds, Daniel Sheridan was 24th

in 13.79 seconds, Christopher LeBlanc was 25th in 13.85 seconds and Christopher Collins was 28th in 14.39 seconds.

Nolan Abbott ran to third overall in the 1,600 meters with a time of 4:54.83 with Romain Berghmans in 16th in 5:38.91, Tristan Honeman in 17th in 5:42.25 and Owen Bakis in 21st in 5:55.18. The Bear boys ran to second overall in the 4X100-meter relay with a time of 50.1 seconds.

Simon Ahlgren won the 400 meters in his first

high school competition with a time of 1:03.01 with Samuel Button in third in 1:04.28. Dayton Brigante finished in second place in the 800 meters in 2:20.46 with Solomon Shartar-Howe in 12th in 2:36.24 and Alexander Mauch in 13th in 2:36.69. Berghmans finished in eighth in the 200 meters in 26.9 seconds with Jesse Vienneau in 19th in 31.23 seconds, Chase Tripple in 20th in 34.16 seconds and Caleb Moriarty in 22nd in 36.24 seconds.

Jack McGranaghan was fourth in the 3,200

meters in 12:50.48, Lucas Durphey was fifth in 13:03.27, Kaito Tamaru was sixth in 13:06.56 and Kyren Whitmore was seventh in 13:14.85.

The Winnisquam boys dominated the 4X400-meter relay, finishing in 3:42.99, which was 16 seconds ahead of the closest competition. Kyren Whitmore placed third in the 300-meter hurdles in 51.17 seconds.

In the shot put, Noah Bassett was eighth at 35 feet, one inch, Andrew Field was 13th at 31 feet, six inches, Daniel Powell

was 19th at 26 feet, eight inches and Kilean Frette was 24th at 22 feet, eight inches. Hunter Mulinski led the Bears in the discus at 69 feet for 17th place, Kevin Dore was 18th at 67 feet, two inches, Cole Ringer was 22nd at 61 feet, six inches and Stone Subocz was 25th at 58 feet, eight inches. Isaac Timmons led the Bears in the javelin in 13th place at 85 feet, six inches, Jacoby Martin was 16th at 78 feet, 77 feet, 11 inches and Mason Virgue-Hedberg was 29th at 49 feet, three inches.

Caleb Moriarty was ninth in the long jump at 13 feet, 11 inches and Tripple was 13th at nine feet, 2.25 inches. Whitmore cleared five feet, four inches for fourth in the high jump with Oliver Hatfield in 10th and Jourdan Tremer in 11th, both at five feet.

Dylan Griffin won the pole vault, clearing 11 feet, one inch and Brigante finished in second place at 10 feet.

For the girls, Alexandria Myers led the Bears in the 100 meters in eighth place in 14.07 seconds with Zariah Moore in 16th place in 15.62 seconds and HaydenRose Moriarty in 22nd in 17.41 seconds. The Bear girls finished in second place in the 4X100-meter relay with a time of 55 seconds.

Kaiden Robb ran to fourth in the 400 meters in

1:07.91 with Eloise Abbott in fifth place in 1:08.41 and Emily Tripple in eighth in 1:10.95. Abigail Osmer ran to 10th in the 800 meters in 3:13.03 and Moriarty was 16th in 3:52.77. Milan Pham was 16th in the 200 meters in 34.77 seconds.

Abbott ran to second in the 3,200 meters in 14:27.14 with Anna Drinkwine in third in 15:00.78 while in the discus, Phoebe Timmons was 10th at 61 feet, seven inches, Athena Searles was 13th at 51 feet, six inches and Addison Todt was 14th at 50 feet, three inches.

Timmons threw her way to the win in the shot put, tossing 28 feet, 5.5 inches with Kaylin Liesner in seventh at 21 feet, nine inches and Todt in 14th place at 16 feet, three inches.

Drinkwine picked up the win in the javelin with a distance of 84 feet, two inches with Osmer in seventh place at 56 feet, five inches and Timmons in eighth at 55 feet, 11 inches. Osmer was fifth in the triple jump at 26 feet, one inch and Pham was sixth at 26 feet. Pham was also eighth in the long jump at 11 feet, 4.5 inches.

The Bears are slated to host a meet on Saturday, April 18, and will be at Kennett on Tuesday, April 21.

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

HIGH SCHOOL SLATE

Thursday, April 16
GILFORD
Boys' Tennis at Prospect Mountain; 4
Friday, April 17
BELMONT
Baseball vs. Kearsarge; 4
Girls' Lacrosse vs. ConVal; 4
Softball vs. Kearsarge; 4
GILFORD
Baseball at White Mountains; 4
Boys' Lacrosse at John Stark; 4
Girls' Lacrosse at Bow; 4
Girls' Tennis vs. White Mountains; 4
Softball at White Mountains; 4
Saturday, April 18
BELMONT
Track at Winnisquam; 11

GILFORD
Track at Sanborn; 10
WINNISQUAM
Track Home Meet; 11
Monday, April 20
BELMONT
Baseball at Derryfield; 4
Softball at St. Thomas; 4
GILFORD
Baseball vs. Prospect Mountain; 4
Softball vs. Prospect Mountain; 4
WINNISQUAM
Baseball at Inter-Lakes; 4:30
Tuesday, April 21
BELMONT
Track Home Meet; 4
WINNISQUAM
Track at Kennett; 4
Wednesday, April 22

BELMONT
Baseball vs. Campbell; 4
Girls' Lacrosse vs. Pembroke; 4
Softball vs. Trinity; 4
GILFORD
Baseball at Somersworth; 4
Boys' Lacrosse vs. ConVal; 4
Girls' Tennis vs. Berlin; 4
Softball at Somersworth; 4
WINNISQUAM
Baseball vs. Conant; 4
Softball vs. Conant; 4
Thursday, April 23
GILFORD
Track at Coe-Brown; 4

All schedules are subject to change.

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SHOOTING

CONTINUED FROM PAGE A1

ground, and the caller had urged them to have police hurry to the scene.

Noting the urgency of the call, both Northfield and Tilton police officers arrived within six minutes.

“As the responding officers entered the doorway of the apartment, they saw Ms. (Megan) Whiting armed with a knife within close proximity of an injured female resident,” the

New Hampshire Attorney General’s Office reported in a press release later that day. “Police repeatedly instructed Ms. Whiting to drop her knife.”

When the woman refused to comply with their instructions, it was reported that one officer ultimately discharged his weapon, striking Whiting as she stood by the victim with the knife still in her hand.

Other officers on scene then moved in to seize the

knife and safely remove the injured victim from the premises to an awaiting ambulance.

As the EMT crew from Tilton-Northfield Fire & EMS moved inside the residence to begin their evaluation of Whiting, she was found to be deceased at the scene.

Per standard police protocol after a fatal shooting, the scene was secured and the Attorney General’s Office was notified of the incident.

An investigation was also immediately underway, and the deceased’s body was soon turned over to the Office of the Chief Medical Examiner for an autopsy, which was conducted later that day.

In the meantime, officials began collecting evidence, including footage from a body camera one on-scene officer was equipped with that day.

The autopsy revealed Whiting had been shot multiple times and the manner of death was ruled

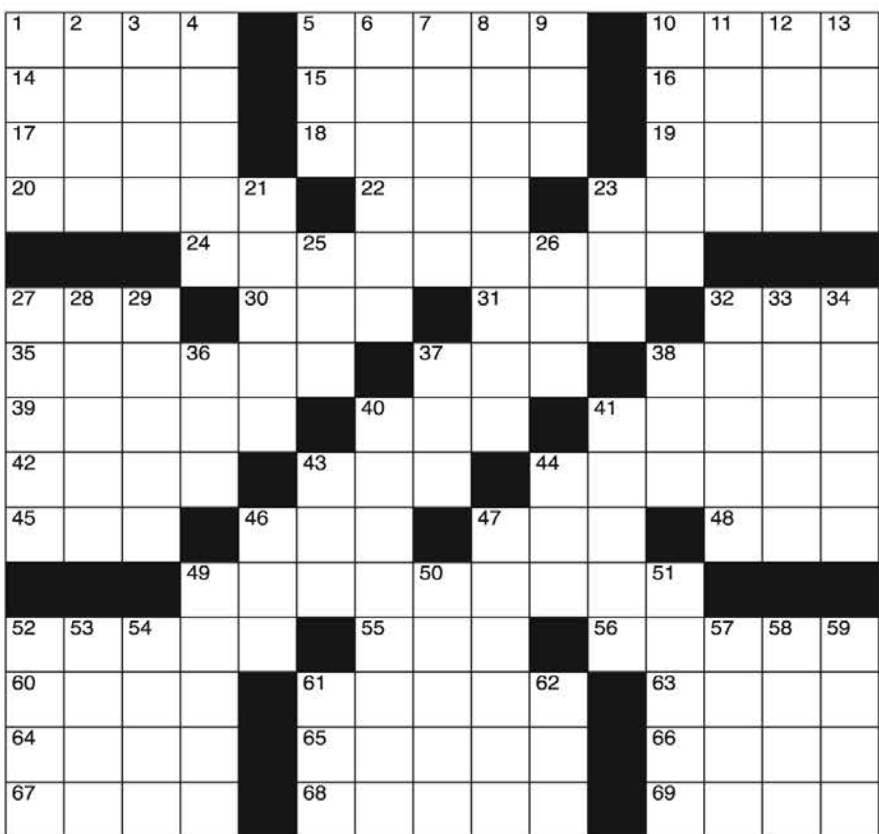
to be homicide. “Homicide” is defined by the Medical Examiner’s Office as the killing of one person by another, yet not specific to whether or not it was accidental, intentional or self-defense.

As the investigation by the Department of Justice continues, officials stated, “Pursuant to protocol, the names of the officers involved are being withheld pending the conclusion of formal interviews.”

A team from the Department of Justice will

now begin reviewing all of the evidence, including the body camera footage that was recovered from one of the officers. They will also speak with each officer on scene in those early morning hours and conduct a formal interview with the officer whose weapon was discharged.

No additional information will be released until those steps are complete and the AG’s Office reaches a final determination about the events leading up to the fatal shooting.s



CLUES ACROSS

- 1. Greek goddess of marriage
- 5. Tropical American blue jay-like bird
- 10. Abba __, Israeli politician
- 14. Dark olive black
- 15. Light, crinkled fabric
- 16. Notre Dame has a golden one
- 17. Leaked blood
- 18. Confronted
- 19. Negligible amount
- 20. Facilitated
- 22. Hill or rocky peak
- 23. Minneapolis suburb
- 24. Songs to one’s beloved
- 27. Brake horsepower
- 30. Angry
- 31. Children’s game
- 32. Spelling is a type of one
- 35. Obtained in return for labor
- 37. Indicates center
- 38. Chinese dynasty
- 39. Old World buffaloes
- 40. Slang for time off
- 41. Fabric
- 42. Ancient kingdom near Dead Sea
- 43. Defunct regional economic organization
- 44. Philly footballers
- 45. Female sibling
- 46. Peter Griffin’s daughter
- 47. Digital audiotape
- 48. Insecticide
- 49. Scientific instrument
- 52. Pages may be dog-__
- 55. Israeli city __ Aviv
- 56. Type of sword
- 60. Middle Eastern military title
- 61. Wise individuals
- 63. French Polynesian island Bora __
- 64. Popular shoe type
- 65. One of 50
- 66. Divulge a secret
- 67. Dish of cooked meat mixed with potatoes
- 68. Actress Zellweger
- 69. Romanian city

CLUES DOWN

- 1. Greek cupbearer of the Gods
- 2. Ancient Syrian city
- 3. Small Eurasian deer (pl.)
- 4. Range of mountains
- 5. One thousand cubic feet (abbr.)
- 6. Spoke
- 7. City in Georgia
- 8. Theatrical
- 9. CNN’s founder
- 10. Icelandic poems
- 11. Bjorn __, tennis player
- 12. Bowfin genus
- 13. One point north of northeast
- 21. Political divisions in ancient Greece
- 23. Electroencephalograph
- 25. Cool!
- 26. Male parent
- 27. Where some gymnasts work
- 28. Capital of Vietnam
- 29. Sailboats
- 32. Shelter (Scottish)
- 33. Completed
- 34. Discharge
- 36. Arrest
- 37. Partner to cheese
- 38. Coffee receptacle
- 40. Stagnate
- 41. Satisfies
- 43. Snakelike fish
- 44. Consume food
- 46. Type of school
- 47. Erase
- 49. Inform
- 50. Girl’s given name
- 51. Spiritual leader of a Jewish congregation
- 52. Every one of two or more things
- 53. Northern India city
- 54. Seventeenth stars in a constellation
- 57. Weapon
- 58. Amounts of time
- 59. Isodor __, American Nobel physicist
- 61. Soviet Socialist Republic
- 62. Witness

PUZZLE SOLUTION

H	E	R	A		M	O	M	O	T		E	B	A	N	
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GRANT

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typical separate house and barns into connected farmsteads. Thomas Hubka’s research in his award-winning book, *Big House, Little House, Back House, Barn: The Connected Farm Buildings of New England*, demonstrates that average farmers were, in fact, motivated by competition with farmers in other regions of America, who had better soils and growing seasons and fewer rocks to clear. The connected farmstead organization, housing equal parts mixed-farming and home-industry, was one of the collective responses to the competitive threat.

Thomas Hubka also has publications such as “Resplendent Synagogue: Architecture and Worship in an 18th Century Polish Community”; and “Houses without Names: Architecture Nomenclature and the Classification of America’s Common Houses.” His newest book is entitled “The Transformation of Working-Class Houses and Domesticity, 1890-1940: Improved Homes for a New Middle Class.” Hubka’s research primarily interprets the historic development and relationships between architecture/buildings and culture/people.

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For more information, contact the Sanbornton Public Library at (603) 286-8288 or splnhc@gnail.com Web site: splnh.com.

TRACK

CONTINUED FROM PAGE A1

was 12th in 1:27.33.

Jenna Laramie placed third in the 800 meters in 2:48.33 with Riley DeGange in sixth in 2:55.82 and Zoe Perlet in eighth in 3:09.61. Caitlyn Conover was 11th in the 200 meters in 30.73 seconds, Alana Chagnon was 15th in 34.65 seconds and Rogers was 21st in 38.3 seconds.

Sami O’Connor was fourth in the shot put with a distance of 23 feet, 11 inches with Steele in 12th at 18 feet. Steele placed 10th in the javelin at 48 feet, 11 inches and Hayden Rivera was 11th at 45 feet, 5.5 inches.

Hailey Clairmont finished second in the triple jump at 29 feet, 9.5 inches, Takantjas was third at 28 feet, 11 inches and Murphy was eighth at 21 feet, 11 inches.

Laramie took third in the long jump at 14 feet, .75 inches and Rogers was seventh at 11 feet, 6.75 inches.

For the Raider boys, Sacha Artis took third in the 110-meter hurdles to start the day in a time of 19.29 seconds. Nick Wright led the Raiders in the 100 meters in sixth place in 12.5 seconds and Dane Smith was 17th in 13.33 seconds. Aaryn Durand was 11th in the 1,600 meters in 5:25.38 and Aiden Milmore was 14th in 5:32.77.

The Raider boys finished in sixth place in the 4X100-meter relay in 53.15 seconds while in the 400 meters, Andrew Cryans was fifth in 1:06.71, Bronson Glines was sixth in 1:06.95, Jaxon Potter was 10th in 1:26.75 and Owen Michaelsen was 11th in 1:28.15.

Artis won the 300-meter hurdles in a time of

47.8 seconds with Devlin Gamache in fourth in 53.39 seconds. Jacob Blanchette was 10th in the 800 meters in 2:34.91.

Wright ran to third in the 200 meters in 25.62 seconds with Cryans in 16th in 29.03 seconds and Trenton Proulx in 29.21 seconds for 17th place. The Belmont boys ran to fifth in the 4X400-meter relay in 4:10.05.

Brady Filteau won the shot put with a toss of 44 feet, 9.25 inches with Ethan Rivera in third at 40 feet, 4.5 inches and Ryan O’Connor in seventh at 35 feet, four inches.

Filteau also won the discus with a throw of 149 feet, five inches with O’Connor in 28th place at 40 feet, six inches. In the javelin, Daniel Tripp was sixth at 106 feet, seven inches and Michaelsen was 23rd at 64 feet, five inches.

Durand won the triple jump at 35 feet, 7.5 inches with Christian Edgren in third at 34 feet, seven inches, David Mahoney in seventh at 30 feet, 11.5 inches and Blanchette in eighth at 35 feet, three inches.

The Raiders are scheduled to be at Winnisquam on Saturday, April 18, and are back at home on Tuesday, April 21.

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



Sacha Artis won the 300-meter hurdles during the season opener last Friday afternoon.



Brady Filteau fires the shot put on his way to picking up the win in the opening meet of the season.



Jenna Laramie rounds the track during action in the first meet of the season last week.

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AWARDS

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All of the high schools throughout the Salmon Press coverage area had scholar-athletes honored at the ceremonies.

The honorees from Belmont High School included Ryan Cribbie, Andrew Cryans, Riley DeGange, Wyatt Divers, Brady Filteau, Brady Fysh, Ava Lacasse, Madison MacDonald, Anna McDonald, Sami O'Connor, Ethan Rivera, Brock Smith, Meg Soucie, Brayden Townsend and Hannah Young.

From Berlin High School, the honorees were Beau Berry, Jake Bynum, Makayla Couture, Chloe Golden, Hudson Goulet, Evan Hill, Amelia Jacques, McKenna Kelley, Kassidy Lefebvre, Hannah Melendy, Danica Patry, Boyd Poulin, Emma Rancloes, Olivia Richard, Kennah Scott, Emily Smith, Garrett Snyder, Cloey Vien and Grant Williams.

The Gilford High School honorees were Landon Akerstrom, Bode Badger, Athena Booth, Payton Brown, Isabelle Dow, Dalton Houle, Emma Horton, Gunnar Marvel, Christien Nunez, Emerson Plourde, Dominic Soucy, Maria Tilley, Abigail Watson and Ava Wilson.

From Gorham Middle High School, honorees were Hallee Albert, Silas Backler, Timothy Chauvette, Maxwell Grondin, Atticus Hamill, Gianna Pizzuto, Mason Roberge and Jacob Warner.

The Groveton High School honorees were Julia Chappell, Taylor Clauss, Gage Collins and Delaney



The NHIAA/NHADA Scholar Athlete Award honorees from Winnisquam pose with Athletics Director Ian Snowdeal after last week's ceremony in Concord.

Whiting.

The honorees from Inter-Lakes included Riley Anderson, Emily Doda, Hannah Nesbitt, David Walker, Aiden Price and Thea Wright.

For Kennett, the honorees were Jason Baker, Grier Carrier, Emerson Couture, Lillian Couture, Emma Dziedzic, Jeweliana Gorham, Sebastian Huot, Jack Jarell, Keegan Jay, Myra Johnston, Finn Lajoie, Will Odell, Owen Robertson, Grace Sanfilippo, Lance Sholik, Abigail Smith, Timmy Sprouse, Lydia Wiggin and Grace Yanelli.

The Kingswood honorees were Serafin Agramonte, Thoams Benker, Makenzie Boisvert, Ryker Booth, Thomas Bronson, Liam Brown, Nate Cloos, Nate Demain, Brynn De-

mers, Isabelle Fournier, Michael House, Vaega Johnson, Emma Lyons, Brendan MacPhee, Jordyn Martineau, Brady Moulton, Felix Roberts, James Rogers, Bryce Sandlin, Eric Santangelo, Gianna Santangelo, Grady Steele and Evan Thurston.

For Lin-Wood Public School, the honorees were Evan Bujeaud, Aubrey Caulder and Wyatt Weed-

Honorees from Lisbon Regional School were Bailey Clark, Meredith Barnes and Jacob Houghton.

From Littleton High School, the honorees were Kendall Adams, Mason Allaire, Julieann Bromley, Ashtyn Chadburn, Marcus Hampson, Luke Hennessey, Ella Horsch, Ryan Mahy and Madison Nel-

The Moultonborough Academy honorees included Payton Bernow, Evelyn Buy, Molly Cahoon, Cayden Cloutier, Matthew Driscoll, Caroline Elliott, Payton Goren, Kevin Gray, Lauren Grinavic, Alex Gundersen, Madison Hart, Brooke Hoag, Alicia Johnson, Brett Johnson, Matthew Kelley, Eric Larson, Danny McKenna and Beyla Rudolph.

From Newfound Regional High School, the honorees were Addison Alpers, Ethan Avery, Evie Bastarache, Emerald Briggs, Reece Cutting, Bailey Dow, Brady Harker, Ceili Irving, Leah McFarland, Daniel Sherkanowski, Annabel Smolenski and Liliane Whittum.

Honorees from Plymouth included Amanda Ahern, Addison Allain,

Michael Aprilliano, Hazel Basingthwaite, Finnian Bellamy, Graeme Burtis, Jeffrey Doherty Jr., Caleb Dutile, Sebastian Eisenbarth, Elizabeth Englund, Hailey Garnsey, Tate Hayman, Tegan Hershey, Blaine Hiltz, Nolan Johnson, Arianne Lee, Logan Libby, Cooper Mack, Amritai-Noor Metwaly, Turner Oldenburg, Hassan Osseiran, Ellis Pietroniro, Margarette Pitman, Harper Preston, Courtney Sabato, Lucia Sakin, Isabella Son, Trista Strickland, Elliott Sutherland and Benjamin Valenti.

From the Profile School, Adaline Proulx, Adora Fresolone, Addison Koehler, AnnaSophia Wakeham, Ani Griffiths, Avery Weir, Bailey Verret, Belkin Holder, Jett Presby, Marcus Hamilton, Moses

Rolfe and Natalie Brantley were the honorees.

The Prospect Mountain honorees included Layla Baker, Chloe Bill-Petersen, Wyatt Bubar, Rylan Clifford, Taylor Greenwood, Paige Harding, Laney Henry, Dylan Krull, Declan McCausland, Madison Miller, Knyte Neathery and Jenna Sykes.

The honorees from White Mountains Regional High School included Hailey Briere, Isabella Ford, Landin Foss, Alexis Hicks, Addyson Kenison, Kiara Koxarakis, Kaya Nkwen-Tamo, Reese Robinson, Logan Samson and Kayleigh Savage.

From Winnisquam Regional High School, the honorees were Caidyn Carter, Camilla Cote, Anna Drinkwine, Carl Edwardson, Alexis Mingolla, Zariah Moore, Abigail Osmer and Emily Tripple.

From Woodsville, the honorees were Samuel Aldrich, Morgan Crocker, Riley Emmerton, Eyrleigh Hambrick, Katherine Houston, Justin Hutchins, Gabriel Roy, Jillian Roy, Makayla Walker and Ryan Walker.

The NHADA also awarded scholarships to one boy and one girl from each division and Kennett's Will Odell was the male winner in Division II and Aiden Price of Inter-Lakes was the male winner in Division III.

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

Lakes Region group tackles New Hampshire's "Brain Drain"

REGION — As New Hampshire continues to struggle to retain young, ambitious talent, a new mastermind group in the Lakes Region is pioneering a proactive solution.

Founded in 2025 by local business leader Ethan Keslar, the New Hampshire Entrepreneurship Exchange (NHEX) provides a support system for young professionals to combat the state's "brain drain" by fostering career growth and strengthening the local economy.

Region lacks a dedicated young professionals group," said Keslar, Director of New Business Development at Keslar Insurance.

At the same time, he said they are seeing a trend of individuals leaving the state in search of better-paying jobs or greater opportunity. "We believe that challenge can be addressed by creating a space that supports young professionals who are building their careers right here," he added.

structure is central to its success. Operating as a "single-seat" mastermind, where only one person per industry can join, NHEX fosters an environment of trust and deep collaboration. Members meet twice monthly to tackle real-world business challenges — from lead-generation strategies to improving personal skills such as public speaking.

"Collaboration is not just helpful, it is essential," he explained. "When people come together with shared intent and different perspectives, it drives stronger decisions, better outcomes, and long-term success."

According to Keslar, their process is "simple but powerful." "We identify an issue, break it down as a group, and solve it together," he noted.

The process appears to



be working, as the group boasts 10 members. In 2026, NHEX plans to host six events, partner with three to four local nonprofits, and collaborate with Stay Work Play on an upcoming event in the Lakes Region.

Beyond local impact, Keslar cited a vision for statewide change, noting

that NHEX is building a framework that can be replicated in other New Hampshire communities facing similar challenges.

"Long term, our vision goes beyond our current group," he stated. "We are exploring ways to expand our impact and bring this model to communities that may not have the resour-

ces or population to build something like this on their own."

NHEX invites interested professionals to attend a session to experience the collaborative environment firsthand. For more information, visit nhex603.com or contact Keslar at ethan@keslarinsurance.com.

Bayview Artisan Gallery to host inaugural Intuitive Arts Event

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

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

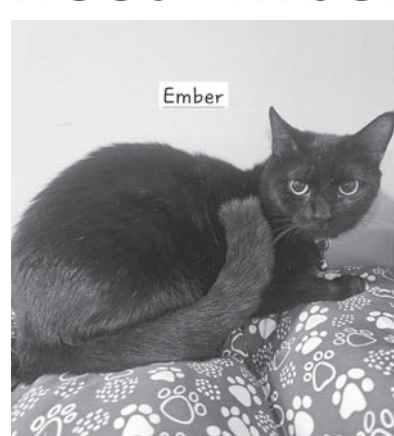
The event offers a serene setting with stunning views of Lake Winnepesaukee at 285 Daniel Webster Highway, Meredith. For more information, please contact the gallery at 603-207-3110.

PETS OF THE WEEK

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Ember is a sleek all-black beauty with glowing orange eyes that seem to shine in the dark. She carries herself with a quiet, calm presence and prefers to observe the world before jumping in.

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We're still getting to know Ember, as she tends to keep a little mystery about her — but that just makes earning her trust all the more special. She would thrive in a patient home that appreciates a calm, shadowy companion with mesmerizing eyes and a gentle spirit.

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CCSNH receives funding to fill growing workforce demands for energy contractors

Lakes Region Community College to provide customized skills training

LACONIA — The Community College System of New Hampshire (CCSNH) and Lakes Region Community College (LRCC) received approval for a \$1.2 million Training for Residential Energy Contractors (TREC) grant from the New Hampshire Executive Council to meet workforce needs for energy contractors. A \$32.4 million contract with Everblue, also approved by the Governor and Executive Council, will support the implementation of the Home Energy Rebate's (HER's) Home Electrification and Appliance Rebates (HEAR) program in New Hampshire, while LRCC will lead the TREC training, working in close coordination with Everblue on programs that are expected to continue through 2029.

For many rural New Hampshire households that rely on high-cost fuels, electrification with cold-climate heat pumps as well as other energy efficiency measures are expected to significantly



Students at LRCC gain hands-on experience with a residential energy training model, preparing for careers in home electrification and energy efficiency.

reduce overall residential energy costs. "This is an opportunity to build and deliver an impactful program," said Patrick Cate, president of LRCC. "These initiatives will truly benefit everyone involved — from the training participants who will learn new skills, to their employers who will be able to provide additional services to customers, to the homeowners saving money on their energy bills. And the program in-

cludes substantial tuition awards and support for TREC participants."

As part of this program, LRCC will develop specific career training pathways for key positions, such as heat pump and electrification specialists. In addition to LRCC courses, the college will work with manufacturers and distributors to provide advanced training pathways for heat pump installers and similar technical positions. A core TREC offering will

be "Home Energy Rebates Advisor" trainings that will enable contractors to integrate HEAR rebates with their energy, HVAC, or electrical work.

"The TREC program will also support participants and their employers with business and soft skills trainings," explained Andy Duncan, LRCC energy training coordinator. "As part of its implementation strategy, LRCC will work throughout New Hampshire with other

community colleges in New Hampshire, as well as organizations and trade groups that support residential energy efficiency workforce development."

For more information contact LRCC's Workforce Development Manager, Steve Tucker, at stucker@ccsnh.edu or 603-366-5329.

About Lakes Region Community College
Lakes Region Community College (LRCC), located in Laconia, New Hamp-

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

About CCSNH
The Community College System of NH consists of seven colleges, offering associate degree and certificate programs, professional training, transfer pathways to four-year degrees, and dual-credit partnerships with NH high schools. The System's colleges are Great Bay Community College in Portsmouth; Lakes Region Community College in Laconia; Manchester Community College; Nashua Community College; NHTI — Concord's Community College; River Valley Community College in Claremont, Lebanon and Keene; and White Mountains Community College in Berlin and Littleton. CCSNH serves more than 25,000 students across the state providing affordable access to a high-quality education and economic opportunity. For more information, visit CCSNH.edu.

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Meredith: Located on a corner lot, this 2BR/1BA offers single-level living and deeded access to Lake Waukewan. The property includes a detached barn, multiple porches and an opportunity for a residence or commercial use.

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Laconia: Located within the gated Long Bay community, this 3,012 sf. home features a flexible 3-4 bedroom layout with an open-concept living area and a granite-appointed kitchen. Residents enjoy resort-style amenities including two private sandy beaches, a heated pool with lake views, and more.

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(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

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

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

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

Paintings on display have been created in traditional mediums (oil, acrylic,



watercolor), as well as more esoteric mediums such as digital, alcohol and ink. Felted wool and stained-glass wall hangings festoon the walls alongside the paintings and photography. In addition to the hanging art, the gamut of fine arts

and crafts is fully represented, from wood carvings, fabric art, pottery and ceramics to fine jewelry, glass art, woodworking and metal sculptures.

“As a cooperative, the gallery is always staffed by members, so visitors are

assisted by knowledgeable professional artists,” said SLA president Marian Federspiel. “The Open House is a rare opportunity to meet more of our artists, ask questions and even see demos of artmaking in process.”

Many new and exciting

things are happening at the gallery. Visitors are invited

to sign up for the new newsletter, which will keep them informed of events, introduce new artists, and provide updates about gallery events and artist activities.

Squam Lakes Artisans [SLA] was established in 2005 in the Squam Lake Science Center in Holderness. In 2018, the gallery relocated to 23 Main St., Center Harbor, in the building next to the town bandstand, just across from the town docks.

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

Belknap County Warming Center closes for the season

LACONIA — The Belknap County Warming Center, operated by Lakes Region Mental Health Center (LRMHC), served 58 individuals from Dec. 6 through March 29. The Center has operated for three years, offering a safe and warm place for unhoused people during the coldest winter months. The average daily attendance was 20 guests on week-

days, and 27 guests on weekends.

Currently located on McGrath Street in Laconia, the Warming Center management is looking for a new location next winter, as the current building is under new ownership.

“We are looking for a central location, that is easy to walk to. We want to enter a collaboration with

a community partner or a business who has the space and shares our mission to help our most vulnerable neighbors,” says President and CEO Maggie Pritchard.

If you are interested in collaborating or would like more information, please contact 603-524-1100 and ask for Nicole Fitts, Warming Center Manager.

Lakes Region Mental Health Center, Inc. is the New Hampshire-designated community mental health center serving Belknap and southern Grafton Counties. A pri-

vate, non-profit corporation, LRMHC has two campuses in Laconia and Plymouth that provide a comprehensive array of services, including 24/7 Emergency Services to anyone in the community experiencing a mental health crisis, and Open Access hours for adults at the Laconia location on Tuesdays and Wednesdays from 8:30-11 a.m.

For more information or to schedule an appointment, call 603-524-1100 or visit the website at www.lrmhc.org.

Tanger Outlets Tilton celebrates Earth Day with sneaker recycling program

TILTON — To celebrate Earth Day, Tanger Outlets Tilton invites the community to donate their used sneakers — any kind, size or condition — throughout April to support its new recycling program.

Shoppers can give back by donating two pairs of shoes at Under Armour and Skechers from 10 a.m. — 2 p.m. on April 24. Guests who donate will receive a special offer for 20 percent off top brands like Under Armour, Old Navy and Skechers.

Sneakers collected will be recycled through Tanger’s partnership with Sneaker Impact, repurposing them into rubber material for future soft play surfaces and other usable products.

To learn more, visit tanger.com/tilton — and connect on Facebook and Instagram.

Granite VNA offers powerful tools for caregivers in Laconia

LACONIA — Granite VNA is offering “Powerful Tools for Caregivers” a six-week educational program that helps caregivers learn to take care of themselves. The upcoming program is on Mondays beginning May 4 from 1:30 - 3 p.m. at Granite VNA — Laconia Office at 780 North Main St. This program meets on Mondays through June 8 with the exception of May 25 Memorial Day. Class will be held Wednesday, May 27 that week.

Caregiving can add stress to our physical and emotional health. This interactive workshop helps caregivers learn to:

- Reduce personal stress
- Change negative self-talk
- Communicate more effectively
- Handle different feelings
- Make challenging caregiving decisions
- To register, call (603) 224-4093 or (800) 924-

8620, ext. 85664 or visit www.granitevna.org. Registration is required and space is limited. This program is offered at no charge.

About Granite VNA

Granite VNA is a not-for-profit licensed and certified home health and hospice care provider. The agency serves people of all ages in 72 communities across the Greater Capital Region and Central New Hampshire by providing home care, hospice care, pediatrics and maternal child health services, and wellness programming. The agency has offices in Concord, Laconia and Wolfeboro. Formed through the merger of Concord Regional VNA and Central New Hampshire VNA & Hospice, Granite VNA has served New Hampshire since 1899. For more information about Granite VNA, visit www.granitevna.org.

GENERAL SERVICES

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<https://www.oceanfrontcottage.com/rentals/egrets-landing-31a>

HELP WANTED



Full-Time Installers Apprentice

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

LEARN WHILE YOU EARN!

No prior experience required. Must have a valid driver’s license and pass the pre-employment drug screening.

Stop in to fill out an application:

ENERGYSAVERS INC.

163 Daniel Webster Hwy., Meredith NH

HR & Finance Assistant

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

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

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

Carroll County Human Resources

95 Water Village Road

Ossipee, NH 03864

Secure Fax (603) 539-9297

Apply online at: <http://www.carrollcounty.nh.gov>

EOE

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Scott Burns' Landscaping, LLC

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

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

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



HELP WANTED

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

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

For additional information go to

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

Please send resume & cover letter to

info@loon.org.

Franklin Savings Bank supports Franklin High School's Early College program, one book at a time

FRANKLIN — For the second year in a row, Franklin Savings Bank was happy to assist with the cost of books for Franklin High School's Early College Program. The program helps high school students earn college credits through Lakes Region Community College, and provides them with a head start on college courses and a competitive edge in the workforce.

Through its program, Franklin High School is able to cover the cost of the college courses, however college books are an added expense. This is where Franklin Savings Bank jumped in to help. The bank supported the program with \$750 to cover the cost of books, allowing students to spend more time learning, and less time worrying about this extra expense.

"Education opens doors, and we're proud to help open those doors for students in Franklin,"

states Brian Bozak, President & CEO at Franklin Savings Bank. "By contributing to the cost of college textbooks again this year, we're reinforcing our commitment to growing stronger together and supporting the next generation of leaders."

"We are incredibly grateful to Franklin Savings Bank for their generous investment in our students' success," comments Principal David Levesque, Franklin High School. "By providing the essential Chemistry textbooks for our students who are taking this course at LRCC, they are removing financial barriers and ensuring our students have the tools they need to excel. This partnership is a testament to their commitment to our community and the future of our students."

To learn more about Franklin High School's Early College Program and partnership with Lakes Region Community College,

visit: <https://www.lrcc.edu/programs/high-school/>.

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 also offers investment and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors. A recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology. Visit www.fsbnh.bank to learn more or follow the bank on Facebook, LinkedIn, Instagram, and YouTube.



COURTESY Pictured, left to right: Brian Bozak, President & CEO, Franklin Savings Bank; Cheryl Dore-Chapman, School Counselor, Franklin High School; Heidi Cayton, Franklin High School Student; Arden Greenrod, Franklin High School student; and Kian Lemon, Franklin High School student.

Audubon announces program on Edwin Way Teale

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

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

the epic journey he and his wife Nellie undertook.

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

John R. Harris is currently an adjunct faculty member in Environmental Science at Franklin Pierce University. He holds a

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

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

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

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

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