

Winnisquam Echo

THURSDAY, MARCH 13, 2025

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Embree, McGreevy pace Bulldogs into semifinals



JOSHUA SPAULDING

Goalie Carson McGreevy sticks out his leg to make a save in the Division III quarterfinals on Saturday evening.

BY JOSHUA SPAULDING

Sports Editor

LACONIA — The John Stark-Hopkinton-Hillsboro-Deering were not the typical seven seed heading to the Division III quarterfinals on Saturday at the Merrill Fay Arena in Laconia.

And Belmont-Gilford coach Jason Parent was well aware of the fact that the General Hawks

were going to present a problem for his team.

After the Bulldogs got out to an early lead, the General Hawks came back with a big second period, cutting the lead to one before the Bulldogs hung on and earned a trip to the semifinals with a 2-1 win.

“Every time we play them it’s tough,” said Parent. “We played them a couple of weeks

again and it was 3-2, Kingswood played them and it was 4-2 and Berlin-Gorham played them and it was 4-3.

“They are one of those really gritty teams,” Parent added. “They keep coming at you with a bunch of guys and they

play the game the right way.”

The Bulldogs had an early shot from Sean Ellis that was stopped and Jaxson Embree got in close for a bid. Carson McGreevy stopped a General Hawk shot and Colton Byars sent a

shot wide of the net, as did Evan Guerin. Aiden Stafford connected with Max Ryder on a chance and Nate Gerbig had a good defensive stop.

The Bulldogs got on the board with 9:57 to go, as Embree fired a shot from the circle on an as-

sist from Ethan Girard and Belmont-Gilford had the 1-0 lead. Embree had a couple more chances that were denied by the visiting goaltender.

Embree then doubled the lead with 7:54 to go

SEE **BULLDOGS**, PAGE A7

Amanda Grappone Osmer to present “Grappone Automotive: The Founding” at Sanbornton Library



Amanda Grappone Osmer

SANBORNTON — The Sanbornton Public Library invites you to an author talk with Amanda Grappone Osmer.

Osmer is a Sanbornton resident, and the last Grappone family member working in the daily operation of Grappone Automotive Group (now in its 100th year of business). She will present

her new book, “Grappone Automotive: The Founding.” The book shares the story of two immigrants, Rocco Grappone and Emanuela D’Orlando, who raised a family and purchased a small filling station as the automobile craze swept through New Hampshire in the 1920s.

Please join us on

Thursday, March 20 at 6p.m. at the Sanbornton Public Library located at 27 Meetinghouse Hill Rd. This program is free and open to the public.

For more information contact the Sanbornton Public Library at (603) 286-8288 or SPLNHcirc@gmail.com.

Crews tackle duplex fire in Tilton

TILTON — On Wednesday, March 5 at 11:18 a.m., Tilton-Northfield Fire & EMS and Franklin Fire Department were dispatched to a building fire at 15 Chestnut St., Tilton.

The first arriving unit observed fire and smoke from the porch of a duplex style, two story building. A first alarm was requested bringing Laconia, Gilford, and Belmont Fire Departments to the scene. Concord and New Hampton Fire Departments provided coverage at Center Street Station.

Crews pulled a hose line and attacked the fire on the porch. After knocking the fire down on the porch, crews conducted a primary search of the building. All occupants and pets were accounted for. Fire extended into the wall and roof structure. Significant overhaul of the porch, roof, and wall was necessary to bring the incident under control. The building is balloon frame construction, which leads to rapid fire spread up the walls and into void spaces. Balloon frame construction poses unique firefighting problems due to the lack of horizontal fire stops between the studs of the exterior walls.

The fire does not appear suspicious. At this time, the cause appears to be careless disposal of smoking materials. No civilian or firefighter injuries were reported. The fire was isolated to the porch and walls. Occupants are working with their insurance company currently. The Concord Fire Department handled one additional call during the incident.

“Please make sure you properly dispose of cigarettes and cigars. We were lucky this fire was during the day, if this happened at night we may have had a much worse outcome,” stated Firefighter Travis Gosine.

TILTON — Lakes Region Art Association members have the opportunity to enter a piece of artwork into the Artist of the Month Program at each monthly Member Meeting. Winners are able to display and sell a single work for a month in various public venues throughout the Lakes Region in participating Banks and Libraries or Local Businesses.

February Artists of the Month, pictured above, include, Back Right: Sherwood Frazier, Jeremy Bonin, James Cryan. Front Row: Mar-

SEE **ARTISTS**, PAGE A7



President of Lake Winnepesauke Alliance to retire

MEREDITH — Patricia Tarpey, President of the Lake Winnepesauke Alliance (LWA and formerly the Lake Winnepesaukee Association) has announced her intention to retire later this year. Her early announcement affords the Board of Directors ample time to conduct a national search for her successor and to ensure a seamless leadership transition.

“No one has done more to advocate for Lake Winnepesaukee than Pat Tarpey,” said Mark Ishkanian, Chair of LWA’s Board of Directors. “She has fought tirelessly to raise public awareness of the fragility of Lake Winnepesaukee’s cool, clean water and the need to keep harmful nutrients out of the lake. Over the years, Pat has been a steady and persistent presence in town halls, in the state Capitol, and in the me-

dia making clear that we must not take for granted that Winnepesaukee’s waters will always be clean and safe. Her leadership and vision have left an indelible mark on LWA for which we are grateful.”

Under Tarpey’s leadership, LWA evolved from an all-volunteer organization to one whose staff capacity, resource base, and stakeholder investment continue to grow. The organization has recently attracted its largest-ever public and private grants and is in the process of moving into a new headquarters in Meredith. Having been led expertly by its departing leader, LWA is a strong, resilient organization equipped to carry on the protection of the Lake Winnepesaukee watershed with ample community support.

The Board of Directors has partnered with



Patricia Tarpey

Kittleman & Associates, a firm specializing in nonprofit CEO searches, to help find the right person to lead LWA during its next chapter. LWA’s next Executive Director will join the organiza-

tion at an auspicious moment when it is poised to meaningfully grow its impact. Widespread cyanobacteria blooms during the summer of 2024 highlighted the fragility of the lake’s water-

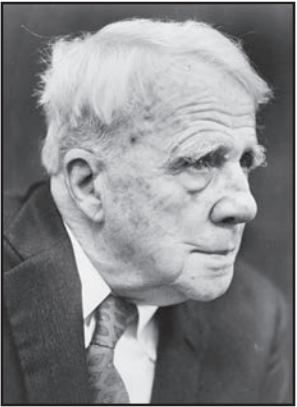
shed, resulted in broader stakeholder investment in LWA’s mission, and created an opportunity for LWA to mobilize resources and to galvanize agencies, nonprofits, businesses, and communities to support the organization’s work. The Board is committed to ensuring a seamless transition, maintaining operational excellence, and continuing to serve the Lake community without disruption. A national search is currently underway, and the job posting, along with further details, can be found at <http://www.kittlemansearch.com/Winnepesaukee>.

“Each of us must do our part to protect the precious resource that is Lake Winnepesaukee, and no one has done more to advocate for the lake than Pat Tarpey,” Ishkanian said. “The

Board is committed to building on the legacy of Pat’s work by striving to protect the lake for generations to come.”

About the Lake Winnepesaukee Alliance The Lake Winnepesaukee Alliance is the leading voice for its protection, defender of its water quality, and custodian of its future. LWA utilizes scientific research and action in its pursuit of the best policies and practices to ensure a healthy, vibrant lake. Through monitoring, comprehensive education programs, active stewardship initiatives, and science-based lake management practices, LWA works to safeguard the lake’s water quality, wildlife habitat, and recreational value today and for generations to come. For more information, visit www.winnepesaukee.org

Audubon announces program on Robert Frost’s nature poetry



Robert Frost

MOULTONBOROUGH — On Thursday, March 20 at 7 p.m. at the Loon Center in Moultonborough, the Lakes Region Chapter of the New Hampshire Audubon Society will present a program on “Walking in the Woods with Robert Frost,” presented by Jeffrey Zygmunt.

Robert Frost’s poetry offers an intimate look

at nature. In this program, author and poet Jeffrey Zygmunt recites a selection of Frost’s nature poems, including some of his best-known works. Alongside each recitation, he provides background on Frost’s life, offering insight into the poem’s origins, and its significance. Participants will join in a lively discussion and celebration of Frost’s work that will deepen their appreciation for both the poet and New Hampshire’s natural environment.

Jeffrey Zygmunt is a New Hampshire writer and poet who has published numerous fiction and non-fiction books, poetry books, children’s books, and short stories. As a journalist, he has published articles in a long list of magazines and newspapers. He

speaks regularly about poetry and art – especially to promote the works of poets Edgar Allan Poe and Robert Frost – at venues around New England. Jeff studied engineering and the physical sciences at the United States Military Academy at West Point. He earned a bachelor’s degree in English from Cornell University, Ithaca, New York, and a master’s degree in English from Wayne State University, Detroit, Michigan.

This program is made possible by New Hampshire Humanities.

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

Trout Unlimited meets Tuesday evening

PLYMOUTH — The March meeting of the Pemigewasset Chapter of Trout Unlimited will take place on Tuesday, March 18, at 7 p.m. in the meeting room of the Common Man Inn at 231 Main Street in Plymouth. All Pemigewasset Trout Unlimited meetings are free and open to everyone. There will be an optional raffle at the meeting to raise money for scholarships for kids to attend summer outdoor camps.

At this meeting, Bill and Emily Bernhardt from Points North Outfitters in Pittsburg will join in to talk about fishing and other outdoor activities in the upper Connecticut River and Upper Androscoggin River areas. Bill Bernhardt has been a registered fly fishing guide in New Hampshire for more than 30 years and has been an Orvis Endorsed Guide for 20 years. His experience ranges from Patagonia to his home waters of Pittsburg. Emily Bernhardt is a retired physical education teacher who developed programs involving outdoor physical education in the Great North Woods during her teaching career. She now extends that knowledge to help visitors to the Pittsburg area enjoy canoeing, hiking, snowshoeing and more.

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BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Feb. 24 to March 3.

Luis M. Dominguez, age 40, of Belmont was arrested on Feb. 24 for Breach of Bail and Stalking-Notice of Order.

Christopher Douglas Bickford, age 47, of Franklin was arrested on Feb. 25

for Conduct After an Accident.

Seth Joseph McNamara, age 34, of Laconia was arrested on Feb. 25 for Operating After Cert. as Habitual Offender.

A 33-year-old male from Tilton received a summons in lieu of arrest on Feb. 27 for Driving After Revocation or Suspension of License for Reckless Driving.

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Mayhew Program works to improve the lives of boys



Mayhew Program outreach coordinator Michael Lui, center, with his mentees Joshua and Kainen.

BY ERIN PLUMMER
mnews@salmonpress.news

BRISTOL — Boys around the state who are facing life's toughest challenges can do everything from spending a few weeks at camp to playing basketball during February vacation while learning some valuable life skills. The Mayhew Program located right in the Lakes Region is giving kids and teens these opportunities that have lasting positive impacts on their lives.

Located in Bristol, the Mayhew Program is a nonprofit organization that aims to improve the lives of boys who come from underserved and at-risk circumstances. Executive Director Peter Saliba said the mission of Mayhew is to get boys to believe in themselves. "Fundamentally, it's our mission to give underserved boys a leg up in the world," Saliba said.

He said many of the boys at Mayhew have dealt with circumstances such as shelter insecurity, food insecurity, trouble with the law, substance abuse, and many other situations.

"These families are ones that have a of cards stacked against them," Saliba said. "What we do is put our arms around these boys. We introduce them to our core values and over the course of the school year we check in with them once a month. We're the only program in New Hampshire doing this, one of two or three in the nation that have this unique model to mentor kids."

The core values of Mayhew are Community, Challenge, Respect, and Responsibility.

Mayhew has been around since 1969 and has served around 2,400 kids throughout the state. The program is open to any boy from New Hampshire. They have served around 800

boys from the Manchester area and kids come as far away as Berlin.

The main facet of Mayhew is the summer camp on Newfound Lake, where kids will spend three weeks doing different activities. Saliba said this camp is the first time many of them have been out of a city environment. All the boys go to camp tuition free thanks to money raised by Mayhew.

Aside from the camp, Mayhew has many different activities throughout the year and checks in with the kids at least once a month.

"Anecdotally, we have kids who come back and become employees, we have kids who give to the program," Saliba said. "We know anecdotally from the stories and our alumni response that the work that we do really, really matters."

Saliba said on average, around 69 percent kids from at-risk situations graduate from high school, a rate that is closer to 80 percent for boys who have ben with the Mayhew Program. Mayhew is working on putting together some more specific studies and metrics of success as part of a strategic objective.

Saliba said the program has three different stages for different ages. Boys ages 10-12 take part in the island stage where they come to the organization's 35-acre island on Newfound Lake for three weeks during the summer. They get around 42 campers each summer coming from across the state.

The second stage is for boys ages 12-15, where they participate in a weeklong wilderness experience with several different trips throughout New Hampshire to camp, canoe, hike, and more.

Mayhew has partnered with different businesses and organizations to offer experiences for the kids. Through a partnership with the

Newfound Lake Association and the boys had the opportunity to snowshoe in the Hebron Forest. McIntyre Ski Area in Manchester also helps the kids learn how to ski and snowboard.

The third stage is the Extenders stage for high school age youths where the program helps them prepare for their post-secondary lives. The program helps them get different skills in job seeking and financial literacy as well as working out their goals after high school.

Mayhew also offers scholarships for kids through the Al Cantor Scholarship Fund. Saliba said every dollar the boys earn in employment Mayhew will set aside an equal dollar for their post secondary goals whether they include four-year college, two year college, or trade school.

Mayhew's Base House on West Shore Road has many different activities for the boys including a climbing wall, basketball court, array of musical instruments, games, and more.

During February vacation, Mayhew participants Kainen and Joshua came by the center on to play basketball and other fun activities.

Kainen has been with the program for the past four years and was recommended to him when he went to Gilford Elementary School.

He said he especially likes the new opportunities to do a lot of different activities, including playing basketball and musical instruments to doing hikes and much more. He also enjoys trying things with new people and has found many different role models.

"I would probably say it shapes you, it shaped me really well as a character and a person," Kainen said.

Joshua from Belmont has been with Mayhew for six years after his mom learned of it.



Boys with the Mayhew Program enjoy a day of skiing at McIntyre Ski Area in Manchester.



Campers enjoyed a game of tug-of-war during the Mayhew program's summer camp last August.

Kainen and Joshua said they both have learned a lot about responsibility.

"A lot of responsibility and respect for myself and others and just opportunities that I don't think a lot of people get nowadays," Joshua said.

Mentor Michael Lui has been working with Mayhew for almost five years. Lui comes from Maryland and said in 2020 he had just graduated college when the pandemic hit. He said he had no job lined up and he and a friend wanted to explore New England. Lui said his friend heard of Mayhew and he got involved.

"I've always kind of liked just helping out, the pay was good, it looked like a cool opportunity," he said.

He was supposed to start in 2020, but the pandemic called that off. He was asked to join with the program in the summer of 2021 starting at camp.

"There was something special about that first summer," Lui said. "There was an energy in there that was very

much missing, just being outside, being with people, doing the right thing. Just kind of felt good."

Lui got an offer to stay on with Mayhew and has been working with the program ever since, currently living in Holderness.

Aside from the summer, he does different activities with the kids such as playing games, talking and hanging out, getting outside, and much more. Sometimes the organization also gets free tickets to different events, and they take the kids.

Lui said while serving as a mentor he has grown as a person.

"Being in a mentorship role, I have to look at myself and what I'm doing and making sure what I'm doing is exemplary," he said. "(I'm) more mindful of how I interact with the world, which has been a really good thing."

Mayhew is looking to spread the word about its mission and is seeking people to help.

Anyone who is interested in seeing May-

hew's work during the summer can take part in island tours, which run for two sessions over the summer. Visitors can tour the camp and talk with the kids. People can also sign up to be a postcard pals with the kids and write postcards to campers.

The program has one significant fundraiser each year; a golf tournament at Montcalm Golf Club in Enfield. Part of the proceeds from the New Hampshire Marathon also go to the program and they seek 40 volunteers to take part in traffic control and safety.

Mayhew will also willing to speak with local businesses and nonprofit organizations about the program and the impact it has for at-risk boys.

Any other agency and business that wants to offer other opportunities for boys can contact Mayhew.

For more information on the Mayhew Program, visit www.mayhew.org.

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Opinion

Letter submission policy

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

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

This moment will never come again

It's easy to rush through the day, to get caught up in schedules, responsibilities, and the endless loop of what's next. But the moment you are in right now will never happen again. It will pass, just like all the ones before it, and once it's gone, you don't get it back.

We think we have time. But the truth is, life isn't a dress rehearsal. This is it. The way you show up today, the way you treat people, the way you spend your time, it all matters, because every single second is a version of life you'll never live again.

Some moments seem small standing in line at the store, a conversation with a friend, a quiet drive home. But even that matters. Every interaction, every choice, every seemingly unremarkable moment adds up to the story of your life. Are you making it a story you'll be proud of?

It's not about perfection, it's about presence. It's about choosing to be where you are, instead of always looking ahead to where you think you should be. It's about speaking up when something needs to be said, reaching out when someone needs you, and appreciating the good that exists right now, even if it's not the moment you expected.

If today were the last time you had this exact moment, how would you show up for it? Would you listen more? Laugh harder? Say the thing you've been holding back? Would you let the small stuff go and focus on what actually matters?

The seconds are already slipping by. Make them count.



COURTESY

Last week, regional law enforcement officials met at the Belmont Police Department with our partners at the Office of Highway Safety to address a critical issue—reducing fatal traffic accidents on the Route 106 corridor. The Office of Highway Safety (OHS) works under the Governor's direction to develop and implement programs that reduce traffic crashes, fatalities, injuries, and related economic losses on New Hampshire's roadways. With a 6 percent increase in fatal crashes last year, we recognize that this is unacceptable and must be addressed. The safety of our roadways is not just a law enforcement responsibility—it's a responsibility we all share. During this meeting, we discussed enhanced enforcement efforts, public awareness initiatives, and roadway safety improvements to help prevent further tragedies. Our goal is clear: reduce crashes, save lives, and make Route 106 safer for everyone. The department urges all drivers to slow down, stay alert, and drive responsibly—together, we can make a difference. Photo courtesy of the department's Facebook page.

Remember the Alamo!

My dad was obsessed with the Battle of the Alamo, which fell in the early morning hours of March 6, 1836—nearly 189 years ago this week.

His passion for this pivotal moment in histo-

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ry shaped some of my earliest memories. The first time I ever traveled on a plane was when he took me to San Antonio, Texas, just to see the Alamo.

He'd guide me

through every historical marker, narrating the story with the enthusiasm of a historian. After dinner, we'd walk back to the Alamo and just stand there, staring at its walls for hours. I was only six years old, and even then, I was intrigued—less because of the battle it-

self and more because of how much it meant to him.

His obsession ran deep. He owned every book ever written on the Alamo, studied every account, and took us back to San Antonio many times over the years. And

if there was one night in that story that truly defined his fascination, it was the final night—the moment when the walls were breached.

For 12 long days, a small band of Texan rebels, including legendary figures like James

Bowie, William B. Travis, and Davy Crockett, had held off the massive Mexican army led by General Santa Anna. Despite being vastly outnumbered—fewer than 200 men against thousands—not a single de-

SEE **POSITIVELY**, PAGE A5

LETTERS TO THE EDITOR

Common ground

To the Editor:

As I sat in the waiting room for my primary care physician, I was happy to see that no one else was there. I always make my appointments early before the germ fest begins in earnest. So, there I sat, alone, in an uncomfortable chair, surrounded by stark white walls, with nothing to read, patiently waiting for my name to be called. And then it was.

A young woman, perhaps in her early 20s, had opened the door slightly and called out my name. She was petite, with dark hair and a dark complexion. As I approached, I could see her large brown eyes and a lovely, welcoming smile. "Good morning," she said. I thought I detected a slight accent.

On our way to the exam room, we made a quick stop at the scale. This is always an uncomfortable place for me, until I realized the numbers were in kilograms. She wrote the number down. I passed on asking what it was in pounds. No sense shaming myself in front of this young lady.

We entered the exam room; I sat down as instructed and she got to work with a few questions as she

wrapped the blood pressure cuff around my arm.

"Do you get much exercise?"

A simple enough question, though it would change my day completely. "Well, yes, you see we have a farm, and it keeps me very busy."

She stopped putting the cuff on my arm and stepped back. She didn't just step back from me; she stepped back in time as well.

"My grandparents had a farm." She was smiling broadly, her eyes were lit up and full of life. She had entered a world she knew and loved, one of happy memories. It was so apparent on her face that it made me smile as well. The "Spirit of Joy" had entered her being. I mentioned we had animals, and she went on, "they had horses, cows, goats and chickens, I loved it."

She was a thousand miles away, transported in time by memories held dear. I asked where their farm was, expecting to hear her say, Pennsylvania, or perhaps Vermont, but she responded, "Iraq."

For a moment, I was speechless, and my first thought was, have I ever met anyone from Iraq? I was certain I had not. Finding my tongue, I responded, "my goodness that's a long way from home." It was the best I could do in such a moment. She smiled and nodded, still caught in her memories, she finished my vitals and was off to the next patient. I sat there tangled in my thoughts. Iraq, what has this young lady been through to get to this country? By the time the doctor came in, my head was spinning with a hundred questions and thoughts.

When did she come here? Was she born here? Did she come with her parents? Do her grandparents still have the farm? My mind was in hyper-drive. How I wished she had the time to tell me her story. I thought of our country and all the people so driven to find their way here.

In the brief time we spent together, I found her to be articulate, kind, professional and from all I could see, well assimilated to life in this country. I cannot speak to her happiness or what she's been through, but it's self-evident that she has done very well for herself. She is contributing to our society in a wonderful way, and I am grateful she has chosen America to call her home. I sat there wishing I had said, "Thank you for coming to our country, how fortunate we are to have you here."

My head was still spinning, as I thought, wherever you live, whatever your background, we have far more in common than one may think. Sadly, when I hear of Iraq, the first thought I have is not of a peace-

ful farm with grandparents. Over the years, we have been conditioned to think and see things from a certain viewpoint. We have dehumanized these countries down to good and evil, and most days evil wins the view. The same can be said of our borders and the crisis we face there. What a disservice we have created for all people coming to this country legally and illegally.

As I sat there, half listening to my doctor, I thought about the medical profession. The staff listing at most facilities is a smorgasbord of names from countries around the world. It is no surprise there are fewer Jones and Smiths each year. This can also be said for engineers, pilots, professors, and nearly any professional organization you review. The contribution made by those coming from afar and willing to call our country home is enormous.

How unfortunate it is that we have cheapened this remarkable contribution the way we have. When people think of immigrants today, most think of the border. We hear of gangbangers and rapists rather than scientists and doctors, nurses, and teachers. Creating resentment towards a group of people contributing so greatly to our society is wrong. As is, allowing people into this country who diminish this positive impact they have made. What a sad place we are in.

In a country where compromise is now a dirty word, this problem may never be solved to the liking of one side or the other. Left to their own devices, one party continues building a wall and the other tears it down, while both complain, ad nauseum, about the other. In the end, no one is served well. I can't help but wonder; how many people reading this today will label me as a snowflake, or worse, a racist? Name calling is far easier than finding solutions.

We Americans and those future Americans deserve better than what we are getting. Is it so difficult to have a conversation with someone that holds a differing thought or opinion than our own? If we try, we might just find that "Common Ground" and those elusive threads that bring us together as human beings and Americans. Let's try for solutions and leave the party slogans and nasty comments to others.

Am I wearing rose-colored glasses at the moment? Perhaps, but at least one can hope, one can try.

Coffee, anyone?

Gregg DeVolder
Tilton

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TO SUBMIT A LETTER
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THE WINNISQUAM ECHO
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PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DI NICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

MANAGING EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

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NH 911 comfort dog graduates from training, joins team full-time

LACONIA — New Hampshire 911’s comfort dog, Winni, has officially completed her training with Hero Pups, marking nearly a year of preparation alongside her handler, Supervisor Abigail Rider. The Division of Emergency Services and Commu-

nica- tions (DESC) celebrated the milestone with an event recognizing the dedication, time, and effort both Rider and Winni put into building the skills necessary for this role. Winni, a golden retriever, was introduced as the Division’s first

POSITIVELY
CONTINUED FROM PAGE A1
fender had fallen during the siege. But in the early hours of March 6, under the cover of darkness, the Mexican forces launched their final assault.

Wave after wave of soldiers stormed the mission, scaling ladders, battering gates, and overwhelming the defenders with sheer numbers. In less than an hour, the Alamo was overrun. Every last Texan fighter was killed, their sacrifice becoming the rallying cry of the Texas Revolution.

“Remember the Alamo!” became more than just words—it became the battle cry of those who would go on to win Texas its independence. And for my dad and so many others, the Alamo wasn’t just history—it was a symbol of defiance, courage, and an unwavering stand against impossible odds.

I read one of my father’s old articles that he wrote about the Alamo and he said something in that article that struck a chord with me—something that transcends the Alamo itself.

Reflecting on the Alamo defenders, my father said, “Heroes are important. No human being today can hold up to the scrutiny we give them, but we need someone to emulate.”

Having someone to admire and emulate is important, especially when that person excels at something we aspire to do ourselves. It’s natural to be drawn to greatness, to want to follow in the footsteps of those who have achieved something remarkable. But that admiration can sometimes turn into idolization, and that’s where things get complicated.

I once idolized an Olympic swimmer. He was a powerhouse in the water, someone I wanted to be like. But after getting to know him, I realized that while I respected his skill, I didn’t

necessarily admire his personality. And that’s when it hit me—people are just people. Even those we put on pedestals.

Great people, even those with strong moral convictions, have made mistakes. And when those mistakes come to light, they can shatter the illusion we’ve built in our minds. The question isn’t whether our heroes are perfect—they never are—but whether we can still draw inspiration from the best parts of who they were while understanding that they, too, were human.

No one is perfect, and if we expect our heroes to be, we set ourselves up for disappointment. The truth is that greatness and imperfection exist side by side. A person can make mistakes and still leave behind something worth admiring.

Maybe we’ve become too harsh on our heroes, or maybe we’ve been too unrealistic about what it means to have role models in the first place.

Admiration doesn’t require blind devotion; learning from someone’s greatness doesn’t mean ignoring their flaws. Because if perfection is the requirement for being worthy of admiration, we won’t have any heroes left at all.

Our heroes, past and present, aren’t meant to be untouchable figures. They’re reminders that even flawed people can do extraordinary things. And maybe, that means we can too.



comfort dog in 2024 as part of an initiative to enhance mental health support for New Hampshire’s 911 personnel. From the start, Rider took on the responsibility of ensuring Winni’s training was tailored to the fast-paced, high-stress environment of a 911 call center. The two worked closely with Hero Pups, a New Hampshire-based nonprofit that specializes in training service and support dogs for first responders and veterans.

“Congratulations to Winni and her handler, Abby, on completing their training and joining the New Hampshire 911 team full time,” said Gov. Kelly Ayotte. “I thank Abby and Winni for their dedication to supporting our hard-working 911 dispatchers, and partners Hero Pups and AT&T FirstNet for their expert guidance and support of Winni’s training program.”

“The mental health and wellbeing of our team is of critical importance,” said New Hampshire Department of Safety Commissioner Robert L. Quinn. “Winni will be there for our dedicated employees amidst the most difficult of calls and incidents, and I look forward to watching her fully integrate with our staff. I am also proud of

Supervisor Rider for the tremendous amount of time and effort she has given to this program.”

Winni and Rider’s training process involved everything from mastering obedience and socialization to exposure training in real-world public safety environments. Winni made regular visits to New Hampshire’s Public Safety Answering Points (PSAPs) to acclimate to the sounds, stress, and structure of 911 operations. Rider dedicated countless hours to reinforcing these skills, ensuring Winni was prepared for the unique role of supporting telecommunicators during challenging moments.

“The amount of time and effort Abby has put into this program is truly remarkable,” said Mark Doyle, director of DESC. “This milestone represents nearly a year of rigorous training, long hours, and a deep commitment to ensuring Winni can provide comfort and support to our team.”

The success of the program would not have been possible without the support of Hero Pups, which provided expert guidance throughout the training process, and AT&T FirstNet, which contributed a \$7,000 grant to help launch the program.

“The dedicated women and men of New Hampshire’s emergency communications centers are public safety’s first line of response,” said Ryan Clark, Regional Director, AT&T. “They deal with traumatic events, often one after another, daily. That’s where Winni comes in. Comfort dog programs help decrease stress, boost morale, improve coping, and so much more. We thank Gov. Ayotte for her continued support of New Hampshire’s first responders and applaud the New Hampshire Department of Safety and the Division of Emergency Services and Communications for prioritizing the health and wellness of their dedicated personnel. We’re

grateful for the ongoing collaboration with Hero Pups and know that because of them, Winni is more than ready to take on her job full-time.”

Winni’s role will extend beyond New Hampshire 911, with plans for her to assist the Department of Safety’s Peer Support team and participate in Critical Incident Stress Debriefings. She will also be available upon request to support first responders across the state, reinforcing DESC’s commitment to mental health and wellness in public safety.

The event celebrated the completion of this extensive training process and highlighted the dedication of Rider, Winni, and the partners who helped bring the program to life. Attendees had the opportunity to see firsthand how Winni interacts with telecommunicators and learn more about the impact of comfort dogs in high-stress environments.



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Governor talks Leadership



Gov. Kelly Ayotte visits with the Class of Leadership Lakes Region.

JOHN CALLAGHAN — COURTESY

CONCORD — Gov. Kelly Ayotte recently met with the 2025 Class of Leadership Lakes Region to talk about her plans, challenges and opportunities as Governor.

The session, held in the Executive Council Chambers at the State House, included an active exchange between the class members and the Governor.

The annual Political Issues Day for the class started at Laconia City Hall, where Mayor Andrew Hosmer welcomed the group and touted the many positive fea-

tures of the City. Mayor Hosmer referred to the “Pillars of the Community” when describing being host City for the Community College, a major hospital, econom-

ic growth in Lakeport, plans for new docks at the Weirs and the revival of the arts as demonstrated by the Colonial Theater. He also spoke to the opportunities to develop the former State School property.

The Mayor was followed by a municipal panel including City Councilor/State Rep. Steve Bogert, Gilford Town Administrator Scott Dunn, County Administrator Debra Shackett and Gilford Budget Committee Vice Chair Valerie Chase. All spoke to their roles in government and, especially, the satisfaction of their jobs helping their fellow citizens.

Then the group headed to Concord, where Visitor Center Director, Virginia Drew led a walking tour of the State House. Ms. Drew was followed by Sen. Tim Lang, Sen. James Gray and Rep. Matthew Coker, who shared their work and the processes they go through to help govern the State. Secretary of State David Scanlon followed, describing the role of his staff and the critical workload every four years when a multitude of candidates file for the New Hampshire Presidential Primary.

Following the Governor’s visit with the Class, the group headed for the studios of NH Public Radio, where Program Director Emily Quirk met the group and spoke to the role of public media in New Hampshire politics. Ms. Quirk was followed by Political Reporter Josh Rogers, Civics Education Outreach Coordinator Hanna McCarthy, NH Civics Director Allyson Rider and New Futures Manager Jess Wojenski. The day ended on a fun history lesson “Jeopardy” Game facilitated by Leadership Board Member, Donna Kuethe and featuring questions from various presentations during the day. Next up for the group is Education Day March 12.

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BENJAMIN GREENE, CONDUCTOR

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Inter-Lakes Auditorium, Meredith

\$10 Student - \$25 Adult

TICKETS: www.LRSO.org

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~ Chrissy, Laconia NH

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BULLDOGS

CONTINUED FROM PAGE A1
on a great feed from Ry-
der and the Bulldogs
were up 2-0. Ryder had
a bid denied, Ethan El-
lingson sent a shot wide
of the net and McGreevy
turned away another
General Hawk shot. El-
lis had a shot denied, as
did Ryder and the period
ended with the Bulldogs
up 2-0.

Girard had a bid de-
nied to start the second
period and the General
Hawks came charging
back with a number of
great chances that Mc-
Greevy turned away and
Ellingson had a chance
denied at the other end.
Embree sent Tyler Mull
in with a bid and he
found Ryder, but his bid
was stopped on a great
stop by the visiting goal-
ie.

With 9:03 to go in the

second, the General
Hawks were able to cut
the lead to 2-1 and they
continued to assault the
net, forcing McGreevy to
make even more saves.
Stafford and Embree
both had chances denied
and Ryder had a solid
defensive stop and a cou-
ple of scoring chances
denied. After Stafford
had a bid denied, John
Stark-Hopkinton came
charging back and closed
the second period with a
flurry of chances that
McGreevy turned away
and the game went to the
third with the Bulldogs
up 2-1.

The General Hawks
controlled the puck early
in the third period, with
McGreevy making the
saves while Gerbig and
Guerin getting chanc-
es for the Bulldogs that
were turned away. The
Bulldogs took a penalty
with 10:26 to go and Em-

bree had a couple of good
clears. Embree also con-
nected with Ryder for a
shorthanded chance and
McGreevy turned back
a chance as well and the
Bulldogs killed off the
penalty.

Embree had a nice
block and then Ben Gi-
rard had a chance that
was denied. Gerbig
made a good defensive
stop and the General
Hawks sent a shot over
the top of the net. Ryder
and Mull teamed up on a
bid and Ellis sent a shot
over the top of the net.
McGreevy made a cou-
ple of late saves and the
Bulldogs closed out the
2-1 win to advance to the
semifinal round.

“We got a couple more
breaks than they did,”
Parent noted. “When it’s
a 2-0 game, you need the
next goal, 2-1 and 3-0 are
very different games.

“We had some oppor-

tunities, but their goalie
made a couple of great
saves,” the Bulldog coach
continued. “And Carson,
he’s the best goalie in Di-
vision III, one of the best
in the state, he’s a stud
for us. If he only lets in
one goal a game, we’re

going to win.

Belmont-Gilford
advanced to play Ber-
lin-Gorham in the Divi-
sion III semifinals after
deadline on Wednesday
at Plymouth State Uni-
versity. The Division III
finals are set for Satur-

day, March 15, at South-
ern New Hampshire
University Arena in
Manchester.

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



RC GREENWOOD

Jaxson Embree fires off a shot during the Division III quarterfinals on Saturday. Embree scored
a pair of goals in the Bulldog win.



RC GREENWOOD

Ethan Ellingson moves the
puck into the zone during
action against John Stark-
Hopkinton-Hillsboro-Deering
on Saturday.

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Join the Belknap Mill Society invites you to help make history!

LACONIA — March is Membership Month at the Belknap Mill, and we’re
thrilled to invite you

to be part of something special! As we kick off our Membership Drive for 2025,
our goal is to

welcome 100 new members into the Belknap Mill Society. This is your chance
to join an

incredible community that celebrates the rich history of our region while
helping shape an

exciting future for the Belknap Mill!

Becoming a member of the Belknap Mill Society means more than just sup-
porting a historic landmark—it means gaining access to exclusive benefits like
discounts on classes, event venue rentals, and free admission to the museum and
art exhibits for you and a guest throughout the year. Whether you’re exploring
our exhibits or attending an event, you’ll experience the vibrant culture that
makes the Belknap Mill a cornerstone of our community.

Becoming a member is simple and fast—just visit our secure membership
portal at

www.belknapmill.org/membership to choose your membership level and ex-
plore all the

incredible benefits that come with it. And with the option to Auto Renew,
you’ll never miss out on any of the exciting things to come.

ARTISTS

CONTINUED FROM PAGE A1
tha AuCoin, Gail Brunt.

The winning art-
ists’ artwork will be on
display in locations in
the Lakes Region until
March 17.

Jeremy Bonin, this
month’s First Place win-
ner has the distinct hon-
or of displaying 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
artist will be on display
through the third week
of March in the follow-
ing locations:

Sherwood Frazier -
Gilford Library & North-
way Bank Tilton

Martha AuCoin - La-
conia Library

Gail Brunt - North-
way Bank, Laconia

James Cryan - Frank-
lin Savings, Franklin

Mike McQuade -
Franklin Savings, Gil-
ford

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supporting the future of
the community. We can’t
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and share what we have
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When you join our team, you will be working in a family-friendly atmosphere where career growth is important, and we try to promote from within. We offer an industry leading benefits package that includes competitive wages, health insurance, life insurance, paid vacation, paid time-off, paid holidays, paid bereavement leave, profit sharing, 401k and store discounts.

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

Dan Uhlman, c/o Belletetes Inc.
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com

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

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

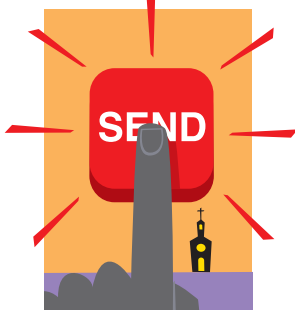
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Blue Ribbons to bring award-winning sound to The Loft at Hermit Woods Winery

MEREDITH — Get ready for an evening of adventurous rock and roll, jazz, and the unexpected as The Blue Ribbons, led by Boston pianist and vocalist James Rohr, take the stage at The Loft at Hermit Woods Winery. This long-running, award-winning band is known for its eclectic mix of singer-songwriter melodies, improvisational jazz, and raw rock energy, creating a one-of-a-kind live music experience.

Join us for a night of exceptional music, fine wine, and delicious food in an intimate and relaxed setting.

Event Details:
Date: March 13
Location: The Loft at Hermit Woods Winery, 72 Main St., Meredith
Complimentary Wine Tasting: 5:30 – 6 p.m.
Doors Open & Dinner Served: 6 p.m.
Showtime: 7 p.m.
(Drinks & Dessert available during the show)

About The Blue Ribbons

James Rohr – Piano/Lead Vocals
Mike Castellana – Guitar
Taurus Biskis – Drums

Winners of a Boston Music Award, The Blue Ribbons have carved out a reputation as one of the most inventive and dynamic bands in the Boston music scene. Their performances are a captivating mix of soulful storytelling, improvisational exploration, and high-energy grooves. Described as delivering “upbeat disillusionment and celebratory fatalism” (Boston Globe), their sound is equal parts familiar and unpredictable.

Reserve your spot! Don't miss this rare opportunity to experience The Blue Ribbons in an intimate, listening-room setting.

Tickets & More Information: <https://hermitwoods.com/events/the-blue-ribbons/>

About The Loft at Hermit Woods Winery

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PUBLIC NOTICE MERRIMACK RIVER STATE FOREST PROJECT FILE # P2-509

Department of Natural and Cultural Resources
Division of Forests and Lands
BOSCAWEN, NEW HAMPSHIRE

By authority granted under RSA 227-G:3 and 227-H:2 the New Hampshire Division of Forests and Lands is planning a forest operation to re-establish a seed tree orchard for the State Forest Nursery on 5 acres of the Merrimack River State Forest in the town of Boscawen, New Hampshire. This is a public notice to solicit comments or questions as part of the planning process. THIS IS NOT A REQUEST FOR BIDS. The Division carries out timber harvests as part of a multiple use forest and wildlife management program on State owned woodlands. Please address written comments or request for information by March 21, 2025 to Director, Division of Forests and Lands, 172 Pembroke Road, Concord, New Hampshire 03301, ATTN: Forest Management Bureau P2-509.

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The Shaker Regional School District requests sealed bids for Asphalt Reclamation and Site Improvements at Belmont High School, 255 Seavey Rd, Belmont, NH. A mandatory walk-through will be held on March 6, 2025 at 10:00 am at Belmont High School. The final date for questions about the project is March 14, 2025.

An electronic bid packet with site plans is available by contacting Stephen Dalzell at sdalzell@sau80.org. A printed bid packet with site plans can be obtained, for a fee of \$150, by contacting William Hess at whess@hessengineeringllc.com. Sealed bids are due no later than 1:00 pm on March 20, 2025. A public bid opening will be conducted at the Superintendent of Schools Office; 58 School Street; Belmont, NH 03220 on this date.



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

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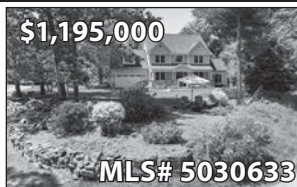
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ANSWER:

Belknap Mill Museum hosts ‘Painting in Black and White’ exhibit



LACONIA — This March, the Belknap Mill Museum will host Ian Kabat’s exhibit, “Monochrome: Painting in Black and White,” in the Riverside Gallery. Visitors are invited to explore this stunning exhibit at the Belknap Mill’s Annual Membership Meeting at 5 p.m.

on Wednesday, March 19. The exhibit will run through the month of March. For museum hours, visit www.belknapmill.org/museum.

Born in 1970, Ian Kabat is a Boston-based oil painter known for his striking black-and-white works that capture the raw intensity of nostal-

gia and human emotion. His journey to the canvas has been one of profound personal transformation, taking him from homelessness to serving

as Creative Director for a global tech company, and ultimately to the quiet introspection of a painter’s studio.

Today, Kabat’s work is exhibited in galleries across New England and the U.S. His unique, less-is-more approach has earned praise for its emotional depth and masterful technique.

Though his transition from tech executive to artist was not without its challenges, Kabat believes he is finally living authentically.

“Leaving the corporate world was a gamble,” he says, “but it was the only way to rediscover who I truly am.”

Newfound Area School District is hiring!

Open Spring positions:

Varsity Softball Assistant Coach (NRHS)
Assistant Softball Coach (NMMS)

Open Fall positions:

Girls Soccer Head Coach (NRHS)
Girls Soccer Assistant Coach (NRHS)
Football Head Coach (NMMS)
Football Assistant Coach (NMMS)

The District uses School Spring, an online application program.

All candidates can view and apply for vacancies safely and securely by using this tool.
<https://www.schoolspring.com/>

If interested, please send a letter of intent, resume, and names and phone numbers of 3 references to:
Jacob Tivey – Athletic Director
jtivey@sau4.org

Newfound Area School District
150 Newfound Road, Bristol, NH 03222
or

Shane Tucker – Athletic Coordinator
stucker2@sau4.org

Newfound Memorial Middle School
155 North Main Street, Bristol, NH 03222
603-744-6006 x.1507

Newfound Area School District is hiring!

Open positions for 2025-2026 School Year

Student Services Administrator (NASD)
School Psychologist (NASD)
Speech Pathologist (NASD)
Speech Language Assistant (NASD)
Occupational Therapist (NASD)
Music Teacher (NRHS)
School Counselor (NRHS)
Math Teacher (NRHS)

Current Open Positions 2024-2025 School Year

1:1 Paraprofessionals
Paraprofessionals
Long Term Substitute Nurse

The District uses School Spring, an online application program.

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PLYMOUTH ELEMENTARY SCHOOL 2025-2026 School Year K-8 SPECIAL EDUCATION TEACHER

Must be NH General Special Education certified.
Interested candidates should send cover letter, resume, references, transcripts and transcripts beyond degree, and certification to:

Lynn Davis
Human Resources Coordinator
SAU #48
47 Old Ward Bridge Road
Plymouth, NH 03264
ldavis@pemibaker.org



Full-Time Installers Apprentice

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

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

Stop in to fill out an application:
ENERGYSAVERS INC.
163 Daniel Webster Hwy., Meredith NH

PLYMOUTH ELEMENTARY SCHOOL Student Services Administrator 2025-2026 School Year

Plymouth Elementary School is seeking a strong educational leader to oversee student services, with a focus on Special Education, 504 plans, Title I, and ESOL. Our school is located in the beautiful White Mountains and the vibrant college town of Plymouth. NH DOE Certified or Certifiable as a Special Education Administrator or Principal.

This role requires strong organizational and communication skills, flexibility and problem-solving abilities, and the ability to work collaboratively with staff and administration. This is a year-round position.

Please send a letter of intent, resume, references, transcripts, and certification to:

Lynn Davis
Human Resources Coordinator
SAU #48
47 Old Ward Bridge Road
Plymouth, NH 03264
ldavis@pemibaker.org

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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LRSO's March 22 concert features Beethoven's 5th Symphony



The Lakes Region Symphony Orchestra performs Beethoven's 5th, and violinist Sally Wituszynski performs the Bruch "Romanze" on March 22 at 7 p.m. at Inter-Lakes Auditorium.

MEREDITH — The Lakes Region Symphony Orchestra (LRSO) invites you to embark on a captivating musical adventure with their March concert, “Vienna to Berlin – A Germanic Journey.” Join us on

Saturday, March 22 at 7 p.m. at the Inter-Lakes Community Auditorium in Meredith for an unforgettable evening of classical brilliance.

At the heart of this journey lies Beethoven’s “Symphony No. 5,” an

iconic masterwork that has become a symbol of triumph and resilience. Known worldwide for its thunderous opening motif, this enduring work is a testament to Beethoven’s genius and deservedly remains one of the

most celebrated symphonies in history.

The program also delights with the charm of Vienna in Johann Strauss Jr.’s “Die Fledermaus Overture”, a lively and witty overture that transports listeners to the elegance of a Viennese ballroom. The evening continues with the fiery rhythms of Brahms’ “Hungarian Dances Nos. 5 and 6,” brimming with folk-inspired energy that evokes the vibrant streets of Berlin. The journey takes a more introspective turn with Max Bruch’s “Romanze,” a heartfelt and lyrical showcase for the viola, performed by LRSO’s principal violinist, Sally Wituszynski.

Sally Wituszynski brings passion and experience to every performance as a versatile violinist and educator. A

graduate of the New England Conservatory of Music and the University of New Hampshire, Sally has performed with numerous notable ensembles such as the Vermont Symphony and Granite State Symphony. In addition to her performance career, she is a dedicated teacher who has inspired students for more than 30 years, both in the classroom and through her role as director of the New Horizons Orchestra at the Portsmouth Music & Arts Center. Sally is also a founding member of the Lakes Region String Quartet and a sought-after freelancer throughout New England. Sally lives in Somersworth with her husband, Jeff, the orchestra’s principal bassist.

Tickets to the March 22 performance are \$10–\$25 available online at

www.LRSO.org. Don’t miss this evening of musical brilliance - reserve your seat today!

And mark your calendars! LRSO invites you to our May 10 and 11 concerts as we revisit the soul, funk, disco, and contemporary radio hits of the ’70s. It’s a groovy nostalgic celebration you won’t want to miss! Discount tickets are available for the pair of March 22 and May 11 Inter-Lakes concerts.

The Lakes Region Symphony Orchestra has been bringing exceptional live music to New Hampshire audiences for nearly 50 years. As we look ahead to our 50th anniversary season in 2025-2026, we remain dedicated to inspiring a love of classical music and showcasing the extraordinary talent of local and guest musicians.

Watercolor class for beginners at LRAA



TILTON — Dive into the world of watercolor with our beginner’s class at the Lakes Region Art Association Gallery, Tanger Outlets, Tilton starting Tuesday, March 18 from 1-3 p.m.!

Here’s what you can expect over the five weeks:

Week 1: Dive into the basics with 24 small pictures designed to teach you essential techniques and texture applications. This foundational week sets the stage for your watercolor journey.

Week 2: Apply your newfound skills by painting rocks. Learn how to capture the texture and depth of natural stones using watercolors.

Week 3: Focus on the art of keeping your paintings loose and expressive, emphasizing fluidity and spontaneity in your work.

Week 4: Celebrate the arrival of spring by painting themes that evoke warmth, renewal, and the beauty of the season.

Week 5: This is the final lesson of our five-week course, focusing on landscape painting to complete and enrich your painting experience

Who Should Attend: This class is perfect for those who have never touched a watercolor brush or for those looking to refresh their skills. No prior experience is necessary.

Registration: Spaces are limited. To secure your spot, please register by contacting stephanie@mcquadefinearts.com or visit <https://www.mcquadefinearts.com/art-classes>.

About LRAA

The Lakes Region Arts Association is dedicated to fostering artistic expression and education within our community. Through our workshops, classes, and exhibitions, we aim to enrich lives through art.

We look forward to seeing you unleash your creativity with watercolors!

GOLDEN VIEW
HEALTH CARE CENTER

March Lunch and Learn: Healthy Living & Boosting Your Immune System

Join us at Golden View Health Care Center for our engaging Lunch and Learn series, where we offer free monthly programs featuring knowledgeable physicians and health experts who share valuable insights. Plus, enjoy a complimentary nutritious lunch with us!

This month, on **Thursday, March 20th**, from **noon to 1:30 p.m.**, we are excited to welcome Jennifer Pearson, APRN, who will share essential information on "Healthy Living & Boosting Your Immune System." Discover how simple lifestyle changes can strengthen your immune system and protect your body from illness.

Due to limited seating, we strongly advise early registration. To reserve your spot, call Becky at 603-677-4194, email rmckeown@goldenview.org, or visit our online portal at goldenview.org/events-and-education/lunch-learn to register today. Don’t miss this opportunity to invest in your health!

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