

Raider boys and girls take the wins in Alton

BY JOSHUA SPAULDING
Sports Editor

ALTON — The Belmont track boys and girls both came home with the victory at last week's meet at Prospect Mountain High School. Somersworth, Berlin, Wilton-Lyndeborough, Hillsboro-Deering, Concord Christian and Portsmouth Christian were also in attendance.

Colby Vetter finished in second place in the 100 meters in 11.21 seconds, with Damien Sanborn in third in 11.3 seconds and Jeff Carrier in sixth place in 11.68 seconds. Richard Johnson finished in 12.4 seconds, Nathan Allard finished in 12.93 seconds, Ethan Rivera finished in 13.24 seconds, Evan Tucker finished in 13.9 seconds, Ryan Cribbie finished in 14.02 seconds and Jack Benson finished in 14.08 seconds.

David Tripp took the win in the 300-meter hur-

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JOSHUA SPAULDING

Jaelyn Nialez takes the baton from Emma Winslow in the 4X100-meter relay last week.

Buy your tickets now for Old Home Day fundraising dinner

SANBORNTON — Don't miss your chance for a delicious All You Can Eat dinner while supporting Sanbornton Old Home Day festivities. The dinner will be Friday, May 19, at the Old Town Hall at 19 Meeting House Hill Rd. in Sanbornton. The buffet dinner, catered by Twelve 31 Events of Tilton, will be from 5 to 8 p.m.

Tickets are \$35 per person, \$10 for children under ten and those under three eat free. Tickets will be available at the door. However, prepurchase is recommended. Tickets can be purchased on-line at LaneTavern.org by using the Give button and will be confirmed by email. Or you can prepurchase tickets from Justin Barrault at 603 581-9085.

Old Home Day will be Saturday, July 15. Watch for more event details!

New motorcycle skills challenge kicks off Motorcycle Week at NHMS

LOUDON — New Hampshire Motor Speedway (NHMS) and ProRider 603 are joining forces to host an all new event to kick off Motorcycle Week at NHMS June 9-11. The Top Cop for Kids Motorcycle Skills Challenge presented by Laconia Harley-Davidson will put the region's

finest motorcycle riders to the test to see who has what it takes to be named Top Cop. Proceeds will benefit children in need throughout New England through the New Hampshire Chapter of Speedway Children's Charities (SCCNH), the official charity of the speedway.

"We are excited to kick off the 100th Laco- nia Motorcycle Week Rally with this new event to showcase the incredible skills of officers from throughout the region," said New Hampshire Motor Speedway Executive Vice President and General Manager David McGrath.

"As a motorcycle rider myself, I am always working to improve my skills on my bike, and I certainly appreciate the level of talent these officers have. Spectators will be amazed seeing what these guys can do on two wheels."

ProRider 603 will set up two timed courses, designed to test accuracy and speed, for three divisions of riders – police, expert civilian and novice civilian. One course will be designated for police and expert riders while the second course will be for novice riders. There will also be a fun course open for any licensed motorcycle rider to attempt.

"We are ecstatic to host and judge this national skills challenge with the New Hampshire Chapter of Speedway Children's Charities," said ProRider 603 Owner and Marketing and Sales Director Michele Cole. "With 90,000 square feet of courses and a fun park, this event is sure to be one not to miss."

The timed courses will be open Friday and Saturday, June 9-10 for practice with the timed challenge and trophy presentation taking place on Sunday, June 11.

"We're always working hard to come up with new enjoyable ways to raise more money for children in need in our community," said Speedway Children's Charities New Hampshire Chapter Director Danielle Cyr, who also serves as New Hampshire Motor Speedway's Director of Marketing. "This event will be a lot

then scored their first run in the bottom of the frame. Ben Wood was hit by a pitch, Alex Nichols singled and a pair of wild pitches brought home the run.

Berlin added another run in the top of the fourth inning to push the lead to 4-1, but Win-

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SEE NHMS, PAGE A7

Baseball Bears battle past Mountaineers

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam baseball team surrendered three early runs to visiting Berlin on Thursday, May 11, but rallied back to claim an 8-4 win.

Berlin threatened in the first inning against Bear starter John Shea, but they were unable to put any runs across despite a hit, a walk and a hit batter. The Bears went in order in the bottom of the first before Berlin scored three runs in the top of the second, taking advantage of three hits and an error. Winnisquam was unable to get anything done in the bottom of the inning and the Mountaineers held the 3-0 lead heading to the third.

The Bears worked around a hit and a walk in the top of the third and



JOSHUA SPAULDING

John Shea (11) talks things over with his infield during action against Berlin last week.

Early deadlines for Memorial Day

The offices of the Winnisquam Echo will be closed Monday, May 29 in observance of Memorial Day.

To ensure that our June 1 edition arrives in subscribers' mail boxes on schedule despite the holiday, the submission deadline for any press releases and letters to the Editor intended for publication that week has been

moved up one business day, to Thursday, May 25, at 4 p.m. Any submissions received after 4 p.m. on the 25th will be held for publication on June 8.

The staff of the Winnisquam Echo thanks our readers for their cooperation with this scheduling change, and wishes them a safe and happy holiday.

Snake-bitten Raiders fall in close one with Prospect Mountain

BY JOSHUA SPAULDING
Sports Editor

BELMONT — It seemed that things that could go wrong did just that when the Belmont baseball team hosted Prospect Mountain last week.

The Timber Wolves took advantage of the mistakes and got a few key hits and emerged with a 6-5 win over the Raiders.

“In a game that if it could go wrong it did go wrong, we came out with a tough loss,” said Belmont coach Matt LeBlanc. “We give credit to Prospect Mountain for hanging in there all day and capitalizing on our miscues.”

The Raiders got on the board in the bottom of the second inning. Hutch Haskins and Michael Collette singled and Jaxson Embree launched a shot to deep center that appeared to be catchable, forcing the runners to hold up. However, the ball dropped in and Embree was running strong the whole way and found himself at an occupied second base and was cut down trying to get back to first. Matt Krasnecki grounded into a fielder’s choice to plate one run and Owen Waldron reached on an error to plate two runs for the 3-0

lead.

In the third, Liam Waldron doubled to start the inning, stole third and scored on a groundout by Haskins for the 4-0 lead.

Anakin Underhill cruised through five innings on the mound for the Raiders. He worked around a walk and a single in the first and a single in the second, then set the side down in order in the third, fourth and fifth innings. In the sixth inning, he hit the first batter and with one out, hit another hitter and issued a walk to load the bases. A passed ball plated one run and a two-run base hit cut the lead to 4-3 before Underhill got out of the inning.

Divers took over on the mound in the seventh inning and issued a one-out walk. After the next batter reached on an error, they attempted a double steal and the throw to third went wide. In an attempt to back up the throw, an error in left allowed the run to score, tying the game. After a groundout, two more walks loaded the bases and a fly ball to center appeared to end the inning, but the centerfielder fell and the ball dropped, with two runners scoring for the 6-4 lead. The Raiders did cut

the third runner down trying to advance to the plate to end the inning.

Divers worked a walk in the bottom of the seventh and Liam Waldron followed with his own walk. Both advanced on a double steal and Underhill reached on a dropped fly ball, plating one run to cut the lead

to 6-5. The Raiders attempted a squeeze play and the bunt was missed and Liam Waldron was tagged out at the plate and a grounder to second ended the game.

“We’ve obviously hit a bump in the road this week, but it’s also an opportunity for us to see what we’re made of,”

LeBlanc said. “We knew that there could be situations like this since we have a young team and we’re going to do everything we can to right the ship and play our best baseball by season’s end.”

The Raiders are scheduled to host Mascoma on Friday, May 19, and Win-

nisquam on Monday, May 22, before traveling to Alton for a rematch with the Timber Wolves on Wednesday, May 24, all at 4 p.m.

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

Raiders drop close one to Mountaineers

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont softball team met up with defending champion Prospect Mountain on Wednesday, May 10, dropping a 16-0 decision, though the Raiders did take the Timber Wolves to six innings.

Lena Rodrigues kept the Timber Wolves off the board in three of the six innings, while poor defense led to six runs in the third inning, three in the fifth and seven in the sixth, including four unearned runs that crossed with two outs.

The Raider offense broke up Belmont’s no-hitter bid in the fifth when Avery VonKadich singled and then Darci Stone added a double in the sixth inning.

The Raiders had a good battle with Ber-

lin on Friday, May 12, putting the tying run on base in the seventh inning before the Mountaineers were able to get out of trouble with the final out in the 6-5 win.

Belmont took a 2-0 lead in the first on hits by Rodrigues and Madi Smith and Madi MacDonald drove them both in. They then added another run in the third inning on hits from Stone and Rodrigues. Berlin got three runs in the sec-

ond and added another three in the fifth to take a 6-3 lead into the seventh inning.

With two outs in the final inning, Roy Wilson worked a walk and Rylie Cotnoir blasted a homer to left field to cut the lead to 6-5. Stone then singled to put the tying run on base, but a hard-hit ball by Rodrigues was fielded by the Berlin third baseman, who made the force at second for the final out.

“Good game, but not the end we wanted,” said coach Bill Clary.

Belmont is scheduled to host Mascoma on Friday, May 19, and Win-

nisquam on Monday, May 22, before visiting Prospect Mountain on Wednesday, May 24, all with 4 p.m. starts.

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

Bears stung by Golden Eagles, Spartans

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Win-

nisquam softball team dropped decisions to Lakes Region rival Gil-

ford and North Country squad White Mountains Regional during a busy week last week.

10, the Bears fell 14-2 to the Golden Eagles of Gilford. Freshman Caidyn Carter had a single and drove in both of her team’s runs, while Bella Dill had a double to chip in for the offense. Camilla Cote, Lauren MacDonald, Lucy Prunier and McKenzie Bassett all had base hits for the Bears.

“Was nice to see our bats get going today,” said coach Mark Dawalga. “It was a good team effort against a very good Gilford team.”

On Friday, May 12, the Bears dropped a 13-1 decision to White Mountains Regional. Dill had a double and an RBI and MacDonald had a pair

of singles, Bassett had a single and a walk and Prunier had a base hit.

Laura Slate went the distance in the circle, allowing six earned runs on eight hits.

“The kids work hard and that will pay off down the road,” said Dawalga.

The Bears are scheduled to host Somersworth on Friday, May 19, visit Belmont on Monday, May 22, and host Gilford on Wednesday, May 24, all with 4 p.m. scheduled starts.

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

Mountaineers blast their way past softball Bears

BY JOSHUA SPAULDING

Sports Editor
TILTON — The Berlin softball team put runs up on the board early and made them stand up, defeating host Winnisquam by a 20-3 score on Thursday, May 11.

Makenna Peare and Alison Jacques started the game with back-to-back walks and after a fly ball to right, Alexa Goulet worked a walk to load the bases and base hits from Julia Coulombe and Lexi Bourassa helped push runs across. Makenna Kelley followed with a walk and Aubrie Woodward delivered a base hit. Arayana Bedard worked a walk, Peare was hit by a pitch, as was Ava Bartoli before the inning came to a close with Berlin up 7-0.

A Lauren MacDonald base hit in the bottom of the first got the Bears on the board, but they only managed the one run.

Berlin added to the lead in the top of the second in-



Teagan Nelson dives forward to make a catch in center field during action last week.

JOSHUA SPAULDING

ning. Bourassa and Kelley both worked walks and Woodward reached on an error to drive in one run. After Bedard worked a walk, Peare doubled home two runners and

a double from Jacques plated two more runs for the 12-1 lead. Teagan Nelson made a nice catch of a fly ball to short center field, but after back-to-back walks to Goulet and



JOSHUA SPAULDING

McKenzie Bassett gets a tag on a diving Berlin runner during action last Thursday afternoon.

Coulombe, Bourassa was hit by a pitch to plate the 13th run of the game.

Peare set the side down in order in the bottom of the second inning with a pair of strikeouts and Berlin plated two more runs in the top of the third against new Winnisquam pitcher Laura Slate. Woodward led off the inning with a homer over the fence in right field and one out later, Peare doubled and Jacques reached on an error. Goulet walked to load the bases and a walk to Coulombe made it a 15-1 lead before Slate got a strikeout to end the inning.

The Bears put a couple more runs in the bottom of the third inning. With one out, Camilla Cote worked a walk and McKenzie Bassett reached on

an error. A sacrifice groundout by Bella Dill plated the second run and MacDonald reached on an error to plate the game's third run.

Amelia Jacques had a base hit to start the top of the fourth and Woodward doubled to right, but she was cut down going too far around second base. A sacrifice groundout by Olivia Richard pushed across another run and then Peare worked a walk and Alison Jacques reached on an error. A double from Bartoli drove in another run and a double from Goulet drove home two more, pushing the lead to 19-3. Coulombe reached on an error to drive home the final run of the game before Slate got a strikeout to end the inning.

Peare then set the

side down in order in the bottom of the fourth. Slate worked around a hit batter in the top of the fifth and Bassett reached on an error in the bottom of the seventh, but the Mountaineers held tight and got the 20-3 win.

Berlin is scheduled to be at Somersworth today, May 17, and then will be hosting Bishop Brady on Thursday, May 25.

Winnisquam will be hosting Somersworth on Friday, May 19, will visit Belmont on Monday, May 22, and will be hosting Gilford on Wednesday, May 24, all with 4 p.m. starts.

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Raiders drop close one to Mountaineers

BY JOSHUA SPAULDING

Sports Editor

TILTON — It was the definition of a pitchers' duel when Belmont's Liam Waldron and Winnisquam's Anthony Boomer toed the rubber in Tilton on Monday, May 8.

Boomer got the better of the matchup, as he didn't allow a single hit and the Bears picked up the 1-0 win over the Raiders.

Boomer went the distance, striking out 10 and allowing just one walk, as Belmont had just three batters reach base, two on errors and

one on a walk.

For his part, Waldron pitched a heck of a game as well, allowing just two hits and one run while striking out six.

"We have to tip our cap to Boomer," said Belmont coach Matt LeBlanc. "He kept us off balance all day and had a dominating performance."

Boomer also had a double and drove in the game's only run, with Alex Nichols crossing the plate with the game's only run in the bottom of the fourth in-

ning. The two teams are scheduled for a rematch in Belmont on Monday, May 22.

Belmont will be hosting Mascoma on Friday, May 19, and will be at Prospect Mountain on Wednesday, May 24, both with 4 p.m. start times.

The Bears will be hosting Somersworth on Friday, May 19, for a 4 p.m. game.

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Opinion

A4 Thursday, May 18, 2023

WINNISQUAM ECHO

EDITORIAL

Embracing nature's flourish: The case for No Mow May

As we wind down the month of May, a rare opportunity has presented itself, with a chance to change our relationship with our lawns and embrace the beauty of nature's unruly charm. "No Mow May" is a movement that encourages homeowners and communities to refrain from mowing their lawns for the entire month. While it may initially sound unconventional, this initiative carries several benefits for both our environment and our well-being.

No Mow May supports biodiversity. By allowing our lawns to grow freely, we create habitats and food sources for a variety of insects, birds, and small mammals. Native wildflowers, clovers, and grasses flourish, attracting pollinators such as bees and butterflies that are crucial to our ecosystem's health. Through this simple act of not mowing our lawns, we actively contribute to the preservation of local flora and fauna, helping to restore balance to our landscapes.

No Mow May presents an opportunity for us to reconnect with nature and foster a sense of wonder in our surroundings. As we witness the transformation of our lawns into vibrant meadows, we are reminded of the cyclical nature of life and the beauty found in untamed spaces. Stepping outside and immersing ourselves in these naturally evolving environments can be a source of inspiration, relaxation, and a respite from the demands of our daily lives.

Further, No Mow May holds significant environmental benefits. By refraining from mowing, we reduce our carbon footprint and conserve valuable resources.

Critics may argue that unkempt lawns present a sense of neglect or an invitation for pests. However, it is important to distinguish between neglect and intentional cultivation of natural spaces. No Mow May encourages us to redefine our perception of what a "perfect" lawn looks like, allowing for a shift in aesthetics that prioritizes the health of our ecosystems over conforming to conventional norms.

Let your lawn be a canvas for nature's masterpiece, even if just for a few weeks!



COURTESY

Spaulding Academy & Family Services celebrates science

Spaulding Academy & Family Services in Northfield recently held its annual Science Fair, a community building academic event. Children researched scientific topics and prepared displays and reports to present to family, friends, and Spaulding staff. Each child earned medals and ribbons for their hard work. This event was a great way for the Spaulding Family to come together to learn and grow in a collaborative, supportive environment. For more information about Spaulding Academy & Family Services, visit SpauldingServices.org.

Positively speaking!

Toby Moore

Negativity is about the naysayer, not you

I don't want to sound negative, but have you ever noticed that when you're feeling good about something you're about to do, someone comes along and tries to bring you down with a mean comment? It's almost like they're determined to spoil your excitement and make you doubt yourself.

There are people out there eagerly waiting for someone to step up and make a difference, only so they can tear you down and try to break your morale.

This week, I was promoting my company on social media. The whole mission of my company is to make a positive impact on the independent film world. I speak to hundreds of filmmakers at all experience levels and work with as many as possible.

This is why it was so strange a filmmaker began harassing me online, spewing negative comments about me and my company, and claiming that we would fail. It was incredibly bizarre because he is part of the community I'm trying to serve and support.

Despite my efforts to reason with him, he chose to harass me digitally, attacking me with hurtful words on every post I made. Eventually, I had to block him.

I used to think that if I talked to naysayers and tried to reason with them, they might change their minds and see things more positively. I've learned that it's like trying to teach a goldfish how to bark - it's just not going to happen!

When you come across a naysayer, arguing and defending your position can be tempting. But here's the truth: the naysayers are just as stubborn in their beliefs as yours. So please don't waste your time trying

to convince them otherwise. It only causes arguments and more negativity.

Instead, keep your responses short and sweet. There's no need to assert your stance or try to explain yourself. The naysayer will come up with reasons why they're right, and you're wrong.

I'll admit I was very bothered, and it's so crazy how the mind works. Despite many positive things happening to me in the last few weeks, this one negative experience dominated my thought process.

We've all been around those who subtly or not, so subtly try to disparage and bring us down. It could be a career path they thought was impractical or an idea for a project that seemed too ambitious.

Initially, it gets under your skin, but later you find you're doubting your mission; what if they're right? What if they know something I don't?

Then I start to wonder why? Are people like that simply projecting their limitations onto us? Are they jealous? Are they just negative people?

After a while, I realized, what's the point? It's none of my business what he thinks of me, and it doesn't matter why he thinks that way about me. I need to focus on what I must do, and unless someone offers constructive criticism, I don't need to let it occupy my mind.

It's not our business to absorb their negativity and let it affect your beliefs, self-worth, or aspirations.

Everyone has different dreams and aspirations. Some people have grand visions, while others have more modest goals. And unfortunately, some have given up on their dreams or are too afraid to pursue them.

We can analyze all day, but it's straightforward. Not everyone will think your goals are great, not everyone will be for you, and some will be against you no matter what. Some are rooting for your failure. Knowing this is important, but only think about it a little.

We can't control what others say or think about us, but we can control our actions and the value we create.

Stay focused on your goals, work hard, and trust in the power of your vision and determination. We don't need anyone else's approval or validation to pursue what matters most.

When a naysayer tries to bring you down, remember, it's not about you. It's about their insecurities and limitations. As Gandhi said, "First, they ignore you. Then they laugh at you. Then they fight you. Then you win."



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The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253.
POSTMASTER:
Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.

THE WINNISQUAM ECHO
PUBLISHED BY
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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.

GOING OUT OF TOWN

An ode to mall crawling

BY ERIN PLUMMER

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I mentioned this in a previous column, but there is a frequent type of destination I tend to gravitate to in my wanderings: malls. I love malls. Think of one big building where one can go for a long walk, explore different levels and corridors, do some people watching, sample different kinds of cuisine in one place, and maybe find some treasures whether they're of the handmade or mass-produced variety. In their heyday malls were a popular destination for shoppers and mostly associated with major retailers. In the past few decades, however, malls have become an obsolete concept. While some thrive and get new shops and eateries, others are now long hallways of empty stores with few people around. Whether you love them or hate them, I personally have always loved exploring malls and seeing the many different shapes and personalities they take.

I think my love of malls comes from how they were a big thing when I was a kid. I'm a child of the '80's, the era where the mall was at its prime and was considered the hip, happening place for people to hang out. When I was a kid living in Rochester, the nearest mall was the Lilac Mall, with the Newington Mall and the Fox Run Mall about half an hour away. I loved it when my parents took me to these malls as a kid, including the cookies on a stick at the Fox Run Mall and going through the tape sections of all the ever-rotating numbers of music stores.

In college my friends and I would stop at places like The Mall at Rockingham Park in Salem and the Pheasant Lane Mall in Nashua. I was astounded to see malls with multiple levels. It was so exciting to see places this big with so much room to explore.

Childhood nostalgia is just one reason why I love malls so much. Another is how these are hallways and hallways packed with so many different things. I personally love being in busy environments surrounded by so many shiny things to look at. I am also a huge fan of mall walking and can get so many steps in with every mall crawl. Each mall has a different layout: some with a pretty simple design and some with a lot of branching hallways. I love walking in one direction and finding so many more things around a corner. All this walking does make one hungry, good

thing there's usually a lot of different dining options.

The weird thing is the actual shopping part isn't a huge motivator for me to go to the mall, though of course that depends on my mood and where I am. It's too easy to think I'll just go for a walk and then find myself toting bags around wondering what happened. For me the siren song to part with money usually comes from chocolate shops, music stores, stores that sell pop culture collectibles, and any specialty food stores. Then there are some times I avoid the siren call and walk out with maybe just a coffee.

My usual haunts are still the Fox Run Mall, Mall of New Hampshire, the Pheasant Lane Mall, and Mall at Rockingham Park. These are my old reliable located relatively close to home, though usually they all get some fun new additions.

I hadn't been to Rockingham Park for a while and was happy to come back a few weeks ago. This time, it was mostly a walking trip, it felt good to hike around both levels exploring new things. I loved seeing some new shops such as a comic shop and a few stands that sold anime figures.

Most of my trips to Boston usually involve a stop at the Prudential Center and Copley Place. I'm a regular at Anime Boston at the Hynes Convention Center and that gave me a sentimental love for that whole complex. The buildings are also open at all hours with rare exceptions, which makes for some peaceful walks even though none of the stores are open.

In recent years, I have been exploring a few other malls a little further out. I love the Burlington Mall and have become more of a regular at the Natick Mall. I just love the Natick Mall's little forest of fake birch trees and some of its unique architecture. When I get down to Providence I usually park at Providence Place and have to explore all three levels with gorgeous views of the city out big, picture windows.

When I was in New York City I stumbled across the Westfield Shops and Dining at the Oculus at the World Trade Center pretty much by accident. I



PHOTO BY ERIN PLUMMER

The Mall at Rockingham Park in Salem is one of my favorite road trip destinations. Just looking at these hallways makes me think of fun walks and exploring different stores.

knew there were a few stores there, but when I visited the World Trade Center monument, I saw this small building with its soaring metal sculpture and couldn't imagine how this could have any stores. That's when I walked down a few staircases and looked in awe at the giant underground mall in front of me. This was the most

unique mall I have ever walked with soaring architecture in some places and narrow, winding corridors in others.

I know that malls are a part of commercial sprawl and associated with being the antithesis of small, local business (though that might have changed a bit recently, but I'll get to that later). Maybe a lot of my thing

for malls is a guilty pleasure, the way one enjoys fast food and the like. The role of the mall, however, has greatly changed in recent years.

As the economy and the entire retail industry have undergone massive changes, malls are becoming an obsolete concept. It is kind of sad to walk through any mall that has essentially be-

come a ghost town with half the stores shuttered and few people walking the corridors. It has been interesting to see how many malls have stayed vibrant over the years, including those that have gone from empty to busy.

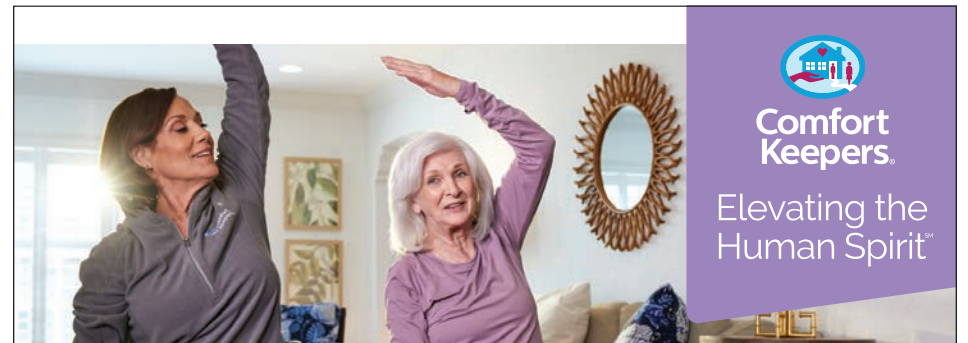
One theme I've noticed is how many small, independent businesses have leased mall storefronts. It's been refreshing to see these new businesses and all their unique merchandise. Some of my favorite stores to walk through are those that sell locally made items from many different artisans. Food courts have also become places where small businesses have found a foothold and provide some great meals. Sometimes you can find some really unique cuisine at a mall food court, especially getting the chance to sample dishes from many different cultures.

Whether it's a guilty pleasure or a desire to just explore and experience a busy environment, I just plain love hanging out at malls. It has been interesting and maybe a little sobering to watch how they have evolved and, in some cases, devolved with the onset of the digital shopping age. Maybe malls themselves are becoming parts of nostalgia, or maybe they are taking a different form including as a space for more local businesses. Either way, to quote the great Marge Simpson, "I just think they're neat."



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Edward Jones: Financial Focus

Four ways to use cash wisely

There has been a lot of talk about a "cashless" society, but it's not here yet. In fact, cash can still be a valuable element of your overall financial picture – if you employ it wisely. But how?

Consider these four key uses of cash:

- Everyday spending – Of course, you need sufficient cash on hand to pay for your cost of living – mortgage, debt payments, utilities, groceries, etc. You'll likely rely on your savings or checking accounts to pay for these needs.
- Unexpected expenses and emergencies – It's never a bad idea to establish a monthly budget. But, as you know, life is unpredictable – and sometimes you may encounter "budget-busting" expenses, such as a major home repair or a large medical bill. If you haven't planned for these costs, you might be forced to dip into your long-term investments, such as your IRA and 401(k), which can result in taxes, penalties and less money for your retirement. A better alternative is to prepare in advance by building an emergency fund containing up to six months' worth of living expenses in cash, or at least in a highly liquid account, held separately from your regular checking or savings account so you won't inadvertently spend the money.
- Short-term savings goal – When you are investing for a long-term goal – especially retirement – you will likely need to own a reasonable percentage of growth-oriented vehicles, such as stocks and stock-based mutual funds. The value of these investments will fluctuate, so, if it's possible, you'll want to avoid selling them when their price is down – which may make them unsuitable for short-term goals. But if you're aiming for a goal that you want to achieve in a year or so – a wedding, a long vacation, and so on – you'll want to be sure a specific amount of money is there for you when you need it. Consequently, you'll want to put away cash for this type of goal, possibly in a short-term savings or investment vehicle that might pay somewhat higher interest than a regular checking/savings account.
- Source of investment – In regard to your longer-term investment strategy, cash can play two important roles. First, it can serve as its own asset class, alongside other classes, such as stocks and fixed-income vehicles. Unlike these other classes – especially stocks and stock-based mutual funds – cash won't fluctuate in value, so it can potentially help lessen the impact of market volatility on your portfolio. And second, having the cash available in your portfolio gives you the opportunity to quickly take advantage of other investment opportunities that may occur. And you may be able to use your ex-

isting investments to help replenish the cash in your portfolio. For example, if you choose to take stock dividends in cash, these dividends can be "swept" into your brokerage account and held there until you're ready to invest them. (However, depending on your comprehensive financial strategy, it may be a good move to simply reinvest the dividends into the same stocks or stock funds.) Keep in mind that you won't want your investment accounts to contain too much cash, as its purchasing power can erode due to inflation.

By enrolling your cash efficiently, and putting it to work in different ways, you can gain some key benefits – and you'll help yourself to keep moving toward your short- and long-term goals.

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Softball Raiders blast past rival Bears

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Belmont softball team took advantage of some Winnisquam mistakes and came up with a 13-0 win on Monday, May 8, in Tilton.

“A great win after a tough 6-0 loss on Friday to Hopkinton,”

said Belmont coach Bill Clary.

“We have really struggled with our bats coming out of break,” said Winnisquam coach Mark Dawalga. “What I like though is that we continue to battle every at bat and that will pay off in the long run.”

Madi Smith took to the circle for the Raiders, allowing one hit and no runs while walking two and striking out 13 in the five-inning game, while Laura Slate toed the rubber for the Bears, allowing six earned runs and striking out three.

Offensively, Madi

MacDonald had a pair of hits for Belmont, Avery VonKadich had three hits, Lena Rodriguez worked a pair of walks, reached on a couple of errors and scored four times and Smith had a double, a triple and six RBIs.

Katie Sheridan had the lone hit for Winnis-

quam. The two teams are scheduled to meet again on Monday, May 22, in Belmont.

The Raiders are also slated to be hosting Mascoma on Friday, May 19, and at Prospect Mountain on Wednesday, May 24, both at 4 p.m.

The Bears are also

scheduled to host Somersworth on Friday, May 19, and host Gilford on Wednesday, May 24, both with 4 p.m. scheduled starts.

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



Damien Sanborn breaks from the start in the 200 meters last week in Alton.

JOSHUA SPAULDING



Adeline Takantjas takes the baton from Helena Papadopolous in the 4X400-meter relay last week at Prospect Mountain.

JOSHUA SPAULDING



Will Riley leads teammate Baidyn Lewis in action last week in Alton.

JOSHUA SPAULDING

TRACK

CONTINUED FROM PAGE A1

dles with a time of 52.28 seconds, while Will Riley won the 800 meters in 2:10.33, followed by Baidyn Lewis in third in 2:17.28, Evan Christensen in 12th in 2:56.14 and Cody Annis in 14th in 3:07.9.

Sanborn cruised to the win in the 200 me-

ters in a time of 23.72 seconds, while in the shot put, Rivera threw 32 feet, one inch for sixth place, Brady Filteau reached 29 feet, four inches and Elijah Livingston threw 28 feet, three inches. Livingston added a fourth place in the javelin at 102 feet, four inches, Rivera threw 88 feet, 10 inches, Kamdin Boyd

threw 49 feet, two inches and Derek Smith reached 46 feet, six inches.

Brady Jewell jumped 15 feet, 10 inches to placed fourth in the long jump, with Allard jumping 13 feet, nine inches, Cribbie reaching 12 feet, five inches, Boyd getting to 12 feet, four inches and both Benson and Smith threw 11 feet, nine inches.

Jewell also won the high jump, clearing five feet, two inches and finished second in the triple jump at 34 feet, five inches, with Tripp in third at 31 feet, 11 inches.

Tripp got the win in the 110-meter hurdles with a time of 19.5 seconds, while Riley won

the 1,600 meters in 4:49, with Tanner McKim in third in 5:35, Christensen in seventh in 5:58 and Andy Cryans in 6:27 for eighth.

The Raider 4X100-meter relay team finished in first in 45.61 seconds, while Tyler Durand was third in the 400 meters in 1:02.41 and Nicholas Daigneault finished in 1:12.69.

Riley got his third win of the day in the 3,200 meters with a time of 11:15 while Filteau finished in second in the discus at 104 feet, six inches and Richard Johnson threw 81 feet, 10 inches.

For the girls in the

100-meter hurdles, Aspen Fillebrown finished in fourth place in 19.1 seconds, while in the 1,600 meters, Alyssa Edgren was second in 6:07 and Riley Degange was sixth in 7:05.

The Belmont 4X100-meter girls finished in a time of 53.37 seconds and the 4X400-meter team finished in first as well with a time of 4:45.87. Ava Tonkin threw the discus 44 feet and finished sixth in the shot put at 19 feet, 7.5 inches.

Emma Winslow won the 100 meters in 12.84 seconds, with Mia Roy in second in 13.71 seconds, Cate MacDonald in fourth in 13.91 and Anna MacDonald in a time of 16 seconds.

Adeline Takantjas finished first in the 300-meter hurdles with a time of 53.62 seconds and Fillebrown placed sixth in a time of 1:10.75.

Rebekah Edgren led a Belmont sweep of the top three in the 800 meters with a time of

2:48.5, with Helena Papadopoulos in second in 2:50.27 and Emilie DeFrancesco in third in 2:51.59. Hailey Clairmont placed fifth in 3:13.37 and Emerson DeCato was sixth in 3:25.81.

Winslow also won the long jump with a distance of 15 feet, four inches and Fillebrown finished in sixth place at 11 feet, 11 inches. Takantjas won the triple jump at 32 feet, three inches, with Ava Lacasse in third at 29 feet, Ray in fourth at 28 feet, six inches and Jaelyn Nialetz in fifth at 28 feet, five inches.

Ray took the win in the 200 meters with a time of 30.24 seconds.

Belmont is slated to compete in the Wilderness Championships on Saturday, May 20, at Winnisquam.

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

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Gilmanton Historical Society examines the romance & reality of NH's one-room schools

GILMANTON — The Gilmanton Historical Society opens its 2023 summer season on Tuesday evening, May 23. Steve Taylor explores the lasting legacies of the one-room school and how they echo today. Hundreds of one-room schools dotted the landscape of New Hampshire a century ago and were the backbone of primary education for generations of children. Revered in literature and lore, they actually were beset with problems, some of which are

little changed today. The greatest issue was financing the local school and the vast differences in ability to support education.

The program, Tuesday evening, May 23 at the Old Town Hall, on Route 140 in Gilmanton Iron Works, begins at 6:30 p.m. Social hour and refreshments begin at 6 p.m. The public is welcome. There is no charge, but donations to support the Society's work are welcome. For further information,

check the Society's Web site: <https://gilmanton-historicalsociety.org>.

Summer programs continue: June 27: The Past, Present & Future of NH's Indigenous People. Saturday, July 29, 10 a.m.: Second Annual Farm & Flax Day, Farm Museum at Tom Howe Conservation Area, 245 Meetinghouse Rd. Tuesday, Aug. 23, 6 pm: Beech Grove Cemetery Walking Tour (Rain date Wednesday, August 23). Tuesday, Sept. 26, 6:30 p.m.,

African American



COURTESY

The Gilmanton Historical Society welcomes Steve Taylor presenting a program on One Room Schoolhouses on Tuesday, May 23, 6:30 p.m. at Old Town Hall in Gilmanton Iron Works.



JOSHUA SPAULDING

Ethan Carter makes a throw from second base during action last week against Berlin.

BASEBALL

CONTINUED FROM PAGE A1

nisquam scored four runs to take the lead. Brady Palmer led off with a base hit and Zach St. Onge worked a walk. Shea then doubled home two runs and Ayden Cushing worked a walk. Shea scored on a passed ball and Nichols doubled to keep the inning alive before the Mountaineers got out of the inning.

After keeping the Mountaineers off the board in the top of the fifth inning, the Bears added another run in the bottom of the inning. Duncan Gosselin worked a walk to start the inning, moved around on a wild pitch and stole second before scoring on an error for the 6-4 lead.

The Bears set Berlin

down in order in the top of the sixth and then added a pair of runs in the bottom of the inning. Shea and Wood opened the inning with walks and walks to Boomer, Gosselin and Palmer brought in three runs for the 8-4 lead.

Berlin got a pair of hits with one out in the top of the seventh and one out later, worked a walk to load the bases,

but a strikeout ended the frame.

The Bears are scheduled to be at home against Somersworth on Friday, May 19, and will be at Belmont on Monday, May 22, both at 4 p.m.

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

NHMS

CONTINUED FROM PAGE A1

of fun for spectators, and the best part is the proceeds will go towards the grants we distribute at the end of the year to various non-profits that focus on helping children throughout New England."

Registration is \$50 per rider for the timed courses and \$10 per rider for the fun course. Riders can sign up for the fun course in person on the day of the event, but are strongly encouraged to register for the timed courses in advance, as spots are limited. Visit nhms.com for information and to register.

Soldiers and Sailors of New Hampshire During the American Revolution. Tour. Saturday, Oct. 7, 10 a.m.-3 p.m. rain or shine. Cost: \$20.

Belknap Mill hosting art therapy workshops

LACONIA — Professional art therapist Frances Nutter-Upham will host an ongoing series of workshops for veterans, first responders, active military and their families will be held at the Belknap Mill on the second Saturday of every month from 10 a.m.-1 p.m.

These therapeutic workshops are sponsored by the Belknap Mill, Bonnette, Page & Stone and Camp Resilience. For more information, please visit www.belknapmill.org.



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ADVERTISEMENT FOR BIDS GRAVEL ROADWAY IMPROVEMENTS CAMPTON, NH

Sealed Bids for the construction of the **Gravel Roadway Improvements**, located on in Campton, NH will be received by the Town of Campton, at Campton Town Hall (12 Gearty Way, Campton, NH 03223), until **2:00 p.m.** local time on **Wednesday, May 31, 2023**, at which time the Bids received will be publicly opened and read. The Project generally consists of:

Gravel Roadway Reconstruction: The project includes reconstruction of approximately 1,100 linear feet of gravel roadway along Eastern Corner Road including new gravels and drainage improvements. The project also includes reconstruction of approximately 2,700 linear feet of Perch Pond Road including new gravels and drainage improvements.

Gravel Roadway Maintenance Improvements: The project includes sourcing, purchasing, hauling and drop/truck spreading crushed gravels on Lower Beech Hill Road, Windmill Road, Turnpike Road, Upper Beech Hill Road, and Bog Road to assist the Town with maintenance improvements on these roadways.

Bidding Documents may be obtained from the Town of Campton in electronic format (.pdf only) at no cost by calling (603) 726-3223. Prospective Bidders may examine the Bidding Documents at the Town of Campton (call ahead) and on www.constructionsummary.com. To be considered a responsive Bidder, the Contractor shall have obtained the Bidding Documents from the Town of Campton.

The Owner reserves the right to reject any and all Bids, to waive any and all informalities not involving price, time or changes in the Work, and to negotiate contract terms with the Successful Bidder, and the right to disregard all non-conforming, non-responsive, unbalanced or conditional Bids. Also, Owner reserves the right to reject the Bid of any Bidder if Owner believes that it would not be in the best interest of the Project to make an award to that Bidder, whether because the Bid package is non-responsive, or the Bidder is unqualified or of doubtful financial ability, or fails to meet any other pertinent standard or criteria established by Owner. If the Contract is awarded the Owner may award the Successful Bidder for any combination of its Bid Items for which Owner determines funds will be available at the time of award.

The Colonial presents one Mother of a Comedy Show

LACONIA — The Colonial Theatre - Laconia will present Mother of a Comedy Show on Saturday, Sept. 23 at 8 p.m. Tickets go on sale Friday at 10 a.m. at ColonialLaconia.com or by calling 1-800-657-8774.

The Mother of a Comedy Show Stars, Kelly MacFarland, Kerri Louise and Christine Hurley.

Although, these ladies travel the country as true professional stand up comedians, each having their own long list of impressive credits, here in a Mother of a Comedy Show they come together as friends!

Christine, Kelly and Kerri Louise have battled in the comedy clubs and done hundreds of corporate, and theatre shows. They've strived to work and perfect their craft!

Now, you will get the rare chance to see them together on one stage!

"We have all worked and done comedy show with other women. Those were great, don't get me wrong but being on stage with these wom-

en is something special," says Kerri Louise.

"These ladies are just wonderful. Love working with them!" added Christine Hurley.

"I love being on stage with my girls. It's just fun! And yes, there may be cocktails involved," said Kelly MacFarland.

Tickets for Mother of a Comedy Show at the Colonial Theatre of Laconia on Saturday, September 23 at 8pm are \$36 and go on sale Friday at 10 a.m. at ColonialLaconia.com or by calling 1-800-657-8774.

First opened in 1914, the Colonial Theatre was designed by George I. Griffin. Original owner Benjamin Piscopo was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. The theatre hosted a variety of stage productions and photoplays. By the early 1930s the Colonial had pivoted to show motion pictures. In 1983, the theatre was divided up into 5 separate movie screens. In August of 2002, the theatre closed after 87 years of opera-

tion.

On June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. 609 Main Street LLC was created to conduct the capital campaign for the renovation. The restoration of the Colonial began in March of 2016 and concluded in early 2021.

The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to a wide range of performances, including music, theatre, comedy, and civic events. The Colonial Theatre is managed by Spectacle Management and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main St., Laconia, NH 03246. www.coloniallaconia.com

Spectacle Live was founded in 2012 to provide performing arts venues throughout New England with expert services in venue operations, booking and

programming, venue and event marketing, venue programming and operational management, consulting, and event production. Since its founding, Spectacle Live has worked with more than a dozen New England venues on facility management, and in

promoting, marketing, and producing hundreds of concerts, comedy, civic, educational, theatrical, and family entertainment events. Spectacle Live has also been a valuable consulting partner to municipalities and non-profit venue owners, developers,

programmers, and operators. Spectacle Live has offices in Lexington and Lowell, Mass. and Laconia. For more information, please contact Pete Lally, plally@spectaclelive.com or 617-531-1257. www.spectaclelive.com

Local sound healer to lead gong bath in Franklin

Local sound healer to lead gong bath in Franklin

FRANKLIN — Sound Healer, Rev. Linda Goodman, will conduct a Gong Bath on Sunday, May 21, 1:30-3 p.m. at the Unitarian Universalist Congregation of Franklin.

A Gong Bath is a full-body listening activity that uses a combination of gongs, chimes, and singing bowls to

nurture the mind and body. The "bath" is entirely symbolic of the sound waves that surround you, helping to still the mind, bring deep physical relaxation, and reduce anxiety.

The session fee is \$35. Please bring a yoga mat. A limited number of anti-gravity chairs will be available. Pre-registration is required (no walk-ins). Space is limited. Please email admin.uucfranklin@gmail.com to register.

Belmont High School to host virtual climate summit

BELMONT — The organizers of the Belmont High School Climate Summit have announced the next summit will be held virtually on May 17 from 4-6 p.m., and is open to any interested individuals.

William Riley, president of the Belmont High School Outdoors Club, the event's sponsor, sees the summit as a "great opportunity for students and community members from across the region to come together and learn about climate change from a broad panel of experts. We are so grateful these speakers are donating their time to talk about such an important issue."

This virtual event will host four speakers, Dr. Alexandra Kosiba, Dr. Cameron Wake, Dr. Franz Litchner, and Dr. Julie Hambrook Berkman, who will present how forests help to mitigate climate change, what to do once you know more about climate change mitigation, how ecologists look at climate change, and how climate change affects water quality.

This is the third Climate Summit hosted by the Outdoors Club. Patricia Savage, a past attendee and advisor for the Climate Change Initiative at Coe Brown shared the Summit included not only "expert presentations from a variety of fields but was also accessible to the viewers. That they were able to communicate so much in such a short amount of time was impressive. The format of Q&A following each presentation worked very well."

For more information, or to sign up, please visit their Web site: <https://sites.google.com/sau80.org/outdoor-environmental-club/home>.

Golden Eagles win rematch with Bears

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The last time the Gilford and Winnisquam baseball teams met, they were on the diamond at Doubleday Field in Cooperstown, N.Y. and the Bears were walking off with a thrilling 4-3 win over the Golden Eagles.

In the rematch in Gilford on Wednesday, May 10, the Golden Eagles swung the bat with authority and rolled to an 11-4 win over the Bears.

Winnisquam scored one in the top of the first inning, but Gilford came back and plated four runs in the bottom of the third to take the lead. Winnisquam tied the game with three in the top of the fourth inning, only to see Gilford score a run in the bottom of the frame and then added five in the bottom of the fifth and one in the sixth to stretch out the

lead.

For Gilford, Gavin Clark had a double and a single, scored a run and drove in two runs, Brendan Folan had two this, scored a run and drove in two runs and Ryan Caldon had a double and a single, scored a run and drove in a run. Caleb Giovanditto had a double, scored three runs and drove in two runs and Tanner Keenan had a hit and drove in a run. For the Bears, Alex Nichols paced the offense with two hits and scored a run, Anthony Boomer and Duncan Gosselin each had a hit and drove in a run, Ayden Cushing had a base hit and scored a run and Ben Wood had a hit, scored a run and drove in a run.

Brett Skoog got the start and went four innings for Gilford, giving up four hits without surrendering an earned run

and striking out one. Luke Houle finished things up with three innings of work, striking out one and giving up two hits. Nichols started for the Bears and pitched into the fifth inning, giving up six hits and striking out two, while John Shea, Ethan Carter and Andrew Pearson followed him to the hill.

Winnisquam is scheduled to be hosting Somersworth on Friday, May 19, at 4 p.m. and will visit Belmont on Monday, May 22, also at 4 p.m.

Gilford is scheduled to be at White Mountains Regional today, May 18, at 4 p.m. and will be hosting Monadnock on Monday, May 22, at 4 p.m.

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



COURTESY

MVSB donates to Boys & Girls Club

Marcus Weeks, MVSB President (right), presents a \$1,000 donation to Chris Emond, Executive Director of the Boys & Girls Clubs of Central New Hampshire, in honor of National Provider Appreciation Day. The Boys & Girls Clubs of Central New Hampshire offers infant, toddler and preschool childcare, before/after school programs, and summer camp programs throughout Central New Hampshire.



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Touch-a-Plane, Touch-a-Truck returns to Laconia Airport

GILFORD — Karen Mitchell, President of the non-profit, WinnAero, is pleased to announce that the group will, in partnership with the Laconia Airport Authority, host an Open House event on Saturday, May 20. The popular family-oriented event dubbed “Wings, Water & Wheels,” will operate in the familiar “touch a plane, touch-a-truck” format so families are encouraged to bring their cameras.

“We have commitments from several aircraft owners to display their airplanes along with Gilford Fire and Police vehicles, large excavators and snow-plows and a vintage Midget Race Car from a private collection,” Mitchell stated.

NH Marine Patrol also plans to attend. Rounding out the displays will be a construction crane, a Stafford Oil truck and other construction vehicles.

“This is an excellent opportunity to speak directly with the pilots, operators, police and fire personnel about their planes, vehicles and careers,” Mitchell added.

Kids will be able to “fly” using the WinnAero Flight Simulators, speak to members of the Winnepesaukee Rocket Club, the Civil Air Patrol and the ACE Academy. Kids under 18 may also fly actual orientation flights at the event thanks to the local chapter of the EAA. The world’s largest association of aircraft owners is donating five of their aircraft and pilots to fly kids, free of charge, on “Young Eagles Flights” at the Open House. CR Helicopters of Nashua will be offering helo rides for a fee to children and adults.

Laconia Airport gates open at 10 a.m. on May 20, and the event will run until 2 p.m. that afternoon. A small per-person or per-family donation will be requested upon entry. New this year, as part of the non-profit WinnAero’s fundraising efforts, there will be a 50-50 cash raffle at the Open House. Buy your raffle tickets at the Registration table. Food and beverages will be available for purchase from the Beans & Greens Food Truck. WinnAero appreciates the financial



and in-kind support of this Open House from the Laconia Airport Authority, The Bank of New Hampshire, the EAA, E.M. Heath’s, Granite State Glass, Boyd Corp, Gator Signs, CHI Aerospace, NH Ball Bearings, Sky-Bright Aviation and Emerson Aviation.

Besides Wings, Water & Wheels, WinnAero is also gearing up to operate its ACE Acad-

emy week-long day camps in July for elementary, middle and high school students. As of today, approximately 20 slots remain open for interested youth. The openings are spread across all age groups and session themes; e.g drones, engineering, search & rescue and general aviation. For more information, please visit www.winnaero.org.

COURTESY

(Left) A future pilot gets acquainted with an experimental ultralight at a previous Wings, Water & Wheels Open House.

Partnership for Public Health recognizes outstanding community members during Annual Meeting

LACONIA — The Partnership for Public Health held its 2023 Annual Meeting in early April, focusing on the critical issue of housing insecurity in the Lakes Region. The event featured an engaging keynote speaker and discussion by local public health professionals and culminated in the presentation of awards to deserving members of the community.

The Standard of Excellence Award was presented by Carissa Elphick, Deputy Director of PPH, to Tammy Carmichael, Executive Director of PPH. Tammy was nominated by her staff and peers for exemplifying the Partnership’s mission and serving as a guidepost for the organization, community, and her staff.

Two Community Champion Awards were presented by Tammy Carmichael to Laconia Mayor Andrew Hosmer and Freeman Toth, Housing Stabilization and Homeless Outreach Manager of the Community Action Program. Mayor Hosmer received the award for his dedicated efforts to improve housing security and reduce homelessness in the community, while Freeman Toth was recognized for his individualized direct intervention work with those experiencing homelessness.

John Beland, Partnership Emergency Preparedness Director, presented the Volunteer of the Year Award to Jan Learned, who has served the Partnership for five years through the NH Senior Community Service Employment Program and has touched hundreds of lives throughout the region.

Lastly, Courtney DeVost, Director of Finance



COURTESY

Pictured, left to right: Mayor Hosmer, T. Carmichael, PPH Executive Director, F. Toth.

and Operations, presented longevity awards to PPH staff members Nikki Thomas (three years),

John Beland (three years), Lori Raymond (five years), and Carissa Elphick (eight years).

The Partnership would like to express its gratitude to all partners and community mem-

bers who attended the meeting, as well as its partner sponsors Bank of New Hampshire and Franklin Savings Bank, and congratulate those deserving members honored at the event. To learn more about the Partnership for Public Health, view its annual report, or inquire about getting involved with public health in your region, please visit ppnh.org.

About the Partnership for Public Health: Serving the Lakes Region through health and wellness initiatives, the mission of the Partnership for Public Health is to improve the health and wellbeing of the region through inter-organizational collaboration and community and public health improvement activities.

WORK Lakes Region, a coworking and event space, opens in Lakeport this fall

LACONIA — Jodie Gallant, Lakes Region Entrepreneur and Owner and Business Strategist/Coach of JMG Business Strategies, enthusiastically announces WORK Lakes Region, LLC, a coworking and event space set to open Fall, 2023. WORK Lakes Region will be located in Lakeport at 51 Elm St. on the Railroad Ave. side, in the newest Paugus Properties Development to enhance Lakeport and the Greater Laconia – Lakes Region community.

Founded by Gallant, WORK Lakes Region will be a membership based coworking space offering opportunities by the day and the week with flex desks, a private meeting space for two to eight people, one-to-three-person private longer use offices, and a two-to-100-person event center. WORK Lakes Region is a community-based solution with exclusive amenities for members like unlimited internet, mail solutions, Google My Business - Official Address allocations, community connection events and more.

Additional programming for leadership, business and personal development will also be added by Business Coach and Brand Strategist Jodie Gallant and her team at JMG Business Strategies. As well, this space is designed for local and regional businesses to also host their own events, programming and group services for their communities.

The vision of WORK Lakes Region is to provide an impeccable workspace and a culturally elevated community environment based on the values of growth, leadership, connection, and support. With a foundation of acceptance, abundance and appreciation, WORK will provide the ideal space for those looking to create and build upon their leadership and career success.

In this new environment where many are working remotely, WORK Lakes Region is a new way to work where one can still find the connections, camaraderie, support, and space of a traditional office, along with opportunities for continued learning and business support. When you spend most of your time working, your space matters. WORK Lakes Region is perfect for small business owners, remote employees, small business teams, local organizations, and remote students.

If you’re curious about WORK and what it’s all about, you’re invited to join the email list at WORKLakesRegion.com today. As a part of the email community, you’ll get to follow along on the progress and be first to know what’s happening. You’ll get hard hat tours, updates on offerings, opening details, and membership possibilities that best support your needs. Visit WORKLakesRegion.com for more.

PETS OF THE WEEK



Veno

Meet Veno! If you are looking for a reason to be active or go those extra miles in your morning jog, then Veno is your pup. His two favorite things are getting his zoomies out and smelling the world around him. Veno would thrive in a home that is active. He has done well making friends with other dogs in the past, but would do best in a home without small animals or farm life.



Zip

Meet Zip! He is a fun-loving and mischievous boy. He has an incredible outgoing personality and is looking for a forever home where he can be loved and spoiled.



NH Humane Society

Over a century of love for those without a voice.

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Forest Pump & Filter Co.

Serving The Greater Lakes Region Area for Over 50 Years

WE DO IT ALL

WELL DRILLING

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FILTERS

Family Owned Business for 40 Years

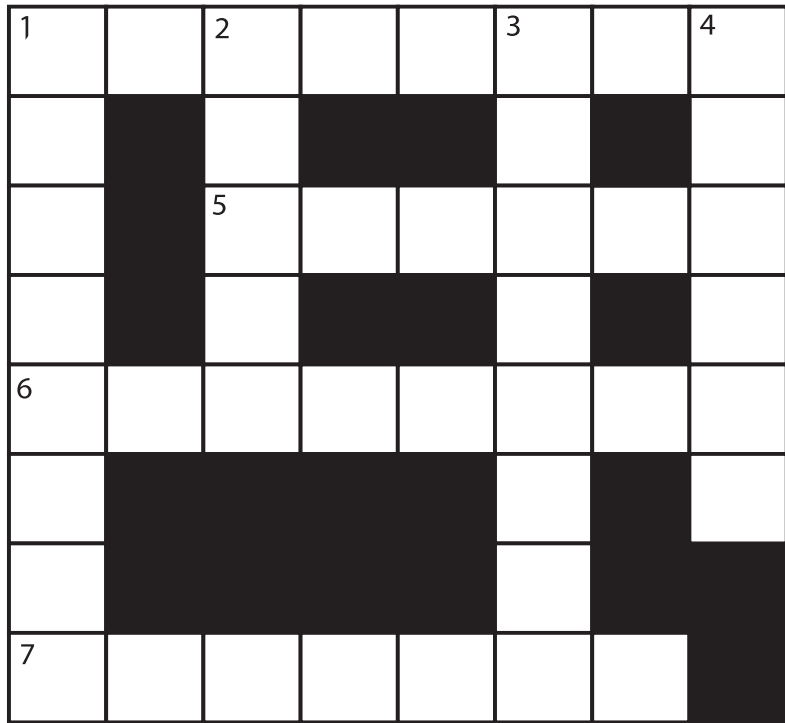
CALL FOR SERVICE

FOREST PUMP & FILTER CO., INC.

603-332-9037



Crossword Puzzle



ACROSS

- 1. Determines using math
- 5. Extreme fear
- 6. Act of removal
- 7. Counting symbols

DOWN

- 1. Youngsters
- 2. Shiny element
- 3. Power-producing machine
- 4. Physically powerful

THIS DAY IN...



HISTORY

- 1813: NAPOLEON BONAPARTE LEADS HIS FRENCH TROOPS INTO THE BATTLE OF BAUTZEN.
- 1927: CHARLES LINDBERGH TAKES OFF FOR PARIS FROM ROOSEVELT FIELD IN LONG ISLAND, N.Y. ABOARD THE SPIRIT OF ST. LOUIS.
- 1980: SIXTY PERCENT OF THE POPULATION REJECTS A PROPOSAL FOR QUEBEC TO BE INDEPENDENT FROM CANADA.



THERE WERE 73.6 MILLION OF THESE IN THE UNITED STATES IN 2021.

ANSWER: CHILDREN AGES 0-17

Answers:
 Across
 1. Computers 5. Terror 6. Deletion
 7. Numbers
 Down
 1. Children 2. Metal Turbines 4. Strong



TRANSFORM

to make a dramatic change

How they SAY that in...

- ENGLISH:** Power
- SPANISH:** Fuerza
- ITALIAN:** Potenza
- FRENCH:** Force
- GERMAN:** Kraft



KIDS HAVE THE POWER TO MAKE A REAL IMPACT IF THEY BELIEVE IN THEMSELVES.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: CHILD IN CHEF HAT

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to skin care. Each number corresponds to a letter. (Hint: 23 = 0)

A. 10 8 16 12

Clue: Cleanse

B. 21 23 24 16 7 1 18 24 15 22

Clue: Lubricate and soften

C. 13 18 23 7 22 19 7

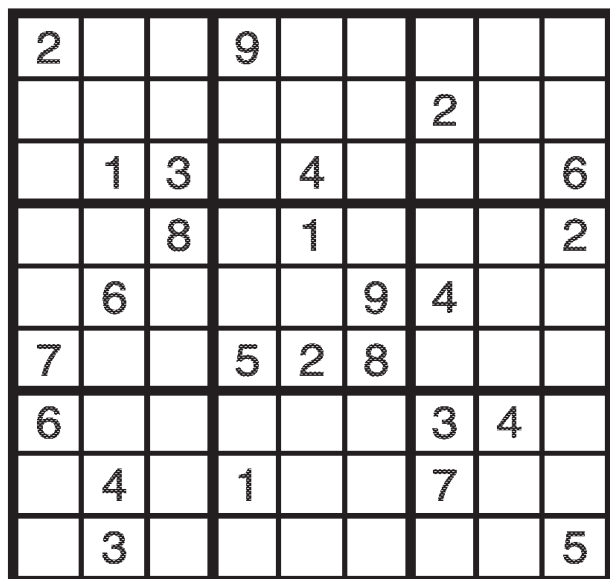
Clue: Guard

D. 2 20 23 10

Clue: Shine from within

Answers: A. wash B. moisturize C. protect D. glow

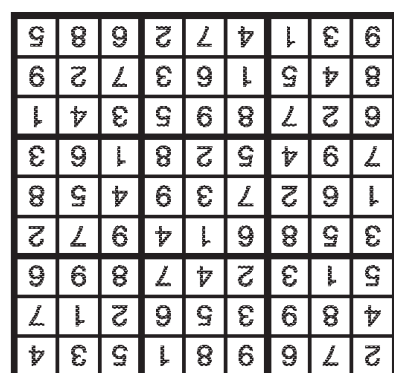
SUDOKU



Level: Intermediate

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!

MADE IN FRANCE

BREAK OUT
of the same monotonous routine and find an exciting **NEW JOB**

See the Classifieds **TODAY!**



COURTESY

Spring craft fair returns to Tanger Outlets

The Lakes Region Spring Craft Fair returns to the Tanger Outlets, 120 Laconia Rd., Tilton, Saturday, May 20 from 10 a.m. to 5 p.m. & Sunday, May 21, 10 a.m. to 4 p.m. Don't miss this fabulous arts & crafts fair with more than 100 amazing artisans! Some of the exhibits will include beautiful American wooden flags & signs, awesome alpaca products, handsome soy candles, amazing wrought iron creations, beautiful leather jewelry, seasonal decor, ceramic birdbaths, handknit Icelandic sweaters, New Hampshire maple syrup products, beautiful laser-engraved products, awesome tumblers, hand poured soaps/ personal care products, folk art, charcuterie boards, cribbage boards, pottery, amazing photography, pet products, clothing, delicious whoopie pies, chain-saw wood demos with Elise & lots more! Friendly, leashed dogs welcome! Rain or shine under canopies! Always free admission. Take Exit 20 off I-93 & bear left & only a quarter mile from exit! For more information, call Joyce at 603-387-1510 or visit joycescraftshows.com.



COURTESY

MVSb supports Humane Society

Elise Cushing, MVSb AVP, Business Development Officer (center), presents a \$1,000 donation to the New Hampshire Humane Society in Laconia in appreciation for all the work they do in the region. Also pictured: Deb McNeish, NH Humane Society Board of Directors President, and Kendra Frye, NH Humane Society Relationship Manager.

SELL IT
IN THE
Classifieds

Antique
LOCK—
MIC BOOKS—
SCREEN TV
Automobile
Moving S
YARD SALE—

Musical Instruments
ACOUSTIC GUITAR—
DRUM SET—

High School Slate

**Thursday, May 18
GILFORD**

Baseball at White Mountains; 4
Boys' Lacrosse at ILMA; 5:15
Girls' Lacrosse vs. ILMA; 4
Softball vs. White Mountains; 4

**Friday, May 19
BELMONT**

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

Saturday, May 20

BELMONT

Track at Wilderness Championships; TBD

GILFORD

Track at Wilderness Championships; TBD

WINNISQUAM

Track at Wilderness Championships; TBD

**Monday, May 22
BELMONT**

Baseball vs. Winnisquam; 4
Softball vs. Winnisquam; 4
GILFORD
Baseball vs. Monadnock; 4
Boys' Lacrosse vs. Kearsarge; 4
Girls' Lacrosse at Kearsarge; 4
Softball vs. Monadnock; 4
WINNISQUAM

Baseball at Belmont; 4

Softball at Belmont; 4

**Wednesday, May 24
BELMONT**

Baseball at Prospect Mountain; 4
Softball at Prospect Mountain; 4
GILFORD
Boys' Lacrosse vs. Milford; 4
Girls' Lacrosse at Milford; 4
Softball at Winnisquam; 4
WINNISQUAM
Softball vs. Gilford; 4
Thursday, May 25
WINNISQUAM
Softball vs. Newfound (Odell Park); 7:30

All schedules are subject to change.



REAL ESTATE

MEREDITH OFFICE
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(603) 279-7046

LACONIA OFFICE
1921 Parade Road
(603) 528-0088

SEARCH NH REAL ESTATE: WWW.ROCHEREALTY.COM

\$460,000

MLS# 4952304

\$669,900

MLS# 4952366

\$584,900

MLS# 4952314

\$325,000

MLS# 4950625

3BR/3BA, 2,712 sf. cape in desirable Woodgate Common. Featuring open concept living area, large center island, deck that overlooks the beautifully landscaped yard, first-floor primary suite, and direct-entry two car garage. The lower level has a large family room and workshop.

2BR/3BA, 2,203 sf. newly constructed end unit townhouse at Brook Hill. The unit features many upgrades. As you walk in you'll see the custom gas fireplace, floor to ceiling tile, and solid maple mantel. Featuring an open floor plan, natural light, cathedral ceilings and hardwood floors.

2BR/1BA, 1,544 sf. water access home with a deeded dock on Lake Winnepesaukee. Recently updated to make use of every space available. The open concept kitchen/living room has great views and incredible sunsets. Hardwood floors, granite counters, and propane fireplace make this home feel new.

11 acres located minutes off I-93. The level and cleared home site is ready for you to build your dream home capturing the spectacular mountain views. The driveway permit is in place. A snowmobile trail intersects the lower half of the property making it an ideal launching point for winter fun.

Voted #1 BEST Real Estate Company in NH's Lakes Region, 2019, 2020, 2021 & 2022!
Voted #1 BEST Commercial Real Estate Broker, 2020, 2021 & 2022!
Over 10,000 CLOSED transactions in New Hampshire!

* Statistics obtained from NEREN for the past 24 years since 1997 for all real estate firms reporting sales in the entire state of NH during that time.

PROPERTIES FOR RENT
Prince Edward Island, Canada
Summer/Fall Weekly Cottage Rental
2-bedroom newly constructed oceanfront cottage that sleeps 6. Sweeping views of the pond, ocean and lighthouse. Enjoy kayaking, bicycling and beach walking. \$900/wk. Contact Scott at 603-254-5032 or scottm@plymouth.edu

TYBEE ISLAND, GEORGIA
YEAR-ROUND SHORT-TERM RENTAL
1-bedroom unit overlooking ocean in a gated community with pool and walkway to beach. Sleeps 4 adults and 2 children. Watch dolphins at play, freighters, pelicans and fishing boats. Prices vary. Contact Oceanfront Cottage Rentals at 800-786-5889 or <http://www.oceanfrontcottage.com/listings/218-bay-breezes>

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ALWAYS OPEN DAILY • 10 TO 6 SATURDAYS & 10 TO 5 SUNDAYS

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	 List Price: \$102,995 \$93,995 64' 2 Bed, 2 Bath	BUY NOW WHILE PRICES ARE LOW!
DOUBLE WIDES	 List Price: \$119,995 \$115,995 56' 3 Bed, 2 Bath	 List Price: \$131,995 \$128,995 48' 3 Bed, 2 Bath
	 List Price: \$152,995 \$149,995 60' 4 Bed, 2 Bath, w/ Bonus Family Room	Homes From COLONY, MARLETTE, NEW ERA, & TITAN
MODULARS	 List Price: \$175,995 \$175,995 3 Bedroom, 2 Bath	 List Price: \$208,995 \$208,995 3 Bedroom, 2 Bath
	 List Price: \$208,995 \$208,995 1,900sq. ft. 2 story - Master Bed 1st Floor	

*Prices subject to change. WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU? Rt. 3, Tilton NH, exit 20 on Rt. I-93 across from Lakes Region Factory Mall • WWW.CM-H.COM

TO VIEW THESE AND OTHER PROPERTIES, VISIT:

- Alpine Lakes Real Estate: www.alpinelakes.com
- Badger Peabody & Smith Realty: www.peabodysmith.com
- Bean Group: www.beangroup.com
- Century 21 Country Lakes Realty: www.countrylakesrealty.com
- Century 21 Twin Rivers Realty: www.nhreal21.com
- Coldwell Banker: www.cbldmill.com
- Coldwell Banker Residential Brokerage: www.newenglandmoves.com
- ERA Masiello: www.masiello.com
- Exit Lakeside Realty Group: www.exitolakeside.com
- Granite Group Realty Services: www.granitegrouprealtyservices.com
- Gowen Realty: www.gowenrealty.com
- Kressy Real Estate: www.kressy.com
- Lakes Region Realty: www.lakesregionrealestate.com
- Lamprey & Lamprey Realtors: www.lampreyandlamprey.com
- Maxfield Real Estate: www.maxfieldrealestate.com
- McLane Realty: www.mclanerealtyplymouth.com
- Mountain Country Realty: www.mountaincountryrealestate.com
- Nash Realty: www.nashrealty.com
- New Hampshire Colonials Real Estate: www.squamlake.com
- Noseworthy Real Estate: www.noseworthyrealestate.com
- Old Mill Properties: www.oldmillprops.com
- Pine Shores Real Estate: www.pineshoresllc.com
- Preferred Vacation Rentals: www.preferredrentals.com
- Remax Bayside: www.baysidenh.net
- Roche Realty: www.rocherealty.com
- Strawberry Lane Real Estate: www.strawberrylane.com
- Town & Forest Realty: www.townandforest.com

Equal Housing Opportunity

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination. (The Fair Housing Act of 1968 at 42 U.S.C. 3604(c)) This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll free at 1-800-669-9777 For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275. You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301 Neither the Publisher nor the advertiser will be liable for misinformation, typographically errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

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Moultonborough Public Library Library Assistant

We are seeking a friendly, service-oriented, part-time Assistant to help at the Circulation Desk. Seasonal or year-round interest is welcome. **Send resume and letter of interest to libraryservices@moultonboroughlibrary.org** Please check our website for more details: moultonboroughlibrary.org

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Nashua, NH Ashland, NH Andover, NH
Sunapee, NH Pembroke, NH Moultonborough, NH

belletetes.com E.O.E.

Town of Groton

The Town of Groton NH seeks a Full-Time Public Works Director to manage their Highway Department, currently composed of 1 part time laborer and 1 part time equipment operator. The Public Works Director will report directly to a 3-member Select Board. Responsibilities include but are not limited to planning, scheduling, directing, organizing and managing all activities and functions of the Highway Department, including summer and winter maintenance of streets and highways in accordance with goals set forth by the Select Board and consistent with funding allocated in the approved budget. A more detailed list of responsibilities is available by contacting the Select Board office at 603-744-9190.

Qualifications required are applicants must be 18 years or older, must possess a CDL Class B driver's license, three to five years' experience in operation and maintenance of highway department equipment. Looking for a candidate that has the ability to work well with employees and the public and create a team atmosphere. Candidates must successfully complete a background check and reference checks. Supervisory experience preferred. Benefits package offered. Please submit your application/resume to Groton Select Board at 754 North Groton Road, Groton, NH 03241. Applications/resumes must be received by noon on Thursday, May 25, 2023 to be considered. Resumes will not be accepted by fax or e-mail. Serious inquiries only. Position open until filled.

TOWN OF PLYMOUTH, NEW HAMPSHIRE

OFFICE of the TOWN CLERK

Assistant Clerk

The Town of Plymouth has an immediate opening for a part-time (34 hours/week) Assistant Clerk in the Town Clerk's Office. Under the general direction and supervision of the Interim Town Clerk, the Assistant Clerk is responsible for processing motor vehicle and boat registrations, issuing dog licenses and certified vital records including marriage licenses, and assisting in the administration of local, state, and federal elections.

Applicants must have a strong clerical background and possess interpersonal skills with an emphasis on customer service, an ability to multitask, and other basic computer knowledge in Microsoft Office, professional correspondence, and data entry. Applicants must have the ability to obtain Municipal Agent and Boat Agent certifications within 3 months of employment and must be able to work additional hours per the request of the Town Clerk.

This position, shall be considered a part time temporary position through the Annual March 2024 Town Meeting Elections in which a new Town Clerk will be elected.

Pay range is \$18.22 to \$25.51/hour, depending upon qualifications, experience, and a successful background check.

To apply, please submit a resume and cover letter with 3 references included to Town Manager Scott Weden at Town of Plymouth, 6 Post Office Square, Plymouth, New Hampshire 03264.

The position will remain open until filled; however, priority will be given to resumes received on or prior to May 26, 2023.

The Town of Plymouth is an equal opportunity employer, who does not discriminate on the basis of race, color, national origin, sex, disability, age or creed.



Upper Connecticut Valley Hospital

JOB OPPORTUNITIES

Spotlight Positions:

Phlebotomist	Health Unit Coordinator
Registered Nurse	Environmental Services Technician
RN – OR	Certified Surgical Technician
RN – Med/Surg Charge Nights	Multi-Modality Radiologic Tech
RN Nurse Manager – ED/Med-Surg	Medical Assistant
Endoscopy Technician	Medical Technologist
Physical Therapist	

APPLY ONLINE
WWW.UCVH.ORG

Upper Connecticut Valley Hospital
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Phone: (603) 388-4236
Ucvh-hr@ucvh.org
EOE



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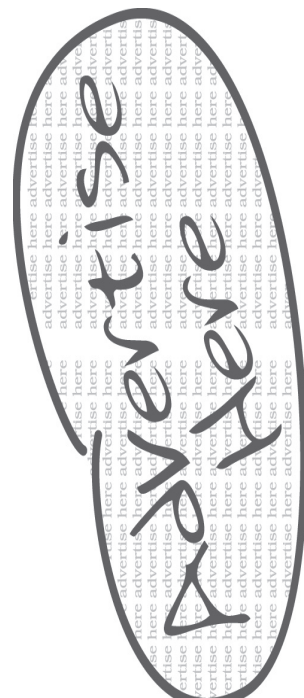
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**SHAKER REGIONAL
SCHOOL DISTRICT
SUBSTITUTE NURSE
POSITION**

Shaker Regional School District is seeking qualified individuals for Substitute School Nurse assignments, covering school nurse absences, on an on-call basis. Substitute nurses receive \$150.00 per day/ \$75.00 per half-day. Substitute nurses must be a Registered Nurse in the State of NH, and complete a post-offer, pre-employment physical and criminal background check, including fingerprinting.

Applications can be obtained through the District website at https://www.sau80.org/departments/human_resources, by visiting the Superintendent of Schools Office at 58 School Street, Belmont, NH or by calling 603-267-9223.

Shaker Regional School District serves the communities of Belmont and Canterbury, NH and is an Equal Opportunity Employer.



**ASHLAND ELEMENTARY SCHOOL
2023-2024 OPENINGS**

- Science Teacher (5-8)
- Special Education Teacher
- Student Support Assistant
- In-House Substitute/Classroom Paraeducator
- Special Education Paraeducators
- Substitutes

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

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email: Tracy@
salmonpress.news**

**SHAKER REGIONAL
SCHOOL DISTRICT
FULL-TIME
YEAR-ROUND
CUSTODIANS**

Shaker Regional School District has immediate openings for two (2) full-time, year-round, custodians at Belmont Middle School and one (1) full-time, year-round custodian at Belmont High School to perform cleaning according to an established schedule. Hours are 3:00 pm – 11:30 pm, with a half-hour lunch during the school year and 6:30 am – 3:00 pm, with a half-hour lunch during school vacations. Starting pay is \$14.37/hour through June 20, 2023, then \$15.87/hour effective July 1, 2023. Must be reliable, have the ability to work independently and follow written and verbal instructions. Our full time positions qualify for our comprehensive benefit package including health, dental, life, long-term disability and paid sick, personal and holidays. Please submit an application and 3 letters of reference to Steve Dalzell, 58 School Street, Belmont, NH 03220. You may contact Mr. Dalzell at 603-267-9223 ext. 5309 to obtain an application or visit the Human Resources section of our website: www.sau80.org. Successful completion, with satisfactory results, of a post-offer pre-employment physical and criminal background check, including fingerprinting, are required. Shaker Regional School District serves the communities of Belmont and Canterbury, NH and is an equal opportunity employer.

**SHAKER REGIONAL
SCHOOL DISTRICT
EMPLOYMENT OPPORTUNITIES**

Belmont Elementary School:
1-1 Behavioral Assistant
Classroom Assistant
General Special Education Assistant
Special Education Teacher - SLD
Title I Tutor

Belmont High School:
1-1 Behavioral Assistant (2)
1-1 Special Education Assistant
Math Teacher
School Secretary

Belmont Middle School:
1-1 Behavioral Assistant (3)
English Teacher - 8th Grade
General Special Education Assistant (2)
STEM/Technology Teacher

Canterbury Elementary School
1-1 Behavioral Assistant (3)
English Teacher - 8th Grade
General Special Education Assistant (2)
STEM/Technology Teacher

District Wide
Director of Information Technology
Elementary Computer Integration Teacher
Elementary School Psychologist
Middle/High School Psychologist
Speech & Language Assistant, Certified

For complete details for any of the above positions please visit the Human Resources pages of the District website, www.sau80.org, or contact Debbie Thompson, Business Administrator at 603-267-9223 ext 5303 or dthompson@sau80.org.

**SHAKER REGIONAL
SCHOOL DISTRICT
COACHING VACANCIES**

Shaker Regional School District is seeking coaches for the 2023-2024 season for following athletic teams:

**Varsity Coed Golf
JV Girls Soccer**

Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at cbelyea@sau80.org. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.

**Aspiring Construction Professional?
Carpenter or Laborer Seeking Steady Indoor Work?
Looking for a job with a future?**



We are a leading provider of engineered wood framing components. Our customers include New England's most forward-thinking commercial & residential builders.

You will be a member of a team that fabricates wood wall frame panels and trusses in our Danbury NH and Pembroke NH locations. Experience or will train.

Day or evening shifts, good pay, overtime, paid time off, bonuses and good fringe benefits.

Tuition assistance program for those interested in learning construction trade skills, construction design skills & construction project management skills.

Email us at smahoney@wallacebp.com or call (603) 768-5900 and ask for Gayle.



Help protect NH Loons!

HELP WANTED

LOON PRESERVATION COMMITTEE is seeking to hire a part-time/year round Center Assistant. This individual must be a personable, self-motivated team player. Duties include greeting customers, retail, and buildings and grounds oversight. Must be able to stand for extended periods. Moderate lifting is required. Retail experience preferred. For additional information go to <https://loon.org/job-opportunities/>. Please send a cover letter and resume to info@loon.org.

Spring HOME



Create your native plant garden

Gardening is a worthwhile endeavor that not only passes the time, but can be a form of exercise and relief from the daily grind. Gardens also provide ample opportunity to experiment, as individuals can produce everything from vegeta-

bles to bountiful blooms. Recent years have witnessed a growing emphasis on eco-friendly gardening that aims to reduce reliance on chemical fertilizers and pesticides in an effort to protect the planet. One way to do so is to rely on

native plants.

What are native plants?

Native plants are indigenous to particular regions. The National Wildlife Federation says native plants grow in habitats without human

introduction or intervention. Native plants have formed symbiotic relationships with local wildlife over thousands of years, which the NWF notes makes them the most sustainable options. Native plants help the

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GARDEN

CONTINUED FROM PAGE A15
environment and thrive with little supplemental watering or chemical nutrients.

Natives vary by region
Native plants vary by region. In arid climates, certain succulents may be native because they don't need much rainfall to thrive. In lush wetlands, succulents might be out of place.

These other tips can help the process.

- Plan and prepare the site by removing weeds and turning over the soil. This will give seedlings an opportunity to take root without competition from weeds. Seedlings will give gardens a faster head-start than waiting around for seeds to germinate. However, gardeners can start seeds indoors and then move them outside once they are seedlings.
- Avoid planting native plants in rows, as that's not how they're likely to grow naturally. Vary the placement so the plants look like they sprouted up haphazardly.
- Gardeners can still exert some control over native gardens prone to growing a little wild. Borders and paths can better define the growing areas.
- Grow Native!, an initiative from the Missouri Prairie Foundation, suggests planting two to four species in broad sweeping masses or drifts. Mix grasses with flowering plants. The grasses produce dense, fibrous roots that can prevent weed growth.

Start native planting
The NWF offers native plants for 36 different states that can be shipped right to customers' doors to help replenish native varieties. In addition, gardeners can visit local gardening centers to select native plants. Small and independently owned centers often feature knowledgeable local staff whose expertise can prove invaluable to individuals seeking native varieties.

It's important to keep in mind that native varieties may look less cultivated than more exotic blooms and foliage designed to sell for their unique appearances. Wildflowers and native grasses may be the types of native plants found in abundance, which may grow up and out quickly.

Native plants should require minimal care. Keep an eye on them and supplement with water if conditions have been especially dry.



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