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## White Mountains students shine at Youth & Government Conference



Front row left to right: Charlie Schmidt, Korbyn Keddy, Jacob Provencher. Back row, left to right: Advisor James Cromer, Annabelle Walker, Kira Olson, Abigail Bovay, Kamryn Young, Sadie Dunn, Amber Phinney, Addyson Kenison, Reese Dubois, Kiara Koxarakis, Mya Rouillard, Rep. Lori Korzen, Advisor Frank Lombardi, and Lilyan Johnston.

### Two hikers rescued from Mt. Washington

**SARGENT'S PURCHASE** — On the evening of Saturday, April 18, authorities responded to the summit of Mt. Washington to assist two young hikers who were experiencing difficulties in harsh conditions.

At approximately 7:30 p.m., New Hampshire Fish and Game Department Conservation Officers received a 911 call indicating that Vaughn Webb, 18, and Khang Nguyen, 17 (both of Plymouth, Mass.) were both at the summit of Mt. Washington and were seeking shelter from wind-driven precipitation next to a building. It was further related that one of the hikers was experiencing significant leg pain as result of an unknown ailment. With an air temperature of 38 degrees, high winds, and forecasted snow, Conservation Officers immediately worked on a plan to locate and extract the two young men.

Officers were able to contact an employee of Mt. Washington State Park, who went out and began searching for the two. The Mount Washington Auto Road was also contacted, and they advised that they had cleared the road suitably enough to get vehicle traffic to the summit. Conservation Officers then *Rescue*, PAGE A10

**WHITEFIELD** — Students from White Mountains Regional High School demonstrated outstanding leadership, civic engagement, and excellence at the 2026 New Hampshire YMCA Youth & Government Model Legislative Conference, earning awards and securing key leadership positions within the program.

Several students were recognized for their exceptional work:

Abigail Bovay received the Best Lobbyist Firm Award for her advocacy and collaboration.

Annabelle Walker earned the Best Legislation Award for her work developing and presenting impactful policy.

In addition to these

honors, students held prestigious roles at the Model Legislature:

Supreme Court Judge: Addyson Kenison

Co-Chair, Public Works & Transportation: Jacob Provencher

Senate Chaplain: Charlie Schmidt

Lobbyist: Abigail Bovay

Students also contributed to the conference

through media and communications roles:

Media Staff / Press Corps: Kiara Koxarakis, Mya Rouillard, Korbyn Keddy.

The following students represented the school as members of the House of Representatives:

Reese Dubois  
Sadie Dunn  
Kira Olson

Annabelle Walker  
Kamryn Young  
Amber Phinney  
Lilyan Johnston

These accomplishments reflect the students' dedication to understanding government processes, engaging in civic discourse, and representing their school community with professionalism and pride.

### Kelley blasts two homers as Mountaineers roll



Pitchers who worked with the late Stewart White pose for a photo after a ceremony honoring White prior to the season opener last Monday.

### Berlin softball honors Stewart White prior to season opener

**BY JOSHUA SPAULDING**  
Sports Editor

**BERLIN** — The Berlin softball team made a statement in the opening inning of the season on Monday, April 13, plating nine runs on the way to a 14-0 win over visiting Newfound.

Prior to the game, the Mountaineers honored the late Stewart White for all that he did for the game of softball. His daughter, Holly Soprano, threw out

the first pitch to Berlin's Brooklyn Gagne and a number of the pitchers that he helped hone their craft over the years were in attendance for the ceremony.

Gagne worked a walk to open the bottom of the first, stole second and took third on a passed ball. McKenna Kelley singled to drive in the first run of the game and singles from Caitlyn Kelley and Amelia Jacques drove in another run. Oliv-

ia Richard singled in another run and Tiara Falardeau worked a walk to load the bases. Rose Kelley was hit by a pitch to plate a run and a sacrifice fly from Shaliah Clark drove in the fifth run for the Mountaineers. A passed ball brought home another run and after Lia Bartoli worked a walk another passed ball brought in another run. McKenna Kelley and Amelia Jacques drove in another run. Oliv-

### North Country Healthcare shares winter Listening Sessions report

**REGION** — In late January and early February, North Country Healthcare (NCH) held a series of listening sessions in Jefferson, Berlin, Lancaster, Bethlehem, and Colebrook to gather community input to inform current practices and future planning within the health system. These sessions brought together patients, staff, partners, and North Country residents to share experiences, ask questions, and reflect on strengths and challenges in rural healthcare. The sessions were moderated by New Hampshire (NH) Listens, a program of the University of New Hampshire Carsey School of Public Policy.

"What stood out to me most was the level of community engagement," NCH CEO Tom Mee said. "If we're going to be successful, it has to be in real partnership with the communities we serve. That means listening, communicating, and following through."

The sessions drew more than 325 participants across the locations, with some smaller, like the 40 or so attendees in Jefferson at the Bellevue Barn, and others larger, with more than 100 attendees at sessions in Lancaster and Berlin. Titled Community Conversations, each session followed a similar format, with introductions from NH Listens and NCH Leadership followed by small-group conversations facilitated by NH Listens representatives. These small groups produced themes and written questions to be addressed by NCH Leadership in the final question-and-answer period. This structure allowed for constructive conversation and the consolidation of themes.

The five listening sessions produced 244 individual written questions or statements submitted on cards to the question-and-answer periods. These 244 submissions were collated into themes by NH Listens after each session. The themes that emerged included Communication, Transparency, & Trust (26 percent); Billing, Custom-*Report*, PAGE A11

## WMRSD LEADERS & LEARNERS- Your Community Connection

At the Lancaster School Elementary School welcomed families for its annual Student-Led Conference Night on April 8, creating an engaging and celebratory atmosphere centered on student learning and growth. The evening provided students with the opportunity to take the lead, guiding their families through classrooms and sharing evidence of their academic progress.

Throughout the building, students proudly showcased a variety of artifacts that demonstrated their growth and mastery across subject areas. From writing samples and math work to projects and portfolios, each piece told a story of perseverance, improvement, and achievement. Students explained their learning goals, reflected on challenges, and highlighted successes, helping families gain a deeper understanding of their educational journey.

In addition to the conferences, families participated in a fun and interactive Family School Bingo activ-

ity. This added an element of excitement and encouraged families to explore different parts of the school while engaging with staff and learning more about the school community.

The evening concluded on a sweet note with an ice cream social sponsored by the Lancaster Parent Teacher Organization. Families gathered to enjoy treats, connect with one another, and celebrate the hard work of students and staff.

Student-Led Conference Night once again proved to be a meaningful event, strengthening the partnership between school and home while empowering students to take ownership of their learning.

At the Whitefield School this year has been a wonderful journey of growth and discovery for the preschool students. From the very beginning, the children have demonstrated increasing confidence as they settled into daily routines and developed a strong sense of belonging within the classroom community.

Meaningful progress

has been observed in their social development. The children are learning how to be kind and respectful friends by practicing sharing, taking turns, and using their words to express their feelings and needs. It has been especially rewarding to observe new friendships forming and to see the children demonstrate empathy and care for one another during both structured activities and free play.

Academically, the children are making steady gains in early learning concepts. Many are becoming more familiar with recognizing letters and numbers and are beginning to connect these skills to everyday experiences through play, songs, and hands-on activities. Their curiosity and enthusiasm for learning continue to grow as they explore new ideas and build confidence in their abilities.

The class has also enjoyed several special highlights throughout the year. Visits from the Believe in Books outreach program have helped spark a love of

books and reading. Another favorite has been "Mingling Mondays," during which preschool and kindergarten students come together to play and learn. During this time, classrooms are open for exploration, providing opportunities for children to interact with a wider group of peers, try new activities, and build confidence in new environments. The children have also enjoyed participating in outdoor play during the "Winter Wednesdays" program, where they engaged in sledding and building snow sculptures.

Overall, the progress of each child has been a source of pride. The students are developing not only foundational academic skills but also the social and emotional tools that will support them as lifelong learners. The school looks forward to continuing this exciting journey together throughout the remainder of the year.

At the White Mountains Regional High School

One of the unspoken goals of the Adventure

Program at WMRHS was to give students an outlet, a pursuit or interest that transcends the school environment and supports the community. This year the program has doubled down on snowboarding and other sliding sports as they are such a deeply rooted part of our economy.

The community surrounding WMRHS has come through in spades for the school in that the Adventure Program has been gifted nearly 10 snowboards of differing sizes, as well as boots, and bindings. The students have worked on tuning snowboards, waxing bases, sharpening edges, and troubleshooting bindings to get each board up and running well.

Snowboarding and skiing can be infinitely frustrating to learn from a place of zero experience, but can also be incredibly rewarding and fun from the perspective of recreation and community. Students are now asking to borrow school boards, boots, and

helmets so that they can go to local areas like Mount Eustis in Littleton and ride together on the weekends. One student in particular has become a volunteer at Mount Eustis after visiting there several times through Adventure Class.

As the Adventure Program continues to grow, it stands as a powerful example of what can happen when a school and its community invest in one another. The generosity of local donors has not only provided equipment, but has opened doors for students to discover new passions, build confidence, and form lasting connections beyond the classroom. In turn, students are finding ways to give back, strengthening the very community that supports them. This spirit of connection, resilience, and shared responsibility is the very essence of Sparta, students and community members lifting one another up and taking pride in the place they call home.

# Workshop in Colebrook to guide growers on starting Christmas tree operations

COLEBROOK — A hands-on workshop scheduled for Wednesday, May 14, will give current and prospective growers practical guidance on how to successfully establish Christmas tree plantings in northern New Hampshire.

The session, titled "Growing Christmas Trees: Site Preparation, Species Selection and More," will take place

from 4 to 6 p.m. at Christa's Christmas Farm, 100 East Colebrook Rd. The program is part of a multi-session educational series designed to walk participants through the full process of developing a Christmas tree enterprise, from early planning stages through eventual sales.

Organizers say the workshop will focus on the foundational decisions that shape long-term success in tree production. Topics will include site selection, soil testing, choosing appropriate species for local conditions, preparing planting areas and establishing young trees.

The session will be hosted by Christa Howe-Lambert, owner of Christa's Christmas Farm in Colebrook. Instruction will be provided by several regional forestry and agriculture professionals, including Nigel Manley, a Christmas tree grower and owner of

South Farm in Bethlehem; Heather Bryant, a food and agriculture field specialist with University of New Hampshire Cooperative Extension; and Jim Frohn, UNH Extension forester for Grafton County.

According to Extension organizers, each workshop in the series is designed to stand on its own, though participants may benefit most by attending multiple sessions that cover the full progression from site selection through marketing. The Colebrook program is the second installment in the series.

The May 14 session will include discussion of how to evaluate soil characteristics before planting, select species suited to local growing conditions and prepare land to support healthy root establishment. These steps are considered critical during the first years of production, when trees are most vulnerable

to environmental stress and competition from weeds.

Registration is required by May 13. The fee is \$30 per person, with a limited

number of scholarships available for individuals who cannot afford the cost.

Participants who need accommodations are encouraged to contact orga-

nizers in advance to allow time for arrangements.

Additional information and registration details are available online.



BY BARBARA R. ROBERTS

Today, April 22, is Earth Day which was designed by United States Senator Gaylord Nelson in 1970. Nelson was particularly concerned about toxic drinking water, air pollution, and the effects of pesticides, and he proposed a nationwide "teach-in" on the environment. This led to President Nixon's formation of the Environmental Protection Agency as well as the Clean Air Act, the Clean Water Act, and the Endangered Species Act. Today Earth Day is the largest secular observance in the world with more than a billion people involved. Many communities use the day for local cleanup, and schools add environmental concerns to their daily curriculum.

Terry Tempest Williams, well-known for her environmental classics, has just finished a new book called "The Glorians," which are ordinary and often overlooked presenc-

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es which might be animal, plants, memory, moment that make us aware of our interconnectedness with even the smallest things in the natural world. The reviewer says she "touches the glory of the earth and its creatures and the grandeur of our capacity to grieve, resist, and create."

Other new books on science include "Plant This, Not That" by Elise Howard which includes more than 200 native plants for a sustainable, pollinator-friendly garden and "Becoming Martian" by Scott Solomon, a look at the possibilities and challenges of humans settling on Mars.

In the field of psychology recent books include "How To Feel Loved" by Sonja Lyubomirsky and Harry Reis, "The Stimulated Mind" by Tommy Wood, and "When Good Moms Feel Bad" by Jessica Sorci.

Crafters continue to find old traditions and make them new. Ekta Kaul's "Kantha" introduces the Bengali embroidery technique of Kantha which refers to both the style of the running stitch and the finished cloth used by women in the Bengal region of India. Sally Pointer's "Nalbinding" has its roots dating back to the Stone Age. Unlike knitting nalbinding uses only one needle, creating a series of

loops and knots, and continues to be practiced in Scandinavia.

There is a miscellaneous group of new history books. Rory Nugent's "At the Docks" tells the story of Bedford, Mass., which began as a fishing port and manufacturing center and now faces struggles with governmental regulation of fishing and empty factories. "The Island at the Edge of the World" by Mike Pitts shares the history of Easter Island, asking the questions about who built the island's mysterious stone carving and what doomed a small but thriving civilization. Jeffrey Denman's "Philadelphia Quakers and the American Revolution" is a saga that takes a once prosperous Quaker government as it fails to provide for the defense of the Pennsylvania colony to exile and financial loss. The last of the new history books is Sara Vladic's "The Dangerous Shores." Many people think that Pearl Harbor was the only attack on American soil during World War II, but there was also a battle to protect America's coastline where enemy submarines were sinking ships, landing spies, and plotting assaults. A volunteer "cast of characters even Hollywood couldn't invent" took it upon themselves to defend our coasts.

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# Strong start for Berlin tennis girls

**BY JOSHUA SPAULDING**  
Sports Editor

BERLIN — The Berlin girls' tennis team is off and running in the new season and the Mountaineers are showing some early domination.

Berlin kicked off the season on the road at Profile on Monday, April 6, and came away with an 8-1 win over the Patriots.

"The girls played well for the first match of the year," said coach Andy Rancløes. "It was the first match of the year with limited outdoor practice."

Emma Rancløes got the 8-1 win at the top of the lineup for the Mountaineers

while Emily Smith dropped an 8-6 decision at number two. Kennah Scott won 8-6 in the third spot, Cloey Vien got the 8-2 win in the fourth spot and Harmony Horne won 8-3 at number five. Makayla Couture finished out the singles with an 8-1 win at number six.

In doubles play, Rancløes and Scott won 8-5 in the top spot with Vien and Smith winning by a 9-7 score in the second spot and Couture and Lola Aristegue-Burke got the 8-1 win in the third spot.

"Doubles scared me a little, we are usually very strong in that area," Ran-

cløes noted. "We will be spending time working on doubles, that is where we will win the difficult matches."

The Mountaineers hosted Littleton on Wednesday, April 8, and came through with the 9-0 win over the Crusaders.

Rancløes got the 8-3 win at number one, Smith won 8-2 in the second spot, Scott won 8-1 at number three, Vien got the 8-1 win in the fourth spot, Horne won 8-1 at number five and Couture finished the singles sweep with an 8-0 win in the sixth spot.

In doubles, Rancløes and Scott won 9-8 (7-5

in the tiebreaker) in the top spot, Vien and Smith won 8-5 at number two and Couture and Aristegue-Burke won 8-0 in the third spot.

"Emma and Kennah fought hard," Rancløes noted. "They were down 5-7 and were able to make a comeback and win in the tiebreaker."

"Those wins will prepare them for later in the season," he continued. "Tennis is a mental game and it's important not to ever give up."

After a 9-0 win over Inter-Lakes (as reported in last week's paper), the Mountaineers hit the road

to Kingston to take on Sanborn on Tuesday, April 14, getting the 9-0 win.

Rancløes in the top spot and Smith in the second spot both won by 8-0 scores while Scott got an 8-3 win in the third spot. Vien won 8-1 at number four, Couture got a shut-out in the fifth spot and Aristegue-Burke won 8-3 at number six.

In doubles, Rancløes and Scott at number one, Vien and Smith at number two and Couture and Aristegue-Burke at number three all won by 8-0 scores to finish off the sweep.

"We played very well today," said Rancløes, not-

ing that with Horne missing, Couture and Aristegue-Burke moved up in the singles lineup. "All the girls played well, they were efficient and had excellent ball placement."

The Mountaineers are scheduled to be at Gilford today, April 22, and at home against Profile on Friday, April 24, both at 4 p.m., wrapping up the pre-vacation portion of the schedule.

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

## Groveton boys power past Littleton

**BY JOSHUA SPAULDING**  
Sports Editor

GROVETON — The Littleton baseball team got off to a good start on Wednesday, April 15, in Groveton, but the Eagles used a big third inning to take the lead and never looked back on the way to an 11-7 win.

Whalen Lemire and Aury Perez worked walks to start the game and Chase Fillion was hit by a pitch. One out later, Josh Regnet worked a walk to plate the first run of the game. Jacob Mackay was hit by a pitch to plate another run and one out later, Connor Roy worked a walk to push the

lead to 3-0 before the Eagles got out of the inning.

Groveton got on the board in the bottom of the second inning, with Hunter Parks working a leadoff walk and he scored on a bunt from Sean Simpson. Blake Collins worked a walk and Simpson scored on a wild pitch to cut the lead to 3-2 after two.

Luke Hennessey walked to open the top of the third inning and a Roy grounder forced him at second. Wyatt Seidof was hit by a pitch and one out later, Perez was hit by a pitch to load the bases. Fillion then doubled to drive in two runs and Littleton had the

5-2 lead.

In the bottom of the inning, Mason Pelletier was hit by a pitch to open the inning, stole second and third and one out later, Ashton Kenison beat out a sacrifice bunt to plate Groveton's third run. Grady Kenison walked and Parks was hit by a pitch to load the bases. A Simpson grounder to second forced Ashton Kenison at the plate, but the next hitter, Blake Collins, drilled a grand slam to right field and Groveton had the 7-5 lead. Nolan Kendall, Landon Cloutier and Pelletier all worked walks to load the bases and Kendall scored on a wild

pitch to make it 8-5 after three innings.

Mackay walked with one out in the top of the fourth and stole second and third before Roy worked a walk and stole second, with Mackay scoring on a double steal to cut the lead to 8-6 after four. Littleton edged closer in the top of the fifth, as Perez and Fillion walked with one out and Jack Cook flied out to center to plate Perez to cut the lead to 8-7.

Kendall walked to start the bottom of the frame and one out later, Pelletier walked and Gage Collins was hit by a pitch to load the bases. A base hit from

Ashton Kenison plated two runs and after a Grady Kenison walk, Parks singled to score the final run of the game.

For the Eagles, Pelletier, Parks, Simpson, Ashton Kenison and Grady Kenison combined on the mound, giving up seven hits and striking out 10. Perez, Regnet, Mackay and Fillion combined on the hill for the Crusaders, giving up nine hits and striking out 13.

The Eagles fell to Moultonborough by an 8-3 score in the season opener and wrapped up the first week with an 11-1 loss at Gorham.

Groveton is scheduled to be at home against Lisbon today, April 22, and will be at Woodsville on Thursday, April 23, both at 4 p.m.

Littleton is scheduled to be in action today, April 22, at Colebrook, Friday, April 24, at White Mountaintains, Monday, April 27, at home against Lisbon and Wednesday, April 29, at home against Profile, all with 4 p.m. starts.

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

# The Colonial Theatre opens 111th season May 2

BETHLEHEM — The Colonial Theatre is proud to welcome audiences back for its 111th season, opening Friday, May 2.

Opening night will feature a live performance by Grammy-winning fiddle virtuoso **Bronwyn Keith-Hynes**, kicking off a sea-

## Julianna Spiotti earns Emerson College Dean's List honors

BOSTON, Mass. — Julianna Spiotti of Bethlehem is majoring in Media Arts Production.

The requirement to make the Dean's List is a grade point average of 3.7 or higher for that semester.

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son that brings together live music, independent and world cinema, anniversary screenings, and community driven programming.

The Colonial's 2026 season will welcome back **National Theatre Live**, bringing acclaimed stage productions from the UK

to the big screen, as well as the return of free **Saturday Morning Cartoons & More** for families and kids at heart during the school year. It will also include a wide range of returning film and event series such as **Anniversary Classics**, **New Leaf**, **Reel Outdoors**, **Science on Screen**, and **KIDS! @ The Colonial**, alongside **LIVE! @ The Colonial** concerts, comedy, festivals, and special events.

Across its film programming, audiences can expect a thoughtfully curated mix of independent and world cinema, doc-

umentaries, classics, and special screenings that celebrate both the history of film and the evolving voices shaping it today.

As the theatre prepares to raise the curtain, The Colonial is also inviting the community to take part in its **Raise the Curtain Spring Campaign**, with the goal of raising \$15,000 before May 2. The campaign supports a range of practical needs, from backstage equipment and accessibility improvements to enhancements that help ensure the theatre remains comfortable, functional, and welcoming for all.

Audiences are encouraged to explore the full season lineup, purchase tickets, or contribute to the Spring Campaign at [bethlehemcolonial.org](http://bethlehemcolonial.org).

Join us on May 2 as we raise the curtain for the 111th season!

**About The Colonial Theatre**

The mission of the Friends of the Colonial is to inspire and invite participation in the cultural conversation by preserving and improving its historic landmark theatre, provid-

ing high-quality film and performing arts programming and family entertainment, and offering a vision of small-town revitalization based on the arts.

To learn more about The Colonial, or to become a member or volunteer, please visit [BethlehemColonial.org](http://BethlehemColonial.org). While you are there, sign up for email updates and follow The Colonial on Instagram (@bethlehemcolonial) and Facebook (Facebook.com/BethlehemColonial).

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IEWS AND COMMENTS

## Listening is only the first step in strengthening rural health care

In communities like ours, health care is never an abstract policy issue. It is personal, practical and close to home. That is why the recent round of community listening sessions hosted by North Country Healthcare across Jefferson, Berlin, Lancaster, Bethlehem and Colebrook matters more than many people might realize.

More than 325 residents took the time to attend those sessions. They shared concerns about communication, billing, provider turnover, wait times and access to services. They also expressed appreciation for the staff members who continue to provide care under challenging circumstances. That combination of gratitude and concern is familiar to anyone who has relied on rural hospitals in recent years.

The strongest message from the sessions may be the simplest one. People here want to be heard, and they want to see follow-through.

Rural health systems operate under pressures that urban hospitals rarely face. Recruiting providers is difficult. Travel distances are long. Patient populations are smaller. Funding is tighter. Yet none of those realities change the expectation that local residents deserve clear communication and reliable access to care.

When nearly one-quarter of submitted comments focus on transparency and trust, it is a signal worth taking seriously. Trust is not built through announcements or reports alone. It grows through steady, visible improvements that patients can recognize in their everyday experiences.

At the same time, the willingness of residents to attend these sessions speaks well of the North Country itself. People here are invested in keeping their hospitals strong. They understand that once services disappear from a rural region, they are rarely replaced. That awareness makes collaboration between providers and communities essential.

The next steps announced by North Country Healthcare suggest that the organization understands this responsibility. Open houses scheduled in May at Androscoggin Valley Hospital, Weeks Medical Center and Upper Connecticut Valley Hospital will give residents another opportunity to connect directly with leadership. Additional listening sessions planned for June and October will continue the conversation rather than treating it as a one-time exercise.

That continuity matters. Listening cannot be an occasional event. It must become part of the culture of rural health care.

Equally important is the creation of the Patient and Family Advisory Council, which invites residents to take part in shaping care experiences across the system. Programs like this can help turn community feedback into lasting improvements if participation remains strong and leadership remains responsive.

There is no quick solution to the challenges facing rural hospitals. Workforce shortages will not disappear overnight. Scheduling systems cannot be rebuilt in a week. Communication habits take time to change. Still, progress begins with the recognition that community voices are essential partners in the process.

Residents across the North Country have already shown they are willing to speak up. The opportunity now is to keep that conversation moving forward and to make sure it produces results people can see.

Strong rural hospitals are not built by administrators alone. They are built by communities that stay engaged, ask questions and remain committed to protecting the care that keeps their neighbors safe and their towns strong.

COURTESY

The 5th/6th grade Soul Pirates team were undefeated champions in the Maine Hoops Spring Breakout 1 tournament this weekend 4/18-4/19 in Southern Maine. The team finished 2nd overall out of the 23 girls teams ranging from 3rd/4th to 10th grade teams! The girls are from Lancaster, Whitefield, & Groveton. Pictured, from left to right – back row: Coaches Eli & Megan Vincent, Caroline McVetty, Vivienne Fillion, Macee McGee, Lylah Mackillop. Front row: Peyton Jordan, Phia Scott, Aria Scenna, & Addison Vincent.



## THE MORRISON COMMUNITIES

# Organizing your medical records can give you peace of mind

Good health care is at the top of most seniors' lists of important lifestyle considerations. Having an organized system that puts all of your medical records at your fingertips can reduce your stress and ensure that you can easily provide up-to-date information to your health care providers and monitor paperwork from your insurance companies.

Develop a system that works for you. For some seniors that might mean file folders, while another person might be more comfortable keeping their records organized in a three-ring binder. Someone else might want to commit all their important information to a spreadsheet on their computer.

What matters is that it is easy to use and easily updateable, making it convenient to track medical appointments, medications and insurance claims. By developing a system that works for you, and filing paperwork as it comes in, you'll be a better position to find the information you need when you need it — especially important in an emergency situation, when you move, or when you change doctors.

Don't forget to let a family member or trusted friend know where you

keep your records, in the event that you are unable to provide that information during an extended illness or emergency situation.

Medicare.org suggests these tips that will help you put your records in order:

Organize your medical history. Sorting your healthcare history into categories can help you keep track of it more easily.

For instance:

- Medical appointment information: date, time, health care provider and any recommendations from your visit, such as follow-up tests or dietary suggestions.
- Dates and information about major surgeries and illnesses.
- Immunization records.
- Cancer screenings and tests: including mammograms, colonoscopies, PAP and prostate tests.
- Emergency information: in a medical emergency it's important to know if you have a pacemaker, hearing or vision problems, or allergies to medications.
- Chronic health problems: document high blood pressure, arthritis, diabetes, asthma, etc.
- A list of drug and food allergies.
- Past and present medications, including side effects.
- Hearing, vision and

dental records.

- Vaccinations: shingles, flu, tetanus, Covid-19 vaccines and boosters.

- Legal documents: a living will and durable powers of attorney for healthcare and finances.

- Family history of disease: diabetes, glaucoma, breast cancer and others.

- Childbirth history.

Medications & prescriptions. Keep a detailed list of all prescribed and over-the-counter medications and supplements, including the drug name, date prescribed, dosage, the condition the medication treats and any side effects. Pharmacy printouts of your prescriptions help make this easy.

Billing & insurance documents. Keep a copy of your insurance and Medicare or Medicaid card. Sort your health care bills and receipts in chronological order to be able to compare them to insurance payments and explanation of benefit forms. If you need to speak with an insurance representative, always record the date, time and name of the person you spoke with, along with the reason for the call.

Update your contact list. Your contact list should include the names, addresses and phone numbers of your health care providers,

along with the emergency contact information of a friend, family member or caregiver. Also include the name, policy number, address, and telephone number of your health insurance company.

Organizing your medical information may seem overwhelming at first glance. But once you develop a system of organization that works for you, you'll find that having all the documents you need organized in one place will bring you peace of mind and help you stay on top of all your health care needs.

Shannon Lynch is the Executive Director of The Morrison Communities, which includes the Morrison Skilled Nursing Facility, Sartwell Place Assisted Living, Morrison Rehabilitation, and Summit by Morrison, a senior living community offering independent living, assisted living, memory care and respite care.

The Morrison Communities is a non-profit 501(c)(3) charitable community that has been providing quality healthcare to residents of New Hampshire's North Country since 1903. To learn more: [www.themorrisoncommunities.org](http://www.themorrisoncommunities.org).

## Conversations at the transfer station

There are some places in New Hampshire where you expect to run into people you know. The grocery store is one. The post office is another. But if you really want to catch up on how your neighbors are doing, you head to the transfer station on a Saturday morning.

I have long suspected the transfer station does more for community life than anyone ever gives it credit for.

It is not a place people

### KIND FOLKS, COLD WINTERS

By CHIPPY

go because they want to. Nobody wakes up thinking, "I hope I get to haul cardboard and empty pickle jars today." Still, there we all are, bundled up in January or brushing black flies away in June, waiting our turn at the recycling bins like members of a quiet little club.

And that is where the conversations happen.

You might hear someone asking about a neighbor's knee surgery. Someone else is comparing

snow totals from two different hillsides in the same town. A third person is explaining why the tomatoes never came in last summer but will definitely come in this year. They always will. Gardeners are hopeful people.

I have learned more useful information at the transfer station than from any official announcement board. You find out which roads washed out in the last storm. Which contractor actually shows up when he says he will. Whether the loons came back early this spring. And once in a while, you even hear who just got engaged.

Nobody calls it networking. It is simply how things have always worked around here.

Years ago, when my kids were still living at home, Saturday mornings were busier and louder. There were sports practices and errands stacked one after another. I used to make my transfer station runs quickly back then, as if I

were checking something off a list. These days I take my time. I lean against the tailgate a little longer. I ask one more question before I head out.

It turns out people notice.

Not long ago, a fellow I only half recognized waved me over while I was sorting newspapers. He asked how my daughter was doing at school. I had no idea how he knew about her until he reminded me we had once stood next to each other in line at the scrap metal container about eight years ago. Eight years. And he remembered.

That sort of thing stays with you.

There is something reassuring about a place where conversations do not need an appointment. Nobody checks a clock. Nobody wonders if they are interrupting. You talk because you are standing there anyway, and because it feels natural to do so.

SEE KIND PAGE A5

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## 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.

# Bradbury wins discus in Tilton, shot put in Berlin

BY JOSHUA SPAULDING  
Sports Editor

TILTON — The Gorham track team finished a busy week with a trip to Tilton on Saturday for a meet hosted by Winnisquam.

Lily Bradbury won the discus for the Gorham girls with a toss of 91 feet, eight inches with Kasey Conrad in fourth at 71 feet, two inches.

Bradbury was also third in the shot put at 29 feet, .5 inches and Conrad finished in 10th place overall at 22 feet.

Hallee Albert was 15th in the 100 meters in 15.51 seconds with Zaylee Baker in 29th in 16.75 seconds, Emmy Dube in 30th in 16.8 seconds and Bella

Broom in 33rd in 16.91 seconds. In the 200, Albert was 20th overall in 33.09 seconds. Broom finished in 7:03.8 in the 1,600 meters for 12th place.

The Gorham girls finished in ninth in the 4X100-meter relay in a time of 1:08.63.

Griffin Grondahl finished third in the 200 meters in 24.88 seconds with Peyton Micucci in 25th in 28.31 seconds, Ian Laflamme in 29th in 28.81 seconds and Jack Campbell in 42nd in 32.88 seconds.

Grondahl was also sixth in the 100 meters in 12.65 seconds with Micucci in 23rd in 13.7 seconds and Laflamme in 34th in 14.03 seconds.

Grondahl added a sixth place finish in the 400 meters in 57.54 seconds with Laflamme in 16th place in 1:05.78. Campbell was 28th in the shot put at 25 feet, eight inches and 12th in the discus at 76 feet, 10 inches.

Two days earlier the Huskies made a much shorter trip, heading to Berlin's Gaydo Track for a meet hosted by the neighboring Mountaineers.

For the boys, Grondahl finished in second place in the 200 meters in 24.59

seconds with Josh Cho in 11th in 26.97 seconds and Laflamme in 12th in 27.65 seconds. He was also third in the 100 meters in 12 seconds with Cho in 12th in 12.97 seconds, Laflamme in 13th in 13.02 seconds and Micucci in 15th in 13.17 seconds.

Cho ran to fourth in the 400 meters in 1:03.09 and Laflamme was seventh in 1:05.22. Campbell finished in 10th place overall in the shot put with a toss of 28 feet, eight inches.

The Husky 4X100-me-

ter team finished in fourth overall in a time of 50.82 seconds.

Bradbury won the shot put for the Gorham girls with a toss of 29 feet, six inches and Conrad was sixth overall at 22 feet, one inch. Conrad was also fourth in the discus at 71 feet, three inches and Bradbury was fifth at 67 feet, nine inches.

Albert finished in third in the long jump at 13 feet, six inches and was 10th in the 200 meters in a time of 32.5 seconds.

Albert ran to sixth in the 100 meters in 14.95 seconds with Broom in 12th in 16.12 seconds and Broom was also seventh in the 1,600 meters in 6:54.63.

The Huskies are scheduled to be in action again on Tuesday, April 28, back at Winnisquam.

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

## Spartans close out first week with loss to Gilford

BY JOSHUA SPAULDING  
Sports Editor

LANCASTER — The Gilford baseball team got a combined shutout from Ryan Folan and Drew Smith and knocked off host White Mountains Regional on Friday, April 17.

The Golden Eagles scored two runs in the top of the first inning and never looked back and they added four runs in the top of the seventh inning to seal the 6-0 win.

Andy Taylor led off the game with a walk and Folan and Smith both singled to load the bases. Two outs later, Owen Wolpin singled to center and both runners scampered home for the 2-0 lead for the Golden Eagles.

Then all was quiet until the top of the seventh inning when Smith reached on an error to lead off the inning. Sam Kelley also reached on an error and both scored on a double by Danny Fournier for the 4-0 lead. Wolpin singled and one out later, Cohen Elliott singled to left to put the lead to 5-0. Wolpin stole third base and Carson Anthony brought him home with a sacrifice fly to center for the 6-0 score.

For Gilford, Folan had a double and two singles and scored a run, Wolpin had two hits, drove in two runs and scored a run, Fournier had a double, drove in a run and scored a run, Smith had a hit and scored a run and Elliott had a hit and drove in a run.

For the Spartans, Jake Silver had a double and a single and Benny Hicks and Landin Foss each had a hit.

Folan pitched into the sixth inning for the Golden Eagles, giving up three hits and striking out seven and Smith finished things off, giving up one hit and striking out three.

Deagan Stover got the start on the hill for the Spartans, going five innings and allowing five hits and two earned runs while striking out seven. Silver and Carson Miller combined to pitch the final two innings, giving up three hits and striking out two.

The Spartans will be in action today, April 22, at home against Berlin and Friday, April 24, at home against Littleton, both at 4 p.m.

Gilford is scheduled to be in action on Friday, April 24, at Belmont at 4 p.m.

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

### Kind FROM PAGE A4

Even the weather becomes part of the routine. In winter, you can tell who has the warmest gloves just by watching how long they linger. In spring the mud tracks follow everyone home no matter how careful they are. By October there is always someone loading pumpkins into the back of a truck next to a pile of flattened cereal boxes.

I have noticed that younger folks sometimes arrive wearing headphones and move through the place at top speed. I understand that. Life moves faster now. Still, I hope they will slow down some-

day and discover what they are missing. There is a lot of neighborliness tucked between the cardboard and the returnables if you give it a minute.

A transfer station is not meant to be picturesque. It is not designed as a gathering space. Yet somehow it works that way anyway. It is one of the few places left where people from every road and every age group cross paths without planning to.

I never expected hauling trash to become something I look forward to. But here in New Hampshire, even an ordinary errand can turn into a small reminder that we are all part of the same town whether we mean to be or not. And that is worth showing up for.

## Program in Lunenburg to explore ways communities can live alongside beavers

LUNENBURG, Vt. — A regional conservation program later this month will focus on one of northern New England's most influential wildlife species and the practical steps communities can take to coexist with it.

Essex County Natural Resources Conservation District, in partnership with the Town of Lunenburg, will host a presentation titled "Living With Beavers: How to Protect Beavers and Infrastructure" on Sunday, April 26, from 1 to 3 p.m. at the Alden Balch Memorial Library, 24 East Main St. The session will be followed by an optional field visit to view a "Beaver Deceiver" installation in neighboring Lancaster.

Organizers say the event is designed to help residents better understand the ecological importance of beavers and the tools available to address flood-

ing and infrastructure conflicts without removing the animals.

Beavers are widely recognized by ecologists as a "keystone species," meaning their activity shapes entire ecosystems. By building dams and creating ponds, beavers transform landscapes in ways that support a wide range of wildlife, including moose, mink, amphibians and waterfowl. Over time, abandoned ponds often transition into meadows and shrublands that provide additional habitat diversity.

At the same time, beaver damming can create challenges for roads, culverts and developed land. Culverts in particular are common dam sites because they concentrate flowing water, making them attractive locations for beaver construction activity.

Sunday's program will examine both the environ-

mental benefits of beaver activity and the engineering strategies available to reduce conflicts.

Naturalist Patti Smith will open the presentation with an illustrated talk based on her experience studying wild beavers and caring for orphaned animals. Her portion of the program will highlight beaver behavior, habitat needs and their role in maintaining wetland ecosystems.

Biologist Skip Lisle, founder of Beaver Deceivers International, will then discuss flow devices and other nonlethal management approaches designed to protect infrastructure while allowing beavers to remain on the landscape. Lisle has spent decades developing and testing water-control structures that regulate pond levels and prevent culvert blockages without removing dams entirely.

One such device, commonly called a Beaver Deceiver, is intended to keep water moving through culverts while discouraging beavers from sealing them shut. Participants who attend the optional field visit after the presentation will have an opportunity to see one of these installations in Lancaster.

Organizers say the event is intended for landowners, municipal officials, road agents and residents interested in wildlife conservation or practical solutions to recurring flooding problems.

The presentation is free and open to the public. Funding support was provided by the Broad Reach Foundation. Advance registration or additional information is available by contacting Essex County NRC District Manager Sam Mayne at smayne.essexnrcd@gmail.com.

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# Elisabeth von Trapp coming to GNWCA

COLUMBIA — When Elisabeth von Trapp takes the stage at the Great North Woods Center for the Arts next month, she won't just be bringing her voice—she'll be continuing a musical legacy that has already echoed through Columbia once before. Elisabeth von Trapp will perform in concert on Saturday, May 2, at 7 p.m. at the Great North Woods Center for the Arts, 1993 U.S. Route 3, Columbia. Tickets are \$25 for adults and \$10 for ages five to 18, available online at gnwca.org or at the door.

For von Trapp, “the sounds of music” are more than a theme—they are among her earliest memories. Born and raised in Vermont, the granddaughter of Maria von Trapp and Georg von Trapp, whose remarkable story inspired the beloved musical “The Sound of Music.” Her father, Werner, was one of Georg’s children from an earlier marriage, and was a member of the world famous Trapp Family Singers. Singing professionally since childhood, Elisabeth von Trapp has performed everywhere—from Euro-

pean cathedrals to Washington, D.C.’s Kennedy Center. Inspired by her father, Werner, she began piano lessons at age eight and was playing guitar and touring New England by her teenage years, performing alongside her siblings at weddings, town halls and church gatherings. Today, she carries forward the tradition of the Trapp Family Singers while forging her own artistic identity. Her style has been described as both ethereal and earthy—delicate yet powerful—drawing comparisons to artists like Judy Collins

and Loreena McKennitt. Von Trapp’s repertoire is remarkably wide-ranging, spanning Bach to Broadway, Schubert to Sting. Audiences can expect everything from beloved classics like “My Favorite Things” and “Edelweiss” to operatic pieces, gospel music, and her own original compositions. Her performances often blend sacred and secular traditions, including Gregorian chant, early hymns, and contemporary works. Her recordings and performances have reached an international audience, with appearances on National Public Radio, the BBC, and programs such as “Good Morning America.” Critics have praised her voice as “hauntingly clear,” “joyfully expressive,” and “simply beautiful.” While von Trapp’s upcoming concert marks her first appearance at the Columbia venue, the von Trapp family name is not new to the site. In May of 1948, her father Werner and his siblings—performing as the

Trapp Family Singers—appeared at the site when it was known as the Shrine of Our Lady of Grace. The visit came as part of a High Mass at the Shrine that drew religious and civic groups from both Vermont and New Hampshire. The family had escaped Austria in 1942, settling in Stowe, Vt. She herself performed for the GNWCA at the Monadnock Congregational Church in Colebrook in 2017. According to a newspaper article published ahead of their 1948 event, the family performed sacred music during the morning sermon, including Gregorian chants and compositions by Palestrina. Later that afternoon, they returned to sing for a solemn benediction of the Blessed Sacrament. That historic performance left a lasting imprint on the region—and now, nearly 80 years later, the next generation of the von Trapp family will once again share their music in Columbia. For audiences, the evening offers more than a concert.



It is a rare opportunity to experience a living musical legacy—one that bridges continents, generations, and a deeply rooted connection to the North Country. As many who have attended her performances say, no one leaves an Elisabeth von Trapp concert unchanged. For more information, visit [www.gnwca.org](http://www.gnwca.org) or call 603-246-8998.

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## Mountaineers blanked by Timber Wolves

BY JOSHUA SPAULDING  
Sports Editor

ALTON — The Prospect Mountain softball team welcomed Berlin to town on Friday, April 17, and the Timber Wolves fired on all cylinders, picking up a 12-0 lead over the Mountaineers.

Prospect Mountain scored three times in the bottom of the first inning and added one in the second. The big inning was the fourth, when Prospect plated six runs and they added two in the bottom of the fifth inning to take the 12-0 win.

Kora MacKenzie reached on a dropped third strike to open the bottom of the first and stole second. She scored on a single from Leila Hillsgrove and after Paityn Glidden singled, Kylee Guptill singled to left to plate the second run. After a fielder’s choice, a groundout from Taylor Greenwood plated Glidden to make it 3-0 after one.

The Timber Wolves upped the lead in the bottom of the second inning. Paige Harding worked a walk to start the inning, stole second and went to third on a wild pitch. MacKenzie then singled her home for the 4-0 lead.

Ashlynn Roberts led off the bottom of the fourth with a base hit and consecutive hits from Harding and

MacKenzie plated one run and one out later, Glidden was hit by a pitch. Harding scored on a wild pitch and after Guptill walked, a base hit from Greenwood drove in a couple of runs for the 8-0 lead. A Roberts base hit drove in two more runs for the 10-0 lead after four.

MacKenzie worked a walk to lead off the bottom of the fifth and one out later, Glidden homered to

center to finish off the 12-0 win.

Caitlyn Kelley and Tiarra Falardeau had the hits for the Mountaineers.

The Timber Wolves are scheduled to be in action on Friday, April 24, at Trinity for the final game before vacation week.

Berlin is scheduled to be at White Mountains Regional on Wednesday, April 22, at 4 p.m.

## Move for fun at family circle dances



FRANCONIA — Move for fun at Family Dance! All are welcome at Neskaya Movement Arts, 1643 Profile Rd. (Route 18) Franconia. Family circle dance is the fourth Sunday of the month 3:30 to 5:30 p.m. The next dance is Sunday, April 26.

All dances are taught. Neskaya adult dancers encourage children to lead dances and create dances. Come join us for fun! No commitment! Dance one, sit one out at any time! The unique building is worth seeing and international music selections are so interesting.

Circle dance has a long tradition across the world. The health benefits of the social interaction, body movement, and peaceful easy feeling enhanced from dance has been studied. Neskaya circle dancers dance with a “no mistakes...just variations” philosophy welcoming all. Children are born ready to dance as they grow. Some of us lose that joy to the thought that dancing is for others. Neskaya circle dancers open the circle to everyone. If you’ve danced forever or never...you are welcome. Chairs are available to dance while seated in a mix of seated and standing dancers. The circle shape adapts well to folks dancing seated in center with standing dancers circling around the center.

Neskaya Movement Arts is a 501(c)3 nonprofit with the mission to promote inner happiness, healthy social connection, and peace. Donations to offset costs of building maintenance are appreciated at the fourth Sunday of the month Family dance and the regularly scheduled first Sunday of the month Circle dance. Yoga and dance exercise classes are offered at Neskaya. Neskaya is available to rent space for classes, reunions, retreats, and workshops. Upcoming events include a free Springtime Family Tea on Sunday May 10 and a workshop with Chilean dancers Andres Rey and Maxi Cordova on May 22 to 24. May 24 is also the May Family Dance. For more information, visit <http://neskaya.com>.

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

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

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# Mountaineers walk off with opening day win

BY JOSHUA SPAULDING  
Sports Editor

BERLIN — The Berlin baseball team jumped out to a quick lead over Newfound in the season opener on Monday, April 13, but the Bears rallied to tie the game in the top of the seventh inning before the Mountaineers pushed across a run in the bottom of the seventh to give coach Don Picard a win in his first game at the helm.

Dillon Boucher led off the bottom of the first inning with a base hit and Boyd Poulin followed with a base hit. A base hit from Hudson Goulet loaded the bases and Jordan Bledsoe was hit by a pitch to force in the first run of the game. Doug Roy worked a walk to plate another run and Grant Williams was hit by a pitch for the 3-0 lead for the Mountaineers. One out later, a balk plated the fourth run of the game before the Bears got out of the inning.

The Mountaineers added another run in the bottom of the second inning,

as Poulin circled the bases for an inside-the-park homer and a 5-0 lead.

Newfound got on the board in the top of the fourth inning as Gavin Royea led off with a base hit and Daniel Sherkanowski followed with a base hit. Abe Furtado was hit by a pitch to load the bases and one out later, a balk plated one run and Sherkanowski raced home with the second run. Ethan Avery followed with a base hit to drive in another run and the Bears had the lead down to 5-3.

Berlin responded in the bottom of the inning as Brody Croteau worked a one out walk, moved up on a sacrifice bunt from Boucher and scored on a base hit from Poulin to make it 6-3 after four innings.

The Bears tacked on another run in the top of the sixth inning as Furtado led off with a base hit, stole second and scored on a base hit from Jayden Belyea, cutting the lead to 6-4.

In the bottom of the

sixth, Boucher reached on an error and the Bears intentionally walked Poulin. A fly ball to right compounded by an error pushed another run across the plate to make it 7-4 heading to the seventh inning.

The Bears rallied, starting with a one-out walk to Nate Arnold, who stole second and one out later, came around to score on a double from Sherkanowski, who then came around to score on a base hit from Furtado. Furtado stole second and went to third on an error and scored on a base hit from Belyea, tying the game at seven.

Haydon Bickford got a two-out double in the bottom of the seventh inning and Rivy Stringfield reached on a dropped third strike, with Bickford racing home with the game-winning run.

The Mountaineers fell to Winnisquam on Wednesday, April 15, by a 19-9 score. After Winnisquam scored seven times in the first, Berlin scored twice in the bottom of the

inning and six times in the bottom of the second for the 8-7 lead. The Bears bounced back and scored three in the third, one in the fourth, one in the fifth and seven in the sixth.

Poulin had a double and a single, drove in two runs and scored two runs, Boucher had a double, drove in a run and scored twice, Goulet had a hit, drove in a run and scored twice and Williams added a hit.

Berlin fell on the road in Alton on Friday by a 14-0 score.

The Mountaineers will be back in action on Wednesday, April 22, at White Mountains Regional and will be hosting Kennett on Friday, April 24, both at 4 p.m.

The Bears will be at Raymond on Friday, April 24, and will be at Prospect Mountain on Monday, April 27, both at 4 p.m.

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

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## HIGH SCHOOL SLATE

- Wednesday, April 22
- BERLIN  
Baseball at White Mountains; 4
- Girls' Tennis at Gilford; 4
- Softball at White Mountains; 4
- GORHAM  
Baseball vs. Woodsville; 4
- Softball vs. Woodsville; 4
- GROVETON  
Baseball vs. Lisbon; 4
- Softball vs. Lisbon; 4
- WHITE MOUNTAINS  
Baseball vs. Berlin; 4
- Boys' Tennis vs. Prospect Mountain; 4
- Girls' Tennis at Prospect Mountain; 4
- Softball vs. Berlin; 4
- Thursday, April 23
- GROVETON  
Baseball vs. Groveton; 4
- Friday, April 24
- BERLIN  
Baseball vs. Kennett; 4
- Girls' Tennis vs. Profile; 4
- GROVETON  
Softball at Lin-Wood; 4
- WHITE MOUNTAINS  
Baseball vs. Littleton; 4
- Softball vs. Littleton; 4
- Sunday, April 26
- WHITE MOUNTAINS  
Track at Campbell; 10
- Monday, April 27
- WHITE MOUNTAINS  
Baseball vs. Woodsville; 4
- Softball vs. Woodsville; 4
- Tuesday, April 28
- BERLIN  
Track at Kennett; 4
- GORHAM  
Track at Kennett; 4
- WHITE MOUNTAINS  
Track at Kennett; 4

All schedules are subject to change.



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## OBITUARIES

### Barbara McGuire Huber, 94

Barbara McGuire Huber, 94, of Gowanda, New York passed away on Monday, August 11, 2025 at Mercy Hospital in Buffalo. She was born on December 15, 1930 in Groveton, NH, the daughter of the late Harry and Rilma (Prince) McGuire.

Mrs. Huber was a Korean War veteran, having served in the United States Air Force from approximately 1950-1954 as a teletype operator at the Pentagon with an out-of-country assignment in Newfoundland, Canada.

She worked at Gowanda Electronics for many years and was a member of the Gowanda Moose Club. She was an excellent cook, especially for large gatherings; and loved to dance and listen to music. Her hobbies included cake decorating, ceramics, crocheting, reading, and solving Sudoku and word search



puzzles.

Mrs. Huber is survived by her loving husband of 43 years, George Huber of Gowanda, NY; her four daughters, Bethany Karcher of North Conway, NH, Carla Pitts of Las Vegas, NV, Desiree Rowe (Mark Ammons) of Pensacola, FL and Alicia Basile of Gowanda; a stepson, Doug Huber of Gowanda; a stepdaughter, Brenda Huber of Gowanda; grandchildren, Stacey (Patrick) Smith, Darek Piolunek, Melody

Pitts, Tessa Adams, Joshua Ammons, Mark D. Ammons and Weslynn Ammons; several great-grandchildren; her brother, Deane McGuire of Fall River, MA; many nieces and nephews, great-nieces and great-nephews; and brother-in-law and sister-in-law, Anita and Ernie Clareus of Gowanda. She was predeceased by seven siblings, Forrest McGuire, Bethany Gould, Belva King, John McGuire, Gloria Nugent, Gary McGuire and James McGuire; and her granddaughter-in-law, Susan (Moore) Piolunek.

A Graveside Service with Air Force Honors will be held for Barbara at 12:30pm on Saturday, May 30th at Center Cemetery in North Stratford, New Hampshire. In lieu of flowers, Memorial Contributions can be made to St. Judes Children's Hospital

## Mountaineer track girls pick up three wins at home

BY JOSHUA SPAULDING  
Sports Editor

BERLIN — The Berlin track team hosted a six-school meet at the Gaydo Track on Thursday, April 16, welcoming four North Country teams as well as a pair of Lakes Region squads.

Temperance Steele picked up the win in the 800 meters for the Berlin girls, finishing in 2:56.4 with Willow Brouillette in third in 3:05.46, Danica Patry in fifth in 3:11.69, Peyton King in sixth in 3:14.17, Cassidy Lefebvre in seventh in 3:14.55 and Emily Patry in ninth in 3:24.68. Steele was also third in the 1,600 meters in 6:34.58 with Brouillette in fifth in 6:52.08, King in sixth in 6:54.48 and Emily Patry in eighth in 7:21.8.

Cecilia Steele won the 300-meter hurdles in a time of 53.75 seconds with Rayleen Rhodes in third in 57.58 seconds and Brooke Laflamme in sixth in 1:02.61. Cecilia Steele was also second in the 100-meter hurdles in 18.95 seconds and Rhodes placed fourth in 20.09 seconds.

Laflamme got the win in the javelin with a toss of 76 feet, seven inches with Temperance Steele in fourth at 62 feet, four inches, Natalie Styles in fifth at 62 feet, two inches and Danica Patry in sixth at 59 feet.

Meadow Poirier was second in the discus with a toss of 78 feet, eight inches, Emily Patry was sixth at 55 feet and Riley Huot was eighth at 44 feet, six inches.

Sophia Bergeron fin-

ished third in the shot put at 25 feet, four inches, Laflamme was fifth at 23 feet, six inches, Huot was seventh at 21 feet, seven inches and Styles was ninth at 20 feet, eight inches.

Reese Griffin was seventh in the 100 meters in 15 seconds with Bergeron in 15th in 16.48 seconds and Griffin was also fifth in the 200 meters in 31.88 seconds. The Mountaineer 4X100-meter team was second in 1:01.67 and the 4X400-meter team was also second in 5:02.06.

The Mountaineer boys got a few second place finishes to lead the way. Damian Sanders ran to second in the 800 meters in a time of 2:17.38 and also finished in third place in the 1,600 meters in 5:10.85.

Cavin Lemelin finished in second place in the triple jump with a distance of 34 feet, one inch while in the long jump, Christopher Charron was fifth at 15 feet, 10.25 inches and Lemelin was sixth at 15 feet, 10 inches.

Jayden Sharp threw his way to second place in the shot put at 36 feet, 10 inches, Luke Paquette was sixth at 33 feet, one inch, Bryce Bartlett was eighth at 31 feet, two inches, Leo Manfredi was ninth at 30 feet, nine inches, Ethan Biggart was 10th at 28 feet, eight inches and Blake Fernald was 18th at 22 feet, 10 inches.

Garrett Snyder was second overall in the javelin with a toss of 131 feet, seven inches, Bartlett was seventh at 91 feet, 11 inches, Manfredi was 12th at 71 feet, 10 inches and Ethan

Peters was 18th at 32 feet, one inch.

Erik Williams finished in third in the discus at 107 feet, four inches with Manfredi in fourth at 92 feet, Bartlett in fifth at 91 feet, Paquette in sixth at 82 feet, five inches, Biggart in 20th at 56 feet, eight inches and Fernald in 25th at 46 feet, two inches.

Evan Hill ran to fourth in the 200 meters in a time of 25.27 seconds with Chase Brouillette in 14th in 29.23 seconds, Snyder in 17th in 29.81 seconds, Angus Steele in 18th in 30.1 seconds, Markel Rhodes in 19th in 30.7 seconds and Peters in 23rd in 39.73 seconds.

Hill was also sixth in the 100 meters in 12.25 seconds with Rhodes in 16th in 13.41 seconds and Peters in 29th in 17.94 seconds. Snyder took fifth in the 400 meters in 1:03.62 with Brouillette in sixth in 1:04.85, Mason Perdue in eighth in 1:06.28 and Liam Boisvert in 11th in 1:08.7.

Charron was fourth overall in the high jump at five feet, four inches, Lemelin was sixth at five feet and Steele was seventh, also at five feet. The Mountaineer 4X100-meter relay team was third overall in 50.81 seconds and the 4X400-meter team was also third at 4:21.41.

The Mountaineers are slated to be at Kennett on Tuesday, April 28, at 4 p.m.

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

### Karie Lee Bresnahan - October 28, 1959 - April 11, 2026

Karie Lee Bresnahan, 66, of Conway, and formerly of Northumberland, New Hampshire passed away surrounded by family on April 11, 2026, leaving behind a family whose lives she shaped with quiet strength, boundless love, and a wit that could light up any room.

Karie was many things to many people - a devoted wife, a loving mother and grandmother, but to those who knew her best, she was simply irreplaceable. She approached everything he did with an extraordinary work ethic and a tireless dedication that inspired all who knew her. Her resourcefulness was matched only by her generosity - she was the kind of person who never hesitated to roll up her sleeves for someone in need, giving of herself freely and without expectation. Through everything, her sharp wit and one-of-a-kind sense of humor kept everyone around



her smiling.

Karie loved to quilt and often made handmade gifts for her loved ones. She adored any time she was able to spend with her family, specifically her grandchildren who she thought the world of and loved beyond measure.

Karie is survived by her husband of 43 years, Brian Bresnahan of Conway, New Hampshire; her daughters Leanne Van Tuyl and her husband Scott Van Tuyl of Phoenix, Arizona, and Shannon Davenport and her husband Adam Davenport, of

Conway, New Hampshire; her son Benjamin Bresnahan, of Tucson, Arizona; her stepson Darrell Bresnahan and his wife Jennifer Bresnahan of Port Orchard, Washington; and her grandchildren Zakary Van Tuyl, Macie Harris, and Malcolm Davenport. She also leaves behind four siblings, Kathy Shannon, Bradley Shannon, Brenden Shannon, and Brian Shannon as well as numerous nieces and nephews. She was predeceased by her parents, Fred and Sandra Shannon as well as a sister, Lynn Bourgault.

The family will hold a celebration of Karie's life later this spring.

She was deeply loved, and she will be deeply missed.

Arrangements are under the care and direction of Jones, Rich and Barnes Funeral Home in Portland, ME.

## Spartan net boys fall in opener in Alton

BY JOSHUA SPAULDING  
Sports Editor

WHITEFIELD — The White Mountains Regional boys' tennis team kicked off the season a bit later than planned, hitting the road to Alton on Monday, April 13, to take on Prospect Mountain. The Spartans and Timber Wolves danced through the raindrops with the hosts coming out with the 7-2 win.

The lone win for the Spartans in singles came from Korbyn Keddy in the sixth spot, as he picked up the 8-6 win. Sam McCormick fell 8-3 in a competitive match at number one, Josh Ford lost 9-7 in

a strong performance in the second spot, Harrison Young dropped an 8-2 decision at number three, Dennis Donnelly fell 8-1 at number four and Connor Gross lost by the same score in the fifth spot.

In doubles play, the duo of McCormick and Ford at number one picked up the lone win for the Spartans by an 8-6 score. Young and Donnelly lost 8-3 at number two and Gross and David Merrill fell by an 8-1 score at number three.

The Spartans continued the season with a match at Profile on Tuesday. Donnelly earned coach Mike Curtis' praise for his hard

work in the five spot, dropping an 8-5 decision. McCormick had a great comeback from a 7-4 deficit to even the score at seven before eventually falling 9-7. Young also earned the coach's praise for his continued improvement.

The Spartans are scheduled to be in action today, Wednesday, April 22, in a rematch with the Timber Wolves in Gorham, the final match before vacation week.

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

Send all obituary notices to  
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# Spartans charge out of the gate, roll past Engineers

BY JOSHUA SPAULDING  
Sports Editor

WOODSVILLE — The White Mountains Regional baseball team didn't waste much time starting the season, as the Spartans scored five runs in the first inning and ever looked back on the way to a 19-4 win over Woodsville on Monday, April 13.

The Spartans scored five times in the top of the first, added one in the top of the second then scored five more in the third, six in the fourth and two in the fifth. The Engineers got on the board with two in the bottom of the third and then scored one in each of the final two innings for

the 19-4 final score.

Benny Hicks led off the game with a base hit and Will Kenison followed by reaching on an error. Jacob Silver then doubled to left to drive in the season's first run and Deagan Stover reached on an error to drive in another run. Rylan Bennett worked a walk and Dawson Laflamme grounded out to plate Silver with the third run. Carson Miller then doubled to center to drive in two more runs and the Spartans were on their way.

Silver worked a two-out walk in the top of the second, stole second and third and scored on a double from Stover for the 6-0

lead.

In the top of the third, Laflamme was hit by a pitch to open the inning and after a Miller single, Ryan Simino was hit by a pitch to load the bases. A grounder forced Laflamme at the plate, but Hicks delivered a sacrifice fly to plate the seventh run. Miles Sweatt and Silver were both hit by pitches to plate another run and a Stover single made it 9-0. Bennett then singled home two more runs for the 11-0 lead before the inning ended.

The Engineers got on the board in the bottom of the third with Caleb Ilsley and Dylan Marshall work-

ing walks and Mike Williams delivering a base hit. Marshall then scored on a wild pitch to make it 11-2 before the inning ended.

Miller was hit by a pitch to start the top of the fourth and Simino singled. Jack McVetty reached on an error that allowed Miller to score and a Hicks single drove in Simino. Back-to-back walks to Sweatt and Silver plated another run and two outs later, Landin Foss singled home two more runs for the 16-2 lead. Miller kept the inning alive with a walk and then Simino singled to left to drive in another run before the inning was over.

Colby Rowe had a one-

out single in the bottom of the fourth for the Engineers and went to third on a single from Ethen Greene. He eventually scored on a passed ball to make it 17-3 after four. Hicks and Sweatt walked to start the fifth and a double from Silver and sacrifice fly from Stover plated the final two Spartan runs.

Ilsley and Marshall walked to start the bottom of the fifth for Woodsville and one out later, a walk to Lincoln Williams loaded the bases and a Justin Hutchins walk plated the final Woodsville run. Laflamme came in out of the bullpen and got a strikeout and groundout to end the

game.

The two teams will meet again on Monday, April 27, in Whitefield at 4 p.m.

The Engineers are back in action today, April 22, at Gorham, will be hosting Lin-Wood on Thursday, April 23, both at 4 p.m.

The Spartans will be in action today, April 22, at home against Berlin and Friday, April 24, at home against Littleton, both at 4 p.m.

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



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Experience is preferred but not required. Salary is negotiable based on experience and skills.

For consideration, please send resume and application to the Planning Board, P.O. Box 81 Jefferson, NH 03583 or email to [planning@jeffersonnh.org](mailto:planning@jeffersonnh.org). For applications you can visit our website [jeffersonnh.org](http://jeffersonnh.org) or stop in the Town Office located at 178 Meadows Rd., Jefferson, NH

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The town of Jefferson is seeking to hire a Full-time dynamic, and highly organized Administrative Assistant to the Select Board.

Candidates are responsible to coordinates the daily administrative functions of the Office of the Selectmen. Candidates should have experience in secretarial practices and procedures. The selected candidate would be expected to establish effective working relationships with and among all town departments, boards, commissions, committees, employees, and the public. This position assists the Board of Selectman in coordinating a wide variety of general administrative functions and performing a full range of secretarial and administrative support duties. Qualified applicants should possess a high school diploma or equivalent.

Experience is preferred but not required. Full-time benefits include NH retirement, health insurance, and earned-time. Salary is negotiable base on experience and skills. For consideration, please send resume and application to Board of Selectmen, P.O. Box 81 Jefferson, NH 03583 or email to [administrativeassistant@jeffersonnh.org](mailto:administrativeassistant@jeffersonnh.org). For applications you can visit our website [jeffersonnh.org](http://jeffersonnh.org) or stop in the Town Office located at 178 Meadows Rd., Jefferson, NH

**Rescue**  
*(continued from Page A1)*

began responding in four-wheel-drive pickup trucks to try and get to the summit and back ahead of incoming snow.

By approximately 8

p.m., Webb and Nguyen were located by the State Park employee, brought inside the State Park building, and had first aid rendered to address the leg pain. By 9 p.m., a Conservation Officer was on scene and began driving the two hikers

back down the Auto Road. By 10 p.m., all parties involved were safely off of the mountain. Webb and Nguyen were both very thankful for the assistance and expressed their gratitude for all involved.

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**CLUES ACROSS**

- 1. Egyptian bull-god
- 5. Romanian monetary unit
- 8. Will Ferrell holiday film
- 11. "It Ain't Half Hot Mum" actor
- 13. Error-related negativity
- 14. Volcanic crater
- 15. Boston Herald columnist Margery
- 16. True market value
- 17. Italian term for exchange rate
- 18. Informal loan clubs
- 20. Men's fashion accessory
- 21. Children's craft supply
- 22. Extra benefits
- 25. In an early way
- 30. A judge has one
- 31. Soviet Socialist Republic
- 32. Tractor unit
- 33. Defunct supercomputer developer
- 38. Promotional materials
- 41. A forgetful state
- 43. One who beheads
- 45. Photographers
- 48. Small, rich sponge cake
- 49. Clergy's vestment
- 50. Expressed pleasure
- 55. Abba \_\_, Israeli politician
- 56. Zero
- 57. Ancient Greek word for "earless"
- 59. Nigerian governmental area
- 60. Mild expression of surprise
- 61. Places to hang things
- 62. Keyboard key
- 63. Make a mistake
- 64. One-time president of Republic of Korea

**CLUES DOWN**

- 1. Bridge building degree
- 2. Expression of sorrow or pity
- 3. Large, stocky lizard
- 4. Romanian river
- 5. Communication
- 6. Stoats
- 7. Showcases
- 8. Bird of prey
- 9. King of Thebes
- 10. Cleaving tool
- 12. Large African antelope
- 14. Three are particularly notable
- 19. Meet one's needs
- 23. C. European river
- 24. Dictator
- 25. Indicates how much out of 100 (abbr.)
- 26. The 17th letter of the Greek alphabet
- 27. Consume food
- 28. Woman (French)
- 29. Scrape a surface
- 34. Green vegetable
- 35. Pacific Standard Time
- 36. Capital of Brazilian city
- 37. Paddle
- 39. Cause to become insane
- 40. Drier and flakier
- 41. Mimic
- 42. ESPN personality Kimes
- 44. One who moves slowly
- 45. Secret political clique
- 46. Behind the stern of a ship
- 47. Supernatural force
- 48. Sanctuary
- 51. Swiss river
- 52. Grayish white
- 53. Engrave by coating
- 54. North Carolina university
- 58. Midway between south and southeast

**PUZZLE SOLUTION**

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

**Mountaineers**

(continued from Page A1)

na Kelley then homered to center to plate the final runs of the inning.

The Mountaineers added to the lead in the bottom of the third. Gagne reached on an error with one out and McKenna Kelley homered again for the 11-0 lead. Caitlyn Kelley doubled and walks to Jacques and Richard loaded the bases before Rose Kelley doubled to right to drive in all three runners for the 14-0 lead.

McKenna Kelley started in the circle for the Mountaineers, pitching into the fourth inning, striking out nine and giving up one hit. Olivia Ramsey and Bartoli finished out the game for the Mountaineers, combining to strike out four.

Callie Hill and Jovie Robinson each had a hit for the Bears and Robinson did the pitching, striking out five in four innings.

The Mountaineers hosted Winnisquam on Wednesday, April 15, and dropped a 12-6 decision to the Bears. Winnisquam scored four times in the top of the first and added three

in the top of the fourth before Berlin rallied for four in the bottom of the fourth. Winnisquam added four in the top of the fourth and after the Mountaineers scored two in the bottom of the fifth, Winnisquam added one more in the sixth inning.

Newfound is slated to

be in action on Friday, April 24, at Raymond at 4 p.m.

Berlin is scheduled to be at White Mountains Regional on Wednesday, April 22, at 4 p.m.

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



Holly Soprano, the daughter of Stewart White, threw out the first pitch to Berlin catcher Brooklyn Gagne prior to the softball season opener.

# Spartans overcome fast start from Lakers, win home opener

BY JOSHUA SPAULDING  
Sports Editor

WHITEFIELD — The Inter-Lakes baseball team had a big second inning in Whitefield on Wednesday, April 15, but the host Spartans had a sixth inning that was just as big and took the 12-9 win over the Lakers.

The Spartans scored a run in the bottom of the first before the Lakers scored six in the top of the second. The Spartans added another in the bottom of the second and one in the third before the Lakers took an 8-3 lead with two in the top of the fourth. The Spartans cut the lead to 8-6 with three in the bottom of the fourth inning and then scored six runs in the top of the sixth to go up 12-8. The Lakers added one more in the seventh.

Benny Hicks led off the bottom of the first with a base hit and went to third on a base hit from Jake Silver. He scored on a wild pitch to give the Spartans the 1-0 lead. Kiernan Donnelly and Aaron Smith started the top of the second with singles for the Lakers and one out later, Jake Ambrose worked a walk. Cash Frontiero tied the game with a base hit and Cooper Bliznik was hit by a pitch to plate another run. Nolan Streeter then drilled a grand slam to right field to give the Lakers the 6-1 lead. Ryder Palsgrove walked, Donnelly singled and Smith walked to load the bases again before Carson Miller took the mound for the Spartans and got the final out of the inning.

Walks to Reid Covell, Cooper Gross and Ryan Simino loaded the bases before Jack McVetty grounded to first, forcing Covell at the plate. Gross scored on a sacrifice fly from Hicks to cut the lead to 6-2. Silver then led off with a single in the bottom of the third and stole second one out later. With two outs, Covell walked and Silver scored on a passed ball to cut the lead to 6-3 after three.

In the top of the fourth, Jace Frontiero led off with a base hit and Palsgrove beat out a bunt hit and two outs later, both runners scored on a base hit from Caleb Spears for the 8-3 lead. In the bottom of the frame, Simino was hit by a pitch, moved up on groundouts and scored on a base hit by Miller, who then stole second and took third on a passed ball. After Silver was hit by a pitch, Deagan Stover drove in a run with a base hit and a single from Rylan Bennett loaded the bases and Covell worked a walk to force in a run to make it 8-6.

White Mountains took control in the bottom of the sixth. Miller walked and Silver was hit by a pitch before Stover worked a walk to load the bases. Both runners eventually scored on wild pitches and Bennett was intentionally walked. He eventually scored and Dawson Laflamme, Simino, McVetty and Hicks worked walks to force in a run and a Silver walk pushed across another before the Lakers got out of the inning with a 3-2 double play.

Cash Frontiero had a one-out base hit in the top of the seventh and Bliznik doubled to put two runners in scoring position for the Lakers. Streeter walked to load the bases and Pat Perry singled home the ninth run for Inter-Lakes. However, Silver got the next two outs to close out the win for the Spartans.

Inter-Lakes wrapped up the pre-vacation portion of the schedule after deadline Wednesday against Bishop Brady.

The Spartans will be in action today, April 22, at home against Berlin, Friday, April 24, at home against Littleton and Monday, April 27, against Woodsville, all at 4 p.m.

**LEGAL PROBATE NOTICE**

**THE STATE OF NEW HAMPSHIRE**  
1st Circuit - Probate Division - Lancaster  
**3/27/2026 THRU 4/9/2026**  
**APPOINTMENT OF FIDUCIARIES**

Notice is hereby given that the following fiduciaries have been duly appointed by the Judge of Probate for Coos County.

All persons having claims against these decedents are requested to exhibit them for adjustment and all indebted to make payment.

Berry, Jeffrey Neal, late of Groveton, NH. Aaron P Smith, 148 Dugout Rd, Hudson, NH 03051. #314-2025-ET-00206

DeMaio, SR. Ramon F. late of Clarksville, NH. Mary L. McGann, 767 NH Route 145, Clarksville, NH 03592. #314-2025-ET-00211

Keddy, Francis E. late of Stark, NH. Mark F Keddy, 42 Bridge Street, Lancaster, NH 03584. #314-2026-ET-00014

Kidder, Robert Whitton, late of Groveton, NH. Cami Jean Kidder Devine, 1321 Upland Dr PMB #6544, Houston, TX 77043. Steven B. Goss, ESQ, Resident Agent, Upton & Hatfield LLP, 1 Mill Plaza, Laconia, NH 03246. #314-2026-ET-00036

Langlois, Donald J. late of Northumberland, NH. Randall Lee Clark, PO Box 627, 9 Main Street STE 2, Newport, NH 03773. #314-2026-ET-00065

Manville, JR, Ronald Lee, late of Lancaster, NH. Lisa Manville, 23 Causeway St, Lancaster, NH 03584. #314-2026-ET-00056

Monahan, Thomas, late of Whitefield, NH. Susan Haggerty, 41 Porter Street, Watertown, MA 02472. Anthony Michael Carr, ESQ, Resident Agent, Shaheen & Gordon PA, PO Box 977, Dover, NH 03821-0977. #314-2025-ET-00258

Skinner, David, late of Whitefield, NH. Michael Skinner, 233 Candlewood Lake Rd N, New Milford, CT 06776. Denise Bissonnette, Resident Agent, 22 Liberty Dr, Whitefield, NH 03598. #314-2026-ET-00070

Dated: 4/10/2026

**Report**

(continued from Page A1)

er Service & Call Center Transitions (18 percent); Provider Recruitment, Retention & Workforce Stability (14 percent); General Barriers to Healthcare Access (13 percent); Specific Service Needs (12 percent); Access to Care & Wait Times (10 percent); and Collaboration Opportunities with Community Partners (7 percent).

Across all sessions, community members described challenging experiences with scheduling, provider transitions, and communication processes. Participants consistently shared appreciation for dedicated staff and expressed interest in clearer updates and stronger coordination across services. NCH Leadership expressed commitment to hearing concerns, addressing the issues presented, improving communication, and providing further opportunities for continued community conversation.

“Each concern is an opportunity,” Mee continued. “Rural healthcare is complex, and I’m proud of the care our teams provide every day. Our job is to keep improving how we deliver it.”

Mee spoke of the pre-occupation with improving processes as a core tenet of NCH’s vision.

“We’re focused on identifying what works best and doing it consistently across the system,” Mee said. “No matter where they find care at NCH, patients should know what to expect. That’s about safety and reliability.”

NCH is looking forward to continuing the conversation with the community. First, NCH will host a series of Open Houses in May 2026, offering meet-and-greets with NCH leaders, tours, and a behind-the-scenes look at the hospitals. The Open Houses are from 5 to 7 p.m. on Monday, May 11 at Androscoggin Valley Hospital, Tuesday, May 12 at Weeks Medical Center, and Thursday, May 14 at Upper Connecticut Valley Hospital.

A second set of community listening sessions will take place in June 2026: Thursday, June 18, 9 to 11 a.m. in Colebrook; Friday, June 19, 11 a.m. to 1 p.m. in Lancaster; Monday, June 22, 5 p.m. to 6:30 p.m. hosted virtually; and Tuesday, June 23, 5:30 to 7:30 p.m. in Berlin. Locations in each town will be announced in the coming weeks. A third set of listening sessions is scheduled for October 2026.

“While somewhat challenging at times, the listening sessions are incredibly valuable to understand the perspective of our commu-

nities. We need their input, and we want to hear more,” said Mee. “We’re in this together, and I’m confident in what we’re doing. At the end of the day, there is profound gratitude for having the opportunity to share our vision, and to learn from those we care for.”

For additional opportunities to provide NCH with feedback and input, the NCH Patient & Family Advisory Council (PFAC) is now recruiting members.

“The NCH Patient and Family Advisory Council serves as a structured partnership between patients, families, and hospital leadership,” explained NCH Director of Patient Experience Joanne McCourt. “This will help improve care experience, safety, communication, and community trust across our three hospitals and North Country Home Health & Hospice Agency.”

NCH is seeking patients, caregivers, and community leaders to join the PFAC. For more information, please contact nchlistens@northcountryhealth.org.

To read the full Winter 2026 North Country Healthcare Listening Sessions report prepared by NH Listens, or to share feedback with North Country Healthcare, visit northcountryhealth.org/nch-listens/.

**COÖS COUNTY UNINCORPORATED PLACES ZONING BOARD OF ADJUSTMENT Reorganizational Meeting**

**Wednesday, April 29, 2026 @ 6:00 p.m.**

North Country Resource Center  
629 Main Street - Lancaster, NH

**TOWN OF GUILDHALL**

**Public Hearing**

**Wednesday, May 13, 2026**

**at 6:30 PM**

**at the Guild Hall**

to review and act upon a zoning permit request.

Jill Rogers is applying for a zoning permit to subdivide her property located along Granby Road, Guildhall, VT 05905.

Tax Map: 007-0600 parcel ID

SPAN: 270-085-10250

To preserve your rights to participate in any following hearings, participation is required.

Comments and/or concerns may be communicated to the Planning Commission:

- In person or through a representative at the hearing, and/or
- In writing by mail to PO Box 10, Guildhall, VT 05905

or email at townclerk@guildhallvt.org

For Planning Commission

George Blakeslee

Town Clerk

**Immediate Opening with Roland C**

**Abbott Plumbing & Heating LLC.**

**Secretary/Assistant**

**Office Manager Position**

**Employment Type:** Full-time, Monday through Friday

**Compensation:** Wages will be determined based on experience, company paid health insurance, paid vacations, paid sick days, and 6 paid holidays.

**Job Responsibilities**

- Answering phone calls
- Scheduling appointments
- Dispatching tasks
- Billing
- Clerical work
- Light housekeeping duties

**Preferred Qualifications**

- Experience with QuickBooks
- Proficiency in Microsoft Word and Excel
- Prior office experience

**Desired Qualifications and Skills**

We are seeking an individual with prior experience working in an office environment. The ideal candidate will possess strong multitasking abilities and demonstrate effective communication skills when interacting with peers and our customers. This role requires someone who can thrive both independently and collaboratively within a team. A willingness to learn and grow within our small office organization is highly valued. If you believe you fit these qualifications, we encourage you to apply and we look forward to hearing from you.

Email your resume to [rmabbott@rcabbottplumbingandheating.com](mailto:rmabbott@rcabbottplumbingandheating.com)

# GENERAL SERVICES

**Explore Prince Edward Island This Summer or Fall**

Explore Prince Edward Island This Summer or Fall This two-bedroom cottage near Tignish provides sweeping views of the ocean, the beach, and the North Cape lighthouse. Enjoy kayaking, bicycling, walking the beach, swimming in the warmer Gulf Stream waters, and exploring the community of Nail Pond and the many PEI attractions. Full Appliances. The cottage sleeps six comfortably. Weekly rent is only \$1,100. Contact Scott, for more information at 603-254-5032, or [scottm@plymouth.edu](mailto:scottm@plymouth.edu).

**YEAR-ROUND SHORT-TERM RENTAL Egrets Landing-31A - LIGHTHOUSE POINT CONDOMINIUMS -TYBEE ISLAND, GEORGIA**

Oceanfront 2-bedroom condo. Gated community with pool. Full Appliances. Ocean views of ships and birds with a short walk to the beach. Bookings Contact: Oceanfront Cottage Rentals. (800) 786-5889 <https://www.oceanfrontcottage.com/rentals/egrets-landing-31a>

**TOWN OF WHITEFIELD PUBLIC HEARING NOTICE**

Pursuant to NH RSA 79-E: Community Revitalization Tax Relief Incentive, the Whitefield Board of Selectmen will hold a Public Hearing on Monday, May 11, 2026 at 6:30 p.m. at the town offices located at 56 Littleton Road, Whitefield, NH, to review an application that has been submitted by AHEAD, Inc. for 12 King Square.

Whitefield Board of Selectmen

# Spartan boys pick up win at Berlin meet



COURTESY

Lance Labens ran to a couple of wins in White Mountains Regional's meet at Berlin last week.

**BY JOSHUA SPAULDING**  
Sports Editor

BERLIN — The White Mountains track team made the trip across Coos County for a meet hosted by Berlin on Thursday, April 17. The Spartans scored 126 points to take the win, with the closest competition finishing with 89 points.

The Spartan boys picked up a number of wins on the afternoon, with Jace Gooden finishing first in the 100 meters in a time of 11.85 seconds with Blake Cyr in seventh in 12.56 seconds, William Stone was eighth in 12.58 seconds, Camden Bing-

ham was ninth in 12.62 seconds, Connor Perry was 11th in 12.94 seconds, Erik Young was 14th in 13.04 seconds, Mason Reynolds was 18th in 13.7 seconds, Connor Lamont was 23rd in 14.67 seconds, Gage Norton was 25th in 15.34 seconds and Liam Roberts was 26th in 15.6 seconds.

Gooden also won the 400 meters in 54.62 seconds with Gavin Berube in second in 58.48 seconds, Young in third in 1:00.87 and Lamont in 10th in 1:08.37. Cyr was seventh in the 200 meters in 25.69 seconds, Bingham was eighth in 26.33 seconds, Stone was ninth in 26.46

seconds, Young was 13th in 27.68 seconds, Stinson Myles was 15th in 29.37 seconds, Lamong was 20th in 30.93 seconds and Norton was 21st in 32.44 seconds.

Lance Labens ran to the win in the 800 meters in a time of 2:13.26 and also ran to the win in the 1,600 meters in a time of 5:01.53.

Myles won the 110-meter hurdles with a time of 20.13 seconds and also finished in second in the 300-meter hurdles in a time of 50.77 seconds.

Reynolds won the high jump at five feet, six inches with Berube in fifth at five feet, two inches, Lamont in



Mackenzie Morgan had a couple of fourth place finishes for the White Mountains girls last Thursday.

eight at four feet, 10 inches and Labens in ninth at four feet, eight inches.

Max Colby won the discus with a distance of 124 feet with Stone in sixth at 87 feet, five inches, Myles in 12th at 68 feet, seven inches and Collin Milligan in 17th at 58 feet, 10 inches. Colby was also second in the shot put at 36 feet, 10 inches and Milligan was 20th at 19 feet, 11 inches.

Colby also got the win in the javelin with a throw of 138 feet with Reynolds in ninth at 80 feet, 11 inches and Connor Perry in 10th at 78 feet, one inch. Perry was seventh in the long jump at 15 feet, 9.75

inches with Cobey Hall in 10th at 13 feet, 9.5 inches. Hall was third in the triple jump at 30 feet, 9.75 inches.

The Spartan 4X400-meter relay finished second in 4:15.43 and the 4X100-meter team finished in first a time of 48.24 seconds, which is just 3.5 seconds from the school record.

The Spartans had just three girls due to a Spanish Club trip and chorus All-State. Mackenzie Morgan finished fourth for the Spartan girls in the 800 meters in a time of 3:07.39 with Pari Patel in eighth place in 3:21.52.

Morgan was also fourth

in the 1,600 meters in 6:49.92 while Patel was also third in the 400 meters with a time of 1:18.02.

Kayleigh Ball was 15th in the 200 meters in 54.7 seconds, 16th in the 100 meters in 24.16 seconds and 11th in the shot put with a toss of 12 feet, two inches.

The Spartans are scheduled to be at Campbell on Sunday, April 26, and at Kennett on Tuesday, April 28.

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

Join us for a **FREE** community event!

LITTLETON  
REGIONAL HEALTHCARE

## Health & Wellness Fair

Everything is **FREE** and  
Everyone is Welcome!

Tuesday, June 9, 2026 | 3 to 6pm

📍 Littleton Regional Healthcare's  
Conference Center & Medical Office Building

Walk-In Health Screenings, including

- Blood Pressure
- Cholesterol
- Height, Weight, & Body Mass Index
- Pulse Oximetry
- Blood Glucose

Meet & Greet Providers, Administration,  
Other Clinicians, and Support Staff

Live Demonstrations and Interactive Displays

Educational Materials and Resources

Patient Portal Registration

Volunteer and Career Opportunities

Raffle Prizes and Giveaways

Kids Corner and Drawing Contest

Health Screenings by Appointment - please call:

- Prostate Screenings (603) 444-0385
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Advance Directive Support

... and much, much more!

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event details or call us at (603) 444-9304 to learn more.

[www.littletonhealthcare.org](http://www.littletonhealthcare.org)