

Winnisquam Regional High School

Meet the Top 10 graduates of Winnisquam Regional High School's Class of 2025. In the front row (left to right) ARE Emma Davidson (Valedictorian), Beni Griffin (Salutatorian) and Claire Langevin (Honor Graduate); Back row (left to right), David Swain, Elizabeth Boucher, Leah Morrison, Becca Wittenberg, Makenna Kane, Shayla Jordan and Brendan Goodwin.

Winnisquam's top graduates embrace leadership and community service

BY DONNA RHODES

Contributing Writer

TILTON — Winnisquam Regional High School was proud to announce the Top 10 graduates for the Class of 2025 last week, and they certainly proved themselves worthy of the honor, each of

them using words such as service, confidence and leadership during interviews with our correspondent.

Leading the class into graduation this past Friday was Valedictorian Emma Davidson of Northfield. She was involved in 4-H and the FFA while in school and be-

came the treasurer of the statewide FFA association. While she has long had an interest in agriculture, through FFA she was able to travel to Wisconsin for the World Dairy Conference and Expo this year.

"That solidified it for me," she said with a smile.

Besides the trip, she added that it was an amazing teacher in the school's Ag Program that also helped her make the decision to continue her studies in that field. As a result, next fall she will be attending UNH

SEE TOP 10, PAGE A8

Sanbornton Central, Southwick School students enjoy Career Day activities

COURTESY

Pictured above members of the New England K9 Search and Rescue—Lakes Region Search Team demonstrating some of the K9 search tactics; US Forest Service Park Ranger Briana Edwards models how the Franklin Falls Dam operates to prevent flooding; Arborist Erik Keenan talks about his tree cutting experiences; Mirka Zapletel, Wildlife Biologist from the Newfound Lakes Region Association explains the importance of protecting our natural resources; Surveyor Mark Condodemetraky from G. C. Engineering demonstrates his equipment to the students; Eversource staff members explain the equipment on their truck.

REGION — Winnisquam Regional School District elementary students recently had the opportunity to explore various outdoor careers during special events hosted at Sanbornton Central School and Southwick School. These career days offered students a unique

chance to learn from 16 local professionals, highlighting that it is never too early to start think-

SEE BASEBALL, PAGE A9

Huskies once again play foil to Belmont baseball

ETHAN WESTON — KEENE SENTINEL

Wyatt Divers fires a pitch during action in the Division III semifinals last week in Laconia.

Top-seeded Raiders fall to defending champs in semifinal battle

BY JOE SOUZA

Contributing Writer

LACONIA — For the third straight season, the Belmont baseball team saw its season come to an end with a tough setback to Monadnock.

"They do seem to have our number," Belmont coach Matt LeBlanc said moments after the heartbreaking setback.

The top-seeded Red Raiders, who rarely struggled at the plate this spring, failed to cash in on early opportunities and never got that key base knock in a tough 2-1 setback to number five Monadnock in the NHIAA Division III semifinal round here at the Robbie Mills

SEE BASEBALL, PAGE A9

Level Up at Your Library this summer

BELMONT — The Belmont Public Library is excited to announce its 2025 Summer Reading Program, running from June 23 through Aug. 9. Readers of all ages—from preschoolers to adults—are invited to join in the fun and earn prizes for reading.

The season kicks off with Giant Game Night on Tuesday, June 24 from 6 to 8 p.m., an evening of oversized fun for the whole family. Visitors can enjoy special guests like Wildlife Encounters on Saturday, July 19 at 10:30 a.m., Magic Fred on Thursday, July 24 at 10 a.m., and the CLiF Summer Readers program on Thursday, July 10 at 1 p.m. These events will be at the Tioga Pavilion next to the Belmont Mill. The library will also participate in community celebrations including National Night Out on Tuesday, Aug. 5, and Old Home Day on Saturday, Aug. 9.

Weekly programming includes something for every age group. Preschoolers are invited to join Storytime on Wednesdays at 10:30 a.m., while elementary-aged kids can enjoy Game Time for grades 1-4 on Tuesdays at 2 p.m. Middle schoolers can take part in LEGO Creations for grades 5-8 on Thursdays at 2 p.m. Adults are welcome to join the Fiber Arts Group on Mondays at 10 a.m. or unwind at the Watercolor Workshop on Mondays at 2 p.m. Enjoy family game-themed movies Friday Features will be held Fridays at 11 a.m.—attendees are encouraged to bring their own lunch. Book groups continue through the summer.

Library cardholders can take advantage of free or discounted admission passes to several popular New Hampshire destinations. Passes are available for Squam Lakes Natural Science Center, the McAuliffe-Shepard Discovery Center, New Hampshire State Parks, and Castle in the Clouds. Thanks to the Friends of the Library for the latter two passes. Reserve your pass online or by calling the library to plan an affordable summer outing.

Participants can track their reading progress in age-appropriate ways. Preschoolers will complete a gameboard, school-aged readers can earn points for pages or minutes read, and adults will be entered into a raffle for themed reading gift baskets. Incentive prizes will be awarded throughout the summer, and all participants will be entered into a final prize drawing on Aug. 9.

Registration details are available now at belmont-publiclibrary.org. Don't miss this opportunity to celebrate summer with reading, creativity, and community at the Belmont Public Library!

High quality boats up for bid at New England Vintage Boat Auction

WOLFEBORO — On Saturday, July 12, from 10 a.m. to 3 p.m., New Hampshire Boat Museum (NHBM) will host the annual New England Vintage Boat Auction at The Nick Recreation Park in Wolfeboro.

“Boats are coming in quickly and the variety is excellent,” said Betsy Farley, who co-chairs the event. “We have a lot of canoes, sailboats, fiberglass boats, motors, and a lot of lake memorabilia...We also have excellent wooden boats this year.”

There is a classic, “easy to launch” 1956 Penn Yan Sealiner with a Tee Nee Trailer, which Farley noted is “easy to handle and fun because it’s so versatile.”

“You can use it to water ski, tube, fish or enjoy a sunset,” she added.

A 20-foot 1953 Chris



Craft Utility will also be open for bids.

“It was donated, so 100 percent of the pro-

ceeds go to NHBM,” she explained. “There will most likely be no reserve price for it, so it’s possible to get this boat for a

very good deal.”

Other vintage boats include an 18-foot 1956 Chris Craft Continental. “This is a really nice boat,” said Farley, who said it will be sold to the highest bidder with a Custom Haul trailer and a complete history. “This boat has been very well cared for.”

NHBM is accepting donations and consignments until Monday, June 30 or until the Auction reaches capacity. Those interested in donating or consigning boats can email Farley at auktion@nhbm.org.

Boats and other items at this year’s New En-

gland Vintage Boat Auction will be displayed online and at The Nick for the general public to view on Thursday, July 10 and Friday, July 11 from noon to 5 p.m.

Live bidding begins on Saturday, July 12 at 10 a.m. Bidder registration is free. To learn more about the auction or register as an online bidder, visit nhbm.org.

“It’s so rare to have live auctions these days, and to have such a quality live auction is truly a unique experience,” added Farley. “It’s like going to an outdoor boat museum.”

Founded in 1992 by antique and classic boating enthusiasts, NHBM offers dynamic exhibits, engaging programs, and events tailored to the diverse boating lifestyles and values of people of all ages. NHBM is partly sponsored by Home Comfort, North Water Marine, Goodhue Boat Company, Belletetes, Eastern Propane and Oil, Kingswood Press and Design Studios, and Watermark Marine.

Joy Raskin to lead Earrings in a Day class at League of NH Craftsmen Gallery



MEREDITH — Join us at the League of NH Craftsmen – Meredith Fine Craft Gallery on Saturday, June 28 from 10:30 a.m. – 4:30 p.m. for an Earrings in a Day Class with juried artist Joy Raskin.

Spend a day making your own fabulous earrings! Students will use wire, and learn to create French ear wires, dangles, hoops, and much more. Making earrings

can be easily done using a few hand tools and a little imagination! Wire, and some sheet metal, plus beads will all be used. Silver-plated, sterling, gold-filled and copper wires will all be used. Students will leave class with completed earrings to wear and enjoy or to give as special gifts. A \$30 materials fee, payable to instructor will cover all materials used in the class.

Tuition is \$75.00 per student. Materials fee is \$30, paid cash or check to the instructor on the day of class.

Space is limited and pre-registration is required.

Those who wish to take the class must sign up by Monday, June 23.

To register for this workshop call the League of NH Craftsmen – Meredith Fine Craft Gallery at (603) 279-7920 or visit the Gallery at 279 Daniel Webster Highway in Meredith.

For more details, visit our Web site at <http://meredith.nhcrafts.org/classes/> and our Facebook page at <http://www.facebook.com/nhcraft/>.

The League of NH Craftsmen Meredith Fine Craft Gallery is located at 279 DW Highway, Meredith, and is dedicated to the education and support of New Hampshire’s fine craft tradition since 1932.

Madison Kirker graduates from College of Charleston

CHARLESTON, S.C. — Madison Kirker, of Tilton, graduated with a Bachelor of Science in Management from the College of Charleston.

Kirker was among more than 1,700 Bachelor’s degree and Master’s degree candidates who participated in the 2025 College of Charleston Spring Commencement ceremony.

Located in the heart of historic Charleston, South Carolina, the College of Charleston is a nationally recognized, public liberal arts and sciences university. Founded in 1770, the College is among the nation’s top universities for quality education, student life and affordability. Its beautiful and historic campus, combined with contemporary facilities, cutting-edge programs and accessible faculty, attracts students from across the U.S. and around the world.

Fairfield University congratulates Spring Dean’s List

FAIRFIELD, Conn. — Caitlin Connelly and Haley Stanley of Tilton earned Dean’s List Honors for the Spring 2025 semester at Fairfield University.

In order to be placed on the Dean’s List, students must have completed a minimum of 12 credit hours in a semester; have no outstanding or incomplete grades for that semester; and have attained a semester grade point average of 3.50 or better.



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Strong showing for Raiders at Meet of Champions

BY JOSHUA SPAULDING
Sports Editor

DURHAM — The track Meet of Champions, featuring the top athletes from across all three divisions in the state, took place on Sunday, June 8, at Oyster River High School in Durham, with local athletes putting up some solid performances.

For the girls, Belmont's Ava Lacasse and Newfound's Elle MacDonald both earned top-seven finishes in two of the sprints. In the 100 meters, Lacasse was second in the 100 preliminaries in 12.71 seconds and third in the finals in 12.56 seconds and Mac-

Donald was eighth in the preliminaries in 13.16 seconds and sixth in the finals in 12.85 seconds. Plymouth's Jennifer Watson was 12th overall in 13.36 seconds. In the 200 meters, Lacasse was third in 25.81 seconds and MacDonald was seventh in 26.82 seconds with Macy Sawyer of Gilford in 15th place in 28.22 seconds.

Olivia Lorenz of White Mountains Regional finished in third in the 400 meters in a time of 59.29 seconds and Sawyer finished in 15th place in 61.94 seconds. Kennett's Piper Lopashanski was ninth in the 800 meters in 2:25.04.

In the 3,200 meters, Gilford's Maria Tilley was sixth overall in 11:29.2 while in the 1,600 meters, Moultonborough's Hailey Watts was eighth overall in 5:27.38.

In the 100-meter hurdles preliminaries, Lorenz was seventh in 16.08 seconds, Adeline Takantjas of Belmont was eighth in 16.14 seconds and Norah Pelletier was 10th in 16.61 seconds. In the finals, Takantjas was sixth in 16.37 seconds and Lorenz was seventh in 16.6 seconds.

Takantjas also picked up a third place finish in the 300-meter hurdles in a time of 47.59 seconds and she was also sixth

in the triple jump at 34 feet, 1.5 inches, with Mackenzie Hibbert of Inter-Lakes in seventh at 33 feet, 11 inches.

Pelletier was sixth in the long jump at 16 feet, 5.5 inches with Gilford's Pearl Marvel in 11th at 15 feet, 8.75 inches. Plymouth's Sophia Daigneault was eighth overall in the high jump at five feet.

The Belmont 4X100-meter team of Hannah Young, Talia Watson, Mia Ellis and Lacasse was seventh in 50.92 seconds and the 4X400-meter team of Jaelyn Nialetz, Ellis, Takantjas and Lacasse was ninth in 4:14.83.

Belmont was eighth at 45 feet, 5.5 inches, Kennett's Owen Arias was 13th at 42 feet and Robert Prescott of Prospect Mountain was 14th at 40 feet, two inches.

Filteau was sixth in the discus at 138 feet, one inch, Gunnar Marvel of Gilford was eighth at 134 feet, four inches and Jonah Katz of Kennett was 15th at 120 feet, sev-

en inches. Gilford's Lukas Diaz was 10th in the javelin at 135 feet, nine inches and Max Colby of White Mountains was 13th at 122 feet, nine inches.

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

League of NH Craftsmen Gallery hosting Simply Country Basket class with Jean Reed



MEREDITH — Join us at the League of NH Craftsmen - Meredith Fine Craft Gallery on Sunday, June 29 from 8 a.m. to 5 p.m. for a Simply Country Basket class.

Spend a day with me and master the art of basketry. We call this our Simply Country basket because of the simplistic design and country charm but don't let that fool you because this very strong, sturdy, and versatile basket serves many purposes. Perfect for gathering fruit or

sitting on the table as a decorative piece, this basket will fit any home décor. The strength of this basket is in the solid wood base. It is a great basket for the first time weaver to start with or a relaxing project for the more experienced. No previous weaving experience is required. No special weaving tools are required.

Students must bring: A spray bottle, heavy duty scissors, hand towel, and tape measure. Don't forget a brown bag lunch and a good sense

of humor!

Tuition is \$140 per student, which includes all materials.

Space is limited and pre-registration is required. Those who wish to attend must sign up by Wednesday, June 25.

To register for this workshop, please call the League of NH Craftsmen - Fine Craft Gallery at (603) 279-7920 or stop by the gallery located at 279 Daniel Webster Highway in Meredith.

For more details, visit our Web site at <http://meredith.nhcrafts.org/classes/> and our Facebook page at <http://www.facebook.com/nhcraft/>.

The League of NH Craftsmen Meredith Fine Craft Gallery is located at 279 DW Highway, Meredith and is dedicated to the education and support of NH's fine craft tradition since 1932.

Kennett's Quintin Plourde had a couple of top-three finishes on the boys' side of things. In the 100 meters, Plourde was fifth in the preliminaries in 11.22 seconds and took third in the finals in 10.93 seconds and then in the 200 meters, he placed third in 21.74 seconds. Wyatt Lawton of Profile was 10th in 22.99 seconds and Devin Gasque of Inter-Lakes was 12th in 23.16 seconds.

Lawton ran to third place in the 400 meters in 49.2 seconds and Landon Richards of Inter-Lakes was 10th in 51.56 seconds and in the 1,600 meters, Simon Butka of Kingswood was 10th in 4:29.39, Isaac Reeder of Profile was 12th in 4:32.03 and Hayman was 13th in 4:34.76. Reeder was also ninth in the 3,200 meters in 9:54.26 and Colin Foster of Newfound was 12th in 10:10.01.

David Walker of Inter-Lakes finished fourth in the long jump at 22 feet, two inches while in the shot put, Prospect Mountain's Parker Wood was fourth at 49 feet, 1.5 inches, Brady Filteau of Matthias Linder of

Area residents named to NHTI Dean's List

CONCORD — NHTI, Concord's Community College, congratulates the following students who were named to the Dean's List for the spring semester of 2025.

Anthony Boomer of Tilton, majoring in Business Administration

Hannah Longval of Sanbornton, majoring in Business Administration

Darci Stone of Belmont, majoring in Criminal Justice

Faith Finn of Franklin, majoring in Health Science

Emma Cullen of Belmont, majoring in Liberal Arts

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of June 2-9.

Amy May Glines, age 42, of Belmont was arrested on June 2 for DUI-Impairment.

Seth Britton Hamill, age 40, of Belmont was arrested on June 3 for Theft By Unauthorized Taking in an amount less than \$1,000 and False Imprisonment.

Michael W. Gebo, age 54, of Belmont was arrested on June 4 for Criminal Trespassing.

Mason-Wilder Thomas Marceau, age 30, of Meredith was arrested on June 6 in connection with a warrant.

Mark A. Stanko, age 60, of Pittsfield was arrested on June 7 for DUI-Impairment.

Franklin, majoring in Liberal Arts

Autumn Maltais of Gilmanton, majoring in Liberal Arts

Charles Hibbert of Northfield, majoring in Mechanical Engineering Technology

Mary Grace Bunker of Franklin, majoring in Nursing

Annalise Nordstrom of Northfield, majoring in Radiologic Technology

Harold Sussman of Gilmanton, majoring in Radiologic Technology

Zachary St. Onge of Tilton, majoring in Sports Management

Jesse Morrison of Tilton, majoring in Visual Arts

About NHTI-Concord's Community College

NHTI is a dynamic public institution of higher learning that provides accessible, rigorous education for students, businesses, and the community. We create pathways for lifelong learning, career advancement, and civic engagement, offering more than academic programs to more than 4,600 students annually. NHTI is a member of the Community College System of New Hampshire and since 1969 has been accredited by the New England Commission of Higher Education, a nongovernmental, nationally recognized accrediting agency.



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Opinion

This is your brain on fun

When’s the last time you had some real, stupid, joyful fun?

Not the kind that’s scheduled on a calendar or costs \$85 a ticket. I mean the kind of fun that sneaks up on you and reminds you life isn’t all stress and headlines. A kitchen dance-off. A late-night ice cream run. A ridiculous game of charades where everyone ends up crying from laughter.

We forget how much we need that.

The world’s heavy enough. People are tired. Disconnected. But fun, real, low-stakes, no-reason fun brings us back to life. It connects us and reminds us we’re human.

And there’s science to it. Research from Harvard found that playfulness, humor, and spontaneous joy reduce cortisol levels, improve brain function, and increase our capacity for empathy and resilience. Even the Harvard Law Review has noted how community and levity can improve public well-being and reduce conflict which sounds pretty good right about now. Fun doesn’t fix everything. But it makes everything easier to carry.

Harvard Study on Happiness: A long-term Harvard study on adult development found that close relationships and shared joyful experiences are the strongest predictors of health and longevity more than money or fame. Fun, especially when shared, strengthens those bonds.

Stanford Neuroscience Research: Engaging in fun and playful activities increases dopamine levels, which improve mood, motivation, and focus. It’s your brain’s natural “reward” system.

National Institute for Play: This institute emphasizes that play reduces stress, boosts creativity, and improves overall well-being, especially when it includes laughter or spontaneous moments.

American Journal of Lifestyle Medicine: Reports that people who prioritize leisure and play have lower levels of cortisol (the stress hormone), improved immune function, and reduced risk of cardiovascular disease.

More examples of everyday fun:

Hosting a “bad movie night” with neighbors and popcorn.

Setting up a spontaneous water balloon fight on a hot day.

Having a board game potluck everyone brings a snack and a game.

Organizing a “slow bike ride” zero competition, just cruising.

Creating a temporary sidewalk chalk gallery on your street.

Starting a DIY music night a few instruments, no expectations.

Holding a “try something new” night. People teach each other random skills like yoyo tricks, juggling, or how to whistle with fingers.

Letter submission policy

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

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



COURTESY

Each year, the Belmont Police Department is proud and excited to support the Cystic Fibrosis Charity Ride in partnership with the Merrimack Valley Trail Riders! This incredible event brings together riders, families, and community members to raise awareness and funds in the fight against cystic fibrosis. We’re honored to do our part in helping this important cause, inspired by the Cystic Fibrosis Foundation’s powerful slogan: “Adding Tomorrows.” Together, we’re helping to make a difference—one ride, one donation, and one tomorrow at a time. Thank you to everyone who came out to support this year’s ride! Photo courtesy of the department’s Facebook page.

Reflections and Revelations

Hello, and thank you.

I am a newbie to the Lakes Region, and I am thankful every day for the opportunity and the newfound friends I have made here.

Yes, I am a hospice Chaplain, and that can sound depressing, but I do love it. It’s an honor to meet families in such sacred moments – to share those moments, to listen to their stories, and to offer grace and dignity. The end of life is a glorious mystery- but so is life itself.

That said – when I was a kid, I lived in a house with a basement- not the finished man cave, Big screen TV, carpeted room of today - but the foundation cinder block cobwebby creepy room no one liked.

In the middle of that

REFLECTIONS AND REVELATIONS

BY DAVID POOLE
HOSPICE CHAPLAIN/
SPIRITUAL CARE
COUNSELOR
LAKES REGION VNA



room was a ping pong table, usually filled with assorted decorations from holidays long past: salt and pepper shakers, and candlestick type things no one has gotten around to put away.

On occasion, I put all that stuff away and got my family to play ping pong. My dad was the best; and with practice, I got pretty good. We had some serious matches.

However, there were times the ping pong ball got away- and it bounced into another darker

room – the furnace room. The furnace room had, well, the furnace, the oil tank, and lots of creepy corners. When the ball bounced the wrong way - game over. No one wanted to go into that dark room to retrieve the ball. We went upstairs and turned on the TV. At some point, new ping pong balls were bought, and the game continued.

You see, the furnace room did have a light- but it was one bulb in the middle of the room, with a string to turn it on. In order to light the room, you had to go into the darkness to find the string. No one wanted to go into the darkness- there were monsters lurking. It took some courage, but once the light was on, the room really wasn’t all that scary.

Life does have its dark rooms and creepy corners. And we’d rather avoid them. And maybe we can get away with that for a while. But at some point, we must face the darkness to find the light. The room doesn’t get lit up simply because we ask. We have to work for it. We need to flail our arms a little to find that string. It takes courage. But in the end, the scary places aren’t scary anymore.

Don’t be afraid of the dark. Reach for the light- it’s there somewhere. You’ll find it, and when you do, when you pull that string, life will light up. The monsters fall away, and you’ll find what you’re looking for.

Blessings and peace.

Pretend!

In 1979, a Harvard psychologist named Ellen Langer conducted a study that still raises eyebrows today. She gathered a group of men in their 70s and 80s and asked them to do something radical: pretend they were 20 years younger.

For five days, these men lived in a recreated environment styled entirely from two decades earlier. The furniture, the magazines, the music, even the way they spoke—all designed to transport them back in time.

They didn’t just reminisce about the past. They were asked to live it. To speak in the present tense, as if 1959 wasn’t a memory but their current reality.

“Imagination is everything. It is the preview of life’s coming attractions,” said Albert Einstein.

What happened next sounds like fiction: Their IQ scores jumped by an average of 60 points. Their posture improved. They stood taller. Their posture and joint flexibility improved. Even finger length increased—an observable biological response. Some tossed their canes. A few played touch football on the lawn. All without medication. No surgery. Just belief, imagination, and embod-

iment.

Draw from that what you will. But here’s the question worth asking: Who are you pretending to be?

We don’t always think of ourselves as actors. But we are. Every day, we step into roles—some conscious, many not. The tired one. The anxious one. The too-late one. The responsible-but-forgotten one. The victim. The almost-was.

We play them so well that we forget we’re performing until it becomes our truth.

Some would look at that Harvard study and scoff, “They were putting on a facade.” But that’s not what happened at all. I think they were peeling off the facade.

I think, for five days, they stopped pretending to be old—and remembered who they really were. They told a new story in their heads. And their bodies followed. Their minds led. And biology responded.

That’s the power of identity.

“We are what we pretend to be, so we must be careful about what we pretend to be,” wrote Kurt Vonnegut.

Because here’s something most people never consider: every one of us is pretending. All the

time. Based on what we believe. Based on what we’ve agreed to about ourselves. Based on what we were told—and accepted—about what’s possible.

So ask yourself: Are you really who you’ve been pretending to be?

Because if you want to know who you’re acting like, just look at your results. Your life is the clearest revelation of who you’ve agreed to be. And if you want new results, you don’t need to push harder—you need to play a new role.

That starts with changing your internal I Am. From “I’m too late” to “I’m right on time.” From “I’m stuck” to “I’m growing.” From “I’m not enough” to “I’m becoming.”

It’s not about faking it ‘til you make it. It’s about embodying what’s already inside you. Athletes do it. Performers do it. Therapists teach it.

Visualization. Rehearsal. Mental reprogramming. To the brain, there’s little difference between real and vividly imagined experiences—when you’re fully immersed, your biology plays along.

So, who you imagine yourself to be—over and over—becomes your lived experience.

Do you have the courage to be yourself?

Or have you been playing a role for so long you forgot there was a difference?

You don’t need to wait for someone to recreate your environment. You don’t need to wait for permission. You can create the shift now. Change the channel in your mind. Step into the role you were born to play. Speak differently. Walk differently. Believe differently. And soon, you’ll see that your results follow your role.

If five days of pretending to be younger changed the lives of elderly men... imagine what six months could do for you.

“Live out of your imagination, not your history,” wrote Stephen R. Covey

The question isn’t whether it works. The science is there. The results are real.

The real question is: Who have you been pretending to be?

And more importantly—Who are you ready to become?

Because in the end, identity isn’t something you find.

It’s something you choose.

Because your identity isn’t written in stone—it’s written in action. And today is as good a day as any to begin the rewrite.

Winnisquam Echo

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Local students earn Dean's List recognition at Norwich University

NORTHFIELD, Vt. — The following students from your readership area have been recognized on the Dean's List at Norwich University for the Fall 2024 semester:

Nathaniel Hashem, Tilton

Full-time undergraduate students, who earned a semester grade point average of at least 3.40 are awarded Dean's List honors.

About Norwich University

Norwich University is a diversified academic institution that educates traditional-age students and adults in a Corps of Cadets and as civilians. Norwich offers a broad selection of traditional and distance-learning programs culminating in baccalaureate and graduate degrees. Norwich University was founded in 1819 by Captain Alden Partridge of the U.S. Army and is the oldest private military college in the United States of America. Norwich is one of our nation's six senior military colleges and the birthplace of the Reserve Officers' Training Corps (ROTC). www.norwich.edu

Local student earns President's List recognition at Norwich University

NORTHFIELD, Vt. — Emily Max of Sanbornton has been recognized on the President's List at Norwich University for the Spring 2025 semester. Full-time undergraduate students, who earned a semester grade point average of 4.0 are awarded President's List honors.

About Norwich University

Norwich University is a diversified academic institution that educates traditional-age students and adults in a Corps of Cadets and as civilians. Norwich offers a broad selection of traditional and distance-learning programs culminating in baccalaureate and graduate degrees. Norwich University was founded in 1819 by Captain Alden Partridge of the U.S. Army and is the oldest private military college in the United States of America. Norwich is one of our nation's six senior military colleges and the birthplace of the Reserve Officers' Training Corps (ROTC). www.norwich.edu



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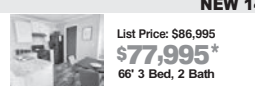

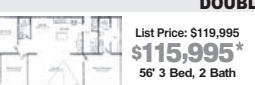
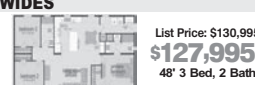

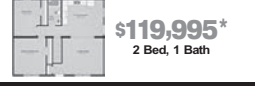

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Laconia Historical & Museum Society receives \$12,000 donation from New Hampshire Veterans Association

LACONIA — The New Hampshire Veterans Association has contributed \$12,000 to the Laconia Historical & Museum Society in support of their “Legacy of Laconia Heritage Preservation Campaign.” This initiative is dedicated to making essential repairs and upgrades to ensure the protection and preservation of Laconia’s historic collections. The initial project under the “Protect the Collections” phase will replace the deteriorated and leaking roof of the late 19th-century building located on Water Street.

“Replacing the roof will significantly contribute to protecting and preserving the story of Laconia! We are incredibly grateful to the New Hampshire Veterans Association for their support of this project and

their continued efforts to help keep the military history of Laconia and our state alive!” said Tara Shore, President, Laconia Historical & Museum Society.

For almost 150 years, veterans from across New Hampshire have convened at the NHVA compound in The Weirs, a historic site that holds deep significance for all New Hampshire veterans and their families.

“The NHVA has acquired many artifacts from the Civil War Era, and we have kept these artifacts at the LHMS for many years. We have 11 historical houses on our property that were built post-Civil War, and we certainly know firsthand the importance and need for funding to preserve our valued property to keep our Laconia history alive. We had no hes-



From left to right: Ray Peavey, LHMS Board of Directors, Tara Shore, LHMS President, Tom Brown, NHVA President, and Fred Merrill, NHVA Historian. The NH Veterans Association donated to the LHMS Protect the Collections campaign to replace the roof on their building at 65 Water St. The contractor has been confirmed, and work will begin in the Fall.

itation donating to help with the upkeep of their 19th-century building,” Tom Brown, President, NH Veterans Association.

To learn more about the Laconia Historical & Museum Society’s Legacy of Laconia Heritage Preservation Campaign, the projects associated with it, and how you can help protect, preserve, and save Laconia’s story, visit laconiahistory.com.

Winnisquam seniors return to elementary and middle schools to inspire future generations

REGION — As graduation day nears, Winnisquam Regional High School has started a heartwarming new tradition: the Senior Walk. This initiative sees graduating seniors return to their former elementary and middle schools to reconnect with past teachers and inspire younger students. The goal is to strengthen community ties and offer seniors a moment to reflect on their educational journey within the Winnisquam community.

The seniors visited Winnisquam Regional Middle School, Southwick School, and Sanbornton Central School. Each school celebrated the seniors in unique ways, including homemade signs and cards, a festive balloon arch, and even the return of retired teachers to celebrate their former students’ successes. At the Middle School, administrators organized a “serpentine walk” so seniors could pass by every student in the building.

Chris Ennis, Princi-



Winnisquam Regional High School seniors cherished each special recognition by former teachers and younger students.

pal of Winnisquam Regional Middle School, emphasized the importance of this connection, stating, “It’s important for middle school students to connect with our seniors and start

that visualization of themselves someday graduating from WRHS and earning that walk amongst the students of Winnisquam.”

These visits provide a unique opportunity for younger students to witness the culmination of years of hard work and dedication, offering a tangible vision for their own academic futures.



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26th Leadership class graduates

LACONIA — Leadership Lakes Region recently graduated its 26th annual class. Twenty-five area professionals completed the eight-month program during which they studied factors impacting life in our Lakes Region; from economic, to health, to the environment, education, political and social issues.

The goal of the program is to create a network of involved and informed leaders ready to advance their communities through volunteerism.

Program Coordinator Jennifer Mclean said that the Class of 2025 graduation brings the total number of alumni to 487. The Program was founded by a group of volunteer citizens, including the late Adrienne Stevens, who saw a need for more broad-based knowledge of conditions throughout the Lakes Region and created the program modeled after a US Chamber of Commerce initiative. Leadership Lakes graduated its first class in 1998 and has continued annually except for the planning year of 2007 and the pandemic year of 2021.

This year, by vote of



The 26th Annual graduating Class of Leadership Lakes Region gather at the Belknap Mill in Laconia for their graduation ceremony.

their classmates, two individuals were singled out for special recognition with the awarding of the Stevens Founders Award for Leadership. Tara Shore, President of the Laconia Historical and Museum Society and Benjamin Hill, Principal of Belmont Elementary School, were so honored. Their awards were presented by original founding member, Eliza Leadbeater of Gilford. Applications for the next class are currently being accepted. Interested individuals are encouraged to review the program at www.leadershiplakesregion.org and apply. The next class will begin in October.

A Listening Room Experience at June 26 songwriter show



MEREDITH — The partnership between Katie Dobbins Music (Gilford) and Hermit Woods Winery & Eatery (Meredith) which has brought the monthly music series Songwriter Round-Up to the Lakes Region is set to deliver another great show at the end of this month. Held in the region’s premier listening room, The Loft located on the second floor of the Winery, this series

has been giving audience members a chance to experience the original music of talented singer-songwriters from the New England area and beyond. At each show three artists share their songs and stories in a unique in-the-round style performance. This intimate series features two different songwriters each month alongside host performer Katie Dobbins.

The series has been steadily gaining in popularity with many sold-out shows and a growing number of area residents attending as many shows as possible to experience the show “magic” that each new lineup creates. Winery co-founder and owner Bob Manley is thrilled to have his establishment be home to the monthly

Songwriter Round-Up Series.

Remarking on the success of the series, Manley reaffirms the valued partnership the Winery has developed with Katie Dobbins Music, expressing, “Working alongside Katie Dobbins and her Songwriter Round-Up Series has been an absolute delight. Katie brings an engaging presence to the stage, effortlessly connecting with our audiences and showcasing incredible talent with each performance.”

The next Songwriter Round-Up show takes place on Thursday, June 26, featuring the Lakes Region’s own Katie Dobbins, a singer-songwriter who delivers her artistry with beautiful vocal tones wrapped in

guitar and piano melodies, Reese Fulmer, an award winning Americana singer-songwriter from New York, and Talia Rose, a Boston-based singer-songwriter that delivers deeply personal lyrics accompanied with intricate guitar arrangements. All of these artists bring their own unique life-lyrics, melodies, and styles to the stage. This promises to be an evening of great original music and dynamic entertainment that you won’t want to miss. Learn more about each of these artists on

the Hermit Woods Winery Web site.

A complimentary wine tasting will begin at 5:30 p.m., the Loft opens at 6 p.m. for seating & dinner orders, and music starts at 7 p.m. Patrons can further enhance their evening by selecting from a menu of tasty items available from Chef Kaylon Sweet of Sweet Mercy’s Kitchen. Tickets can be purchased in advance at hermitwoodswinery.com/the-loft or in-person at the Winery.

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TOP TEN

CONTINUED FROM PAGE A1

where she will major in Animal Science along with Environmental Conservation and Sustainability.

“From there, we’ll see where it goes,” Davidson said.

Fellow Northfield resident Beni Griffin was this year’s Salutatorian, and she, too, will be off to UNH after her summer break. Griffin

says her plans are a bit undecided still but she is interested in perhaps taking on a double major in Political Science and Economics. On top of that, she is contemplating adding French as a minor since she hopes to study abroad in Paris as well. Extra schoolwork doesn’t intimidate her, though. While at WRHS, she held multiple leadership roles. Among those were her involvement in Student Council, Nation-

al Honor Society and her election to become Class President. Her future goals are to attend law school after graduation from UNH.

“I think I want to get involved in advocacy work and become a public defender,” she said. “I like helping people as much as I can.”

After first being homeschooled through the elementary and middle school years, Claire Langevin of Tilton was

named the Honor Graduate for the WRHS Class of 2025 and was also elected as treasurer of the class. Langevin, too, wants to help others and has been accepted at Regis College in western Massachusetts. There, she will begin to work toward a career in dentistry by first majoring in dental hygiene. After that, she hopes to go forward with her plan to attend dental school and one day open her own practice or perhaps work within a hospital setting. She said it was through her other love for art that she realized dentistry is like a mix of healthcare and art, one of the reasons she chose this path. Langevin actually comes by her passion for the medical field naturally, however. Her grandmother was an RN and one of her great-grandmothers was a podiatrist, but it’s dentistry that means a lot to her.

“Oral health is really important to the rest of the body,” she pointed out.

Knowing this, she said one day, in whatever community she lives in, she hopes to be able to help promote dental healthcare to the residents there.

Makenna Kane is another UNH bound graduate from the Class of 2025. While she will enter college in the fall as “undeclared” for a major, she does like the aspect of working in the medical field and has an interest in radiology. As she continues to explore the field, she will stay busy as a member of UNH’s Division 1 Cheer Team, where she has already been attending practice sessions in Durham to be ready for fall football.

She said cheering is something she’s done since she was six years old with the Maine Stars Cheer Gym in Eliot, Maine, where they even won a national competition. On the team she is known as a “flyer”—the daredevil member who gets spectacularly tossed high into the air then caught by her teammates.

“It’s fun! It can be scary at times, but I have a passion for it,” said Kane.

Being on a cheer squad has been more than just fun, though. She said it has also helped build her confidence level and taught her to always push to be the best she can be.

Hailing from Tilton, Becca Wittenberg will join her fellow classmates at UNH, where she will take her leadership skills into the field of engineering. Wittenberg said it was a job shadow experience with a woman she met through her childcare job that really drew her in to engineering. The woman does bridge designs for the US Forest Service, and took her on a tour of the White Mountain National Forest to show and explain what she does. From there, Wittenberg was hooked.

While at WRHS, she said she gained a lot more confidence in herself and that ultimately led her to leadership roles in the school.

While she once never imagined being very involved in that way, Wittenberg grew to a time when she found herself getting elected as Vice President of her class and President of the National Honor Society.

“I gained confidence through it all and it changed me as a person as I worked my way up and became a voice for others,” she said.

Elizabeth Boucher of Northfield will be heading to Simmons University in Boston, where she will major in Social Work. She has struggled with mental health issues her entire life and, understanding what that’s like, she now wants to help others with those challenges. She said, “If I can make a difference to someone else, that would mean so much to me.”

She felt a career in social work “just seemed like the right choice.” Through studies in that field, Boucher said her career opportunities can be flexible. Her plan right now is to work towards becoming a therapist in a hospital setting.

“The teachers [here] have been incredibly helpful and inspiring. They were a very influential part of my time here [at Winnisquam],” she said, adding that the two who influenced her the most were English teacher Colleen Mulligan and art teacher Eric O’Neil.

Brendan Goodwin of Sanbornton has chosen a much different path in which to help people—he will be studying Fire Science at Lakes Region Community College to further his career as a firefighter and EMT. Goodwin said he wanted to be a firefighter when he was little but lost interest in it after a while. As he grew older, he said he “circled back to it,” however, when his brother became a member of the Sanbornton Fire Department. He has been gaining experience as a member of SFD’s Call Department and has already started taking EMT classes in Allentown in the evenings.

Goodwin said he is very much interested in the medical side of being a FF/EMS.

“I like being able to help people on their worst day of their lives and they call 911 when it’s their worst day,” he said.

To keep himself in good physical condition while in high school, he was a three sport athlete, even adding two additional sports to his busy schedule one year. It was track and field where he excelled, however.

Sanbornton’s Shayla Jordan is another member of the class who wants to help people, so she is heading off to UNH to study Health Science. She said she researched a number of fields in that category and found the idea of becoming a nurse or perhaps even a nurse practitioner was most appealing to her.

“It just sounded very interesting, and it’s a way I can help others,” said Jordan.

She enjoys staying

healthy herself and had an active four years as another three-sport athlete, participating in cheer, where she, too, was a flyer as well as a tumbler. Jordan was also a member of the volleyball team and on the track team she was a runner in the 100-meter, 200-meter and the 4x400-meter events.

Another Top 10 graduate from Sanbornton, Leah Morrison, will be leaving for Idaho after the summer, where she will attend Brigham Young University to study Public Relations and Advertising. She said that not knowing what she would major in after high school, she took an online advanced class on advertising this year and, unlike many of the other classes she had taken, this one really struck a chord in her.

“I’m going to try it out. Every other class I have taken I wasn’t passionate about and didn’t enjoy as much as this one,” she said.

Upon graduation from college, Morrison is considering a job doing public relations for a small business or perhaps even working in marketing for a sports team; time will tell which way she turns.

As for her choice of BYU, that was easy. Two of her brothers have gone to college there and found it to be a very inexpensive yet rewarding experience, so she decided to follow suit in what’s become somewhat of a “family tradition.”

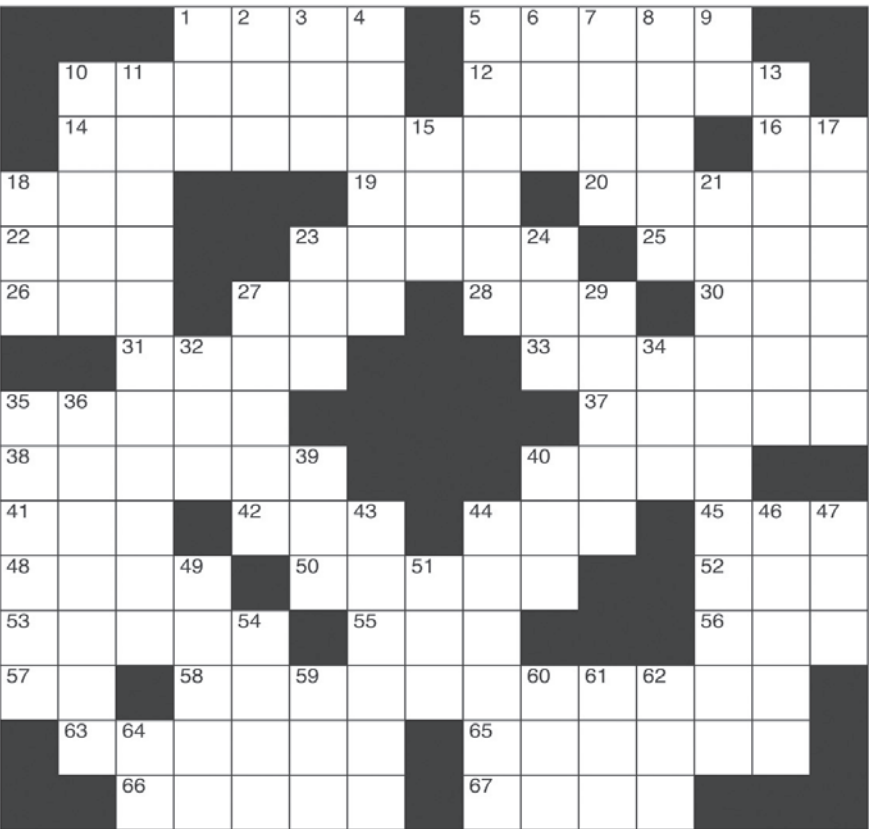
David Swain, also from Sanbornton, has chosen a bit of a different route in his quest to help others. He will be taking a “gap year” before going to college but he won’t be just sitting around wondering what the future will be—he’ll be taking the year to go on a mission for his church. Swain said he will first fly to Mexico to undergo four weeks of training, then he’ll be off to Denver, Colorado. Once there, he’ll work with residents of the Spanish speaking community to spread the gospel of the Church of Jesus Christ of Latter-day Saints.

When his mission is done, Swain said he plans to go to one of the Brigham Young universities and most likely major in engineering. While that major might change in the coming year, there are a few things in his future he is very sure about.

“I want to be the best person I can be. I want to further my relationship with Jesus Christ, and I want to be a good provider for my future family,” he said.

He concluded by saying he enjoyed his time at WRHS, and in the end, he learned a lot and is grateful for the time he spent there in high school.

Everyone at the Winnisquam Echo would like to take this opportunity to congratulate not only these Top 10 scholastic achievers, but all members of the Class of 2025 and wish them the very best in their future endeavors.



CLUES ACROSS

1. Type of bread

5. Range of mountains

10. Ended

12. Musical forms with a recurring theme

14. On the nature of being

16. Law enforcement agency

18. Australian flightless bird

19. Subway rodent

20. More dried-up

22. A beaver might build one

23. Suggestive of the supernatural

25. Art __, around 1920

26. American rocker Snider

27. Not or

28. Earliest human: __-Magnon Man

30. Firearm

31. Tough outer skin of fruit

33. Alternative form of a gene

35. Low shrub some call “fat pork”
37. Plants in the chamomile tribe

38. Revolutionary War era spy

40. Portion of a book

41. Hoover’s office

42. Title of respect

44. Tax collector

45. Cool!

48. Real estate

50. Boy’s name

52. Airborne (abbr.)

53. Strongly recommends

55. Hit lightly

56. Bar bill

57. Atomic #54

58. Devotes again

63. Fish sauce

65. French stock market

66. Things that consist of two elements or parts

67. Tense

CLUES DOWN

1. Retired game show host Sajak

2. Equal (prefix)

3. Israeli city __ Aviv

4. Loved

5. A type of analyst

6. Ad __

7. Gasteyer and de Armas are two

8. Ran without moving

9. Opposite of yes

10. Diffuse clouds of gas

11. Mentioning one by one

13. Instruments used to dilate

15. Freshwater fish

17. Remotely-manned flying objects

18. Doctor of Education

21. Renews

23. Not the start

24. Pitching stat

27. Small water buffaloes
29. Ceramic jars

32. I (German)

34. Something to toss on a fire

35. The process of flowing in

36. A series of acts at a night club

39. Egg of a louse

40. Inquire too closely

43. Travelers

44. Drink

46. Behave in a way that degrades

47. Electronic music style

49. Northern Ireland city

51. Upset

54. Stiff structure resembling a hair

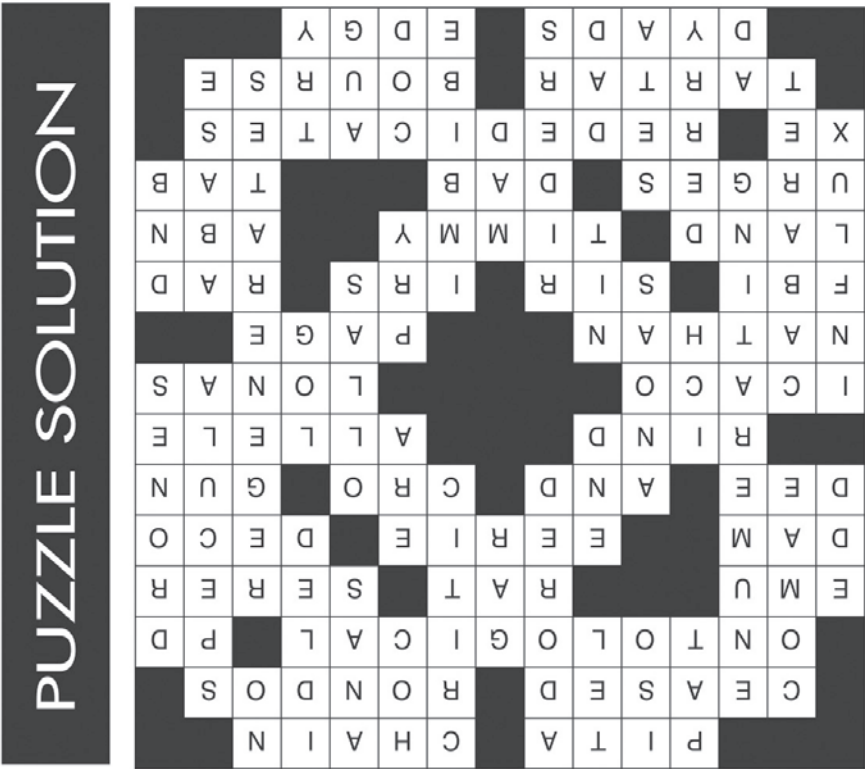
59. Father

60. North Atlantic fish

61. 8th month (abbr.)

62. Make an effort

64. Commercial



BASEBALL

CONTINUED FROM PAGE A1

Sports Complex. Belmont plated nearly 200 runs this spring but couldn't find that key hit against Monadnock's Kaden Smith and the Huskies defense to break open this semifinal clash. As some pundits say, baseball is a game of inches. A hit or two further here or there could have broken the game open for Belmont.

"It was a game that could have gone either way," LeBlanc said, "They did just enough. Where we just couldn't get that one hit. We hit the ball hard. They were there to make the plays, you have to tip your cap to them."

"It's one of the things you love about the game and you hate about it," added Leblanc. "We hit the ball hard. We hit some that I thought that's in there, and their kids came out of nowhere to catch them. Their outfield covered a lot of ground."

The Red Raiders looked poised to capture the momentum early on in this contest, coming up with a huge defensive play and loading the bases in an action filled first inning.

Koby Kidney worked a walk against Belmont starter Wyatt Divers to start the contest. Sumner Hill-Goodell ripped a double down the left-field line to put two runners in scoring position with no outs.

Divers would settle down and strike out the next batter for the first out. Lucas Williams followed with a fly ball to left field. Belmont's Brayden Townsend made the catch and fired a strike to catcher Jaxson Embree to cut down



Belmont senior Owen Waldron slides into second base with a steal as the ball skips past the Monadnock second baseman during the NHIAA Division III baseball semifinal contest at the Robbie Mills Sports Complex in Laconia.

Kidney, ending the potential first inning rally. Belmont looked to carry that momentum to the plate in the home half. Owen Waldron got things started with a single. The senior stole second before taking third and racing home with the game's first run with wild pitches. With a 1-0 lead, the Red Raiders looked poised to break the game open. On the second wild pitch to score Waldron, Anakin Underhill reached first on a dropped third strike. Embree and Divers would follow with singles to load the bases with no outs.

Smith would work out of the jam though. Wyatt Bamford would bounce into a fielder's choice as Underhill was forced out at the plate. Smith got Michael Collette to pop out in foul territory just off the first base line. With two down, Brady Thurber drove a pitch to centerfield that was tracked down by the Huskies outfield for the final out.

It would stay that way until the third inning when the Huskies got all the runs they would need. Number nine hitter Chase Elliott worked a

walk to open the frame. He was moved over to second on a sacrifice bunt by Kidney before Hill-Goodell cranked a shot over the center-field fence for a two-run homer, his second extra base hit of the contest, to give Monadnock a 2-1 edge.

From there, it became a showcase of pitching and defense until Belmont pushed for the tying run in the sixth and seventh innings.

Collette had a one out single in the sixth. Following a strikeout, Max Ryder ripped a single to put Collette in scoring position with two down. Townsend looked to knock in the tying run with a drive to right but the Huskies outfielder was able to make the catch to end the threat.

In the seventh, Underhill worked a one out walk and Embree reached on an error to put Underhill in scoring position with one down. Underhill would be forced out at third on a grounder to short before Divers was forced out at second for the final out.

"I don't think we could've done anything different strategy wise. We had to string some hits together," LeBlanc said. "We had to get people on base. The hits we got came when we

already had outs so it wasn't like we could play small ball."

Belmont out hit the Huskies 7-4 in the con-

test, but three of those came in the first inning. Embree led the Red Raiders at the plate, going 2 for 4. Waldron, Divers, Bamford, Collette, and Ryder had the other hits.

"(Monadnock pitcher Kaden Smith) got stronger as the night went on. We needed to take advantage early on when he was struggling to throw strikes," LeBlanc pointed out. "We had the bases loaded with no outs and scored just one run. Against good teams like this you've got to take advantage of those opportunities."

"They are a good club. I felt any of the top five teams could have won it all."

Divers took the loss, allowing two runs on four hits while striking out three, walking three and hitting a batter. Underhill tossed three innings of hitless ball, striking out four and walking five while also hitting a batter.

It was a tough setback for a talented Red Raiders group.

"This is a special group. They were real serious about the game. They were dedicated and worked so hard," LeBlanc said. "They won a title in basketball and in hockey. And they had a lot of success here. That tells you a lot about them as athletes."



Belmont baseball head coach Matt Leblanc talks to Anakin Underhill (24), Jaxson Embree, and Wyatt Bamford during a timeout in the first inning of the NHIAA Division III baseball semifinal against Monadnock.



Belmont senior Anakin Underhill throws a pitch in NHIAA Division III baseball semifinal action against Monadnock at the Robbie Mills Sports Complex.

CAREER DAY

CONTINUED FROM PAGE A1

ing about future career paths.

Presenters shared insights into their daily routines and the preparation required for their professions. Each session included a question and answer segment, allowing students to engage directly with the professionals.

The event featured representatives from a diverse range of local businesses and organizations, including Wolfreel Drones, New England K9 Search and Rescue—Lakes Region Search, Keenan Tree Care, LLC, United Stated Forest Service, Highland Mountain Bike Park, Eversource,

G. C. Engineering, Inc., Newfound Lake Region Association, Northfield Police, Rusty's Towing, Pike Industries, NHDOT, NuCar, MB Tractor, Dead River Energy, and Green Mountain Communications.

Jennifer DeSaye, WRSD K-12 Pathways Coordinator organized the event.

She explained, "Both of the career day events were incredibly successful. The presenters set up outside and everyone was grateful that the weather cooperated. The students had a great time with the big trucks and the presenters were very impressed by the students' question, interests and attentiveness."



Belmont senior Jaxson Embree makes contact during the NHIAA Division III baseball semifinal contest against Monadnock.

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Lotso is a chill cat whose looking for a cozy quiet home. Named after the lovable bear from Toy Story, he's had a few bumps in the road but holds no grudges. He's no villain, just a cuddly bug looking for a fresh start.

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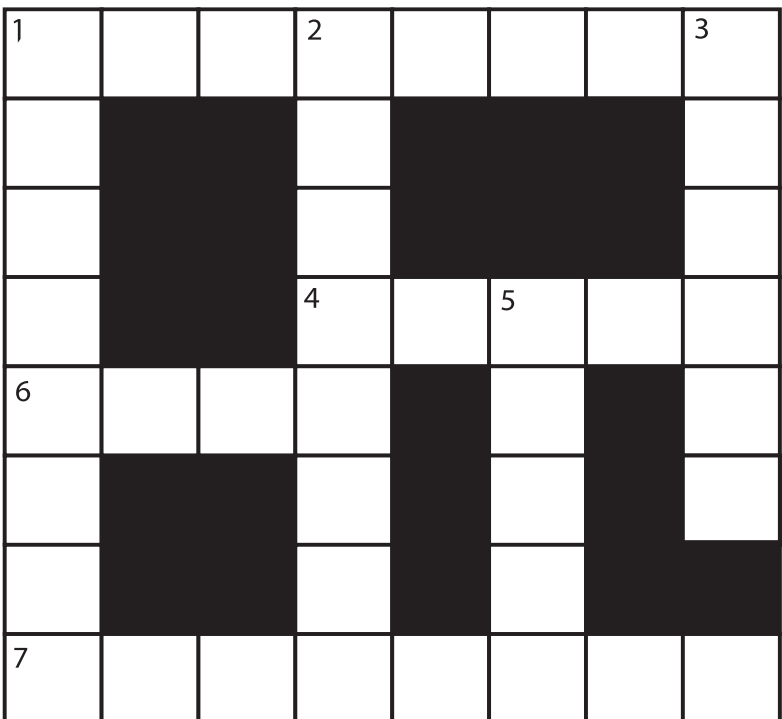
With a gentle purr and a sweet disposition, Lotso is ready to find a

loving home where he can finally relax, feel safe, and share all the love he has to give. One hug and you'll know he'll be your best friend.

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Crossword Puzzle



ACROSS

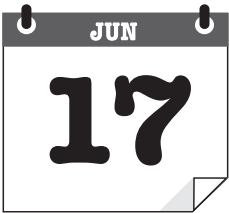
1. When animals are being fed
4. Engine
6. Body of water
7. Young animal

DOWN

1. A place for a particular purpose
2. Straight line through the center of a circle
3. Insufficient, not many
5. _____ frutti

Answers:
Across 1. Feedings 4. Motor 6. Lake 7. Yearling
Down 1. Facility 2. Diameter 3. Scarce 5. Tutti

THIS DAY IN HISTORY



1673: French explorers Jacques Marquette and Louis Jolliet reach the Mississippi River.

1885: The Statue of Liberty arrives in New York Harbor.

1901: The College Board introduces a standardized test that would ultimately evolve into the SAT.

NEW WORD

ZOO

an establishment that maintains a collection of wild animals

Animal FACT:

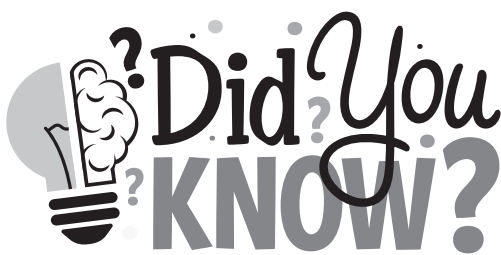


These powerful predators typically are not found in captivity because of their demanding needs.

Answer: Great white shark

How they say that in...

- English:** Habitat
Spanish: Hábitat
Italian: Habitat
French: Habitat
German: Lebensraum



Modern zoos have achieved a breeding success rate higher than 80 percent for some species. This has helped with conservation efforts.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Giraffe



Solve the code to discover words related to fireworks.
Each number corresponds to a letter.
(Hint: 23 = E)

A. 24 5 22 24 1 23

Clue: Catch fire

B. 20 6 12 13 9

Clue: Bright burst

C. 25 3 3 10

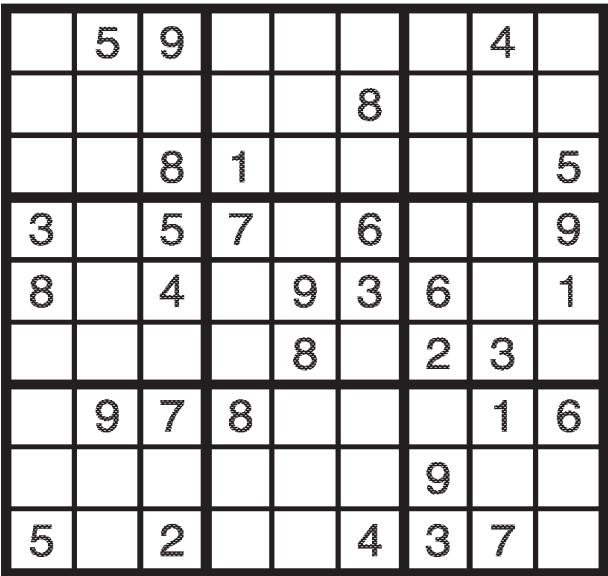
Clue: Loud noise

D. 7 3 6 3 8 20 19 6

Clue: Bright and lively

Answers: A. ignite B. flash C. boom D. colorful

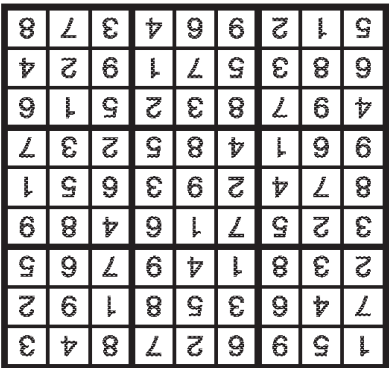
SUDOKU



Level: Beginner

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!



ANSWER:

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Ricard, Schwartz top the field in shortened Mt. Washington Road Race

Sean McAuley of Canterbury is top New Hampshire male finisher

PINKHAM NOTCH — Making his Mt. Washington debut and setting the “halfway” course record, Alexandre Ricard, 36 of Squamish, B.C., out-sprinted Joseph Gray, 41 of Colorado Springs, Colo., in the weather-shortened 64th running of the Delta Dental Mt. Washington Road Race on Saturday. Ricard’s time of 27:14 shaved almost half a minute off the last record set in 2022 by Gray. On the women’s side, Rena Schwartz, 25 of Middlesex, Vt., won in a time of 32:33 followed 10 seconds later by Jenna Gigliotti, 32 of Amherst, Mass.

Again, weather was an issue as temperatures at the Mt. Washington Observatory were registering 34 degrees with



Alexandre Ricard crosses the finish line at the “halfway” point to win the Delta Dental Mt. Washington Road Race on Saturday.

rain and wind chill values in the 20s at the start of the race. In order to keep everyone safe, the decision was made to shorten the race to the “halfway” point. In an ironic twist, the weather by 11:30 a.m. was sunny and nice.

Even though the weather was damp and cool, the racing was hot. Gray and Ricard sprinted out to an early lead, running more or less shoulder to shoulder for the first two miles.

They were followed closely by David Sinclair, 33 of Montpelier, Vt., who reeled in Gray and Ricard about two miles in. From there three outpaced the rest of the field, and Ricard was able to sprint to the win and set the record. Rounding out the top five on the men’s side was Remi Leroux, 28 of Waterloo, Quebec, and Elais Field, 25 of Woodbury, Conn.

After taking a seventh place finish in



Rena Schwartz was the top woman in the Delta Dental Mount Washington Road Race on Saturday morning.

2024, Schwartz raced her way to a top finish in the shortened course. It is not uncommon for Nordic skiers to do well at Mt. Washington. Schwartz was a Nordic skier at Dartmouth College and competed in the World Junior Championships and Under 23 World Championships. She currently trains in Boulder, Colo., but is in graduate school at Smith College in Northampton, Mass. Schwartz recent-

ly finished fifth at the US Mountain Running Championships. Following just to seconds behind Schwartz was Gigliotti. Rounding out the top five for the women were Anne-Marie Comeau, 29 of St-Ferrol-Les-Neige, Quebec, last year’s winner Kayla Lampe, 32 of Shelburne Falls, Mass., and Amber Ferreira, 43 of Concord. Ferreira and Sean McCauley, 33 of Canterbury, were the winners

of the men’s and women’s Crossan Cup. The Crossan Cup is presented to the first finishers from the state of New Hampshire.

Sponsored by Delta Dental, the race ascends the Mt. Washington Auto Road from Pinkham Notch, N.H., to the 6,288-foot summit of Mt. Washington. Runners can expect to be challenged by the unrelenting grade (averaging 12 percent), Mt. Washington’s famously high winds, precipitation and unpredictable temperatures, which make this race truly one of a kind. Prizes include \$1,000 apiece for the first male and female finishers, smaller cash prizes for the next five men and women and the top three male and female masters (over 40), prizes for the first male and female finishers from New Hampshire, and a \$5,000 bonus for setting a new course record.

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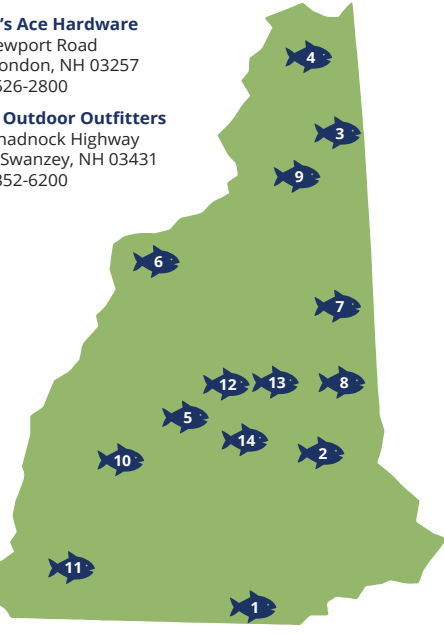
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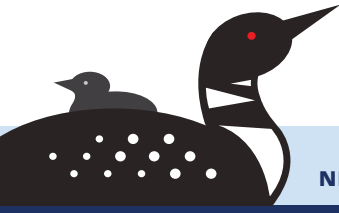
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