THURSDAY, MARCH 12, 2026

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LRAA announces February Artists of the Month

TILTON — Lakes Region Art Association members have the opportunity to enter a piece of artwork into the Artist of the Month Program at each monthly Member Meeting. Winners are able to display and sell a single work for a month in various public venues throughout the Lakes Region in participating Banks and Libraries or Local Businesses.

February 2026 Artists of the Month (pictured above, left to right), included — Back Row: Sherwood Frazier, Mike McQuade, James Cryan. Front Row: Gail Brunt, Sally Hibberd, Martha Aucoin

The winning artists' artwork will be on display in locations in the Lakes Region through the third week of March 2026.

Mike McQuade, this month's First Place winner has the distinct honor of displaying several pieces of his artwork at Annie's Cafe & Catering in Laconia. Chill out with some scrumptious homemade soup and sandwiches and enjoy the art while you eat!

The art pieces for the Honorable Mention artist will be on display through the third week of March in the following locations:

Sally Hibberd - Camden Bank, Meredith

Gail Brunt - Franklin Savings Bank, Gilford

Sherwood Frazier - Camden Bank, Tilton

Jim Cryan - Franklin Savings Bank, Franklin

Martha Aucoin - Gilford Public Library

Belmont High School Drama Club presents "The 25th Annual Putnam County Spelling Bee!"

BELMONT — Musicals are back at Belmont High School!

The cast and crew of "The 25th Annual Putnam County Spelling Bee" have been working hard on their first musical production in many years.

Everyone is very excited to present this show in the BHS Cafeteria on Friday, March 20 at 7 p.m. and Saturday, March 21 at 2 and 7 p.m. Tickets are $10 for adults and $5 for students/seniors, cash or check only.

"The 25th Annual Putnam County Spelling Bee" is a Tony Award-winning musical with a book by Rachel Sheinkin, music and lyrics by William Finn, and concept by Rebecca Feldman. It follows a group of quirky middle schoolers competing in a spelling bee, blending humor, heart, and audience participation as they share their personal stories and deal with adolescent issues. The show is known for its witty dialogue, memorable songs, and its unique format that often includes real audience members as spellers.

Hope to see you there to support student theater!

Canterbury Shaker Village receives grant supporting preservation of 1811 Church Family Infirmary

CANTERBURY — Canterbury Shaker Village is pleased to announce receipt of a $410,000 Save America's Treasures grant to preserve the 1811 Church Family Infirmary.

The Infirmary is one of the oldest and most intact historical medical facilities in New Hampshire and is essential for understanding Shaker society in the broader history of American healthcare. The project will address the immediate preservation needs of the building, including roof and foundation repairs, restoration of windows, doors, and trim, and improvements to meet ADA standards. Current project activity will extend from 2026 to 2028.

The Infirmary preservation project is being supported in part by a Save America's Treasures grant from the Historic Preservation Fund administered by the National Park Service, Department of the Interior. Since 1999, the grant program has awarded more than $300 million to 1,300+ nationally significant historic preservation projects. The source of the funding is Outer Continental Shelf oil and gas lease revenue, not tax dollars.

Canterbury Shaker Village, Inc preserves and interprets the legacy of the Canterbury Shakers, providing a place for learning, reflection, and renewal of the human spirit. It is an internationally-known non-profit museum founded in 1969 to preserve the heritage of the Canterbury Shakers. Designated as a National Historic Landmark for its architectural integrity and significance, the Village has 25 restored original Shaker buildings, four reconstructed Shaker buildings, and 694 acres of forests, fields, gardens, nature trails, and mill ponds under permanent conservation easement. Tours, programs, exhibits, and events help visitors chart their own journey of simplicity, caring, and community.

CDFA awards Franklin Opera House, Inc. $312,500 in tax credits to support renovation

FRANKLIN — The New Hampshire Community Development Finance Authority (CDFA) has awarded Franklin Opera House, Inc. $312,500 in tax credits to support the renovation of the performance space within Soldiers' Memorial Hall in downtown Franklin. These critical funds will enable upgrades beyond those included in the City of Franklin's broader renovation efforts, ensuring that the historic space, utilized for community gatherings, events and performing arts, is fully equipped to meet modern infrastructure and safety standards. The deadline for the first half of this tax credit goal is March 31. Businesses can pledge online at https://nhcdfa.org/investing-in-nh-communities/electronic-pledge/.

According to Dan Darling, Executive Director of Franklin Opera House, Inc., "This funding fills a critical need as we embark on our first-ever capital campaign to enhance the space for the benefit of the community and to advance the economic vitality of downtown Franklin."

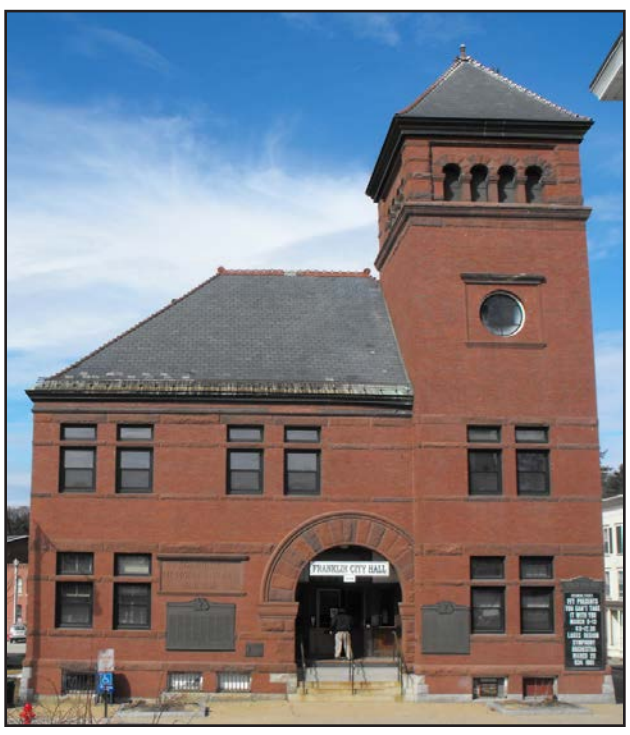
Katy Easterly Martey, Executive Director of CDFA, noted, "This year's awardees have demonstrated a deep dedication to their communities and are leading impactful projects that will deliver critical services and infrastructure needed throughout the Granite State. CDFA's Tax Credit and Capacity Building Programs are a vital resource for New Hampshire nonprofits and municipalities to advance projects that create the foundation for strong, thriving communities and grow our economy."

A unique opportunity for New Hampshire businesses

Through CDFA's Tax Credit Program, New Hampshire businesses have a powerful opportunity to directly support this transformational project—while also receiving substantial financial benefit. By purchasing tax credits awarded to Franklin Opera House:

Businesses receive a 75 percent New Hampshire

SEE **RENOVATION**, PAGE A10



Creativity and community await at Belmont Public Library this March

BELMONT — The Belmont Public Library invites community members of all ages to take part in a variety of engaging programs and book discussions throughout March 2026.

Regular weekly offerings include Story Time for children under school age on Wednesdays at 10:30 a.m. Adults can participate in creative opportunities such as the Fiber Arts gathering on Mondays at 10 a.m., and the Watercolor Workshop on Mondays at 2 p.m., both of which provide welcoming spaces for creativity and conversation.

The library's book groups continue to offer thoughtful discussions across a range of genres. The Afternoon Book Group will meet on Thursday, March 12 at 4:30 p.m. to discuss "Educated: A Memoir" by Tara Westover. Mystery lovers can join the Mystery Book Group on Thursday, March 19 at 10 a.m. to discuss "A Good Girl's Guide to Murder" by Holly Jackson. The Friday Fiction Book Group will meet Monday, March 23 at 10:30 a.m. to talk about "The Children's Crusade" by Ann Packer. The Nonfiction book group will start up again Friday, April 3 at 10:30 a.m. to discuss "Northeaster: A Story of Courage and Survival in the Blizzard of 1952" by Cathie Pelletier. Copies of book selections are available at the library or digitally through Libby or Hoopla.

The Belmont Public Library's Teen Book Group will meet on Thursday, March 19 at 4 p.m. to discuss "The Bletchley Riddle" by Ruta Sepetys and Steve Sheinkin. This welcoming group offers teens a chance to explore exciting stories, share their thoughts, and connect with fellow readers in a relaxed and friendly environment. All interested readers are welcome to attend.

Younger patrons and teens can participate in a special Clover Diamond Art Keychains craft program on Tuesday, March 17 from 3 to 5 p.m. This drop-in program, recommended for ages 10 and up, allows participants to create their own sparkling clover keychains while supplies last.

These programs reflect the library's ongoing commitment to providing meaningful educational, creative, and social opportunities for the Belmont community.

For more information, visit belmontpubliclibrary.org, call (603) 267-8331, or stop by 146 Main St. during open hours: Monday–Friday 10 a.m.–5 p.m., Tuesday–Thursday 10 a.m.–6 p.m., and Saturday 9 a.m.–1 p.m.

Sanbornton Town Clerk raffling off dog gift basket

SANBORNTON — The Sanbornton Town Clerk's office is encouraging residents to register their four-legged friends by once again raffling off a dog gift basket.

Register your dog by April 30 at the town clerk's office, 17 Meetinghouse Hill Rd., during normal business hours to be entered for a chance to win! Your dog must be up to date on their rabies vaccination, and dogs already registered have been entered automatically. The winner will also get one free dog registration for next year, and will get to pick the number tag they would like.

For more information, contact the town clerk's office at (603) 286-4034 or tctc@sanborntonnh.org.

PSU men's basketball to host ID Camp

PLYMOUTH — Plymouth State University men's basketball head coach Andrew Novick announced that the program will hold a Prospect ID/Elite Camp for high school players this month.

The camp will take place on March 29 from 1 to 5 p.m. at Foley Gymnasium, with the final hour reserved for an informational session and campus tour open to parents, guardians, and attendees. Registration remains open until March 28.

The camp is designed for varsity boys' basketball players in grades 9-12 who aspire to compete at the collegiate level. Participants will receive instruction and feedback from the Plymouth State men's basketball coaching staff and current student-athletes. Attendees will experience what it's like to be a collegiate player by participating in a college-style practice environment that includes team and individual drills.

The cost to attend is $25 per player. To expedite check-in, athletes should also bring printed and signed waivers.

Online registration is required for all Plymouth State Athletics camps and clinics. Registration and waiver links are available at athletics.plymouth.edu/camps.

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Powerhouse announces auditions for "1776 the Musical!"

LACONIA — Powerhouse Theatre Collaborative, the resident theatre company of the Colonial Theatre in Laconia,announces auditions for "1776 the Musical," which will be performed June 27 at the Colonial in collaboration with 20 members of the Lakes Region Symphony Orchestra in honor of America's 250th birthday.

"1776" won the Tony Award for best musical in 1969, and concerns the events leading up to signing of the Declaration of Independence as John Adams fights to convince the Continental Congress to vote for independence from England. The musical looks at the compromises required to get all 13 states on board to sign Thomas Jefferson's historic document, leading up to the powerful final vote.

Auditions will be by video only, and require a one-minute song of your choosing that showcases your vocal range and acting ability and an audition side provided at powerhousenh.org/auditions. Registration and video are due by Sunday, March 29.

Most rehearsals for "1776" will take place in May on Sundays, Mondays and Wednesdays in Laconia. There will be a few additional rehearsals in June and mandatory rehearsals on Tuesday, June 23 and Friday, June 26. There will be 2 p.m. and 7 p.m. performances at the Colonial on June 27.

Powerhouse is looking for talented actors who sing well as the show contains a lot of dialogue, and only a few group musical numbers. Auditioners should be self motivated, and able to practice at home, as while this is a concert version with minimal staging, the play will be fully memorized and performed without scripts in hand. The staging will be directed by Bryan Halperin, with Music Direction and Conducting by Laura Iwaskiewicz, and Costumes by Emily Nelson. This is Powerhouse's first collaboration with the Symphony!

Says Halperin, "We wanted to do something to commemorate this historic moment in American history despite the admittedly polarized time we find ourselves in. '1776' is a powerful reminder about the way our Founding Fathers found common ground and a common mission to achieve independence and we hope community members can come together and be reminded of our common history as Americans."

Tickets for 1776 are already on sale at coloniallaconia.com and powerhousenh.org/1776 - buyers should make sure they are only buying tickets from the correct links, as third-party sites inflate the ticket prices. This special event is sponsored by Friedman and Bresaw, PLLC.

For all the details on Powerhouse Theatre Collaborative, auditions, and other events in the 2026 season, check out powerhousenh.org or email info@powerhousenh.org. Powerhouse is still looking for business sponsors to support the costs of this and other productions in the 2026 season - contact the email above with questions or interest.

Escape winter's chill with new exhibit at Lakes Region Art Association Gallery

TILTON — Tired of the endless gray skies, snow, and sub-freezing temps that define February in the Lakes Region? The Lakes Region Art Association (LRAA) has the perfect antidote: "Art in the Garden – Carved & Cultivated," a vibrant group exhibition bursting with the colors, textures, and life of gardens and nature's beauty. Featuring original works from talented local artists, the show runs Feb. 19 through March 15 at the Lakes Region Art Gallery in Tanger Outlets, 120 Laconia Rd., Suite 300, Tilton.

This uplifting collection transports visitors from winter's grip straight into lush, sculpted gardens—think carved elegance, blooming abundance, textured landscapes, and serene organic forms brought to life through pastels, watercolors, mixed media, and more. It's an early glimpse of spring's promise, right when New Hampshire needs it most, celebrating the creative spirit of our community and the enduring allure of cultivated beauty.

A lively Opening Reception welcomes everyone on Friday, Feb. 20, from 4 to 6 p.m. Meet the artists, sip and mingle, enjoy light refreshments, and soak in the garden-fresh inspiration in a warm, friendly setting.

Adding extra fun to the evening, a Reverse Paint and Sip – "Forest Stillness" runs concurrently from 5 to 7 p.m. in the gallery. No experience required—guided instruction helps you create your own tranquil forest scene while you unwind (supplies included; $40 per person; register ahead via the gallery Web site).

The Lakes Region Art Gallery continues its long tradition (rooted in the 1940s as the Laconia Art Association) as a welcoming hub for local creativity, with rotating shows of original art in diverse media. Open Thursdays through Sundays—check lakesregionartgallery.org for current hours and details.

For more info on the paint-and-sip registration, contact the Lakes Region Art Association Gallery at (603) 998-0029 or visit www.lakesregionartgallery.org.

Community survey launched to address gaps in women's health access across NH

REGION — Women of the Mountains Birth Initiative (WOMB) is calling on women across New Hampshire to participate in a brief, anonymous survey aimed at improving access to comprehensive women's health care statewide.

The survey is part of a federally funded initiative led by the New Hampshire Insurance Department (NHID) to better understand where women face barriers to care—including insurance coverage gaps, limited provider access, and unmet health needs across the lifespan. Findings will directly inform state-level recommendations, payer strategies, and future outreach and education efforts.

WOMB recently partnered with NHID to host a regional focus group in late 2025. This follow-up survey expands that effort, offering a broader opportunity for voices—especially those in rural and underserved communities—to be heard.

"Too often, decisions about women's health care are made without hearing directly from the people most affected,"

said a representative from WOMB. "This survey is a chance for lived experiences to shape real policy conversations."

The survey is voluntary, anonymous, and takes approximately 5–10 minutes to complete. No personally identifiable information is collected. NHID has contracted with Health Management Associates to analyze results and prepare a report with recommendations to the state.

Community members are encouraged to participate and share the survey widely.

Take the survey at https://healthmanagement.qualtrics.com/jfe/form/SV_d4h9ebw3BltToVM.

W4RP brings electrifying cross-genre chamber music to The Loft at Hermit Woods

MEREDITH — Hermit Woods Winery & Eatery is pleased to welcome the internationally touring ensemble W4RPto The Loft at Hermit Woods for an evening of genre-bending chamber music that blurs the boundaries between classical, jazz, rock, and tango on Thursday, March 19.

Known for their expertly crafted and mesmerizing performances, W4RP delivers music that makes audiences stop what they're doing and listen. The ensemble combines the precision of Juilliard-trained musicians with the improvisational spirit of artists deeply rooted in jazz and rock traditions. Their performances move seamlessly from classical masterpieces to original compositions that bring unexpected energy and rhythm to the chamber music experience.

"Every chamber music program needs this kind of energy," wrote the Cape Cod Times. "While the beginning and ending compositions by Haydn and Brahms provided expected pleasures, it was the W4RP's own jazz / tango / classical works that gave the concert a kick in the pants."

The ensemble features Mikael Darmanie (piano), Josh Henderson (violin), J.Y. Lee (cello), and Rick Martinez (percussion). Together, they create a powerful and dynamic musical experience that has taken them to prestigious concert halls around the world as well as standing-room-only shows in contemporary music venues. In addition to their performances, the group is widely respected for its innovative educational workshops with students from grade school through university level.

The performance will take place in The Loft at Hermit Woods, the winery's intimate listening room designed for audiences who appreciate music in a quiet, attentive setting.

Guests are invited to arrive early and enjoy the full Hermit Woods experience before the show begins. A complimentary wine tasting will be offered from 5:30–6 p.m., followed by dinner service beginning at 6 p.m. The kitchen will close at 7 p.m., when the performance begins. Drinks and dessert will be served during the show.

Hermit Woods' listening room concerts are designed to provide an up-close and immersive musical experience. Guests are asked to refrain from talking during the performance so both the artists and audience can fully enjoy the music in an attentive environment rarely found in larger venues.

Following the performance, guests will have the opportunity to meet the artists and purchase music or merchandise.

For more information and tickets, visit hermitwoods.com/music.

About Hermit Woods Winery & Eatery Located in downtown Meredith, New Hampshire, Hermit Woods Winery & Eatery produces award-winning wines crafted from local fruits, berries, and honey. The winery's Loft Listening Room hosts an ongoing series of intimate concerts featuring talented artists from New England and beyond.

Britt Connors brings soulful Americana to The Loft at Hermit Woods

MEREDITH — The Loft at Hermit Woods Winery & Eatery welcomes Britt Connors and her band for an evening of heartfelt songwriting, rich harmonies, and genre-blending Americana in an intimate listening room setting Thursday, March 12.

Britt Connors slips nimbly between soulful ballads, pop-rock, folk, and gospel-infused Americana. Backed by an exceptional lineup — Mike Connors (drums), Ed Lucie (bass), and Bethany Weiman (cello) — the band delivers performances that are both powerful and deeply personal.

Raised in a household steeped in folk, rock, jazz, classical, and 80s/90s pop, Britt's music reflects a lifetime of wide-ranging influences. A graduate of Ithaca College with a degree in vocal performance, she moved to Somerville, MA to find her voice as a songwriter and guitarist in the Boston music scene. Since then, she has released three albums — "The Bad Side of Good," "Warmer Season," and "Longitude" — each showcasing her ability to move authentically across genres while remaining unmistakably herself.

Critics have taken notice. Natali Abernathy of Indie Boulevard writes, "Britt doesn't fit into genres, and that's her triumph — she just sounds the way she sounds… sometimes a pause and silence can speak louder than any shout."

This performance takes place in The Loft's signature listening room environment — an up-close and attentive space designed for true musical immersion. Guests are asked to refrain from talking during the featured performance so both artists and audience can fully experience the music.

Make a full evening of it:

Complimentary Wine Tasting: 5:30–6 p.m.

Doors Open & Dinner Served: 6 p.m.

Dinner Service Closes & Show Begins: 7 p.m. (Drinks and dessert served during the show)

Arrive early to enjoy thoughtfully prepared food alongside our wines, meads, ciders, local craft beer, and cocktails. After the performance, guests are invited to meet the artists and explore available merchandise.

Exceptional music. Delicious food. Fine wine. An evening worth settling in for.

Tickets and details: hermitwoods.com/music.

League of NH Craftsmen Gallery celebrates maple sugaring season

MEREDITH — The League of New Hampshire Craftsmen, Meredith Fine Craft Gallery recognizes that as winter slowly gives way to spring, maple sugaring season arrives with one of New England's sweetest traditions. To celebrate this cherished time of year, the Meredith Gallery is delighted to showcase a collection of handmade maple syrup pitchers that are beautiful, functional pieces crafted to bring warmth and artistry to your table.

Each pitcher is thoughtfully handmade by skilled, juried artisans Michael Gibbons, Jennie Blair, and Laurel MacDuffie, featuring rich glazes, comfortable handles, and formed spouts designed for a smooth, steady pour. From rustic earth tones to classic wintery scenes, every piece reflects the natural beauty of the season and the craftsmanship behind it. No two pitchers are exactly alike, making each one as special as the syrup it holds.

Maple syrup time is more than a season — it's a ritual. It's early mornings, stacks of pancakes, and gathering around the table with family and friends. These handcrafted pottery pitchers elevate that experience, transforming a simple breakfast into something memorable. Durable stoneware construction ensures they're made to last for many syrup seasons to come.

Whether you're hosting a weekend brunch, gifting a maple syrup lover, or simply embracing the sweetness of the season, these pitchers are a timeless addition to any kitchen. Celebrate maple syrup season with art you can use, cherish, and pass down one sweet pour at a time.

The Meredith Fine Craft Gallery invites you to come in to find your special maple syrup pitcher. For more information, please call the Gallery at 603-279-7920 or visit our website meredith.nhcrafts.org. The League of NH Craftsmen Gallery is located at 279 DW Highway, Meredith.

The League of NH Craftsmen is a non-profit organization that encourages and promotes the creation, use and preservation of fine contemporary and traditional hand crafts. The League represents the signature of excellence in fine craft, through the work of its juried members and its rigorous standards for self-expression, vision, and quality craftsmanship.Top of Form

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BELMONT POLICE LOG

Belmont police log

BELMONT — The Belmont Police Department reported the following arrests during the week of Feb. 23 to March 2.

A 41-year-old female from Laconia received a summons in lieu of arrest on Feb. 24 for operating a motor vehicle after suspension of registration.

Thomas M. McDonald, age 47, of Belmont was arrested on Feb. 25 for Criminal Trespassing and Loitering or Prowling.

Tri Quoc Nguyen, age 30, of Quincy, Mass. was arrested on Feb. 25 for DUI-Impairment.

Tosha Lynn Smith, age 38, of Ashland was arrested on Feb. 26 for Stalking-Notice of Order.

Jameson T. Brisendine, age 30, was arrested on Feb. 27 for Theft By Unauthorized Taking.

Sara N. Stevens, age 44, of Laconia was arrested on Feb. 28 for Conduct After an Accident and Criminal Mischief.

Velvet Elaine Weeks, age 55, of Laconia was arrested on Feb. 28 for Criminal Trespassing and Breach of Bail.

Payton James Parrish Dragon, age 20, of Belmont was arrested on Feb. 28 for Breach of Bail.

Cody Stephen Lee, age 35, of Laconia was arrested on March 1 for Breach of Bail and Domestic Violence Order-Stalking.

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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.

Investing in the schools that hold our communities together

Every town has institutions that quietly shape its identity. In Belmont, Northfield, Sanbornton, and Tilton, few institutions matter more than our local schools.

School buildings are easy to think of simply as places where children learn reading, math, science, and history. But in small towns, they are something more. They are gathering places, community centers, and often the first introduction young people have to the idea that they belong to something larger than themselves.

On a typical evening, the lights of a school gymnasium illuminate more than a basketball court. They bring together parents, grandparents, neighbors, and friends. Concerts, plays, sports games, and community meetings all take place under those same roofs. Schools are where friendships begin, where confidence is built, and where young residents begin to see a future for themselves.

That is why supporting our schools is not simply an education issue. It is a community issue.

The Winnisquam and Shaker Regional School Districts serve students from several towns that each have their own history and character. Yet the district's schools form one of the few institutions that truly connect Belmont, Northfield, Sanbornton, and Tilton together. Students meet classmates from neighboring towns, learn from teachers who care deeply about their progress, and take part in programs that broaden their horizons.

For families raising children here, the quality of local schools plays a central role in daily life. It influences where families choose to live, how they participate in their community, and what opportunities their children may have in the future. Strong schools help attract new families, support property values, and sustain the vitality of our towns.

At the same time, maintaining those schools requires thoughtful stewardship. School budgets are among the largest expenditures for local taxpayers, and it is reasonable for residents to ask careful questions about how funds are used. Responsible oversight is part of the democratic process that town meetings and school district votes have always encouraged.

But it is equally important to remember the purpose behind those investments.

When voters consider school budgets, facilities, or programs, they are not simply deciding how much money to spend in a given year. They are deciding what kind of opportunities the next generation will have. Classrooms, teachers, and educational programs represent an investment that unfolds over decades.

Every engineer, nurse, mechanic, business owner, and public servant who grew up in this region once sat in a local classroom. The lessons learned there, both academic and personal, helped prepare them for the roles they now play in the life of our communities.

Today's students deserve the same chance.

Supporting local schools does not mean agreeing on every detail or every proposal. Healthy debate and careful consideration are essential parts of community decision-making. But the shared goal should remain clear: providing the best possible educational foundation for the children who will one day guide these towns forward.

When we invest in our schools, we invest in more than buildings or budgets. We invest in the future of our community.

And that is an investment every community depends on.

COURTESY

The 2026 Winni Dip for Special Olympics New Hampshire is in the books. Thanks to all of our generous donors, Chief Steve Hankard of the Sanbornton Fire & Rescue and Police Officer Greg LaPlant raised more than $1,800 for this outstanding organization! Special thanks to Deputy Chief Scott Taylor, of Sanbornton Fire & Rescue, for once again coming up with a sinister way to get the Dip done. His trivia test with the bucket of water up above was very effective! Check the first comment to this post for a video of the moments. Thanks again to everyone involved! Photo courtesy of Sanbornton Fire & Rescue's Facebook page.

The unpredictable month we call March

KIND FOLKS, COLD WINTERS

By CHIPPY

If you live in New Hampshire long enough, you learn something about the month of March.

Mostly, you learn not to trust it.

March has a funny way of walking into the room like it owns the place. One day the sun is bright, the snowbanks are shrinking, and you can almost convince yourself winter is loosening its grip. You might even catch yourself thinking about spring. Maybe you leave the house without your heavy coat. Maybe you crack a window for some fresh air.

And then the next morning you wake up to six inches of snow.

That's March for you.

When I was younger, I used to think this was some kind of mistake in the weather system. It seemed unfair. By March, you feel like you've paid your dues. You've shoveled the driveway more times than you can count. You've scraped frost off the windshield in the dark. You've worn the same winter boots so long they practically feel like part of your feet.

Surely, by March, winter ought to be finished.

But up here in New Hampshire, winter doesn't take orders from anyone.

The funny thing is, most folks who've lived here a while don't complain about March weather all that much. We might shake our heads when another storm rolls through. We might sigh a little when we see the forecast. But deep down, we understand the deal we made by living here.

You take the good with the cold.

A few days ago, I was out running errands, the sort of routine trip you make a hundred times a year. The sun was out and there was a bit of meltwater running along the edge of the road. Not quite spring, but close enough to remind you it exists.

In the parking lot, I saw a fellow loading groceries into his truck while wearing a sweatshirt instead of a winter coat. That always happens in March. The minute temperatures creep above freezing, New Hampshire residents start dressing like it's May.

Of course, the next morning, we had a hard frost again.

I suppose March weather teaches a certain patience. You stop trying to rush the seasons along. You learn that winter will leave when it's ready, not when you want it to.

That's not such a bad lesson, really.

These days, my wife and I notice the little signs that March brings along with its mood swings. The daylight lasts longer. The sun sits a little higher in the sky. Somewhere along the way, the birds start making more noise in the morning.

You hear a crow calling across the yard or catch the sound of geese flying overhead and suddenly you realize something is changing, even if the snow hasn't quite gotten the message yet.

Our daughter used to love this time of year when she was younger. The snowbanks were high enough for climbing, but the afternoons were warm enough to stay outside longer than you could in January. I can still picture boots and mittens piled by the door.

The house is quieter now, of course. That's how life goes. But March still has a way of stirring up those old memories.

And I've come to appreciate something about the unpredictable weather this month brings. It reminds you not to get too comfortable.

You might wake up to sunshine, or you might wake up to snow. Either way, the day is waiting.

New Hampshire people have a way of rolling with that. We keep the snow shovel handy but start thinking about the garden anyway. We leave the winter coat by the door but notice the sunlight stretching a little farther across the kitchen floor.

March sits right in the middle of winter and spring, not quite belonging to either one. Maybe that's why it keeps us guessing.

I suppose that's part of living in a place like this. The seasons don't rush, and neither do the people.

And if you've made it through another New Hampshire winter, a little March weather isn't going to scare you off now.

Winnisquam Echo

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Comfort Keepers
Interactive caregiving: A Comfort Keepers' way of serving

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

The Comfort Keepers® approach to in-home care is centered around a concept called Interactive Caregiving TM. Study after study demonstrates how the principles behind this active approach to in-home care can help seniors maintain their independence, enhance their wellbeing, maintain their mental and emotional vitality, and help them enjoy a better quality of life at home.

The four main focuses of Interactive Caregiving are physical activity, mental stimulation, social engagement, and emotional wellbeing.

Physical activity keeps seniors active and healthy, contributing to a better state of wellbeing. Exercise makes seniors stronger and less likely to fall, says the National Center for Injury Prevention and Control. A study published in 2002 in the British Medical Journal found that exercise is more effective than home hazard modifications and vision correction in preventing seniors' at-home falls. Along with keeping seniors healthier, exercise helps reduce the severity of illness. Let Comfort Keepers motivate you to get up and go. We will gladly provide transportation to your exercise class or we'll help you to keep moving at home.

Social engagement keeps people connected with friends and involved in events and interests. A study published in the British Medical Journal indicated that the less physically active a senior was, the greater the health benefit he reaped from being socially engaged. A Harvard School of Public Health study, found that the most socially active seniors had the slowest rate of memory decline from over a six-year period. Memory loss among the most socially engaged seniors was less than half that of the least engaged. Comfort Keepers favorite thing is providing companionship. We'll help you stay connect with friends, family, and the community.

Mental stimulation ensures minds are active and vital, contributing to better mental and emotional functioning.

The Memory and Aging Project at Rush University Medical Center - a study published in 2007 in Neurology found that a cognitively-active senior was 2.6 times less likely to develop dementia than a cognitively-inactive senior. Our Comfort Keepers' caregivers will challenge you to your favorite card game or work through your crossword puzzle.

Emotional wellbeing helps seniors maintain a positive outlook on life and optimistic view of the future. Studying a group of 884 older adults, University of Michigan psychologists found that the seniors who scored higher on perceived control of important aspects of their lives were more likely to be alive at the study's six- and seven year follow-ups. Having a visit from Comfort Keepers to look forward to helps you to stay positive!

About Comfort Keepers

Comfort Keepers is a trusted provider of both medical and non-medical in-home care services, dedicated to helping seniors and adults live safely, independently, and with dignity. Our comprehensive services include companionship, transportation, housekeeping, meal preparation, personal care, mobility assistance, private duty nursing, and other support services. We also offer Safety Choice Personal Emergency Response Units, providing an added layer of security and peace of mind for clients and families. Proudly serving New Hampshire residents since 2005, Comfort Keepers is committed to thinking outside the box—exploring innovative solutions to meet the evolving needs of our community. To learn more, call 603-536-6060 or visit NHComfortKeepers.com.

McQuade Fine Arts adds new pastel and watercolor classes at Lakes Region Art Gallery

TILTON — McQuade Fine Arts is starting two new 5-week art classes for people with some experience who want to keep improving. Both begin the week of March 24, at the Lakes Region Art Gallery inside Tanger Outlets (120 Laconia Rd., Suite #300, Tilton).

Pastels Beyond Basics Wednesdays, 10 a.m. – noon. For students who already know the basics of pastels. Work on techniques, build confidence, and develop your own style. Pick one bigger project or try several smaller pieces. Cost: $200.

Watercolor Workout Tuesdays, 1 – 3 p.m. A hands-on practice class for those who've finished beginner watercolor lessons or self-taught basics. Each week includes a new pre-drawn painting, live demos, tips, and feedback. Small groups (max 10 students). Cost: $200.

Classes are taught by Stephanie C. McQuade in a relaxed, supportive setting. Space is limited, so sign up soon.

For more info and to register, visit: https://www.mcquadefinearts.com/art-classes

About McQuade Fine Arts

McQuade Fine Arts, run by artist Stephanie C. McQuade & photographer Michael McQuade, offers original pastel, watercolor paintings, fine art photography, classes, and prints. The focus is on creating art that brings beauty, calm and joy to everyday spaces.

Artwork shown is for inspiration only. Actual class projects may vary

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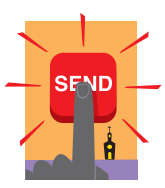

PETS OF THE WEEK

Meet Boudreaux!

Meet Boudreaux — your future partner in fun and forever friend

Boudreaux is a lanky, goofy, and oh-so-lovable hound with a personality just as big as his long legs! This spunky young pup is full of life and always ready for his next adventure. Whether he's zooming around the yard, romping with his four-legged friends, or showing off his silly side, Boudreaux brings joy and laughter wherever he goes.

He absolutely loves other dogs and would thrive in a home with a playful companion or an active family who enjoys getting outside. A good game of tug is one of his favorite pastimes, and he's always eager to show off his playful, puppy energy.

Once the fun winds down, Boudreaux reveals his softer side. He's a total snuggle bug who loves curling up close and soaking in all the love and attention he can get. His loyalty and affectionate nature make him a wonderful companion who just wants to be by your side.

Because he's still a puppy, Boudreaux has plenty of energy and is excited to keep learning and growing with his forever family. With guidance, love, and continued training, he's sure to blossom into the best buddy you could ask for.

If you're looking for a goofy, loyal, and loving dog to share your days (and your couch), Boudreaux might just be your perfect match. Could this sweet hound be your next best pal?

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Singer-songwriter duo to perform in Franklin

FRANKLIN — The Franklin Opera House, in partnership with the NH Music Collective, proudly presents acoustic duo and independent singer-songwriters Tyler Levs & Joliet4. Together, they are MUTU4L, performing at Franklin Public Library Saturday, March 14 at 7 p.m.

Songwriters Tyler Levs and Joliet4 first met during the final round of an online vocal competition in 2019, where Joliet emerged as the winner. Their mutual admiration quickly turned into a supportive friendship, with frequent exchanges of praise on social media—often ending with the phrase "It's mutual."

The pair's first in-person encounter occurred at TwitchCon in San Diego, where they improvised a hallway jam using a guitar and a nearby door as a makeshift drum. Though the impromptu performance landed them in a bit of trouble, it cemented their creative chemistry.

Carefully balancing family responsibilities and solo careers, the two artists spent nearly four years cultivating a collaborative space. A road trip to SXSW in 2023 revealed how much more fluid and enjoyable songwriting could be when done face-to-face. Since then, they have committed to writing their debut album together, splitting time between New England and the Midwest while staying connected via Zoom. Their acoustic-focused singles are already streaming on all major platforms, accompanied by original video content on YouTube. A trip to SXSW in 2023 revealed how much more fluid and enjoyable songwriting could be when done facetoface. Since then, they have committed to writing their debut album together, splitting time between New England and the Midwest while staying connected via Zoom.

MUTU4L will be performing at the Franklin Public Library in Franklin. This historic Carnegie library offers a warm, acoustically friendly environment ideal for an up-close musical experience. Attendees can expect a relaxed atmosphere that encourages interaction with the artists.close musical experience. Attendees can expect a relaxed atmosphere that encourages interaction with the artists.

Advanced tickets are available on the Franklin Opera House Website, www.FOHNH.org. Seniors & Students – $16, Adults – $18. All tickets at the door will be $20.

Special thanks to Franklin-based businesses, Seufert Law and Beck & Bellucci, for sponsoring this event.

Tom Ames, Jr. to speak to Trout Unlimited Tuesday

PLYMOUTH — The March meeting of the Pemigewasset Chapter of Trout Unlimited will take place on Tuesday, March 17, at 7 p.m. in the meeting room of the Common Man Inn at 231 Main St. in Plymouth. All Pemigewasset Trout Unlimited meetings are free and open to everyone. There will be an optional raffle at the meeting to raise money for scholarships for kids to attend summer learn-to-fish camps. In addition, half price memberships to Trout Unlimited will be available at the meeting. Trout Unlimited is national organization with local chapters, promoting cold-water sport fishing and stream preservation efforts.

The speaker at this meeting will be Thomas Ames Jr. Ames has published several best-selling books about fly fishing, fly tying and identifying aquatic insects. His books include the Hatch Guide for New England Streams, Fishbugs: The Aquatic Insects of an Eastern Angler, and most recently, the Pocketguide to Eastern Hatches, which was released this fall. Ames is also an elementary school teacher with a master's degree in education. At the meeting he plans to chronicle the developments in fly fishing over the past 25 years, the time between the publication of the original Hatch Guide (2000) and the revised version the Pocketguide (2025), with an emphasis on ideas about how to adapt to changing conditions.

COURTESY PHOTO

Thomas Ames Jr., author of the Hatch Guide for New England Streams and the Pocketguide to Eastern Hatches.

Early childhood developmental screening appointments available March 13

TILTON — Do you have a child aged three, four, or five who is not yet kindergarten aged? Do you have any concerns regarding their progress in early academics, communication, fine motor, or gross motor skills? The Winnisquam Early Learning Center has screening appointments available on Friday, March 13.

Please contact Jessie Heath, WRSD preschool coordinator, to schedule an appointment for your child. She can be reached at jheath@wrsdsau59.org or 603-286-2034. Winnisquam Early Learning Center (WELC) - part of the Winnisquam Regional School District- is staffed with early childhood special educators, a speech and language pathologist, occupational therapist, and physical therapist. WELC is a special education preschool program that provides specially designed instruction and therapy for children who are found eligible for special education services through an evaluation process.

The qualified staff at WELC can screen your child and make recommendations for further evaluations, if necessary, that could qualify your child for support and services at Winnisquam Early Learning Center if they are found eligible! Contact Jessie Heath to schedule your appointment!

For Advertising Information
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email: Tracy@salmonpress.news

PSU men's basketball to host ID Camp

PLYMOUTH — Plymouth State University men's basketball head coach Andrew Novick announced that the program will hold a Prospect ID/Elite Camp for high school players this month.

The camp will take place on March 29 from 1 to 5 p.m. at Foley Gymnasium, with the final hour reserved for an informational session and campus tour open to parents, guardians, and attendees. Registration remains open until March 28.

The camp is designed for varsity boys' basketball players in grades 9-12 who aspire to compete at the collegiate level. Participants will receive instruction and feedback from the Plymouth State men's basketball coaching staff and current student-athletes. Attendees will experience what it's like to be a collegiate player by participating in a college-style practice environment that includes team and individual drills.

The cost to attend is $25 per player. To expedite check-in, athletes should also bring printed and signed waivers.

Online registration is required for all Plymouth State Athletics camps and clinics. Registration and waiver links are available at athletics.plymouth.edu/camps.

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Tilton Senior Center hosting dinner to benefit CAPBM meals program

COURTESY

Tilton Senior Center participants enjoying a meal and musical entertainment.

TILTON — For more than 50 years, Community Action Program Belknap-Merrimack (CAPBM) has been providing nutritious meals to homebound seniors and disabled adults, as well as congregate meals to seniors who attend the eight CAPBM Senior Centers. In the fiscal year 2024-25, CAPBM Senior Centers served 34,514 meals to 1,451 individuals & provided 208,400 home-delivered meals to 1,423 individuals. 1,138 individuals picked up 24,310 Meals to Go.

Since 2002, the month of March has been designated as a time to celebrate the proven collaboration of local community organizations, local businesses, all levels of government, and compassionate individuals who ensure that seniors do not go hungry. The essential Meals on Wheels (MOW) program could not be possible without the teamwork and financial assistance of many. Go to https://capbm.org/Meals-On-Wheels for more information and to learn how you can make a donation or to volunteer.

A Spaghetti Dinner Fundraiser to benefit the CAPBM Meals on Wheels program will be held at the Tilton Senior Center on Saturday, March 14, from 4 to 7 p.m. Spaghetti and meatballs, salad, garlic bread, dessert, and coffee will be served. Tickets are $10 for adults and $5 for children ten and under. Tickets will be sold at the door. For more information, please call 603-527-8291.

Valley Improv brings evening of spontaneous comedy to Franklin

FRANKLIN — Franklin Opera House is pleased to present an evening of high-energy improvisational comedy by Valley Improv. This hilarious night of spontaneous comedy will be held at Franklin Public Library. The performance will run from 7 to 9 p.m. on March 28, offering a night of audience-driven humor that entertains both children and adults.

Founded in 2008, Valley Improv has toured northern New England, delivering fast-paced, interactive comedy that hinges on the creativity of its performers and the audience's imagination. Using a series of "games" and onpaced, interactive comedy that hinges on the creativity of its performers and the imagination of the audience. Using a series of "games" and on-the-spot storytelling, the troupe crafts unique plots, characters, and dialogue from suggestions supplied by the crowd. The result is a dynamic, inclusive experience that guarantees laughter for everyone in attendance. This wonderful group has built a reputation across northern New England for its quick wit, collaborative spirit, and ability to turn any suggestion into a memorable theatrical moment. Their performances blend humor, heart, and spontaneity, creating an unforgettable experience for audiences of all ages.

No scripts. No rehearsals. Every moment is created live, and audience members become part of the show through their suggestions.

Tickets for this show are available in advance at www.FOHNH.org or at the door. Adults $14, Seniors $12, Students $10. Seating is limited; early purchase is recommended.

Special thanks to Franklin businesses Peabody Place and Beck & Bellucci for sponsoring this event.

Granite VNA offers Caregiver Connection in Belmont

BELMONT — Granite VNA offers Caregiver Connection on Wednesday, March 18 from 9:30 to 11 a.m. at Tilly Market Café at the Belknap Marketplace at 96 Daniel Webster Highway.

Join us and connect with other family caregivers, while enjoying an opportunity to unwind and have discussions rich in empathy and resources.

Pre-registration is not required. For more information, call (603) 224-4093 or (800) 924-8620, ext. 85664 or visit www.granitevna.org. This program is offered at no charge.

About Granite VNA

Granite VNA is a not-for-profit licensed and certified home health and hospice care provider. The agency serves people of all ages in 72 communities across the Greater Capital Region and Central New Hampshire by providing home care, hospice care, pediatric and maternal child health services, and wellness programming. The agency has offices in Concord, Laconia and Wolfeboro. Formed through the merger of Concord Regional VNA and Central New Hampshire VNA & Hospice, Granite VNA has served New Hampshire since 1899. For more information about Granite VNA, visit www.granitevna.org.

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Audubon announces Cape Horn program by Becky Suomala

MOULTONBOROUGH — On Thursday, March 19 at 7 p.m. at the Loon Center in Moultonborough, the Lakes Region Chapter of the New Hampshire Audubon Society will present a program called "A Birding Cruise around Cape Horn," by Becky Suomala.

Join Becky on a boat trip from Santiago, Chile around Cape Horn to Buenos Aires. In addition to seabirding for albatross and the other pelagic species in southern waters, there were landbird stops in Chile, Argentina, and Uruguay. One of the highlights was a visit to a penguin colony on the Falkland Islands. See some of the great seabirds, landbirds, and even some mammals like guanacos; as well as the beauty of Cape Horn, the Strait of Magellan, and the Beagle Channel.

Becky Suomala is an avid birder who birds extensively in New Hampshire and takes birding trips to far flung places. She retired from NH Audubon in 2024 after over 36 years as a biologist. She led research on Common Nighthawks in NH and participated in numerous field projects including Common Tern restoration at the Isles of Shoals. She is a songbird bander at the Appledore Island Migration Station in spring and fall and tends her garden in the summer.

The Loon Center is located on Lee's Mill Road; follow the signs on Blake Road from Route 25 near the Moultonborough Central School, or from Route 109, turn on to Lee Road and turn left on Lee's Mill Road.

Aviation summer camp takes off

COURTESY

ACE Academy graduate, now licensed pilot, Ethan Seeler, gets ready for takeoff. Since attending ACE Academy, Seeler, currently a college student, has earned his private and commercial pilot's license, is rated to fly single and multi-engine aircraft, has his instrument rating and is licensed as an Airframe and Power Point Mechanic.

GILFORD — WinnAero, the STEM aviation/aerospace education non-profit, announces its summer day camp schedule with a new twist. Due to increasing applications, WinnAero has engaged RegPack, a computerized on-line registration and payment software company to expedite the registration process.

"Our increasing enrollments each year dictated we offer an on-line registration and payment option for parents," said WinnAero Education Director Dan Caron.

The new online process will apply to this summer's ACE Academies held at the Laconia Airport.

"Parents can now submit their student's application fully on-line, reserve a seat early, pay tuition securely and submit required documentation as well," added Caron.

The results have been immediate said Zach Glennon of Meredith. Glennon joined WinnAero as its Technology Consultant responsible for on-boarding the RegPack System. For the previous three years, the ACE Academies have averaged 100 students enrolled. Thus far in 2026, RegPack has already processed 56 applications for the July summer camps.

The dates, times, themes and tuition costs for the ACE Academies summer camps are available at www.winnaero.org or by contacting Camp Director Caron at dan.caron@winnaero.org. The 2026 session themes include Air Traffic Control, Search & Rescue Techniques, Aerospace Engineering, Pre-Ground School for future pilots, a Space Academy, Drone Operations, and Aeromedical Effects of High Altitude Flight. All sessions are taught by current certified N.H. teachers augmented by subject matter experts. The ACE Academies are day camps for grades 3 through 12 students the weeks of July 6-10 and July 13-17. For more information, visit www.winnaero.org.

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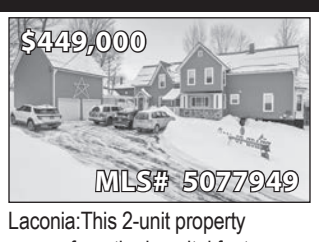

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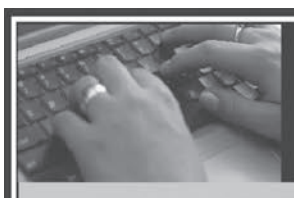

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Contributions also qualify as a charitable donation, providing additional federal deduction potential.

Businesses can visibly demonstrate their commitment to community revitalization, economic growth, and the arts—values increasingly important to employees, customers, and local partners.

Investing in Franklin Opera House is not only a strategic tax advantage; it is an investment in the cultural and economic future of downtown Franklin. Supporting this project strengthens the local workforce environment, draws visitors to the region, and enhances quality of life—benefits that ripple outward to businesses throughout the state.

Franklin Opera House invites New Hampshire businesses to participate in this exciting moment in Franklin's revitalization. By purchasing tax credits, companies play a direct role in transforming Soldiers' Memorial Hall into a vibrant, accessible, and welcoming performing arts center for generations to come.

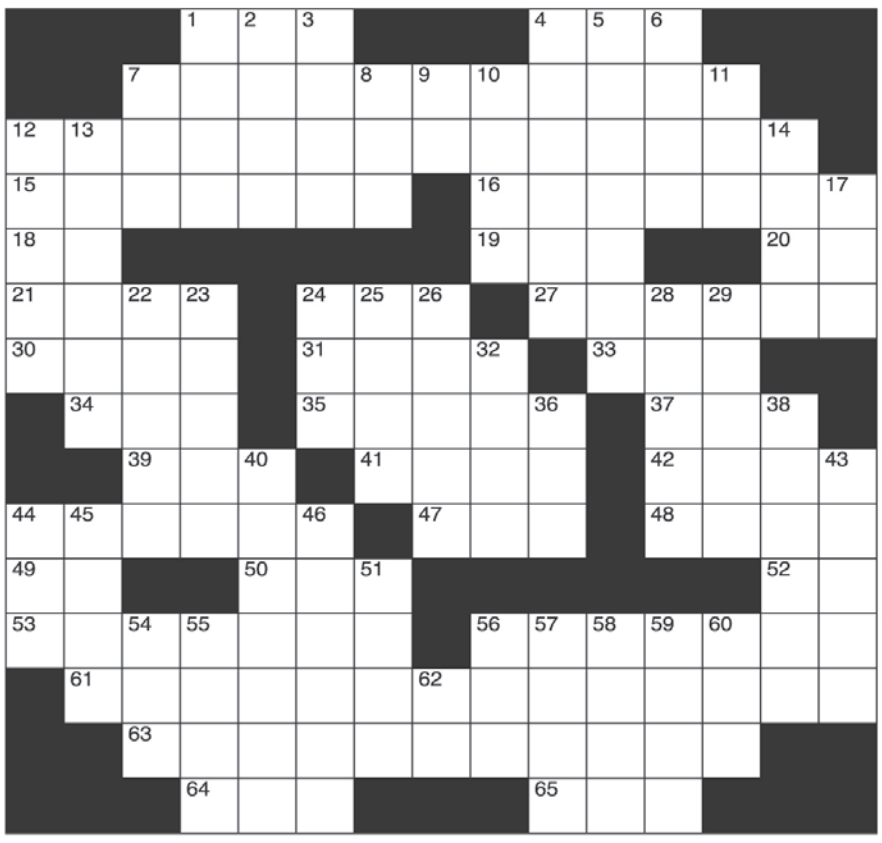
Businesses interested in purchasing tax credits or learning more about investment opportunities are encouraged to contact Franklin Opera House or explore CDFA's Tax Credit Program at: https://nhcdfa.org/investing-in-nh-communities/tax-credit-program/.

About Franklin Opera House, Inc.

The mission of Franklin Opera House, Inc. is to provide wholesome community entertainment, foster arts awareness across all ages, and create a cultural hub and center for social connection in a historic and inviting setting.

About the Community Development Finance Authority

The Community Development Finance Authority (CDFA) is a statewide nonprofit public authority focused on maximizing the value and impact of community development, economic development, and clean energy initiatives throughout New Hampshire. CDFA leverages a variety of financial and technical resources, including state tax credits, federal Community Development Block Grant funds, and the CDFA Clean Energy Fund. Learn more at www.nhcdfa.org or by calling (603) 2262170.



CLUES ACROSS

1. Blockchain-based entity
4. A woolen cap of Scottish origin
7. Painted with glue
12. Legendary crooner
15. Structure made with strips of wood
16. Tropical fruits
18. Commercial
19. Comedienne Gasteyer
20. The Ocean State
21. Ancient Scot
24. Basics
27. Stated propositions
30. Scottish island group
31. Expression of annoyance
33. Large tree
34. Engine additive
35. Conspiracy
37. Drunkard
39. Someone who is morally reprehensible
41. Ancient Syrian city
42. Mild yellow Dutch cheese made in balls
44. Carry (slang)
47. Sweet potato
48. European river
49. The Golden State
50. Windy City ballplayer
52. New Testament
53. Possess spiritually
56. A treeless grassy plain
61. Popular historical novel
63. In a law-abiding way
64. A place to sleep
65. Criticize

CLUES DOWN

1. Impression in a surface
2. Computer language
3. Relating to the ear
4. Occupant
5. Member of Great Plains people
6. Social media firm
7. Digital audiotape
8. Midway between east and southeast
9. Chronic, progressive disease
10. Chinese lute
11. Not wet
12. Moves wings up and down
13. Communication devices
14. Swiss river
17. Female sibling
22. Receive
23. Relating to a type
24. General's assistant (abbr.)
25. Steep bank
26. Taxi driver
28. Moves into without difficulty
29. Bicycle manufacturer
32. Traditional rhythmic pattern
36. Fugitives are on it
38. Bitter-tasting organic substance
40. Die
43. Matched
44. Literary genre __-fi
45. Cannot
46. Pounded
51. British rock group
54. Debt relief order
55. 2006 NL Cy Young winner
56. Green vegetable
57. Tough outer skin of fruit
58. __ Spumante (Italian wine)
59. Ailments
60. Famed singer Charles
62. Camper

PUZZLE SOLUTION

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It's Membership Month at the Laconia Historical & Museum Society!

COURTESY

Behind-the-scenes tour of the Colonial Theatre with Jared Guilmett, 2025. Members who join or renew with LHMS March 1–April 1 receive an exclusive invite to a sweet members-only event in April.

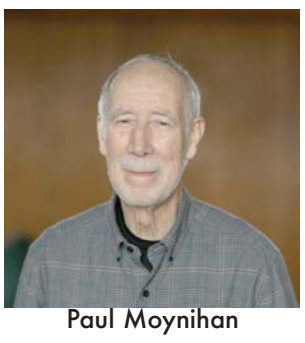
LACONIA — Join the Laconia Historical & Museum Society in March and be part of something impactful. When you join or renew your membership, you help preserve the stories, artifacts, and archives that define Laconia's unique character and community spirit.

Membership is more than a contribution — it's a commitment to protecting our city's heritage and ensuring that future generations can discover, learn from, and celebrate Laconia's past. From safeguarding historic collections to supporting engaging exhibits and programs, your involvement keeps local history alive and accessible.

All current, new, and renewed members from March 1 to April 1 will receive an exclusive invite to a sweet, members-only event in April.

To learn about member benefits, become a new member, or renew a current membership, visit www.laconiahistory.com or follow LHMS on Facebook and Instagram.

Laconia Historical & Museum Society announces presentation on public works projects



Paul Moynihan

LACONIA — A presentation by former Director of the City of Laconia Department of Public Works, Paul J. Moynihan, titled "Public Works: A Community's Hidden Treasure, Often Overlooked," will be held on Wednesday, March 18, at 6 p.m. at the Laconia Public Library.

Born in Belmont and raised in New Hampshire's Lakes Region, Paul developed a lifelong connection to his community. He earned a Bachelor of Science in Civil Engineering from the University of New Hampshire and joined the City of Laconia Department of Public Works in 1978. Over the course of his distinguished 38-year career, he served in a variety of operational, engineering, and management roles, ultimately leading the department as Director of Public Works from 2004 until his retirement in 2016.

In this engaging presentation, Paul will reflect on nearly four decades of service and the deep appreciation he gained for the vast—and often unseen—infrastructure that supports daily life both above and below the streets of Laconia. Through stories and firsthand insights, he will explore the scope and significance of public works services, highlighting several memorable projects that presented unique challenges and lasting rewards for the community and the dedicated teams who brought them to life.

This program is free and open to the public as part of the Laconia Historical & Museum Society's Our Yesterdays 2026 Presentation Series.

For more information about this program, LHMS, and upcoming events, please visit laconiahistory.com or follow LHMS on Facebook and Instagram.

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How to Submit an Obituary

Guidance in Your Time of Need.

Posting an obituary is a meaningful way to honor the life of someone who has passed, share the loss with the community, and support the grieving process. It celebrates their life, family, memories, and accomplishments while bringing people together in remembrance. An obituary also helps loved ones find comfort and closure during a difficult time preserves the individual's story as an important part of the family's history and legacy.

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Lakes Region Symphony Orchestra salutes "Cowboysand Canyons" March 21

COURTESY

Concertmaster Margaret Hopkins is featured at LRSO's March 21, 7 p.m. concert at Inter-Lakes Auditorium in Meredith.

MEREDITH — The Lakes Region Symphony Orchestra continues its 50th anniversary season with "Cowboys and Canyons" on Saturday, March 21 at 7 p.m. at Inter-Lakes Auditorium in Meredith. Guided by conductor Ben Greene, this dynamic concert captures the spirit of the American West through an orchestral journey that ranges from cinematic sweep to rhythmic exuberance.

Featured in this program is violinist Margaret Hopkins, concertmaster of the Lakes Region Symphony Orchestra, as soloist in Mark O'Connor's "Fiddle Concerto." This work blends virtuosic technique with the energetic drive of American folk and fiddle traditions, offering audiences a showcase of rhythmic vitality and expressive nuance. Margaret has appeared in concert throughout Europe, Israel, Canada, and across the United States. An accomplished educator and arts leader, she serves on the faculty of the Portland Conservatory of Music and performs regularly with chamber ensembles throughout New England.

The evening also highlights John Williams's spirited "The Cowboys Overture," a rousing opener with cinematic orchestration; Ferde Grofé's "Grand Canyon Suite," a work renowned for its evocative landscapes and expansive sonorities; and the irresistible "Hoedown" from Aaron Copland's "Rodeo," a kinetic finale that brings audiences to their feet. These works celebrate the musical imagination of America's Old West.

Looking ahead, LRSO will close its 2025-26 season with Mixtape: Hits of the '60s and '70s on Saturday, May 9 at 7 p.m. at the Colonial Theatre in Laconia and Sunday, May 10 at 3 p.m. at Inter-Lakes Auditorium. Featuring guest vocalists Taylor O'Donnell and Adrian Sicam, this upbeat program re-imagines beloved pop classics - from soulful Motown to sing-along pop favorites - with full symphonic sound.

Tickets for both the March and May concerts are on sale now at www.LRSO.org, where patrons can also find discount packages, seating options, and concert details.

The Lakes Region Symphony Orchestra has been bringing exceptional live music to New Hampshire audiences for 50 years and remains dedicated to inspiring a love of classical music and showcasing the extraordinary talent of local and guest musicians.

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I have been practicing law since 1985, after graduating from Vermont Law School. Before starting my legal career, I earned a Master's Degree in counseling from SUNY, Plattsburgh, and completed my undergraduate studies in education at Temple University in Philadelphia. Before entering the legal field, I worked as an inner-city high schoolteacher and ran a cactus business, selling plants as a street vendor in downtown Philadelphia. My legal career began in Saranac Lake and Lake Placid, New York, where I practiced law until 2002. In that year, I passed the New Hampshire Bar and relocated to New Hampshire to continue my practice. I am an active member of the New Hampshire Bar Association. Over the years, I have served as President of the Grafton County Bar Association and as Chair of the Alternative Dispute Resolution Section. I also served on the New Hampshire Bar Association Board of Governors for 2 terms. Currently, I am a member of the New Hampshire Bar Legislative Committee and a Fellow of the New Hampshire Bar Foundation.

I also hosted a weekly radio show called "Family Law Talk Radio," which featured professionals with expertise in various related subjects. In recent years, I have focused my practice on Estate Planning and administration. This includes drafting wills and trusts, as well as probate and trust administration.

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