

Winnisquam Echo

THURSDAY, APRIL 25, 2024

FREE

SERVING TILTON, NORTHFIELD, BELMONT & SANBORNTON, N.H.

Belmont students heading to world robotics championship

BY DONNA RHODES
Contributing writer

BELMONT — Many hours spent on research, development and design of two specifically crafted robots are now sending students from Shaker Regional School District to Dallas, Texas for the World Championship round of the international VEX Robotics competition this week.

Coaches Amira Provost and Adrien Deshaies oversee VEX Robotics for both upper middle school and high school students with the assistance of Belmont High School alumnus Alex Vansen and current senior Zackary Capra, while younger students in the middle school are introduced to the program through VEX IQ.

VEX Robotics not only brings education about science and engineering to young boys and girls, but also promotes creativity, teamwork, leadership and problem solving skills to the participants. It is not unusual for those involved in the program to seek careers in the fields of math and engineering.



Two teams from Shaker Regional School District are heading to Dallas, Texas this week for the VEX Robotics World Championship tournament. From left to right from Team 603C are Jackson Slayton, Brayden Pucci, and James Cole (Belmont Middle School); fellow robotics team and support members Cadence Brunelle and Zackary Capra; and from Team 603B, Belmont High School students Ethan Rivera, Odin Provost and Nick Pucci.

DONNA RHODES

Belmont High School's 603B team, otherwise known as the "I Don't Know" team, is comprised of Ethan Ri-

vera, Odin Provost and Nick Pucci, while the 603C team from Belmont Middle School, named "Biohazard," is made

up of students Jackson Slayton, Brayden Pucci and James Cole.

Coach Amira Provost said this past season

began with 20 students from grades 7-12, giving

SEE ROBOTICS, PAGE A8

WRMS welcomes local professionals for third annual Career Day

TILTON — The Winnisquam Regional Middle School hosted its third annual Career Day on Friday, April 12. We had amazing presenters from all around NH join us.

The morning opened with guest speaker 19 year old Jacob Tatom of Gorham, Maine. Tatom is an up and coming motivational speaker who started his own non-profit basketball charity, started his own basketball brand and wrote a

book despite some hardships growing up.

"Believe me when I say it doesn't matter where you start or what you are dealing with, because if you never give up, your success will come. Because it's imperative to know

that the past is a place to learn from and not live in," he said.

Students then attended three different half-hour sessions given by presenters who explained their ca-

reer and the path it took to achieve their careers. Jay Gadon of

Mix 94.1 FM, who was accompanied by Fred Caruso, had this to say about his experience: "Always a pleasure. Our three groups were great. The kids asked some great questions, and overall these were very fun and interactive. Thanks to sixth grade math teacher, Miss

Call, who was a great sport, as I used her name to demonstrate a few

things in

marketing by inventing a cleaning company called "Miss Call Cleans it All!"

Students really enjoyed the sessions they attended.

Emma in grade seven had this to say about the artist presentation she attended: "The artist was cool. Art has always been a calming thing for me. The artist gave me suggestions on what art

SEE CAREER DAY, PAGE A9

'12er' Home Run Derby set for Saturday

in Tilton

Fundraiser held in memory of former Winnisquam standout Bryan Caruso

TILTON — The first '12er' Home Run Derby will take place at the Winnisquam Regional Middle School baseball field on Saturday, April 27, starting at 11 a.m.

The home run derby is playing in memory of former Winnisquam Regional High School baseball standout Bryan Caruso, who was nicknamed '12er' by coaches Tom Charbono and Bill Prescott. A 1998 graduate of Winnisquam, he went on to have a Hall of Fame career at Endicott College where he is still first in a number of career statistics and he still ranks first in the Winnisquam record books for homers in a season (12) and in a career (23).

The tournament will benefit the Bryan F. Caruso Scholarship Book Awards and the Winnisquam Baseball Boosters and is open to all participants, with four different age groups, including Little League, Middle School, High School and Adult and organizers are looking forward to seeing as many current or former players as possible, both from the baseball and softball teams.

Cones will be placed on the field at 175 feet for Little League and 250 feet for Middle School and participants will have to reach those distances to be considered a home run. High school and adult participants will have to hit the ball over the fence. All participants have the choice of taking pitches from a pitching machine or from a live pitcher and there are awards for each division winner. In the event of a tie, a hit-off will take place.

Registration starts at 10:30 a.m. at \$20 per person and the derby will start at 11 a.m. Refreshments will be available.

Anyone looking for more information can contact Winnisquam Regional High School baseball coach Fred Caruso at 603-455-7950 or caruso@metrocast.net.

Bear girls dominate home meet, boys take second

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam track team hosted its first meet of the season on Saturday, bat-

ting through a little rain with more than 400 athletes taking to the track and field.

The Winnisquam girls got the overall win,

while the boys finished in second place.

For the girls in the 100 meters, Denessa Williams was first in 13.93 seconds, Kaiden Robb

was fourth in 14.52 seconds, Zariah Moore was seventh in 14.97 seconds, Abigail Osmer was 10th in 15.4 seconds, Alexis

SEE MEET, PAGE A8



JOSHUA SPAULDING

Dylan Allard (left) and Henry Osmer (center) are both off and running on their legs of the 4x400-meter relay on Saturday.



Lauren MacDonald fires the shot put during action on Saturday afternoon.

Wavemakers support David's House with one-hour swim fundraiser

Around and About Tilton



BY GREGG DEVOLDER

The Wavemakers swim club presented a check to Don Dutton of David's House thanks to their fundraising efforts.

COURTESY PHOTO

REGION — The TWC Wavemakers, the local club swim team, presented a \$1,500 check to David's House at their annual end-of-season banquet. David's House provides a home-away-from-home and support for families with children receiving treatment through Dartmouth Health Children's.

The swimmers raised the money during their annual one-hour swim. Swimmers have the chal-

lenge to see how far they can swim during the one hour. Twenty-five swimmers, ages six to 14, got donors to pledge an amount for each length swam. In one hour, the 25 swimmers swam 2,632 pool lengths, or nearly 38 miles.

The team has two seasons including a main winter season and a summer season, which begins in May. The swimmers and families recently celebrated a

successful season with an award ceremony and banquet. Don Dutton, executive director from David's House, came to the banquet, spoke, and accepted the donation.

Since Jan. 20, 1986, more than 16,000 families from 42 states, two US territories, and 30 countries have called David's House their home-away-from-home. Countless others have used the house on a day-guest basis, for a shower,

a nap, a meal, or any other service they provide apart from an overnight room. They provide so much more than a bed to sleep in, a kitchen to eat in, and quiet areas to find respite in — they are a safe, peaceful environment filled with compassionate staff, and foster connections among families that can result in lifelong friendships and support networks.

Date set for Ducks Unlimited dinner

FRANKLIN — The Daniel Webster Chapter of Ducks Unlimited will hold its thirty fifth annual dinner banquet auction on Saturday, May 11 at 5 p.m. at The Lodge of Elks in Franklin at 125 South Main St. James Cropsey is Area Chairman this year. Nearly 6,200 local Ducks Unlimited fundraising events throughout the country contribute towards Ducks Unlimited's national fundraising effort achieving 88% efficiency, resulting in 88 cents of each dollar raised being spent on wetland

acquisition or improvement.

Each year, the United States loses some 140,000 acres of wetland habitat. Since its inception, Ducks Unlimited has raised over one billion dollars and enhanced and restored nearly 15 million habitat acres, encompassing over 15,000 wetland projects, in an effort to reverse this destructive trend. Prime wetlands sequester more carbon than any other habitat with 0.39 metric tons on average per acre each year! DU's projects provide habitat for over

600 wildlife species, including ducks, geese, and endangered or threatened species like the whooping crane and bald eagle.

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

Prime Rib au Jus is back this year by popular demand. Parmesan crusted chicken will also be served. Order your tickets today! Dinner

tickets cost \$95 for an individual and \$120 for a couple while youths under 18 years of age are \$60. All attending youths win prizes. Sponsor tickets are \$300 for an individual ticket. Sponsors will have a one in five chance of winning a gun of their choice from a vast selection. Sponsors need not be present to win. Buy any eight dinner tickets and receive a 22LR Revolver! To purchase tickets or for information on how you can support Ducks Unlimited's program of wetlands conservation, contact Steve Saulten at 603-289-2109 or Jim Cropsey at 603 286-9633. You may also order online at www.ducks.org.

Hello, and welcome back. The selectmen's meeting had a full agenda, and started out with a short discussion about the NH Veterans Home. They're looking to expand the building and add approximately thirty beds and in doing so there may be a need for a three-way stop at Calef, Colby and Winter Streets according to the State. The board deferred this item for more information.

Shane Dow, our Public Works Director, reviewed the condition of our various equipment. It looks like we're in need of a new zero turn lawn mower and pickup truck. The board approved both and placed certain conditions on the truck being used and having the ability to plow snow. There was also a discussion on the Building Inspectors car and the potential for using one of the patrol cars that is being decommissioned when the new one is ready to go in a couple of months. Following that, there was a discussion with the Fire and Police Departments about the parking issues downtown. If I have this right, the request was to remove up to four spaces behind the fire house, this will allow snow plows to get through and open up more room for parking for the department and safer passage. They also discussed the overnight permit parking situation and the need for enough parking spaces to meet demand. There were some solutions mentioned and they'll be more to come on this going forward. During the recent roof inspection of Town Hall, it was noticed that there's a leak on the side in which run off from an abutting building is splashing against the bricks and wearing out the mortar between them and causing the leak. It's in a very tight spot and difficult to repair. The towns Hazard Mitigation Plan was approved by Homeland Security and FEMA. The Island Bridge was mentioned, and it looks like the engineering firm will be coming back to discuss various options. Possibly at the May 2 meeting. The board is looking for volunteers for the Summer Concert Series Committee to help facilitate and manage the annual summer concert series. Interested parties should contact the Selectmen's office at 603-286-4521, ext. 100. This summer series is another one of those great things that makes this town a special place to be. If you like music and want to get involved, please give them a call. And lastly, a citizen was concerned about the reduction in hours for the Land Use Coordinator position and vetted their thoughts about this. As always, you can view the meeting on line from the towns website.

As a reminder, the Tilton Parks Commission is celebrating Earth Day with their Turtle Search at Riverfront Park this Saturday, April 27 at 9 a.m. The event is for children ten and under. They'll 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 parke@tiltonnh.org or by calling Bill Lawrence at 603-286-4322.

And finally, on a more somber note. I received an email from one of my readers and a friend who is just a tad bit older than I am. She asked that I let other folks know what she had just experienced recently as a warning for all of us. She happened to be shopping alone in town at one of our larger stores just as evening was coming on. As she was loading her car, a woman got out of a van next to her and started engaging her in a conversation, telling her how much she liked her outfit and hair and such. It was odd enough that she was a bit flustered to say the least and as the women turned to leave, she noticed a man had worked his way behind her as she was distracted. Fortunately, someone had come into the area, and he ended up walking past her and went back to the van. Which was parked so she couldn't see the front doors of the store. It's hard to say what they had in mind, if anything, but you can't be too careful these days. My first thought was the alarm on the keys that most people have with the newer cars. It's usually the red button. I always remind my wife to carry her keys in her hand when she's out. Those car alarms could be your first defense in a situation like this and they're loud. Sadly, if people are willing to desecrate a Mausoleum in town there's no telling where it will end. Stay safe and be aware!

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!

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All ages encouraged to audition for “Fiddler on the Roof”

LACONIA — Powerhouse Theatre Collaborative is thrilled to announce auditions for its summer 2024 Colonial Series musical “Fiddler on the Roof.” Powerhouse has been waiting for several years to obtain the rights, and director Bryan Halperin has an exciting concept for the show sure to make it a unique theatrical experience for cast members and the audience.

Powerhouse is looking for performers from

ages six to senior citizens to fill out a large cast. The director’s concept has room for many ensemble members, and will be broken up into a “Larger time commitment Ensemble” and a “Smaller time commitment Ensemble” for those who’d like to participate but maybe don’t have as much free time this summer.

For those who’d like a hint to the director’s concept, Fiddler will be produced in conjunc-

tion with Powerhouse’s Spark series staged reading of The Immigrant by Mark Harellick in September. If you enjoyed Powerhouse’s take on “The Sound of Music” last summer, you will be equally excited by our version of Fiddler.

Auditions will take place on Thursday, May 2 and Friday, May 3 at the Colonial Theatre. For all the details on auditions and how to register, follow Powerhouse

on social media or check out powerhousenh.org/auditions.

Besides Director Bryan Halperin, the production team consists of Courtney Palmer as the assistant director/producer; Jillian Spring as Vocal Director; Meg King as Choreographer; Sherry Gardner as Stage Manager; Johanna Halperin as producer; and many other members who have been part of Powerhouse’s

award-winning productions.

Bryan and Johanna met in a college production of “Fiddler on the Roof,” and have been waiting a long time to do the show with their New Hampshire theatre family.

Says Bryan, “To say we are excited to produce this show would be a drastic understatement. We have so many personal connections to

this story and we hope to share our love for this musical with our cast and community. We promise this will be a Fiddler production unlike any other you may have seen so come audition and be part of it.”

For all the latest news on Powerhouse and how to get involved or become a sponsor go to powerhousenh.org. Email info@powerhousenh.org with any questions about auditions!

Sanbornton Public Library presents program on green burial practices

SANBORNTON — Sanbornton Public Library will present a program on green burial practices with Lee Webster, New Hampshire Funeral Resources, Education & Advocacy, Director. The program will be held at the Sanbornton Public Library on Thursday, April 25 at 6 p.m.

How we care for our dead has a tangible impact on the earth. Ms. Webster will help us take a look at the increased environmental and cultural awareness around funeral practices in the US, including the age-old practice of burying naturally in biodegradable caskets or shrouds instead of cement

vaults and toxic chemicals. We’ll also take a closer look at processes and products such as alkaline hydrolysis, natural organic reduction, mushroom suits and other trending concepts to see where they fit into the climate resiliency picture. Join us to learn more about the principles of sustain-

able funeral options and what we can each do to plan for a more affordable, meaningful, and planet-friendly exit.

As a writer, researcher, hospice volunteer, home funeral guide, conservationist, web designer, and frequent speaker on the benefits of home funerals and green burial, Lee Webster’s career

and volunteer service spans years in public relations and development for nonprofits, conservation groups, health agencies, private secondary schools, colleges and universities. She serves as the Executive Director of New Hampshire Funeral Resources, Education & Advocacy, is a former President and Vice Chair of Education of the Green Burial Council, and was a six-year VP and President of the National Home Funeral Alliance.

The program is free, open to the public and light refreshments will be served. It will be held in the Woodman Room on the second floor; an elevator is available.

Join us on Thursday, April 25 at 6pm at the Sanbornton Public Library 27 Meetinghouse Hill Rd.

For additional information, visit the Sanbornton Public Library Web site at www.splnh.com. <https://www.nhfuneral.org/>.

Interfaith Prayer Breakfast set for May 2

LACONIA — The Lakes Region Interfaith Prayer Breakfast Committee is pleased to announce that this year’s event, held in conjunction with the National Day of Prayer, has adopted the theme: “Safe Shelter Feeds the Soul.”

Following a buffet breakfast (served from 7:30 to 8:15a.m.), a program will run from 8:15-9:30a.m. featuring two professionals deeply involved in, and concerned for, our unsheltered neighbors. Asheena Miller is the Lead Street Outreach Hous-

ing Specialist in Belknap County for CAPBM (Community Action Program for Belknap and Merrimack Counties). She is an impassioned advocate for addressing homelessness, drawing from her own journey of overcoming housing and food insecurity during her childhood. Her path to her current position began with her service in the U.S. military where she gained invaluable skills and experiences that deeply influenced her perspective on service, resilience and compassion. Follow-

ing her military tenure, Asheena transitioned initially to the private sector. However she felt a profound calling to align her career with her faith and dedication to others—hence her decision to join CAPBM. Utilizing her personal experiences, Asheena will shed light on the underlying causes leading to unsheltered individuals and the systemic barriers that perpetuate this problem.

Joining Miller will be Laconia Police Det. Steve Orton, a Prevention Enforcement and

Treatment officer. Orton work in encouraging individuals to join drug rehabilitation programs brings him into almost daily contact with unsheltered individuals.

Tickets for this year’s event are \$15 and may be purchased thru your faith community, at St Andre Bessette Parish office (277 Union St., Laconia) or by contacting Chris Ray at 603-528-2920. Tickets may also be purchased at the door of the event at St. Andre Bessette Parish Hall, 31 Gilford Ave., Laconia.

SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 51 calls for service from March 30 to April 6. There were no arrests reported during this two-week period.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of April 7-15.

Tylor Marshall Ford, age 30, of Belmont was arrested on April 14 for multiple counts of Criminal Threatening Against a Person and Domestic Violence—Simple Assault causing Bodily Injury.

Plans underway for 20th Annual Choose Franklin Community Day

FRANKLIN — Plans are underway once again to celebrate our community at the 20th Annual Choose Franklin Community Day, sponsored by White Water Realty Group, Franklin Savings Bank, Watts Water Technologies, Service Credit Union, Franklin VNA & Hospice, ONE Church with media sponsor Mix 94.1 FM; the event will take place on Saturday, May 11.

The event will begin with a parade at 10 AM which will step off at Franklin High School and proceed easterly to downtown turning on Smith Street and ending at Odell Park. A fun Community Event will be held at Odell Park from 10 a.m. to 2 p.m. and will include vendors, crafts, food, games, amusements and entertainment.

If you are a crafter, local businessperson or member of an organization who would like to participate in the event and/or the parade, please contact Krystal Alpers at 934-2118 or download a Participation Form at <https://www.franklinnh.org/parks-recreation/pages/community-day>.

Remember to sign up soon, after April 18 a \$10 late fee will be assessed if space is available.

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MADDIE COLE — COURTESY

Lakes Region Mental Health Center (LRMHC) took delivery of a new Mobile Crisis Response vehicle on Friday, April 19. The custom van has been in development since 2021, and delivered from North Carolina. The van will greatly assist the LRMHC Mobile Crisis Response team to respond in person to mental health emergencies in Belknap and southern Grafton counties. Anyone in the midst of a mental health crisis can call or text 833-710-6477 or 988 for immediate support from the LRMHC mental health and addiction professionals, via telephone, text, or in person. Pictured, left to right: Travis Colby, Director of Facilities; Kimberly Goldberg, Director of Acute Services; Kristy Pearce, Assistant Director of Acute Services.

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Opinion

Letter submission policy

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

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

There is no "One size fits all"

In a world filled with variety and complexity, it's essential to recognize and appreciate the wide spectrum of human capabilities and nuances. Yet, there are those among us who, due to various factors such as limited education or closed-mindedness, struggle to grasp the richness and depth of human nature. These individuals often cling to traditional beliefs and narrow perspectives, unable or unwilling to acknowledge the scientific discoveries and advancements that shed light on the intricacies of human behavior.

It's time to address the misconception that intelligence is solely determined by academic achievement or adherence to conventional wisdom. In reality, true intelligence encompasses the ability to understand and appreciate the complexity of the human experience, including its many facets and dimensions. This requires an open mind and a willingness to explore new ideas, even if they challenge long-held beliefs or societal norms.

It's important to emphasize that intelligence is not a fixed trait but rather a dynamic and multifaceted quality that can be cultivated and expanded over time. Those with so-called "simple minds" or limited education should not be dismissed or marginalized. Instead, they should be encouraged to broaden their horizons.

Scientific research has revealed countless fascinating insights into human behavior, from the intricacies of our cognitive processes to the complexities of our emotions and social interactions. These discoveries have expanded our understanding of what it means to be human and have challenged many preconceived notions about human nature.

For example, studies in psychology have shown that human behavior is influenced by a multitude of factors, including genetics, environment, and personal experiences. This means that there is no one-size-fits-all explanation for why people think, feel, or act the way they do. Each individual is unique, shaped by a complex interplay of biological, psychological, and social forces.

Furthermore, advances in neuroscience have revealed the remarkable plasticity of the human brain, demonstrating its capacity for growth and change throughout life. This highlights the potential for individuals to learn, adapt, and evolve, regardless of their starting point or background.

In light of these scientific findings, it's clear that a narrow-minded and simplistic view of human nature is not only outdated but also detrimental to our collective progress and understanding. We must look to cultivate a culture of intellectual curiosity.

COURTESY
Kimayo's "My Queer Faith" Tour comes to the Unitarian Universalist Congregation of Franklin on Friday, May 3 at 6:30 p.m. Join us for an incredible time of storytelling and live music as Kimayo invites you into her life and faith journey. This is a one-hour, donation-based concert, you don't want to miss. Following the performance join us for refreshments and a unique panel discussion to hear from other members of our 2SLGBTQIA community! Childcare will be provided with limited spots. For more information, call (603) 934-2141 and leave a voicemail with your name, number, and reason for calling. This concert is open to adults and mature teens with parental discretion as this event contains sensitive topics relating to physical and mental health. Doors open at 6 p.m.



Are you willing to pay the price?

We've all been there before, standing at a crossroads, faced with a major decision that could shape our future. Pacing back and forth, you ask yourself, "Should I? Shouldn't I? What if it doesn't work out? Do I really believe in this? What should I do?" Each question adds weight to the decision, making the moment feel monumental.

It all boils down to this: Are you willing to pay the price?

Everything has a cost, and each decision requires something from us—be it time, money, effort, or even a piece of our peace of mind. We're asking ourselves wheth-

er we can handle the potential losses and whether the potential gains are worth that sacrifice.

Consider the decision to propose or accept a marriage proposal. It's not just about the romantic moment or the excitement of starting a life together. It's about considering whether you're ready to intertwine your life with another's, accepting all their strengths and flaws, supporting each other through every challenge, and celebrating every triumph. It's a lifelong commitment that demands emotional investment

POSITIVELY SPEAKING

TOBY MOORE

and the readiness to grow together, even when the path gets rocky.

Or think about starting a business meant to revolutionize an industry.

It's about the grueling hours of planning, the financial risk, and the personal strain it can place on your relationships. It means stepping into a competitive arena, ready to persist through setbacks and failures, with the vision of creating something transformative.

Then there's the choice of a career path, especially one that's demanding or high-stakes,

like becoming a surgeon or a human rights lawyer. These professions require years of intense education and training, immense dedication, and, often, personal sacrifices. The costs are high—not just in time and money but also in the emotional toll of high-pressure environments. Yet, the rewards can be substantial: the ability to profoundly save lives, influence positive change or contribute to justice.

Imagine the historical decision faced by George Washington when he chose to stand up against the British Empire. Here

SEE POSITIVELY PAGE A10

Comfort Keepers

Ways for seniors to remain socially connected

BY MARTHA SWATS
 Owner/Administrator
 Comfort Keepers

There are many fun, low cost, and even some free group activities seniors can enjoy for every season. Here are a few ideas for healthy ways to continue social interaction well into one's later years.

About one-third of Americans 65 and older don't use the Internet. Even among those who use it, roughly one-third

aren't confident when performing tasks online.

Many people worry that their senior loved ones spend too much time alone, and may be suffering from isolation.

But there are many ways for people to stay connected to the older adults in their lives. And studies show that seniors are physically and mentally healthier when they maintain social connection and foster relationships.

It's important to remember that it takes a team to ensure the highest quality physical and mental care for a senior. According to the AARP, nearly one in five family caregivers is providing unpaid care for an adult with health or functional needs. There are many ways that other family and friends can provide social support and create meaningful interactions with their senior loved one.

For those trying to connect with a senior in their life, they can consider the following options:

Teach them something new – while many seniors are adept at using technology, some could use extra help getting set up for video chats or finding sources of online connection. Helping a senior learn to use new technology can be a fun bonding experience and pays off in continued contact! And if the family member or friend isn't an expert, they can consider taking a class together.

A study by William Chopik, a professor at Michigan State University, found "greater technology use was associated with better self-rated health, fewer chronic conditions, higher subjective well-being and lower depression."

Involve others – Group video chats have never

been easier to set up, and there are free options that are great for small groups or paid options for larger gatherings of friends and families. Seeing each other's faces and sharing stories is a great way to stay connected.

Play together online – Popular board games have gone virtual! Classics like Monopoly, Scattergories and Scrabble can be played online together, and there are a host of sites with card games, trivia and other fun activities to do together. Sometimes, a game night is all it takes to make people feel closer.

Spend time in-person when possible – While it may not always be possible, it's great to see loved ones when the situation permits. Families should take some time out of their week when possible to take their senior loved ones to community events, or plan special meals at home. This can be especially important for seniors with mobility issues that can keep them from doing the activities they love outside of the home.

Become pen pals – The art of writing letters may be rare today, but everyone still loves to receive notes in the mail. Send letters with updates, drawings, photos and other small mementos, and encourage the recipient

to reply. Letters and cards will quickly become cherished memories that can be shared and revisited in times of separation.

Consider hiring an in-home caregiver – For seniors that need a little extra help around the house, a caregiver not only provides assistance with daily living, but companionship and conversation too. And, a caregiver can facilitate calls and video chats with loved ones. Caregivers are also trained to keep seniors safe in their home, and can be a great option to provide companionship during periods of illness or isolation.

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.

AboutComfortKeepers 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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GOING OUT OF TOWN

Getting the best view of Cape Porpoise



Looking at the Cape Porpoise Pier in Kennebunkport, Maine, over the nearby rocks. It was a much clearer day than the first time I came here.



PHOTOS BY ERIN PLUMMER

The Cape Porpoise Pier is home to a lot of commercial fishing vessels with plenty of equipment to do the job.

BY ERIN PLUMMER
mnews@salmonpress.news

The day after Christmas, I came across a scene in Kennebunkport, Maine, that looked like something themed closer to Halloween than the holly jolly season. After a lovely walk through the village, I drove to Cape Porpoise Pier to find it bathed in thick fog and enshrouded in darkness like a scene out of a horror movie. Four months later I returned to that pier and discovered all that fog was the wrapping on a pretty holiday present. Underneath all that darkness and gloom was a series of islands, a historic lighthouse, some great rock hopping spots, and an area bustling with activity.

As I've written in a previous column, I explored Kennebunkport for the first time the day after Christmas of 2023. It was a warm but cloudy day and the perfect time for getting some energy out after being cooped up all day on Christmas. Kennebunkport was a fun place to walk around with a lot of different shops and some cool architecture. Right as I was ready to move on and do some other exploring, fog rolled in off the water and took over all the seaside views.

I decided to see if I could find any more places along the water and found the Cape Porpoise Pier on my map app. I drove down right as darkness was creeping in and he fog was getting thicker. I arrived at a wide parking lot in front of the pier and beside the Cape Pier Chowder House. There were no views of the water, lights across the bay, shadows of rocks, or any sign of the lighthouse. It was all thick fog enveloping the pier with a few flood lights on poles providing some lights.

It was kind of a fun, spooky place to hang around for a little while. I walked a little on the pier and it was obvious how this place looked like a set from a horror movie or something out of Stephen King's novels. At the time, I was playing the thriller game "Alan Wake," where a famous author finds himself fighting shadow monsters in the woods the Pacific Northwest as he tries to find his lost wife. The atmosphere was almost right out of the game; it was uncanny. I could just imagine the dramatic violin music when the monsters

came out and even noted the coolers on the side of the pier that would store flashlight batteries and ammunition in the game. Even the light on the pole looked like one of the game's safe havens.

I left with some great pictures and a cool experience, but I knew I saw only a small side to this area. I saw some photos and webcams off this pier at other times and the view was a lot nicer and brighter. I knew I needed to come back during clearer weather and experience more of this place.

Just this past week, I found myself taking another drive to Maine and I decided on a whim to come by Kennebunkport again. This time it was on a clear April day when sunset was a few hours later than it was my first time visiting. I walked through the village again more to stretch my legs out and stroll among the seaside houses again. Right when I was leaving, I programmed Cape Porpoise into my map app and drove down.

I returned to that wide parking lot and saw a much different scene than last time. I felt like I unwrapped the present I found the last time I came here, and my gift was wide views of the Maine coast and even a series of islands that were swallowed up last time.

Cape Porpoise Harbor is home to a series of islands. A sign by the water shows photos along with the names of all the islands surrounding the cape. In the distance was the Goat Island Lighthouse, which has stood since 1833 and is currently owned and operated by the Kennebunkport Conservation Trust.

Landmarks around the bay tell some of the history of this area. One stone with a plaque put up by the Daughters of the American Revolution in 1921 tells the story of the Battle of Cape Porpoise. On Aug. 6, 1782, a British ship fired on a small group of people that had gathered on



On a clear day, you can see out to the islands around Cape Porpoise, including getting a look at the historical Goat Island Lighthouse.

Goat Island. The Americans fired back and drove away the British, killing 17 of their soldiers. The group did lose one soldier, Lt. James Burnham.

Another sign pays tribute to Zachary Wells and Prescott Wright, two students who lost their life in those waters in the winter of 2012.

The Cape Porpoise Pier is open to docking by members, but it is mostly used by commercial fishing vessels. Commercial fishing equipment is all around this area such as fueling stations and lobster traps piled high on one side of the pier. You can clearly smell where fish had been piled up into barrels. Pickup trucks would occasionally pull up right by the pier to load and unload. I haven't really seen too places where commercial fishing takes place so it was an interesting experience.

Right by the pier is the Cape Pier Chowder House, a seasonal sea-

food restaurant. I looked through the high windows and saw chairs piled up, but also some signs inside that they were getting things ready to open for the season. Sure enough, I looked it up later and found out they opened on April 19, just two days after my visit. I think I might have to stop by sometime and sample the chowder, maybe

when it's a bit warmer.

Across from Cape Pier Chowder House is a small park with a few benches. With the bushes down to twigs this time of year, I was able to located a little path that led to the rocks. I found this to be a great place for rock hopping and getting some closer views of the water. I am also pretty sure the bushes were beach roses

judging by the shape and the thorns. Coming here later this season will probably give me another present of all the pretty leaves and flowers.

I left the pier again, this time happy to see it under prettier conditions. I also know if I come back another time, I will find a lot more natural presents going into the summer season.

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Early Loon death prompts reminder about lead fishing tackle ban

MOULTONBOROUGH — The Loon Preservation Committee (LPC) and the New Hampshire Fish and Game Department (NHFG) want to remind anglers about the ban on lead sinkers and jigs weighing one ounce or less for all freshwater in the state. The Loon Preservation Committee recently recorded the first loon mortality from lead tackle ingestion of 2024 on Merrymeeting Lake.

In 2023, a total of six loons were confirmed to have died in New Hampshire after ingesting lead sinkers and jigs. These loons died on lakes or ponds across the state, including Newfound Lake in Hebron, Deering Reservoir in Deering, Franklin Pierce Lake in Hillsborough, Lake Winnepesaukee in Meredith, Bow Lake in Strafford, and Little Squam Lake in Holderness. A loon

will die from lead poisoning approximately two to four weeks after ingesting lead fishing tackle.

To address this issue and help anglers dispose of lead sinkers and jigs they can no longer legally use, LPC and NHFG have teamed up with fourteen local shops to offer a Lead Tackle Buyback program. From now through the end of the year, anglers can exchange one ounce or more of illegal lead tackle (lead sinkers and lead-headed jigs individually weighing one ounce or less) for a \$10 gift certificate redeemable at the following shops: The Tackle Shack in Meredith and Newbury, Rocky's Ace Hardware in New London, LL Cote in Errol, North Country Angler in North Conway, Osipee's Bait and Tackle in Effingham, Pawtucka-

way Trading Post in Raymond, Squam Boat Livery in Holderness, The Loon Center in Moultonborough, Berry's Bait in Alton, 2 Bros. 24/7 NH Bait and Tackle in Nashua, Ray's Corner Country Store in West Milan, Newfound Sales and Trading Post in Bristol, and Lopstick Outfitters in Pittsburg. Full details of the buyback and participating shops can be found at www.loonsafe.org. The Loon Preservation Committee will also be operating a booth at Discover Wild New Hampshire Day on Saturday, April 20, at which 1 oz. or more of banned tackle can be exchanged for \$10 cash.

Collection receptacles for old lead tackle can be found at all New Hampshire Fish and Game offices, numerous transfer stations, and other sites throughout the state. An interactive map of dis-

posal sites is available at www.loonsafe.org.

The Loon Preservation Committee (www.loon.org) works to protect loons throughout the state as part of its mission to restore and maintain a healthy population of loons in New Hampshire; to monitor the health and productivity of loon populations as sentinels of environmental quality; and to promote a greater understanding of loons and the natural world.

The New Hampshire Fish and Game Department (www.wildnh.com) works in partnership with the public to conserve, manage, and protect the state's fish, wildlife, and marine resources and their habitats; inform and educate the public about these resources, and provide the public with opportunities to use and appreciate these resources.



Loons that are on land that are not on nests (like the lead poisoned loon from Merrymeeting Lake, pictured here) are likely in distress. The Loon Preservation Committee asks the public to report loons in distress by calling (603)476-5666 or visiting www.loon.org.

LRCC paramedic students achieve 100 percent pass rate on national registry exams



to the plate, answering the call for well-trained Paramedics with their newly launched Paramedic Program. Supported generously by local and state champions of emergency response, LRCC paved the way for these students' success.

to private EMS services and hospital settings, they're leaving a lasting impact on every avenue of paramedic service."

About Lakes Region Community College

Located in Laconia, Lakes Region Community College offers a diverse range of educational programs, including its renowned Fire Science program and Emergency Medical Technician and Advanced EMT Programs. Collaborating closely with industry partners across New Hampshire, LRCC ensures students receive training that reflects the latest industry standards and practices. With housing options available for students and transfer agreements with numerous four-year colleges, LRCC is committed to providing accessible and high-quality education. Proudly part of the Community College System of New Hampshire, LRCC is shaping the future of emergency response professionals. For more information, visit www.lrcc.edu.

"We're immensely proud of our paramedics and deeply grateful for the unwavering support we've received. None of this would have been possible without the dedication of our local, state, and federal partners. Their mentorship at clinical and field sites has been invaluable in shaping our students into the skilled professionals they are today," said Patrick Cate, Interim President of LRCC.

Echoing Cate's sentiments, Todd Robinson, Lead Instructor at LRCC, shares his excitement for the graduating cohort, commenting "Witnessing this group not only graduate but excel in their roles as Paramedics, making significant contributions to their communities, is incredibly gratifying. From fire departments

Baseball Raiders split pair heading into vacation week

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont baseball team split a pair of games in the week leading into vacation, defeating Somersworth and falling to the defending Division III champions from White Mountains.

On Monday, April 15, the Raiders hit the road to Somersworth and returned with a 9-0 win over the Hilltoppers.

Anakin Underhill toed the rubber for the Raiders and went the distance, striking out 14 and surrendering just three hits and one walk.

Offensively, Owen Waldron had a pair of singles, drove in three runs, stole a base and scored two runs and Max Ryder had two singles, drove in two runs, stole a base and scored two runs.

"Anakin Underhill got the job done on the mound and at the plate," said coach Matt LeBlanc. "Fourteen of the 21 outs came by way of strikeout and the team played good defense behind him."

The Raiders banged out 10 hits, earned four walks and drove in eight runs, with seven differ-

ent players getting in the hit column. LeBlanc noted that those who didn't have hits made some loud outs.

"I'm happy for Owen Waldron, who puts a ton of time in and got good results to show for it," LeBlanc said. "Max Ryder continues to impress both offensively and defensively."

"We feel good anytime we can put a full team effort together and that's what we got today," the Raider coach continued. "Hopefully we can continue to replicate that as we progress throughout the season."

Against the defending champions the next day, the Raiders dropped a 4-2 decision.

The Spartans scored one in the first and one in the third to take a 2-0 lead, but the Raiders came back and tied the game in the fourth inning. Michael Collette reached on an error with one out and advanced to second. Brayden Townsend reached on an error to plate Collette and then stole second and went to third on a wild pitch. After Wyatt Bamford walked, Ryder ground-

ed to second to plate Townsend to tie the game at two.

The champions bounced back with two runs in the top of the fifth to take a 4-2 lead and the Raiders did threaten in the seventh. Ryder drew a walk and Hutch Haskins delivered a single before a double play that LeBlanc called "questionable" and a strikeout ended the game.

"All in all this was a good early test for us," LeBlanc said. "White Mountains is among the top of the division and we had a chance to win in the end."

"If the ball bounces in our favor once or twice, it's a different game," the Raider coach continued. "This game was a good learning opportunity for our young team. We can now see what we need to be able to do in order to take the next step."

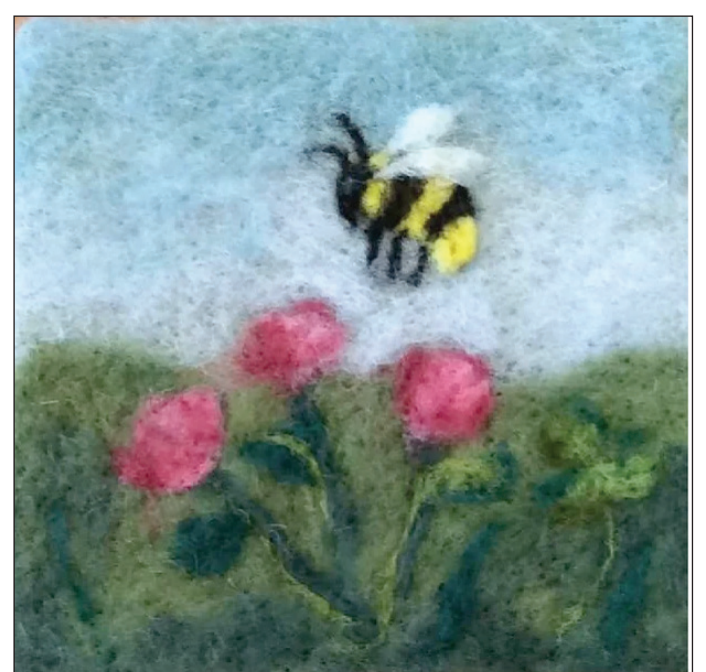
The Raiders have vacation week off and return to action on Monday, April 29, at Berlin, Tuesday, April 30, at home against Gilford, Wednesday, May 1, at Inter-Lakes and Thursday, May 2, at Newfound, all with 4 p.m. starts.

LACONIA — It's a resounding success story out of Lakes Region Community College (LRCC) as the inaugural class of Paramedic students celebrates a remarkable achievement: every single graduate passed their National Registry of Emergency Medical Technician exams this fall, officially earning their stripes as certified Paramedics.

In a time when the demand for skilled emergency responders is soaring, LRCC stepped up

Painting with Wool workshop at the Belknap Mill

Join us for a morning of relaxing fun while creating this beautiful landscape "painting" with wool Saturday, April 27 from 10 a.m.-1 p.m. at the Belknap Mill. You will leave the class with a finished project in hand and a knowledge of needle felting. All materials will be provided for the class. No experience necessary. Register at belknapmill.org



COURTESY

Belmont boys wins meet at Winnisquam, girls second



JOSHUA SPAULDING

Helena Papadopoulos take the baton from Rebekah Edgren in the 4X400-meter relay in Tilton on Saturday.

BY JOSHUA SPAULDING

Sports Editor

TILTON — The Belmont boys took the top spot and the Belmont girls were second in a meet hosted by Winnisquam on Saturday, April 20.

For the boys, Colby Vetter won the 100 meters in a time of 11.46 seconds, with Damien Sanborn in third place in 11.63 seconds, Nathan Allard in 21st in 13.25 seconds, Devin Gamache in 25th place in 13.47 seconds, Sam Slayton in 35th place in 13.98 seconds and Collin Besagai in 41st place in 15.17 seconds.

Vetter was second in

the 300-meter hurdles in 50.62 seconds.

The Belmont 4X100-meter team of Slayton, Demetri Kafkoulas, Matthews and Vetter finished in third place in 48.58 seconds while in the 4X400-meter relay, Kafkoulas, Sanborn, Lewis and Christian Edgren took second in 4:00.02.

In the long jump, Cribbie was 13th at 14 feet, Gamache was 18th at 12 feet, 10 inches, Kamdin Boyd was 20th at 12 feet, 7.5 inches, Bryson Blanchard was 23rd at 12 feet, one inch, Mcdermont was 25th at 11 feet, nine inches and Besagai was 29th at nine feet, 1.25 inches. Edgren was eighth in the triple jump at 30 feet, 8.5 inches and Nathan Allard was ninth at 30 feet.

Hunter Erlick was sixth in the shot put at 37 feet, 6.5 inches, Brady Filteau was seventh at 36 feet, 10.5 inches and Ethan Rivera was eighth at 36 feet, seven inches. In the discus, Filteau finished in second place at 128 feet, seven inches

while Erlick was second in the javelin at 123 feet, eight inches, Tyler Flanagan was 13th at 87 feet, five inches, Blanchard was 17th at 79 feet, nine inches, Boyd was 22nd at 67 feet, one inch and Besagai was 27th at 58 feet, nine inches.

For the Raider girls, Talia Watson finished second in the 100 meters in 13.97 seconds, with Cate McDonald in third in 14.41 seconds, Ella Stevens in eighth place in 15.03 seconds, Anna McDonald in 17th place in 16.17 seconds, Harmony Rivera in 20th in 16.57 seconds and Ava Tonkin in 25th in 18.11 seconds.

Jaelin Nialetz was second in the 200 meters in 30.12 seconds, with Watson in third in 31.08 seconds, Stevens in eighth place in 32.26 seconds, Anna McDonald in 18th place in 35.08 seconds, Rivera in 21st place in 36.5 seconds, Mia Ray in 23rd in 36.69 seconds and Violet Smith in 25th place in 37.69 seconds.

Riley Degange was third in the 400 meters in a time of 1:14.08 while

in the 800 meters, Hailey Clairmont was fifth in 3:05.56. In the 100-meter hurdles, Aspen Fillebrown was second in 19.41 seconds and she placed fourth in the 300 meters in 1:01.14.

The Raider girls won the 4X100-meter relay with the team of Watson, Stevens, Cate McDonald and Kyleigh Roe in second in 57.3 seconds while in the 4X400-meter relay, the team of Rebekah Edgren, Emilie Defrancesco, Helena Papadopoulos and Jaelyn Nialetz was second in 4:50.64. The 4X800-meter team of Defrancesco, Degange, Edgren and Papadopoulos was first in 11:44.03.

Fillebrown was sixth in the long jump at 11 feet, nine inches, while in the triple jump, Nialetz was third at 28 feet, two inches and Ste-

vens was fourth at 27 feet, .5 inches. Ray was fifth at 25 feet, 1.5 inches and Edgren was sixth at 24 feet, 10 inches.

Tonkin was sixth in the shot put at 23 feet, 9.5 inches, Lillian Peterson was 10th at 22 feet, 7.5 inches and Violet Smith was 15th at 18 feet, five inches. Rivera finished in fifth place in the javelin at 59 feet, 10 inches and Smith was 15th at 37 feet, six inches.

Belmont is slated to be in action on Tuesday, April 30, at Inter-Lakes at 4 p.m.

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

WORK Lakes Region to celebrate grand opening with community and partners

LACONIA — WORK Lakes Region, the innovative coworking space and event studio in Laconia, is excited to announce its Grand Opening Celebration to take place Thursday, May 2, 4 – 6 p.m. This event is presented by The Dow Group in collaboration with construction management partner; BPS, lighting and electrical contractor; Daniels Electric, WORK Lakes Region featured member - JAG-NH, Northeast Communications, and more.

The grand opening marks a significant milestone, one year after the lease signing and six months following WORK Lakes Region's initial soft opening. The event isn't just a grand opening; it's the realization of a visionary project aimed at supporting the modern professional, fostering community engagement, and promoting business growth within the region.

In partnership with Lakes Region Chamber of Commerce and Lakes Region Tourism Association, WORK Lakes Region will host a ribbon-cutting ceremony, highlighting the collaborative spirit and the collective effort that made this initiative possible.

Working with local hospitality partners, the Grand Opening will feature entertainment, appetizers, special offers, and door prizes for those who attend. Libations will be provided by Free Spirits Mobile Bar. The celebration will also include special acknowledgments, celebrating the contributions of local service providers, upcoming partners, and founding members who have played a crucial role in crafting the unique and dynamic space.

Special thanks are extended to local artist Larry Frates for his donation of the signature art showcased in WORK's dedicated desk work hub. WORK is grateful for all the local artisans, architects, and technology partners who contributed to the exceptional design and functionality of WORK Lakes Region, ensuring a space that not only meets the demands of today's workforce but also inspires tomorrow's innovations.

WORK Lakes Region has emerged as a pioneering asset for the greater Lakes Region business community and its visitors, offering a flexible and inspiring environment for entrepreneurs, freelancers, remote workers, and businesses to thrive. With a focus on connectivity, creativity, and community, WORK Lakes Region is poised to become a central hub for professional development and collaboration.

The WORK Lakes Region team invites the community, business leaders, and media representatives to join in the celebration Thursday, May 2nd, 4pm - 6pm at 51 Elm Street in Laconia, marking the beginning of a new chapter in the Lakes Region's vibrant business ecosystem.

For more information about the Grand Opening and WORK Lakes Region, please visit WORK's Facebook page, [WORKLakesRegion](https://www.facebook.com/WORKLakesRegion) or contact them at info@worklakesregion.com or 603-630-6358.

Belmont student organizing benefit 5K on May 4

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 a [fillebrown0727](https://www.venmo.com/aspfillebrown0727). 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.

Winnisquam baseball drops opening three games

BY JOSHUA SPAULDING

Sports Editor

TILTON — The Winnisquam baseball team came up short in the win column in the season's opening week, dropping a trio of games.

The week began on Monday, April 15, with a contest at Kearsarge and the Bears squandered an opportunity in the first inning, as Zach St. Onge reached on an error and Alex Nichols earned a walk. After a double steal put both runners in scoring position with just one out, a pair of strikeouts ended the threat.

"We had the same scenario in the third inning," said veteran coach Fred Caruso, who noted St. Onge singled to right, what would be Winnisquam's only hit and Nichols was hit by a pitch. Another double steal put the runners

both in scoring position but they were both stranded.

"On the mound, we hit two batters, walked two and threw two wild pitches in the first inning," said Caruso, noting the Cougars scored four runs on one hit in the frame. "Not going to win many too many doing that."

All in all, Bear pitchers hit five batters, walked five batters and made three errors.

"We're not good enough to play like that and win games," Caruso stated.

Nichols toed the rubber in the second game against Raymond on Wednesday, May 17, using his off-speed pitches well in what ended up being a 1-0 loss to the Rams. The only Raymond run scored in the second inning on a hit batter, stolen base and a throwing

error.

"Alex deserved better; he pitched into the seventh inning and kept us in the game," Caruso said. "Other than the one error, we played a strong game defensively. "Offensively, our approach was much better," he continued. "We hit the ball on the nose a number of times, but right at people."

Winnisquam had a pair of runners thrown out on the bases while a double by Nichols and a single by Ethan Carter were the only Bear hits while Nichols allowed only three hits and no earned runs.

The week ended with a trip to White Mountains on Thursday, with the defending champions overwhelming the Bears by a 17-1 score.

"They just overwhelmed us," Caruso said. "They are a veteran

team with eight starters back after winning the championship last year. They rake, one through nine."

Making things more difficult for the Bears was seven hit batters, five walks and three errors on the afternoon.

"You can't give any team, let alone a team like that, 15 extra at-bats," Caruso added.

Brady Colby had a double for his first varsity hit, Ethan Gillean recorded his first varsity hit and Wood had the third Bear hit, an infield single that plated Colby with Winnisquam's only run.

The Bears will return to action after the holiday break, hosting Newfound on Monday, April 29, and Mascoma on Wednesday, May 1, both at 4 p.m.

Softball Raiders head to Florida with pair of wins

BY JOSHUA SPAULDING

Sports Editor

BELMONT — The Belmont softball team headed off to Florida with a pair of solid wins in the week leading up to school vacation.

The Raiders opened the week with a trip to Somersworth and returned home with a 6-4 win over the "Toppers."

Madi Smith pitched five innings to pick up the win and Bailey Perkins finished things out with two innings of

work to earn the save.

Offensively, Avery VonKadich had a hit and an RBI and Riley Cotnoir had a single, a double and three RBIs.

"The new girls are playing well and the returning girls give us some confidence and experience in game situations," said coach Bill Clary.

The next day, the Raiders took care of business against White Mountains Regional, picking up an 11-2 win.

Kami Dacato pitched well in her first varsity outing, striking out five and giving up one hit without walking a single batter. Perkins got the win with four innings of work, allowing two hits and two walks while striking out six.

The bats were fairly quiet on the day, but hits from Faylin Sicard, Avery Thurber, Kate Walker, Smith, Lyla McShelley, Abbie Paquette and Cotnoir and a total of 18 walks helped the Raid-

ers produce the 11 runs.

After spending the first part of vacation week in Florida with a pair of games, the Raiders return to regular season action on Monday April 29, at Berlin, will be hosting Gilford on Tuesday, April 30, and will be at Newfound on Thursday, May 2.

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

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ROBOTICS

CONTINUED FROM PAGE A1

the combined schools five teams that created their robots and headed into competition.

The challenge for the 2023-24 season was "Over Under." The challenge directed students to build a robot that could go both over and under obstacles on a playing field, pick up and transport unwieldy "Tri-balls" along the way to score points and, for added bonus points, hang from a pole. The participants were also instructed that their robot needed to operate autonomously (without their assistance) before students took the controls back over.

"They were all so dedicated. They came in, even when they didn't have to, to work on their robots. I can't say enough about them. They've all been wonderful," Provost said.

Working as a team of three, the students divided up leadership responsibilities while still working together in the research, design and programming of their robot. Once ready for competition, one student was named the programmer, one became the driver while the other was in charge of building in the event any changes were needed during competition.

After building five robots this year, senior Nick Pucci said one finally hit the mark they were seeking. And, after the end of the regular season, of competition, team "I Don't Know" did know they were headed for the World Championship games.

"It was basically the summation of all the best functions, along with other things we might have missed in the other builds," sophomore Ethan Rivera said

in explaining their final championship-bound robot.

Junior Odin Provost of team 603B is excited that they reached the World Championship level for the fifth time since he started Team 603B in Middle School. While the teamed has qualified for the World Championship over the past three years, the COVID outbreak kept them from participating in person. Odin said his goal though is to bring the team qualify the team for all World Championship competitions until he graduates next year.

In the meantime, even though Team 603B did not win any special awards this year, but Coach Deshaies was proud to say they did bring home six trophies, including two tournament trophies, two design awards, one build award and a Judge's award.

The special award factor doesn't matter though when it comes to world championship qualification, it's all about how well they did throughout the competitive season.

"They performed high enough in each competition to be qualified," he said.

Team 603C from the middle school showed that not only are they talented now but they will also have much to offer in their high school years as they head to the World Championship competition. Their early success shows that the three have already caught on to the major concepts of robotics.

After just his first season in competition seventh grade student Jackson Slayton said, "It's all about engineering, design and programming."

Evidently, he and his teammates have learned from their older robot-

ics partners and taken their advice in all three of those realms of education seriously.

While the 603C "Bio-hazard" only brought home one special award and recognition this season, it was a most notable one, Provost said.

"At the state competition they won the Middle School Excellence Award trophy and banner, and received the David Kelly Scholarship," she said.

That distinction is the only award presented to a middle school robotics team each year, and is considered to be the most prestigious recognition a team can achieve.

Between the five Belmont robotics teams, they brought home a total of 10 trophies this season, but it is only the second time two of both the high school and middle school teams have qualified for the World Championship. They

will each be facing off against 450 teams at the middle school level and 800 teams at the high school level where competitors come from all around the world, Provost said.

"It was a very, very good season for Belmont, and we're very proud of them all," she added.

The two teams raised money for their trip to Texas through various fundraisers and grants received from the Department of Education, as well as the support of parents and community members. Donations however are accepted throughout the year to help further future robotics programs in the Shaker Regional School District. To contribute to their endeavors in science, technology, engineering and math, please visit their Go Fund Me page, where secure donations can be made online.

MEET

CONTINUED FROM PAGE A1

Searles finished in 11th place in 15.66 seconds and Anaya Mondesir was 19th in 16.41 seconds.

Williams also won the 200 meters in a time of 29.55 seconds, with Osmer in 12th place in 33.22 seconds, Searles in 15th place in 34.55 seconds, Emmy Custance in 24th place in 37.6 seconds and Vanessa Power in 26th place in 38.79 seconds.

Robb won the 400 meters with a time of 1:12.3 and Searles finished in sixth place in a time of 1:20.82.

Brianna Harlow took

the win in the 800 meters with a time of 2:37.72 and Power finished in sixth place in 3:22.75. Power was third in the 100-meter hurdles in 19.9 seconds.

Skye Tibbetts won the 300-meter hurdles in a time of 56.44 seconds, with Kelly finishing in second place with a time of 57.02 seconds.

The Bear 4X100-meter team of Robb, Moore, Tibbetts and Lauren MacDonald was first in 56.15 seconds, while the other team of Osmer, Williams, Shayla Jordan and Emily Tripple finished in 59.62 seconds. The 4X400-meter Bear team of Robb, Tripple,

Harlow and Jordan was first in 4:40.93.

Tibbetts cleared four feet, 10 inches to win the high jump, with Kelly in second place at four feet, four inches. Kyra Russell was third in the pole vault with a height of five feet, six inches.

Tibbetts won the long jump with a distance of 15 feet, 6.5 inches and Moore was third at 12 feet, 7.5 inches. Leah Morrison was seventh in the triple jump at 23 feet, six inches.

In the shot put, MacDonald was second overall at 31 feet, 10 inches, Russell was eighth at 23 feet, four inches, Devin Timmons was ninth at 23

feet, 1.5 inches and Madelyn Penney was 15th at 18 feet, five inches. MacDonald also placed third in the discus at 83 feet, four inches, with Power in seventh at 56 feet, five inches and Russell in 16th place at 37 feet, nine inches.

Kelly won the javelin with a toss of 80 feet, six inches, while Osmer was ninth at 47 feet, 11 inches, Timmons was 10th at 47 feet, five inches and Emma Guggemos was 11th at 44 feet, seven inches.

For the boys in the 100 meters, Nathan Lavoie was seventh in 12.36 seconds, Frankie McComiskey placed eighth

in 12.42 seconds, Victor Pham was 13th in 12.64 seconds, Dylan Griffin was 14th in 12.79 seconds and Colin Parenteau was 33rd in 13.89 seconds. Christopher Collins was 40th in 15.14 seconds, Lucas Fournier was 42nd in 15.24 seconds and Ryan Searles was 43rd in 16.66 seconds. In the 200 meters, Parenteau was 17th in 28.16 seconds, Joseph Curtin was 20th in 28.38 seconds, Carl Edwardson was 25th in 29.23 seconds, Carter LaLiberte was 28th in 29.59 seconds, Luke Larrabee was 36th in 31.76 seconds and Collins was 37th in 32.87 seconds.

Brendan Goodwin won the 400 meters in a time of 53.07 seconds, with Noah Bassett in fifth in 58.63 seconds with McComiskey in eighth in 1:00.28. David Swain was third in the 800 meters in 2:28.52, Philipp Rompf was fourth in 2:21.52 and Lucas Fournier was 12th in 2:44.52. Henry Osmer was 16th in the 1,600 meters in 5:04.56, Swain was 13th in 5:21.46, Rompf placed 15th in 5:24.89, Alessio Caderara was 19th in 6:00.32, Dylan Allard was 21st in 6:17.67 and Larrabee was 25th in 6:48.18. Calderara was also seventh in the 3,200 meters in 14:02.81.

In the 300-meter hur-

dles, Avery Woods was fourth in 51 seconds, Wade Fournier was fifth in 52.2 seconds and Kyle Voight was 11th in 59.08 seconds.

Winnisquam's 4X100-meter relay team of McComiskey, Pham, Fournier and Lavoie placed second in 48.13 seconds, while the 4X400-meter team of Goodwin, Osmer, Bassett and Justin Tardif was first in 3:49.49 and Allard, Rompf, Curtin and Woods finished in 4:04.54.

Fournier finished in third place in the high jump at five feet, while in the pole vault, Swain was second at seven feet, six inches and Griffin was third at the same height. In the long jump, Ari Booth was 27th in at 11 feet, one inch.

Pham was third in the triple jump at 36 feet, Edwardson was sixth at 31 feet, 1.75 inches and Booth was 10th at 29 feet, 10.5 inches. Taber Hagggett was 22nd in the shot put at 29 feet, 8.75 inches and Osmer was 23rd at 29 feet, 4.5 inches. Rompf threw 25 feet, 6.75 inches for 31st place, Gage Keyser was 34th at 24 feet, 1.5 inches, Jacoby Martin threw 20 feet, 1.75 inches for 41st place, Domenyk Garneau was 42nd at 17 feet, 9.5 inches and Kevin Dore was 43rd at 14 feet, four inches.

In the discus, Hagggett was 10th at 89 feet, two inches, Griffin placed 17th at 82 feet, two inches, Osmer was 18th at 80 feet, 10 inches, Martin was 36th at 55 feet, six inches, Keyser was 40th at 44 feet, two inches, Dore was 41st at 40 feet, seven inches and Garneau was 43rd at 34 feet, six inches. In the javelin, Hagggett was eighth at 102 feet, three inches, Griffin was ninth at 101 feet, 10 inches, LaLiberte was 14th at 84 feet, seven inches, Keyser was 25th at 65 feet, seven inches, Garneau was 30th at 55 feet, four inches, Martin was 32nd at 49 feet, four inches and Dore was 34th at 43 feet, one inch.

The Bears are scheduled to be at Coe-Brown on Saturday, April 27.

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

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!

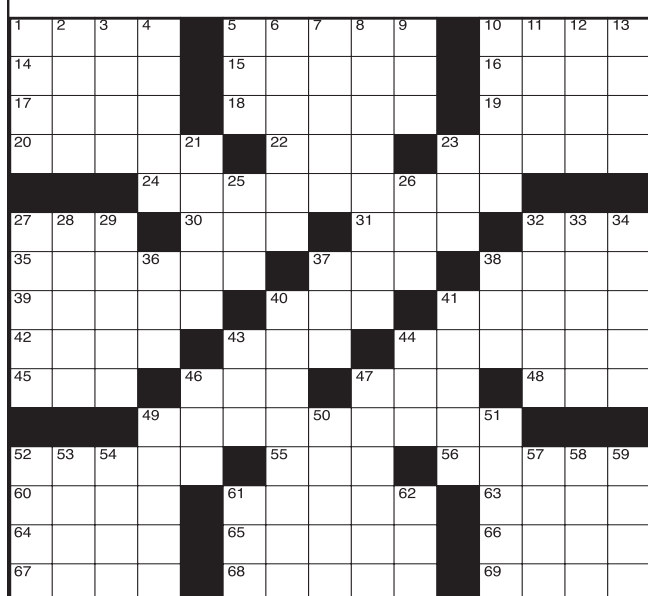


Sokka

Meet Sokka! Sokka recently arrived from North Carolina in search of his forever home. He is incredibly affectionate and will roll around when he greets his human friends for attention. Sokka will provide lots of love to his future family. He may do best as the only cat in his next home.

NH Humane Society Over a century of love for those without a voice. 1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539

TAKE A BREAK



- DOWN
1. Excessively theatrical actors
5. Footwear
10. A way to disfigure
14. Exchange rate
15. Hawaiian wreaths
16. North-central Indian city
17. Bungle
18. Extremely angry
19. A short note of what's owed
20. Criminal organization
22. Mimic
23. Try to grab
24. U.S.-born individuals
27. Some are covert
30. Order of the British Empire
31. Don't know when yet
32. Payment (abbr.)
35. Winged angelic being
37. Variety of Chinese
38. A way to be anxious
39. Famed wrestler Hulk

- 40. Partner to cheese
41. Slang for sergeant
42. Canadian flyers
43. Actress Ryan
44. Highly unpleasant vapor
45. Body part
46. Halfway
47. Cool!
48. Consume
49. Salts
52. Upper bract of a floret of grass
55. Housepet
56. Cavalry-sword
60. Symbol of a nation
61. Frocks
63. Used to carry food
64. Portuguese folk song
65. Sharp mountain ridge
66. Ireland
67. Where golfers begin
68. Greek mythological sorceress
69. Fluid suspensions

- DOWN
1. "Mad Men" leading man
2. Water (Spanish)
3. Annoy
4. Bulgarian capital
5. Japanese title
6. Capital of Zimbabwe
7. Giraffe
8. A mixture of substances
9. Midway between south and southeast
10. Staffs
11. Turkish title
12. Type of acid
13. Thin, flat strip of wood
21. Russian river
23. Ribonucleic acid
25. Partner to flow
26. Airborne (abbr.)
27. Earthy pigment
28. Genus of earless seals
29. "Key to the Highway" bluesman
32. By or in itself
33. Hot fluid below the earth's surface
34. Partner to trick
36. British Air Aces
37. Ammunition
38. Supervises flying
40. Health care for the aged
41. Flanks
43. Millimeters
44. Where wrestlers perform
46. Not around
47. Flightless bird
49. Bell-shaped flowers of the lily family
50. Expressed concern for
51. Satisfies
52. Flew off!
53. Wings
54. Load a ship
57. Vigor
58. British title
59. Whiskies
61. ___ Adams: founding father
62. Body of water

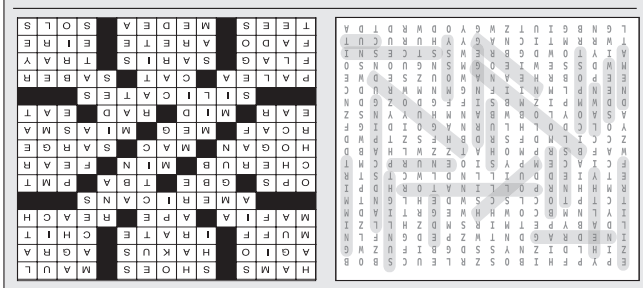
LAWN & GARDEN WORD SEARCH

Word search grid with words hidden vertically, horizontally, diagonally, and backwards.

LAWN & GARDEN WORD SEARCH

AMEND, BLOOMING, BORDER, COMPOST, CUT, DRAINAGE, DROUGHT, EDGE, FERTILIZE, GARDEN, GREEN, HEALTHY, INSECTS, LANDSCAPING, LAWN, MOSSY, MULCH, POLLINATOR, PRUNE, SCENT, SHRUBS, SUNLIGHT, TRIMMING, WEEDS

This Week's Answers



CAREER DAY

CONTINUED FROM PAGE A1
I could create with the supplies I have at home.”
Middle School is the perfect time to get students thinking about their futures. We appreciate and thank the following who helped make our career day such a huge

success.

- Jessie Ahlgren & Steve Bouffard, Librarians
- Nicole Bartlett, School Psychologist
- April Begosh, Becky Abbott & her dog Summit, Dog Rehabilitation
- Lillian Brewer & Janet Ellis, Childcare
- Dawn Brown, Occupa-

- tional Therapist
- Patrick Cavanaugh, NH Department of Safety, 911
- Cailey Clogston & Kevin Larsen, Dog Training
- Erica Cushman, Terry Hannigan, Justin Beyer & K9 Mack, Department of Corrections
- Sheena Duncan, Artist

- Jay Gadon & Fred Caruso, Radio Personalities, Mix 94.1
- Sharyl Geisert, Karate/Child Development Expert
- Chief Gilman, Officer Glines & Detective Rider, Tilton Police Department
- Mark Hayes, Highland Bike Park Operations

- Alex Hilson, Kyle Huckins, K Mason & Dan Pica, Power Company
- Scott Hodgdon & Jon Ferland, Automotive Company
- Rachel Horr, Ski Patrol
- Rebecca Huoppi & Bevin Tardif, Hotel Management
- Andrea Jergensen, Social Worker
- Emma Landry, Speech-Language Pathologist
- Kristel Mattice, Nurse Sergeant Seth Alie,

- Marine Patrol Chief Sitar, Tilton-Northfield Fire Department
- Jacob Tatom, Motivational Speaker
- Forrest Walker, Marines/PD
- Chris Wellens, Nature/Outdoor Programs Director
- Paige Wilber, Engineer
- Allan Wolf & Charisma, Real Estate Marketing, Videography

HIGH SCHOOL SLATE

Saturday, April 27

GILFORD
Track at Coe-Brown; 9
WINNISQUAM
Track at Coe-Brown; 9

Monday, April 29

BELMONT
Baseball at Berlin; 4
Softball at Berlin; 4
GILFORD
Baseball at Somersworth; 4
Boys' Lacrosse vs. Stevens; 4
Boys' Tennis vs. Moultonborough; 4
Girls' Lacrosse at St. Thomas; 4
Girls' Tennis at Plymouth; 4
Softball at Somersworth; 4
WINNISQUAM
Baseball vs. Newfound; 4
Softball vs. Newfound; 4

Tuesday, April 30

BELMONT
Baseball vs. Gilford; 4
Softball vs. Gilford; 4
Track at Inter-Lakes; 4
GILFORD
Baseball at Belmont; 4
Boys' Tennis at Sanborn; 4
Softball at Belmont; 4
Track Home Meet; 4

Wednesday, May 1

BELMONT
Baseball at Inter-Lakes; 4
GILFORD
Baseball vs. White Mountains; 4
Boys' Lacrosse at Coe-Brown; 4
Girls' Lacrosse vs. Coe-Brown; 4
Girls' Tennis at Kearsarge; 4

Softball vs. White Mountains; 4
WINNISQUAM
Baseball vs. Mascoma; 4
Softball vs. Mascoma; 4

Thursday, May 2

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

All schedules are subject to change.

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Belmont: 2BR/1BA updated home in Mallards Landing with beach rights to Lake Winnisquam and docks/mooring available on a waiting list. Home is being sold fully furnished with two sleep sofas and with a golf cart.

Sandwich: 3BR/4BA gentleman's farm. It boasts breathtaking 360-degree views, gorgeous stone walls, and a bonus room above the 3-car attached garage with a kitchenette and 3/4 bath. It is in an ideal location for hiking.

Gilford: Walk to Glendale Docks & Gilford's private 1,700' beach on Lake Winnepesaukee! 3BR/1BA vintage year-round cottage with a wrap-around porch, a cozy patio, and a detached garage. Great location with lots of potential!

Bridgewater: 7.2 +/- acre lot with 551' of frontage on the Pemigewasset River and 262' of pave road front. Build your dream home just minutes from recreation and convenience. Sale subject to owner getting state/town approvals for subdivision. Seller is a licensed New Hampshire Real Estate Agent.

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- Old Mill Properties: www.oldmillprops.com
- Pine Shores Real Estate: www.pineshoresllc.com
- Preferred Vacation Rentals: www.preferredrentals.com
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All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.

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

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll free at 1-800-669-9777

For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301

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EQUAL HOUSING OPPORTUNITY

STEENBURGH AUCTIONEERS
Spring Antique Auction on the Field
Sunday May 5, 2024 @ 10 AM
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We are pleased to present at public auction a fine assortment of antiques and accessories. This sale will feature 400+ lots gathered from homes and collectors across NH and VT. **Preview is Saturday May 4 from Noon - 5 PM and Sunday from 8-10 AM.** Auction will be held outdoors under the big tents so dress warm. The following is an abbreviated listing - please see our website for items that will be added right up until the day of the sale. 15% buyers premium - cash or check only.

Great small size sign painted panel Rhode Island Reds Egg from Maine; small early wooden trail sign for Crawford Station, NH; Handel table lamp 6635 with sculptural bronze base; rare 14 in. Daum Nancy blackbird vase; large Wedgwood Portland vase; a collection of antique Japanese and Chinese porcelain items, chargers, tea pots, vases, plates, figures; large Imari porcelain umbrella holder; large Rose Medallion porcelain vase; lots of other good glass and china

Sterling Silver, Watches, & Jewelry: A large quantity of Sterling silver to include flatware sets, tea sets, plates, large bowls and much more - see website; 14k gold pocket watch, other pocket watches, selection of antique gold jewelry; other good costume jewelry; collection of Masonic & Fraternal watch fobs and chains;

Paintings & Artwork: Gustave Baumann color woodblock print of the George Washington bridge; other Gustave Baumann print; 2 Sabra Field framed prints; Oil painting harbor scene signed Fernand Gerard; great Providence RI street scene w/ paperboy signed H. Breul (1854-1910). Pair of 19th c. portraits of Abigail and Leonard Drury of Wayland, MA along with portrait miniatures of both; folksy 19th c. watercolor full length portrait of a French sailor; 1971 Sugarloaf Skiing World Cup poster framed; 19th c. PA Dutch paper valentine with handwritten message framed; a number of Japanese woodblock prints; ink painting on paper of snow leopard framed; Henry Ogden colonial street scene gouache on paper framed; Antwerp Harbor scene oil on canvas by E.F.D. Pritchard; and more prints and artwork.

Folk art, Primitives, Furniture, etc. A large collection of Decoys from 3 estates - antique and modern makers - please see website; Folky hooked rug of a house; good PA hanging wall box with lid; stoneware butter churn with blue floral decoration; lots of antique baskets; rare Mayer globe hinged cover for candlestick telephone; 8 drawer refinished apothecary chest; 4 drawer apothecary chest; good 4 drawer Chippendale chest in old dark finish; number of cottage pine dressers; side tables and candle stands; fine 18th c. drop leaf Queen Anne table; 2 section barrister stacking bookcase; excellent selection of older oriental scatter rugs; collection of antique canes - some with figural handles; bronze merman figure; old Catlinite Native American pipe; old collection of stone fruit in marble compote; selection of antique tools; lots of primitives, pottery, and much more.

Coins: A large selection of silver US coins antique and modern: Select lots of modern silver American Eagle one oz. coins some encased and others in loose lots; groups of Franklin halves; 2 groups of Morgan silver dollars; Walking Liberty Halves; Indian Head Penny Collection in folder; lots of Lincoln pennies; Liberty Walking half dollars 1941-1947 in book; Franklin Half dollars 1948-63 in book; Kennedy Half dollars 1964-2006 in book; Lincoln Cents 1941-1961 in book; many other silver coins and coin lots;

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POSITIVELY

CONTINUED FROM PAGE A4 was a man, a farmer, and a soldier weighing the immense risk of leading a fledgling group of colonies in rebellion against one of the world's mightiest powers. The personal stakes were enormous: the potential loss of his life, his family's safety, and his property. The cost of failure was not just personal ruin but the collapse of an unprecedented aspiration for democratic governance. Yet, the potential gain of a free and independent nation guided his decision, marking a pivotal turn in history.

In the middle of the night, he must have muttered to himself, "It's a high cost to pay."

Taking on any of these ventures could mean investing significant resources. It might disrupt your current routine, pushing you to work tirelessly into the foreseeable future.

Imagine this: after a long day at your day job, you come home only to begin another shift, painstakingly laying the groundwork for your dreams.

Are you ready to commit to such an extent? It's in moments like these that careful deliberation becomes crucial. Starting with a burst of motivation is one thing, but can you maintain that drive until the end, or is this enthusiasm merely a fleeting interest?

Will the late nights and early mornings chip away at your well-being, or will they be the stepping stones to fulfillment and success? Each decision, with its inherent risks and rewards, is a step towards defining who we are and what we can achieve.

Reflecting on these questions helps us gauge our readiness and prepare our hearts and minds for the journey ahead. Are you able to pay the price? Can you afford the cost?

As you stand at your crossroads, pondering whether to advance or divert your path, weigh the cost meticulously—each decision carries profound consequences. Consider not only what might be lost but also the potential gains.

Is this path true to your heart? The decision is yours alone. Counting the cost can bring substantial worry, but worry not. Take a moment, breathe deeply, and step forward with courage. After careful deliberation, you'll find that your choice will align with your deepest convictions, for you have fully counted the cost.

Bourbeau, Gurney, Marsden, McGrail, Weden and Willey named Corporators for New Hampshire Mutual Bancorp

MEREDITH — New Hampshire Mutual Bancorp (NHMB) is pleased to announce its new Corporators who were recently confirmed by vote at the NHMB Annual Meeting: Michael Bourbeau of Bow, William Gurney of Candia, Toutou Marsden of Chichester, James McGrail of Hampton, Scott Weden of Plymouth and Leigh Willey of Center Harbor.

Corporators have many important roles that help ensure the success of New Hampshire Mutual Bancorp and its sister companies — Meredith Village Savings Bank, Merrimack County Savings Bank, NHTrust and Savings Bank of Walpole. A Corporators' most important responsibility is the election of highly qualified people to act as members of NHMB's Board of Trustees and act on any bylaw changes that come before them. In addition Corporators can act in part as community representatives to ensure that the organization is on track in regards to serving community needs and providing first-hand impressions of the quality of services.

Michael Bourbeau is VP of Information Systems at Northeast Delta Dental, and has more than 25 years IT experience and is responsible for establishing and maintaining the corporation's Information Systems Strategy and Cyber Security for Northeast Delta Dental and their two subsidiar-

ies, csOne and PreViser. He has a Master of Business Administration degree from Southern NH University, a Bachelor of Computer Science Degree from Franklin Pierce College and an Associate's degree in Electronic Engineering from NH Technical Institute. He is on the Advisory Board for Technology and Curriculum at the University of New Hampshire and is a member of the State of NH Department of Information Technology Council, as well as a member of the Spaulding Youth Academy and Family Services Board.

William (Bill) Gurney is the owner and founder of Gurney's Automotive Repair. He knew from an early age his calling was "under the hood." Many childhood photos and memories involve himself and cars... from playing with them as a child to restoring and repairing them as an adult. Bill and his wife (Charlotte) founded Gurney's Automotive Repair located in Nashua in February of 1985. Gurney's Automotive Repair has grown from two bays and two employees to 29 employees and two locations (Nashua and Milford).

Toutou Marsden was born in Vientiane, Laos. At the age of five, she immigrated to the US with her parents and eleven siblings. Over the years, her family has owned and operated many restaurants in which she helped with food prep, waited tables and

trained new staff. This is where she developed a love for foodservice and hospitality. Toutou and her husband, David, met while attending Plymouth State University and after graduating, moved to Boston where Toutou spent eighteen years working for a fortune 500 company. Later, they and their two children spent three years living on a boat traveling the East Coast, Caribbean, Central and South America. Toutou oversees the 'back of house' operations at Dell-Lea Weddings and Events including the waitstaff, marketing and outreach efforts, and relationship management.

Jim McGrail serves as the Chief Human Resources Officer of the University System of New Hampshire (USNH) since 2015. In this position, he is responsible for the strategic direction of human resources throughout the system which includes the University of New Hampshire, Plymouth State University, Keene State College, and the System Office. He and his team serve in an advisory and collaborative capacity to each of the institutions and the Board of Trustees. In his role, he also serves as a staff liaison to the USNH Board of Trustees on all HR matters and chair of the Human Resources Executive Council and System Human Resources Council. Jim has 35 successful years in human resources at large, diverse, global organizations

both public and private and during his career has also managed more than 50 acquisitions working cross-functionally to ensure proper due diligence, business continuity and effective integration. The last 20 years have been in senior human resources leadership roles leading and driving global, strategic initiatives.

Scott Weden has lived in Plymouth since 2004 with his wife Christine. Prior to that Scott, was a lifelong resident of Ashland. For 14 years Scott served as a Police Officer, Police Sergeant and Police Chief in the Town of Holderness. Scott also was a member of the Ashland Fire Department, and served as Chief of the Department from 2000-2004. Weden has served as a Select board member and Budget Committee member. In 1993, he pursued a Career in Risk and Health Management with New Hampshire Municipal Association-Property-Liability Trust and Health-Trust located in Concord, which provides Property Casualty, Municipal Consultation and Medical Coverages to Towns, Cities, Schools and County Government. During his 28 years, Weden served as the Risk, Health and Benefits Manager. Scott's passion was making sure the members received quality service in obtaining training, consultation and a variety of Municipal Services. Currently, he is the Town Manager and Emergency Management Director for the Town of Plymouth.

Leigh Willey has 20 years of legal experience with a broad and varied legal background. She currently serves as New Hampshire Underwriting Counsel for CATIC, which provides professional services to its policy-issuing attorneys, insured lenders and home-buyers, and other members of the real

estate community. Prior to joining CATIC, Willey was a founding member of Boutin Law, PLLC, where she focused on real estate closings, general litigation, corporate law, and related legal matters. She previously served as a senior associate in the Litigation Department at Devine, Millimet & Branch, PA. During law school, she served as a clerk for the Honorable Joseph P. Nadeau on the New Hampshire Supreme Court.

Recently retired NHMB Corporators include Martha Curtis, Jeanie Forrester, Mark Fraser, Ryan Hvizda, Ruth Jacobs, William Johnstone, Robert Miller, and David Wichland.

New Hampshire Mutual Bancorp (NHMB) was created through a unique alliance between three mutual community banks and a wealth management firm who maintain separate organizations and management. The companies are able to achieve best in class software, services and staffing while providing efficiencies through their shared service provider, NHMB. NHMB provides risk management, facilities, human resource, finance, compliance, information technology, deposit operations, loan operations and digital banking services to Meredith Village Savings Bank, Merrimack County Savings Bank, Savings Bank of Walpole and NHTrust. This strategic partnership has positioned the banks to leverage each other's strengths as they work together to advance a shared vision of maintaining and enhancing community banking standards and values. As of Dec. 31, 2023, NHMB had combined assets of \$3.74 billion and NHTrust had assets under management of \$1.26 billion. For more information, visit nhmutual.com.

Sanbornton Public Library receives NH Humanities grant to present program on "Civil War Soldiers' Quilts"

SANBORNTON — Sanbornton Public Library to present "Civil War Soldiers' Quilts." The "Civil War Soldiers' Quilts" program will be presented on Wednesday, May 22 at 6 p.m. at the Sanbornton Public Library, 27 Meetinghouse Hill Rd. in Sanbornton.

Quilts made for use by soldiers during the Civil War are very rare—only twenty are known to exist, and Pam Weeks has studied most of them in person. This illustrated lecture outlines the origins of the U. S. Sanitary Commission at the beginning of the Civil War and examines the roles women played on the home front, and as nurses. The stories of fourteen actual Civil War soldiers' quilts will be highlighted in this program.

Pam Weeks is the Binney Family Curator of the New England Quilt Museum. Author of the book "Civil War Quilts" and articles on quilt history, she lectures nationally on quilt-making and quilt history. Weeks uses quilts to tell stories of the Civil War, women's history, and industrial history.

New Hampshire Humanities nurtures the joy of learning and inspires community engagement by bringing life-enhancing ideas from the humanities to the people of New Hampshire. They connect people with ideas. Learn more at www.nhhumanities.org.

Join us in the Woodman Room upstairs in the Sanbornton Public Library. There is an elevator available if needed. This program is free and open to the public, light refreshments will be provided.

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

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

SHAKER REGIONAL SCHOOL DISTRICT
NOTICE OF PUBLIC HEARING
Shaker Regional School District will hold a public hearing relative to withdrawal from the Buildings and Grounds Expendable Trust Fund on Tuesday, May 14, 2024 at 6:00 pm. The meeting will be held in the Belmont Elementary School Library.

GENERAL SERVICES
PROPERTIES FOR RENT
Prince Edward Island, Canada
Summer/Fall Weekly Cottage Rental
2-bedroom newly constructed oceanfront cottage that sleeps 8. Sweeping views of the pond, ocean and lighthouse. Enjoy kayaking, bicycling and beach walking. \$900/wk. Contact Scott at 603-254-5032 or scottm@plymouth.edu
TYBEE ISLAND, GEORGIA
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Animal Alliance, cats and dogs.
Cat Cab service available. Military discounts.
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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

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Correctional Officers

Apply online:
www.merrimackcounty.net

**Merrimack County
Department of Corrections**

Located in Boscawen, NH
Recruiter - Emily Gagnon 603-796-6829

The Valley Inn *Ascend*
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Full and Part-time Front Desk Associates needed

Evening and Weekend shifts

Please email info@valleyinn.com or fill out at application at 17 Tecumseh Rd. Waterville Valley, NH

No phone calls please

WE ARE HIRING!

COME JOIN OUR AMAZING TEAM!!!!

Shaker Regional School District

2nd Shift Custodian

- Full-time, year round
- Monday - Friday work week
- 12 paid holidays
- 100 % paid dental & life insurance
- Cigna Yellow Choice Plan
 - 90% District paid Single Plan
 - 80% District paid for Two Person or Family Plan
- NH Retirement
- Paid sick & personal days
- 2 weeks vacation

Please contact Mr. Dalzell at 603-267-9223 x 5309 to discuss this employment opportunity or visit the Human Resources section of our website at www.sau80.org to obtain an application.

Successful completion, with satisfactory results, of a post offer pre-employment physical and criminal background check, including fingerprinting, are required

Shaker Regional School District is an equal opportunity employer.

HELP WANTED

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Energysavers Inc. Since 1975

Full-Time Installers Apprentice

Energysavers Inc., a 48 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

**Help Wanted
2024 Summer Season**

Holderness Harbor is currently seeking motivated individuals who enjoy working in a friendly yet fast paced marina environment. Must be at least 16. Boater's Safety license preferred but not required. Interested candidates are encouraged to contact us via email through our website holdernessharbor.com under contact us or call 968-9001 and leave a message.

Positions include Inside Customer Service/Outside Dock and Boat support.

AES Warriors

**2024-2025 OPENINGS
Ashland Elementary School**

Mathematics Teacher (Grades 6-8)

**Application deadline:
Open until April 22, 2024**

For more information visit:
<https://sau2.k12.nh.us/ashland-employment>

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ALPINE SPRING WATER

CG Roxane is Hiring

Immediate openings for
**Blow Mold Operator
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For information and application process call 603-476-8844 or email p.goldswor@cgroxane.com

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

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

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

ATS INC.
PRECISION CNC MACHINING

ATS Precision specializes in the manufacture/CNC machining of aerospace products, valve components, biotech products, military hydraulics, microwave connectors, medical machining, and welding. We are currently hiring:

EXPERIENCED CNC MACHINIST - Candidates must be proficient in set-up and operation of machines, as well as able to read drawings and use measuring instruments. Knowledge on CNC controls for milling and turning equipment is required. We are looking for someone who can hit the ground running!

DEBURRING/POLISHING DEPT - This entry level position involves deburring and polishing a variety of machined components. Candidates must be able to work well with air and hand tools, have good hand dexterity, and be able to complete repetitive tasks. Working with a microscope may be required at times. Experience is preferred, but we are willing to train the right person.

Good work ethic and attention to detail is a must! Positions are full-time, 40-hour work weeks, with hours M-Th 7 a.m. to 4:30 p.m. and F 7 a.m. to 11 a.m. Wage depends on experience. High school diploma or equivalent is required for all positions. ATS Precision offers competitive wages, personal/sick time, vacation time, health insurance, education reimbursement and 401k. All applicants must complete ATS' Employment Application. Email resumes and/or application requests to luree@atsprecision.com or stop by to fill out an application. ATS Precision, 87 Route 132N, New Hampton, NH

WRHS students successful at F1 In Schools national competition



Pictured above are winning team members Josh McKay, Emma Curtin, Beni Griffin, Joe Curtin, Ashlee Roache, Isabelle Camerato, Madyson Haskins, and Anna Kata DesRoches.

Award.

Throughout their time at the completion, the teams also received additional positive feedback for their presentations. Merritt Kendzior, Chief Program Office of F1 in Schools North America, told WRHS F1 In Schools teacher Kevin VanGorden that she was "very impressed with the WRHS first year teams." During the awards ceremony, the announcer presenting the Verbal Presentation Award said, "Congratulations for knocking the socks off our judges with your verbal presentation."

F1 in Schools is dedicated to introducing students to engineering, project management, branding and marketing, and teamwork through Formula 1 racing. With competitions taking place in 51 countries across the world, and opportunities within all of

the US and Canada, F1 in Schools is one of the largest global educational programs that raise awareness of Science, Technology, Engineering, and Mathematics (STEM) among students.

Superintendent of Schools Dr. Shannon Bartlett said, "We are happy to be able to offer innovative programming at WRHS that fosters essential 21st Century skills in communication, collaboration, critical-thinking, and creativity. F1 In Schools builds leadership capacity and opens doors to internships and future career opportunities our students would not have had otherwise. We are so proud of STS Aerospace Juno and Cosmic Ray-cing teams' performance at Nationals and look forward to growing and expanding on their success next year."

TILTON — Earlier this month, nine students and two teachers representing Winnisquam Regional High School, headed to Charlotte, North Carolina for the 2024 F1 In Schools US and Canadian National Finals competition.

These students began their journey to the finals on the first day of the 2023-2024 school year with the introduction of the F1 In Schools course. Throughout the year, students enrolled in this class established racing teams, assigned team roles (Team Manager, Resource Man-

ager, Sponsorship and Marketing Manager, Graphic Designer, Design Engineer and Manufacturing Engineer) developed unique team branding, designed and built a car that met the required specifications and secured team sponsorships.

While in Charlotte, the students were evaluated on a variety of elements including their verbal presentation, their car design and build, reaction and knock out racing, enterprise and engineering portfolios, pit display and engineering inter-

view.

Although Teams Cosmic Ray-Cing and STS Aerospace Juno presented well in the racing competition, they excelled in other areas of the event. Team Cosmic Ray-Cing was recognized as a nominee/finalist for the Team Management Award and was selected as the winner of the Sponsorship and Marketing Award. Team STS Aerospace Juno was recognized as a nominee/finalist for the Women in Motor Sports Award and was selected as the winner of the Verbal Presentation

LRAA congratulates Artists of the Month



TILTON — Lakes Region Art Gallery congratulates the April LRAA Artist of the Month winners. Congratulations to the winners, Gail Brunt, Fay Lee, Terry Calder, Wendy Oellers-Fulmer, Martha AuCoin.

Wendy Oellers-Fulmer, this month's First Place winner, has the distinct honor to display several pieces of her artwork at Annie's Cafe & Catering in Laconia NH. Warm up with some scrumptious homemade soup and sandwiches and enjoy the art while you eat! The art pieces for the Honorable Mention artists will be on display through the third week of May in the following locations:

Fay Lee: Franklin Savings Bank

Martha AuCoin: Laconia Library

Terry Calder: Gilford Library

Gail Brunt: Northway Bank, Laconia

The LRAA Gallery is located in Suite 300, 120 Laconia Rd., Tilton, in the Tilton Tanger Outlets, just off exit 20 on Interstate 93.



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