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FRANKLIN — This spring, 14 Franklin High School (FHS) students earned Early Childhood Associate Teacher certificates from Lakes Region Community College (LRCC) thanks to the opportunity to take Early College classes (for dual high school/college credit) at no cost. The record number of students includes juniors and seniors, eight of whom participated in LRCC's graduation ceremony on May 16, celebrating a milestone typically reserved for traditional college students.

"It's an honor to be able to walk at the LRCC graduation because you know that you've earned something that you can use in the future," said Payton Cloutier. "We'll be able to compare the two — a high school graduation vs. a college graduation."

To receive the Early Childhood Associate Teacher certificate, stu-



Franklin High School students walk at LRCC graduation

Franklin High School students earn Early Childhood Associate Teacher certificates from Lakes Region Community College through the Early College program. Eight of the students pictured will walk in LRCC's graduation ceremony on May 16. Also included in this picture are two students who are currently in the program.

dents completed four courses including Growth and Development of the Young Child; Infant/Toddler Development; Health, Safety, and Nutrition; and College Essentials. During the program, students built pathways that connect school to real-world experiences and bring them one step closer to a career. Students designed model childcare centers using New Hampshire licensing regulations, developed health and safety plans and worked through real world scenarios connected to child development.

"This program started as a solution to a workforce challenge in Early Childhood Education three years ago and it has quickly grown into a robust academic partnership between LRCC and Franklin High School," said Chelsea Divers, LRCC's Early College coordinator.

SEE LRCC, PAGE A9

Sanbornton Square receives New Hampshire Humanities grant to present "US@250: Big Watch"

SANBORNTON — Broadcasting (NHPBS), Sanbornton Public Library, Sanbornton Historical Society and Sanbornton Congregational Church will host the program "US@250: Big Watch" on Wednesday, June 3 at 5p.m.

These three pillars in Sanbornton Square invite you to watch, discuss, eat and reflect on the 250th anniversary of the Declaration of Independence and American Revolution. The program will include a watch party of an excerpt of Ken Burns' new film, "The American Revolution," a light meal and a facilitated discussion by SNHU Professor Mohamed Defaa.

The Big Watch is a statewide series of community-driven programs that bring Granite Staters together. The grant is made possible by a collaboration with New Hampshire Humanities, NH Public

Broadcasting (NHPBS), and additional support provided by Cogswell Benevolent Trust. New Hampshire Humanities is an independent statewide nonprofit that nurtures the joy of learning and inspires community engagement by bringing life-enhancing ideas from the humanities to the people of New Hampshire.

Join us in the community room of the Sanbornton Congregational Church at 21 Meetinghouse Hill Rd. in Sanbornton. This program is free and open to the public, a light meal will be provided.

For more information, contact the Sanbornton Public Library at (603) 286-8288 or splnhcirc@gmail.com or visit the Web site, splnh.com, and for more information on NH Humanities, visit www.nhhumanities.org.

Belknap Area Market Management (BAMM) announces beginning of Farmers Markets' third season

BELMONT — Belknap Area Market Management (BAMM) is excited to announce the

return of its farmers markets for the 2026 season, bringing fresh, locally sourced produce, meats, baked goods, and artisan crafts to the communities of Tilton, Barnstead, and Laconia/Weirs Beach. The markets will run from late May through early October, offering residents and visitors a vibrant and accessible way to support local farmers and artisans.

Market Schedule

Tilton Farmers Market
Tuesdays, 3:30–6:30 p.m., starting May 19

Tilton Police Department, Route 132, Tilton

The Market at Weirs (Laconia)
Saturdays, 10 a.m.–1 p.m., starting May 24
Weirs Community Park, Laconia

New Suncook Valley Farmers Market (Barnstead)
Saturdays, 10 a.m.–1 p.m., starting May 30
91 Maple St., Center Barnstead

Each market will feature a diverse array of vendors offering fresh produce, meats, baked goods, and artisan crafts. SNAP/EBT benefits are

accepted at all markets and are doubled through the Granite State Market Match program, making healthy, local food more accessible to all.

BAMM is committed to fostering a strong local economy by providing a platform for small-scale farmers and artisans to showcase their products. The markets also serve as community hubs, bringing together neighbors and visitors to celebrate the abundance of the Belknap region, while enjoying live music and hot food from a variety of food trucks.

For more information about the markets, vendor applications, and support opportunities, please visit www.bamm-nh.org.

Raider lacrosse girls set new program benchmark

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont girls' lacrosse team split a pair of games last week and in doing so, set the standard for wins for the Belmont program, as the Raiders won their second game in a season for the first time in program history.

"We regularly play against teams with at least twice as many girls on the roster," said Belmont coach Rose Marie Marinace, noting that was the case on Monday, May 11, when the Raiders lost to Pelham by a 16-4 score. "However, Tuesday we competed against Campbell and things were working in our favor."

"The two teams,



COURTESY PHOTO

The Belmont lacrosse girls won their second game of the season last week to set a new program benchmark.

Early deadlines for Memorial Day

With Memorial Day falling on what would ordinarily be our press deadline for that week's edition (Monday, May 25), the submission deadline for any press releases and letters to the Editor intended for publication that week has been moved up to Thursday, May 22 at 4 p.m. Submissions can be e-mailed to Editor Brendan Berube at brendan@salmonpress.news.

SEE LAX PAGE A9

Late homer sinks Bears in Gilford



JOSHUA SPAULDING

Kellan Hilliker comes up throwing from shortstop during action against Gilford last week.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — For the second day in a row, the Gilford and Winnisquam baseball teams took to the diamond on Tuesday, May 12, this time in Gilford, and while the end result was the same, a Gilford win, the game had a much different vibe.

On Monday, Gilford won by a 13-0 score and on Tuesday, it took a solo homer in the bottom of the sixth inning to give Gilford the 1-0 win.

Drew Smith got the start

on the mound for Gilford and set the side down in order in the top of the first inning and his counterpart, Carter Lloyd, worked around a base hit from Cohen Elliott in the bottom of the first inning to set the Golden Eagles down.

Smith then struck out the side in the top of the second inning and Lloyd set the side in order in the bottom of the inning as well. Smith continued to set the Bears down, putting the side in order in the bottom of the third inning.

Gilford got an infield hit

from Jack Hazelton in the bottom of the third inning and he stole second, but the Bears got through the inning with no trouble.

Lloyd worked a walk with two outs in the top of the fourth inning but Gilford catcher Danny Fournier gunned him down stealing second to end the inning. Ryan Folan walked to open the bottom of the fourth and Smith singled, but Lloyd retired the next three batters in a row to end the threat.

Smith set the side down in order in the top of the



Evan Cote takes a swing during action last Tuesday afternoon in Gilford.

fifth inning and Gilford threatened again in the bottom of the inning. Carson Anthony reached on an error and Hazelton singled on a bunt. Both runners moved up on a sacrifice bunt from Andy Taylor and Elliott reached on a fielder's choice to load the bases. However, Bear catcher Danny Blodgett-Fralic turned a double play to end the inning.

Jordan Hill singled with one out in the top of the sixth inning for Winnisquam's first hit of the game and moved to second

on a Kellan Hilliker sacrifice bunt. However, Smith got a groundout to end the inning and the game remained scoreless.

Smith then led off the bottom of the sixth inning with a homer to center to give the Golden Eagles the 1-0 lead. Owen Wolpin followed with a single but Lloyd got the next three batters in order to finish out the inning.

Lloyd was hit by a pitch with one out in the top of the seventh inning and Blodgett-Fralic singled. Both runners moved up

on a groundout from Cullen Desrochers but Smith got a grounder back to the mound to end the game with the 1-0 win.

Winnisquam is scheduled to be in action on Friday, May 22, at home against White Mountains Regional at 4 p.m.

Gilford is slated to be in action on Friday, May 22, at home against Campbell at 4 p.m.

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

Raider boys and girls third on home track

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont boys and girls both finished third in a meet the team hosted on Tuesday, May 12.

Brady Filteau took the win for the boys in the shot put with a distance of 44 feet, 11 inches with Ethan Rivera at 39 feet, 5.5 inches for sixth place, Ryan O'Connor in eighth at 37 feet, six inches and Daniel Tripp at 34 feet, 1.5 inches for 12th place.

Filteau also won the discus with a toss of 150 feet, nine inches while in the javelin, Aiden Milmore was seventh at 111 feet, three inches, Tripp was 10th at 102 feet, 11 inches and Owen Michaelsen was 19th at 72 feet, four inches.

Christian Edgren took the win in the triple jump with a distance of 36 feet, six inches with Aaryn Durand in second place at 36

feet, 2.5 inches, David Mahoney in eighth at 30 feet, seven inches and Jacob Blanchette and Bronson Glines tied for ninth place at 26 feet, 9.5 inches.

Sacha Artis won the 110-meter hurdles in a time of 18.26 seconds and finished in second in the 300-meter hurdles with a time of 45.87 seconds.

Nick Wright took fifth in the 100 meters in 12.3 seconds with Devlin Gamache in 17th in 13.1 seconds, Trenton Proulx in 21st in 13.43 seconds and Andrew Cryans in 27th in 14.12 seconds. Dane Smith was 12th in the 200 meters in 26.76 seconds, Proulx was 20th in 27.97 seconds, Gamache was 29th in 29.23 seconds, Michaelsen was 31st in 34.05 seconds and Jaxon Potter was 32nd in 35.36 seconds.

Durand was fourth overall in the 800 meters

in 2:19.45 with Milmore in ninth in 2:22.3 and Blanchette in 15th overall in 2:38.78. Mahoney was 13th in the 400 meters in 1:02.3 with Cryands in 15th in 1:02.87, Glines in 17th in 1:03.67 and Potter in 22nd in 1:21.48.

The Raiders were second in the 4X100-meter relay in 49.72 seconds and second in the 4X400-meter relay in 3:52.79. The Raider girls were third in the 4X400-meter relay in 4:46.93 and third and fourth in the 4X100-meter relay in 56.53 seconds and 58.79 seconds.

Ava Lacasse won the

200 meters in a time of 25.3 seconds and she also won the 100 meters in 12.88 seconds with Caitlyn Conover in fourth in 14.36 seconds, Sadie Sturgeon in ninth in 14.84 seconds, Kyleigh Roe in 11th in 14.87 seconds and Ella Stevens in 15th in 15.19 seconds.

Cora Takantjas took the win in the triple jump at 30 feet, 7.75 inches with Hailey Clairmont in third at 28 feet, nine inches and Neala Murphy in 11th at 22 feet, 3.75 inches. Jenna Laramie placed fourth in the long jump at 13 feet, 11.5 inches.

Mia Ellis ran to second in the 100-meter hurdles in a time of 17.53 seconds with Takantjas in third in 18.05 seconds and Murphy in eighth in 22.41 seconds. Murphy was also seventh in the 300-meter hurdles in 1:07.67.

Sami O'Connor finished in second place in the shot put with a throw of 26 feet, nine inches with Haven Rivera in ninth at 21 feet, 7.5 inches and Alianna Steele in 16th at 18 feet, six inches. Steele placed eighth in the javelin at 57 feet, seven inches and Rivera was 11th at 51 feet, 10 inches.

Riley DeGange finished in third place in the 1,600 meters in a time of 6:37.1 with Laramie finishing in fourth in the 800 meters in 2:51.17 and Anna McDonald was 10th in the 400 meters in 1:15.32.

Belmont is scheduled to compete in the Wilderness League Championships on Saturday, May 23, at Inter-Lakes.

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

HIGH SCHOOL SLATE

Thursday, May 21
BELMONT
Boys' Lacrosse at Lebanon; 4
GILFORD
Boys' Tennis vs. White Mountains (DH); 3
Girls' Lacrosse vs. Trinity; 4:30
Softball vs. Trinity; 4:30
Friday, May 22
BELMONT
Baseball at Somersworth; 4
Softball at Somersworth; 4
GILFORD
Baseball vs. Campbell; 4
Boys' Lacrosse vs. Hopkinton; 4
Saturday, May 23
BELMONT
Track at Inter-Lakes (Wilderness Meet); 10

GILFORD
Boys' Tennis vs. St. Thomas; 10
Track at Inter-Lakes (Wilderness Meet); 10
WINNISQUAM
Track at Inter-Lakes; (Wilderness Meet); 10
Monday, May 25
BELMONT
Girls' Lacrosse at Bishop Brady; 4
GILFORD
Girls' Lacrosse vs. Lebanon; 4
Softball at Fall Mountain; 4
Tuesday, May 26
BELMONT
Baseball vs. Inter-Lakes; 4
GILFORD
Boys' Lacrosse vs. Campbell; 4
Wednesday, May 27

BELMONT
Baseball at White Mountains; 4
Softball at White Mountains; 4
GILFORD
Baseball at Inter-Lakes; 4:30
Girls' Lacrosse at Plymouth; 4
Thursday, May 28
BELMONT
Girls' Lacrosse at John Stark; 4:30
GILFORD
Boys' Lacrosse at Laconia; 6
WINNISQUAM
Baseball vs. Newfound (Robbie Mills); 7

All schedules are subject to change.



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PETS OF THE WEEK

Meet Laci!



a friend, chances are Laci will start to feel the same way too. Watching her gain confidence and come out of her shell is incredibly rewarding, and she forms strong bonds with those she trusts.

This silly girl enjoys getting fresh air and would love a home where she can join you for peaceful walks and little outdoor adventures. She's got a playful side that peeks through once she feels safe, and it's sure to make you smile.

Laci may need some dental work down the line, so her future family should be prepared to keep an eye on her dental health and continue with any care she may need. With the right support, she'll continue to thrive.

If you have a soft spot for the quieter ones and the patience to let her blossom at her own pace, Laci will reward you with a loyal, loving companionship—and maybe a few silly moments along the way.

Meet Laci - One half of the Dachshund Duo

Laci is a beautiful long-haired dachshund mix with a gentle soul and a touch of shyness that only makes her more endearing. She may take a little time to warm up to new people, but with patience and kindness, her sweet personality truly begins to shine.

Laci takes a lot of comfort in her brother Scrapy—she looks up to him and often follows his lead. If Scrapy decides you're

Meet Scrapy!



side. Scrapy would be more than happy to be your daily sidekick—whether you're out and about or just lounging at home, he's happiest just being with his people.

Scrapy and his sister are also working on getting into their best shape, so they'll need a forever home that's committed to helping them stay healthy. A little extra exercise and mindful feeding will go a long way for this pair!

Scrapy does have a seizure disorder that is currently well-managed with medication. Because of this, his future family will need to be comfortable continuing his medication routine and staying on top of his care to keep him feeling his best. He doesn't let it slow him down, and with the right support, he can continue to live a happy, full life.

If you're looking for a loyal companion who's equal parts laid-back and loving, Scrapy just might be your guy. He's ready to drop the tough act and settle into a life full of comfort, care, and companionship.

Meet Scrapy - One half of the Dachshund Duo

Scrapy may have a bit of a "don't mess with me" look at first glance, but don't be fooled—this dachshund mix is a total softie at heart. Beneath that scrappy exterior is a lovable guy who's just waiting to show off his sweet, easygoing side to the right person.

He's a big fan of the simple joys in life: a good squeaky toy, some fresh air on a nice walk, and a cozy spot to relax by your

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Softball Bears battle tough against strong Gilford pitching



JOSHUA SPAULDING

Gilford's Taryn Limanni takes a lead off third behind Winnisquam's Camilla Cote in action last Tuesday afternoon.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — Gilford pitchers Belle Dow and Lucy Akerstrom combined on a one-hit shutout on Tuesday, May 12, as the Golden Eagle softball team defeated Winnisquam for the second time in as many days by a 7-0 score.

Dow got the start in the circle and set the side down in order in the bottom of the first inning and the Golden Eagles struck right away in the top of the inning. Maddi Metz led off

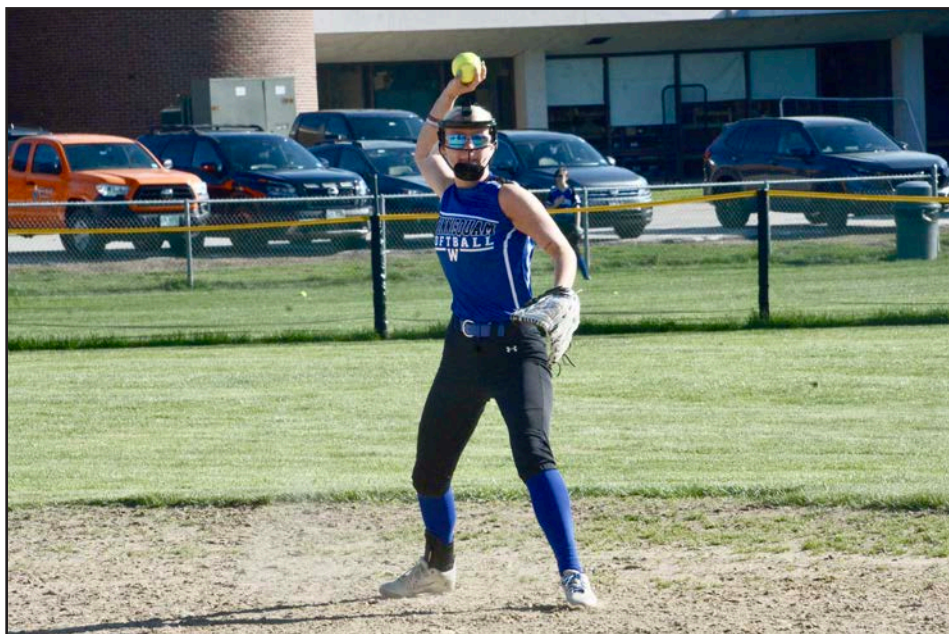
with a double to center and scored on a single from Addison Hodsdon for the 1-0 lead. She eventually scored on a passed ball and Dow worked a walk. Courtesy runner Emma Horton scored when Taylor Marsh homered to left and Gilford had the 4-0 lead after one inning of play.

Dow again set the side down in order in the top of the second inning and Savannah Halligan led off the bottom of the second with a double. Akerstrom reached on an error and a

Metz base hit drove in Gilford's fifth run. Two outs later, Marsh doubled to center and Gilford had the 6-0 lead after two.

Eila Petty got a bunt single with one out in the top of the third inning but Dow came back and struck out the next three batters.

Taryn Limanni reached on an error to open the bottom of the third inning, moved up on a groundout by Kate Taylor and scored on a groundout from Halligan for the 7-0 lead before the third inning ended.



Caidyn Carter makes a throw from second base during her team's game in Gilford last Tuesday.

Akerstrom made a great catch behind third base in the top of the fourth as the Golden Eagles went down in order. Metz led off the bottom of the inning with a base hit and two outs later, Marsh had a base hit, but the Bears got out of the inning with a fly ball to right field.

Dow again set the side down in order in the top of the fifth inning and Horton reached on an error with one out in the bottom of the inning. She moved up on a groundout from Halligan,

with Camilla Cote making a nice play at third base and Bear pitcher Danica Weymouth got a groundout to end the inning.

Dow struck out the side in the top of the sixth inning to give her 11 strikeouts in the game and in the bottom of the inning, Alissa Jean made a nice catch in right field and Alexis Mingolla made a great stretch at first base to help the Bears set the side down in order.

Akerstrom came on to pitch the seventh and she retired the Bears in order

to seal the 7-0 win for the Golden Eagles.

Gilford is scheduled to be in action today, May 21, at home against Trinity and Monday, May 25, at Fall Mountain, both at 4 p.m.

Winnisquam is slated to be in action on Friday, May 22, at home against White Mountains Regional at 4 p.m.

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

Winnisquam boys second at Belmont meet

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Winnisquam track team traveled to Belmont on Tuesday, May 12, to take part in one of the final meets of the regular season with the Bear boys finishing in second place and the girls taking fifth.

Kyle Douglas won the 100 meters in a time of 11.64 seconds with Connor Allen in 11th in 12.88 seconds, Christopher LeBlanc in 20th in 13.34 seconds, Alexander Mauch in 28th in 14.22 seconds and Cole Ringer in 31st in 14.96 seconds.

Nolan Abbott took the win in the 800 meters in a time of 2:10.82 with Taber Hagggett in third in 2:16.66, Douglas in fifth in 2:20.01, Dayton Brigante in seventh in 2:21.38 and Mauch in 13th in 2:36.88.

Abbott also won the pole vault at 11 feet, seven inches with Brigante in second at nine feet, seven inches, Kane St. Hilaire in third at nine feet, one inch and Kaito Tamaru in 10th

at seven feet, seven inches.

Simon Ahlgren finished in fourth in the 400 meters in 58.88 seconds with Owen Bakis in 14th in 1:02.56, Jack McGranaghan in 16th in 1:03.1, Samuel Button in 18th in 1:03.9 and Jesse Vieneau in 19th in 1:05.36.

Jovan Tyler was 10th in the 100 meters in 26.74 seconds, Ahlgren was 14th in 27.04 seconds, Jourdan Treamer was 15th in 27.19 seconds, Button was 16th in 27.36 seconds and McGranaghan was 21st in 27.98 seconds.

Solomon Shartar-Howe ran to third in the 3,200 meters in 13:05.51 while in the 1,600 meters, Tamaru was fifth in 5:47.73 and Tristan Honeman was sixth in 5:51.45. In the long jump, Romain Berghmans was seventh at 15 feet, 8.5 inches, Daniel Sheridan was ninth at 15 feet, 5.75 inches, Christopher Collins was 14th at 13 feet, four inches, Ringer was 16th at 12 feet, 3.5 inches and Chase Tripple was 18th at

10 feet, 2.5 inches.

Sheridan finished in fourth in the triple jump at 32 feet, 10 inches with Berghmans in fifth at 32 feet, four inches, Ahlgren in seventh at 31 feet, 2.75 inches and Tripple in 12th place at 24 feet, 10.5 inches.

Hagggett finished fourth in the javelin at 123 feet, eight inches with Jacoby Martin in 21st at 69 feet, two inches, Kilean Fretette in 23rd at 51 feet, eight inches and Mason Virgure-Hedberg in 26th at 42 feet, nine inches.

Hagggett was also fifth in the shot put at 39 feet, 7.5 inches with Daniel Powell in 21st at 26 feet, three inches, Hunter Mulinski in 23rd at 25 feet, seven inches and Stone Subocz in 26th at 24 feet, nine inches. Noah Bassett was seventh in the discus with a throw of 95 feet, nine inches, Mulinski was 18th at 64 feet, nine inches, Kevin Dore was 21st at 56 feet, two inches, Kurtis Voight was 24th at 54 feet, six inches

and Virgure-Hedberg was 25th at 42 feet, three inches.

The Bear boys were third in the 4X400-meter relay in 4:08.57 and placed fifth in the 4X100-meter relay in 51.44 seconds. The Winnisquam girls placed second in their 4X100-meter relay in a time of 53.92 seconds.

Denessa Williams cleared four feet, six inches in the high jump to place second overall while in the pole vault, Kyra Russell was third at six feet, seven inches and Carly Drew was sixth at five feet, seven inches. Alexandria Myers was fifth in the long jump at 13 feet, 10.75 inches with Zariah Moore in sixth at 13 feet, 8.5 inches and Milan Pham in 11th at 12 feet, 4.25 inches.

Phoebe Timmons placed fourth in the shot put with a distance of 26 feet, 3.5 inches with Russell in fifth at 24 feet, 11 inches, Kaylin Liesner in seventh

at 22 feet, three inches and Addison Todt in 20th at 15 feet, three inches.

Timmons was also third in the discus with a throw of 66 feet, one inch, Liesner in sixth at 58 feet and Todt in 11th at 43 feet, two inches. Timmons added a seventh in the javelin at 58 feet with Liesner in 14th at 47 feet, nine inches and Todt in 16th at 41 feet, three inches.

Moore finished in sixth place in the triple jump with a distance of 27 feet, four inches and Pham in seventh at 27 feet, 2.25 inches. Pham was also 13th in the 200 meters in a time of 32.42 seconds.

Abigail Osmer finished in sixth in the 100 meters in a time of 14.54 seconds and Moore finished in 13th in 14.92 seconds. Emily Tripple was third in the 400 meters in 1:08.41 with Russell in eighth in 1:13.13 and Williams in ninth in 1:13.68. HaydenRose Moriarty finished in 16th

place in the 800 meters in 3:42.14.

The Bears will be taking part in the Wilderness League Championships on Saturday, May 23, at Inter-Lakes.

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

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Opinion

Letter submission policy

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

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



There was lots of laughter with Robert Rivest at the Tilton Senior Center last Thursday! Rivest shared humorous stories, performed mime skits, comic improvisations, and led breathing, movement, and laughter exercises. Photo courtesy of the Senior Center's Facebook page.

COURTESY

Education that opens doors

In many small communities, there is a lingering misconception that opportunity belongs somewhere else. It belongs in larger cities, at bigger schools, or in places with deeper pockets and broader resources. Franklin High School's growing partnership with Lakes Region Community College is proving that assumption wrong in the best possible way.

This spring, 14 Franklin students earned Early Childhood Associate Teacher certificates before even receiving their high school diplomas. That alone would be impressive. But what makes this achievement especially meaningful is what it represents beyond the certificates themselves.

These students did not simply sit through a few introductory classes. They completed real college coursework in child development, infant and toddler care, nutrition, health and safety, and professional readiness. They designed model childcare centers, worked through practical scenarios, and gained experience directly connected to a workforce desperately in need of trained professionals.

At a time when communities across New Hampshire continue struggling with shortages in early childhood education staffing, programs like this do more than help students. They help entire communities. They strengthen the workforce pipeline while giving young people a practical and affordable head start toward meaningful careers.

Perhaps the most encouraging part of this story is that the opportunity was offered at little to no cost to the students and their families. Higher education expenses continue to weigh heavily on many households. Student debt remains a major concern for young adults entering the workforce. Programs like Early College help ease that burden while allowing students to discover their strengths and interests before committing fully to a career path.

For Franklin High School, the numbers alone tell an important story. Principal David Levesque noted that students earned approximately 270 college credits last year, with nearly 400 expected this year. In a smaller school district that has faced its share of challenges over the years, those numbers represent momentum, confidence, and changing expectations.

There is also something powerful about these students walking across the stage at a college graduation ceremony before graduating from high school. That experience matters. It allows students to see themselves differently. It reminds them that college and career success are not distant or unattainable goals reserved for someone else. They are achievable right now.

The broader lesson here extends far beyond one certificate program. Education works best when it connects directly to opportunity. Students are often most engaged when they can clearly see how classroom lessons apply to real life. Whether the pathway leads to teaching, healthcare, manufacturing, law, skilled trades, or another field entirely, practical partnerships between schools and colleges give students a stronger sense of direction and purpose.

Just as importantly, programs like this challenge outdated assumptions about what success looks like after high school. Four-year colleges remain an excellent path for many students, but workforce certificates, community college programs, apprenticeships, and technical education deserve equal respect. Communities need skilled professionals in every field, especially in areas like childcare and education where shortages directly affect working families.

Franklin High School's students should take great pride in what they accomplished this year. So should their teachers, counselors, administrators, and the faculty at LRCC who helped guide them. This partnership reflects what can happen when schools focus not only on graduation requirements, but on building real futures.

In communities across New Hampshire, there is constant discussion about how to keep young people engaged, how to strengthen local economies, and how to create opportunity close to home. The answer often begins exactly where it did here: with schools willing to think creatively, colleges willing to partner locally, and students willing to challenge themselves.

That combination has the power to change lives.

The quiet things we carry home

There's a certain sound to Memorial Day in small towns.

It's the distant thump of a bass drum echoing down Main Street. The squeak of folding chairs being opened along a parade route. The soft flutter of little American flags planted in damp cemetery grass before sunrise by volunteers who probably didn't tell anyone they were doing it.

When I was a boy, Memorial Day seemed simple to me. It meant a day off from school, a parade, maybe the smell of charcoal grills drifting through the neighborhood by late afternoon. I remember old veterans standing straighter than usual in their uniforms, though I was too young then to notice how some of them walked a little slower than others.

As a kid, you don't fully understand why grown men go quiet during the playing of "Taps."

You just know they do.

Now that I'm older, Memorial Day feels different. Not heavier exactly, but deeper. The older you get, the more you realize every town has names carved into stone somewhere. Boys who grew up on the same streets we drive every day. Young men who probably fished the same ponds, sat in the same diners, worked summer jobs, complained about cold winters and muddy springs just like the rest of us.

And then one day, they left home wearing a uniform and never came back.

That's what Memorial Day really asks of us. Not grand speeches. Not perfect patriotism. Mostly remembrance.

Just remembrance.

I think that's why New England towns observe Memorial Day the way they do. There's something mod-

KIND FOLKS, COLD WINTERS

By CHIPPY

est about it here. The ceremonies are rarely flashy. A few speeches. A prayer maybe. Flowers placed carefully at a monument. Veterans standing

shoulder to shoulder, even when age has bent their backs a little.

People still show up.

That matters.

I've always noticed how children behave differently during Memorial Day ceremonies too. Even the fidgety ones somehow sense this is not quite like the Fourth of July. There's usually one little boy waving a flag too enthusiastically until his mother gently lowers his arm. Somebody's toddler starts asking questions halfway through the ceremony. Teenagers stand around trying to look uninterested while quietly paying attention anyway.

That matters too.

Because remembrance has to keep getting handed down.

The older generation understood that. My father certainly did, though he wasn't much for emotional speeches. He belonged to that old school of men who believed you showed respect by showing up. Rain or shine. Suit jacket on. Hat off during the anthem. Handshake firm. No fuss made about it.

A lot of those men are gone now.

Truth be told, Memorial Day can feel a little lonely sometimes because of that. You look around town greens and realize many of the veterans who once led the parades now ride quietly in the passenger seat instead of marching. Some are missing altogether.

Time catches everybody eventually.

Still, there's comfort in the traditions staying put even as generations change. The local scout troops still

help. High school bands still miss a few notes halfway through the march. Volunteers still place flags at gravesites. Somebody still brings extra donuts nobody asked for.

And somehow that ordinary kindness feels connected to the meaning of the day itself.

Memorial Day was never really meant to glorify war. At least I don't think so. It's about honoring sacrifice while quietly hoping future generations won't have to make the same sacrifices quite so often.

That may sound old-fashioned nowadays. So be it.

I suppose I've reached the age where I don't mind sounding a little old-fashioned now and then. There are worse things a man can be.

Over the years, I've noticed something else too. The people who attend Memorial Day ceremonies most faithfully are often not the loudest people the other 364 days of the year. They're usually steady people. Humble people. Folks who understand gratitude doesn't always need a microphone.

Maybe that's the lesson I keep carrying home from Memorial Day each year.

A healthy town remembers.

Not perfectly. Not dramatically. But sincerely.

It remembers the people who built the community, protected it, sacrificed for it, and never made it back to enjoy the peaceful little moments the rest of us often take for granted. Ballgames. Backyard cookouts. Kids riding bicycles at dusk. A quiet evening with family while the screen door creaks open and shut.

Ordinary American life.

The kind of life somebody else once gave up everything to protect.

And every Memorial Day, whether we realize it or not, we carry that gift home with us.

Comfort Keepers

Herbal gardening and its benefits

BY MARTHA SWATS
OWNER/ADMINISTRATOR
Comfort Keepers

You don't need a green thumb or a huge plot of land to reap the benefits of growing fresh herbs. Not only are herbs versatile and capable of lending great flavor to foods, and as natural remedies that benefit personal health and beauty, but the specific act of growing an herbal garden itself helps in many ways, especially for seniors.

Planting an herb garden is a wonderful way to enjoy the sights, smells and tastes of a wide variety of plants. Fresh herbs

are often easy to cultivate and can grow in a small garden in the back yard, in pots on an outdoor patio or sunroom, or even in a window box inside a kitchen. Gardening is a terrific hobby and allows your senior loved one an opportunity to show his or her creativity. It is a great activity that can be shared with others like grandchildren, with friends in a club as a social activity, or even alone. Not only is gardening relaxing but it also improves hand-eye coordination, motor skills and self-esteem.

Herbs have many values but a few of the most common uses include aromatherapy, medicinal,

as seasonings and flavorings in foods and beverages, and in salads. Many herbs are chockfull of cancer-fighting antioxidants, valuable nutrients, fat-free flavor, and more. Before beginning any herbal treatment, caregivers should check with their senior's doctor to make certain that it does not interfere with medications that he or she may already be taking.

The word Aromatherapy is derived from 'aroma' meaning fragrance or smell, and 'therapy' meaning treatment. This ancient health in many ways. It is a stress reliever and mood enhancer and can be suc-

cessful in treating minor disorders. Some examples are to stimulate the immune system and strengthen your body's ability to resist disease and infections, to alleviate digestive problems like constipation and abdominal spasms, to enhance the respiratory system to treat coughs, sinusitis and tonsillitis, to ease muscular pain by promoting relaxation and toning, improving circulation and lowering blood pressure, combating stress-related disorders like insomnia and tension headaches, and even in treating anxiety, depression, and grief.

SEE COMFORT, PAGE A5

Early runs help Belmont softball slip by Winnisquam

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Belmont softball team went on the road to Tilton and picked up a 5-1 win over host Winnisquam in the rain on Wednesday, May 13.

The Raiders scored two runs in the top of the first and then added one run each in each of the next

three innings before the Bears added their lone run in the bottom of the seventh for the 5-1 final score.

"Today we just could not get our offense going," said Winnisquam coach Mark Dawalga, noting his team got the first two runners on in the fourth but couldn't get the big hit. "Give Belmont credit, they made some big plays in the

fourth inning to keep us from scoring."

Bailey Perkins had another strong game in the circle for Belmont, striking out 11 without walking a single batter and coach Bill Clary noted the team played great defense behind her and also had great situational hitting.

Perkins had a double and a triple and drove in

two runs, Lyla McSheffrey had a pair of hits and drove in a run and also had a great game behind the plate, Adi Ross had two hits, Natalee Cullen had a hit and an RBI and Molly O'Connell had her second triple of the season.

For the Bears, Danica Weymouth, Camilla Cote, Addie Bernier, Karmyn Simpson and Layla Glod-

dy had hits.

"The leadership of this team has been outstanding all year, whether we are up or down," Dawalga continued. "Our goal is always the same, play all seven innings and never stop playing and today we did that."

The Raiders are slated to be in action on Friday, May 22, at Somersworth and Wednesday, May 27,

at White Mountains Regional, both at 4 p.m.

Winnisquam is slated to be in action on Friday, May 22, at home against White Mountains Regional at 4 p.m.

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

Baseball Bears blanked by Golden Eagles

BY JOSHUA SPAULDING
SPORTS EDITOR

GILFORD — In the first of back-to-back games between the two teams, the Gilford baseball boys cruised to a 13-0 win over host Winnisquam on Monday, May 11, in Tilton.

Gilford scored five times in the first inning and

then added two in the third and sealed the win with six in the fifth inning for the 13-0 win.

Sam Kelley had three hits to lead the Gilford offense, driving in a run and scoring two runs while Carson Anthony had a double and drove in two runs, Cohen Elliott had a

double and a single, drove in two runs and scored a run, Owen Wolpin had a double, drove in two runs and scored a run, Ryan Folan had two hits, drove in a run and scored a run and Danny Fournier had a hit and scored three runs.

Evan Cote had a pair of hits from the top of the

lineup for the Bears with Caleb Hall, Micah Goodell and Cullen Desrochers each adding a hit.

Folan went all five innings on the mound, giving up just five hits and striking out six along the way. Dio Katsigiannis, Danny Blodgett-Fralic and Matt Hibbert combined to do

the pitching for the Bears, striking out five.

The two teams played again the next day in a game moved up a few days due to anticipated rain (see separate story).

Winnisquam is scheduled to be in action on Friday, May 22, at home against White Mountains

Regional at 4 p.m.

Gilford is slated to be in action on Friday, May 22, at home against Campbell at 4 p.m.

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

Raiders start, finish strong to knock off Bears

BY JOSHUA SPAULDING
Sports Editor

TILTON — It wasn't the best day for baseball, but the Winnisquam and Belmont teams went to work on Wednesday, May 13, with the Raiders getting the win over the host Bears by a 17-2 score.

Belmont scored three times in the top of the first inning and added one in the top of the second before both teams scored twice in the third inning. Belmont then posted six runs in the fourth and five in the sixth for the 17-2 win.

Brayden Townsend led the offense again with a double and a single and four runs scored, Max Ryder had three hits, drove in three runs and scored three times, Jack Crockford had three hits and scored two runs, Sam Binder had two

hits, drove in a run and scored two runs, Eddie Rochenski had a hit, drove in two runs and scored a run and Wyatt Divers had a hit and drove in a run.

Brady Colby had a double and drove in both of Winnisquam's runs and Chase Hall added a base hit.

Divers went the distance for the Raiders, giving up two hits and no earned runs while striking out four.

Winnisquam is scheduled to be in action on Friday, May 22, at home against White Mountains

Regional at 4 p.m.

Belmont will be at Somersworth on Friday, May 22, and will be at White Mountains on Wednesday, May 27.

Sports Editor Joshua Spaulding can be reached

at 279-4516, ext. 155 or josh@salmonpress.news.

COMFORT

CONTINUED FROM PAGE A5

Think of growing and using relaxing herbs such as chamomile, lavender or mint, rosemary, oregano, thyme, chive and sage for this purpose. The herbs can be dried and used in potpourri, simmered in pot on the stove to release their fragrance, hung upside down and used as natural air freshener, wrapped in a gauze bag and used in a bath or even dried and steeped to make herbal tea.

In the medicinal world, herbs have been used for centuries to help with a variety of ailments. (Again, it's important to check with your senior's doctor before using any herbs for medicinal purposes.) 'Old fashioned remedies' are for the most part herb based and have been used for generations to help with conditions from upset stomachs to anxiety and even strengthening the immune system. The first apothecaries (pharmacies) were stocked with botanical ingredients. Garlic is considered to be good for the heart and cholesterol conditions and has been shown in studies to possess anti-bacterial and anti-viral properties effective in boosting the immune sys-

tem and fighting all types of infections. Lemon balm, lavender, and marjoram can calm nerves and reduce anxiety. And peppermint is soothing and settling to a 'sour stomach.' 'The wise, old herbs,' as sage and rosemary are known, have been shown in studies to enhance brain function and may help to ward away Alzheimer's disease.

Seasonings are of course the most common uses of herbs found in any herb garden. Herbs add a lot of flavor to recipes besides providing various health benefits. No herb garden would be complete without basil, oregano, sage, thyme, chives or mint to season up dinner each and every night. Consider planting some lemon basil, lemon thyme, Thai thyme or another variation of any number of great herbs that offer different flavors. Use the herbs in cooking. You can add delicious, healthy herbs to marinades, sauces and soups. Herbal vinegars are not only decorative but mineral-rich as well.

Salads can be made with many herbs and are a special treat during the spring and summer months. Consider borage with some mesclun lettuces topped with some chives, dill, oregano and

basil. It doesn't have to stop there, many herbs lend themselves to being eaten in their raw form and add great flavor to any salad.

When looking for a healthy remedy to help your senior stay engaged, active and healthy, a small herb garden can be just what the doctor ordered in more ways than one!

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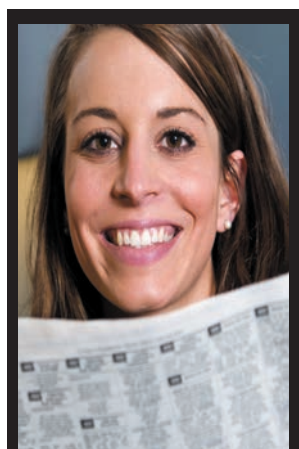
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Granite State Cigar Shop to host summer barbeque at Nutmeg Inn

MEREDITH—Granite State Cigar Shop, of Laconia, will partner with the Nutmeg Inn in Meredith to host a Rocky Patel Summer Dinner event on Saturday, June 6, from 6 to 9 p.m. Each guest will receive a three-pack of Rocky Pa-

tel Premium Cigars—the Year of the Horse, Emerald and Gold Label—as well refreshments, dinner prepared by Rubbin’ Butts BBQ of Center Harbor, a bonfire and free merch. A raffle for an XL Rocky Patel ashtray will also be held.

Cost is \$90, and seating is limited to 35; tickets are available by stopping by the shop, calling 603-619-5740 or emailingsales@granitestatecigarshop.com.

Tyler Parks, co-owner of the cigar shop at 1325 Union Ave. in Laconia, said the inn owners are customers, and they offered their space for the exclusive event and will provide discounted room rates for participants. Call 603-677-7245 for more information on an overnight stay.

“We’re excited to offer this opportunity for cigar lovers to come together, have a great meal and eat great, local food,” Parks said.

Granite State Cigar Shop is owned by Parks and his father, Fred Parks. The two, both of Gilford, saw a need for a cigar shop with a BYOB lounge for smoking and opened in Laconia a year ago.

The shop sells cigars; accessories such as humidors, lighters and ashtrays, pipes, pipe tobacco and cutters; and swag such as T-shirts, hooded sweat-

shirts and hats. The smoking lounge seats 15 and is well ventilated with a new system; there is no annual fee for participation. Humidified lockers are available for rent on a

monthly or annual basis. For more information, visit granitestatecigarshop.com, Granite State Cigar Shop on Facebook or [granitestatecigarshop](https://www.instagram.com/granitestatecigarshop) on Instagram.

Cornhole tournament to benefit Greater Lakes Region Children’s Fund

LACONIA — A community cornhole tournament aimed at supporting local children is set for Saturday, May 16, at the Laconia VFW.

The event, titled “Tossing Bags for Kids,” will raise funds for the Greater Lakes Region Children’s Fund, which supports youth and families across the region. Organizers say the day is designed to combine friendly competition with a strong community purpose.

Registration begins at 10 a.m., with games starting at 11 a.m. The cost is \$50 per team, and individual players are welcome, with organizers offering to pair up singles. The registration fee includes lunch for participants.

In addition to the tournament, the event will feature a silent auction, raffles, and a 50/50 drawing, giving attendees multiple ways to contribute to the cause.

The tournament is being organized by the Cafe Deja Vu Pub Mania Team, with sponsorship support from Zero Waste and Foley Oil & Propane.

Event organizers encourage early registration due to expected interest. Those looking to sign up in advance or seek more information can contact Tony Felch at 603-998-1418 or by email at ynotynot@peoplepc.com.



Left to right: Nimish Desai, vice president of operations at Rocky Patel Premium Cigars; Granite State Cigar Shop owners Fred and Tyler Parks; and Mike LaRiviere, a representative with Rocky Patel.

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How trees and plants can change the look of a landscape

Spring is home renovation season, and no area of a home is off limits. That includes home exteriors, particularly in regard to landscaping.

Lawn and garden centers draw crowds on spring weekends, as homeowners are anxious to get out in the yard after spending more time indoors over the winter. Plants and trees provide a simple and unique way to transform the look and feel of a property. As homeowners ponder what can be done to freshen up their landscapes, they can consider these benefits of incorporating new plants and trees into their properties.

- Add some pops of color. There's no shortage of colorful plants to add some pops of color to a property. Azaleas, lilacs, pansies, and, of course, rose bushes can add a wide range of colors to a landscape, providing undeniable and awe-inspiring curb appeal when the plants bloom.

- Native plants won't compromise their neighbors. When choosing plants for a landscape, it's important to pick those accustomed to the local climate. A non-native plant might be able to withstand local conditions, but it also might compromise other trees and plants on a property. When choosing new plants and trees for a landscape, work with pro-

fessionals at a local lawn and garden center to identify native plants that can handle local weather conditions and do so without putting existing plants on the property in jeopardy.

- Trees can add considerable privacy. Homeowners who don't want fencing, or those whose towns or homeowners' associations won't allow fencing, may look to trees to add the privacy typically provided by fences. The growth rates of trees vary by species, so homeowners who want instant privacy should look for trees that are already tall and/or fast-growing. Needlepoint holly (which reach an average height of 10 to 15 feet) and sweet viburnum (25 to 30 feet at maturity) are fast-growing species to consider when planting for privacy. Green giant arborvitae are a popular privacy tree, as they can reach significant heights and widths within a few years of being planted. And while it's always good to consult a lawn and garden center for advice on the compatibility of a given tree with the local climate, green giant arborvitae are known to thrive in U.S. Department of Agriculture hardiness zones five through eight, which cover a significant portion of the United States.

- Evergreens keep a property green throughout



the year. Homeowners who lament the loss of color each fall when their existing trees shed their leaves can keep a property green throughout the winter by

choosing evergreen trees for landscapes. The New Jersey Conservation Foundation notes that evergreen trees excel at conserving moisture, which allows

them to keep their leaves and maintain that distinct and appealing green color throughout the winter.

Various plants and trees can help homeowners

change the look of their landscapes without busting homeowners' budgets.

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Building Smarter in the Lakes Region

BY DONALD CHAPMAN, PRESIDENT & CO-FOUNDER, STRONG TREE ENGINEERING LAKE

Winnepesaukee and the surrounding Lakes Region are among the most special places in New Hampshire. For many families, these lakes, forests, and small towns are woven into generations of memories – summer cottages, boating, hiking, local businesses, and a way of life that feels uniquely New England. As more people continue to discover the beauty of the region, demand for housing improvements, renovations, additions, septic upgrades, and new development continues to grow. That growth creates opportunity for homeowners, contractors, local businesses, and the regional economy. But it also creates responsibility. Recent reports regarding increased cyanobacteria blooms in Lake Winnepesaukee have raised understandable concerns about water quality and environmental pressure throughout

the region. While there is no single cause, experts point to a combination of factors including stormwater runoff, aging septic systems, fertilizer use, shoreline disturbance, and increasing development density. The good news is that growth and environmental protection do not have to be opposing forces. With proper engineering, planning, permitting, and construction practices, homeowners and developers can improve their properties while still protecting the lakes, wetlands, and natural systems that make this area so valuable in the first place. At Strong Tree Engineering (STE), we believe responsible development starts with thoughtful design. Whether it's a septic system replacement, a waterfront renovation, drainage improvements, a subdivision in an undeveloped area, or a commercial project, every property exists within a larger environmental ecosystem. Small decisions matter. This

means: □ Designing stormwater systems that properly manage runoff □ Supporting septic upgrades that improve long-term environmental performance □ Preserving natural vegetation and shoreline buffers where practical □ Helping clients navigate local and state permitting requirements efficiently and responsibly □ Planning projects with both property value, as well as community and environmental sustainability in mind As engineers, surveyors, and environmental professionals, we also understand that regulations can sometimes feel overwhelming for homeowners. Our role is not simply to “check boxes”, but to guide clients through the process in a practical, solutions-oriented way that balances project goals with environmental stewardship. Personally, this mission is deeply meaningful to me. I spent much of my childhood summers on Lake Winnepesaukee at my Nana's cottage in

Moultonborough, and those experiences helped inspire me to co-found Strong Tree Engineering. Protecting the character and health of the Lakes Region is not just professional – it's personal. It's one of the reasons we opened our office in Ossipee. We believe local presence matters. We believe communities benefit when experienced professionals live, work, and invest in the areas they serve. New Hampshire can continue to grow and prosper while still preserving the natural beauty that defines it. But doing so requires thoughtful planning, responsible investment, and a commitment to building smarter. The Lakes Region deserves nothing less. Donald Chapman is President & Co-Founder of Strong Tree Engineering, a civil engineering, land surveying, and environmental consulting firm serving New Hampshire, Massachusetts, and Connecticut.

A guide to survive lengthy home renovations

Renovations can transform homes into spaces that mirror homeowners'

dreams. Regardless of the scope of a project, a home renovation will involve some level of disruption to residents' daily lives. Lengthy, more involved projects may impact daily life considerably.

Renovation timelines vary depending on the scale of the project. Painting may take a week or two, while a kitchen or bathroom remodel may last anywhere from four to 16 weeks. Larger projects like adding a room can take between three and six months, say the experts at John Merrill Homes. Projects also often take longer than expected, as surprises may be in store once homeowners begin peeling back the layers in homes. Homeowners about to embark on lengthy renovation projects can embrace these tips to come through on the other side relatively unscathed.

Choose your timing
The timing of a renovation may have to coincide with contractor availability or having the budget to fund the project. But homeowners should consider life circumstances



and season before starting a project. You might not have the energy to take on a project right before the holidays. If kids play on sports teams that require a lot of travel, it might be better to wait until the season winds down. Figure out what you can realistically take on to reduce the likelihood that you'll feel overwhelmed.

Plan accordingly
Creating and sticking to a daily schedule, and knowing what is happening each day, can keep a project on track. It also allows you to determine which days will be the most chaotic. Demolition days can be noisy and messy, and maybe those are days when you plan to be away from the

house for a few hours.

Store items out of harm's way

Invest in a storage solution for the duration of the renovation. Decluttering and removing items before the project is in full force will make it easier to work and maneuver, and it also means fewer items will need to be cleaned afterwards. Renovations tend to kick up a lot of construction dust, after all.

Designate a safe zone
Establish a room or rooms as work-free areas to which residents can retreat. If multiple rooms are being renovated, you might consider spending time with a family member or friend, or getting a hotel for a short duration until the bulk of disruption dies down.

Lower your standards
Homecooked meals may be your standard most days of the week, but it's alright to be a bit lax when remodeling projects begin. Relying on frozen foods or takeout might be necessary for a little while.

Remodeling projects can be disruptive and stressful, but certain strategies can make it easier to get through projects without too much disruption.

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LRCC

CONTINUED FROM PAGE A1

The benefits extend beyond academics. FHS students received three free LRCC classes during their sophomore, junior and senior years — allowing them to earn up to 27 college credits at no cost.

“The interest is rising every year, so we’re thoughtfully putting these types of certificate and credit opportunities into our schedule,” said David Levesque, FHS Principal. “We had students earn 270

college credits last year, and we’re closer to 400 college credits this year. In a small school that has a lot of challenges, it’s powerful to see students leaving here with that opportunity.”

The 14 students who completed the program include:

- Aubrey Boisvert
- Aubrey Bridges
- Heidi Cayton
- Payton Cloutier
- Abigail Cronin
- Jaylyne Ladnay
- Myckayla Ladnay
- Kian Lemon

- Mylee O’Connell
- Ava Ranelli
- Danielle Shortt
- Caelin Stockbridge
- Nazlie Taban
- Cody Williams

The students’ next steps are as varied as their interests. Among the group are students heading to Colby-Sawyer College, Keene State College, Western New England University and more, pursuing majors such as history, secondary education, child psychology and law. One junior is graduating early to begin a

full-time position at a local daycare center.

“We are pleased and gratified that these enterprising students started their postsecondary pathway at LRCC,” continued Divers.

Through the Community College System of New Hampshire, the Early College program enables high school students to take community college courses for high school and college credit, saving on time and college costs. Early

College courses are available at local high schools, on a NH community college campus and 100 percent online. Two courses per year are offered at no cost to students, and additional courses receive deep tuition discounts, thanks to funds included in the state budget by the Governor and New Hampshire Legislature.

About Lakes Region Community College Lakes Region Community College (LRCC), located

in Laconia, New Hampshire, is a leading institution dedicated to providing high-quality, affordable education and training opportunities that meet the ever-changing needs of individuals, businesses, and communities. With a steadfast commitment to excellence, LRCC prepares its students for success in a rapidly evolving world. For more information, visit LRCC.edu.

LAX

CONTINUED FROM PAGE A1

for once, were evenly matched, our entire roster was there, Campbell had a team the same size and we had a positive attitude,” Marinace continued, noting that led to a 14-9 win for the Raiders. “Everyone on the team contributed to the success.”

Offensively, Brooke Varnum, Daylan Henry, Brooke Murphy and Madi McClennan ha three goals

each while Gabby Murphy had two goals. McClennan added two assists and Brooke Murphy also had a helper. Mia Kenison, Ava Damon and Lexi Carr worked well together to trap the opponent’s defense in shooting space to create scoring opportunities.

Augusta Provencal and Grace Collins led the way on the defensive side of things while Morgan Schofield, Reese Paquette and Kira Perry did a nice job

helping to keep the shots to a minimum and goalie Shelby Mason turned in 18 saves in picking up the win.

The Raiders are slated to be at Lebanon today, May 21, at Bishop Brady on Monday, May 25, and at John Stark on Thursday, May 28.

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

Raiders withstand late Laker rally for win in Meredith

BY JOSHUA SPAULDING
Sports Editor

MEREDITH — The Belmont baseball team got out to an early lead, which allowed the Raiders to withstand a late Inter-Lakes rally to pick up the 9-4 win on Tuesday, May 12. The game was originally scheduled to be held on Thursday but was moved due to anticipated rain.

Belmont scored two runs in the first inning and two more in the fourth inning then added five runs in the top of the fifth for the 9-0 lead. The Lakers bounced back with three in the bottom of the sixth and three in the bottom of the seventh for the 9-4 final score.

Brayden Townsend continued his strong recent play for the Raider, banging out a triple and a single, driving in two runs and scoring two runs while Wyatt Divers had a pair of hits, drove in a run and scored a run, Jack Crockford had two hits and scored a run, Wyatt Bamford had a hit, drove in a run and scored a run, Sam Binder had a hit and scored a run and Alex Rowley had a hit, drove in two runs and scored two runs.

Nolan Streeter led the way for the Lakers with a double and two singles and two runs driven in while Jayce Frontiero had two hits and drove in a run, Aaron Smith had two hits and scored a run, Kiernan Donnelly had a hit and scored a run and Ryder Palsgrove added a hit.

Bamford pitched into the sixth inning for the Raiders, giving up three earned runs and striking out 10 while Crockford finished out the game giving up one earned run and

striking out one. Cooper Bliznik did the pitching for the first five innings for the Lakers, striking out four while Donnelly pitched the final two innings without giving up a hit or a walk and striking out two.

The two teams will meet again on Tuesday, May 26, in Belmont.

Inter-Lakes is scheduled to be in action on Friday,

May 22, at Kearsarge and Wednesday, May 27, at home against Gilford.

Belmont will be at Somersworth on Friday, May 22, and will be at White Mountains on Wednesday, May 27.

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

Softball Raiders double up Mountaineers

BY JOSHUA SPAULDING
Sports Editor

BERLIN — The Belmont softball team made the long trip north to Berlin and returned home with an 8-4 win.

Bailey Perkins toed the rubber for the Raiders, allowing just one hit and one earned run while striking out nine to earn the win.

Madi MacDonald had a hit and scored two runs, Perkins reached base three times and scored all three times, Molly O’Connell had a double and Lyla McSheffrey, Natalie Cullen and Avery Thurber all had hits.

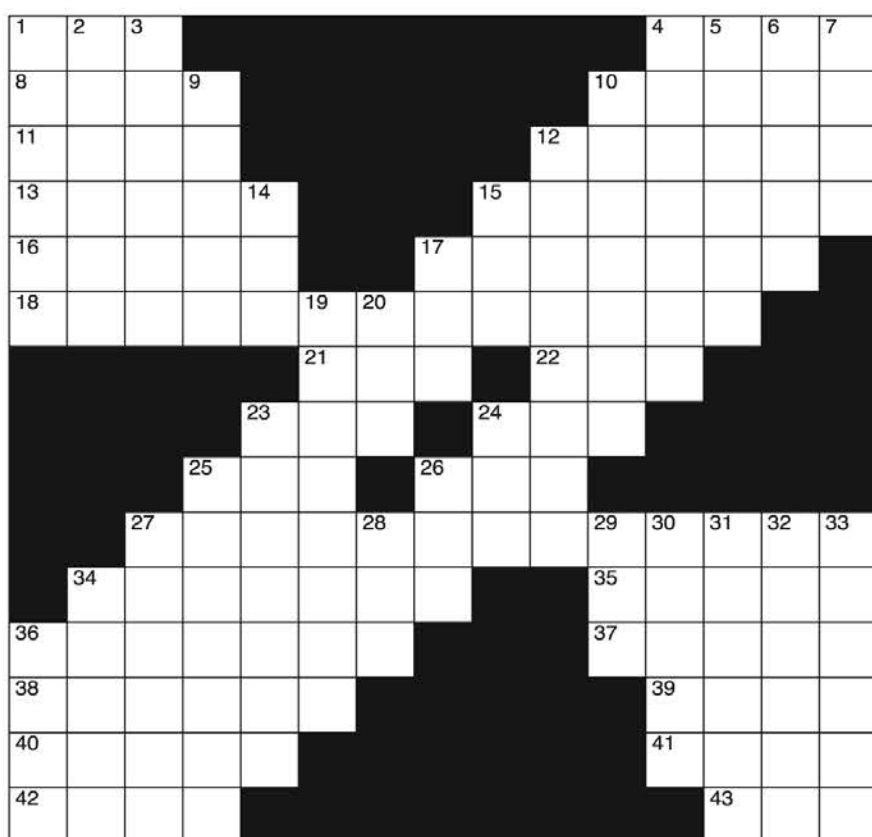
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SHAKER REGIONAL SCHOOL DISTRICT RFQ FOR FIELD DRAINAGE

Shaker Regional School District is seeking Requests for Proposals for Baseball Field Drainage at Belmont High School. A mandatory site visit will be held on May 20, 2026 at 10:00 am. Please contact Steve Dalzell, Director of Buildings & Grounds, with any questions and the complete RFQ at sdalzell@sau80.org or at 603-267-9223 x5309.

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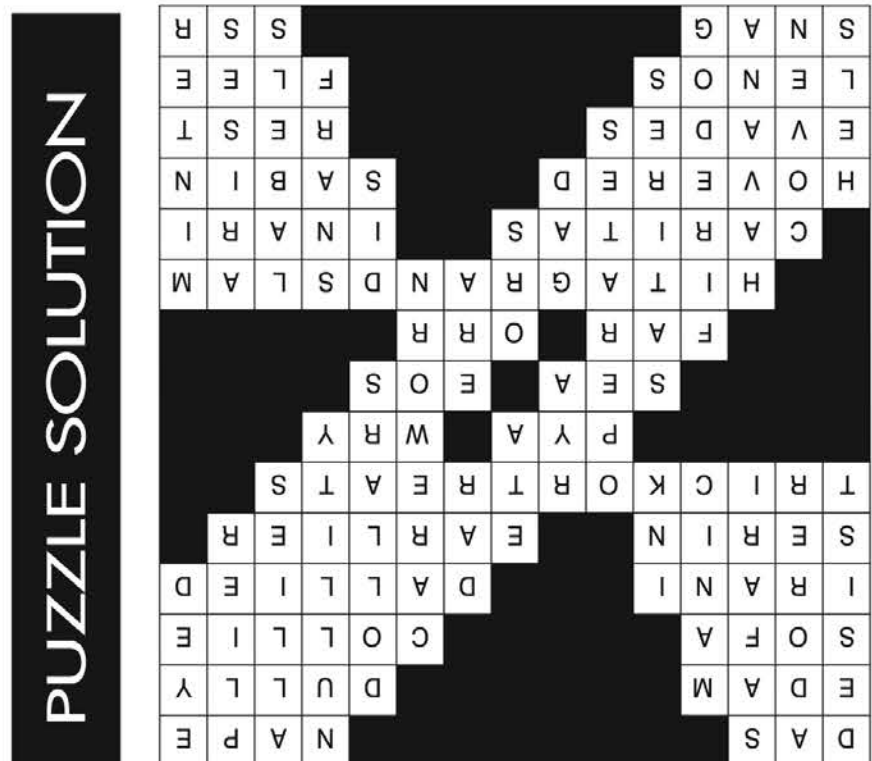


CLUES ACROSS

- 1. Government lawyers
- 4. The back of a person’s neck
- 8. Mild yellow Dutch cheese
- 10. In a less flashy way
- 11. Living room piece
- 12. Shepherd dog
- 13. A citizen of Iran
- 15. Moved slowly
- 16. Small finch
- 17. Previously
- 18. What a kid does on Halloween
- 21. Monetary unit
- 22. Using dry humor
- 23. Ocean
- 24. Greek goddess of the dawn
- 25. Not close
- 26. NHL legend Bobby
- 27. A ballplayer would love to do this
- 34. Charity
- 35. City in Finland
- 36. Loomed over
- 37. Vaccine developer
- 38. Avoids capture
- 39. We all need it
- 40. Openwork fabrics
- 41. Get away
- 42. Something you might hit
- 43. Soviet Socialist Republic

CLUES DOWN

- 1. Abstain from
- 2. Admirer
- 3. Expedition to observe animals
- 4. Act that is legally void
- 5. WW2 combatants
- 6. A tool
- 7. Looked at
- 9. Showing wild excitement
- 10. Banknotes
- 12. Tired
- 14. Printers need it
- 15. Women’s patriotic group
- 17. When you anticipate getting somewhere
- 19. Functions
- 20. Breed of sheep
- 23. Mocking pieces
- 24. A major division of geological time
- 25. Andiron
- 26. Many not ands
- 27. Cuban city
- 28. He voiced “Olaf”
- 29. Criticize
- 30. “Thundercats” character
- 31. Markings
- 32. Gets up
- 33. MLB lefty reliever A.J.
- 34. An assembly of witches
- 36. High energy lasers (abbr.)



Raiders withstand late Laker rally for win in Meredith

BY JOSHUA SPAULDING
Sports Editor

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

Softball Bears open week with loss to Gilford

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam and Gilford softball teams met up twice in two days to start last week, starting with a regularly scheduled game in Tilton on Monday, May 11.

The Golden Eagles got on the board with two runs in the top of the second inning and added one in

the third before the Bears responded with one in the bottom of the third. Gilford added one each in the fifth and sixth innings before putting the game away with three in the seventh for the 8-1 win.

The Golden Eagles got three hits and three runs scored from Maddi Metz while Belle Dow had a double and drove in two

runs, Lucy Akerstrom had a double and drove in two runs, Addison Hodsdon had a hit, drove in two runs and scored two runs, Mia Macaione had a hit and scored a run, Tarynn Li-manni had a hit, drove in a run and scored a run and Taylor Marsh added a hit.

For the Bears, Danica Weymouth had a double and scored a run, Karmyn

Simpson had a hit and drove in a run and Camilla Cote added a hit.

Dow went the distance in the circle for the Golden Eagles, giving up three hits and striking out 14 while Weymouth went all seven in the circle for the Bears, giving up four earned runs and striking out six.

"Today was a day where Gilford made a couple

more plays than we did," said Bear coach Mark Dawalga. "Give Gilford credit, they capitalized on every mistake we made."

The teams met up again the next day (see separate story) for a game that was moved up two days due to anticipated rain.

Gilford is scheduled to be in action today, May 21, at home against Trinity and

Monday, May 25, at Fall Mountain, both at 4 p.m.

Winnisquam is slated to be in action on Friday, May 22, at home against White Mountains Regional at 4 p.m.

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

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SNHU announces Spring President's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Spring 2026 President's List. The spring terms run from January to May.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Sydney Bixby of Tilton
Hunter Hinxman of Northfield
Kaydence Ward of Tilton

Justin Gargano of Tilton
Mary Claire Neuberger of Northfield
Lily Rodriguez of Tilton
Allison Grabowski of Tilton
Ella Stanley of Tilton
Thomas Shampney of Sanbornton
Ashley Twardosky of Sanbornton
Emilie DeFrancesco of Belmont
Jessica Gaston of Belmont
Victoria Ribeiro of Belmont
Kaden Jewell of Belmont
Kailey Gerbig of Belmont
Jace Collins of Belmont
Destany Berrocales of Belmont
Rachel Guyer of Belmont
Tanner Mckim of Belmont

Southern New Hampshire University (SNHU) is a private, nonprofit, accredited institution with a 93-year history of educating traditional-aged students and working adults. Now serving more than 200,000 learners worldwide, SNHU offers approximately 200 undergraduate, graduate, and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as one of the «Most Innovative» regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner.

SNHU announces Spring Dean's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Spring 2026 Dean's List. The spring terms run from January to May.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the Dean's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Jessica Peake of Northfield
Trey Perry of Tilton
Stephanie Ordway of Belmont
Brenna Audet of Belmont

Southern New Hampshire University (SNHU) is a private, nonprofit, accredited institution with a 93-year history of educating traditional-aged students and working adults. Now serving more than 200,000 learners worldwide, SNHU offers approximately 200 undergraduate, graduate, and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as one of the «Most Innovative» regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner.

Belknap Area Market Management (BAMM) announces beginning of Farmers Markets' third season

BELMONT — Belknap Area Market Management (BAMM) is excited to announce the

return of its farmers markets for the 2026 season, bringing fresh, locally sourced produce, meats, baked goods, and artisan crafts to the communities of Tilton, Barnstead, and Laconia/Weirs Beach. The markets will run from late May through early October, offering residents and visitors a vibrant and accessible way to support local farmers and artisans.

Market Schedule
Tilton Farmers Market
Tuesdays, 3:30–6:30 p.m., starting May 19

Tilton Police Department, Route 132, Tilton

The Market at Weirs (Laconia)
Saturdays, 10 a.m.–1 p.m., starting May 24

Weirs Community Park, Laconia
New Suncook Valley Farmers Market (Barnstead)

Saturdays, 10 a.m.–1 p.m., starting May 30
91 Maple St., Center Barnstead

Each market will feature a diverse array of vendors offering fresh produce, meats, baked goods, and artisan crafts. SNAP/EBT benefits are accepted at all markets and are doubled through the Granite State Mar-

ket Match program, making healthy, local food more accessible to all.

BAMM is committed to fostering a strong local economy by providing a platform for small-scale farmers and artisans to showcase their products. The markets also serve as community hubs, bringing together neighbors and visitors to celebrate the abundance of the Belknap region, while enjoying live music and hot food from a variety of food trucks.

For more information about the markets, vendor applications, and support opportunities, please visit www.bamm-nh.org.

Granite VNA to present program on living with arthritis pain

TILTON — Granite VNA Community Health Educator Brooke Noonan will present the program, «Less Ache, More Awake,» at the Tilton Senior Center on Tuesday, June 2 at noon.

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The program is free and open to the public. The Tilton Senior Center is located at 11 Grange Rd., Tilton. For more information, please call 603-527-8291. For more information about the programs and services Granite VNA offers, call 603-224-4093 or visit their Web site, <https://www.granitevna.org/about/>.

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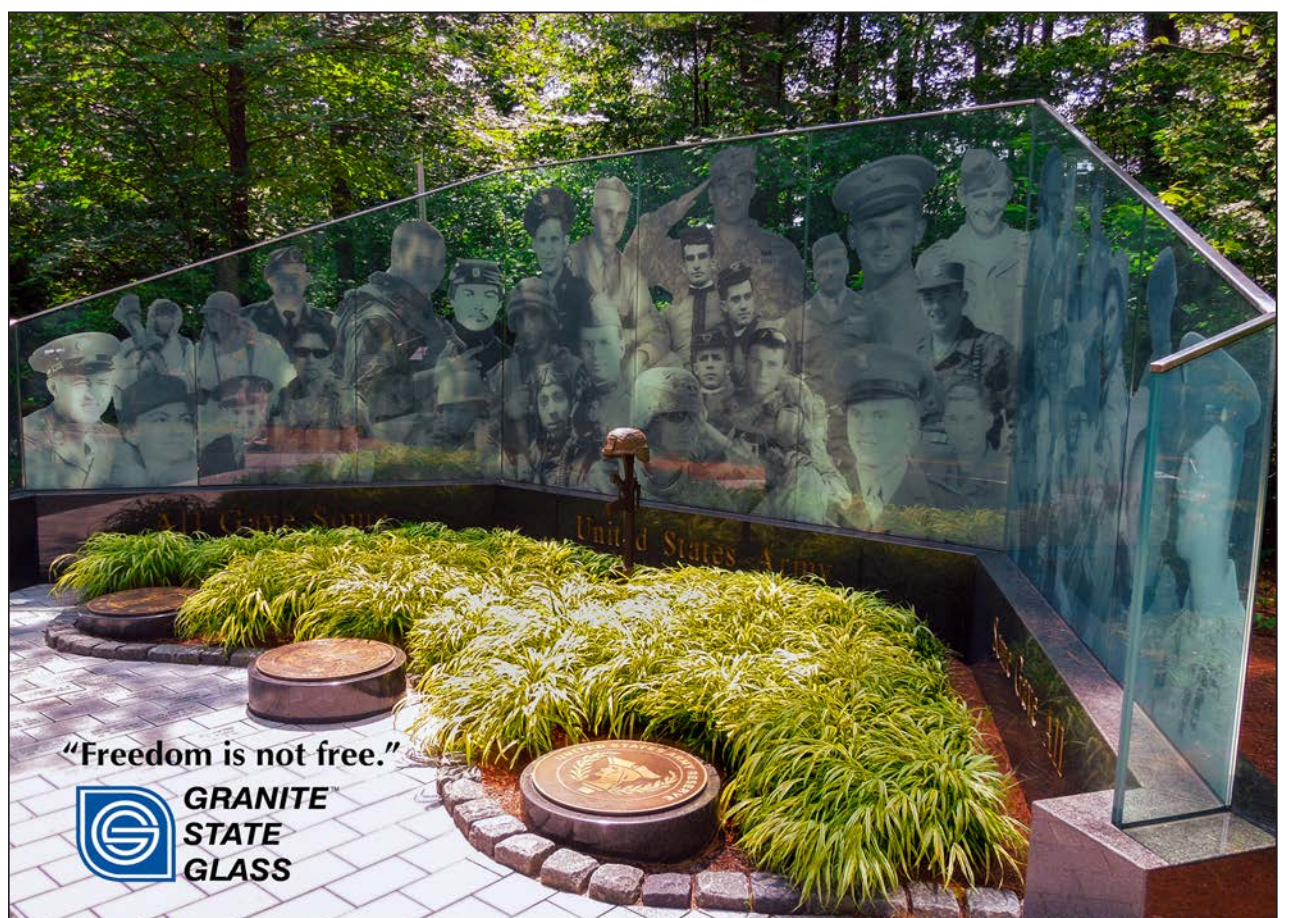
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Phone Number: 802-222-3330
Email: Heather@ThomsonFuels.com

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GET \$20 TOWARD NEW FISHING GEAR

When you trade in your lead (Pb) fishing sinkers or jigs at participating shops.

\$100 AWARDED TO THE PARTICIPANT WITH THE LARGEST TRADE-IN OF ELIGIBLE TACKLE AT EACH PARTICIPATING SHOP*
through December 31, 2026. See LOONSAFE.ORG for details.

PARTICIPATING SHOPS:

- 2 Bros 24/7 NH Bait and Tackle
13 McLaren Ave
Nashua, NH 03060
(603) 943-7276
- Berry's Bait
404 Main Street
Alton, NH 03810
(603) 875-0169
- LL Cote
7 Main Steet
Errol, NH 03579
(603) 482-7777
- Lopstick Outfitters
10 Metallak Place
Pittsburg, NH 03592
(603) 538-6010
- Newfound Sales & Trading Post
381 Lake Street #6
Bristol, NH 03222
(603) 744-8658
- Newhook's Bait & Tackle
1763 US-302 UNIT 2
Lisbon, NH 03585
(603) 838-8117
- North Country Angler
2988 White Mountain Hwy
North Conway, NH 03860
(603) 356-6000
- Ossipee's Bait and Tackle
306 Pine River Road
Effingham, NH 03882
(603) 730-7674
- Ray's Corner Country Store
1156 West Milan Road
Milan, NH 03588
(603) 449-2236
- Rocky's Ace Hardware
257 Newport Road
New London, NH 03257
(603) 526-2800
- Sam's Outdoor Outfitters
74 Monadnock Highway
North Swanzey, NH 03431
(603) 352-6200
- Squam Lake Boat Livery
853 US Route 3
Holderness, NH 03245
(603) 968-7721
- The Loon Center
183 Lees Mill Road
Moultonborough, NH 03254
(603) 476-5666
- Winnisquam Country Store
1021 Laconia Road
Tilton, NH 03276
(207) 387-0075



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*One trade-in voucher per customer. Full trade-in details, list of participating shops, disposal locations, and more at: LOONSAFE.ORG

Funding for the buyback program and this ad is provided by the Loon Preservation Committee