

Winnisquam Echo

THURSDAY, APRIL 18, 2024

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Rain doesn't stop Belmont track team



JOSHUA SPAULDING

Damien Sanborn and Colby Vetter break from the blocks in the 100 meters on Friday.

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont track girls took the win in their home meet on Friday, April 12, while the boys finished in second place overall in a meet that was marked by rain, wind and generally rough conditions.

Due to said conditions, the results from the field events that took place (shot put, high jump, long jump, triple jump) were not available.

The Belmont girls took the top two spots in the 800 meters, with Helena Papadopoulos in first place in 2:52.04 and

Emilie Defrancesco in second place in 2:53.04. Rebekah Edgren was fifth in 3:00.09 and Devyn VonKadich was eighth in 3:19.73.

The Raider 4X100-meter team finished in first place in a time of 58.78 seconds and the

4X400-meter team finished in first in 5:02.71.

In the 100 meters, Talia Watson was fourth in 14.43 seconds, Kyleigh Roe was eighth in 14.88 second and Ella Stevens was ninth in 14.9 seconds. Jaeyln Nialez was third in the 200 meters

in 30.49 seconds, Hailey Clairmont was 13th in 35.4 seconds and Violet Smith was 16th in 39.55 seconds. Clairmont was eighth in the 400 meters in 1:18.68 and Emerson Decato was ninth in 1:19.38.

Aspen Fillebrown was

second in the 100-meter hurdles in 19.93 seconds and finished third in the 300-meter hurdles in 1:02.33 and Riley De-gange finished in fourth place in the 1,600 meters in a time of 7:07.36.

SEE **TRACK**, PAGE A8

Boston comedy stars come to the Greenside

TILTON — The Greenside Restaurant at Lochmere Country Club in Tilton will be bringing some of the best in Boston comedy to the venue Saturday, April 20, at 8 p.m. with a show starring Chris Pennie and Jason Merrill, with Dave Decker opening.

Tickets are \$20, and may be purchased in advance by logging on to <https://birdease.com/Comedy-Show2024>. Tickets will also be available at the door the night of the show if not sold out.

“Our first two shows at the Greenside sold out,” said Michael Smith of Laugh Riot Comedy, which is working in conjunction with the Greenside and owner/chef David Fraser. “The idea is to continue to bring high level shows to the area that people can afford. Our goal has always been to make shows entertaining while at the same time making them available to greatest number of people. We have brought over a lot of our followers from our nine years at Pitman’s Freight Room, but we are also attracting a large number of new comedy fans who we hope will also become regulars.”

As for the April 20 show, Pennie has been seen on Comedy Central and on CMTV where was a national finalist in the CMT search for the funniest comedian in the country. He was a finalist in the Plymouth Rock Comedy Festival and the Beantown Comedy Riots as well as being invited to the Laughing Skull Festival in Atlanta and the Boston Comedy Festival. Pennie has appeared at Mohegan Sun, Giggles, Kowloon and top clubs throughout New England

Jason Merrill works the top clubs in New England such as Giggles, Kowloon, the Tupelo, the Bradley Playhouse and more, as well as sharing the stage with the likes of comedy stars Lenny Clarke, Steve Sweeney, and Paul D’Angelo.

The May 11 show at the Greenside stars Jim Colliton (Las Vegas, Atlantic City, New York, cruise lines), Paul landwehr (national tours, Laugh Boston) and Chris Cameron.

Give the gift of life at BHS today

BELMONT — The American Red Cross will conduct a blood drive at Belmont High School gymnasium Thursday, April 18 from 11 a.m.-4 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: BHSNH to schedule an appointment.

If you are an eligible type O, B - or A - donor, consider making a Power Red donation.

Red blood cells are the most commonly transfused blood component.

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/Rapid-Pass to complete your pre-donation reading and health history questions on the day of your appointment. The high school is located at 225 Seavey Rd.

Win a smoker grill just in time for summer

BELMONT — Thanks to the generosity of local businesses, the Friends of the Belmont Public Library is holding its biggest raffle yet. First prize is a Masterbuilt Gravity Series 560 Digital Charcoal Grill & Smoker, and gift cards to cover meat, charcoal and smoker pellets. First prize package is worth over five-hundred dollars.

The second prize winner will receive Redkin shampoo & conditioner, a manicure, dinner and a night out at the movies.

“We were really thrilled that our local businesses stepped up to help the Library,” says Tina Benoit, a member of the Friends. “We could not do this without the support of Home Depot, Walmart, Market Basket, The Vault Hair Salon, Village Image, Brookside Pizza, and Smitty’s Cinema.”



COURTESY

Friends of the Library member, William Hopkins, with first prize grill.

Tickets can be purchased at Belmont’s Library or online at GiveButter.com/GRILL. A \$5 donation buys one entry and a twenty dollar donation buys five entries. “We’re calling this raf-

fle Grill & Glamor and it’s got something for everyone,” says Pauline Boyle, group President. “And, like all our raffles, the odds of winning are pretty good—much better than the lottery!”

Winners will be drawn on Friday, May 24, just before the Memorial Day weekend. Winners will be contacted directly. You do not need to be a Belmont resident to enter or to win.

Lakes Region Community Developers receives grant from the Greater Lakes Region Charitable Fund for Children



Lakes Region Community Developers Executive Director, Carmen Lorentz accepts grant award check from Greater Lakes Region Charitable Fund for Children Executive Director, Jenn Kelley.

LACONIA – Lakes Region Community Developers (LRCD) is proud to announce they were recently awarded a \$25,000 grant from the Greater Lakes Region Charitable Fund for Children. The grant will help support LRCD's Affordable Housing Program, which is responsible for developing and managing affordable rental housing throughout the Lakes Region.

According to NH Housing's "2023 Residential Rental Cost Survey," the median rent for a two-bedroom apartment in Belknap County is \$1,556. Only 4 percent of two-bedroom units in Belknap County are considered affordable to the average renter household. People of low income are being squeezed out of the local housing market altogether due to the lack of supply of affordable apartments.

This grant from the Greater Lakes Region Charitable Fund for Children will aid LRCD in continuing to operate its existing portfolio of

affordable rental apartments, which provide safe and healthy housing for approximately 315 children in the Lakes Region. In addition, this funding will help LRCD develop new housing in Ashland and Wolfeboro.

"The Lakes Region desperately needs more affordable rental apartments for families of low income," says LRCD Executive Director, Carmen Lorentz. "As a non-profit developer of affordable housing, we are proud of our work in doing all we can to meet the needs of the community and are so thankful to the Greater Lakes Region Charitable Fund for Children for its support."

About Lakes Region Community Developers

Lakes Region Community Developers' mission is to create opportunities for the Lakes Region to thrive by developing healthy homes, creating vibrant community assets, and engaging residents.

About the Greater Lakes Region Charitable Fund for Children

Numerous fundraising events throughout the year support the Greater Lakes Region Charitable Fund for Children, including their four-day signature Children's Auction event every December. In the past four decades, the Fund has distributed more than \$8.6 million to over 80 nonprofits that serve low-income families and children in the Lakes Region, all through volunteer efforts, community donations, and corporate sponsorship. The Children's Auction falls under the umbrella of the Greater Lakes Region Charitable Fund for Children, a 501(c)(3) nonprofit organization that helps local community organizations that serve children and families in need. For more information about the Auction, the nonprofits it supports and how you can help, visit ChildrensAuction.org.

Songwriter Series lineup set for April 24

MEREDITH — The partnership between Katie Dobbins Music (Gilford) and Hermit Woods Winery & Eatery (Meredith) which has brought a monthly music series titled Songwriter Round-Up to the Lakes Region is set to deliver another great show near the end of this month. Held in the region's premier listening room, The Loft located on the second floor of the Winery, this series has been giving audience members a chance to experience the original music of talented singer-songwriters from the New England area and beyond. At each show three artists share their songs and stories in a unique in-the-round style performance. This intimate series features two different songwriters alongside host performer Katie Dobbins on the last Wednesday of every month.

The series has been steadily gaining in popularity with many sold-out shows and a growing number of area residents attending as many shows as possible

to experience the show "magic" that each new lineup creates. Winery co-founder and owner Bob Manley is thrilled to have his establishment be home to the monthly Songwriter Round-Up Series.

Remarking on the success of the series, Manley reaffirms the valued partnership the Winery has developed with Katie Dobbins Music expressing "Working alongside Katie Dobbins and her Songwriter Round-Up Series has been an absolute delight. Katie brings an engaging presence to the stage, effortlessly connecting with our audiences and showcasing incredible talent with each performance. Since its inception at The Loft at Hermit Woods, her show has consistently been among our best-selling performances. I eagerly anticipate each and every one of her shows."

Dobbins, who previously hosted this series in the Boston area, is grateful to be able to bring it to her New



Hampshire community.

Reflecting on the Songwriter Round-Up Series at Hermit Woods Winery, she says, "Bob Manley and his fellow co-owners, along with the Winery staff, have been so supportive in the creation and delivery of this songwriter series. From the first discussion about the show format and genre, Bob and his team embraced the concept and made their beautiful Loft listening

room available for it."

Dobbins adds, "I've met and shared this stage with so many talented artists through these shows and the reception and support from the Lakes Regions community has been amazing and rewarding for all of us. Though I perform throughout New England, this monthly series in my home community is something really special to me."

The next Songwriter

Round-Up show takes place on Wednesday, April 24, featuring new Americana artist Katie Dobbins, along with Maine-based folk-country-pop artist Jeanette, and New Hampshire piano-playing singer/songwriter artist Marlena Phillips. All three of these artists bring their own unique life-lyrics, melodies, and styles to the stage. This will be an evening of great original music and dy-

namic entertainment that you won't want to miss. A complimentary wine tasting will begin at 5:30pm, Loft seating opens at 6pm, and music runs from 7 - 8:30 p.m. Patrons can further enhance their evening by selecting from a menu of tasty items available from the Hermit Woods kitchen. Tickets can be purchased in advance at hermitwoodswinery.com/the-loft or in-person at the Winery.



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Open house planned at The Belmont Center

BELMONT — The town of Belmont is proud to announce the opening of The Belmont Center. Join us for our free open house May 1 from noon to 2 p.m. at 14 Mill St. Come check out our new space, share your ideas for community activities & programs and meet the Parks & Recreation Director.

Beginning on May 2, the Belmont Center will host our Senior Connections program. This program will meet twice weekly for planned activities. Check out our May activity calendar and come join us for one or all of the activities. Some of this month's activities include a coffee social, games, painting and a special event for May, a British High Tea. Each activity day will start with a walk along the beautiful Tioga River on the Village Spurs Rail Trail.

Every Friday starting May 3, the Belmont Center will host a community game night from 4-6 p.m. This will give community members of all ages a chance to mingle and build meaningful relationships and memories.

For more information, please contact Belmont Parks & Recreation at 603-267-1865, check out our Belmont Parks & Recreation Facebook page or email Recreation@BelmontNH.gov.

Around and About Tilton

BY GREGG DEVOLDER

Hello, and welcome back. This has been a busy week and I thought I'd start with the Planning Board meeting and some good news for all those golfers out there. It looks like Lochmere Country Club will be expanding their footprint to include an indoor golf simulator and covered patio. I imagine that will be very popular with the golfers on those cold winter days and warm summer evenings.

The selectmen's meeting started with an update on the Elderly Tax Exemption and I'm afraid I have some bad news for those folks looking for changes this year. The board thought they could pass changes but as it turns out it will have to go to the town meeting as a warrant article so no changes until next year. For those of you that find yourselves in a financial hardship situation, I believe you may be able to seek help. I would suggest you touch base with the Selectmen's/Town Administrators Office to see what can be done. I sincerely hope there's a short-term solution for you.

Here's a quick rundown of the other items discussed. It appears we may need a new/used town vehicle for the building inspector as it did not pass inspection because of underside rust issues. One of the two dog waste stations was on display at the meeting, and I have to say, the town got a lot for its money with these, or should I say, we got a lot for the generous citizen donation. They are very nice. And finally, there was a preliminary discussion about the potential sub-dividing of a lot to build three additional houses on Range Road. It was suggested they speak with the planning board for further information.

As a bystander of the Calef Hill "Listening Session," I thought it went pretty well. There were over twenty folks attending and a lively discussion. Like many roads in town, there's plenty of speeding and somewhat reckless driving that the residents must deal with on a daily basis. In addition, there's tight corners, a roller coaster section with poor visibility in many spots and multiple drainage issues, not to mention the occasional boulder popping up through the pavement. The "Listening" part was for the engineering firm to better understand what the residents are going through. I found it refreshing that they took the time to hear from folks. So often we're told how it's going to be. Granted there's still plenty of engineering work to be done and we'll see what was learned and taken into consideration, but I have to give them credit for making the effort. For those of you who don't know, Calef Hill Road is a state road and over three million dollars has been set aside for the project by the state. This was done a few years ago so I imagine it won't cover the entire costs but there'll be more to come on this and likely will go to the town meeting next year with a whole lot more information. The earliest construction work would most likely be the summer of 2026. I should also mention there were two NH DOT folks also in attendance, so good for them for making the effort as well. As a reminder, you can watch the video by going to the town's website and click on agendas and look for meeting video.

I'm pleased to report that the Conservation Committee has opened the parking lot at the Salmon Run Conservation area for the season. I've already seen a few fishermen in waders on the north side of the train bridge and that always makes me smile. It was something I did with my dad when I was a kid, and it brings back a lot of memories. How fortunate we are to have a clean river running through town and a great place to stop and take it all in. Should you want to drop a line in and try your luck, remember you need a fishing license. Fortunately you can get one at Bill's Hardware store downtown. Good luck!

I also heard from the Tilton Parks Commission. They have a great event coming up for children ten and under with an Earth Day Turtle Search at Riverfront Park on Saturday, April 27 at 9 a.m. The event is designed for children to search the park for "rascally rubber reptiles" which have been strategically placed around the park. Each child will receive candy treats in exchange for their turtles. Folks are encouraged to pre-register by email at parks@tiltonnh.org or by calling Bill Lawrence at 603-286-4322. There's a full calendar of events coming this summer and I'll be sure to highlight them as we get closer.

And did you know that the Hall Memorial Library has a chess club that meets every Monday at 3 p.m. for both young and old, and a sewing workshop, "Spool kids Sewing Group" for kids ages eight to 11, on Fridays, 4 - 5 p.m., no experience is needed, just bring your creativity and master the needle and thread! These are two great skills to have, not to mention they're lots of fun too.

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!

Prescott Farm announces new Community and Events Manager!

LACONIA — As the newly appointed Community and Events Manager at Prescott Farm Environmental Education Center, Asia Scudder brings more than a decade of expertise in marketing alongside a strong background - and passion for - the natural world. Scudder looks forward to contributing to the mission of Prescott Farm in promoting environmental awareness and conservation to the Lakes Region and beyond.

Throughout her career, Scudder has cultivated a clear understanding of effective marketing strategies and community engagement, providing her with the skills necessary to create

meaningful connections within the community and to curate events that inspire and educate individuals of all ages.

"We're thrilled to welcome Asia to Prescott Farm," said Jude Hamel, Executive Director of Prescott Farm, "Asia's background in marketing and event management and her experiences as an artist and entrepreneur combined with her lifelong commitment to environmental stewardship makes her a dynamic addition to our team."

From hiking through rugged mountain trails to cycling along serene pathways, Scudder has always found solace and inspiration in the natural world. By joining the team at

Prescott Farm she says it is more than just a career move; it is a chance to make a tangible difference in the world around us, fostering a positive future for our community. Scudder looks forward to collaborating with fellow nature enthusiasts, educators, and community members at Prescott Farm Environmental Education Center.

Prescott Farm is a non-profit 501c3 dedicated to environmental education and preservation. For more than twenty years, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural history through hands-on public

programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with over 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland, pond and field trails, heritage gardens, and a Natural PlayScape, as well as Fledglings Nature-Based Preschool and WildQuest summer and vacation camps. For more information about Prescott Farm and all of its programming and ways to help, please visit www.prescottfarm.org.

BNH hosts free community shred days

LACONIA — Bank of New Hampshire will be hosting two free paper shredding events for the public this spring. The shredding events will be located at their Concord Heights office on Saturday, May 11 from 9 a.m. - noon; and at their Gilford Operations Center on Saturday, May 18 from 9 a.m. - noon; or until the mobile shredding trucks are filled.

These events are an opportunity for individuals to destroy old documents and confidential files, safely and securely. All papers will be shredded on location in the mobile truck. Documents should be free of large binder clips however; staples and paper clips may be left on documents. There is a limit of three boxes per person.

For more information about the Shred Days, contact Bank of New Hampshire at 1-800-832-0912 or visit, [https://bnh.bank/bnh-shred-](https://bnh.bank/bnh-shred)

days-2024/.

Bank of New Hampshire is excited to be hosting these events as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is

a mutual organization, focused on the success of the bank's customers, communities and employees, rather than

stockholders. For more information, call 1-800-832-0912 or visit BNH Bank.

Belmont 5K to benefit Children's Advocacy Center

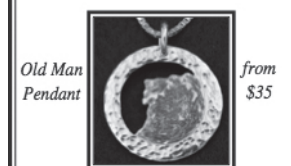
BELMONT — Belmont High School student Aspen Fillebrown is organizing the Child Abuse Awareness 5K Run and Walk, set for May 4 at Belmont High School.

Registration for the 5K run will start at 7:30 a.m. and the race will start at 8 a.m. while registration for the walk will start at 8:30 a.m. and the walkers will start at 9 a.m. The fee for adults is 15 dollars and the fee for students is 10 dollars.

Those interested in registering in advance can contact Fillebrown at aspenfillebrown5K@gmail.com or Venmo [fillebrown0727](https://www.venmo.com/fillebrown0727). Cash and checks for the registration fee will be accepted for those registering on the day of the 5K.

All funds raised will go toward the Children's Advocacy Center of Laconia.

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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
- Proof of Residency

Opinion

Letter submission policy

Letters to the Editor must include the author's name, address, and a day-time 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.

Rediscovering the lost art of manners

In an era characterized by hurried interactions and digital communication, it's not uncommon to hear lamentations about the decline of manners in modern society. Indeed, it often seems that the gracious etiquette of our ancestors has been relegated to the annals of history. Perhaps it is worth taking a moment to reflect on the timeless wisdom embodied by the manners of yesteryear.

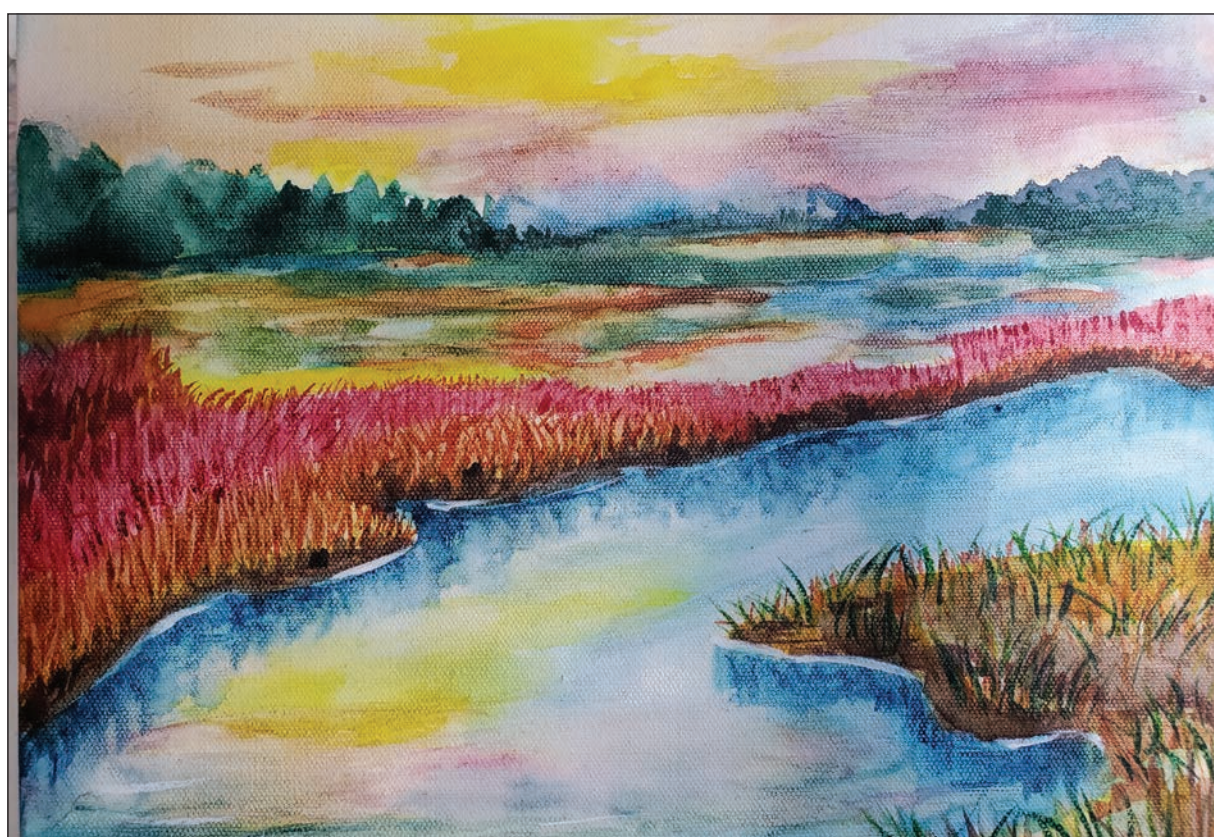
Our ancestors lived in a world where courtesy and respect were not mere niceties, but fundamental principles that governed social interactions. Whether it was a firm handshake, a heartfelt expression of gratitude, or a genteel gesture of chivalry, manners served as the currency of civility.

One need only look to the etiquette manuals of bygone eras to gain insight into the elaborate codes of conduct that governed everyday life. From the intricacies of formal dining to the protocols of courtship, these guides offered a blueprint for navigating the complexities of social interaction with grace and poise. Moreover, they underscored the importance of empathy and consideration for others.

In contrast, the frenetic pace of modern life has often led to a blurring of boundaries and a loss of interpersonal decorum. In our quest for efficiency and convenience, we risk sacrificing the human connection that lies at the heart of meaningful communication. The rise of digital communication, while undeniably convenient, has also eroded the nuances of face-to-face interaction, leading to a decline in empathy and understanding.

Furthermore, the erosion of traditional social structures has contributed to a sense of individualism that often prioritizes self-interest over communal harmony. In an increasingly atomized society, the concept of manners can seem antiquated, relegated to the realm of quaint nostalgia rather than a relevant guiding principle for modern life.

Just as the customs of our ancestors evolved in response to the challenges of their time, so too can we adapt and redefine the concept of manners for the 21st century. Rather than lamenting the loss of a bygone era, we can draw upon its timeless principles to cultivate a culture of respect, empathy, and civility in our interactions with others.



COURTESY

Art Association hosting Watercolor on Canvas class

A watercolor on canvas class can be a fun and rewarding experience for anyone looking to explore the unique combination of watercolors and canvas as a medium. It provides opportunities for creativity, experimentation, and the development of technical skills necessary for creating beautiful and expressive artworks. No drawing skill or previous painting necessary. Come for two hours of fun and creativity. The class includes pre-prepped high-quality canvas and a drawing ready to paint. Feel free to bring your favorite brushes and watercolors (tube or pan). Watercolors and brushes will be available. Space is limited. Class will be held at Lakes Region Artist Association, 120 Laconia Rd., Tanger Outlets, Suite 300, Tilton.

Comfort Keepers Kitchen gadgets for seniors: Making cooking easier and safer

BY MARTHA SWATS
OWNER/ADMINISTRATOR
Comfort Keepers

As we age, simple tasks like cooking can become more challenging. However, with the advancements in technology and the availability of kitchen gadgets designed specifically for seniors, cooking can continue to be enjoyable and hassle-free. Cooking at home allows seniors to control the ingredients and portion sizes, which can positively impact their health and nutrition. Additionally, seniors often have specific dietary requirements or restrictions, and preparing meals at home allows them to choose healthier options, control the amount of salt, sugar, and fat in their meals, and incorporate various nutritious ingredients.

In this article, we explore a range of innovative kitchen gadgets that can make cooking easier, safer, and more accessible for seniors, empowering them to continue preparing their favorite meals at home with joy and confidence.

Ergonomic utensils For seniors with arthritis or reduced dexterity, traditional kitchen utensils can become difficult to handle. Ergonomic utensils are designed with user-friendly features such as comfortable grips, larger handles, and lightweight materials, making them easier to hold and maneuver. These utensils can include knives, peel-

ers, spatulas, and ladles, all tailored to minimize strain on the hands and joints. Ergonomic utensils are practical and help reduce the risk of accidents in one of our favorite rooms in the home, the kitchen.

Automatic can openers

Opening cans can be challenging at any age, especially for seniors with weakened grip strength or limited hand mobility. Automatic can openers are simple to operate and require minimal effort. These devices can safely and efficiently open cans, eliminating manual twisting or gripping. Some models even feature hands-free operation, where the can opener attaches to the lid and does all the work with the push of a button. Automatic can openers are easy to find and valuable to any senior's kitchen, providing convenience and helping senior loved ones stay independent.

Easy-to-read digital scales

Accurate measuring is crucial in cooking and specialty baking, but reading small print on traditional measuring scales can be challenging for seniors. Easy-to-read digital scales feature large, high-contrast displays with clear numerical values, making it easier for seniors to measure ingredients accurately. These scales often come with additional features such as tare function (resetting to zero after placing a container), unit conversion, and weight-locking

capabilities. With digital scales, seniors can follow recipes with precision and achieve consistent results in their culinary endeavors. Best of all, Grandma's favorite cookies will continue to be the delicious treat we all remember!

Safety induction cooktops

Traditional stovetops can pose safety risks for seniors, including burns and accidental fires. Safety induction cooktops offer a solution by utilizing electromagnetic fields to generate heat directly in the cookware rather than on the surface. These cooktops remain cool to the touch, reducing the risk of burns. Additionally, they have built-in safety features such as automatic shut-off timers, temperature controls, and pan detection, ensuring that the cooktop turns off when the cookware is removed. Safety induction cooktops provide seniors a safer cooking alternative without compromising performance or versatility.

Incorporating kitchen gadgets tailored for seniors can significantly enhance their cooking experience, making it safer, more convenient, and more enjoyable. From ergonomic utensils to automatic can openers, easy-to-read digital scales, and safety induction cooktops, these gadgets are designed to address seniors' specific challenges in the kitchen. By embracing these innovative tools, our senior loved

ones can maintain their independence and bring joy to each day, continuing to prepare delicious meals with ease.

Comfort Keepers® can help

Our goal is to provide uplifting in-home care that benefits seniors and their families. The individualized care plans we create for our clients consider physical goals as well as non-physical mental health needs. Our caregivers can provide companionship and support physician-prescribed exercise regimens, provide transportation to appointments and help to families that want to stay connected through technology. We strive to elevate the human spirit through quality, compassionate, joyful care.


About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host

of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent.

Please call 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.



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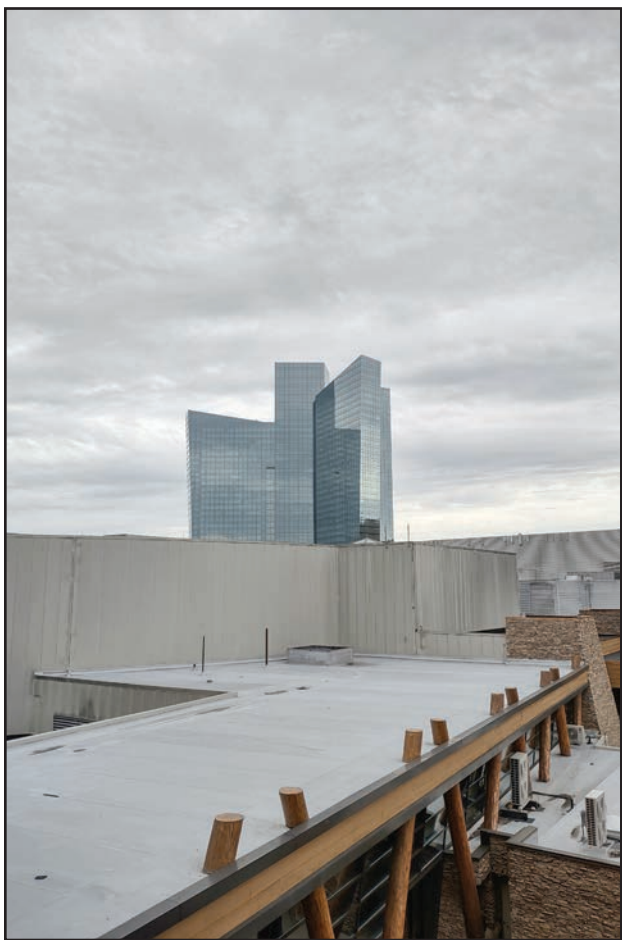


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GOING OUT OF TOWN

Four states, old and new sights, and enjoying the journey



PHOTOS BY ERIN PLUMMER

A view of the Sky Tower at Mohegan Sun from the parking garage. Mohegan Sun was the destination for this trip, but this was part of a great journey with a lot of stops.

BY ERIN PLUMMER
mnews@salmonpress.news

Ralph Waldo Emerson once said, “It’s journey, not the destination.” This quote is used a lot in reference to a lot of things, but it’s still one that’s extremely accurate. My recent trip through eastern Connecticut is a particularly strong example of this. A few weeks ago I did a column on the experience of Mohegan Sun. To tell the complete truth, while I was really curious to see Mohegan Sun, it also served as a convenient excuse to wander more around Connecticut. From when I left home on a Wednesday morning to when I returned shortly after midnight, I clocked around 425 miles that in addition to exploring Mohegan Sun also included some mall crawling in Central Massachusetts, a return to Mystic, experiencing some annoying drivers through Providence, and discovering a grocery chain I never knew existed.

As I said in my Mohegan Sun column, I had been planning to do this Connecticut run for months but the time just never came. Finally in March I got one day where the weather was excellent and my schedule was clear.

I left around 10 a.m. on a Wednesday and headed south on my usual routes. This time when getting into Massachusetts I took the map’s recommendation to take I-495 to I-290 through Central Mass and not go down I-95. The last time I went to Connecticut I took I-95 all the way down, got stuck in awful traffic around Boston and Providence, and got to Mystic right as the sun was setting and everything was closing. This time I realized the key to getting to anything at an earlier hour in Connecticut is to just avoid Boston and Providence.

I was on 290 going into the Worcester area when I found myself looking for a good pit stop, then

I was going past signs for the Solomon Pond Mall in Marlborough. Since I’m a big fan of malls, it was a win-win situation: get that needed stop and explore a new mall for the first time.

Walking through the Solomon Pond Mall was an interesting experience. I would say it’s a mall that has seen better days. Granted I was here on a weekday afternoon, but there weren’t a lot of people there and most of the storefronts were shuttered. It did have a lot of unique shops.

The Toy Vault was especially a gold mine of fun stuff. This place has a huge collection of new and vintage figures, models, and toys from around the globe. This place was a nerd haven and I wanted to spend so much more time here. They also have other locations around Massachusetts and Rhode Island so I’m going to check them out again.

I was soon back on the road and going through Worcester. The last time I was here other than to drive through was with friends to see Cradle of Filth at the Palladium in 2011, so yes, it’s been way too long. I’ve heard a lot of things about Worcester’s shops and restaurants and I’m curious to do more exploring at some point. That will probably be the subject of a future column.

I stayed on 290 as it turned into I-395, and was soon crossing the border into Connecticut. It was a nice sunny day too, so this was an even better look at the Nutmeg State. Eastern Connecticut is pretty serene. There are a lot of wooded areas and the highway runs past huge barns and silos. Getting to know a state also comes with seeing all the little roadside idiosyncrasies. For example, you know when you pass under a bridge and there is a sign on it telling you the street name and the city or town it’s in? In this part of Connecticut, those signs are posted



Why, hello again, Mystic! After visiting Mohegan Sun, I just had to come back to Mystic for some more exploration.

on the side of the road instead of right on the bridge. It’s a little thing but it was interesting.

At last, I got into Uncasville and followed the signs to the Mohegan Reservation and Mohegan Sun. That experience can be found in my previous column. Overall, it was a fun time with some eye popping architecture, great restaurants, and an overall cool vibe.

I was at Mohegan Sun for a few hours when I was ready to move along. I saw on my map app that Uncasville was only a half an hour drive to Mystic, and I was itching to get back there. I was back down 395 and merging onto I-95 headed to Mystic.

I drove into Mystic Village, found a parking spot by the Post Office, and then it was time for some hiking. I took a nice long walk around the village and along the river that I wanted to do last September. There are so many lovely boardwalks along the water, and I spent some extra time sitting by the water in Mystic River Park overlooking the Mystic Bascule Bridge. The village itself is amazing for walking and I discovered a bunch of new businesses. One of my new favorites was Sift Bake Shop, where I got a huge pain aux raisins pastry and a wonderful Americano.

By the time I left Mystic this time, I felt extremely satisfied. I am still planning to see “Mystic Pizza” for the first time and come back to Mystic to find places in the film, so look out for that. For today I was content to head north. This time I did take I-95 north



Entering Mystic, there was a great scenic overlook on I-95 with a special lane to pull off and take in the sights.

as I was in the mood for a more scenic route. I soon bid Connecticut farewell as I crossed into Rhode Island.

Interstate 95 through Providence has some great views of the city, but the traffic and some of the drivers can be a bit much. I-95 through there is a really narrow stretch of road that takes a lot of sharp curves and everyone is going fast. Of course, it doesn’t help when someone cut me off and started doing 45-miles-an-hour in a 55 zone. Then at one point I look in my mirror to see a sliver of a headlight indicating whoever is behind me is practically sniffing my tailpipe. Crossing from a big city like Providence into the quiet part of southeast Mass was kind of welcome.

Around the Foxborough area, I did look for a rest stop around an area of shops: that’s when I found my first ever Big Y World Class Market location in Walpole. Big Y is a grocery chain with

stores throughout Massachusetts and Connecticut. I really liked the one in Walpole: I walked around and found a lot of offerings and selection. It was also interesting finding a grocery store for the first time. I’ve been in my share of Hannaford, Shaw’s, and Market Basket stores with a few Wegman’s thrown in so it was neat to experience another local chain.

Soon I was back in the Boston area, merging onto I-93, and going north. Shortly afterward I was crossing my fourth state line that day, this time back home to New Hampshire. It was certainly a fun day of exploration overall, especially getting to experience

more of Connecticut and sampling the roads in four different states. We here along the Northeast seaboard have a great privilege of getting to go through so many states in a short period of time and it’s a fun experience seeing all their differences.

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Barbara Ruth Baggaley

Barbara Ruth (Forrester) Baggaley passed away peacefully with her children by her side on April 1, 2024, after a wonderful life that led her in many directions.

Barbara was born to Leander and Jimmie Forrester in Hazen, Ark. on Aug. 2, 1936. A few years later her sister Phyllis joined the family and it wasn't long before the four of them packed their bags for a new life in New Jersey where Leander and Jimmie both found jobs supporting the war efforts.

Barbara graduated from Hamilton High School West in 1954 where she met her fu-

ture husband, Jack (Jake) Baggaley. The two were married on Oct. 21, 1955 and Barbara began work in banking. Together they raised three children and made their home in Mercerville, N.J.

As her husband's career changed, so did Barbara's. After banking and secretarial work for a few local firms, she found her dream job at Princeton University where she became the administrative secretary of the Biology Dept., made many friends and enjoyed the culture that the university had to offer.

The family lived in

Washington's Crossing State Park in Titusville for several years until Jack's career required another move to Jackson, N.J., but she continued her commute to Princeton until their retirement in 1988.

That allowed them to move to N.H., where with the help of the family they built a beautiful log home in Alton, raising chickens, turkeys, and small live stock.

Barbara went back to work at the N.H. State House, assisting committees and State Representatives, including then State Rep. Jeb Bradley.

Finally retiring once

again, the couple then decided to move to the tiny town of Heislerville, N.J. on the shores of the Delaware Bay. There they grew blueberries, pole beans and other vegetables, for sale to those who visited the bay each summer.

In 2019 they returned to Concord, N.H. to be near their children, grandchildren and the rapidly growing number of great-grandchildren.

Barbara was a quiet person known as the family historian. Besides researching genealogy, she loved sewing, history and antiques, crossword puzzles, bird watching, and most of

all, her beautiful gardens.

Barbara is survived by her husband of nearly 70 years, Jack; sister Phyllis Bixby (High Point, N.C.); brother-in-law Roger McMahon (Hamilton, N.J.); children Donna Rhodes (Bristol); Daniel Baggaley and Donna Deyo; and Dianne and Jeff Moulton (Bow). Grandchildren include Nick Moulton and Mary Peace (Manchester); Kate and Joe Marcel (Dunbarton); Carly and Kevin Bournival (Goffstown), Craig and Samantha Rhodes (Laconia); Samuel and Allison Baggaley (Epping); and Jacob

Baggaley (Litchfield). In addition to all of them, Barbara enjoyed the love and entertainment of her seven great-grandchildren as she looked forward to the arrival of her eighth in late spring.

Services for her will take place on April 22 at 2 p.m. in the Clara B. Perkins Memorial Chapel at Blossom Hill Cemetery on N. Main St. in Concord. It will be followed by a reception at Bennett Funeral Home.

In lieu of flowers, the family requests that donations in Barbara's name be made to Calvary Baptist Church, 200 W. South, Hazen, Arkansas 72604.

"April Showers" at Lakes Region Art Gallery

TILTON — Join us as Spring blossoms into full bloom this April at the Lakes Region Art Gallery with the unveiling of our captivating "April Showers" exhibit. Delight in a diverse array of art pieces intricately

woven around the theme of rain and the rejuvenating spirit of spring. Step into our expansive 3,000 square foot gallery and immerse yourself in the beauty of the season.

Mark your calendars for the public reception

on April 20 from 2-4 p.m., where you can mingle with fellow art enthusiasts and connect with the talented artists behind the creations. The "April Showers" exhibit promises to be a celebration of creativity and in-

spiration.

From April 1 to 28, experience the magic of rain-inspired artistry

firsthand. Come visit the gallery at 120 Laconia Rd., Tilton (the Tanger Outlets), Suite 300, to

explore the stunning artworks, engage with the artists.



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No Wake Order issued for Silver Lake

BELMONT — Pursuant to NH RSA 270:132, the New Hampshire State Police - Marine Patrol has instituted a No Wake Order on Silver Lake in Belmont. This order will remain in effect until the lake level drops below 467.0 feet above sea level. The gauge at the Department of Environmental Services, Silver Lake Station will be used to make this determination.

The Marine Patrol urges all boaters throughout the state to be aware of their wakes and use caution when operating in channels or close to shore.

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A front yard view to history

BY DONNA RHODES
Contributing writer

COLEBROOK — When day turned to night for a little over three minutes over northern New Hampshire on Monday, April 8, one of our own graphic designers, Patti O'Donnell, was watching the sky from her front yard in Colebrook, amazed by not only all that she saw, but what she heard as well.

"Just before it got completely dark, the birds stopped singing and then we heard a coyote howl at totality. That was kind of eerie," she said.

While watching the eclipse as it got underway around 2:15 p.m. that day, O'Donnell said that even though she lives in a quite rural location, she, her friends and family were not alone. Her road, which winds up a long hill, lined by fields at the top, became a prime location for many to also take in the spectacle. Even though the eclipse would not begin until about 2:15 p.m., people



Salmon Press graphic designer Patti O'Donnell captured this scene from her front lawn as the solar eclipse neared totality in Colebrook on Monday.

began arriving as early as 9 a.m. to get a "prime" parking spot and set up their lawn chairs in the state-owned fields.

"It looked more like a drive-in movie theater

up here with all the cars and people," said O'Donnell.

Prepared for what she should watch for as the moon passed in front of the sun, she was awed

by the beauty of Bailey's Beads, the string of golden bits of light caused when the sun was still shining between the mountains of the lunar surface. As the moon

was almost completely covering the sun, O'Donnell also spotted the "diamond ring, which forms when the moon is surrounded by a thin line of sunlight with one last

circular bit of light still shimmering before the sky went black.

"I really liked seeing the diamond ring, but it was all so cool," O'Donnell said.

Then came the silence, broken only by a few emotional tears and the howl of the coyote.

Slowly but surely, however, it began to look like sunrise along the horizon as the moon moved off on its orbit and when the sun began to shine again she said everyone began to cheer.

Other observations she and her family made was the big drop in temperature during the total eclipse and the appearance of the stars and planets in the sky above. She also noticed that the shadows on the ground both before and after the darkness were different, too.

"The shadows were so amazing. It was like something from a dream," O'Donnell said. "This whole experience might have been the best thing I've ever seen. It was really everything they said it would be!"

Lakes Region Symphony Orchestra salutes Sinatra May 18 & 19

MEREDITH — "Sinatra!" One word says it all.

Join us for the finale of the Lakes Region Symphony Orchestra's spectacular 2023-2024 season! On Saturday, May 18 at 7 p.m., we'll be at the Colonial Theatre in Laconia, and on Sunday, May 19 at 3 p.m., catch us at the Inter-Lakes Auditorium in Meredith.

Get ready for "Sinatra!" - a journey through the timeless songs of Frank Sinatra, brought to life by the extraordinary vocalist Michael Gallagan. Let Michael's Sinatra-esque vocal style, accompanied by lush orchestral and big-band arrangements (many by the incomparable Nelson Riddle), transport you with classics like "A Foggy Day," "I've Got You Under My Skin," "Summer Wind," "Our Love is Here to Stay," "My Way" and more. It's a concert you won't want to end!

Michael Gallagan, a long-time featured artist with LRSO, returns to captivate audiences once again with his stunning



Crooner Michael Gallagan performs Frank Sinatra's classic hits with the Lakes Region Symphony Orchestra on May 18 and 19.

Sinatra tribute, reprising his 2017 sold-out performances. Having graced symphony halls and professional musical theatre productions, Michael is a fan favorite throughout New England.

These May concerts mark the culmination of our brilliant 2023-2024 season, and tickets are going fast - we're already more than 50 percent sold out! Buy your tickets soon at www.LRSO.org to witness the magic of Sinatra performed by the talented musicians of the Lakes Region Symphony Orchestra. And a helpful tip: we suggest you do not search the web for "LRSO tickets"

but instead visit www.LRSO.org directly. Many unauthorized third party ticket web sites have emerged that charge excessive fees.

We extend our gratitude to all our patrons for their unwavering support, keeping orchestral music alive and thriving in the beautiful Lakes Region of New Hampshire. Stay tuned for the announcement of next year's season this summer by joining our mailing list at www.LRSO.org or following us on Facebook/LRSO1 and Instagram/LRSO.NH. And please, spread the word - put LRSO at the top of your "things to do in the Lakes Re-

gion" list!

The Lakes Region Symphony Orchestra is a 501c3 non-profit orchestra that performs throughout the fall, winter, and spring months. Orchestra members range in age from teens through retired seniors, representing more than 30 communities in the Lakes Region and beyond. For more than 47 years, the Orchestra has been focused on showcasing young talent and providing a venue for local musicians to perform classic to contemporary orchestral music, all in

the valued community setting of the Lakes Re-

gion of New Hampshire.

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TRACK

CONTINUED FROM PAGE A1

For the Belmont boys in the 100 meters, Damien Sanborn was third in 11.76 seconds, Colby Vetter was fourth in 11.88 seconds, Deme-

tri Kafkoulas was seventh in 12.56 seconds and Richard Johnson was 13th in 13.17 seconds. Sam Slayton was seventh in the 200 meters in 26.8 seconds, with Derik Matthews in ninth in 27.27 seconds and Fred Maynard in 16th place in 32.19 seconds.

In the 400 meters, Tyler Durand ran to sixth place in 58.81 seconds and Baidyn Lewis was seventh in 59.43 seconds. Nicholas Daigneault was 16th in the 800 meters in 2:56.9 and Henry Ashworth was 17th in 3:05.55. Evan Christensen was 15th in the 1,600 meters in 6:19.32.

David Tripp placed second in the 110-meter hurdles in 18.56 seconds, Cullen Decato was fourth in 23.41 seconds and Maynard was fifth in 23.63 seconds. Tripp was also second in the 300-meter hurdles in a time of 50.89 seconds.

The Belmont 4X400-meter boys finished in second place in 4:08.02 and the 4X100-meter relay team placed fourth in 47.25 seconds.

The Raiders are



Jaelyn Nialez jumps in the rain during last week's home meet.



Brady Filteau fires the shot put during last week's rainy home meet.



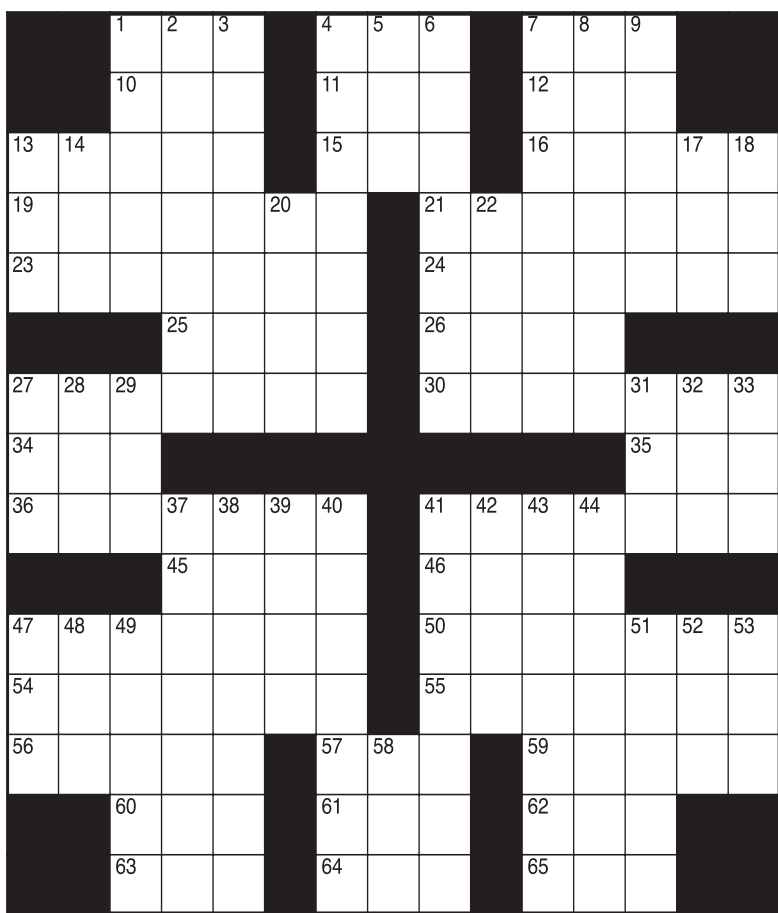
Aspen Fillebrown clears a hurdle during last week's home meet.

scheduled to be in action on Saturday, April 20, at Winnisquam.

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

Sports Editor Joshua

TAKE A BREAK



- 64. A place to stay
- 65. Sun up in New York

DOWN

- 1. An involuntary muscular contraction
- 2. Earnest
- 3. Cuts out surgically
- 4. Can't move
- 5. Baseball stat
- 6. British soldier
- 7. Traditional medicine plants
- 8. Political party controlled by managers
- 9. Hebrew prophet
- 13. Supporter
- 14. Relative biological effectiveness (abbr.)
- 17. Liberty Mutual mascot
- 18. Georgia rockers
- 20. A place where building is done
- 22. Large, deep-bodied fish
- 27. Clothing retailer
- 28. Supplement with difficulty
- 29. Annoy constantly
- 31. Founder of Babism
- 32. Indigenous person in parts of Asia
- 33. Sea eagle
- 37. Leave behind
- 38. Time of day
- 39. Colorless crystalline compound
- 40. They lay out course requirements
- 41. A diamond has three
- 42. Algerian coastal city
- 43. Remove cover
- 44. Rechristened
- 47. Distinctive practice
- 48. Defunct phone company
- 49. Turkish officer of high rank
- 51. Eliminate from the body
- 52. Witness
- 53. Soviet Socialist Republic
- 58. Founding Father Franklin

ACROSS

- 1. Midway between south and southeast
- 4. For each
- 7. Airborne (abbr.)
- 10. Photographs
- 11. They ___
- 12. It's important in respiration (abbr.)
- 13. Monetary unit
- 15. Cool!
- 16. A son of Jacob
- 19. Cut off
- 21. Devour
- 23. Agent of one's downfall
- 24. Best
- 25. Network of nerves
- 26. Partner to "oohs"
- 27. Origins
- 30. Sewing utensil
- 34. Alias
- 35. Swiss river
- 36. Greek mythological figure
- 41. Type of whiskey
- 45. Lay to rest
- 46. "Rule, Britannia" composer
- 47. Select jury
- 50. Feeling
- 54. Action regarded as morally wrong
- 56. Act incorrectly
- 57. Defensive nuclear weapon
- 59. Class of escort aircraft carrier
- 60. To what degree
- 61. Buzzing insect
- 62. The human foot
- 63. "The Leftovers" actress Dowd

LOTS OF LAUGHS WORD SEARCH

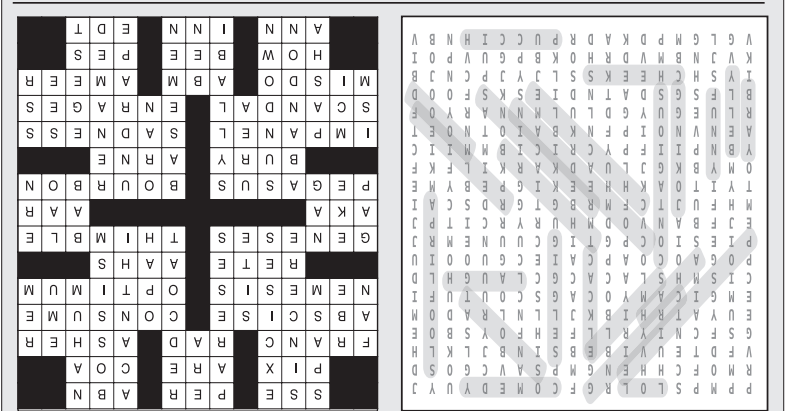


Find the words hidden vertically, horizontally, diagonally, and backwards.

LOTS OF LAUGHS WORD SEARCH

APRIL FOOLS, BELLY, BRAY, BRIGHT, CACKLE, CHEEKS, CHUCKLE, COMEDIAN, COMEDY, CONTAGIOUS, CRYING, FUNNY, GIGGLES, HAHA, HICCUP, JOKING, LAUGH, LOL, MOOD, POSITIVE, RELIEF, SMILE, SNICKER, SNORT

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PETS OF THE WEEK

Roxie

Meet Roxie! She recently arrived from Texas in search of her forever home. She is an energetic playful pup who has lots of fun going on adventures in the woods. Roxie takes to training very well, and we are working on her manners with her. Roxie loves to play outside, run around, and make new friends. She would do best in a home that goes on adventures and has lots of space to run around and play in the sun. Come get to know Roxie now; she'll steal your heart!

Bug

Meet Bug! Bug recently made the trip from North Carolina in search of his forever home. Bug LOVES chin rubs and will purr instantly once pets start. He is a sweetheart that is eager to find his family.

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Track Bears compete in Corneliusen Relays



Kaiden Robb takes the baton during the 4X200-meter relay at Newfound on Saturday.

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Winnisquam track team took to the Mills Oval at Newfound Regional High School on Saturday for

the annual Corneliusen Relays. Both the Bear girls and boys finished in seventh place overall, with Gilford winning for the girls and Kennett for

the boys. The meet featured all relays, including the traditional 4X100, 4X400 and 4X800 along with more untraditional



Chris Collins runs in the coed 4X100-meter relay during the Corneliusen Relays on Saturday in Bristol.

events such as the 4X200, the 4X100 hurdles, the distance medley, high jump and discus. For the boys in the 4X800-meter relay, the Bears finished in fourth place with a time of 9:52.5 while the Bears finished in third place in the 4X100-meter relay with a time of 48.07 seconds. A second Bear team was eighth overall in 50.8 seconds. The Bears finished in eighth place in the distance medley relay with a time of 13:42.3 while in the coed 4X100-meter relay, the Bears finished in seventh place in 1:02.5. In the 4X200-meter relay, the top Bear team finished in fifth place with a time of 1:48.42 and the second team finished in a time of 2:02.57. The Bear boys finished in sixth place in the 4X400-meter relay with a

time of 4:18.63. In the high jump relay, where the top three finishers' heights were added together for the team total and the Bears finished in third place with a height of 12 feet. The discus relay was much the same, with the top three throws added together to make the team score. Winnisquam was seventh overall with a distance of 229 feet, 6.5 inches. In the "buffalo run," a 4X100-meter relay run by the team's throwers, the Bear girls were second in 1:05.42 and the Bear boys were first in 53.78 seconds. A coed Bear team finished in a time of 1:06.26. The Bear girls finished in fifth place in the 4X100-meter relay in a time of 56.59 seconds, while the second Bear team crossed in 1:05.02.

In the 4X200-meter relay, the Bears finished in third place with a time of 2:02.66 and the second group of Bears finished in 2:27.4. Winnisquam finished in sixth place in the 4X400-meter relay with a time of 5:26.78. In the high jump, Skye Tibbetts was the lone Bear and finished at five feet, which was good enough for third place overall. In the shot put, the Bear girls finished in sixth place with a total distance of 155 feet, seven inches. The Bears are scheduled to host a meet on Saturday, April 20, at 10 a.m. and visit Kennett on Tuesday, April 23, for a 4 p.m. meet.

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

Belmont baseball hangs on for opening win

BY JOSHUA SPAULDING
Sports Editor

LITCHFIELD — The Belmont baseball team got out to a five-run lead in the second inning and then held on for a 5-4 win over Campbell on Tuesday, April 9. Though

scheduled for Belmont, the game was played at Campbell High School due to field conditions. The Raiders scored twice in the first inning and added three more in the second inning to get out to the 5-0 lead before

the Cougars scored four times in the top of the fifth inning to cut the lead to one, but the Raiders held on for the one-run win. Anakin Underhill went the distance on the mound for the Raiders,

giving up six hits and striking out six while walking just two. Jaxson Embree led the offense with two hits, drove in two runs and scored another run while Underhill had a hit and drove in two runs and

Hutch Haskins drove in a run and scored a run. The Raiders were supposed to host Gilford later in the week, but that game was postponed until April 30. The Raiders have vacation week off and are

scheduled to return to action on April 29 at Berlin. Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

Raiders swing the bats in win over Raymond

BY JOSHUA SPAULDING
Sports Editor

RAYMOND — The Belmont softball girls brought the bats with them on Wednesday, April 10, as the Raiders knocked off host Ray-

mond by a 16-6 score. Bailey Perkins took the circle for the Raiders and got her first varsity win, pitching into the sixth inning. Maddie MacDonald had three hits to pace the offense,

while Rylie Cotnoir and Avery VonKadich each had triples in the win. Avery Thurber, Kami Decato, Molly O'Connell and Lyla McSheffrey all had their first varsity hits in the win.

The Raiders are slated to be at Newfound on Friday, April 19, at 4 p.m. before heading to Florida for school vacation week. The Raiders will be playing two games in the Sunshine State,

taking on Rockledge on Monday, April 22, and Trinity Catholic on Tuesday, April 23.

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

HIGH SCHOOL SLATE

Thursday, April 18

GILFORD
Boys' Tennis at Monadnock; 4
WINNISQUAM
Baseball at White Mountains; 4
Softball at White Mountains; 4

Friday, April 19

BELMONT
Softball at Newfound; 4
GILFORD
Baseball at Berlin; 4
Boys' Tennis at Moultonborough; 4
Girls' Lacrosse at Bishop Brady; 4
Softball at Berlin; 4

Saturday, April 20

BELMONT
Track at Winnisquam; 10
GILFORD
Track at Sanborn; 4
WINNISQUAM
Track Home Meet; 10

Monday, April 22

BELMONT
Softball vs. Rockledge (Florida); TBD

Tuesday, April 23

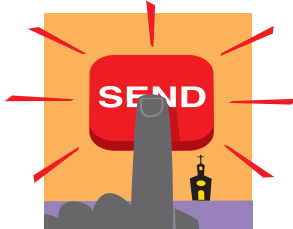
BELMONT
Softball vs. Trinity Catholic (Florida); TBD
WINNISQUAM
Track at Kennett; 4

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The WRSD Budget Committee has a vacancy it seeks to fill from the town of Tilton until the 2025 annual meeting of the School District. Registered voters from the town of Tilton who are interested in applying for this position may submit a letter stating their intentions by May 15, 2024 to:

Chairperson
Winnisquam Regional Budget Committee
433 West Main Street, Tilton, NH 03276

David Clark's "All About Joel" brings Billy Joel to life in Meredith!

MEREDITH — Dust off your dancing shoes and prepare to sing along as David Clark's "All About Joel" benefit concert takes you on a musical journey through the iconic hits of Billy Joel while supporting The Lakes Region Food Pantry's fight against hunger.

More than just a concert, this charitable event is presented by We Care of Temple B'nai Israel. Join this night of entertainment and heartwarming sup-

port on Saturday, May 25, at 7:30 p.m. (General Admission) at the Inter-Lakes Community Auditorium in Meredith. Tickets are just \$40; no additional fees and plenty of free parking at the venue. Tickets are available online at <https://tbinh.org> and select retail locations (see website).

David Clark, a seasoned performer, will be joined by a talented saxophonist to create a dynamic duo performance. Clark's stunningly accu-

rate piano playing, powerful vocals, and charismatic stage presence will leave you feeling like you're experiencing the Piano Man himself as he engages the audience with wit and humor. Whether you're a lifelong Billy Joel fan or simply looking for a fantastic performance, David Clark's "All About Joel" is the perfect event for all.

The We Care concert model goes beyond entertainment as all the net proceeds will direct-

ly benefit The Lakes Region Food Pantry, a vital non-profit dedicated to providing essential food assistance and other resources to families in need. We Care has championed local causes since 2013 by "lending a helping hand to Lakes Region nonprofits," and they are proud to support the Food Pantry's mission. Don't miss this opportunity to enjoy an evening of unforgettable Billy Joel music, support a worthy cause, and make a real difference in the lives of others.

Relive the golden age of piano rock with David Clark's electrifying performance. Get your tickets today and prepare for a night of music, community, and giving!

Can't go to the show, but still want to help? Visit the Web site, <https://tbinh.org>, to purchase tickets that will be donated to our community's first responders, police, firefighters, and emergency response teams. A win-win for the fight against hunger and giving back to those

who keep us safe.

We Care extends its deepest gratitude to Miracle Farms Landscaping, Audi Nashua, and Interlakes Family Dental, our steadfast event sponsors, as well as the major support of The Laconia Daily Sun and Northeast Communications. Their continued commitment to We Care, year after year, has clearly improved the lives of countless individuals within the Lakes Region community.

Mutual Aid recognizes dispatchers

LACONIA — Lakes Region Mutual Fire Aid provides 24x7 Fire/EMS Emergency Communications Dispatch services and mutual aid coordination to 35 communities in the Lakes Region of New Hampshire, and

is celebrating the second full week of April (April 14-20) as National Public Safety Telecommunicators Week.

This week, sponsored by the Association of Public-Safety Communications Officials (APCO)

International and celebrated annually, honors the men and women who respond to emergency calls, dispatch emergency professionals and equipment, and render life-saving assistance to those in need.

National Public Safety Telecommunicators Week is an opportunity for Lakes Region Mutual Fire Aid to celebrate the work and dedication of our employees. LRMFA processed 28,714 emergency incidents in 2023.

These incidents created more than 300,000 individual radio transmissions, more than 31,000 telephone phone calls on our emergency lines, and more than 17,000 phone calls through our non-emergency phone

lines. Continuing to deliver such a high-quality level of service would not be possible without our dedicated and committed staff. NPSTW is a great opportunity for the public to take a moment and thank those who provide critical lifesaving services from those "heroes under the headset."

LRMFA Dispatchers are some of the most professional, highly trained, and highly educated Dispatchers in their industry. Their skill and dedication is critical to the success and safety of our area's public safety first responders and the citizens we serve.

We will be recognizing our team of dispatchers throughout the week next week, and opportunities for local business, associations, and the public are available by contacting Chief Jon Goldman at 603-528-9111 or jgoldman@lrmfa.org.



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


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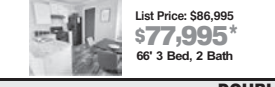





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Anestis earns honors at Plymouth State

PLYMOUTH — Junior Chase Anestis (Belmont) took home the top honor as the New England Wrestling Association (NEWA) announced its postseason award winners on Thursday.

Anestis added to his trophy case as he was named Honorable Mention All-NEWA at 174 pounds.

Anestis was also one of eight Panthers to appear on the NEWA All-Academic Team, where he was joined by freshmen Andrew Maher (Melrose, Mass.)

and Cam McMahon (East Hampstead), juniors Nick Antonucci (Windham) and Robert Tarasuk (Hampton) and seniors Evan Kramich (Lynnfield, Mass.), Jack Carrozzi (Bedford) and Ty Miller (Groton, Conn.).

Miller led the team with 22 individual wins and nine pins, while Anestis went 20-8 with five pins while placing seventh at the NCAA Division III Northeast Regional Championship — the highest finish for a PSU wrestler since 2018-

19. Under the direction of first-year head coach Ryan Carr, PSU had 11 place finishers on the season, with Miller and Anestis each placing three times.

Anestis earned significant honors from the National Wrestling Coaches Association (NWCA) a day earlier when the organization announced its 2024 NCAA Division III Men's Scholar All-America awards recipients.

Anestis was one of 418 student-athletes representing 100 institutions to achieve the status of Scholar All-American, the group announced via press release.

Once an Outlaw returns to the Colonial Theater

LACONIA — Get ready for one smok'n night of southern rock when Once an Outlaw featuring Chris Anderson of the Outlaws bring it to the Colonial Theater in Laconia on April 26.

Joining Once an Outlaw will be very special guest Two Wolf featuring Greg T. Walker of Blackfoot.

Once an Outlaw usually makes it to New Hampshire once or twice a year and they always bring someone special. In the past they've had Chris Hicks (Marshall Tucker, he's also a founding member of OaO)

Harvey Dalton Arnold and BB Borden (Outlaws) Barry Goudreau (Boston) Jon Butcher and James Montgomery along with members of Allman Brothers, Dicky Betts Band and Foghat, to name a few.

This time, Two Wolf feat/Greg T Walker joins the party.

Attendees can expect to hear classics from the Outlaws, Marshall Tucker and Blackfoot, as well as new material.

Joining Once an Outlaw on stage will be John Bennet from Massachu-

setts-based band the Peacheaters.

If big guitar is your passion, then this show will not disappoint with the combination of lakes region guitarist Chuck Farrell and Chris Anderson of Once an Outlaw and Texas guitar slinger Lance Lopez and Chris Bell of Two Wolf.

This show is a must for any fan of the Southern Rock and guitar driven blues genre.

Tickets available at coloniallaconia.com.

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Leadership Lakes Region holds Educational Issues Day



Franklin High School Principal, David Levesque (far right) is shown with his Leadership Lakes Region visitors during their Educational Issues Day agenda at Franklin High

REGION — The Leadership Lakes Region Class of 2024 recently met for its annual Educational Issues Day. The day was sponsored by long-time corporate supporter, Northeast Delta Dental, whose President/CEO, Tom Raffio, is a former Chair of the NH State Board of Education.

A published author who co-wrote four books on the subject of “leadership and management,” Raffio spoke to the class about his experiences and lessons he’s learned along the way about the value of education for successful leaders.

The day began, appropriately enough, at Franklin High school where the Class was met by Principal David Levesque who explained the innovative and edu-

cational redesign work currently going on at FHS. Levesque brought in a panel of FHS students who outlined the many positive changes taking place at FHS. The leadership group met in the brand new Maker Space and Esports Studio at the high school. All agreed there’s a very positive vibe from students, staff and faculty as FHS continues their innovative educational journey.

The day was planned by Leadership alumni Shawna Young, Tom Davis and Matt Erlick, who then introduced a panel of employment experts and apprenticeship professionals who also linked workplace success to education.

Leaving Franklin, the class traveled to the Huot Technical and Ca-

reer Center in Laconia, where Director David Warrender and Career Specialist Sharon de la Vergne, both Leadership graduates themselves, gave the Class a guided tour of the many career track options available at the Huot Center. A delicious lunch by the Huot Culinary Arts students followed before the class departed for Lakes Region Community College.

Greeted by chef Bill Walsh, the group enjoyed designer pastries made by his students. A briefing on the availability of scholarship help

from the LR Scholarship Foundation leaders was next on the agenda. Executive Director Karen Switzer and Assistant Director Chris Guilmet, also Leadership graduates, spoke of how their organization, through the support of generous donors, has changed the lives of area students heading to college. Switzer detailed how an area student can contact them for assistance. Next was a guided tour for the group of all that LRCC has to offer. Shawna Young and Tyler Brown led the tours which highlighted the College’s



Tom Raffio, CEO of Northeast Delta Dental, and Leadership class member Leia Fabian of Bank of NH.



Leadership classmates Louis Loutrel, Leia Fabian and Adriana Komst promote Leadership with host Tom Raffio (second from left), CEO of Northeast Delta Dental.

mission to be community-oriented and community responsive to local educational needs. Of interest was the growth in high school students eligible for college credits through the Running

Start Program offered at their local high school. Next up for the Leadership group is the annual Economic Issues Day in April.

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