

The Baysider

THURSDAY, MAY 16, 2024

COVERING ALTON, BARNSTEAD, & NEW DURHAM - WWW.SALMONPRESS.COM

FREE

Bernier sets PMHS school record for career strikeouts

BY JOSHUA SPAULDING

Sports Editor

ALTON — The Prospect Mountain softball team picked up a pair of wins over Kearsarge to open last week and later in the week saw pitcher Ella Bernier make her way into the Prospect record books.

The Timber Wolves went on the road on May 6 and picked up a 15-0 win over the Cougars and then took on Kearsarge at home the next day and won 14-0.

In Sutton, Prospect scored once in the first and once in the second and then blew things open with 10 runs in the top of the third inning. They added three in the fourth inning to close out the win.

Alexis Wilson went all five innings in the circle for the Timber Wolves, giving up just two hits and striking out 11.

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and a single, scored a run and drove in three runs, Wilson had a double, drove in a run and scored a run, Olivia Noyes had a hit and drove in a run, Eve Roberge had a hit, scored a run and drove in a run and Maggie Damon had a hit, scored two runs and drove in two runs.

The next day, Prospect scored twice in the bottom of the second inning, added seven in the second, one in the third and four in the fourth for the 14-0 win.

Bernier did the pitching, going all five innings and allowing just two hits and striking out 12.

Offensively, Tori Christie had two hits, scored twice and drove in a run, Gates had a double and a single, drove in two runs and scored a run, Roberge had two hits and scored two runs, Wilson had a double and scored two runs, Gwen Christie had a hit and scored a run, Harding had a hit, scored a



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Paityn Glidden each scored a run.

The Timber Wolves were scheduled to host

Belmont on Wednesday, May 8, but the weather made Prospect's field unplayable, so the teams played in Belmont.

Prospect scored one in the first, two in the third, one in the fourth, three in the fifth and four in the sixth, but really just needed one, as Bernier tossed a complete game no-hitter, walking just one and striking out 17. In the win she set the school record for career strikeouts, reaching 545 for her career, besting the record set by Brianna Burley at 528.

"She's a workhorse, she never falters, she always performs," said coach James Christie. "There's a lot of pressure on you when you're the one and you have to show up and perform."

"Brianna was a good pitcher, so this is a huge accomplishment," the Timber Wolf coach continued. "It's a lifetime of hard work and I don't think it will ever be broken."

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Noyes and Mackenzie Renner, who have served as Bernier's catchers over the last four seasons.

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

After a year of change, LRPA looking more to the future

BY ERIN PLUMMER

mnews@salmonpress.news

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LRPA Director Grace McNamara gave an update to the Gilford selectmen during their meeting on May 8.

After 24 years at Laconia High School, LRPA suddenly had to find a

new space. McNamara said around the last week of August last year they found out from a Laconia city council meeting that they had to be out of their space as soon as possible. She said they stated moving their things the next day and within two weeks were moved into a new space on Water Street in Laconia. The broadcast served was the last thing to be moved out in October of 2023. The stations were off the air for about

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"We've all been talking about what that means for the future and where we are going to go," McNamara said.

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Lakes Region Hospitality announces plans for Glass Barn at Lake Winnepesaukee



The Glass Barn at Lake Winnepesaukee will feature a primary event venue known as The Glass Barn (shown above, building facing north), a timber-frame-style Main House and 18 similarly styled cottages. The project is anticipated to be a net positive for the town's municipal budget, generating hundreds of thousands of dollars in local revenue.

ALTON — Lakes Region Hospitality partners Amy Grimm and Jeremy Martin announce plans for the 141.7 acres located on a hillside on Cherry Valley Road in Alton, New Hampshire. The pro-

posed project, known as The Glass Barn at Lake Winnepesaukee, will feature a gathering space and destination for families, weddings and corporate retreats with stunning views of Lake Winnepesaukee, the Osipee Mountain Range

and the White Mountains.

"The Glass Barn will be a sustainable respite, strengthening the Lakes Region's economy while preserving the natural, rural beauty of the community," said Grimm. "I fell in love with the prop-

erty and the serene escape it offers when I first explored it. Since then, we have designed the project to complement the land and reflect our commitment to preservation."

The Glass Barn at Lake Winnepesaukee is proposed by Grimm, an entrepreneur and Lakes Region homeowner, and Martin, the president of Lakes Region Design Group, based in Gilford, New Hampshire. Their vision will not only incorporate the natural beauty of the surrounding environment but will also preserve more than half of the parcel (80 acres) and restore a forest that was harvested by the land's previous owners with a significant re-vegetation effort.

"From the high standards of design and sustainability reached by each building, to the

lush, natural beauty of the Belknap Mountains, The Glass Barn will offer each guest a premium experience and a unique opportunity to connect with nature and the community," said Martin.

The proposal features the 19,000-square-foot Glass Barn event venue with 14,000 square feet of programmable space and a capacity of up to 200 guests, a 10,000-square-foot, timber-frame-style Main House and 18 two- to three-bedroom, timber-frame-style cottages.

"We intend to make The Glass Barn available for local events and nonprofit gatherings that celebrate the Lakes Region, arts and culture," Grimm said. "That way, it won't just be an economic benefit to the region, but a true community asset for Alton."

Once complete, The Glass Barn is anticipated to generate hundreds of thousands of dollars annually in local property tax revenue while placing little to no burden on local services, making it a net positive for Alton's municipal budget. The project will also create 10-20 long-term, high-paying jobs with benefits, more than 350 construction jobs and it will plant more than 200 new trees on the property.

The project team also includes Cris Salomon, AIA, principal architect at Samyn-D'Elia Architects, Cynthia Theriault, PE, senior civil engineer at Wilcox and Barton Environmental Consulting, Timberpeg and Terrain Planning.

For more information, please visit the glassbarnnh.com.

Alton Garden Club welcomes guest speaker on victory gardens

ALTON — On April 30, the Alton Garden Club held its first meeting of the season at the Gilman Library. Our guest speaker for the event was Christin Kaiser, docent and lecturer for Wright Museum of WWII in Wolfeboro.

Kaiser designed and is the person caring for the museum's Victory Garden, with plans for rebuilding the garden from the ground up this year. Her program was "Are Victory Gardens Relevant Now?" She began with an introduction to the history of victory gardens. Christin explained that in 1914 England was importing more than 50 percent of its food and 75 percent of its wheat. When

the First World War broke out it caused a dire food shortage. With farming men away and city dwellers not knowing how to grow anything, a national campaign had to be implemented to train city dwellers in how to grow vegetables. Every available patch of land was turned into gardens, including the famous parks and even the castle grounds in England. This spread to the United States as well, and Boston has the oldest Victory Garden still in use today.

Christin is in the process of finding a way to build a New England stone wall along the back edge of the Wright Museum victory garden where

it is too ledge-y to plant. She is starting a campaign to raise the needed funds with the help of the public. Donations for supporting the Victory Garden can be made to the Wright Museum, with a memo of "donation for Victory Garden." The donation can be in honor or memory of a favorite gardener.

For your enjoyment, you are invited to attend the Wright Museum's 30th anniversary party on July 16. Kaiser will be one of the speakers, and she will be giving demonstrations. Please check out the website for information regarding times.

Kaiser is a UNH Carol Co. Extension Ad-

vanced Master Gardener who earned her Australian Permaculture Designer Certification in 2015 from David Holmgren during a two week residential course in Victoria, Australia. She is passionate about local food production and Controlled Environment Agriculture. Christin is available for talks, consultations and workshops and can be reached at cwk@duneden.com.

As always, information about Alton Garden Club can be found on our Web site, Altongardenclub.com. Our newest addition to the site is Garden Club History, which you may find of interest.



Christin Kaiser

Alton Dance Academy offers something for everyone this summer

ALTON — Alton Dance Academy will host a wide variety of summer dance sessions for all ages. Summer sessions are a great way to try dance and explore the many offerings available to you! From Princess Camp for littles to Swiftie Dance Camp we plan on having all the fun. For more serious experienced dancers, we offer a "young dancer" intensive as well as a "back to dance" intensive for older students. More information such as dates, times and cost will be on our website www.altondanceacademy.com. For adults, we offer Zumba, Pilates/Barre, Yoga, and a HIIT class called Strong. You can also find out fitness schedule on the website above.

If you would like for information please reach out to ashley@altondanceacademy.com. Come join us!

Alice Kappes named to Dean's List at Bob Jones University

GREENVILLE, S.C. — Alice Kappes, a Senior Elementary Education major from Alton Bay, was among approximately 740 Bob Jones University students named to the Spring 2024 Dean's List.

The Dean's List recognizes students who earn a 3.00-3.74 grade point average during the semester.

Located in Greenville, S.C., Bob Jones University provides an outstanding regionally accredited Christian liberal arts education purposely designed to inspire a lifelong pursuit of learning, loving and leading.

BJU offers over 100 undergraduate and graduate programs in religion, education, fine arts and communication, arts and science, health professions, and business.

BJU has more than 3,000 students from nearly every state and more than 40 countries. We are committed to the truth of Scripture and to pursuing excellence in all we do.

Hazardous waste season opens Saturday

WOLFEBORO — Saturday, May 18, Lakes Region Household Hazardous Product Facility (LRHHPF) will open its 2024 monthly collection season from 8:30 a.m.-noon the third Saturday of the month, May through October, at 404 Beach Pond Rd., Wolfeboro.

Attend early to experience freedom from

the worry of summer guests, grandkids and toxic products becoming a tragic combination. Be safe, relax after convenient appropriate disposal and enjoy the rewards of a cleaner environment made possible by you.

Obtain passes for Wolfeboro residents before the 18th, at the Solid Waste Facility. Alton

folks bring passes with you; available at Alton Transfer Station. Be sure to ask for the New Brochure with a pass as there are program changes in 2024. Medicine collections have been discontinued. Each pass is good for 10 gallons (multiple passes available if needed).

Any and all other towns \$50 cash/check for each minimum increment of up to five gallons determined by scanning the size of the cans. Multiple increments accepted. Select

non-member towns offer some reimbursement, ask Site Coordinator for details.

Call 651-7530 for the most accurate information. No latex paint accepted as it is not a hazardous waste. Oil base paints, stains, automotive fluids, pool chemicals, cleaning products, and pesticides are common items collected (see brochure for full list). Placing containers in a cardboard box will speed up removal and keep the vehicle tidy.

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Great Waters introduces 2024 student intern staff



HEIDI PAGE — COURTESY

Jacob Hamel shown as he welcomes guests to the 2023 Gala. He will return to Great Waters for a second season.

WOLFEBORO — Great Waters is thrilled to welcome five talented students to its summer internship program. This program, spanning twelve weeks of full-time and part-time paid work, offers a unique opportunity for interns to align their academic goals and career aspirations. They will gain hands-on experience in talent management, various production phases, stage and venue setup, crowd management, and office technology support. This commitment to nurturing young talent underscores Great Waters' dedication to music and arts education.

This year's full-time interns are Jacob Hamel, who is returning for his second year with Great Waters, and two new students, Olivia Fanjoy and Emily Clough.

If you attended last year's performance of The Midtown Men, you will remember that Hamel appeared on stage as a member of their band and had the opportunity to perform as a soloist.

New this year is a 2023 Barbara and Dave Lobdell scholarship award winner, Olivia Fanjoy. Currently attending the University of Southern Maine, she is studying music education and plans to teach music. Her previous summer work experience included positions in the food and restaurant business. Her volunteer experience has included serving as an instructor for the Barnstead Archers. She has numerous accomplishments as a musician, including being a three-time member of the

Granite State Invitational Band Festival, being named twice to the All New England Band Festival and the Souza National Level Honors Festival, and being an All-Eastern Honors Festival Nominee.

Emily Clough is a student at Colby College in Maine from Marblehead, Mass., and a summer resident in the Lakes Region. At Colby, she is majoring in Psychology. Her work experience includes being an assistant tennis instructor to youth ages two to six, a social media coordinator for the Colby College Rugby Team, and a nanny/nanny coordinator. She has traveled to Australia and Costa Rica as a student volunteer with Rustic Pathways. She has also volunteered for Special Olympics in Boston and was a research assistant for Educare Central Maine in Waterville.

Hamel will return for the 2024 season and bring a full year of experience working with the Great Waters organization. Jacob lives with his parents in Tuftonboro and is a rising senior at the University of New Hampshire, studying music performance and education. In addition to his studies, he conducts low brass lessons at North Hampton School and tutors high school students. He plans to obtain his Master's degree in music performance, hoping to make a career playing trombone and euphonium in a jazz and classical music setting.

Madeline and Will

Blandini will join us on Saturdays, as part-time interns, to support the preparation and production of our Saturday concerts. Madeline is a student at the Berklee School of Music and a trained musician passionate about singing, songwriting, music composition, and production. She is an aspiring composer interested in various media such as film, TV, video games, and theater. Her brother Will is set to graduate this June from Oyster River High School and attend the Berklee School of Music in the fall, where he plans to major in Contemporary Writing and Music Production. He, too, is passionate about music and hopes to pursue a career in the music industry. For Will, music is a language that can tell stories and allows people to connect with one another.

Great Waters, a non-profit organization, is dedicated to delivering a summer filled with exceptional musical performances. These performances on the Brewster Academy campus in Wolfboro and at the Castle in the Clouds in Moultonborough aim to produce outstanding musical experiences for residents and visitors of the Lakes Region of New Hampshire. For more information on the diverse range of performances this summer or to purchase tickets, visit www.greatwaters.org.

Masons hosting monthly breakfast buffet Sunday

ALTON — On Sunday, May 19, the Masons of Winnipisaukee Lodge in Alton will hold their monthly Breakfast Buffet starting at 7:30 a.m., open to the public, at the Lodge on Route 28, a quarter mile south of the Alton Circle.

With fruit, biscuits and gravy, scrambled eggs, omelets, bacon and sausage, home fries, beans, pancakes, French toast, coffee and juice being served, all for one low price, it is a perfect time for family and friends to sit down and enjoy an all you can eat breakfast buffet.

The Masons serve breakfast between 7:30 a.m. and 11 a.m. They hope to see you there (always on the third Sunday of the month). For more information about the breakfasts or Winnipisaukee Lodge, please contact Dave Cumming at 603-767-2057.



Blooms Brews & BBQ fundraiser this Saturday at Beans & Greens

GILFORD — Gilford Rotary is teaming with Beans and Greens to present "Blooms, Brews & BBQ" Saturday May 18, 11 a.m. till 3 p.m., Intervale Road in Gilford

There will be fun activities for the entire family including live music by Karen Grenier (returning from last year) greenhouse tours, corn hole toss, fire truck tour, farm animal petting zoo, and games for the kids. Tickets for the Kids Fun Park will also be available to purchase.

Adult admission is \$14.99 and includes 10 tasting tickets to sample more than 20 beers and wines. A tasty Barbecue dinner which consists of half a chicken, Marine Beans, Cole Slaw and cookies is \$19.99. Adult Admission with BBQ Dinner is \$29.98. Children are free. The BBQ dinner can be done as a drive through or enjoyed on the picnic tables Beans & Greens Pavilion. The event benefits Camp Resilience. Advance Tickets available here: <https://www.beansandgreensfarm.com/>.

Gilford Rotary is an organization of business and professional men and women who have accepted the ideal of service as a basis for attaining fulfillment in their business, personal, and professional lives, and by serving their community. Gilford Rotary meets Fridays at 7 a.m. at the Gilford Community Church Fellowship Hall, Potter Hill Road, Gilford.

Lakes Region SPRING FREE Admission

Craft Fair

May 18-19
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COURTESY

Super Knights

The following Kingswood Regional Middle School students received the April Super Knights for "Perseverance." In the first row are, Jacob Pinard; Landon Foster; and Lauren Reitler. In the second row are Kinsley Ortisi, Abi Ackerly, and Landon Blair. In the third row are Malcolm Button, Zachary Dubuc, and Camella Cushing.



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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!



Look, kids, Big Ben!

Students from Prospect Mountain High School took advantage of their school vacation to travel to London, Dublin, Edinburgh and Glasgow.

COURTESY

Lets Talk — That Thing

BY PAMELA MOTT
Alton

Flowers beginning to blossom, sweet smells of spring. Around here not only do the peepers wake up but so do the locals. The trails, some soft, some downright squishy, calling for hiking boots. The carpets of moss, vibrant in shades of green. Around each wet land corner emerges the fiddlehead. Dew laced prawns capture the rainbows in their fuzz. Nothing like a spring day.

The grass root chatter

of a local is ever rich. Like the local legends. Locals speak softly talking about those things that are just below the surface. Is the town hall haunted? What's up with the old fire house? It takes a soft, gentle murmur to start it all. This one knows that one, that one knows this one. How connected a little community is in it fun, quirky mannerisms. Community is a funny kind of thing up here in these parts. Generation after generation having a hell of a time in their own unique way. The tales of

the generation's hold all the clever wisdoms, including the multipurpose uses for duct tape and what spooky thing happened at the tavern.

Without a sense of community where does one belong. Let's come on out in community, keep in mind, locals like to have a hell of a good time.

The special event, That Thing in Alton Bay, Aug. 31 is going to be something uniquely local. That Thing will be unlike anything else that has happened in the Bay and that says allot. We all

know allot goes on in the Bay.

Let's bring the community together to explore the possibilities of an August afternoon.

That Thing is an all-day family friendly event with a festival vibe. Live performers, interactive creative activities without a cost. No money to be spent, unless you choose one of the great local establishments. All of it geared towards having a great time. What a story to be told.

That Thing will be unlike anything else that has happened in the Bay and that says allot. We all

LETTERS FROM EDWIN

Terminated

I turned on the radio this morning to listen to my usual station as I prepared my breakfast and heard the announcer mention something about a woman shooting her dog. I didn't get much of the information, but news being what it is today, I knew that I'd hear about this again.

As the story unfolded, I found out that the woman was a governor from a mid-western state and the story came from a book she had written. I instantly knew that any aspirations she may have had for higher office in this country were now totally trashed. I admire her honesty, but knowing that she, being a Republican, already had a red bullseye on her back. This admission will never be let slide. She's dead meat.

But she's not from big city liberal land, she comes from big country land. Major difference there. Where there aren't vets close by. And your nearest neighbor could be half an hour or more away. A place where you have to take care of things yourself. And if you have critter problems, you may have to reach for the tool that was made just for such instances. A gun.

Even city dwellers are realizing that they've got problems too. And that there's no way the police will arrive in time to stop an unfortunate event from continuing. The last thing a robber, or raper want to see is a gun.

One day, I got a call from my neighbor, a single mom with three kids, asking me if I had a gun because there was a "bad off" raccoon out in her yard. I said yes, I did. I loaded it, and headed on over. It was a rabid critter, all right — it had already eaten both its front feet off so it wasn't about to do much attacking.

All the kids watched from a distance as I put it out of its misery. That's life in the country. No need to trouble the animal officer. I dug a hole and buried the thing, placing large rocks over the top to keep any other critters from digging it up and getting infected.

When I was young, we had a small dog and a big rabbit among many other pets. Both of them grew old and started having old age problems. When the time was deemed appropriate, my father and I took each one to the vet to have them "put away." If these medications

were more readily available, that governor could have used a more politically correct method of termination.

When confronted by any situation when you are by yourself, you have to check your options and take your best choice. A well placed bullet is a quick and easy method to kill that is still used extensively throughout the world today.

So discussing this issue this afternoon with a friend, he agreed that her national ambitions were toast, and suggested that she should have put it up for adoption at least. I don't think any of her rancher friends would entertain such an option judging it's temperament.

One day a friend of mine brought home a mastiff from the pound. Big dog. He supposedly would bite. He seemed pretty nice to me. We became good friends. I like dogs.

We were having a cookout one afternoon. While I was sitting there eating my barbecued chicken leg I noticed him eyeing my piece of foul. Right when he started lunging for it, I punched him in the nose. Surprised the heck out of him. I kept my eye on him.

A week or two later, he ripped open his new master's arm and was summarily escorted back to the pound. Too bad, he was such a nice dog.

That adoption didn't work out too well. He was probably terminated after that. The cards were obviously stacked against him. There wasn't equity for dogs then.

Speaking of adoption, we don't hear much about that anymore? There are lots of couples wanting to make families that can't for some reason. They would love to accept your mistake.

There are probably lots of people out there who are all riled up over that nice little dog. But where's the concern over all the humans being killed? According to NPR, in 2023, over a million human babies were terminated in the United States, where everyone is granted "life, liberty, and the pursuit of happiness." Except the unborn.

E.Twaste
Correspondence welcome at edwintwaste@gmail.com

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.

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We're all "built differently"

Whenever we see individuals excelling in their fields, people who are highly skilled—whether in athletics, business, stock trading, acting, writing, culinary arts, scientific research, medicine, education, or trades—we often dismiss their success with a wave of the hand and a remark: "Well, they're just built differently."

Of course, in certain cases, that might hold some truth. For instance, I once had the privilege of getting to know an Olympic Gold Medal-winning swimmer; the fastest man in the world at the time. I assumed his success mainly stemmed from his meticulous diet, rigorous supplement regimen, and relentless training routine.

I was surprised to learn I was only partially correct. Indeed, he was built differently in many ways, possessing the physical and mental attributes that few can claim.

While it's good to recognize the greatness in others and to admire their natural advantages, the core of their success often lies in relentless perseverance and an unwavering commitment to their goals. Consider how there may have been others with the raw talent of Tom Brady, but without his extraordinary work ethic and dedication, they never reached similar heights.

I can't help but think that sometimes, when people remark, "They're just built differently," they are perilously close to crafting excuses for their lack of success. This mindset undermines their potential and creates a barrier to personal achievement by attributing success solely to inherent qualities rather than effort and determination.

If, by "built differently," you mean athletes who meticulously analyze game footage to improve their tactics, who spend extra hours practicing beyond team sessions, and who focus on both mental and physical conditioning, then yes, they're built differently.

If it refers to a businessperson who relentlessly networks and fosters relationships, always the first to arrive and the last to leave the office, continuously scouting new market trends and innovations to stay ahead—yes, they're built differently.

If you're talking about artists or writers who commit to daily practice, constantly seek feedback, find new inspirations, and balance their intuitive gifts with a rigorous work ethic to hone their craft—indeed, they're built differ-

ently. Or perhaps you mean the entrepreneur who is a perpetual learner, not deterred by failure but using it as a stepping stone, managing to keep their passion ignited, driving innovation, and inspiring others. Then, absolutely, they are built differently.

Sometimes, people are simply willing to do whatever it takes to reach the next level. They're what you might call go-getters.

Many times, their only natural gifts are drive and desire and their willingness to put their ego aside and continue to learn.

But does that mean they're built differently because they possess the drive that others lack?

Perhaps, but it's not always so clear-cut.

Many behaviors, choices, addictions, and habits can severely undermine motivation. I'm sure we've all experienced this in our way. While I generally consider myself a motivated go-getter, I've learned that engaging in certain behaviors zaps my willpower.

These actions trigger what feels like a chemical imbalance that leaves me struggling to get out of bed, moping around with a bitter attitude, and wondering what the point of it all is.

For me, specific behaviors can devastatingly impact my motivation, plunge me into depression, and rob me of the desire to engage with life.

It's easy to make excuses, succumb to bitterness, feel tired, angry, or depressed, and convince yourself that you don't have what it takes, but at the end of the day, being 'built differently' can be a choice.

The fundamental difference between someone who is seen as 'built differently' and someone who is caught up making excuses often lies in their mentality.

Ultimately, being 'built different' means choosing to be different. It means choosing the harder path, the one less traveled, and the one that leads to genuine, hard-earned success.

The next time you admire someone who seems effortlessly successful, remember that we all possess unique capabilities. Each of us has the potential to excel in ways that are distinctly our own. We're all built differently, and embracing that fact allows us to unlock our own paths to greatness.

POSITIVELY SPEAKING
TOBY MOORE

Gilford Public Library

Classes & Special Events
May 16 - May 23

Thursday, May 16
Geri Fit, 9-10 a.m.
Homeschool Game Club, Noon-1:30 p.m.
Wonder Wings: Nature Detectives, 3:30-4:30 p.m.

Become a nature detective! Explore outdoors to learn more about birds!
French Club, 4-5 p.m.
Book Discussion: The Collected Regrets of Clover, 5:30-6:30 p.m.

Friday, May 17
Senior Sculpt, 9-10 a.m.

Chair Yoga, 10-11 a.m.
Embark on a fresh, fun, accommodating wellness journey with Chair Yoga led by the Lani Voivod, Certified Yoga Teacher, Reiki Master, and Professional Muse. \$5 per class or five classes for \$20. Sign-ups are not necessary.

Preschool Storytime, 10:30-11:30 a.m.

Hand & Foot, 12:30-2:30 p.m.

T(w)een Early Release: Just Dance!, 1-2 p.m.

Didn't get the invite to prom? We've got the dance here for you. Come join a group of friends for snacks and laughs while you bust a move with Just Dance on the big screen!

Happy Crafters, 1:30-

2:30 p.m.
Advanced Conversational German, 2:30-3:30 p.m.
Beginner Line Dancing, 4-5 p.m.

Saturday, May 18
Bird Walk, 7:30-9:30 a.m.

Join two Bird Enthusiasts and Nature Photographers for a birding excursion on the Wetlands Walk at Gunstock Mountain. We will be meeting at the library at 7:30 a.m. where there will be coffee and light refreshments before we head out to the Wetlands Walk at 8 a.m. Our two leaders are bird enthusiasts. Chris Agurkis was introduced as a child to birding by feeding rainis to robins by an aunt. He has been seriously birding and photographing his discoveries for more than 10 years. Wendy Oellers-Fulmer was introduced to the joys of birding by her dad and loves the serendipity of discovering who is out and about in the avian world. We will be walking, so wear comfortable shoes and appropriate clothing. The library has eight pairs of binoculars, but if you have your own, we encourage you to bring them. Sign-up at the front desk.
Beginner Line Dancing, 10:30-11:30 a.m.

Monday, May 20
Fun and Fitness with Joyce, 9-10 a.m.

Powerful Tools for Caregivers, 10-11:30 a.m.
Baby Storytime, 10-10:30 a.m.
Mahjong, 12:30-1:30 p.m.

Tuesday, May 21
Senior Sculpt, 9-10 a.m.

Geri Fit, 10-11 a.m.
Preschool Storytime, 10:30-11:30 a.m.
Intermediate Line Dancing, 4-5 p.m.
Cookbook Club, 5:30-6:30 p.m.

Join us for this month's Cookbook Club featuring "The Mediterranean Dish" by Suzy Karadshah and "5 Ingredients Mediterranean" by Jamie Oliver. Copies are available at the Front Desk. Make any recipe from one of the

books and bring it to our bimonthly potluck!

Wednesday, May 22
Senior Stretch Yoga! 9-10 a.m.

Check out an Expert, 10 a.m.-noon
Card Games 10 a.m.-noon

Little Math Whiz, 10:30-11:30 a.m.

Chess Group, 1-3 p.m.
Paint Group, 1-3 p.m.
T(w)een After School Club, 3-4 p.m.
Science Seekers: Fun with Food, 3:30-4:30 p.m.
Hands-on experiments with density & energy!

Thursday, May 23
Geri Fit, 9-10 a.m.

Wonder Wings: Nature Detectives, 3:30-4:30 p.m.

French, 4-5 p.m.

Gilford Public Library Top Ten Requests

1. "The Murder Inn" by James Patterson
2. "The Women" by Kristin Hannah
3. "A Calamity of Souls" by David Baldacci
4. "The #1 Lawyer" by James Patterson
5. "The Heaven and Earth Grocery Store" By James McBride
6. "Demon Copperhead" by Barbara Kingsolver
7. "The Last Word" by Elly Griffiths
8. "The Frozen River" by Ariel Lawhon
9. "Stolen" by Ann-Helen Laestadius
10. "Extinction" by Douglas Preston

Gilman Library Garden beckons visitors to "Sit and Tarry Awhile"



BY ROZA BENOIT
Gilman Library

ALTON — The Gilman Library at 100 Main

GILFORD POLICE LOG

GILFORD — The Gilford Police Department reported the following arrests during the week of May 2-8.

Zachary Allan Gilbert, age 21, of Belmont was arrested on May 4 for Driving Under the Influence.

Joseph Michael Rego, age 48, of Stoughton, Mass. was arrested on May 4 for DUI-Impairment.

Ryan Patrick O'Neill, age 43, of Laconia was arrested on May 5 for Driving After Revocation or Suspension of license (subsequent offense) and Contempt.

Elizabeth E. Ellsworth, age 49, of Laconia was arrested on May 5 for multiple counts of Receiving Stolen Property after Two Prior Convictions.

Elizabeth A. Maglio, age 37, of Gilford was arrested on May 5 in connection with multiple warrants. Michael Ryan Carpenter Noucas, age 40, of Gilford was arrested during the same incident for Driving After Revocation or Suspension of license.

Corbin Richard Kenefick-Holmes, age 18, of Gilford was arrested on May 6 on multiple counts of purchasing images of child sexual abuse.

Derek J. Waterfield, age 35, of Laconia was arrested on May 6 for Driving After Revocation or Suspension of license and Suspension of Vehicle Registration.

Erik Jason Parker, age 26, of Meredith was arrested on May 6 for operating a motor Vehicle with an Unofficial Inspection or Registration Decal.

Timothy J. Guidi, age 44, of Meredith was arrested on May 7 for DUI-Impairment.

Crystal L. Boisvert, age 45, of Laconia was arrested on May 8 for making a False Report to Law Enforcement.

Library Garden. This lovely spot is meticulously maintained by the Alton Garden Club. It is now crowned with an elegant granite bench with a plaque that reads "Sit and Tarry Awhile" — M J Robison."

The bench was donated by Judith Hudson, a member of the garden club, in memory of her mother, M. J. Robison, an avid gardener who lovingly maintained her own beautifully landscaped gardens throughout her life. Known as "MJ," short for Mary Jean, she was a seasonal resident of Alton for sixty years, ultimately residing here year-round for many years, before her passing two years ago.

Judith Hudson, known by friends as "Judy" together with her brother, made the choice of the Gilman Library Garden as the home for this memorial bench. The motivation was to not only memo-

rialize their mother but in honor of their paternal grandmother, Myrtle Bloedow, an historical figure in her home state of North Dakota.

Myrtle Bloedow ran the first bookmobile in North Dakota. She is honored in Edgeley, North Dakota, for her contributions as both librarian and benefactor to the town's public library.

Her granddaughter, Judith Hudson says, "We chose the memorial bench at the library garden to honor them both. Landscaping and libraries are our family history... I really wanted to contribute to Alton in honor of all the friendships and love I have received from town members."

Connecting a little South Dakota history to a little New Hampshire present day, the Gilman Library Garden beckons. "Come and Tarry Awhile."



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Country Bookseller welcomes visiting authors

WOLFEBORO — New England authors Rebekah Lowell, Mj Pettengill, Amanda J Stevens, Glenn A. Knoblock, and JR Giuliano will be at The Country Bookseller Sunday, May 26 from 10 a.m. to noon. This event will be held outdoors, rain or shine.

In Rebekah Lowell's debut novel, "The Road to After," 11-year-old Lacey rediscovers the soothing power of nature after escaping an abusive home. This powerful novel in verse is for ages 10 and up. Lowell's second book, "Catching Flight" (ages three to seven) is a beautifully illustrated

picture book featuring the inspiring message birds have to offer. Lowell is an author-illustrator with a passion for the natural world. She has a BFA in Illustration from the Rhode Island School of Design and an MFA in Children's Literature and Illustration from Hollins University.

Mj Pettengill makes her return with the fourth book in the Etched in Granite series, "The Crow's Path." This long-awaited continuation brings readers back to the County Farm as well as taking them on a journey to the heart of Boston in 1878. Char-

acters old and new bring readers into the harrowing stories of life and death on a rural New England Poor Farm. Pettengill has an MFA in creative writing and as a social historian, focuses on cultural narrative and traditions, historical intergenerational trauma integration, ancestral healing, and social welfare development.

Wolfeboro resident Amanda J. Stevens is a licensed massage therapist by day and a writer by night. Her debut fantasy novel, "The Kingdom of Mist and Blood," is a tale that resonates deeply with the human

experience and reflects her love of Greek mythology, dark fantasy romance, and the classics. In a race against time, Merek is the only hope at putting an end to the Goblin King Molag's reign of corruption in the Realms. With twists and turns galore, the reader will be guessing until the very end.

Another familiar face around Wolfeboro, Glenn A. Knoblock, is an historian, author, and lecturer with more than a dozen books to his credit that highlight various aspects of New Hampshire and New England history. He has

a BA in history from Bowling Green State University in Ohio and has been studying and documenting aspects of New Hampshire history for more than 30 years. His most recent release, "Loons of New Hampshire," reveals the sometimes-mysterious nature of this beloved bird, its presence throughout the state's history, the threats it faces today, and the extensive efforts to recover the population.

"The Rock in Our Story" by JR Giuliano is a heartwarming story of friendship, love, and finding one's way. Maria is a young lady

from a poverty-stricken, war-torn country who is dreaming of reconnecting with her mentor, while carrying a big chip on her shoulder. Lighthearted, rhythmic, and atmospheric, Giuliano transports the reader to a different time and place. An octogenarian brother, husband, father, grandfather, and great grandfather, Giuliano likes to travel anywhere to learn about people, places, culture, and food.

For more information or to reserve copies of any of the books, please call The Country Bookseller at (603) 569-6030.

Gilford Rotary 4-Way Speech Contest winners announced

GILFORD — The Gilford Rotary Club is pleased to announce that Sarah Kahn, a sophomore at Gilford High School was this year's 1st place award winner in the Rotary 4 Way Speech contest. Sarah's topic was Homelessness. Sarah participated in the District 7870 4 Way speech contest in Henniker, and she shared her speech with the Gilford Rotary at this past Friday's weekly meeting at 7 a.m. at the Gilford Community Church. This annual competition asks participating students to speak for 5-7

minutes with minimal notes on a topic of their choosing but emphasizing how this subject matter can demonstrate the attributes of the Rotary 4-Way Test: Is It The Truth? Is It Fair to All Concerned? Will It Build Good Will and Better Friendships? Will It Be Beneficial To All Concerned? Other contestants included Rhiannon Reinholz, Tristan Schofield, and Katherine Strickland. Gilford Rotary is especially appreciative to Gilford High School staff members – Director of Library and Media Stud-

ies, Corey Nazer and English teacher Emily Wolpin for their efforts in encouraging students to participate and also for coaching them through the development of their presentations. Judges for the contest were Gilford Rotary members Allie Boucher, Kimberly Wade, Clara Jude, and Nick Trudel. Jennifer Nunez served as Registrar and Jim Sherman acted as timekeeper. Don Clarke and Kevin Keohan assisted as scorers, and Sandra McGonagle acted as Chair of the Committee.



Left to right: 4-Way Speech Contestants Tristan Schofield, Rhiannon Reinholz, Katherine Strickland and winner Sarah Kahn.

Randolph Dyer of Alton completes intensive research project

WORCESTER, Mass. — Randolph Dyer, a member of the class of 2024 majoring in Computer Science at Worcester Polytechnic Institute (WPI), recently completed a senior thesis that is required of all graduating seniors as part of the university's distinctive project-based educational experience. The project, Enriching Visually-Impaired Visitors' Experiences at the WAM, was Randolph's Major Qualify-

ing Project (MQP), one that is usually team-based and often focuses on very specific issues or needs of an organization that has partnered with the university to sponsor the student's work.

"It's inspiring to see the creativity and skills that our students bring to these projects, as well as the professionalism with which they present their research," says Arne Gericke, interim dean of undergraduate studies and director of the Of-

fice of Undergraduate Research. "Their experience managing a major project like this—including identifying a problem and researching all of the implications and possible solutions while also managing team dynamics over an extended period of several months—sets them up well for success not only in their first jobs after graduation but throughout their careers."

A signature element of the innovative un-

dergraduate experience at WPI, project-based learning offers students the opportunity to apply their scientific and technical knowledge to real problems that affect the quality of people's lives—an experience that changes the student and their world.

In addition to providing tangible work experience that proves valuable to employers, MQPs often lead to publications in peer-reviewed journals, presentations at regional and national conferences, patents, and entrepreneurial ventures. Others become useful innovations and products for their corporate sponsors.

Prior to their MQP, students complete an Interactive Qualifying Project (IQP), usually in their junior year, with a team of other students across disciplines; the projects may or may not relate to the students'

fields of study and are sponsored by organizations across the globe to give students real-world experience addressing problems that lie at the intersection of science and society. Approximately 85% of WPI students complete a project at one of the university's 50+ off-campus project centers located in more than 30 countries around the world.

About Worcester Polytechnic Institute

WPI, a global leader in project-based learning, is a distinctive, top-tier technological university founded in 1865 on the principle that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world problems. Recognized by the National Academy of Engineering with the 2016 Bernard M. Gordon Prize for Innovation in Engineering and Tech-

nology Education, WPI's pioneering project-based curriculum engages undergraduates in solving important scientific, technological, and societal problems throughout their education and at more than 50 project centers around the world. WPI offers more than 70 bachelor's, master's, and doctoral degree programs across 18 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. Its faculty and students pursue groundbreaking research to meet ongoing challenges in health and biotechnology; robotics and the internet of things; advanced materials and manufacturing; cyber, data, and security systems; learning science; and more. www.wpi.edu

Laurel Gingrich named Jacob Albright Scholar

READING, Pa. — Laurel Gingrich of Gilford has been named a Jacob Albright Scholar for 2024. A graduate of Gilford Middle High School, Gingrich is completing an Albright College Bachelor of Arts degree in Communications: Journalism, Fashion. Commencement is May 12.

Established in 1982, the Jacob Albright Society includes Albright graduates with a grade point average of 3.85 or higher, who have completed at least half their course work at the college. Gingrich is one of 18 members of Albright College's class of 2023 named lifetime Jacob Albright Society members this spring.

Named a top national college by U.S. News & World Report, Albright College, Reading, Pa., (founded 1856) is home to engaging faculty who believe that the best academic moments are when students feel inspired and ready to take action. The college's distinctive co-major program enables students to cross or combine different areas of study, without taking longer to graduate. Study alongside undergraduate students, adult learners and graduate students, and ignite your SPARK at Albright College.

salmonpress.com



COURTESY

Spinning it

The Spring Fling at the New Durham 1772 Meetinghouse is this Sunday, May 19 from 11 a.m. - 2 p.m. Once the religious and civic center of the town, the building and grounds at 207 Old Bay Road are now used for free living history community events. This year's event highlights the similarities and differences between colonial and indigenous children's games, food production, and domestic activities. The New Durham and Farmington Recreation Departments will run sack, three-legged, and relay races from 11:30 a.m. - 1 p.m. A kids' pie-eating contest is scheduled for 1 p.m. The event includes a silent auction, live music, hands-on activities, and more. The program was made possible with support from NH Humanities, in partnership with the National Endowment for the Humanities, and Meredith Village Savings Bank. Pictured here at last year's Spring Fling, spinner Rosemary Zurawel, right, offers tips to a member of the public who took advantage of dressing in a provided colonial costume for a great photo opportunity.

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	288 Main St.	Res.-Mtl. Bldg.	\$500,000	Matthew P. and Izadel T. Kelley	Joseph Barbuzzi and Thomas E. Hutchings, Jr.
Alton	190 Nutter Dr.	N/A	\$34,933	John Farhadian	Joseph B. Mauro
Alton	58 Riley Rd.	Single-Family Residence	\$375,000	Carol Lionetta	Sara J. Rines
Alton	82 Timber Ridge Rd.	Single-Family Residence	\$5,350,000	Sandra L. Stamp RET	Jeanne and Mitchell Hayes
Barnstead	878 N. Barnstead Rd.	Single-Family Residence	\$460,000	Diane R. and Edward E. Rule	Ioannis Papaioannou
Barnstead	76 Narrows Rd.	Single-Family Residence	\$585,000	Alice Stavarek	Christian Tornqvist and Elizabeth J. Coghill
Barnstead	N/A	N/A	\$59,933	Ruth E. Minor Estate and James A. Minor	Matthew Connors
Gilford	49 Glendale Pl., Unit 1	Office Condo	\$200,000	Blue Water Realty Group LLC	Lake Winni Properties LLC
Gilford	55 Tate Rd.	Single-Family Residence	\$520,000	Martha N. Sepe	Daniel Burns
Gilford	N/A	N/A	\$93,000	Bull Brook LLC	Joseph Martin
Gilmanton	586 Province Rd.	Single-Family Residence	\$399,933	Sandra Barton	Christina M. and Evan O. Bakelaar
Gilmanton	N/A	N/A	\$600,000	Robert C. and Rebecca C. Ronstadt	Stewart H. McLean, Jr.
New Durham	67 Mountain Dr.	Single-Family Residence	\$410,000	Jeremy F. Oliver	Kristin and Brittany Brittlund

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might in-

volve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

Alton Parks and Recreation Community Connection

Learn to Play Pickleball — Free Clinic

Join the Learn to Play Pickleball Free Clinic on Tuesday, June 11 from 5-6:30 p.m. at the Liberty Tree Park Courts located on Route 140 for ages 13 and up. The Clinic is hosted by Alton and New Durham Parks and Recreation Departments. A limited amount of equipment will be available to use if needed. Space is limited, register early at alton.nh.gov or ndpark-sandrec.com.

Ivy's Paint Party

Join instructor Ivy Walters in a group painting party on Saturday, June 8 from 1-3 p.m. at the Pearson Road Community Center. A fun Saturday for people of all ages. Local teenage artist from Social Butterfly Art, will lead participants through the painting of a sunset lake view with vibrant colors. Scene includes lake view, mountains, trees and flowers. \$25 per person. See a photo of the canvas painting on the Parks and Recreation Department Facebook Page. Register by May 31 at 603-875-0109 or parksrec-asst@alton.nh.gov. If you are not able to attend you can see Ivy and her handmade artistic creations at the Old Home Week Craft Fair in Alton Bay Aug. 10 & 11.

Summer Vacation- Boston Zoo Trip

The Alton and New Durham Parks and Recreation Departments are sponsoring a trip to the Franklin Park Zoo in Boston on Tuesday, June 25. Alton Students in grades 2-8 are invited to join Alton Parks and Recreation Staff in exploring this fun zoo which includes a playground, carousel, animal exhibits like the red panda, sloth, giraffe and much more. Adults of all ages are invited to join in the fun too, and explore the zoo on their own. Bus leaves New Durham Elementary School at 8:30 a.m. sharp, please arrive by 8:15 a.m. to check in. Bus returns to New Durham Elementary School at 5 p.m. \$21 per person, includes zoo admission and student supervision. Bring a bag lunch and be ready for a great day. Register at alton.nh.gov. Space is limited, sign up early to guarantee a place. Contact parksrec-asst@alton.nh.gov for more information.

Line Dancing Lessons

Line Dancing with Joan Lightfoot is scheduled on Thursdays from 1:30-3 p.m. from June 6-Oct. 31 at the Alton Bay Community Center. Adults of all ages and abilities are welcome, \$10/season. Register on site.

Alton Old Home Week

5K Road Race

Co-Sponsored by Meredith Village Savings Bank. Aug. 10 at the Alton Bay Bandstand, 9 a.m. Sign up by July 15 and receive a long sleeve race shirt. USATF Certified Course through Alton. Computerized timing with bib chip; results posted online. Scenic, slight varying course, flat/downhill with one moderate incline, paved. Prizes, refreshments, water stops, traffic control and raffle for racers. Forms and map available at www.alton.nh.gov or register online at <https://runsignup.com/Race/NH/Alton/AltonOldHomeWeek5KRoadRace>, \$20.

Couch to 5K Club

Set a personal goal this year and walk or run in the Alton 5K Race Aug. 10. Join the Couch to 5K Club, and build up your walking/running endurance over the course of nine weeks. All ages and abilities are welcome- join as a team of two, solo or whole family. Participants will receive a program to follow along at home with daily instructions ranging from 20-60 minute workouts. If there is interest, the Club can meet in person to practice portions of the 5K Race course. Pre-register by May 31 by contacting Alton Parks and Recreation at 603-875-0109 or parksrec-asst@alton.nh.gov.

Pilates Classes in Alton Bay- Tuesdays and Thursdays

The Alton Parks and Recreation Department is sponsoring Pilates classes at the Alton Bay Community Center on Tuesdays and Thurs-

days, 9:30-10:30 a.m. with certified instructor Donna Lee. All level adults are welcome for a full body, low impact class that will improve muscle tone, flexibility, balance and strength. Pre-registration is \$10 per class or \$15 drop in. Bring a mat and water. For more information/register contact Donna at breathepilates1@yahoo.com or parksrec@alton.nh.gov.

Weight Training Classes- Mondays and Wednesdays

The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednesdays from 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abilities. Learn new exercises and build strong muscles and bones, increase flexibility and develop better bal-

ance. Bring light hand weights, a mat and water. For more information, contact parksrec@alton.nh.gov or 603-875-0109. Try a class for free. \$20 per month/session or \$5 drop in. Class will be held May 27.

Community Clothing Swap

The Alton Parks and Recreation Department is coordinating a free Community Clothing Swap where residents can drop off clothes in good condition to pass along to others. Donated clothes can be dropped off at the Parks and Recreation office- 328 Main Street, Monday- Friday, 8 a.m.-4 p.m. before May 20. The Community Clothing Swap will take place at the Pearson Road Community Center on Saturday, June 1 from 8 a.m.-noon. The donated clothes will be

displayed and available for people to pick up and reuse. This event is free and is an effort to reduce, reuse and recycle.

Alton Town Wide Yard Sale

The Alton Parks and Recreation Department is sponsoring its Annual Town Wide Yard Sale on Saturday, June 1, rain or shine from 8 a.m.-2 p.m. If you would like to participate by having a Yard Sale at your house contact the Parks and Recreation Department at 603-875-0109 or parksrec-asst@alton.nh.gov before May 20, 2024 with your Yard Sale address location. When calling please include your name, phone number and complete physical address. Free Yard Sale maps will be available after May 28.



COURTESY
Kingswood Regional Middle School student Ellie Fuller received the Afterschool Allstars Award for excellence in National History Day Club. Congratulations, Ellie!

Laurel A. Gingrich earns degree from Albright College

READING, Pa. — Laurel A. Gingrich of Gilford is earning a Bachelor of Arts degree summa cum laude from Albright College. A graduate of Gilford Middle High School, Gingrich majored in Communications: Journalism, Fashion with a minor in Digital Media.

The Albright Class of 2024 will celebrate the 164th Commencement Ceremony at Santander Arena at 2 p.m., on Sunday, May 12. Ceremony speakers include award-winning theatre, television and film actress Saidah Arrika Ekulona (Albright class of 1992); and graduating senior Taisha N. Charles '24. Olivia T. Holeva '24 will also represent her class as a senior performer.

The event will be livestreamed on Albright's Commencement Web site.

Named a top national college by U.S. News & World Report, Albright College, Reading, Pa., (founded 1856) is home to engaging faculty who believe that the best academic moments are when students feel inspired and ready to take action. The college's distinctive co-major program enables students to cross or combine different areas of study, without taking longer to graduate. Study alongside undergraduate students, adult learners and graduate students, and ignite your SPARK at Albright College.

PETS OF THE WEEK



Belle

Belle is truly the Belle of the ball! She's a beautiful, loving, and kind lady who loves to sit in the sun, play ball, and go on long walks. She's a cuddle master, and is always in the best of moods. You'll fall for her immediately!



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Lucky 13: Gilford girls win marathon battle with Belmont



Belle Dow fires a pitch during a 13-inning win over Belmont last Thursday afternoon.

BY JOSHUA SPAULDING
Sports Editor

BELMONT — In the books, it just goes down as one game, but the Belmont and Gilford softball teams played almost two complete games on Thursday, May 9, as the Golden Eagles scored three times in the top of the 13th inning and held on to beat the host Raiders by a 3-0 score.

“They were mentally tough and stayed up and positive,” said Gilford coach Lisa Brace.

“That’s what softball is supposed to be,” said Belmont coach Bill Clary. “Defensively, we didn’t give them any extra outs.”

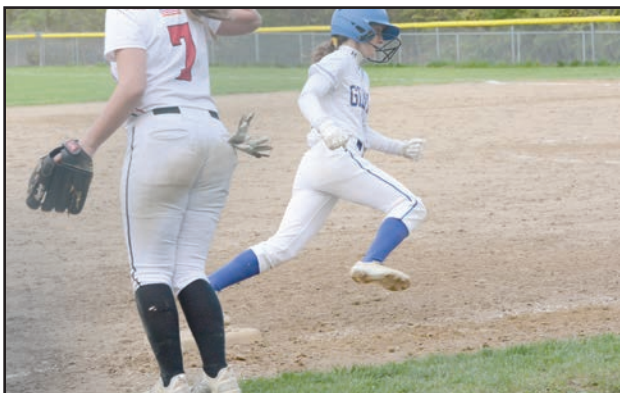
The story of the day was the pitching, as both pitchers went all 13 innings, with Gilford’s Belle Dow striking out 22 and Belmont’s Madi Smith striking out 12. Dow matched a 2008 outing from Lindsey Carr, who struck out 22 in one of her team’s great pitching battles with Franklin. Both pitchers noted that it was the most innings they had

ever pitched in a game.

“I was very proud of Madi,” said Clary, with the Belmont pitcher noting she was basically running on adrenaline as the game wore on.

Maddie McKenna had a two-out base hit in the top of the first and Dow and Sadie Lydick both reached to load the bases before Smith got a strikeout to end the inning. Dow set the side down in order in the bottom of the inning and Smith struck out the side in the top of the second. Dow struck out two in the bottom of the third and Dow also reached on an error before a grounder to first ended the inning. Dow struck out two more in the bottom of the inning as the Raiders went in order. Grace Kelly had a two-out base hit in the top of the fourth inning before Smith got a strikeout to end the inning. Bailey Perkins was hit by a pitch in the bot-

tom of the frame, giving the Raiders their first base runner, but she was stranded. Smith set the side down in order in the top of the fifth and Dow responded by striking out the side in the bottom of the inning. Dow led off the bottom of the sixth with a base hit and Elise Bartley took over on the bases and stole second. She moved to third on a groundout by Lydick before a nice play by Perkins at second and a pop up to Falyen Sicard at shortstop ended the inning. Maddie MacDonald worked a one-out walk in the bottom of the sixth inning but Dow got out of any trouble, striking out the side in the frame. Smith put the side down in order in the top of the seventh and after a nice play from Rainey Hinds at first base, Rylie Cotnoir worked a walk with two outs but was stranded, sending the game to extra innings. Smith retired the side in the top of the eighth inning and Lyla McSheffrey and MacDonald worked walks to put two runners on base. Sicard put down a bunt, with Dow making a nice throw to third to cut down the lead runner before a strikeout ended the inning. Smith retired Gilford in order in the top of the ninth inning and Dow worked around a leadoff



Millie Caldron rounds third on her way to scoring the first run of the game in the 13th inning last week.

tom of the frame, giving the Raiders their first base runner, but she was stranded.

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walk to Molly O’Connell in the bottom of the ninth. Smith struck out the side in the top of the 10th and Dow struck out two in the bottom of the inning, setting the side down in order again. Gilford went in order in the top of the 11th before Sicard reached on an infield hit to start the bottom of the 11th. Perkins worked a walk before Dow retired the next three batters to quell the threat.

Lydick worked a walk to open the top of the 12th and two outs later, a base hit from Kelly put two runners on. However, Smith got a grounder back to the circle to end the inning. Dow then retire the side in order in the bottom of the inning. Millie Caldron led off the top of the 13th with a base hit and moved up on a Kendal Heyman sacrifice bunt. A McKenna base hit plated the game’s first run and Dow tripled to right field to drove in another run. A groundout from Lydick plated Dow for the 3-0 lead for the Golden Eagles.

MacDonald led off the bottom of the inning with a base hit and one out later, was forced on a grounder to second by Perkins. O’Connell followed with a base hit, bringing the tying run to the plate, but Dow induced a grounder to second to end the marathon. Gilford is scheduled to be at White Mountains today, May 16, at Monadnock on Monday, May 20, and at home against Winnisquam on Wednesday, May 22.

Belmont is slated to be at Mascoma today, May 16, at Winnisquam on Monday, May 20, and at Prospect Mountain on Tuesday, May 21.

Belmont is slated to be at White Mountains today, May 16, at Monadnock on Monday, May 20, and at home against Winnisquam on Wednesday, May 22.

Belmont is slated to be at Mascoma today, May 16, at Winnisquam on Monday, May 20, and at Prospect Mountain on Tuesday, May 21.

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Leavitt spins shutout as Timber Wolves blank Bears



Gavin Gorton takes a throw at first as Newfound’s Cody Laflamme dives back into the bag in action on Friday.

BY JOSHUA SPAULDING
Sports Editor

ALTON — The first batter of the game for the Prospect Mountain baseball team scored in Friday’s matchup with Newfound. While it was far from the only run the Timber Wolves scored on the day, it would be the only one they needed, as the hosts got a 10-0 win over the visiting Bears.

Landon Sargent reached on an error with two outs in the top of the first, but he was stranded there when Prospect starter Nate Leavitt got a strikeout. Wyatt Brownell led off the bottom of the first with a base hit and two outs later a base hit from Knyte Neathery plated the first run of the game. David Joyce reached in the top of the second inning but he was stranded on second when Leavitt got a strikeout and a groundout to end the inning. Leavitt reached on an error in the bottom of the second inning and came around to score when Kenny Fontaine and Gavin Gorton reached for the 2-0 lead. Ryder Sargent walked with one out in the top of the third and Josh Blouin followed with a base hit, but they were both stranded as Leavitt got a fly ball to center and a strikeout. Spencer Therrien led off the bottom of the third with a walk and Neathery also worked a walk. Mason Pappaceno reached on an error and two outs later, a walk to Fontaine and a base hit from Gorton pushed across three runs for the 5-0 lead for the Timber Wolves.

Leavitt struck out the side in the top of the fourth inning and Ryder Sargent took over

on the mound for Newfound in the bottom of the inning. He set the side down in order with a couple of pop ups and a line drive to shortstop. Cody Laflamme led off the top of the fifth with a base hit and he promptly stole second. After a strikeout, a line drive to second was snared by Mikey Perry, who turned it into a double play by flipping to second to end the inning.

Mason Pappaceno led off with a walk in the bottom of the inning, stole second and came all the way around to score on throwing errors. Perry reached on an error and a Leavitt double brought him around to score. Fontaine followed with a base hit to make it 8-0 and one out later, a base hit from Brownell and a walk to Blake Pappaceno loaded the bases. Therrien grounded to third, forcing the runner at the plate, but back-to-back base hits from Neathery and Mason Pappaceno brought home the final two runs of the game, with the Timber Wolves finishing out the 10-0 win.

The Bears are scheduled to be in action on Friday, May 17, at home against Inter-Lakes, Monday, May 20, at home against Campbell and Wednesday, May 22, at home against Mascoma.

Prospect Mountain is slated to be in action on Friday, May 17, at Campbell, at home against Hillsboro-Deering on Monday, May 20, and at Belmont on Tuesday, May 21.

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

Prospect Mountain is slated to be in action on Friday, May 17, at Campbell, at home against Hillsboro-Deering on Monday, May 20, and at Belmont on Tuesday, May 21.

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JOSHUA SPAULDING

Alexis Wilson is greeted by her teammates after homering in the first inning of Friday's game against Newfound.

BY JOSHUA SPAULDING
Sports Editor

ALTON — The two-time defending champion Prospect Mountain softball team got on the board early and then added a five-spot late to close out a 12-0 win over Newfound on Friday, May 10.

Prospect pitcher Ella Bernier set the Bears down in order in the top of the first and the Timber Wolves took the lead in the bottom of the inning. Tori Christie worked a walk to open the game and Alexis Wilson followed with a homer over the fence in left for the 2-0 lead. Newfound pitcher Jayden Gilpatric got the next three batters in order to close out the inning.

Adeline Dolloff led off the top of the second with a double to right field and one out later, she took third in a groundout by Gilpatric. However, Bernier got a groundout to end the in-

ning and Prospect added to their lead in the bottom of the second.

Olivia Noyes reached on an error with one out and Layla Hills Grove took over on the bases. One out later, an Eve Roberge base hit and a triple from Christie had the Timber Wolves up 4-0. Wilson reached on an error to drive home another run and a Bernier double plated another run for the 6-0 lead before a Gilpatric strikeout ended the inning.

Cora Sanschagrin had a one-out infield hit in the top of the third, but Bernier struck out the side around the hit. Gilpatric worked around trouble in the bottom of the third. Paige Harding walked with one out and Noyes followed with a base hit, with Hills Grove again taking over on the bases. Roberge worked a two-out walk to load the bases, but a pop up to Dolloff at shortstop ended the threat.

Wilson took over in the circle in the fourth inning and Katie Sweeney led off the inning with a base hit but was cut down at second on a groundout by Dolloff. A pair of groundouts ended the inning to keep the shutout intact.

Wilson singled to open the bottom of the fourth inning before Bernier worked a walk and Hannah Colby took over for Wilson on the bases. One out later, Gwen Christie and Harding worked walks to make it a 7-0 lead before a pop up and a groundout ended the inning. Wilson set the side down in order in the top of the fifth inning and put the game away in the bottom of the inning.

With one out, Tori Christie doubled and Wilson was hit by a pitch, with Colby again taking over on the bases. Maggie Damon grounded out to plate a run and a Mariah Gates base hit

drove in another run. Gwen Christie doubled in another run and a Harding single made it 11-0. Noyes then sent everyone home with a double to left to close out the 12-0 win.

Prospect is scheduled to be at St. Thomas on Friday, May 17, at home against Hillsboro-Deering on Monday, May 20 and at Belmont on Tuesday, May 21.

Newfound is slated to be at home against St. Thomas on Monday, May 20, and at home against Winnisquam on Tuesday, May 21.

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

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Gwen Christie flips the ball to first after making a play in last week's game with Newfound.



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Gilford baseball beats two sets of Bears to start the week

BY JOSHUA SPAULDING

GILFORD — The Gilford baseball team picked up wins early last week against Newfound and Winnisquam.

Against the Bears of Newfound on Monday, May 6, Gilford scored all four of their runs in the first three innings, scoring one in the first, one in the second and two in the third and kept the Bears off the board for the 4-0 win.

Ryan Folan got the start on the mound, surrendering three hits in three-plus innings while striking out two and Gavin Clark came in and

pitched the rest of the way, giving up one hit and striking out eight.

Mikey Giovanditto had three hits and drove in a run, Andrew McDonough had two hits and scored a run from the top of the lineup, Clark had two hits, scored a run and drove in a run, Drew Smith had a hit and scored a run, Brendan Folan had a hit and drove in a run, Ryan Folan had a hit and Brett Skoog had a double and scored a run.

The next day the Golden Eagles traveled to Tilton to take on a different team of Bears, this squad of the blue and

white variety from Winnisquam.

Gilford scored three times in each of the first three innings and four times in the fifth for the 13-2 win. The Bears scored their only two runs in the bottom of the first inning.

Tanner Keenan got the start on the mound, going all five innings, giving up five hits and one earned run while striking out five.

Clark had a triple and two singles, drove in three runs and scored three times to pace the offense. Smith had two doubles, drove in four runs and scored a pair,

Will Wallace had a double and a single and drove in a run, Brendan Folan had a double and a single, drove in a run and scored a run, Keenan had two hits, scored twice and drove in two runs, Giovanditto had two hits, scored a run and drove in a run and Ryan Folan had a single.

After falling to Belmont (see separate story), the Golden Eagles closed out the week with an 11-1 win over Inter-Lakes on Friday afternoon.

Gilford scored once in the first and after the Lakers tied the game in

the top of the third, the Golden Eagles scored four times in the bottom of the third then added three in the fourth and three in the sixth to seal the win.

Clark went the full six innings on the mound, giving up just three hits and no earned runs while striking out 12 Lakers.

Clark also led the offense with four hits, three runs scored and two runs driven in, Caleb Giovanditto had two hits, drove in three runs and scored a run, Brendan Folan had two hits and drove in two runs, Mikey Giovanditto had

a hit and scored twice, Wallace had a hit, scored twice and drove in two and McDonough had a hit and scored a run.

The Golden Eagles are slated to tangle with defending Division III champion White Mountains today, May 16, in Whitefield, then visit Monadnock on Monday, May 20, host Winnisquam on Wednesday, May 22, and visit Inter-Lakes on Thursday, May 23, all with 4 p.m. scheduled starts.

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

Golden Eagles get win to kick off penultimate week

BY JOSHUA SPAULDING

GILFORD — The Gilford boys' tennis got a win over Inter-Lakes but dropped matches to Plymouth and Littleton to close out the week.

Against Inter-Lakes, the Golden Eagles picked up the 7-2 win. Alden Townsend won 8-3 in the top spot, Dalton Houle won 8-0 at number two, Dominic Soucy won 9-8 (7-3) in the third spot, Dustin Gerry won 8-3 in the fourth spot and Cohen Krupnik won 8-2 in the fifth spot. Gilford got forfeit wins in the sixth

singles spot and third doubles spot.

After a 9-0 loss to a strong Plymouth team, the Golden Eagles hosted a doubleheader with Littleton and dropped a 5-4 decision and a 7-2 decision.

In the first match, Townsend won 8-6 at number one, Soucy won 8-2 at number two and Gerry won 8-1 in the third spot. In doubles play, Townsend and Soucy won 8-6 in the top spot.

Soucy got a 9-8 (10-8) win at number two singles in the second match and Gerry won 8-2 in the

third spot.

The Golden Eagles are slated to be at Mo-

nodnock today, May 16, at 4 p.m. to wrap the regular season.

Sports Editor Joshua Spaulding can be reached

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

Gilford net girls roll past Inter-Lakes, Moultonborough

BY JOSHUA SPAULDING

GILFORD — The Gilford girls' tennis team picked up an 8-1 win at home over Inter-Lakes on Thursday, May 9.

The Golden Eagles took care of five of the singles matches against the visiting Lakers and then swept the doubles to close out the win.

Leann Levenson got an 8-0 win in the top spot in the lineup, with Jade Nicolas coming through with an 8-0 win at number two. Natalie Clay got an 8-0 win in the fourth spot, Allyson Onos won by an 8-0 score at number five and Grace Powers won 8-2 at number six. Liz Albert dropped an 8-4 decision in the third spot in the lineup.

In doubles play, Levenson and Albert won 8-6 at number one, Nicolas and Clay got an 8-3 win in the second spot and Onos and Powers won 8-3 at number three.

Earlier in the week, the Golden Eagles picked up a 6-3 win over Moultonborough. Levenson fell 9-7 in the top spot, while Nicolas got an 8-2 win at number two and Clay fell 8-3 in the third spot. Onos dropped an 8-6 decision at number four, Isabelle Walton won 8-1 in the fifth spot and Grace Powers won 8-6 at number six.

Levenson and Onos played at number one doubles and won 8-3, Nicolas and Clay won 8-3 in the second spot and Walton and Powers got an 8-2 win at number three.

The Golden Eagles are slated to finish out the regular season today, May 16, at Prospect Mountain.

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

Church Service SCHEDULE

<p>ABUNDANT HARVEST FAMILY CHURCH Sunday School for children up to age 12, service 10:30 a.m. Center Whitefield Resource Center, 254 Main St., Union. Pastors Daniel and Sherrie Williams, 473-8914. For more information, please visit abundantharvestnh.org or e-mail adf@fath.com.</p>	<p>FIRST CONGREGATIONAL CHURCH UCC FARMINGTON Worship Services 11:00 A.M. Sunday School 10:15 A.M. 400 Main Street Farmington, NH 03835 Pastor Tom Gardner 755-4816 www.farmingtonuucc.org</p>
<p>ALTON BAY CHRISTIAN CONFERENCE CENTER Sundays throughout the summer 10am & 7pm, 875-6161.</p>	<p>FIRST BAPTIST CHURCH OF NEW DURHAM NH Sun. School 9:30am, Church 10:30am; Evening Service 6pm; Wed. Prayer Meeting 7pm, Depot St., New Durham; Pastor Ryan Blackard</p>
<p>BEFREE COMMUNITY CHURCH, ALTON Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Ben Ruhl, www.befreechurch.net</p>	<p>PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H. on the Parade in Barnstead Sunday Morning Worship Service for all ages begin at 9:00 a.m. Prayer Meetings - April through November at 7:00 p.m. on Wednesday Evenings. Pastor Sandy Pierson - 483-2846</p>
<p>CENTER BARNSTEAD CHRISTIAN CHURCH Worship Service 10:00am Bible Study 11:15am Rm 126 next to Town Hall Call or Text (603)269-8831 centerbarnsteadcc.org</p>	<p>ST. KATHARINE DREXEL 40 Hidden Springs Rd., Alton, 875-2548 Father Robert F. Cole, Pastor. Mass Saturday 4pm; Sunday 8:30 & 10:30am; Daily Mass Mon., Tues., Wed., Fri. 8:00am.</p>
<p>CHRISTIAN COMMUNITY OF PRAISE C.C.O.P PRAISE GATHERING Gathering Saturday evenings at 5:30 p.m. The Gilmanton Community Church 1803 NH Route 140, Gilmanton Ironworks, NH ccoppraisegathering@gmail.com</p>	<p>ST. STEPHEN'S EPISCOPAL CHURCH Sunday 9:30, 50 Main St., Pittsfield Rev. Miriam Acevedo with Rev. Stephen Eberberg www.ststephenspittsfield.com</p>
<p>COMMUNITY CHURCH OF ALTON Pastor Jorel Cassidy 11am Worship service Sunday 20 Church St Alton (603) 875-5561 www.ccoadon.com</p>	<p>UNITED METHODIST CHURCH Rt. 171 at Tuffnboro Corner Sunday services 10:30 am. Church 603-539-8058</p>
<p>CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC Sunday School and Worship Services Rev. Kate Kennedy 603-776-1820 Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom. Sundays at 10 a.m. ccnorthbarnstead.com</p>	<p>UNITARIAN UNIVERSALIST SOCIETY OF LACONIA Sunday services and religious education 10:00 a.m. All are welcome. 172 Pleasant St. Laconia • 524-6888 • usd.org</p>
	<p>MAPLE STREET CHURCH Sunday Service 11am 96 Maple Street, Center Barnstead NH 03225</p>

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PROSPECT MOUNTAIN HIGH SCHOOL SAU #301

INVITATION TO BID

May 16, 2024

MANDATORY SITE VISIT

May 21, 2024

BIDS FOR: FIELD FERTILIZATION SERVICES
DUE DATE: 10:00 AM on Thursday, May 23, 2024

Bids for **Field Fertilization Services (2024-2026)** will be accepted until 10:00 AM on Thursday, May 23, 2024, at the Business Office, SAU 301, Prospect Mountain High School, 242 Suncook Valley Road, Alton, NH. 03809, at which time they will be publicly opened and read aloud. Bid specifications can be obtained from Heidi Duford, Business Administrator at hduford@pmsau.org or (603) 875-3800 x2158. Questions can be answered by calling or emailing the Facilities Supervisor Jim LeClair at 603- 875-3800 ext 2031 or jleclair@pmschool.com

Bids will be accepted only if sealed and clearly marked:

BIDS FOR: Field Fertilization Services
DUE DATE: 10:00 AM on Thursday, May 23, 2024

The School Board reserves the right to accept or reject any or all bids, to accept any informality in a bid or to accept a bid which it deems to be in the best interest of the school district.

PROSPECT MOUNTAIN HIGH SCHOOL SAU #301

INVITATION TO BID

May 16, 2024

MANDATORY SITE VISIT

May 21, 2024

BIDS FOR: LANDSCAPE MAINTENANCE SERVICES
DUE DATE: 10:00 AM on Thursday, May 23, 2024

Bids for **Landscape Maintenance Services (2024-2026)** will be accepted until 10:00 AM on Thursday, May 23, 2024, at the Business Office, SAU 301, Prospect Mountain High School, 242 Suncook Valley Road, Alton, NH. 03809, at which time they will be publicly opened and read aloud. Bid specifications can be obtained from Heidi Duford, Business Administrator at hduford@pmsau.org or (603) 875-3800 x2158. Questions can be answered by calling or emailing the Facilities Supervisor at 603-875-3800 ext 2031 or jleclair@pmschool.com

Bids will be accepted only if sealed and clearly marked:

BIDS FOR: Landscape Maintenance Services
DUE DATE: 10:00 AM on Thursday, May 23, 2024

The School Board reserves the right to accept or reject any or all bids, to accept any informality in a bid or to accept a bid which it deems to be in the best interest of the school district.

Golden Eagles roll past Stevens, Winnisquam

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford softball team kicked off last week with solid wins over Stevens and Winnisquam.

On Monday, May 6, the Golden Eagles hosted Stevens and came away with a 10-1 win behind a pair of homers from Maddie McKenna and a solid pitching performance from Belle Dow. Gilford scored one in

the first, five in the second, one in the third and two in the fourth before the Cardinals got a run in the top of the sixth inning. Gilford added one more run in the bottom of the sixth to close out the scoring.

Dow went the distance in the circle, giving up one hit and one unearned run while striking out 14.

McKenna had two homers and a base hit,

drove in five runs and scored three times, Sadie Lydkick had a double and a single, and drove in three runs, Kendal Heyman had a hit and scored a run and Rainey Hinds had a double and scored a run.

The next day the Golden Eagles traveled to Winnisquam and picked up a 15-0 win behind Lydick's strong effort in the circle.

Gilford scored three

times in the first, second and fifth innings then added one in the sixth and five in the seventh for the 15-0 final score.

Lydick went the distance in the circle, giving up just three hits and striking out 15.

Millie Caldon led the offense with a double and two singles, drove in two runs and scored two runs, Dow had a pair of doubles, scored three times and drove in

a run, Lydick had a double and a single, scored twice and drove in a run, Hinds had pair of hits, scored a run and drove in a run, Grace Kelly had a hit, drove in a run and scored a run, McKenna had a hit, drove in two runs and scored a run, Heyman had a double and drove in a run and scored twice, Mia Macai-one ha a hit and drove in a run and Keagan Sanville had a hit, drove in

two runs and scored a run.

The Golden Eagles are slated to be at White Mountains today, May 16, at Monadnock on Monday, May 20, and will be hosting Winnisquam on Wednesday, May 22, all with 4 p.m. starts.

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

Prescott, Duarte, Snell earn top-three finishes at Newfound

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Prospect Mountain track team took part in the Bristol Lions Invitational on Saturday, hosted by Newfound Regional High School.

Robert Prescott had the top individual finish for the Timber Wolf boys, placing second in the shot put at 40 feet, .5 inches. Ayden Carignan was 11th at 34 feet, 1.5 inches and Declan McCausland was 33rd at 25 feet, three inches.

Prescott also placed sixth in the discus with a distance of 106 feet, nine inches, with Derek

Hopkins in 27th place at 73 feet, eight inches, McCausland in 33rd at 63 feet, four inches and Carignan in 38th place at 59 feet, seven inches. McCausland was 30th in the javelin at 76 feet, Carignan was 34th at 72 feet, two inches and Prescott was 35th at 69 feet, four inches.

Blake Snell finished third in the long jump, leaping 15 feet, four inches, with Dawson Meehan in 12th at 12 feet nine inches.

In the 100 meters, Michael Barnes was 12th in 12.46 seconds, Brendan Francis was 17th in 12.81 seconds, Micah Swenson

placed 19th in 12.85 seconds, Snell was 23rd in 12.96 seconds, Prescott finished in 24th in 12.97 seconds, Brayden Silberdick was 45th in 14.27 seconds and Carignan was 52nd in 16.14 seconds. Barnes also led the Timber Wolves in the 200 meters in 13th place in 26.33 seconds, Silberdick was 28th in 28.54 seconds and Sergio Duarte was 40th in 34.57 seconds.

Hopkins finished in 15th place in the 400 meters in 1:01.19 while Avery Giunta was 11th in the 1,600 meters in a time of 5:26.03.

Duarte finished in third place in the 110-me-

ter hurdles in a time of 18.68 seconds while Prospect's 4X100-meter relay team was fourth in 48.09 seconds and the 4X400-meter team was sixth in 4:01.47.

Barnes cleared five feet, four inches in the high jump for fifth place and Duarte was seventh at five feet, two inches and Ethan Capsalis was 12th at four feet, six inches.

For the Timber Wolf girls, Layla Baker ran to fourth place in the 3,200 meters with a time of 13:58.37.

Jazmine Witham finished sixth in the javelin with a distance of

64 feet, six inches, with Mary Hupper in seventh at 61 feet, eight inches. Witham was also 13th in the shot put at 21 feet, eight inches and seventh in the discus at 73 feet, four inches.

In the 100 meters, Maggie Hart was 26th in 16.26 seconds while in the 200 meters, Victoria Cowser was 20th in 31.66 seconds. Maddy Howlett was 14th in the 400 meters in 1:15.51 while in the 1,600 meters, Whitney Good was 12th in 6:34.01 and Lyndi White was 13th in 6:36.36.

Cowser added an eighth place finish in the 100-meter hurdles in

a time of 21.13 seconds and she was also 11th in the 300-meter hurdles in 1:00.94.

Prospect's 4X100-meter team placed seventh in 1:01.79 and the 4X400-meter team was ninth in 5:12.6.

The Timber Wolves will be back at Newfound this Saturday for the Wilderness Championships.

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

Aidan Eldridge of Laconia completes intensive research project

WORCESTER, Mass. — Aidan Eldridge, a member of the class of 2025 majoring in Industrial Engineering at Worcester Polytechnic Institute (WPI), was a member of a student team that recently completed an intense research project titled Connecting Local Farmers with Customers.

At WPI, all undergraduates are required to complete a research-driven, professional-level project that applies science and technology that addresses an important societal need or issue. About two-thirds of students complete a project at one of the university's 50-plus off-campus project centers, which are located around the world. A signature element of the innovative undergraduate experience at WPI, the project-based curriculum offers students the opportunity to ap-

ply their scientific and technical knowledge to develop thoughtful solutions to real problems that affect the quality of people's lives and make a difference before they graduate.

"The WPI project-based curriculum's focus on global studies brings students out of the classroom and their comfort zones and into the global community to apply their knowledge and to solve problems," said Professor Kent Rissmiller, professor of Integrative & Global Studies and associate dean of The Global School. "Students are immersed in all aspects of a different culture, from the way people live and work to the values they hold to the foods they eat - all valuable perspectives for surviving and thriving in today's global marketplace. They also learn the meaning and magic of teamwork; make

a real and meaningful difference in their host community; and gain a competitive edge for any resume, or graduate or professional school application."

About Worcester Polytechnic Institute

WPI, a global leader in project-based learning, is a distinctive, top-tier technological university founded in 1865 on the principle

that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world problems. Recognized by the National Academy of Engineering with the 2016 Bernard M. Gordon Prize for Innovation in Engineering and Technology Education, WPI's pioneering project-based curriculum engages undergraduates in solving

important scientific, technological, and societal problems throughout their education and at more than 50 project centers around the world. WPI offers more than 70 bachelor's, master's, and doctoral degree programs across 18 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts.

Its faculty and students pursue groundbreaking research to meet ongoing challenges in health and biotechnology; robotics and the internet of things; advanced materials and manufacturing; cyber, data, and security systems; learning science; and more. www.wpi.edu

Bank of New Hampshire holds 193rd Annual Meeting

LACONIA — Bank of New Hampshire, the oldest and one of the largest independent banks in New Hampshire, recently held its Annual Meeting of Corporators and reported it was one of the most historic years in their 193-year history.

BNH was listed as the top-ranked bank in New Hampshire and fifth rated institution across New England for all banks with assets up to \$10 billion, as detailed in the Fourth Quarter of the Bank Performance Report. The Bank maintained a stable position, with a Return on Assets of 0.88 percent, a Tier 1 Leverage Capital Ratio of 11.13 percent, and deposit growth of \$54.5 million. These metrics are a testament to BNH's prudent management and thoughtful strategic planning, combined with the trust their customers place in the organization.

The Bank's success would not be possible without the ongoing guidance and support of their Board of Directors and Corporators. During the meeting, BNH introduced six new Corporators - Andrew Hosmer, Audrey Goudie, Jared Guilmett, Jeanine Forrester, Michael Salmonsen and Stephanie Wentworth.

Andrew Hosmer, an attorney and businessman, serves as Mayor of Laconia and previously held two terms as State

Senator, earning accolades such as "Legislator of the Year." He now guides businesses as a Senior Policy Advisor while actively supporting community initiatives and youth development.

Audrey Goudie, a seasoned leader with more than 25 years in the non-profit sector, excels in marketing, philanthropy and healthcare administration. Currently Director of Marketing at Mid-State Health Center, she champions impactful community initiatives and serves on various boards, including the Newfound Charitable Fund.

Jared Guilmett, AIA, blends architectural expertise with community engagement, serving as Associate Partner at Miaszszak & Turpin, PLLC. His commitment to architectural excellence and historic preservation extends to enriching built environments and communities in the Lakes Region, alongside active volunteerism.

Jeanie Forrester, Director of Intergovernmental Affairs at the Department of Business and Economic Affairs, brings more than 30 years of experience in community development. As a former Town Administrator and State Senator, she spearheaded initiatives in economic development, historic preservation, and environmental protection.

Michael Salmonsen, Assistant Controller at the Leddy Group, brings over eight years of comprehensive financial experience. His role includes overseeing accounts receivable, accounts payable, and financial reporting, supported by a Bachelor's degree in Finance from the University of New Hampshire.

Stephanie Wentworth, owner of Decorative Interiors of Laconia, combines design expertise with community passion. With more than 18 years of experience, she contributes to her community's development through initiatives like the Lakes Region Parade of Homes and involvement in projects like the Colonial Theatre revitalization.

Additionally, this year marks a significant milestone as Suzanne Stiles concludes her tenure as a Member of the Board of Directors and Chairperson, leaving behind a legacy of dedication and strategic leadership. Stiles was elected to the Board of Directors in August 2003 and to Chair of the Board in 2019 as the first woman Chair in our history. Over her 21-years served, the Bank grew from \$786 million to 2.5 billion, a 318 percent increase. In the five years as Chairman, she accomplished many things but most importantly she ensured BNH would

continue to be a financially safe, sound and sustainable bank with a culture of supporting employees, customers and the community.

"Our history and recent achievements give us confidence in our ability to navigate the future with the same resilience and dedication that has defined us for nearly two centuries," stated Chris Logan, President & CEO for Bank of New Hampshire. "I would like to thank Suzanne Stiles for her support and mentorship in her role as Chairman and for her unwavering dedication to BNH and our vision for growth."

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit BNH Bank.

Local author & historian to explore "Hidden History of Lake Winnepesaukee"

ALTON — Glenn Noblock, a resident of Wolfeboro, will present a program at the Alton Gilman Library on May 21, at 7 p.m. A NH Humanities speaker, he will reveal some interesting stories and facts about the "Big Lake". History tells us the real story about Wolfeboro's claim as the "Oldest Summer Resort in America," the religious sect on Gilford's Governors Island, Massachusetts' attempts to claim NH territory as their own, the first college sports rivalry in Center Harbor and many more tidbits of interest.

Whether a resident of the area or a visitor, you will be entertained by Mr. Noblock's anecdotes of Winnepesaukee History. He has a B.A. in history from Bowling Green University, New Hampshire and New England history are favorite topics of his work, including African American history, historic cemeteries and grave markers, covered bridges, the Kancamagus Highway and New Hampshire's loon population.

This NH Humanities program is free and open to the public and arranged by the Alton Historical Society.

For more information, contact Sandy at sandy2@metrocast.net.

MVSB President Marcus Weeks named Business Leader of Year

MEREDITH — MVSB (Meredith Village Savings Bank) is excited to announce that Marcus Weeks, MVSB President, has been named Business Leader of the Year by Business NH Magazine. He will be honored with the award at the 2024 Business of the Year Awards Luncheon on May 23 in Manchester.

Each year, Business NH Magazine and the NH Association of Chamber of Commerce Executives accept public nominations for exceptional New Hampshire businesses, nonprofits and business leaders for their Business of the Year Awards. Winners are chosen by a Panel of Excellence comprised of executives from the prior year's winning companies and selected based on their industry leadership, letters of recommendation from chamber executives and business leaders, and community involvement.

"We received so many impressive nominations

this year," said Matt Mowry, Business NH Magazine Executive Editor. "But Marcus consistently stood out to the judges for his impressive accomplishments in the banking industry as well as his dedication to supporting New Hampshire's communities."

Marcus began his career as student leader at MVSB's Center Harbor office while in high school. He has held many roles with the company as he has grown his career, including serving as Mortgage Loan Officer, Business Development Officer and Branch & Business Development Manager. He was promoted to Senior Vice President & Senior Retail Banking Officer in 2018, where he became a valued contributor at the senior management level and he was selected to lead the Bank as President in 2022.

"Marcus's humble and approachable leadership style fosters a culture where his employees feel comfortable sharing new ideas and being their authentic

elves at work – and his passion for supporting the community inspires others around him to get involved and give back," said Gregg Tewksbury, President and CEO of New Hampshire Mutual Bancorp, the shared services organization for MVSB. "He truly exemplifies the caring and collaborative spirit of MVSB and we are excited to see him recognized with this well-deserved honor."

Weeks takes great pride in the relationships he has built being engaged in local events and happenings and has been an active volunteer for numerous nonprofits since the start of his career. He currently serves as vice chair of the board of directors of the Lakes Region Visiting Nurse Association, as a board member of Geneva Point Center, as a member of the executive committee of Boys & Girls Club of Central New Hampshire, as a board member and member of the governance committee for Spaulding Academy & Family Services, and



Marcus Weeks

serves on the NH Bankers Association's Legislative Affairs Committee. His past involvement includes serving on the Board of Directors for the Wentworth Economic Development Corporation, Meredith Area Chamber of Commerce, Eastern Lakes Region Housing Coalition and Habitat for Humanity.

MVSB has been serving the essential banking needs of people, busi-

nesses, nonprofits and municipalities for over 150 years. As a mutual savings bank, MVSB has no stockholders but rather operates for the benefit of its customers, employees and community. Since our founding, one thing has always remained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community

where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

HealthFirst Family Care Center receives NH Business Magazine's Healthcare Business of the Year Award

REGION — HealthFirst Family Care Center, a Federally Qualified Health Center (FQHC) with locations in Laconia, Franklin, and Canaan, was notified it was selected as the winner of the prestigious NH Business Magazine Business of the Year award in the Health Care category.

Co-publisher and Executive Editor of Business NH Magazine, Matt Mowry, notified HealthFirst leadership via email in April which stated, "on behalf of Business NH Magazine and the NH Association of Chamber of Commerce Executives, congratulations on HealthFirst Family Care Center being named Business of the Year in the Health Care category! Our judges were impressed by HealthFirst's accomplishments in its

industry and by the way it gives back to the community. Thank you for all that HealthFirst contributes to our state."

The winners were to keep the announcement confidential until the magazine made its official announcement in their May 2 issue of Business NH Magazine in which it reads, "HealthFirst Family Care Center, a private nonprofit primary care provider in Laconia that has been providing affordable healthcare to rural communities in the Lakes Region since 1996, has been named the winner in the Health Care category."

A Panel of Excellence comprised of executives from last year's winning companies selected the 2024 winners based on the applicant's finan-

cial health, industry leadership, letters of recommendation from chamber executives and business leaders, and community involvement.

As a community health center whose mission is to provide quality healthcare to all regardless of ability to pay, HealthFirst has an unwavering commitment to provide exceptional healthcare services for the whole person. With locations across the Lakes Region and Mascoma Valley it ensures access to high-quality primary care, behavioral health, medication assisted treatment (MAT), dental services, nutrition, chronic care management, community resource specialists, and more for individuals and families. Furthermore, as a designated FQHC,

care is made available to everyone on a sliding fee scale, ensuring access to everyone who needs it, regardless of their ability to pay.

Russ Keene, HealthFirst CEO, states, "At HealthFirst, our vision is rooted in a commitment to excellence, compassion, and community well-being. We recognize the increasing demand for primary care in our region, compounded by the unfortunate reality that numerous practices are unable to accommodate new patients. Our strategic response involves not only growth, but also a proactive approach to address healthcare challenges head-on. The cornerstone of our strategic vision lies in the expansion and enhancement of our facilities. We have meticulously tailored

our growth to respond to the rising volume in primary care, behavioral health, and medication-assisted treatment. By adding primary care providers and support staff, we ensure that our services not only meet but exceed the expectations of our community."

Upon sharing the news with his staff last week, Keene stated, "This prestigious recognition is a testament to the outstanding efforts and dedication of each and every one of you. This achievement is not just about a title or an accolade; it's a reflection of the incredible impact we have had on our patients' lives. Your commitment to excellence, compassion, and innovation has made a real difference in the communities we serve. From the clinical

staff to the administrative teams, every single role within HealthFirst has contributed to this remarkable success. It is because of you that HealthFirst was a standout in receiving the Healthcare Business of the Year Award – thank you."

HealthFirst along with other great organizations and leaders will celebrate at the Business and Business Leader of the Year Awards Luncheon on May 23 at the DoubleTree by Hilton Downtown Manchester Hotel.

To learn more about HealthFirst Family Care Center, please visit www.healthfirstfamily.org.



COURTESY

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Curtis Kloc, MD, joins Concord Hospital General Surgery – Laconia



Dr. Curtis Kloc

LACONIA — Concord Hospital General Surgery – Laconia is pleased to announce that Curtis J. Kloc, MD, FACS, joined the group and is seeing patients at Concord Hos-

pital – Laconia's Medical Office Building located at 85 Spring Street.

Dr. Kloc has more than 25 years of experience in all aspects of general surgery, including advanced laparoscopic surgery, endoscopy, hernia repair, wound care, trauma, and acute care surgery.

He earned his medical degree from West Virginia University School of Medicine located in Morgantown, WV, and completed his general surgery residency at the University of Pittsburgh Medical Center in Pitts-

burgh, Pa.

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Golden Eagles can't hold on to early lead at Belmont

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Gilford baseball team took a quick lead at Belmont's Bryant Field on Thursday, May 9, only to see the host Raiders take the lead back in the bottom of the first and never looked back on the way to a 7-2 win.

Andrew McDonough led off the game with an infield hit against Belmont starter Anakin Underhill and Gavin Clark moved him to second with a grounder to short. One out later, a base hit from Will Wallace plated McDonough for the 1-0 lead before Underhill got a strikeout to end the inning.

GENERAL SERVICES

Hutch Haskins led off the bottom of the first with a walk and one out later, Owen Waldron worked a walk and one out later, Wyatt Divers reached on a catcher's interference call to load the bases against Gilford starter Drew Smith. A wild pitch plated the tying run and Michael Collette followed with a base hit to drive in two runs and Belmont had the 3-1 lead before Smith got a strikeout to end the inning.

Underhill struck out two in the top of the second, setting the side

down in order while Smith struck out the side in the bottom of the second. Underhill put the side down in order again in the top of the third inning and Smith did the same in the bottom of the frame.

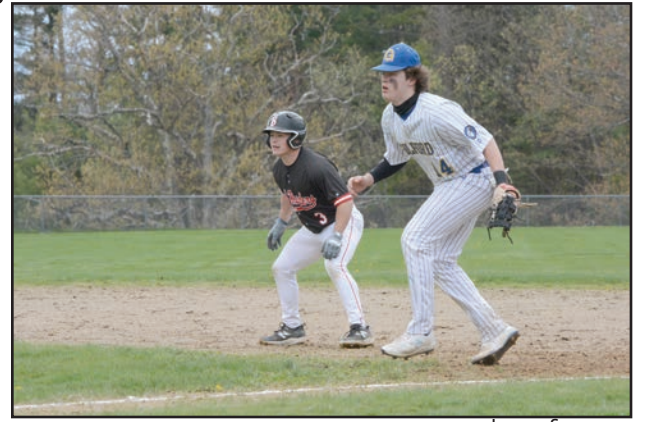
Smith reached on an error to open the top of the fourth inning before Wallace reached on a fielder's choice, forcing Smith at second. Caleb Giovanditto worked a walk and Brendan Folan singled to load the bases. A walk to Ryan Folan pushed Gilford's second run across the plate

before Underhill got a strikeout and groundout to end the inning.

Divers and Collette worked walks to open the bottom of the fourth and one out later, Eddie Rochenski reached on an error to plate Divers for the 4-2 lead. Max Ryder grounded back to the pitcher and Smith fired home to cut down Collette before Haskins worked a walk to load the bases. Jaxson Embree then singled to plate another run before a strikeout ended the inning with Belmont up 5-2.

Underhill struck out two in the top of the fifth and then caught a line drive to end the inning. Divers worked a one-out walk in the bottom of the inning and Brayden Townsend reached on an error before Smith got a pop up to Giovanditto behind the plate to end the inning.

The Golden Eagles loaded the bases in the top of the sixth, with Giovanditto getting a one-out single and Brendan Folan worked a walk. Ryan Folan



Belmont's Hutch Haskins takes a lead off first at Gilford's Will Wallace prepares to make a play in action last week.

reached on an error to load the bases before Underhill got a strikeout and a groundout to end the inning.

Mikey Giovanditto took over on the mound in the bottom of the sixth and Ryder worked a walk to start the inning. One out later, Embree was hit by a pitch and Waldron singled to plate the sixth run of the game for Belmont. An Underhill groundout plated another run before a fly ball to center ended the inning.

Underhill struck out the first batter of the seventh inning before Brady Thurber took over on the mound and got a fly out and a ground out

to close out the 7-2 win.

The Raiders are scheduled to be in action today, May 16, at Mascoma, Monday, May 20, at Winnisquam, Tuesday, May 21, at Prospect Mountain and Thursday, May 23, at home against Hopkinton.

Gilford is slated to be at White Mountains today, May 16, at Monadnock on Monday, May 20, at home against Winnisquam on Wednesday, May 22, and at Inter-Lakes on Thursday, May 23.

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

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LRPA
(continued from Page A1)

will be live for Comcast customers sometime over the summer.

“It’s very exciting, we will be basically just repeating what we offer on Breezeline over on Comcast,” McNamara said. “That’s what Comcast wants that fulfills their obligations to their municipalities, so it’s kind of exciting and I know they’re excited about it.”

LRPA has also changed its streaming server. McNamara said for the past 13 years they have used the company Livestream for their fourth streaming channel. Since then Livestream has been purchased by Vimeo. They were notified at the end of the contract with Livestream they had the option of automatically switching to Vimeo and migrating the content for free or going with another company though they would have to do so before a cutoff date or else lose previous content.

They did extensive backups and looked at where other municipalities were migrating to. They decided to use Streamhoster, which is currently used by Northwood. Belknap County is also joining LRPA on this migration. The service provider also has a cloud Video on Demand (VOD) system that can also stream meetings in real time. McNamara said some training sessions have been offered at LRPA on how to use the new system. They will also need to change their website because some of the current site’s security protocols had become out of date.

“So there’s a lot of change going on right now,” McNamara said. “This was kind of the year of change, but it’s good; it’s all good, it’s happening, and I’m happy to tell you that it’s happening.”

McNamara said one of her biggest goals this year is integrating the new technology to make sure everything is properly working.

With the contract on their current space expiring in 2026, she said they are taking a closer look at the future work of LRPA especially with changing technology.

“We are thinking about how do we reinvent ourselves?” McNamara said. “And we’d like to think of ourselves as a community media center where perhaps people can come and do podcasts and maybe instruct on how to use new technology, we can maybe work in conjunction with other media outlets in the area.”

She said some public access stations across the country have become “micronews organizations” where volunteers cover community news and events. She said they could possibly consider having a weekly news show for starters.

McNamara said LRPA wants to hold a series of discussions with people and get feedback on what municipalities and people in the Lakes Region would want to see for LRPA.

She is already taking any feedback and suggestions. Anyone can share their ideas with McNamara at director@lrpa.org.

FIRE
(continued from Page A1)

hicle along with an engine and UTV from Gilmanon.

Alton’s Forestry 1 trucks and both department’s UTV’s were able to get to the fire located

about a quarter mile into the woods. According to Alton Fire, about an acre of area was burning, but recent rains resulted in the fire having a slow creep with a few hot spots with nearby fire breaks and streams help-

ing keep the fire contained. Crews were able to extinguish the fire and put out hot spots.

“We feel like somewhat of a broken record here but thanks again to our mutual aid partners for their assistance as

well as the hikers who located the fire and called 911!” Alton Fire said on its Facebook post.

The brush fire was one of four calls the department responded to in one day.

GRANT
(continued from Page A1)

said the town received a last minute request to do a survey of the property from the grant foundation. He said the tax maps were examined and they didn’t correct-

ly show what the town owns as the ice rink property, which is separate from the town beach property.

Dunn said a survey could clear up any questions and it would be on the fast track. The town received a proposal from

DuBois and king to do the survey for \$14,000 and the selectmen unanimously approved that motion.

Dunn said the deadline to complete the Land and Water Conservation Fund grant was coming up on May 15.

“That’s why the survey had to be done quickly and we’re trying to tie up all the loose ends to make sure we are given due consideration for that next round,” Dunn said.

Gilford girls take second at Bristol Lions Invitational

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The Gilford track team competed in the Bristol Lions Invitational on Saturday at Newfound Regional High School in Bristol, with the girls finishing second overall behind the host Bears and the boys finishing in eighth place overall.

The Golden Eagle girls had just one win on the day, as the 4X400-meter team of Riley Coutts, Maria Tilley, Maddy Burlock and Macy Sawyer finished in first with a time of 4:26.89. The second team of Kaitlyn O’Brien, Alana Sawyer, Georgia Eckhardt and Sydney Eastman finished in fifth place overall in 4:54.13.

Sawyer ran to second in the 200 meters in a time of 26.27 seconds, with Mallory Daley in 26th place in 32.16 seconds and Kailey Bean in 31st in 33.25 seconds.

Coutts finished in second in the 400 meters with a time of 1:06.33,

while in the 800 meters, Burlock was third in 2:37.61, Sawyer was seventh in 2:44.69 and O’Brien was ninth in 2:45.89.

Tilley took third in the 1,600 meters in 5:39.31, one spot ahead of Eckhardt in 5:51.28. Eastman was seventh in 5:59.71.

Emily Aguiar finished in second place in the 300-meter hurdles with a time of 52.52 seconds, Megan Hughes was ninth in 1:00.44 and Alissa O’Brien was 16th in 1:16.36. Aguiar, Coutts, Sawyer and Brook Kimball teamed up to finish in fourth in the 4X100-meter relay in a time of 56.34 seconds.

Abby Kenyon finished second in the shot put with a toss of 29 feet, 11 inches and she threw her way to second in the discus as well with a toss of 91 feet, two inches, with Kimball in eighth at 67 feet, four inches. Kenyon added a third place in the javelin with

a distance of 81 feet, 10 inches and Abigale Taylor was 22nd at 38 feet, seven inches.

Kimball finished third in the pole vault at six feet, six inches, while in the high jump, Natalie Magdziasz finished in fifth at four feet, two inches and Daley was seventh at four feet.

Addy Wernig finished in third in the long jump at 13 feet, two inches, Daley was 20th at eight feet, nine inches and Bean was 22nd at eight feet, eight inches. Kimball finished seventh in the triple jump at 25 feet, 7.5 inches, Magdziasz was 11th at 24 feet, 1.5 inches, Taylor was 13th at 21 feet and Bean was 14th at 20 feet.

The lone win for the Gilford boys came in the pole vault, where Ben Wolpin cleared 10 feet. Aiden Bondaz was seventh at nine feet and Clark Blackwelder was eighth at eight feet, six inches.

Carter Forest ran to

third in the 1,600 meters with a time of 4:51.36, while Benjamin Smith was 10th in 5:23.95.

Jaimen Sawyer finished third in the 300-meter hurdles in a time of 47.14 seconds, while in the long jump, Adam Kimball was seventh at 14 feet, six inches, Omario Brooks was 10th at 14 feet and Mark Warren was 11th at 13 feet, nine inches.

Lukas Diaz was fourth in the javelin with a toss of 124 feet, two inches and Wolpin finished in 10th at 106 feet, nine inches. Landon Akkerstrom threw 63 feet, three inches for 38th place and Warren was 40th at 58 feet, two inches.

Diaz also cleared five feet, six inches in the high jump to take third place, while in the triple jump, Micah Javalgi was seventh at 32 feet, six inches, Wren Reinholz was ninth at 28 feet, 11.5 inches and Evan Wilson was 11th at 25 feet, nine inches.

In the 100 meters, Diaz was 11th in 12.43 seconds, Brooks was 34th in 13.63 seconds, Teddy Lewis placed 46th in 14.69 seconds and Noah Harder was 49th in 15.14 seconds. Warren was 20th in the 200 meters in 27.39 seconds, with Carter Bruneau in 21st in 27.48 seconds. Reinholz was also 21st in the 400 meters in 1:04.9, while in the 800 meters, Ben Suranyi was ninth in 2:25.56 and Henry Stow was 10th in 2:25.81.

The Gilford 4X100-meter team of Javalgi, Akkerstrom, Kimball and Brody Testa was seventh in 50.11 seconds and the team of Stow, Testa, Suranyi and Forest was seventh in 4:01.54. In the shot put, Sawyer was 18th at 30 feet, 10 inches, Brandon Mwendaweli was 19th at 30 feet, 7.5 inches, Reinholz threw 25 feet, eight inches for 31st place and Wilson reached 25 feet, one inch for 34th place. Sawyer tossed the discus 101 feet, three inches for ninth place, with Wolpin at 79 feet, four inches for 21st place and Mwendaweli in 24th at 75 feet, 10 inches.

Gilford is scheduled to compete again at this Saturday’s Wilderness Meet, also being held at Newfound.

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

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Timber Wolf net boys sweep doubleheader in Concord

BY JOSHUA SPAULDING
Sports Editor

ALTON — The Prospect Mountain tennis boys opened last week with a home game against St. Thomas on Monday, May 6, dropping a 7-2 decision to the Saints.

The Timber Wolves got a pair of wins in singles, with Rylan Clifford winning 8-3 at number four and Wyatt Varney getting the 8-6 win in the fifth spot. Brett McKeown fell 8-0 at number one, Shaun McAneney lost 8-5 in the second spot, Cameron Morrill lost 8-2 at number three and Kaleb Kennedy dropped an 8-4 decision at number six.

In doubles play, McKeown and Morrill fell 8-0 at number one, McAneney and Clifford dropped an 8-4 decision in the sec-

ond spot and Varney and Kennedy lost 9-7 at number three.

Prospect played a doubleheader with Bishop Brady on Tuesday, May 7, picking up a pair of wins over the Giants at Concord's Memorial Field.

In the first match, McKeown lost 8-5 at number one, McAneney lost 9-7 at number two, Morrill got the 9-7 win in the third spot, Clifford won by an 8-4 score at number four, Varney lost 8-3 at number five and Kennedy won by an 8-5 score in the sixth spot.

In doubles play, Prospect's second team of McAneney and Clifford won 8-4 and the third team of Varney and Kennedy won 8-4, closing out the 5-3 win.

In the second match,

McKeown lost 8-2 in the top spot, McAneney lost 8-3 at number two and Morrill fell 8-6 at number three. Prospect won the bottom of the lineup, with Clifford getting an 8-5 win at number four,

Varney winning 8-1 at number five and Wyatt Bubar winning 8-1 in the sixth spot.

In doubles play, McKeown and Morrill lost 8-2 at number one, but McAneney and Clifford

won 8-5 at number two and Varney and Kennedy won 8-1 at number three to clinch the 5-4 win for the Timber Wolves.

The Timber Wolves were slated to wrap up

the regular season after deadline Wednesday against Trinity.

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

Gilford lacrosse girls bounce back from first loss

BY JOSHUA SPAULDING
Sports Editor

GILFORD — After suffering their first loss coming out of vacation week, the Gilford lacrosse girls bounced back nicely, winning the next three games.

On Monday, April 29, the Golden Eagles dropped a 12-7 decision to St. Thomas in a rematch of last year's Final Four battle.

"We played our game in the second half, outscoring them 6-5, it just wasn't enough for the win," said coach Jennifer Watson. "Lily Winward played an outstanding game between the pipes, but we just couldn't generate enough offense to walk away with the win."

Olivia Keenan, Leah Davignon and Avery Hennig each had two goals and Camryn

Coutts added a goal.

The Golden Eagles took on Coe-Brown on Wednesday, May 1, and emerged with an 18-1 win over the Bears.

Keenan got her 300th career draw control, one of 14 she recorded in the game along with seven goals and three assists. Abigail Watson added three goals and four assists, Addy Normandin had two goals and three assists, Calia Blackey had two goals and Coutts, Hennig, Lianna Keenan, Davignon and Addi Harris each had a goal.

The next day the Golden Eagles picked up a 14-5 win over Laconia.

"We didn't come out as strong as we wished, but by the second half we dialed it in and showed some composure on offense," Watson noted.

Olivia Keenan ha

eight goals and two assists, Watson had three goals and three assists, Normandin put in two goals and added an assist and Lianna Keenan has a goal and two assists.

Last week, the Golden Eagles had just one game, traveling to Plymouth and picking up a 19-2 win over the Bobcats.

"We finally found our groove and played with composure offensively and defensively," Watson said. "We slowed down our offense and were able to set up plays and make smart cuts, resulting in some great connections between attack and midfield."

"Our transitions from defense to offense were seamless, we were able to move the ball up the field with little or no turnovers," she added.

Blackey had four

goals, two assists and 13 draw controls, Olivia Keenan had four goals and one assist, Watson had three goals, three assists and seven ground balls, Normandin had three goals and two assists, Mia Burlock had two goals and an assist, Davignon had two goals and an assist and Josie Arrighi. Had a goal. Winward made two saves and gave up one goal and Ariaah Dewar had four saves and gave up one goal.

Gilford is scheduled to be in action today, May 16, at Inter-Lakes at 5:15 p.m., will be hosting Kearsarge on Monday, May 20, at 4 p.m. and Milford on Wednesday, May 22, at 4 p.m.

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

Timber Wolf girls double up Spartans

BY JOSHUA SPAULDING
Sports Editor

LANCASTER — The Prospect Mountain tennis girls went on the road on Thursday, May 9, returning home from Lancaster with a 6-3 win over White Mountains Regional.

Erin Rawnsley got an 8-4 win in the top singles spot, while Aijah Thoroughgood got an 8-2 win at number two. Shannon Kelley won 8-5 at number three and Laney Henry got an 8-0 win in the fourth spot. Maddie Miller fell 8-6 at number five and Mercedes LaFlamme dropped an 8-4 decision in the sixth spot.

In doubles play, Rawnsley and Kelley won by an 8-1 score at number one, Thoroughgood and Henry

won 8-4 at number two and Booker and Sarah Lewis fell 8-2 in the third spot.

Prospect is scheduled to be hosting Gilford today, May 16, at 4 p.m. and Sanborn on Friday, May 17, also at 4 p.m.

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

HIGH SCHOOL SLATE

Thursday, May 16
BELMONT
Baseball at Mascoma; 4
Softball at Mascoma; 4
GILFORD
Baseball at White Mountains; 4
Boys' Lacrosse vs. Inter-Lakes; 4
Girls' Lacrosse at Inter-Lakes; 5:15
Girls' Tennis at Prospect Mountain; 4
Softball at White Mountains; 4

Friday, May 17
WINNISQUAM
Baseball at Somersworth; 4
Softball at Somersworth; 4

Saturday, May 18
BELMONT
Track at Newfound; 9
GILFORD
Track at Newfound; 9
WINNISQUAM
Track at Newfound; 9
Monday, May 20
BELMONT
Baseball at Winnisquam; 4
Softball at Winnisquam; 4
GILFORD
Baseball at Monadnock; 4
Boys' Lacrosse at Kearsarge; 6
Girls' Lacrosse vs. Kearsarge; 4
Softball at Monadnock; 4
WINNISQUAM
Baseball vs. Belmont; 4
Softball vs. Belmont; 4

Tuesday, May 21
BELMONT
Baseball at Prospect Mountain; 4
Softball at Prospect Mountain; 4
WINNISQUAM
Softball at Newfound; 7:30
Wednesday, May 22
GILFORD
Baseball vs. Winnisquam; 4
Boys' Lacrosse at Milford; 6
Girls' Lacrosse vs. Milford; 4
Softball vs. Winnisquam; 4
WINNISQUAM
Baseball at Gilford; 4
Softball at Gilford; 4
Thursday, May 23
BELMONT
Baseball vs. Hopkinton; 4
All schedules are subject to change.

Fishing day for kids May 19 in New Durham

NEW DURHAM — The Farmington Fish and Game Club will be hosting a kids' fishing day on Sunday, May 19, from 8 to 11 a.m., rain or shine. Registration begins at 7:30 a.m. and the derby is open to all boys and girls ages four through 12. Lunch will be provided to all participating kids for free and will be available to all others for a minimal fee. In addition to the derby, there will be games and raffles as well as a dog demonstration by the New Hampshire Fish and Game Department. Bait is available to purchase from Berry's Bait.

The Farmington Fish and Game Club is located at 64 Old Bay Road in New Durham.



RC GREENWOOD

Scooping it up

Goalie Aiden McKenzie scoops up the ball during Gilford's game with Plymouth last week. The Golden Eagles fell to the Bobcats by a 11-5 score. Gilford returns to action today, May 16, at home against Inter-Lakes/Moultonborough, then visits Kearsarge on Monday, May 20, and visits Milford on Wednesday, May 22.

HIGH SCHOOL SLATE

Thursday, May 16
KENNETT
Boys' Tennis vs. Portsmouth; 4
KINGSWOOD
Boys' Tennis vs. Winnacunnet; 4
Girls' Tennis at Winnacunnet; 4
Track at Pembroke; 4
PROSPECT MOUNTAIN
Boys' Tennis at Gilford; 4
Girls' Tennis vs. Gilford; 4
Friday, May 17
KENNETT
Baseball at Pembroke; 4
Boys' Lacrosse vs. Timberlane; 4
Girls' Lacrosse at Manchester Memorial; 6

Girls' Tennis at Berlin; 4
Softball at Pembroke; 4
KINGSWOOD
Baseball vs. St. Thomas; 4
Boys' Lacrosse at Merrimack Valley; 4
Girls' Lacrosse vs. Windham; 5:30
Softball vs. Campbell; 4
PROSPECT MOUNTAIN
Baseball at Campbell; 4
Softball at St. Thomas; 4:30
Saturday, May 18
KENNETT
Baseball at Oyster River; 1
Girls' Lacrosse at Manchester Memorial; 6
KINGSWOOD

Track at Newfound; 9
PROSPECT MOUNTAIN
Track at Newfound; 9
Monday, May 20
KENSINGTON
Baseball vs. Coe-Brown; 4
Boys' Lacrosse vs. Pembroke; 4
Softball vs. Coe-Brown; 4
KINGSWOOD
Baseball at Sanborn; 4
Girls' Lacrosse vs. Pembroke; 5:30
Softball at Sanborn; 4
PROSPECT MOUNTAIN
Baseball vs. Hillsboro-Deering; 4
Softball vs. Hillsboro-Deering; 4

Tuesday, May 21
KENNETT
Boys' Lacrosse vs. Kingswood; 4
KINGSWOOD
Boys' Lacrosse at Kennett; 4
PROSPECT MOUNTAIN
Baseball at Belmont; 4
Softball at Belmont; 4
Unified Track at Concord; 3:30
Wednesday, May 22
KENNETT
Baseball at Plymouth; 4
Girls' Lacrosse vs. Merrimack Valley; 4
Softball at Plymouth; 4
All schedules are subject to change.

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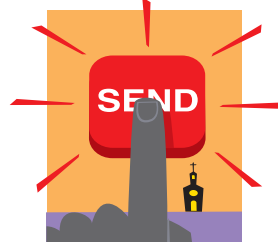
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