

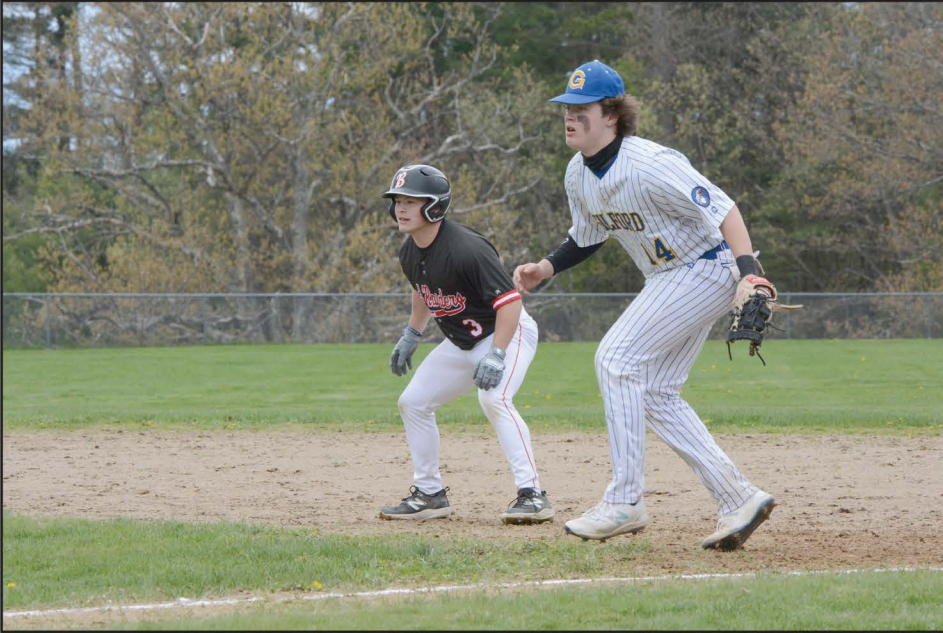
Winnisquam Echo

THURSDAY, MAY 16, 2024

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Belmont baseball takes early lead, pushes past Gilford



JOSHUA SPAULDING

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

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.

Hutch Haskins led off

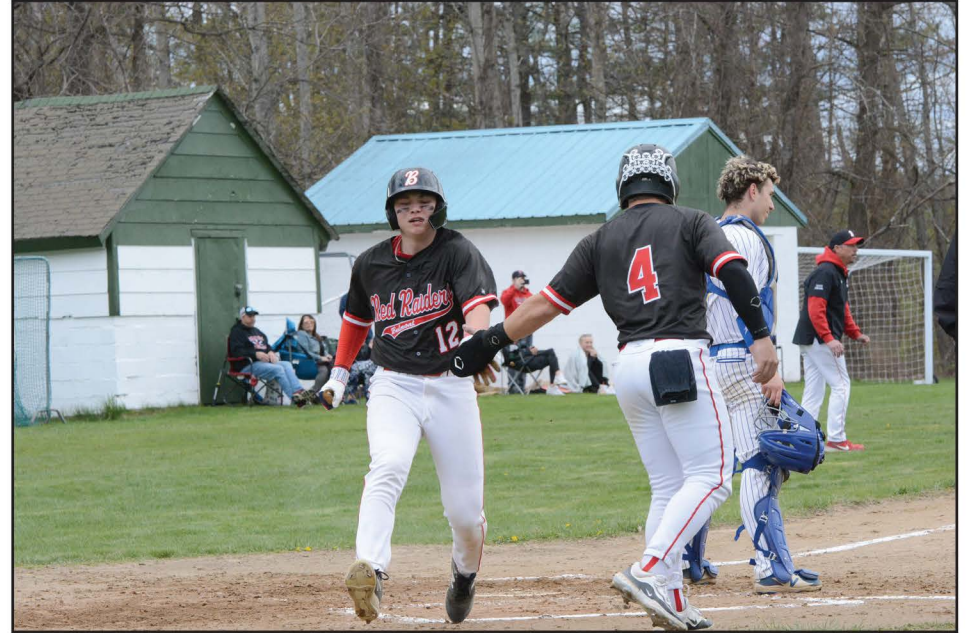
the bottom of the first with a walk and one out later, Owen Waldron worked a walk and one out later, Wyatt Divers reached on a catcher's interference call to load the bases against Gilford starter Drew Smith. A wild pitch plated the tying run and Michael Collette followed with a base hit to drive in 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



Wyatt Divers gets congratulations from Owen Waldron after scoring a run in action last week against Gilford.

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 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.

SEE **BELMONT**, PAGE A11

Belmont Public Library receives national grant for small & rural libraries

BELMONT — Belmont Public Library has been selected as one of 240 libraries to participate in Libraries Transforming Communities: Accessible Small and Rural Communities, an American Library Association (ALA) initiative that provides community engagement and accessibility resources to

small and rural libraries to help them better serve people with disabilities.

The competitive award comes with a \$10,000 grant that will help the library improve access to the building, collections, and programs.

"We are so proud to be chosen for this amazing opportunity," said

Library Director Eileen Gilbert. "This grant will allow our library to get to know our residents with disabilities better. It will help us improve our services to ensure this population feels welcome and comfortable in our space."

As part of the grant,

SEE **GRANT**, PAGE A11

Early deadlines for Memorial Day

The offices of the Winnisquam Echo will be closed Monday, May 27 in observance of Memorial Day.

To ensure that our May 30 edition still arrives in subscribers' mail boxes on schedule, the submission deadline for any press releases and letters to the Editor intended for publication that week has been moved up one business day, to Thursday, May 23 at 4 p.m. Submissions can be e-mailed to Editor Brendan Berube at brendan@salmonpress.news.

MacDonald, Kelly, Tibbetts, Goodwin get wins at Bristol Lions Invitational

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Winnisquam track girls picked up a third place finish at Saturday's Bristol Lions Invitational, with the Bear boys taking fifth overall.

Lauren MacDonald won the shot put with a toss of 34 feet, three inches, with Devin Timmons at 25 feet, 10 inches for fifth place, Alli Parry at 19 feet, five inches for 18th place, Madelyn Penney in 20th at 17 feet, six inches and Claire Langevin in 23rd place at 13 feet, 11.5 inches.

Victoria Kelly won the javelin with a distance of 104 feet, seven inches, with MacDon-

ald in fourth place at 81 feet, one inch, Timmons in 13th place at 51 feet, eight inches, Emma Gugemos in 19th at 39 feet, seven inches and Langevin in 26th place at 26 feet, 10 inches.

Skye Tibbetts took the win in the long jump at 14 feet, three inches, with Zariah Moore in 13th place at 11 feet, three inches and Gugemos in 18th place at nine feet, eight inches.

Tibbetts also finished second in the high jump, clearing five feet, while in the pole vault, Vanessa Power was second at seven feet.

Denessa Williams ran to fourth in the 100 meters in a time of 13.85

seconds, with Moore in 11th in 14.86 seconds, Anaya Mondesir in 22nd in 16.17 seconds and Shayla Jordan in 30th in 17 seconds. Williams was also fifth in the 200 meters in 28.51 seconds, with Emily Tripple in ninth in 30.05 seconds, Moore in 12th in 13.56 seconds, Abigail Osmer in 23rd place in 31.95 seconds, Alexis Searles in 25th in 32.11 seconds, Jordan in 30th in 33.18 seconds, Mondesir in 33rd in 33.88 seconds, Carly Drew in 40th in 36.48 seconds and Power in 42nd in 37.28 seconds.

Kaiden Robb finished third in the 400 meters

SEE **TRACK**, PAGE A11

Author Eric Talkin visits Winnisquam Regional Middle School



COURTESY

Pictured above Erik Talkin shares his three book series with the WRMS students and explains how his foodbank operates; students Ashlynn Fowler, Madelyn Maloney, Brielle Boudreau and Charlotte Gilbert had the opportunity to speak directly with Mr. Talking regarding how they can help to end childhood hunger.

TILTON — Fifth and sixth grade students at Winnisquam Regional Middle School met with children's author

Eric Talkin to discuss his book "Lulu and The Hunger Monster," and to learn what they can do to end hunger stigma

among children. He is known for his engaging books that take children

SEE **TALKIN**, PAGE A11

Kiwanis Club of Laconia hosts annual Bike 'n' Board Safety Day

LACONIA — The annual Kiwanis Club of Laconia Bike 'n' Board returns this year on Saturday, May 18 from 10:30 a.m.-12:30 p.m.! This year's event will include skill and safety stations for bicyclists, scooter riders, and skateboarders.

Annual favorites, the Laconia Police Department will manage the Helmet Check and Bike Registration station, ensuring everyone has the right fit in time for riding season. Laconia Fire Department will be on hand to share safety and first aid tips focusing on injuries that can occur while riding bikes, scooters, and skateboards. Myles Chase, owner of MC Cycle, and Tom McCormack, owner of The Grind Box will be available to give tune-ups and show riders how to help themselves should something happen to their equipment while riding.



Lt. Gary Hubbard fits a young rider with a new helmet at the 2023 Laconia Kiwanis Bike 'n' Board event. This year's event occurs on Saturday, May 18 from 10:30 a.m. to 12:30 p.m. at the Laconia Skate Park parking lot.

Once bikes, boards and scooters are tuned and ready to go, participants will visit each station to practice basic riding skills. A Kiwanis Club or LHS Key Club member will monitor each station, should anyone need a helping hand. Participants will receive

a certificate of completion and have a chance to win great raffle prizes and enjoy refreshments after all that hard work!

Larry Frates, the talented artist behind Frates Creative Arts, has a special treat for participants. From 11 a.m. to noon, Frates will

offer personalized caricatures that capture the participant with a bike, scooter, or skateboard. This unique experience will leave attendees with a one-of-a-kind memento of their participation.

Parking will be available at the Opechee Park parking lot or along North Main Street. Participants will begin at the helmet check and tune-up stations located in this parking lot.

The Bike 'n' Board Safety Day is open to all Lakes Region children and their families. For more information about this event and the Kiwanis Club of Laconia please visit www.laconiakiwans.com or follow us on Facebook. This event is generously sponsored by the Bank of New Hampshire, The Insurance Outlet, and Cross Insurance.

Around and About Tilton

BY GREGG DEVOLDER

Hello and welcome back. Well, there wasn't a single town meeting last week, but there were a few interesting items on the Planning Board agenda for this past Tuesday. Unfortunately, the timing is such that I can only give you the agenda items for now and you'll have to wait till next week for more information, as I'm writing this before the meeting takes place. There seems to be a great deal of interest in subdividing lots with one site plan review and the others being conceptual consultations. The site plan review was for 35 Range Road subdividing into four lots. The conceptual consultations were for 115 Clark Road to five lots, a future subdivision on 246 Calef Hill Road and lastly, to construct ten buildings with eight apartments in each building on 495 West Main Street. As a reminder, the agenda's for all boards and committee meetings are posted on the town's website.

I should also mention that the selectmen in their earlier meeting approved replacing the fence behind the civil war monument that is severely damaged. It seems folks are now cutting through the monument green rather than taking the sidewalk around, creating a foot path where there shouldn't be one. The fence will not be as ornate, but it is covered mostly by a hedge so likely won't be seen. The pieces being removed will be saved should the remaining fence need repairs.

I mentioned last week that I would provide more information for those that didn't qualify for the Elderly Tax Exemption or may have missed the deadline to file. The paperwork is only two pages, but it does seem a bit intimidating, especially if you're not used to filling out somewhat detailed forms, including your tax map, block and lot numbers. I believe the form number is PA-35 and the good news, there's help at town hall if you need it.

Speaking of town hall, I stopped in to see if I was indeed the biggest loser in the dog registration raffle. Unfortunately, they've been very busy with the usual end of month, beginning of the month activities but are looking to start this week, so you may have already been contacted about your prize!

This week is a busy week with the Parks Commission, Planning Board, and Selectmen all meeting with full agendas. Next week includes the Conservation Commission, Zoning Board of Adjustment, Sewer Commission and Trustees of the Trust Funds. One of the items for the ZBA is a variance request for merging three lots for self-storage units at 355 Laconia Road at the corner of Noyes Road. Given all the meetings this week, I imagine there will be plenty of things to talk about next week.

The Hall Memorial Library is kicking off its summer programs with Steve's Show Time, Story Time on Friday, May 17 at 5:30 p.m. at the Library and Movies in the Park on Friday, May 24. Take the kid's and enjoy a fantastic show. You can visit their website or give them a call if you'd like more information.

A well-deserved "Shout Out" to the Parks Commission for their Turtle Scavenger Hunt at River Park. The event was very well attended with plenty of kids, treats and a great time had by all. What a wonderful way to kick off spring as we head towards summer. Stay tuned for more exciting events from our Parks Commission!

And finally, we received a notice inside the Winnisquam Echo about our free weekly subscription. It was just a postcard, but if you want to continue receiving this great local paper, you'll need to complete the card and drop it in the box. It's prepaid postage and needs to be done by the end of the month. I imagine you can send a note to the following address if you've lost the card or would like to start receiving the paper. The address is: Winnisquam Echo, Postal Delivery Data Center, PO Box 90, Southbridge, MA 01550-9970. Before I get emails, yes, I have a vested interest. (This is where I'd put my smiley face if I had one.)

Well, that's all I have for now. Thank you for reading and all your comments! As always, you can email me at: aroundandabouttiltonnh@gmail.com. I can't promise I'll respond to everyone, but I will read them all.

Have a great week!

Lakes Region Art Association to host watercolor on canvas class

TILTON — A watercolor on canvas class can be a fun and rewarding experience for anyone looking to explore the unique combination of watercolors and canvas as a medium. It provides opportunities for creativity, experimentation, and the development of technical skills necessary for creating beautiful and expressive artworks.

No drawing skill or previous painting necessary. Come for two hours of fun and creativity.

The class includes pre-prepped high-quality canvas and a drawing ready to paint. Feel free to bring your favorite brushes and watercolors (tube or pan). Watercolors and brushes will be available.

Space is limited. Class will be held Tuesday evening, May 21 from 6-8 p.m. at Lakes Region Artist Association, 120 Laconia Rd., Tanger Outlets, Suite 300, Tilton.

First come, first served. \$50 in advance.



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Sununu proclaims “Lakes Region Community College Day”

LACONIA — Lakes Region Community College (LRCC) is thrilled to share the news of its recognition by the State of New Hampshire with a proclamation from Gov. Christopher Sununu, designating May 9, 2024, as Lakes Region Community College Day. This honor is a testament to the community’s unwavering support and integral role in LRCC’s outstanding educational contributions, particularly through its esteemed Fire Science Program, which marks 50 years of excellence. The date coincided with the college’s Festival on the Hill event, a celebration made possible by the community’s active participation and keen interest in LRCC’s endeavors.



trained firefighters who serve our communities with dedication and valor. This proclamation reaffirms our commitment to excellence in education and our mission to empower students to make a meaningful difference in their communities.”

LRCC extends its heartfelt gratitude to Governor Sununu for this esteemed recognition. It also reaffirms its dedication to providing exceptional educational opportunities that empower individuals to succeed and contribute positively to society.

About Lakes Region Community College

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

Sununu’s proclamation shines a light on LRCC’s transformative Fire Science Program, a beacon of excellence for the past five decades. This program has not only been instrumental in training and preparing generations of fire-

fighters who serve with distinction across the state and region, but it has also inspired many with its dedication and valor. LRCC takes immense pride in nurturing these skilled professionals who ensure the safety and well-being of

New Hampshire residents and inspire others with their dedication and valor.

The Governor’s Proclamation compliments the college in many ways.

This document states, “...Over the last 50 years, Lakes Region Community College has contributed to the state’s quality of life and safety through teaching excellence and a commitment to educating the firefighter and Emergency Medical Service workforce. It is important to recognize instructors and educators who have

committed their careers to education.”

“Receiving this proclamation from Governor Sununu is a tremendous honor for Lakes Region Community College,” said Patrick Cate, President of LRCC. “For 50 years, our Fire Science Program has been a cornerstone of our institution, producing highly

Belmont Historical Society explores “NH’s One-Room Schools: The Romance and the Reality”

BELMONT — Hundreds of one-room schools dotted the landscape of New Hampshire a century ago and were the backbone of primary education for generations of children. Revered in literature and lore, they actually were beset with problems, some of which are little changed today. The greatest issue was financing the local school and the vast differences between taxing districts in ability to support education. Other concerns included teacher preparation and quality, curriculum, discipline, student achievement and community involvement in the educational process.

This program is hosted by the Belmont Historical Society with funding provided through the NH Humanities and the Belmont Sargent Fund. The program will be held on Tuesday, May 14 at 7 p.m. on the fourth floor of the Belmont Mill located at 14 Mill St. Presenter, Steve Taylor, will explore the lasting legacies of the one-room school and how they echo today. This program is free, open to the public and is handicapped accessible. (Attendees please use rear door by the elevator.)

Steve Taylor is a scholar, farmer, journalist and longtime public official. With his sons, he operates a dairy, maple syrup and cheese-making enterprise in Meriden Village. He has been a newspaper reporter and editor, and served for 25 years as New Hampshire’s commissioner of agriculture. Taylor was the founding executive director of the New Hampshire Humanities Council, has been a life-long student of the state’s rural culture and is devoted to preserving New Hampshire’s history.

Step up your birdwatching game

BELMONT — The Town of Belmont Conservation Commission and the Belmont Library are teaming up to present “Backyard Birdwatching” on Wednesday, May 22 at 6 p.m. This free event will be held at the Belmont Mill, 14 Mill St. We are thrilled to be partnering with Open World Explorers for this event.

Step up your game and attract more birds and more species of birds to your backyard. This presentation reviews various feeder types, food types, and the importance of natural live and dead cover for birds. Diversifying your backyard with food, cover and water will have the birds in your yard ... and not your neighbor’s yard.

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Opinion

Letter submission policy

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

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

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!

Winni River Trail maintenance and cleanup June 1

The Winni River Trail Association (WRTA) announces their annual Spring trail cleanup on Saturday, June 1, beginning at 9:30 a.m., which coincides with National Trail Day. Trail clean-up consists of maintenance, repair, and clean-up, so that the trail is enjoyable for all to use. Trash bags will be available. Please park at Cross Mill Road in Northfield where coordination of the clean-up will begin. Volunteers are needed to assist in maintaining the trail for the enjoyment of hikers, bikers, dog-walkers, and walkers. Bring gloves, rakes, shovels, water, and if needed bug spray. Please join the WRTA at this Annual Cleanup Event.

COURTESY



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

POSITIVELY SPEAKING

TOBY MOORE

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 perse-

verance 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 an-

alyze 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 differently.

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

SEE POSITIVELY, PAGE A5

Healthy eye care and nutrition

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

Changes to vision and concerns about eye health can happen rap-

idly for older adults. Seniors should get a vision test once a year and should always follow a doctor's recommendations on treatment plans

and vision health.

Here are eight strategies for seniors to maintain eye health:

Diet - Eating delicious food is one of the most enjoyable ways seniors can maintain eye health. And, there are a variety of options that provide vitamins and nutrients that help with eye health - kale, carrots, eggs, sweet potatoes, oranges, almonds and salmon are great sources.

Exercise - A physician-recommended exercise plan can not only help with overall health, but has benefits for the eyes too. Increased blood circulation can remove toxins and increase oxygen levels in the eyes.

Avoid eye trauma - Injuries can have a huge impact on long-term eye and vision health and taking precautions can prevent accidental eye trauma. Remembering to wear protective eyewear or goggles when appropriate, using chemicals and sharp objects with caution, and eliminating trip hazards are some of the ways that accidents

can be avoided.

Smart computer use - Regular computer use can lead to eye strain and discomfort at any age. However, computer screens can be more harmful to our eyes as we age, and can cause headaches, eye irritation or vision issues like blurriness or seeing double. Seniors that use a computer regularly, particularly those who are in front of a computer for long periods of time, should make sure that their desk has good lighting, take regular breaks and always use corrective eyewear.

Consider other health issues - Older adults can have health issues that affect their vision health, and it's important to talk to a healthcare professional about how physical conditions and medications can have an impact on the eyes.

Sunglasses - Protective eyewear becomes more important as we age, and it's important for seniors to build the habit of always wearing sunglasses when they are outside.

Sleep - Sleep has beneficial properties for overall health, wellbeing and quality of life. It's no surprise that getting a good night's rest is important for eye health too!

Vision screenings - Changes to vision and eye health can happen rapidly for older adults. Seniors should get a vision test done once a year and should always follow a doctor's recommendations on treatment plans and health.

Comfort Keepers® can help

If someone is experiencing changes in their vision, or wants to build healthy habits, the trusted care team at Comfort Keepers® can help. Our caregivers can assist with meal preparation, medication reminders and can support physician-prescribed exercise regimens and diets. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

AboutComfortKeepers 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.

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Please call 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

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GOING OUT OF TOWN

An afternoon Piscataqua River crawl



The Wentworth-Coolidge Mansion in Portsmouth, a major site of state history right on the calming banks of the Piscataqua River.



Portsmouth Light isn't open to the public because of storm damage, but Great Island Common in New Castle has some great views.



Some of the tide pools at Odiorne Point in Rye, the kind I remember studying on a first grade field trip.

mnews@salmonpress.news

Sometimes, it can be easy to think of a river as a straight line that goes from point A to point B, but rivers can be wide waterbodies with many islands, harbors, and a lot of natural and constructed wonders. The Piscataqua River on the Seacoast is one such river with so much going on with many historical site, recreation opportunities, and scenic views. For too long I just associated the river with Portsmouth or Kittery, Maine, but recently I took a tour down the corridors of Routes 1A and 1B and found a whole host of fun places to explore from Portsmouth to New Castle.

The Piscataqua River

POSITIVELY

CONTINUED FROM PAGE A4 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.

is a tidal river stretches 12 miles starting from the mouth of the Oyster River in Durham and emptying into the Atlantic Ocean at the Maine border. The river is host to many tributaries and estuaries as well as being the site of many historical events as well as providing the border between New Hampshire and Maine.

As a kid on the Seacoast the Piscataqua was practically in my backyard. I do have some early memories of going to Odiorne Point in Rye and the Seacoast Science Center with my class in first grade. My parents and I would also explore some of the old forts, such as Fort Constitution.

Recently I had the urge to take a daytime trip to Portsmouth with half an idea to cruise down Routes 1A and 1B right along the river and maybe visit a few of those old places I last saw as an elementary schooler. I'm a hopeless night owl so a lot of my trips tend to start in the afternoon and go through the late evening, but this time I wanted to see some more stuff in the daylight.

I will admit my main motivation was getting to Popovers on the Square in Portsmouth while it was still open. I fell in love with this café, but their hours have gone earlier in recent years. After maybe a decade, I finally walked through their doors right on Market Square and ordered a plate with smoked salmon, herbed cream cheese, crumbled hardboiled egg, and a nice big popover. Once I finished my lovely brunch, I did take a stroll around downtown and popped into some shops.

A little while later I decided to set on more of an adventure thanks to some old memories and my map app. Some of the major buildings and

visitor centers are still closed for the season, but there are plenty of parks one can visit any time of year.

My first destination was the Wentworth Coolidge Mansion on Little Harbor Road. The mansion used to be the home of Gov. Benjamin Wentworth, who became the state's first royal governor in 1741, and was later the home of painter John Templeman Coolidge. The mansion and its grounds are owned and operated by the New Hampshire Division of State Parks and. The mansion itself opens for tours Memorial Day weekend, but the land around it is a park that's open to the public.

The mansion itself is a soaring yellow building surrounded by little gardens. Even from the outside you can see the history here. I went through the park on a gorgeous spring day with the sun fully shining. I walked around the grounds and immediately saw a couple on lawn chairs taking in some sun. Walking across the lawn toward the banks of the Piscataqua River, someone was wading in the water flyfishing. A few people came by with dogs a little later. It just takes a second to see that many of the small stones on the beach have periwinkles attached to them, I tried to be careful and avoid stepping on someone's shell home. I just stayed for a little while, but I know I want to come back when the house opens.

I got back in my car and continued down Route 1A, then onto Route 1B through Rye and New Castle. Going down Route 1B you soon see the majestic white and red-roofed buildings of Wentworth by the Sea, a luxury hotel that is celebrating its 150th year this year. The views from the road are of this lovely hotel with sweep-



A view of the Wood Island Life Saving Station in Kittery, Maine, as seen from the New Hampshire side of the river.

ing views of the harbor and islands of the Piscataqua.

I drove to the end of the road by the Coast Guard station and Fort Constitution, another old fort located that helped defend the coast starting in the late 1700's. Fort Constitution and the Portsmouth Lighthouse unfortunately sustained significant damage from some recent storms and are now closed to the public pending repairs.

My next stop was Odiorne Point in Rye, the place where I joined my fellow members of Mrs. William's class at McClelland Elementary in Rochester for a field trip. Naturally my 7-year-old self didn't remember much of this place, but some rock hopping by the water did conjure a few memories of the tide pools we did a unit on. The park also has a playground, restrooms, and plenty of picnic tables to make this a great place

for anyone to swing by and spend some peaceful time by the water.

My last stop on this trip was Great Island Common in New Castle, another lovely park on the banks of the Piscataqua. Great Common Island also has direct views of Kittery, Maine across the River. This is the best place to view the Portsmouth Lighthouse right now. The park is also a great viewing site for the Wood Island Life Saving Station and Whaleback Light. I saw both these sites from the other side of the river when I stopped at Fort Foster in Kittery a few months ago. It was fun to see everything from the other angle.

At the end of the day, I went back into Portsmouth for some more walking as the sun was setting. Overall, it was an extremely relaxing trip that made me really appreciate some of the resources along the coast. There were so

many views over the water and of stately historical buildings plus hearing the rush of waves and smelling salt air. I want to take another trip here soon, especially when everything opens for the season and fully explore what else this area has to offer.

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Raiders put up fight in 13-inning battle with Gilford



JOSHUA SPAULDING

Belmont shortstop Falyn Sicard gets a tag on a sliding Gilford runner during action last week.

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 inning, also putting the side down in order.

McKenna reached on an error with two outs in the top 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 bottom 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 Falyn 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 walk to Molly O’Connell in the bottom of the



Madi Smith was stellar against Gilford last week, giving up just three runs in a 13-inning marathon.

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 drive 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.

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

Softball Raiders win snappy battle with Bears

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont and Winnisquam softball teams took the field for just more than an hour on Monday, May 6, with the Raiders winning the tight battle with their neighbors by a 2-0 score.

“An hour and four-minute game was helped by quiet bats on both sides,” said Belmont coach Bill Clary. “(We) were able to give Kami Decato her first varsity win.”

“It was a really well-played game by both teams,” said Winnisquam coach Mark Dawalga. “I thought our defense was outstanding

today and we gave ourselves a chance.”

Decato went five innings and allowed just two hits for the Raiders while Danica Weymouth went six innings for the Bears, allowing four hits and striking out four.”

Clary praised the work of Rylie Cotnoir behind the plate, as she handled the freshman pitcher well and also threw out a runner stealing second base. Avery VonKadich and Falyn Sicard had the key hits to secure the two runs for the Raiders.

The Bears had the bases loaded in the third inning but couldn’t get the big hit to tie it up. Mackenzie Bassett, Wey-

mouth and Iris Vieira each had a hit to lead the way for the Bear offense.

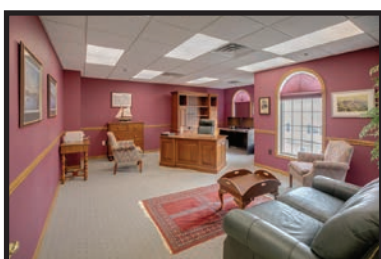
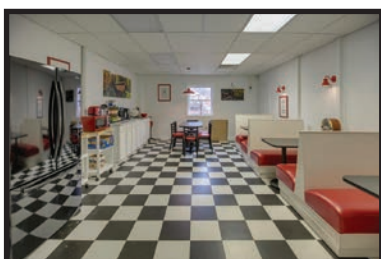
The two teams are set for a rematch on Monday, May 20, in Tilton.

Belmont is scheduled to be at Mascoma on Thursday, May 16, and at defending champion Prospect Mountain on Tuesday, May 21.

Winnisquam is scheduled to be at Somersworth on Friday, May 17, at Newfound on Tuesday, May 21, and at Gilford on Wednesday, May 22.

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

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Winnisquam Regional School District celebrates National School Nurse Day

REGION — National School Nurse Day was established in 1972 to foster a better understanding of the role of school nurses in the educational setting and is celebrated on the Wednesday within National Nurses Week. The day honors all school nurses who care for the children in our schools every day. School nurses promote healthy students who are better prepared for

learning. School nurses are often the first place a student thinks to go when they don't feel well or have been hurt, however, they also provide a wealth of information that supports a successful education as well. The observance reminds us of all the reasons the nurse is available to your school. They provide more than Band-Aid's for scrapes on the

playground and check for fevers when a child shows the first sign of illness. School nurses are first responders for medical concerns and administer mid-day doses of medication. They advocate for students, too. In a school setting, school nurses make referrals for pediatric care when necessary. As a team member, school nurses play a vital role in guiding students to



COURTESY

healthy lifestyles. The American Nurses Association has declared "Nurses Make the Difference" as the theme for Nurses Week 2024. The Winnisquam Regional School District would like to recognize our school nurses and the many ways they affect the lives of our students every day.

Pictured above are WRMS nurse Colleen Roy; Sanbornton Central School nurse Kellie Allen with students Victoria Lacroix and Kendyll Gibbs; WRHS nurse Melanie Leathers and Southwick School Nurse Elizabeth Norko.



COURTESY

Southwick School students receive important bike safety training

Southwick School second, third and fourth grade students learned about bike safety, setting goals in bike riding and the school pump track from Highland Mountain Bike Training Director Chris Chmielewski, along with coaches Quinn Renaud and Joe Lovell. Students who have fulfilled the permission requirements are able to participate in the recess biking riding program that includes checking out bikes from the school's fleet and riding on the trail and pump track.



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Raiders honor Jake Deware with win over Winnisquam

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont baseball team honored Jake Deware on Monday, May 6, and it was pretty fitting that the game ended with the Raiders putting up 11 runs, which was Deware's number.

"It was a great day and our partnership with the Jake Deware Kindness Project was an overwhelming success," said Raider coach Matt LeBlanc. "We were able to honor Jake Deware and his family along with Bryan Caruso (former Winnisquam player and son of coach Fred Caruso) and the Caruso family.

"Winnisquam and Belmont have a tight bond that became even moreso," LeBlanc added.

Anakin Underhill continued his strong season for Belmont. He got the start on the hill, keeping batters off balance all day and was a force at the plate. He pitched four innings, giving up three hits and two walks while striking out seven. He also had a homer, walked twice,

scored three times, stole two bases and drove in two runs.

Hutch Haskins had a double and a single and scored twice, Michael Collette had a base hit, a walk, scored a run and drove in two runs, Wyatt Divers had a single, a walk, a stolen base, scored twice and drove in two runs and Keegan Martinez had a hit and drove in two runs. Divers finished out the game on the mound, giving up one hit and striking out one in one inning of work.

"If we continue to play inspired, unselfish baseball, there is no telling where our limits will be," LeBlanc said. "Our team continues to gel and we hope that we can continue to get contributions from a variety of players all throughout the roster."

Belmont was back at it on Wednesday, May 8, picking up a 5-3 win over Prospect Mountain in a game that was moved to Belmont due to field conditions in Alton.

Prospect scored twice in the first inning with two outs, but Belmont

came back and scored twice in the second and twice in the third to take the lead then added one in the sixth after the Timber Wolves scored one in the top half of the inning.

"It wasn't our best fielding day, as we committed a lot of errors and provided a good opponent multiple extra outs," said LeBlanc. "Timely hitting and patience at the plate with six walks, allowed us to pull it out."

Divers got the start on the mound, going the distance while striking out five and giving up just three hits.

Offensively, Haskins had a single and drove in two runs, Underhill had a hit, a walk and scored a run and Collette had two sacrifices, driving in a pair of runs.

Belmont closed the week with an 8-3 win over Berlin on Friday afternoon. Belmont scored twice in the first and added one in the third and after Berlin scored two in the top of the fourth, added another in the bottom of the frame. Belmont scored twice

each in the fifth and sixth to seal the win.

Brady Thurber went the distance on the mound, giving up just four hits and one earned run, striking out two.

Jaxson Embree had two hits and scored two runs, Owen Waldron had two hits, scored a run and drove in a run, Underhill had a triple and a

single, scored twice and drove in a run, Thurber had two hits, drove in three runs and scored a run, Collette had a hit and scored a run and Haskins had a hit, scored a run and drove in a run.

Belmont is scheduled for a rematch with Winnisquam in Tilton on Monday, May 20. They will also be at Masco-

ma today, May 16, visits Prospect Mountain on Tuesday, May 21, and returns home against Hopkinton on Thursday, May 23.

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

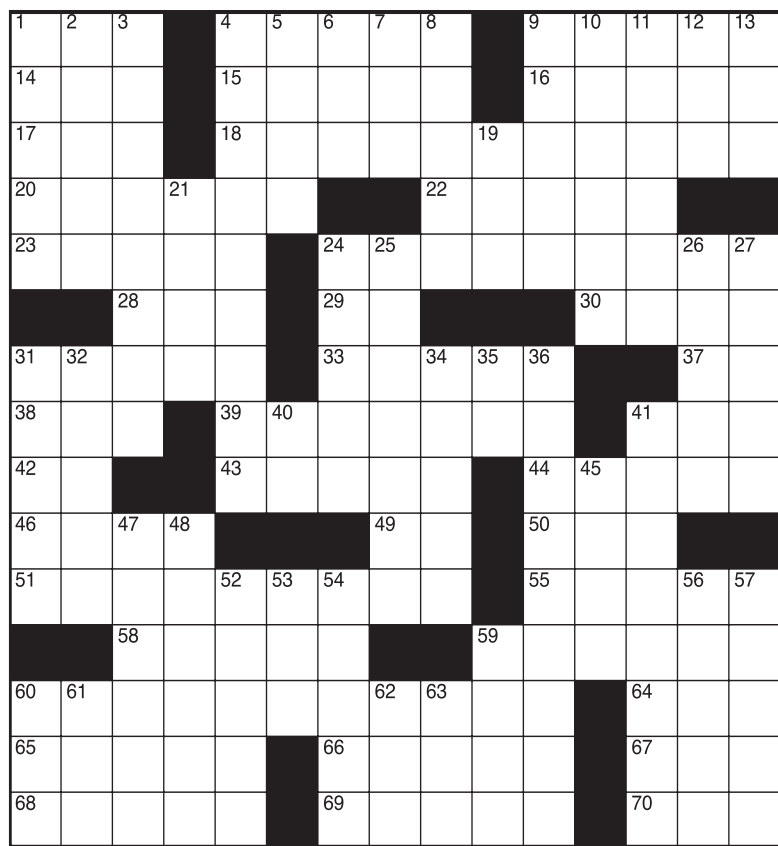
GILFORD
Baseball vs. Winnisquam; 4
Boys' Lacrosse at Milford; 6
Girls' Lacrosse vs. Milford; 4
Softball vs. Winnisquam; 4
WINNISQUAM
Baseball at Gilford; 4
Softball at Gilford; 4

Thursday, May 23

BELMONT
Baseball vs. Hopkinton; 4

All schedules are subject to change.

TAKE A BREAK



DOWN

- Excessive fluid accumulation in tissues
- Untangle
- One from the U.S.
- Academic terms
- San ___ Bishop, in California
- Not healthy
- Self-assessment questionnaire (abbr.)
- Arugula genus
- VIII
- Makes a monarch
- Tormentor
- Commercials
- Sprinkle
- Make a mistake
- Freshwater fishes
- Vermont town
- Man-made device
- Entrap
- Places to store important things
- Accumulate
- Greek mythological nymph
- Gregory ___, American dancer
- Denotes past
- Becoming popular again
- Indicates position
- Came before
- An extra seed-covering
- Cheerful
- Deli sandwich staple
- Skateboarders love them
- Mandela's party
- Sierra lake
- Nickname for Elizabeth
- Remove from record
- Employee stock ownership plan
- Former NFLer Newton
- Relative biological effectiveness (abbr.)
- Work unit
- Town in Cambridgeshire

ACROSS

- Geological time
- Ooze
- A set of eight
- Obstruction
- Swiss mathematician
- Philosophy
- The night before
- A timid person
- Unifies
- Gangs
- Alternative name
- Acumen
- Cathode-ray tube
- Tantalum
- Soluble ribonucleic acid
- Humiliate
- Earthy pigment
- Air Force
- Adult males
- Stiff untanned leather
- Before
- Atomic #18
- Beer mug
- Nostrils
- Type of chef
- Midway between north and east
- They ___
- Splits
- Walk in a timid manner
- Preserved animal skin with hair
- Popular donut shop item
- You smear it on bagels
- Don't know when yet
- Equal to 10 amperes
- Synthetic acrylic fiber
- One point south of due east
- Of mixed ancestry
- Home of the Pyramids
- A way to change color

MEDITATION WORD SEARCH

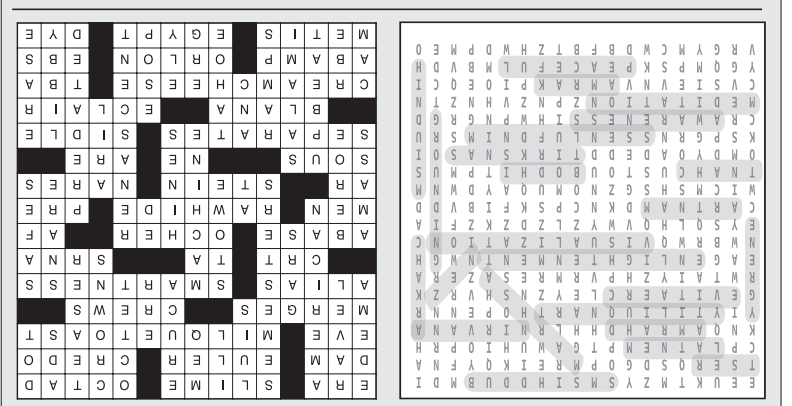


Find the words hidden vertically, horizontally, diagonally, and backwards.

MEDITATION WORD SEARCH

ASHRAM, AWARENESS, BODHI, BUDDHISM, CHAKRA, CHANT, CREATIVE, DHARMA, ENERGY, ENLIGHTENMENT, GROUNDING, HINDUISM, KARMA, MANTRA, MEDITATION, MENTAL, MINDFULNESS, NIRVANA, PEACEFUL, REST, SANSKRIT, TRANQUILITY, VISUALIZATION, ZEN,

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Raiders shut out by defending state champions

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont softball team

was supposed to travel to Alton to take on Prospect Mountain on Wednesday, May 8, but field con-

ditions in Alton were not conducive to game play, so the Raiders welcomed the Timber Wolves to

Belmont instead.

“Belmont AD Cayman Belyea took it upon himself to get the game in and prepped our field for an on-time start,” said Belmont coach Bill Clary. “Thank you for going above and beyond your job description.”

The defending champion Timber Wolves proved to be too much for the Raiders, as Prospect got the 11-0 win.

Bailey Perkins pitched seven strong innings, giving up just three earned runs. Belmont is scheduled

to be at Mascoma on Thursday, May 16, and at defending champion Prospect Mountain on Tuesday, May 21.

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

Offense struggles as Bears drop three

BY JOSHUA SPAULDING
Sports Editor

TILTON — After finding the missing offense during a couple of wins the previous week, the Winnisquam baseball team struggled to score runs, dropping decisions to Belmont and Gilford to start last week.

At Belmont on Monday, May 6, the Raiders scored twice in the first, twice in the third and seven times in the fourth to close out an 11-0 win over the Bears.

John Shea and Ethan Carter combined to do the pitching for the Bears, striking out six while giving up seven hits.

Ben Wood led the offense with a pair of hits while Carter, Zach St. Onge and Dio Kasti-

giannis each added a hit. The next day, the Bears hosted Gilford and dropped a 13-2 decision to the Golden Eagles.

Gilford scored three times in the top of the first inning but Winnisquam responded with two in the bottom of the first. However, that was all the offense the Bears could muster, as Gilford scored three in the second, three in the third and four in the fifth to close out the 13-2 win.

Nic Puffinburger led the offense with a pair of hits and drove in two runs, Shea, St. Onge and Carter each had a hit and Wood and Alex Nichols each scored a run.

The Bears ran into the defending champions from White Moun-

tains on Friday, as the visiting Spartans scored six times in the fifth to pick up a 10-0 win.

Shea and St. Onge had the lone hits for the Bears in the loss, while Shea and Puffinburger combined to do the pitching for the hosts.

The Bears are slated to be at Somersworth on Friday, May 17, then host Belmont on Monday, May 20, and visit Gilford for a rematch on Wednesday, May 22, all scheduled for 4 p.m. starts.

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

Bears bounce back with win over Spartans

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam softball battled but couldn't get on the board against a solid Gilford squad on Tuesday, May 7, dropping a 14-0 decision to the Golden Eagles.

Ava Sargent went all seven innings in the circle, giving up eight earned runs and striking out one.

“I thought Gilford hit the ball well tonight,” said coach Mark Dawalga. “I like the way we stuck together and played until the last out.”

Camilla Cote, Mackenzie Bassett, Caidyn Carter and Alexis Mingolla each had a hit for the Bears and Addison Bernier had a hit and a walk.

The Bears bounced back on Friday, May 10, picking up a 3-2 win over White Mountains Regional.

Danica Weymouth went seven innings, allowing only three hits and striking out four while Cote earned Dawalga's praise for calling a great game behind the plate. “Our team defense

was outstanding,” Dawalga said. “When we play defense like we did today, I really feel we can compete with anyone. Still lost to work on but today was a big step forward for our team.”

Winnisquam is scheduled to be at Somersworth on Friday, May 17, host Belmont on Monday, May 20, at Newfound on Tuesday, May 21, and at Gilford on Wednesday, May 22.

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

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BELMONT

CONTINUED FROM PAGE A1

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.

GRANT

CONTINUED FROM PAGE A1

Belmont Library staff will take an online course in how to lead conversations, a skill vital to library work today. Staff will then host a conversation with residents about building accessibility and use the grant funds to work on the most urgent issues which arise.

If you are interested in getting involved or taking part in the conversation, please contact Eileen Gilbert at the library or visit belmont-publiclibrary.org for more information.

The Belmont Public Library is open six days a week and any time at www.belmontpubliclibrary.org, serving the community with books, digital resources, and cultural programming. It's our 95th year in the building, and our 130th serving the Belmont community.

Since 2014, ALA's Libraries Transforming Communities initiative has re-imagined the role libraries play in supporting communities. Libraries of all types have utilized free dialogue and deliberation training and resources to lead community and campus forums; take part in anti-violence activities; provide a space for residents to come together and discuss challenging topics; and have productive conversations with civic leaders, library trustees and staff.

SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 32 calls for service and made one arrest during the week ending May 4.

Colby Weisman, age 50, of Sanbornton was arrested on May 3 for Domestic Violence-Assault. He is scheduled to appear in Franklin District Court on May 20.

The breakdown of the remaining calls was as follows:

ASSIST ANOTHER DEPT.	3
CRIMINAL TRESPASS	1
DOMESTIC	5
FIRE/MEDICAL	1
FRAUD	2
LANDLORD/TENANT DISPUTE	1

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of April 29 to May 6.

Robert L. Mayo, age 66, of Belmont was arrested on April 29 for Criminal Mischief.

Philip W. Harford, Jr., age 47, of Andover was arrested on May 3 for Operating a Motor Vehicle After Certification as a Habitual Offender.

TRACK

CONTINUED FROM PAGE A1

in 1:07.42, with Tripple in ninth in 1:12.42, Osmer in 19th in 1:20.86 and Drew in 21st in 1:24.43.

Kelly finished in second in the 100-meter hurdles in a time of 19.02 seconds and took third in the 300-meter hurdles in 55.13 seconds.

The 4X100-meter team of Williams, Robb, MacDonald and Tibbetts finished in second place in 53.76 seconds while the Bears were fourth in the 4X400-meter relay in a time of 4:50.61.

MacDonald added a fourth place in the discus with a throw of 84 feet, four inches, with Power in ninth place at 63 feet, 10 inches, Timmons in 20th at 46 feet, one inch, Parry in 21st at 44 feet, seven inches, Kyra Russell in 22nd at 44 feet, four inches, Penney in

26th at 35 feet, eight inches and Langevin in 27th at 35 feet. Leah Morrison was eighth in the triple jump with a distance of 25 feet, 4.75 inches.

For the Bear boys, Brendan Goodwin won the 400 meters in a time of 51.14 seconds, with Noah Bassett in 10th in 58.81 seconds and Justin Tardif in 12th in 59.24 seconds. Goodwin was also fifth in the 100 meters in 12.03 seconds, with Victor Pham in ninth in 12.33 seconds, Frank McComiskey in 13th in 12.48 seconds, Ari Booth in 22nd in 12.95 seconds, Wade Fournier in 25th in 13.01 seconds, Carter Laliberte in 32nd in 13.57 seconds and Colin Parenteau in 48th in 14.91 seconds.

Henry Osmer ran to fourth in the 800 meters in a time of 2:10.11, with Luke Larrabee finishing in 18th in 2:50.55. In the 200, Nathan Lavoie was seventh in 25.29 sec-

onds, Taber Haggett was eighth in 25.39 seconds, Tardif was 15th in 26.97 seconds, Fournier was 16th in 27.01 seconds, Laliberte placed 27th in 28.48 seconds. Carl Edwardson was 30th in 28.69 seconds, Dylan Allard was 35th in 29.86 seconds, Parenteau was 36th in 30.87 seconds and Chris Collilns was 37th in 31.5 seconds.

The team of McComiskey, Pham, Lavoie and Dylan Griffin finished in second in the 4X100-meter relay in 46.93 seconds, while the Bear 4X400-meter team finished in third place overall in 3:54.37. Keegan Adams was 13th in the shot put at 32 feet, three inches, Haggert was 15th at 32 feet, Logan Heath finished in 21st at 30 feet, five inches, Philipp Rompf was 29th at 26 feet, 3.5 inches, Gage Keyser was 32nd at 25 feet, 7.5 inches, Kevin Dore placed 37th

at 20 feet, 11.5 inches, Jacoby Martin was 38th at 19 feet, 11 inches and Domenyk Garneau was 39th at 18 feet, seven inches. Haggett was 15th in the discus with a toss of 94 feet, seven inches, with Osmer in 18th at 81 feet, 10 inches, Griffin in 22nd at 79 feet, Adams in 28th place at 73 feet, one inch, Heath in 36th at 62 feet, four inches, Keyser in 39th place at 55 feet, four inches, Dore in 42nd at 49 feet, nine inches, Garneau in 43rd at 49 feet, five inches and Martin in 44th at 48 feet, 10 inches.

Haggett finished in sixth place in the javelin with a throw of 117 feet, four inches, David Swain was 14th at 103 feet, one inch, Laliberte was 18th at 99 feet, Keyser was 29th at 77 feet, one inch, Heath was 33rd at 74 feet, Garneau was 36th at 63 feet, eight inches, Martin was 37th at 63 feet, seven inches and Dore was 41st

at 46 feet, two inches. Griffin and Swain tied for ninth in the pole vault at eight feet, six inches, while Booth was sixth in the long jump at 14 feet, eight inches and Kyle Voight was 15th at 11 feet, four inches.

Pham finished second in the triple jump at 36 feet, four inches, Edwardson was third at 34 feet, one inch, Booth was fifth at 33 feet, 3.5 inches and Voight was 10th at 27 feet, 9.5 inches.

In the 300-meter hurdles, Avery Woods was fourth in 47.98 seconds and Fournier was sixth in 49.69 seconds.

Winnisquam returns to Newfound this coming Saturday for the annual Wilderness Championships.

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

TALKIN

CONTINUED FROM PAGE A1

on an adventure teaching them about food insecurity, empathy and lending a helping hand.

Erik Talkin explained, "According to Feeding America, one in seven children in the United States maybe skipping

a meal today or going to bed hungry tonight. That is the backdrop for this story of a determined girl confront a monster called hunger."

In addition to authoring several children's books, Mr. Talkin is also the CEO of the Foodbank of Santa Barbara county and an advocate against

hunger. Along with reading several parts of the book, he also shared a video that explained how his Foodbank works. The students were amazed at the magnitude of the operation.

He encouraged them to brainstorm ways they can help with hunger in their own community

such as local food drives and sharing some of the harvest from their community garden.

NH Hunger Solutions sponsored Mr. Talkin's visit to Winnisquam Regional Middle School and provided the district with several copies of his book for distribution to both school and local

libraries. While in New Hampshire, Mr. Talkin visited many school and shared his passion with more than 800 students.

For more information about what hunger looks like in NH, visit the NH Hunger Solutions website at nhhungersolutions.org/data/.

Bank of New Hampshire supports field trips at Prescott Farm

LACONIA — Remember the excitement, knowledge, memories and impact a school field trip brought? Us too! While rewarding to student education, field trips require funding, which can sometimes be scarce. Recognizing the importance of experiences outside of the classroom, Bank of New Hampshire is proud to support Prescott Farm Environment Education Center with a \$5,000 donation to expand field

trip opportunities.

Prescott Farm is dedicated to providing year-round environmental education programs for all ages and a place in the Lakes Region community that encourages curiosity, discovery, fun and connection to the natural world. Since 1997, they have helped awaken appreciation for nature and concern for the environment in thousands of program participants with a wide range of programs designed to

preserve and pass down knowledge and skills that encourage an understanding of the natural systems that sustain us all and respect for the environment.

Each year, Prescott Farm hosts field trips for schools throughout New Hampshire, with innovative topics and programs available year-round. These include topics like animal tracking, Maple Sugaring, garden-to-table and orienteering. They have designed their school programs to supplement curriculum, aligning them with the Next Genera-



Jillian Rolfe, Laconia Assistant Banking Officer Manger for Bank of New Hampshire (left) and Janna Thompson, Assistant Vice President – Laconia Banking Office Manager for Bank of New Hampshire (right) present a \$5,000 check to Jude Hamal, Executive Director of Prescott Farm Environmental Education Center. (COURTESY)

Dean College announces honor society inductees

FRANKLIN, Mass. — Dean College is pleased to announce the students who have been inducted into the Chi Alpha Sigma National College Athlete Honor Society, National Honor Society for Dance Arts, Alpha Sigma Lambda Honor Society, Golden Key International Honour Society, Phi Theta Kappa International Honor Society and Phi Eta Sigma National Honor Society.

Madison Gilbert of Sanbornton has been inducted into the following honor societies for their academic achievements: Golden Key International Honour Society and Chi Alpha Sigma National College Athlete Honor Society.

Noah Pearson of Tilton has been inducted into the following honor societies for their academic achievements: Golden Key International Honour Society and Chi Alpha Sigma National College Athlete Honor Society.

Founded in 1865, Dean College is a private, residential college located in Franklin, Mass., 45 minutes from Boston, and Providence, R.I. Dean College offers baccalaureate degrees, associate degree programs, as well as a robust schedule of part-time continuing and professional education credit and certificate programs throughout the calendar year.



Winnisquam Regional Middle School students experience hands on learning opportunity

The Winnisquam Regional Middle School STEM Club had the opportunity to see real life examples of what they are learning in the classroom. The thirteen students, along with Advisor Jim Nicol, walked to the Tilton Veterans' Home to collect microscopic life and view it in motion. The experience tied in with Earth History and Weather units where the students recently learned in Precambrian times, microbes build up oxygen in our atmosphere. According to National Geographic, "Some three billion years ago, the Earth's atmosphere was virtually devoid of oxygen. At about 2.4 billion years ago, oxygen was released from the seas as a byproduct of photosynthesis by cyanobacteria. Levels of the gas gradually climbed, reaching about one percent around two billion years ago." The students enjoyed studying and sharing their newly discovered organisms with each other. The STEM club members are Kevin Burke, Ava Perrault, Colton Flynn, Valerie Pudsey, Brody Patsfield, Dylan Patten, Jaxen Keyser, Ariana Stone, Dierks Cicchetti, Arie St Gellas, Kylie Hebert, Isaiah Glover, and Tyler Robb. (COURTESY)

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COURTESY
Southwick School staff are all smiles as they prepare to enjoy their special luncheon. Pictured above are staff members Katrina Wright, Meredith Menconi, Emma Bidwell, Sophia Picciotti, Heather Subocz, Julie Swain, Brian Winslow, Kayla Robinson, and Dawn Brown.

Winnisquam Regional School District recognizes staff members

REGION — This year, Teacher Appreciation Week was celebrated from from May 5 through May 8. Parents, PTO members, community members, the Superintendent's Office, and the Winnisquam Regional School Board recognized both teachers and school staff throughout the district.

The official history of Teacher Appreciation Week dates back to 1953 when First Lady Eleanor Roosevelt persuaded Congress that there needed to be a specific day to recognize teachers.

Prior to her involvement, it is believed that some states did practice some kind of annual teacher celebration. However, that part of the history is unclear and unsubstantiated. It is also believed that a teacher from either Wisconsin or Arkansas wrote letters to the First Lady to get help establishing a day of recognition.

In celebration of this special week, each school enjoyed a special luncheon sponsored by the Winnisquam Regional School Board. The message from the School Board to the school staff said, "The School Board recognizes the challenges that have impacted your day to day classrooms, but the resilience and perseverance you have displayed are truly inspiring to us and, most importantly, to our children. Teacher Appreciation Week is a time for those of us outside the school to celebrate you!"

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