

Winnisquam Echo

THURSDAY, APRIL 17, 2025

FREE

SERVING TILTON, NORTHFIELD, BELMONT & SANBORNTON, N.H.

Winnisquam Regional School District recognizes assistant principals



Pictured above are Winnisquam Regional High School Assistant Principal Shane Rozamus and Winnisquam Regional Middle School Assistant Principal Andrea Wujcik.

COURTESY

TILTON — Winnisquam Regional School District is pleased to recognize the dedication and vital contributions of assistant principals during National Assistant Principals Week, observed this year from April 7 to April 11. This nationwide observance provides a

valuable opportunity to express gratitude for the tireless efforts and unwavering commitment of these essential educational leaders.

Assistant principals serve as crucial partners to principals, working diligently behind the scenes to ensure

the smooth functioning of our schools and the success of our students. Their responsibilities encompass a wide range of critical areas, including student support and

discipline, curriculum implementation, staff supervision, fostering positive school culture, and serving as a vital link between the school, parents, and the community.

Throughout National Assistant Principals Week Winnisquam Regional School District, and its individual schools, are encouraging students, parents,

teachers, and the wider community to take the time to acknowledge and appreciate their assistant principals.

Unitarian Universalist Congregation of Franklin to screen Abenaki documentary

FRANKLIN — The Unitarian Universalist Congregation of Franklin is pleased to present the film “Retracing Footsteps: Hannah Dustin and the Abenaki,” produced by the Cowasuck Band of the Pennacook Abenaki Peoples and the Indigenous New Hampshire Collaborative Collective, on Saturday, April 26 at 10 a.m.

This compelling new documentary reframes the story of Hannah Dustin through an Indigenous-centered lens, challenging long-held narratives and fostering meaningful conversations about colonization, memory, and justice. There will be a question-and-answer period following the film and light refreshments will be served.

This event is free and open to the public. The Unitarian Universalist Congregation is located at 206 Central St. in Franklin. If you have questions, please call 603-934-2141 and leave a message.

MVSB proud to support Lakes Region 5K for Mental Health on May 18

TILTON — Lakes Region Mental Health Center (LRMHC) will host its inaugural Lakes Region 5K for Mental Health fundraiser May 18 in honor of Mental Health Awareness

Month. MVSB (Meridith Village Savings Bank), a longtime supporter of the organization, has proudly joined on as a silver sponsor for the event.

The race will begin at Tanger Outlets in Tilton at 8:30 a.m., and will be preceded by a Kids Fun Run at 8 a.m. Go to lrnhc.org/nucar5k to learn more and register.

“We look forward to hosting this important community event that brings people together for physical activity and wellness, while at the same time supporting mental health awareness,” said Maggie Pritchard, LRMHC President and CEO. “I’d like to thank all of the com-

munity partners and business leaders who are supporting this event. We hope to see everyone there.”

“Lakes Region Mental Health Center does so much important work in our local communities, and we are lucky to have their efforts in providing essential services to those who need them,” said Sue Dagostino, MVSB Branch & Business Development Manager.

LRMHC is a nonprofit organization designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties in New Hampshire.

SEE 5K, PAGE A8



COURTESY

From left: Sue Dagostino, MVSB Branch & Business Development Manager, Denise Hubbard, MVSB VP Mortgage Loan Program Officer NMLS# 47515, Eric Petell, Mortgage Loan Officer NMLS# 696445, and Maggie Pritchard, LRMHC President and CEO.

Winnisquam Whinnies hosting second annual rabies clinic this weekend



NORTHFIELD — The Winnisquam Whinnies 4-H Club is hosting their Second Annual Community Rabies Clinic on April 19 from 10 a.m. - noon in the lower parking lot of the Northfield Town Hall, located at 21 Summer St., Northfield. Dr. Lesley Clark of Blackwater Veterinary Services will be administering the vaccines and providing stellar animal care again this year. Winnisquam Whinnies 4-H youth leaders and

club members enjoy working on this important community project each year, as it provides a cost friendly opportunity for local area residents to vaccinate their pet(s). Residents from any town are welcome to bring cats or dogs for vaccination, however both Northfield and Tilton Town Clerks will be available at this event to register dogs for Northfield-Tilton residents. “We look forward to welcoming you and your

furry family members to our event, and don’t forget to visit us at the Belknap County Fair in August!” says Shayna Boyce, the Whinnies organizational leader. Winnisquam Whinnies 4-H leaders, volunteers, and youth are looking forward to hosting this event and are excited to share about upcoming events, shows and fairs or answer any questions those interested may have about 4-H.

The Home Beautiful donates flooring to Habitat for Humanity after theft



The Home Beautiful's Sebastian Manteau (on truck) helps Pemi-Valley Habitat for Humanity manager, Griffin Coes load flooring donations.

PLYMOUTH — The Pemi-Valley Habitat for Humanity (PVH) was a recent victim of a theft at one of their local projects. When The Home Beautiful learned that PVH had tools and essential building materials critical to their mission stolen, the Belmont company stepped up to help. To sup-

port the completion of the home, The Home Beautiful donated flooring, ensuring that the project could move forward despite the setback.

"Habitat for Humanity does incredible work in our community, making homeownership possible for families in need," said Kimberly Young, CEO and General Manager of The Home Beautiful. "When we heard about the theft, we knew we had to step in and help. Giving back to our community is a core part of who we are."

Frank McClain, Executive Director of Pemi-Valley Habitat for Humanity praised The Home Beautiful, a long-time partner for how they stepped right up to help after the theft. "The thoughtfulness that The Home Beautiful showed when donating

this flooring, resonates with our positive outlook. When The Home Beautiful reached out to us with the flooring donation, we were thrilled! This donation will most likely provide the flooring for two to three homes."

Showing the attitude that courses through PVH, McClain said, "Let's have a snack and get back at it!"

About The Home Beautiful Founded in 1977 The Home Beautiful is a leading provider of flooring, tile, custom window treatments, wallpaper and countertops in the Lakes Region. As an employee-owned company, The Home Beautiful is committed to quality craftsmanship and exceptional customer service. The company is committed to supporting local

initiatives and strengthening the communities it serves. Learn more at thehomebeautiful.com.

About Pemi-Valley Habitat for Humanity

Pemi-Valley Habitat for Humanity is a non-profit organization that partners with financial donors, local families, and community volunteers to build and sell affordable homes in 27 towns in and around the Pemi-Valley and the Lakes Region. Habitat homebuyers help build their own homes alongside volunteers and pay an affordable mortgage. PVH has served Plymouth and surrounding towns since 1985.

For more information about Habitat for Humanity or how to get involved, visit pemi-valleyhabitat.org.

LRSO invites you to relive the '70s with Vintage Grooves concert series



LRSO grooves with vocalists Taylor O'Donnell and Adrian Sicam celebrating the radio hits of the 1970's.

MEREDITH — Break out your bell bottoms and dust off that disco ball - the Lakes Region Symphony Orchestra (LRSO) is bringing the ultimate '70s throw-back with its upcoming concert series, Vintage

Grooves - Hits of the '70s! Get ready to groove on Saturday, May 10 at 7 p.m. at the Colonial Theatre in Laconia, and Sunday, May 11, 2025, at 3 p.m. at the Inter-Lakes Auditorium in Meredith. This feel-good pro-

gram is packed with smash hits from Earth, Wind & Fire, Chicago, The Doobie Brothers, Carole King, the Bee Gees, Billy Joel, Joni Mitchell, The Carpenters, and more. Relive yesteryear with the groundbreaking "You Are The Sunshine Of My Life," "What A Fool Believes," "How Deep Is Your Love," "Close To You," "Saturday In The Park," "Where Is The Love," and many more of your favorite radio hits! Making the vocal magic happen are LRSO's dynamic guest vocalists Taylor O'Donnell and Adrian Sicam, ready to channel the sparkle and soul of the decade.

Taylor O'Donnell is well known throughout the region and brings her adventurous style rooted in R&B, folk, jazz, rock, and classical music. She's an Associate Professor of Voice at Berklee College of Music, teaches at Phillips Exeter Academy, and

performs with the Vintage Vocal Quartet, the electronic duo Novel/Novella, and her jazz rock trio. Adrian Sicam - singer, songwriter, and professor of voice at both Berklee and Tufts University - dazzles audiences with his high energy and versatility. He'll light up the stage with pure '70s magic.

Tickets range from

\$10 - \$30 and are available at www.LRSO.org. It's time to get your groove on! Don't wait - these concerts will sell out! And remember always start your ticket purchase at LRSO.org to avoid unauthorized third-party sites.

LRSO thanks the Bank of New Hampshire for their continued sponsorship of this concert.

The Lakes Region Symphony Orchestra has been bringing exceptional live music to New Hampshire audiences for nearly 50 years. As we look ahead to our 50th anniversary season in 2025-2026, we remain dedicated to inspiring a love of classical music and showcasing the extraordinary talent of local and guest musicians.

Granite State Democracy Tour to visit Belknap Mill

LACONIA — Join us Saturday, April 19, when the Granite State Democracy Tour stops at the Belknap Mill in Laconia from 11 a.m.-1 p.m.! See the knitted New Hampshire State House created by many New Hampshire citizens. Talk with community experts who have a deep knowledge of elections, representation, and the legislative process.

Take your knowledge of civics to a new level with presentations that address questions like:

- How does the process of setting up districts for elections minimize or increase polarization among the citizenry?
- How do the structures of primary elections shape the type of candidates who go on to hold office?

- What is happening now in the NH Legislature on elections and voting?
- What is a Citizen Assembly? What did the first-ever statewide citizen assembly (here in New Hampshire!) conclude when seeking policy answers to polarization?

Engage in conversa-



tions with the speakers and connect with fellow citizens passionate about democracy.

Drop in and stay as long as you like. Participate in a craft activity. Refreshments provided.

Speakers include:

- Olivia Zink, Executive Director, Coalition for Open Democracy

- Eve Jacobs-Carnahan, organizer of Knit Democracy Together

- Liz Tentarelli, President, NH League of Women Voters

- Martha Madsen, Law Related Education Coor-

dinator, NH Bar Association

RSVP at <https://www.opendemocracynh.org/demtour/laconia>.

This project was made possible with support from New Hampshire Humanities, in partnership with the National Endowment for the Humanities. Learn more at www.nhhumanities.org. The tour is organized by the Coalition for Open Democracy. Additional support comes from the New Hampshire League of Women Voters.

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Growing stronger together has never been so fun!



Shown in photo from left to right (on steps): Tammy Carmichael, CEO at Partnership for Public Health; Brian Bozak, President & CEO at Franklin Savings Bank. Holding check: Brian Lamontagne, Partnership for Public Health Board President and Branch Manager at Franklin Savings Bank, Gilford location.

FRANKLIN — It may only be April, but Franklin Savings Bank and Partnership for Public Health decided to show their supportive partnership by planting daffodils outside of PPH’s

main building on Academy Square in Laconia. “Taking a photo with the big check is nice, but we wanted something that showed more of a collaborative effort to commemorate our \$3,000

donation to their Annual Meeting,” explains Brian Bozak, President and CEO at FSB. The Annual Meeting for Partnership for Public Health will be held on Friday, April 11th at La

Franklin Savings Bank gives \$3,000 to Partnership for Public Health

Piece in Tilton. Tammy Carmichael, CEO at Partnership for Public Health, explains that “Partnership is more than a name—it’s our way of doing everything. It’s support like this that allows us to meet people where they are—with the tools, compassion, and connections they need. We’re grateful for Franklin Savings Bank’s generosity and shared belief that wellness grows when we work together—like planting daffodils together. That just proves growing stronger together can be fun and rewarding!” Partnership for Public Health connects and leads a village of partners who educate, empower, and collaborate on health and wellness initiatives to make our communities healthier, stronger, and safer. They specialize in the four pillars of human services, health council, emergency preparedness and prevention strategies. “We are grateful to have organizations like Partnership for Public Health to provide services like caregiver support, suicide prevention and counseling in the lakes region,” continues Bozak. “We’re glad that our donation will assist those who otherwise might not receive treatment.” Learn more about Partnership for Public Health here: <https://www.pphnh.org/> Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering an array of commercial lending, personal banking and investment services. The Bank also offers investment and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors. A recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology. Visit www.fsbnh.bank to learn more or follow the bank on Facebook, LinkedIn, Instagram, and YouTube.

Comfort Keepers

Recommended cancer screenings for seniors

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Cancer is the second leading cause of death among persons older than 65, and it is essential to stay updated with the latest screening recommendations from health care professionals. Some cancers can be found early, before they have had a chance to spread. Today’s generation of older adults expects to age well, maintaining their mental and physical well-being and enhancing the quality of their later years. Successful aging implies health, physical functionality, and psychological well-being. Our family doctor discusses the importance of health screenings for cancer during regular check-ups. Cancer is the second leading cause of death among persons older than 65, and it is essential to stay updated with the latest screening recommendations from health care professionals. Some cancers can be found early, before they have had a chance to spread. Consistent health check-ups are vital to maintaining good health and addressing physical concerns at the earliest possible stage.

The American Cancer Society® recommends the following screening test for certain cancers for adults 65 or older: Colon cancer testing Testing is recommended up through age 75. People aged 76 to 85 should talk with their health care provider about whether continuing screening is right for them. Most people older than 85 should no longer be screened. If you are being screened, there are many testing options. Talk with a health care

provider about which tests are best for you and how often testing should be done. Lung cancer testing If you have a smoking history, talk to a health care provider about it and whether you should get an annual low-dose CT scan to screen for early lung cancer. You should discuss the benefits, limitations, and risks of screening with a health care provider before testing is done. Breast cancer testing You should get a mammogram every two years, or you can choose to get one every year. Cervical cancer testing No testing is needed if you’ve had regular cervical cancer testing with normal results during the previous 10 years. No testing is needed after surgery that removed the cervix as long as it was done for reasons not related to cervical cancer or pre-cancer. People with a history of a serious cervical pre-cancer should continue testing for 25 years after that diagnosis. Prostate cancer testing Overall health status, and not age alone, is important when making decisions about prostate

cancer testing. Most prostate cancers have a good prognosis even without treatment, although some cancers are aggressive. Prostate cancer increases with age, and 75 percent of diagnoses are in those 65 years and older. Men who can expect to live at least 10 more years should talk with a health care provider about the uncertainties, risks, and potential benefits of testing so they can decide if they want to be tested. Routine cancer screenings can detect cancer earlier, increasing the success of the medical intervention. Discussing cancer screenings with your health care provider continues to be vital as

we age, and knowing the tests that are recommended can help seniors live a longer, healthier life. Comfort Keepers® can help Comfort Keepers® provides uplifting in-home care that helps seniors thrive. Our specially trained caregivers focus on developing genuine relationships with clients, keeping them physically and mentally

engaged while ensuring they experience joy in their daily activities. Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Com-

fort Keepers have been serving New Hampshire residents since 2005. If you know a patient or family that could benefit from Comfort Keepers’ services, they can reach out for a free consultation. Please call 603-536-6060 or visit our website, NHComfortKeepers.com. Let’s work together to help individuals age comfortably and confidently at home.

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Opinion

Approaching wellness through service

At a time when our country seems more divided than ever, and tempers are quick to flare over such hotbed issues as border wars, gun control, human rights violations and climate change, it's become increasingly common to hear our peers speak of strange times and an undefined feeling of malaise. Interpersonal violence has been on the rise, and an overall sense of disconnectedness has led many to feel isolated and fearful.

The international playing field seems full of land mines, and each day brings unpredictable media headlines. As the national stage normalizes disrespect of others and that behavior seeps into everyday interactions, it becomes more necessary than ever for all of us to practice goodwill toward others.

The opioid epidemic touches a growing number of families. Many people hide behind their social media personas; quick to fire volatile opinions they would otherwise be unable to say in face-to-face interactions.

We hear that climate change isn't real, while also being told that a mass extinction is underway and life as we know it will end in 30 years. Every day, we send our children to school, secretly questioning whether they will be safe.

Some days, the problems of the world feel insurmountable. While there is no simple one-solution approach to the issues swirling around us, sometimes the best way to make sense of the world is simply by helping others.

Rosalynn Carter summed it up best when she said, "Do what you can to show you care about other people, and you will make our world a better place."

Volunteering provides countless benefits to both the giver and the recipient. Uplifting others, even something as simple as making another person smile, can change the path of an entire day, if not a life.

We are well aware of the gift of service and how it benefits others who may be less fortunate. But we do not often consider the impact volunteering can have on our well-being.

As we each consider our path to wellness, we would be wise to include community engagement alongside cardio and strength training. Research has shown that volunteering not only increases self-confidence and combats depression; it also helps us stay physically healthy and lowers mortality rates.

Through community service, we form tangible bonds with others, and our social and relationship skills improve. And just maybe, each charitable act we perform will help offset that malaise that hangs in the air.

As the civil rights leader Dorothy Height, once said, "Without community service, we would not have a strong quality of life. It's important to the person who serves as well as the recipient. It's the way in which we ourselves grow and develop."

Letter submission policy

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

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



COURTESY

Winnisquam Regional High School celebrates scholar athletes

The New Hampshire Scholar Athlete Awards, presented by the New Hampshire Athletic Directors Association, honor high school seniors who excel in both academics and athletics. This year's award ceremony, held on March 31, recognized two sport Senior athletes who also hold a B+ grade point average. Representing Winnisquam Regional High School were Gianna Ball, Peyton Collins, Brendan Goodwin, Shayla Jordan, Victor Pham, John Shea, Louis Soyk, Justin Tardif and Benjamin Wood. Also pictured above is Winnisquam Regional School District Athletic Director, Ian Snowdeal.

Matter of Law



What is a Revocable Living Trust?

Four good reasons to make one

BY ORA SCHWARTZBERG
Attorney
Schwartzberg Law, Plymouth

A trust (specifically, a Revocable Living Trust) is a formal relationship where you (the Grantor) enter into an agreement with a trusted individual (the Trustee) to manage your property for your benefit, while you are alive and for the benefit of others, after your death. Most people appoint themselves to be the initial trustee and

name successor trustees to take over when they are no longer capable of assuming this responsibility.

The legal document that puts this relationship in writing is commonly referred to as a Revocable Living Trust. Because this trust is effective during your lifetime and you can change it, it is referred to as a "living" document.

There are 6 good reasons to make one:

Manages and protects your property when you are disabled

A close friend, relative or professional has

a fiduciary responsibility to manage your money and property in a way that will be most beneficial to you.

Provides a comprehensive plan for distributing your property to your beneficiaries, upon your death without court involvement.

Because you have created a well thought out plan, in advance of your death, things are more likely to go smoothly and conflicts, among your beneficiaries, can be avoided.

Makes it possible to protect your children's inheritance from divorce and lawsuits

You can leave property in trust for your children or other beneficiaries that includes the appointment of an independent trustee who has the discretion to withhold property in the event of a divorce or creditor's claim.

You can change it at any time

You have complete control over your property during your lifetime which means you can buy and sell property held by the trust at any time. You can even give it away. You can also add and remove beneficiaries, as life events cause your wishes to change.

Letters to the Editor

Trump's retaliations are so un-presidential

To the Editor:

One hundred days into Trump's second swat at being President — I carefully choose "swat" — we see his unorthodox and harmful actions. A July 2024, article (online) is titled: "What a 2nd Trump Term Could Mean for Media." Now a May, 30, 2025 headline is: "Trump Is Using the Power of Government to Punish Opponents." In his target list are "prominent cultural institutions, legal establishments, academia, media, judiciary." His anger directly causes harm. He likes to intimidate. He threatens with pulling back Congressionally-passed funding, including research dollars, a biggie for any institution.

Today, as I write, his physical exam is scheduled. It should include a mental acuity test. He's 79 this

year. We might learn a cause for his slapdash attitude about tariffs and his off-hand way of saying, "We'll see what happens," and then it's off to more golf, while the world's financial institutions stagger.

I don't want our UNH system, including community colleges, and other efforts respected by most, to be bullied into setting aside considerations of diversity, equity, inclusiveness. Those abstract words are about leaving behind old, white supremacy practices. His orders against DEI efforts have no place in educational certification standards. Our public school administrators shouldn't get those threats either.

Sincerely,

Lynn Rudmin Chong
Sanbornton

The real cost of Draconian budget cuts to New Hampshire's nonprofits

To the Editor:

New Hampshire is at a crossroads. As the state continues to grapple with budgetary pressures, one solution on the table—cutting funding to nonprofits that serve our most vulnerable residents—comes at too high a cost. While we can all agree there's room for reducing inefficiencies, eliminating "waste," and curbing bureaucratic bloat, slashing support for frontline human services is a dangerous move that shifts the burden to systems that were never designed to bear it.

Nonprofit organizations across New Hampshire provide vital, life-sustaining services. They offer housing support, addiction treatment, food security, mental health care, services for older adults, and help for survivors of domestic violence, to name just a few. When these supports are defunded, the needs of vulnerable populations do not disappear. They show up elsewhere—on the steps of our emergency rooms, in the back seats of police cruisers, inside overcrowded jails, and on the shoulders of burned-out first responders. These are not just theoretical consequences—they are happening now. Hospitals are increasingly filling the gap in mental health care. Police officers are expected to act as social workers and addiction counselors. Jails have become de facto shelters for those with untreated mental illness and chronic homelessness. These institutions are expensive, ill-equipped for this role, and often perpetuate trauma rather than resolve it.

We can debate policy. We can disagree on the role

of government. But surely, we can agree that no one wins when a mother fleeing domestic violence has nowhere to go, when a veteran with PTSD is left to spiral untreated, or when an elder is forced into an emergency room bed because there are no home-based supports left.

Ironically, these cuts don't save money—they merely shift costs downstream. A night in jail or a hospital stay costs exponentially more than preventive community-based care. By underfunding nonprofits, we are not trimming fat—we are eating into the muscle that sustains our communities.

This isn't about ideology; it's about humanity. Nonprofits are not line items to be slashed. They are lifelines—essential partners in our public health and safety infrastructure. They stabilize families, uplift communities, and prevent crises before they erupt. When we defund them, we destabilize the very systems that keep our state functional and compassionate.

Yes, we should strive for efficient and accountable service delivery. But we must also fund what works. And what works is investing in people, in prevention, and in the power of community.

Now is the time for leadership that sees beyond the ledger—to recognize that the price of disinvestment is paid in human suffering. New Hampshire can and must do better.

Rebecca L. Tolman
President & CEO
Lakes Region Community Services



Winnisquam Echo

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GOING OUT OF TOWN

Wandering around York Beach in the offseason



PHOTOS BY ERIN PLUMMER
Waves roll onto Short Sands in York Beach, Maine, as the tide comes in on a spring day.



The downtown area by Short Sands is practically empty this time of year, but the summer season is on the horizon.



The Goldenrod at York Beach is closed for the season, but the doors will be open on May 16.

By Erin Plummer
mnews@salmon-press.news

While I enjoy walking around some busy areas, I also love exploring some tourist areas during their down period. York Beach in Maine is especially an interesting place to visit in the dead season. The empty downtown area is almost creepy, but it's always fun to see people still walking around even if there aren't any shops open. It is also this time of year where we still see people going to the beach but for many different reasons other than sunbathing and swimming.

York Beach, especially Short Sands, is sacred to me and is the location of so many beloved childhood memories. When I was a kid, we lived about half an hour from York, and not a summer went by without at least one trip to the beach and sometimes we went in the offseason too. When I got my own car and started my own journeys around New England it was amazing to finally go to York Beach in my own car and explore it by myself. York Beach has been a frequent travel spot ever since and I have loved exploring other parts like Long Sands and Nubble Light.

Going to York whenever I felt like it also meant exploring this place during every season and getting a big appreciation for coming here in the spring and fall when everything was closed for the season. After this all-season exploration, I have found the only time of year I don't like being around any beaches is the dead of winter. The seaside experience is much less fun when the sand is buried under snow and the winds are bone chilling. When the snow melts and the air finally warms, it's finally time to walk the beach

again.

I hadn't been back to York since at least last fall and I was getting the itch to come back now that spring was here. I headed east on a day where the temperatures were around the 50s and by now there was hardly any snow around most areas, especially the further south I got.

My usual route involves taking I-95 into Maine and exiting in Kittery so I can take Route 1 to York. I made a quick stop at When Pigs Fly Bakery and picked up a delicious loaf of English Muffin bread before continuing through York. When I turned onto Route 1A toward the beach I was reminded how long it had been since the last time I was here.

After going through the village, the magnificent sight of the churning Atlantic appeared through a gap in the houses past a steep overlook. Soon Long Sands was immediately on the right with those gorgeous views of the horizon from the road.

I drove down Route 1A until I finally reached Short Sands. One of the advantages of coming to this place in the offseason is there is plenty of parking and the meters are shut down until May. This means not having to circle the lot to find a space and no need to debate how many hours you'll be there to feed the meter accordingly. By the time I got there, the tide was gradually

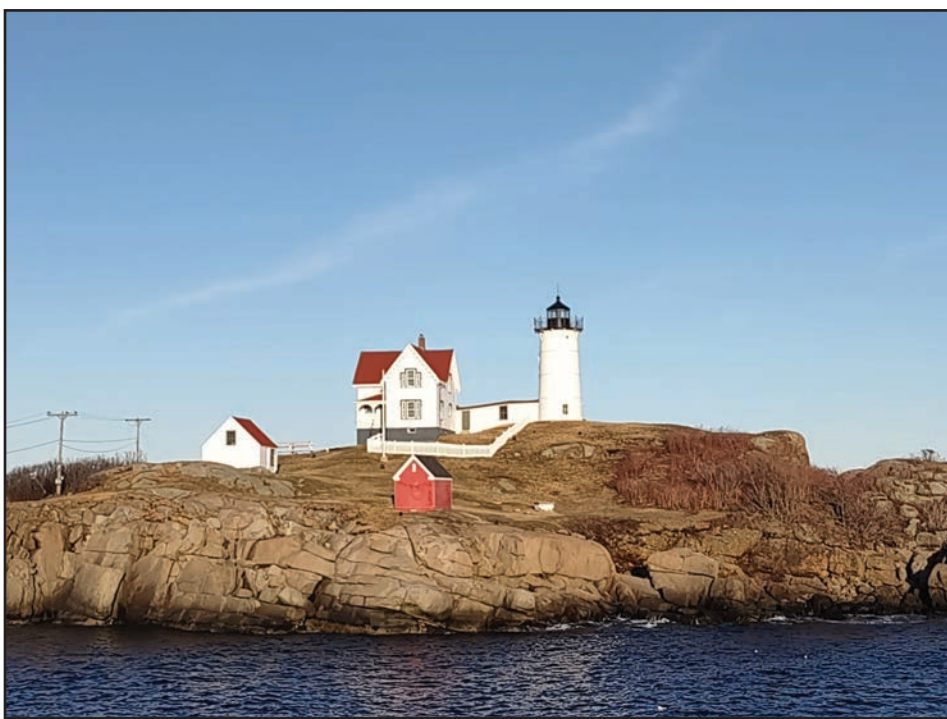
coming in and Short Sands was even shorter, but there was still a good amount of beach.

One thing I love about visiting the beach in the offseason is how many people still come out and enjoy it even if it isn't sunbathing weather. I saw kids throwing around a ball, couples of all ages out for a stroll, people getting portrait shots taken by the water, and so many dogs going for a walk.

Another fascinating sight at York Beach is also the surfers who are still out there in their wet suits with their boards no matter the season. You see more of them on Long Sands because there is more area to ride on, but occasionally, you see some on Short Sands as well. I've never been surfing, but I've heard it's a pretty intense activity aside from wading in cold ocean. I always admired these brave souls and it's fun to watch them getting some waves.

Aside from a brisk breeze, the weather was ideal for this visit. I walked across the length of the beach and did some rock hopping in areas where the tide hadn't bathed the rocks just yet. I took in the lovely view of the ocean, breathed in the salty air, and cast any stress into the water.

After about an hour, I was satisfied with my time on the beach and decided to walk around the village. The commercial area of York Beach is a series of short



What's a trip to York without stopping to take in the lovely views of Nubble Light?

streets with pretty buildings housing ice cream stands, clothing and souvenir stores, candy shops, and many more. In the summer this place is crowded with all the doors open for people to float in and out. This time of year, however, it is high abandoned with boards and metal grates over many of the storefronts and plenty of signs with different versions of "See you next summer." Added with the slight chill in the air the environment was a little creepy, but there were still a few people walking around so it wasn't totally abandoned. There are a few restaurants and shops that stay open through the year, but a scant amount compared to the ones open in the summer.

One of the biggest businesses and one that I truly grew up with is The Goldenrod restaurant, ice cream shop, and candy store. I fondly remember my family getting a box of their taffy famously called "Kisses," especially the peanut butter flavor with a big wad of peanut butter in the center. The Goldenrod has been open since 1896 and I am just one of

many through the generations who see it as a beloved tradition. Goldenrod was naturally closed and all the machinery that pulls taffy was out of the windows. Then I saw something in a window that made my heart leap, a sign of spring like a first bud or the sight of a robin. It was a small sign that read, "It's almost time...come and get your Goldenrod Kisses. Open for the season May 16." May 16 can't get here fast enough.

Eventually the sun started to set and I figured it was a good time to start heading out. I did want to make one more stop at Nubble Light before leaving. I navigated some detours and construction to reach that grand lighthouse at the end of the road. I walked around the rocks of Sohler Park and tried to get some good shots of the ocean spray on the rocks from the incoming tide. So many other people were also out to walk around and get some lovely photos. This is another place where I can

just sit or walk around and feel completely at peace.

As the sun dipped further on the horizon and the air took more of a chill, I decided it was a good time to head back. I drove back to Route 1A and enjoyed a few more views of Long Sands before going into York Village.

I encourage anyone to take some time to explore places they connect with one season during a whole other time. While the visit might not be the same, it's always fun to see a new perspective and appreciate all the different aspects of one lovely place.

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JOSHUA SPAULDING

Back on track

The Belmont track team opened the season with a home meet on Thursday, April 10. The Raiders welcomed more than 440 athletes to the track for the opening meet of the season. Full results were not available as of Sunday evening deadline. The Raiders are slated to host another meet on Tuesday, April 22.



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Thursday, April 17th, 2025 at 12:00pm

**Golden View Health Care Center, Retreat Building,
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Register here:
<https://goldenview.org/events-and-education/lunch-learn>

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JOSHUA SPAULDING

Bears on track

The Winnisquam track team opened the season with a meet at Belmont on Thursday, April 10. The Raiders welcomed more than 440 athletes to the track for the opening meet of the season. Full results were not available as of Sunday evening deadline. The Bears are slated to host a meet on Saturday, April 19, and will compete in a meet at Kennett on Tuesday, April 22.

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NH 911 breaks ground on state-of-the-art facility in Laconia

LACONIA — The New Hampshire Department of Safety’s Division of Emergency Services and Communications (New Hampshire 911) officially broke ground on its new state-of-the-art facility in Laconia last week, marking a key moment in the state’s investment in emergency communications.

“Our state has the best 911 professionals in the country. This new facility in Laconia will provide our dispatchers and emergency response personnel with state-of-the-art upgrades to help them continue their life-saving work,” said Gov. Kelly Ayotte. “I was proud to be at the groundbreaking today, and I thank the hard-working men and women of New Hampshire 911 for the critical role they play in keeping us the safest state in the nation.”

The new 20,840-square-foot facility, located at 311 Meredith Center Rd., will be built on a seven-acre state-owned parcel, eliminating the need for land acquisition costs. Designed by Harriman and constructed by Harvey Construction as the general contractor, this project underscores New Hampshire’s commitment to maintaining a strong and reliable statewide 911 system. The \$18.5 million project, funded entirely with federal American Rescue Plan Act (ARPA) funds, will provide a modernized home for critical 911 services that serve residents and visitors across

the state.

“This modernized 911 facility, purposefully designed as a state-of-the-art communications center, will not just be a building – it will be a lifeline supporting New Hampshire’s emergency response capabilities,” said Commissioner Robert L. Quinn. “This monumental step forward helps ensure that when every second counts, technology, precision, and coordination work seamlessly together to save lives and keep our communities safe.”

This move will be a significant upgrade from the current facility at 50 Communications Drive, which sits on the 217-acre former Laconia State School property. The facility is over 70 years old with many maintenance challenges and space constraints. The property was sold by the Governor and Executive Council this past fall.

The new facility will house one of the state’s two 911 call centers, also known as public safety answering points (PSAPs), where highly trained telecommunicators answer and process all 911 calls for New Hampshire. It will also provide workspace for the Division’s Data Operations section, which works closely with towns across the state to assist with mapping and addressing processes. The Laconia facility is also where new 911 telecommunicators begin their training process, ensuring that they are well-prepared to handle

emergency calls.

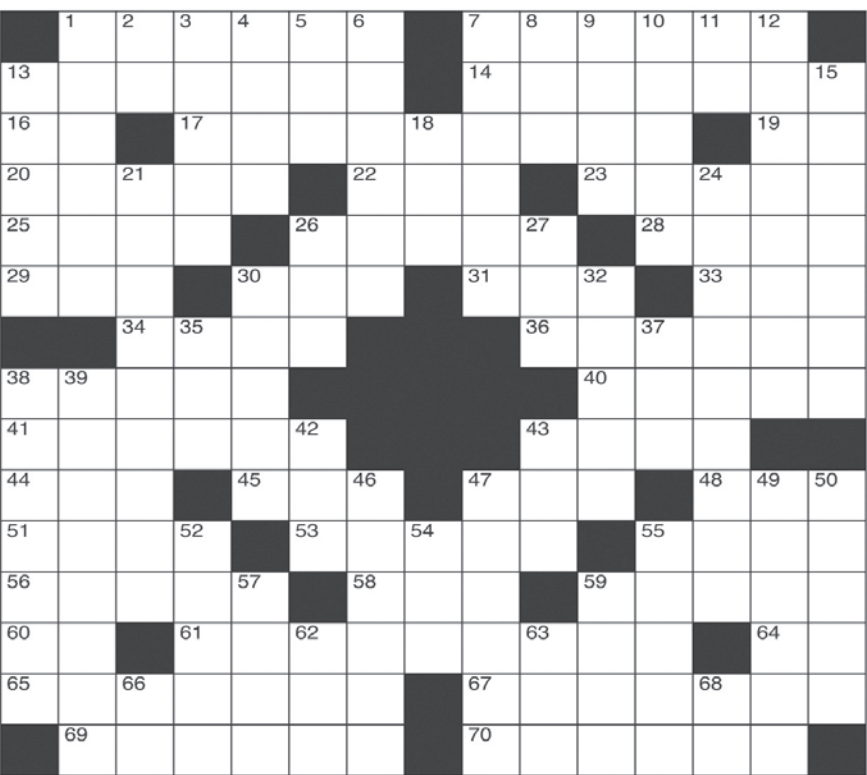
New Hampshire’s other 911 call center operates out of Concord. The two-PSAP setup provides redundancy and ensures uninterrupted statewide access to emergency services.

“This new facility represents our ongoing commitment to the dedicated professionals who serve as the first, first responders,” said Mark E. Doyle, Director of the Division of Emergency Services and Communications. “Our 911 telecommunicators are the calm in the chaos, the steady voice in someone’s worst moment. This space will support their mission with the tools, technology, and environment they need to continue delivering exceptional service to the people of New Hampshire.”

Lakes Region Mutual Fire Aid has long been an integral partner of New Hampshire 911, currently co-locating within the existing Laconia facility. By continuing to share the new building, the Division looks forward to strengthening this partnership in the new, state-of-the-art facility.

Throughout construction and the eventual transition, the existing Laconia facility will continue to operate without interruption. New Hampshire 911 will remain fully functional, with no impact on public safety.

The project is expected to be completed within 16 months.



CLUES ACROSS

1. Dark blacks

7. Construct a wall to confine

13. Most inappropriate

14. A type of board

16. Sacred Hindu syllable

17. Flatterer

19. The Granite State

20. Tears down

22. China’s Chairman

23. Former Houston footballer

25. Periods of time

26. Expressed pleasure

28. World alliance

29. A Brit’s mother

30. Television network

31. Brother or sister

33. Type of spirit

34. __ Ladd, actor

36. A medium oversees it

38. One time province of British India
40. Wrong

41. The highest parts of something

43. Insect

44. Baseball stat

45. A way to use up

47. Where wrestlers compete

48. It helps elect politicians

51. As fast as can be done

53. Genus of legumes

55. Samoa’s capital

56. Monument in Jakarta

58. Former French coin

59. Exploiters

60. College sports official

61. Uninterrupted in time

64. Stephen King story

65. Marked by no sound

67. Weathers

69. Denouncements

70. More beloved

CLUES DOWN

1. Winged nut

2. It cools a home

3. Kisses (French)

4. Oxford political economist

5. Keyboard key

6. Leaf pores

7. Agrees with publicly

8. Not around

9. Czech city

10. Muscle cell protein

11. Greek letter

12. Movements

13. Ned __, composer

15. Popular series Game of __

18. Exclamation that denotes disgust

21. Helper

24. Gift

26. Up in the air (abbr.)

27. Treat without respect

30. Trims
32. Slang for lovely

35. City of Angels hoopster (abbr.)

37. Guitarists’ tool

38. Island nation

39. Delivered in installments

42. A baglike structure

43. Cooking vessel

46. Gets in front of

47. Wounded by scratching

49. More breathable

50. Medical dressings

52. Indiana hoopster

54. Married Marilyn

55. An ancient Assyrian city

57. Congressmen (abbr.)

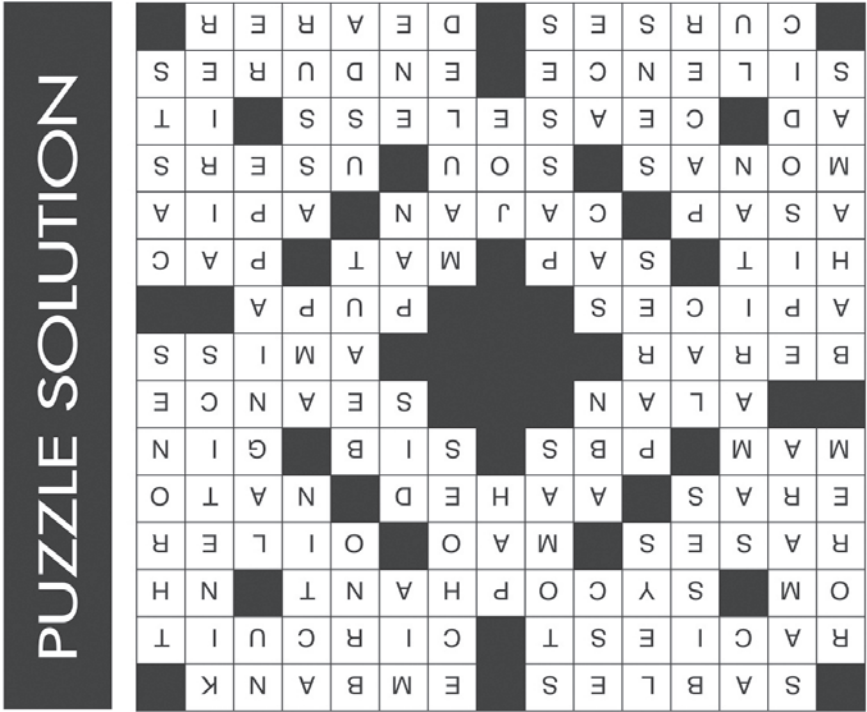
59. Approves food

62. Ventura’s first name

63. Between northeast and east

66. Atomic #71

68. Email designation



BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of March 31 to April 7.

Brian A. Gordon, age 48, of Franklin was arrested on March 31 for exceeding the Maximum Weight Limits ordinance.

Nataya Collins, age 42, of Laconia was arrested on April 1 for Driving After Revocation or Suspension of license.

A 56-year-old female from Loudon was taken into protective custody on April 2 for Violation of Probation or Parole.

A 26-year-old male from Belmont received a summons in lieu of arrest on April 3 for Criminal Mischief, Conduct After an OHRV Accident resulting in Property Damage, and Operating a Motor Vehicle without a Valid License.

Shawna M. Clark-Osgood, age 34, of Belmont was arrested on April 4 for Operating After being Certified as a Habitual Offender and Disobeying an Officer.

Rebecca A. York, age 44, of Nashua was arrested on April 6 for operating a motor vehicle with an Unofficial Inspection or Registration Decal.

Nchole R. Bouffard, age 33, of Plymouth was arrested on April 6 in connection with multiple bench warrants.

5K

CONTINUED FROM PAGE A1
shire. Go to www.lrmhc.org to learn more.

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His puppy dog eyes have stolen all our hearts, and trust us—one look, and he’ll steal yours too! Koda is eight years young, with the energy and enthusiasm of a pup who just discovered zoomies. He’s big, bold, and totally unaware of his own size—a lovable bull in a China shop who will barrel right into your heart. Koda is the ultimate best friend. He’s loyal, goofy, and always ready for an adventure (or a well-earned nap afterward). Whether it’s playing in the yard, going for a walk, or just

hanging out by your side, he’s all in. Now, Koda has one special request—he wants to be your one and only. He’s looking for a home where he can soak up all the love, attention, and belly rubs without any other furry competition. And trust us, he has more than enough love to give! If you’re looking for a big dog with an even bigger heart, Koda is your guy. Apply now OR visit during the next available adoption walk-in hours, Wednesday-Saturday 12-4pm.

Lakes Region Home Show, your Gateway to Inspired Living, returns this weekend

xLACONIA — The Lakes Region Chamber is thrilled to announce the newly renovated Belknap Marketplace presented by Lavalley Middleton Building Supply. After a dynamic run in past years, this beloved regional showcase is back—bigger, better, and more innovative than ever!

Explore, Discover, and Connect Friday, April 18 from 11 a.m. – 7 p.m. and Saturday, April 19 from 9 a.m. – 3 p.m.

Designed to inspire homeowners, renters,

Mutual Fire Aid marks National Public Safety Telecommunications Week

LACONIA — Lakes Region Mutual Fire Aid provides 24/7 Fire/EMS Emergency Communications Dispatch services and mutual aid coordination to 35 communities in the Lakes Region of New Hampshire, and is celebrating the second full week of April (April 13-19) as National Public Safety Telecommunications Week.

This week, sponsored by the Association of Public-Safety Communications Officials (APCO) International and celebrated annually, honors the men and women who respond to emergency calls, dispatch emergency professionals and equipment, and render life-saving assistance to those in need.

National Public Safety Telecommunications Week is an opportunity for Lakes Region Mutual Fire Aid to celebrate the work and dedication of our employees. LRMFA processed 29,921 emergency incidents in 2024. These incidents created more than 300,000 individual radio transmissions, over 31,000 telephone phone calls on our emergency lines, and more than 17,000 phone calls through our non-emergency phone lines. Continuing to deliver such a high-quality level of service would not be possible without our dedicated and committed staff. NPSTW is a great opportunity for the public to take a moment and thank those who provide critical lifesaving services from those “heroes under the headset.”

LRMFA Dispatchers are some of the most professional, highly trained, and highly educated Dispatchers in their industry. Their skill and dedication is critical to the success and safety of our area’s public safety first responders and the citizens we serve. We will not be hosting our annual Open House in 2025, and hope to bring it back soon.

We will be recognizing our team of Dispatchers throughout the week next week, and opportunities for local business, associations, and the public are available by contacting Chief Jon Goldman.

and dreamers alike, the Lakes Region Home Show brings together the best of home improvement, interior design, landscaping, and lifestyle under one roof celebrating the Grand Reopening of the Belknap Marketplace. Visitors will have the opportunity to explore:

- Cutting-edge home improvement solutions
- Local builders, remodelers, and craftsmen
- Smart home technologies and energy-saving options
- Kitchen and bath trends
- Landscaping and outdoor living inspiration
- Unique decor and artisan goods

Whether you’re planning a renovation, build-

ing a new home, or just looking for fresh ideas, this event has something for everyone.

Support local, build local

This year’s Home Show places a strong emphasis on supporting local businesses and professionals who are helping shape the future of the Lakes Region. Exhibitors range from small businesses to regional service providers, all committed to helping residents create beautiful, functional spaces that reflect their lifestyles.

“We’re proud to bring the HOME SHOW back to our vibrant community,” said Karmen Gifford, President of the Lakes Region Chamber. “It’s more than just a

show—it’s a celebration of the people, creativity, and craftsmanship that make our region a great place to live, work, and play.”

- Family-friendly fun & community vibe
- In addition to the vendor exhibits, attendees can enjoy:
- Live demonstrations, hands on exhibits and how-to conversations
- Special giveaways and door prizes
- Kid-friendly activities
- Food vendors and an Outdoor Expo

Explore the Newly Renovated Belknap Marketplace: Enjoy a fresh new shopping experience inside and outside... including pickleball, golf and axe throwing!

SBA Funding

EXPO Friday from 2-4 p.m.: Connect with more than 15 lenders. Discover various sources to fund your business and find answers to your questions!

Family Night Friday from 4-7 p.m., featuring fun activities for future home builders & remodelers (& adults, too)

Admission is free, and all are welcome to attend.

Become a Part of It. Limited vendor opportunities are still available.

Businesses interested in showcasing their products or services to an engaged and enthusiastic audience are encouraged to visit LakesRegionChamber.org for more information.

Don’t miss the Lakes Region HOME SHOW — where inspiration begins and community connections thrive. For details, updates, or to register as a vendor, visit www.LakesRegion-Chamber.org or call (603) 524-5531.

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MLS# 5034953

Gilmanston: 2BR/1BA cottage with water access to six private beaches Sawyer Lake. Featuring a newer metal roof, Corian countertops and updated windows. With a little TLC this could be your perfect lakeside dream.

\$229,000

MLS# 5034940

Laconia: 2BR/2BA condo with plenty of rental capabilities. This unit comes fully furnished with an open-concept living area and wood accent walls. Association amenities include a saltwater pool, playground, tennis and more!

\$525,000

MLS# 5035164

Gilford: 3BR/2BA cozy chalet retreat near Gunstock Mountain Resort. The perfect four-season getaway with skiing in the winter and town access to Lake Winnepesaukee in the winter just minutes away.

\$1,100,000

MLS# 5030633

Laconia: 5BR/3BA home overlooking Lake Winnepesaukee and situated on a beautifully landscaped oversized corner lot in Long Bay offers the perfect blend of luxury and comfort.. Spanning over 4,000 sf. with many updates this home is a must see. Call today to learn about the association

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Night at the Museum to return to NH Boat Museum

MOULTONBOROUGH — On Friday, June 20, from 5:30 to 9 p.m., New Hampshire Boat Museum (NHBM) will host “Rockin’ the Docks”: A Night at the Museum.

With all proceeds to support NHBM’s 2025 season, Night at the Museum will feature live music by the Redemption Band, heavy appetizers from Squam Lake Marketplace, and a raffle to benefit the Museum’s operations fund.

“This is a terrific chance to view our new exhibits for 2025,” said Development Director Wendy Stocker. “All of the exhibit sets were fabricated and installed by our core team of vol-



unteers over the winter at our new Moultonborough facility... This year’s exhibits will fea-

ture ‘Mahogany Marvels’ – the Marina Exhibit, Applications and Innovations, Power and Propulsion, and Speed and Sport.”

At the annual fundraising event, attendees can purchase raffle tickets for the opportunity to win three prizes. The first prize is a Freedom

Boat Club Membership (\$9,000 value), which includes three months of dues donated by Freedom Boat Club. Valued at \$4,350, the second prize is an Old Town Sportsman AutoPilot Kayak donated by Irwin Marine. The third prize is a Mission Reef Splash Mat with pump and backpack (\$1,599 val-

ue) donated by Goodhue Boat Company.

“We are so thankful for our 2025 sponsors and the high-value donations we can offer as raffle prizes this year,” Stocker added. “We are grateful for the continued support of our local community and are excited to open our doors

to the public on May 24th for the summer season.”

Tickets to “Rockin’ the Docks”: A Night at the Museum are \$150 and can be purchased at nhbm.org. Raffle tickets can also be purchased by calling 603-569-4554. Presenting Sponsors for “Rockin’ the Docks”: A Night at the Museum are Stephens Landscaping, FL Putnam, and Lake Life Realty.

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

Local educators celebrate launch of bestselling book



LACONIA — The Lakeport Opera House was alive with energy and inspiration last Friday as educators, mental health professionals, and community members gathered to celebrate the release of “Ease the Pain in the Classroom: A Guide to Safety and Regulation,” the new book by Dr. Bethany Bilodeau.

The event featured a special reading by Dr. B at 4:30 p.m., where she shared an excerpt that highlighted the book’s practical approach to supporting students through trauma-informed and regulation-based strategies. Attendees had the opportunity to meet the author, engage in meaningful discussion, and purchase autographed copies of the book.

Since the event, “Ease the Pain in the Classroom” has quickly become an Amazon bestseller, underscoring the growing demand for effective, compassionate tools in today’s classrooms.

“I wrote this book to address today’s need for better strategies and techniques to allow educators to teach and students to actually learn,” said Dr. B. “We wanted a tool that educators could use to address a challenge and have a strategy they could use immediately.”

Dr. B also expressed gratitude to those who helped bring her vision to life: “A mountainous thanks to the entire Core Methods team and the Behavior Bootcamp team - they are truly changing and saving lives.”

“Ease the Pain in the Classroom” is now available online and is being recognized as an essential resource for educators, school counselors, and administrators working to build more emotionally safe and regulated learning environments.

REGION — The 95-member Pemigewasset Choral Society and 16-piece chamber orchestra will perform “The Armed Man: A Mass for Peace” by Welsh Composer Karl Jenkins. Performances are scheduled for Meredith, Gilford, and Plymouth on May 1, 2, and 4, respectively. There is no charge for admission to the concerts (freewill donations are accepted at the door).

“The Armed Man” is a 13-movement choral masterpiece that communicates the harrowing menace of the drift into war and the horror of conflict mixed with several peaceful moments of reflection. The performance concludes on a hopeful note with

an uplifting a capella hymn affirming that “God shall wipe away all tears and there shall be no more death.”

Jenkins composed “The Armed Man” in 1999 to commemorate the Kosovo crisis in eastern Europe. The mass features text and musical themes that evoke images of war and peace across many cultures, eras, and religions. Various texts are drawn from the common Latin mass as well as the words of Rudyard Kipling, Alfred Lord Tennyson, and others.

Chorus and orchestra are conducted by William Gunn, director of music at Plymouth Regional High School and 2023 New Hampshire

Choral Director of the Year.

Director Gunn describes “The Armed Man” as “a journey through devastation of war and, ultimately, a plea for peace. Throughout the performance you will hear the sounds of battle, the cries of the wounded, and the sorrow of those left behind. There are also moments of transcendence, most notably in the Benedictus, a profound expression of hope and healing.”

Concert Schedule: Meredith, Thursday, May 1, 7:30 p.m. at Inter-Lakes Middle High School; Gilford, Friday, May 2, 7:30 p.m. at Gilford Community Church; Plymouth, Sunday, May

4, 3 p.m., at Silver Center for the Arts, Plymouth State University.

The Pemi Choral Society is a 51-year-old regional community chorus based in Plymouth NH with a wide-ranging musical repertoire. Singers come from more than 25 communities throughout the Lakes Region, central New Hampshire, and the White Mountains.

The group performs concerts in December and May and welcomes new members at the beginning of each semester. For more information, please visit pemichoral.org or email an inquiry to pemichoralsocty@gmail.com.

NuCar supports Lakes Region 5K for Mental Health

TILTON — The Nucar Family of Dealerships believes that strong communities start with supporting one another and mental health is a vital part of that support.

“That’s why we’re honored to be the Title Sponsor of the Nucar 5K for Mental Health, happening on Sunday, May 18,” said a spokesperson for Nucar.

The event is more than just a run - it’s a chance to come together and raise funds for Lakes Region Mental Health Center (LRMHC). This essential organization provides integrated mental and physical health services to residents in 24 towns across central New Hampshire, supporting up to 4,000 people annually and providing hundreds of thousands of dollars in charity care.

“This is the first of what will become an

important annual event during Mental Health Awareness month,” said Beth Vachon, Chief Development & Public Relations Officer of Lakes Region Mental Health Center. Each May, Lakes Region Mental Health Center addresses its mission to create wellness and understanding in our communities by holding events that help to raise awareness of mental health.

“Engaging in physical activity has many positive effects on mental health,” says Maggie Pritchard, president and CEO. “It can reduce stress, boost self-esteem, improve sleep, and even reduce symptoms of depression and anxiety. It promotes overall well-being.”

Whether you’re a runner looking for a per-

sonal best, walking in solidarity with someone who lives with mental illness, or rolling over the finish line, participating in this event directly supports the availability of lifesaving mental health resources.

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Freedom Boat Club sets sail on Lake Winnepesaukee with new location at North Water Marine

LACONIA — Freedom Boat Club of the Lakes Region is thrilled to announce the grand opening of its newest location at North Water Marine, situated in the heart of The Weirs at 18 Endicott St N., Laconia. Boating enthusiasts can now enjoy all the beauty and adventure that Lake Winnepesaukee has to offer—without the hassle of boat ownership.

Lake Winnepesaukee, known for its breathtaking scenery and 288 miles of shoreline spanning eight towns, provides the perfect backdrop for the Freedom Boat Club experience. Members at this new location will enjoy unlimited access to a growing fleet of premium boats, starting with four at

launch and expanding throughout the season as membership grows. Whether it's a relaxing cruise, watersports, or exploring hidden coves, members will have everything they need for a day of adventure on the water.

North Water Marine is a full-service marina designed to support a seamless boating experience. With a fully stocked ship's store offering essentials like sunglasses, sunscreen, and bagged ice, as well as water-sports rentals including children's life jackets, skis, tubes, and ropes, members will have all the tools they need for a fun and safe day on the lake.

"We've been lifelong boaters, spending our

summers on the water with our family," said Kyle Gassman of Freedom Boat Club of the Lakes Region. "My wife and I actually met on a small lake in Maine and even honeymooned along Florida's Gulf Coast on a 36-foot Grand Banks trawler. We've admired Freedom Boat Club's hassle-free, walk-on walk-off boating model for years, and when the opportunity arose to open a location close to home, we jumped at the chance. We're excited to bring this incredible membership experience to the Lakes Region and look forward to expanding in the future."

To celebrate the grand opening, Freedom Boat Club Lake Winnepesaukee is offering a limited-time founding member special: 30 percent off the one-time entry fee. The club will hold a grand opening event on May 13 at 10 a.m. at North Water Marine.

For more information or to inquire about membership, visit <https://www.freedomboatclub.com/franchises/fbc-nh-lakes/nh-weirs-beach> or call (603) 217-3898.

www.freedomboatclub.com/franchises/fbc-nh-lakes/nh-weirs-beach or call (603) 217-3898.

HIGH SCHOOL SLATE

Thursday, April 17

GILFORD
Baseball at Bishop Brady; 4
Girls' Lacrosse vs. Bow; 4
Softball at Bishop Brady; 4

Friday, April 18

BELMONT
Baseball at Kearsarge; 4
Girls' Lacrosse at ConVal; 4
Softball at Kearsarge; 4
GILFORD
Baseball vs. White Mountains; 4
Boys' Lacrosse vs. John Stark; 4
Boys' Tennis vs. Kearsarge; 4
Girls' Tennis at White Mountains; 4
Softball vs. White Mountains; 4
WINNISQUAM
Baseball vs. Mascoma; 4
Softball vs. Mascoma; 4

Saturday, April 19

GILFORD
Track at Sanborn; 10
WINNISQUAM
Track Home Meet; 10
Monday, April 21
BELMONT
Baseball vs. Derryfield; 4
Girls' Lacrosse vs. Lebanon; 4
Softball vs. St. Thomas; 4
GILFORD
Baseball at Prospect Mountain; 4

Softball at Prospect Mountain; 4
WINNISQUAM
Baseball vs. Inter-Lakes; 4

Tuesday, April 22

BELMONT
Track Home Meet; 4
GILFORD
Track at Belmont; 4
WINNISQUAM
Track at Kennett; 4

Wednesday, April 23

BELMONT
Baseball at Campbell; 4
Girls' Lacrosse at Pembroke; 3:30
Softball at Trinity; 4
GILFORD
Baseball vs. Somersworth; 4
Boys' Lacrosse at ConVal; 4
Boys' Tennis vs. Bishop Brady; 4
Girls' Lacrosse vs. Derryfield; 4
Girls' Tennis at Bishop Brady; 4
Softball vs. Somersworth; 4
WINNISQUAM
Baseball at Conant; 4
Softball at Conant; 4

Thursday, April 24

BELMONT
Baseball vs. Inter-Lakes; 4

All schedules are subject to change.

Hiring?

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Floral Delivery Driver

The Fuchsia Peony Flower Shop in Ashland is looking for a part time delivery driver. Hours are afternoons Tuesday-Saturday, approx. 10-12 hours weekly.

Must have a clean driving record and be at least 21 years old.

47 Main St., Ashland, NH 03217
(603) 968-3059



Energysavers
Full-Time Installers Apprentice

Energysavers Inc, a 50 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. Starting pay, \$18-\$20 hour based on experience.

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No prior experience required. Must have a valid driver's license and pass the pre-employment drug screening.

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163 Daniel Webster Hwy., Meredith NH

Newfound Area School District is hiring!

Immediate Opening

Newfound Regional High School
Lead Custodian - Days

2025-2026 school year

Bristol Elementary School
Special Education Case Manager

New Hampton Community School
Preschool Teacher
Preschool Teacher - Special Education

Newfound Regional High School
Math Teacher
English Teacher
Music Teacher
Assistant Principal

District Wide
School Psychologist
Speech Pathologist
Speech Language Assistant
Occupational Therapist

Newfound Area School District is hiring!

Open Fall positions:

- Football Head Coach (NMMS)
- Football Assistant Coach (NMMS)
- Girls Soccer Head Coach (NRHS)
- Girls Soccer Assistant Coach (NRHS)

The District uses School Spring, an online application program.

All candidates can view and apply for vacancies safely and securely by using this tool.
<https://www.schoolspring.com/>

If interested, please send a letter of intent, resume, and names and phone numbers of 3 references to:
Jacob Tivey – Athletic Director
jtivey@sau4.org

Newfound Area School District
150 Newfound Road, Bristol, NH 03222
or
Shane Tucker – Athletic Coordinator
stucker2@sau4.org

Newfound Memorial Middle School
155 North Main Street, Bristol, NH 03222
603-744-6006 x.1507

Annual Gift Card Gala returns May 4

LACONIA — Tagg Team will be hosting its Ninth Annual Gift Card Gala Sunday, May 4, with all proceeds donated to Pub Mania and the Greater Lakes Region Children's Auction charity. Doors open at 12:30 p.m. at the VFW Laconia Hall at 146 Court St. Snacks and cash bar available.

Thanks to the generosity of dozens of local businesses, patrons can pay to play for chances to win an amazing range of prizes and gift cards. If you cannot attend, a proxy player can play a game card for you to win prize packages. For more information, email Judi Taggart at tagtem@metrocast.net.

For more information, please contact Judi Taggart at tagtem@metrocast.net.



At right: Zylar Taggart is inviting the public to play game cards at Tagg Team's Ninth Annual Gift Card Gala at the VFW Laconia hall on May 4. To obtain the games list of prizes or learn how to win, go to www.givegab.com/teams/tagg-team-2025.



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