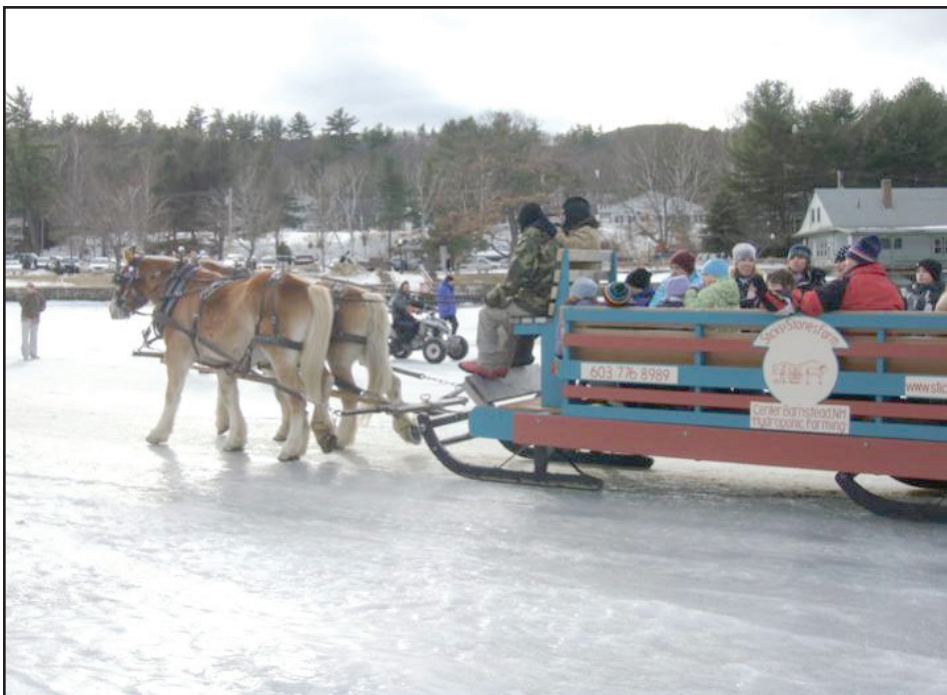


Alton Bay Winter Carnival offers a full day of seasonal fun

ALTON — The Alton Bay Winter Carnival 2026 returns to Alton Bay on Lake Winnepesaukee on Feb. 15 from 10 a.m.- 2 p.m., welcoming the community for a lively winter celebration featuring food trucks, local vendors, and a full lineup of family-friendly activities.

Hosted by the Alton Business Association, the Alton Bay Winter Carnival makes it easy for everyone to attend with free parking and shuttle service from Alton Central School, offering convenient access to all the day’s events in Alton Bay.

Throughout the day, attendees can enjoy a variety of favorites, including:



GMS brings holiday magic to the stage with “ELF JR.”

GILFORD — The holiday season continues at Gilford Middle School, and the countdown is officially on! In just two weeks, the curtain rises on “ELF JR.,” a heartwarming, high-energy musical that promises laughter, joy, and a whole lot of holiday spirit for audiences of all ages.

This lively production follows Buddy, a human raised by elves at the North Pole, as he travels to New York City in search of his real family — and discovers that the true meaning of Christmas is believing, belonging, and spreading cheer. Featuring a cast and crew of 75 talented Gilford Middle School students, along with catchy songs, colorful costumes, and festive choreography, “ELF JR.” is the perfect family-friendly event to kick off the season.

After weeks of rehearsals, choreography sessions, music practice, and technical work, the cast and crew are ready to share some-

thing truly special with the community. This production showcases not only outstanding performances, but also teamwork, creativity, and dedication — all brought together on one festive stage.

Performance Dates & Times:

- Jan. 29, 30, and 31 at 7 p.m.
- Jan. 31 at 2 p.m.

Location: Gilford High School Auditorium

Tickets: Available at the door or online at gilford.ludus.com

Whether you're a fan of the movie, love live theatre, or are simply looking for a joyful way to spend an evening with family and friends, “ELF JR.” delivers heart, humor, and holiday magic in under an hour.

Don’t miss this limited engagement — grab your seats, wear your favorite holiday sweater, and join us for a show that’s guaranteed to leave you smiling and believing in Christmas magic.

- Live broadcast on 103.3 The Moose FM
 - Ice House Decorating and Chowder Contests
 - Ice Sculpting Demonstration
 - Horse drawn Sleigh Rides (ticket needed)
 - Ice Skating rink (ice willing)
 - Warming Hut sponsored by Bricks at the Lake
 - Caricature Artist
 - Raffle Fundraiser with great items — one free raffle ticket with the donation of a self-care or nonperishable food item
- With favorable winter conditions—and ice will-

ing—the Alton Bay Seaplane Base and Ice Runway is expected to be open during the event, adding to the unique winter atmosphere that makes the Alton Bay Winter Carnival a regional tradition.

The Alton Business Association invites residents and visitors alike to come out, support local businesses, and enjoy a fun-filled winter day in Alton Bay on Lake Winnepesaukee!

Additional event details and updates will be shared on the Alton Business Association Facebook Page. See you there!

Golden Eagle rally hands Timber Wolves first loss Gilford hoop girls come back to beat Prospect Mountain

BY JOSHUA SPAULDING
Sports Editor

GILFORD — It was a matchup many girls’ hoop fans in the Lakes Region had been looking forward to and it lived up to the hype, as the Gilford Golden Eagles welcomed undefeated Prospect Mountain to town on Friday, Jan. 23.

Prospect got out to a nine-point lead at the half-time break, but the Golden Eagles battled back to tie things up after three and then outscored the Timber Wolves 12-6 in the final eight minutes to hand Prospect its first regular season loss by a 48-42 score.

Addison Hodsdon got the Golden Eagles started by finishing off her



Gilford’s Addison Hodsdon slips between the defense of Prospect Mountain’s Kourtney Kaplan (left) and Paige Harding in action Friday night.

own steal but Ava Foster answered for the Timber Wolves. Hodsdon then drilled a three-pointer and Grace Scott added a hoop for the Golden Eagles for the 7-2 lead.

After Foster hit from the free throw line, Hodsdon hit another bucket and Gilford had the 9-3 lead. Kourtney Kaplan got Prospect a hoop and after a Penny Flanders bucket for the Golden Eagles, Kaplan connected on two three-pointers to tie the game at 11. Foster then sunk two free throws and Prospect Mountain had the 13-11 lead after one quarter of play.

Foster had two hoops sandwiched around a hoop from Leah Gard to start the second quarter and Delaney Drolet added three free throws as the Timber Wolves opened the lead to 11 at 22-11.

Taylor Marsh got Gilford on the board with a free throw and then Abby Watson added a hoop as the Golden Eagles cut the lead to eight. Foster connected on two more free throws before Marsh hit a hoop and drained a free throw. Paige Harding closed out the first half with a hoop for the Timber Wolves and Prospect Mountain had the 26-17 lead at the halftime break.

Hodsdon started the second half with a hoop for Gilford and Harding answered at the other end. Hodsdon added another hoop before Kaplan sank one from the free throw line. Skye Maltais and Foster exchanged hoops at opposite ends before Gilford went on 13-0 run.

Mount Jesse conserved as Robert Deslauriers Memorial Forest

NEW DURHAM — This past December, the Southeast Land Trust of NH (SELT) closed on the permanent protection of Mount Jesse in New Durham and Middleton, acquiring the 606-acre property as part of its Merrymeeting Clean Forever conservation campaign.

“The protection of Mount Jesse has far-reaching, permanent benefits to the greater Merrymeeting Lake natural systems and beyond,” says Duane Hyde, SELT’s Land Conservation Director. “It links the now nearly 3,300-acre Birch Ridge Community Forest to a 5,400-acre block of conserved forestland centered on the Moose Mountains, providing ideal habitat for species like moose, bear, bobcat, snowshoe hare, brook trout, and many species of birds.”



Mount Jesse affords stunning, unobstructed 360-degree views of Mount Washington, Lake Winnepesaukee, and Merrymeeting Lake. With the acquisition complete, SELT will be-SEE DESLAURIERS, PAGE A11

Alton Parks and Recreation Community Connection

Full Moon Snowshoe Hike
The Alton Parks and Recreation Department is sponsoring a free Full Moon Snowshoe Hike on Sunday, Feb. 1 at 7 p.m. at Fort Point Woods/Trask Swamp on Fort Point Road in Alton Bay. Beginner level hike, uphill and downhill, approximately 45-60 minutes. The moon should be bright enough to light the way, but an extra headlamp or flashlight is helpful for each person. Off road parking is available. If you are new to snowshoeing, we will share tips for participating in this great sport. View wildlife tracks, experience the open sky, and surround yourself in silence. Bring snowshoes to this outdoor experience. For more information and/or to register, contact parksrec@alton.nh.gov or 603-875-0109.

Reiki Gathering
The Alton Parks and Recreation Department is sponsoring a Reiki Gathering with Reiki Master Teacher, Carol Wallace at the Gilman Library on Saturday, Jan. 31 from 10-11:30a.m. in the Agnes Thompson

Meeting Room. Join us for a relaxed Reiki meetup to refresh the basics of Reiki One and Reiki Two. Share experiences, ask questions and reconnect with Reiki energy and each other. The free gathering is geared toward Reiki practitioners with at least Reiki One training. Please RSVP to 603-875-0109 or parksrec@alton.nh.gov to reserve your seat.

Weight Training classes — Mondays and Wednesdays
The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednesdays, with AFAA Certified Instructor Kellie Troendle, from 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abilities. This program is ongoing. Build strong muscles and bones, increase flexibility and develop better balance. Bring light hand weights, a mat and water. For more information, contact parksrec@alton.nh.gov or 603-875-0109. Try a class for free. \$20 per month/session or \$5 drop in.

Pilates classes in Alton Bay — Tuesdays and Thursdays
The Alton Parks and Recreation Department is sponsoring Pilates classes at the Alton Bay Community Center on Tuesdays and Thursdays, 9:30-10:30 a.m. with certified instructor Donna Lee. All level adults are welcome for a full body, low impact class that will improve muscle tone, flexibility, balance and strength. Pre-registration is \$10 per class or \$15 drop in. Bring a mat and water. For more information/register contact Donna

Thursday, Jan. 29
Senior Sculpt, 9-10 a.m.
Fun and Fitness with Joyce, 10-11 a.m.
French, 3-4 p.m.
Puzzles by the Fire, 3-4 p.m.
Enjoy a peaceful puzzle beside a (virtual) fire this cozy January!
Graphic Novel Newbies, 3:30-4:30 p.m.
Graphic Novel Newbies is back with Miss Erika! Create your own colorful world and share your story with friends.

Friday, Jan. 30
Geri Fit, 9-10 a.m.
Bridge, 10 a.m.-noon
The Wintering Body: A Chair Yoga Journey, 10-11 a.m.
Preschool Storytime, 10:30-11:30 a.m.
Hand & Foot, noon to 2:30 p.m.
Happy Crafters, 1:30-2:30 p.m.
Advanced Conversation-

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

Saturday, Jan. 31
Beginner Line Dancing, 10:15-11:15 a.m.

Monday, Feb. 2
Fun and Fitness with Joyce, 9-10 a.m.
Baby Storytime, 10-10:30 a.m.
Tai Chi, 10:15-11 a.m.
Bits & Bytes, 11 a.m.-noon
This month's topic will be on cybersecurity and scams.
Mahjong, noon to 3 p.m.
Writing Wizard, 4-5 p.m.

Tuesday, Feb. 3
Feel Good Fitness with Dottie, 9-10 a.m.
Senior Sculpt, 10-11 a.m.
Preschool Storytime, 10:30-11:30 a.m.
Discover Live: Plymouth, England, 11 a.m.-noon
The tour begins in the

at breathepilates1@yahoo.com or parksrec@alton.nh.gov. Classes not held Feb. 10-19.

Dungeons and Dragons
Alton Parks and Recreation is sponsoring a weekly Dungeons and Dragons adventure on

Barbican, Plymouth's historic heart, once a bustling Elizabethan port. You'll explore Elizabethan buildings, narrow streets, and today's harbour, giving you a glimpse of what life was like 400 years ago. We'll then move through the historic and religious quarters to the city centre, which was rebuilt after World War II bombings. Plymouth's naval base in Devonport, still the largest dockyard in Western Europe, made it a target during the war, and we'll learn about the city's close ties to the Royal Air Force and Merchant Navy. The tour concludes at Plymouth Hoe, a Victorian-era park offering stunning views over the sea and Cornwall.
Homeschool Group, noon to 1:30 p.m.
Death Cafe, 1-2 p.m.
Beginner Line Dancing, 4-5 p.m.

Wednesdays at the Alton Bay Community Center from 6-8 p.m. The program is free for ages 18 and up. Sign up at parksrec-asst@alton.nh.gov or 603-875-0109 to secure your game slot. Join in the fun with friends or plan on meeting new people.

Wednesday, Feb. 4
Geri Fit, 9-10 a.m.
Senior Stretch Yogaaah!, 10-11 a.m.
Card Games, 10 a.m.-noon
Check out an Expert, 10 a.m.-noon
Little Math Whiz, 10:30-11:30 a.m.
Hand Painted Bottles with Fairy Lights, 1-2 p.m.
Paint Group, 1pm-3pm

Thursday, Feb. 5
Senior Sculpt, 9-10 a.m.
Fun and Fitness with Joyce, 10-11 a.m.
Living with Grief, 10-11 a.m.
French, 3-4 p.m.
Valentines Cards, 3-4 p.m.
Whether it's for a loved one or yourself, stop by and create a card to make someone's day sweet!
Graphic Novel Newbies, 3:30-4:30 p.m.

Gilford Public Library
Top Ten requests (plus two)

1. "Private Rome" by James Patterson
2. "The Invisible Woman" by James Patterson
3. "Return of the Spider" by James Patterson
4. "The Frozen River" by Ariel Lawhon
5. "Theo of Golden" by Allen Levi
6. "The World at Home" by Ginny Kubitz Moyer
7. "The Correspondent" by Virginia Evans
8. "My Friends" by Fredrik Backman
9. "Buckeye" by Patrick Ryan
10. "The Seven Rings" by Nora Roberts
11. "The Widow" by John Grisham
12. "The Black Wolf" by Louise Penny

Local students earn Dean's List recognition at Norwich University

NORTHFIELD, Vt. — Norwich University is pleased to announce that the following students have earned Dean's List honors for the Fall 2025 semester. Founded in 1819, Norwich University is recognized for its emphasis on experiential education and leadership development.
Andrew McDonough of Gilford

Mark Warren of Gilman-ton
Michael Macaione of Gilmanton Iron Works
Genevieve Cookinham of Gilmanton Iron Works
Dean's List recognition is awarded to full-time undergraduate students who achieve a semester grade point average of 3.4 or higher, acknowledging sustained academic achievement and

dedication to scholarly success.

About Norwich University
Norwich University is a diversified academic institution that educates traditional-age students and adults in a Corps of Cadets and as civilians. Norwich offers a broad selection of traditional and distance-learning programs culminating in

baccalaureate and graduate degrees. Norwich University was founded in 1819 by Captain Alden Partridge of the U.S. Army and is the oldest private military college in the United States of America. Norwich is one of our nation's six senior military colleges and the birthplace of the Reserve Officers' Training Corps (ROTC). www.norwich.edu

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Local hiking challenge raises money for NH conservation

ALTON — Founded last spring, Alton Trail Chaser challenges hikers to explore all 14 trails in Alton to earn an embroidered patch. Twenty percent of net sales are donated to local conservation organizations. In 2025, the program raised a total of

\$41.67 for Lakes Region Conservation Trust, including a bonus donation from a generous patch finisher. If you have a New Year's resolution to get out and exercise or hike more, the Alton Trail Chaser challenge is a perfect opportunity. You

can explore trails locally while enjoying the physical and mental benefits of spending time in nature. Alton offers hiking trails of all levels, from gentle wooded paths to more advanced mountain hikes. Many trails offer rewarding views of lakes or wetlands,

mountains near and far, diverse flora, and peaceful forests. For goal oriented people, hiking challenges provide motivation and direction, with the tangible bragging right of earning a hiking patch after completion. As of Dec. 31, a total of 21 people and

three dogs had earned their ATC patch. Will you be next? In 2026, Alton Trail Chaser will continue donating 20 percent of net profits from patch and merchandise sales, with this year's proceeds going to the Society for the Protection of New Hampshire Forests, aka the Forest Society. Like LRCT, the Forest Society does a significant amount of local con-

servation work, including maintaining several properties in Alton. Pine Mountain in the Morse Preserve is one such gem. Check out this and other beautiful trails in town while supporting a good cause. For more information on the ATC challenge, visit dragonflyhikes.blogspot.com or follow Trail Chaser on Facebook/Instagram @trail-chaseroofficial.

Area resident named to dean's list at Quinnipiac University

HAMDEN, Conn. — Ashley Sanderson of Gilford has been named to the dean's list for the Fall 2025 semester at Quinnipiac University: To qualify for the dean's list, students must earn a grade point average of at least 3.5 with no grade lower than C. Full-time students must complete at least 14 credits in a semester, with at least 12 credits that have been graded on a letter grade basis to be eligible. Part-time stu-

dents must complete at least six credits during a semester. Names followed by an asterisk denotes with honors. **About Quinnipiac University** Quinnipiac is a private, coeducational institution located 90 minutes north of New York City and two hours from Boston. The university enrolls 9,700 students in more than 100 degree programs through its Schools of Business,

Communications, Education, Computing and Engineering, Health Sciences, Law, Medicine, Nursing and the College of Arts & Sciences. Quinnipiac is ranked 51st in The Wall Street Journal/College Pulse "2026 Best Colleges in the U.S." and is also recognized by U.S. News & World Report and The Princeton Review's "The Best 391 Colleges." The university is expanding innovative programs for both tradi-

tional and adult learners and developing dynamic corporate partnerships. Quinnipiac recently completed a significant capital expansion on its main campus, including a state-of-the-art new School of Business and an interdisciplinary science and innovation hub. For more information, please visit qu.edu. Connect with Quinnipiac on Facebook and Instagram and follow Quinnipiac on X @QuinnipiacU.

Granite VNA offers Living with Grief Support Group in Wolfeboro

WOLFEBORO — Granite VNA is offering a weekly Living with Grief Support Group on Wednesdays beginning March 11 through April 29 from 1:30 - 3 p.m. Sessions will be held at the First Congregational Church, 115 South Main St. in Wolfeboro. These weekly group sessions for adults are a safe, caring space to share and learn alongside others whose lives and hearts have been broken open by loss. Together, we discuss ways of coping with our grief and the challenges of making our way in a changed world. We welcome people who have suffered the loss of any beloved – in a partnership, family of origin, family of choice, or friendship. While each of our loves and lives are unique, grief is a deeply shared human experience – one where we have much to learn from listening and sharing with each other. Registration is required and space is limited. To register, please call (603) 410-9519 or visit granitevna.org. All community members are welcome to attend. This program is offered at no charge. Masks optional. **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.

ited. To register, please call (603) 410-9519 or visit granitevna.org. All community members are welcome to attend. This program is offered at no charge. Masks optional.

Tri Town Democrats host family-friendly storytime & magic event in Gilmanton

GILMANTON — The Tri Town Democrats invite families from across the community to join them for a joyful, kid-centered afternoon of stories, creativity, and fun at the Gilmanton Community Church, 497 Province Rd., Gilmanton, on Sunday, Feb. 1, 1-4 p.m. This free, all-ages event is designed especially for children, and the grownups who love

them—parents, grandparents, aunts, uncles, nieces, and nephews are all welcome. The afternoon will feature four engaging Storytime sessions, each led by a different reader sharing a favorite children's book. Kids will also have the chance to design their own T-shirt and bookmark to take home. From 3 to 4 p.m., families can enjoy a special performance

by Houdana the Magician, whose high-energy show promises plenty of laughs and amazement for kids of all ages. Of course, no celebration is complete without treats. Cupcakes, hot chocolate, and popcorn will be available, and children can enter to win a fun door prize. "This event is about bringing families together, celebrating literacy and creativity, and

creating a welcoming space for our community to connect," said Lew Henry, co-chairman of the Tri Town Democrats. Come for the stories, stay for the magic, and enjoy an afternoon of smiles, snacks, and shared community spirit. We look forward to seeing you there! For more information, please email tritown-dems@gmail.com.

Granite VNA offers Caregiver Connection in Wolfeboro

WOLFEBORO — Granite VNA offers Caregiver Connection on Monday, Feb. 9 from 10 to 11:30 a.m. at Harmony Coffee House, 21 Central Ave. in Wolfeboro. 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.

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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The value of consistency
in small-town life

Change is inevitable in any community, but one of the quiet strengths of small towns in the Lakes Region is the comfort that comes from consistency. Longtime residents recognize it immediately. Roads follow familiar routes. Seasonal routines repeat themselves. Local institutions continue to function much as they always have, even as the world around them shifts.

In places like Alton, Gilford, Barnstead, and New Durham, this sense of continuity offers reassurance. It is found in businesses that have served generations of families, in annual town processes that follow a familiar calendar, and in the simple expectation that neighbors will continue to look out for one another. While growth, tourism and development are part of the region’s future, consistency provides an anchor.

That steadiness matters, particularly at a time when many aspects of modern life feel increasingly unpredictable. Technology changes how people communicate and work. Economic pressures reshape housing and employment. National conversations often feel loud and divisive. Against that backdrop, small towns offer something quietly valuable: a sense that not everything is in flux.

Much of that stability comes from institutions that continue their work year after year with little fanfare. Town offices open on schedule. School buses run their routes. Volunteer boards meet regularly, even when attendance is sparse and the weather discouraging. These routines rarely draw attention, but they form the backbone of daily life. When they function smoothly, they allow residents to focus on families, jobs and community rather than uncertainty.

Consistency also helps preserve local identity. In a region that welcomes seasonal residents and visitors, year-round communities provide continuity. They maintain traditions, pass along local knowledge and remember why certain decisions were made in the first place. That institutional memory is a form of wisdom. It helps towns avoid repeating mistakes and provides context when new challenges arise.

This does not mean resisting progress or ignoring change. Communities must adapt to remain healthy. Infrastructure needs updating. Services must evolve. New residents bring fresh perspectives that can strengthen a town. But thoughtful change works best when it respects what already functions well. Growth that builds on existing strengths is more sustainable than change that disregards them.

There is also personal comfort in consistency. Familiar faces at the post office. The same stretch of road driven daily. The rhythm of town life that moves at a measured pace rather than a frantic one. These are not trivial details. They contribute to a sense of belonging that is increasingly rare elsewhere.

Small towns are not frozen in time, nor should they be. They are living communities shaped by generations of residents who have adapted again and again. But the balance between adaptation and consistency is worth protecting. It is this balance that allows communities to grow without losing themselves.

In a region shaped by seasons, tourism and ongoing change, the everyday reliability of small-town life remains one of its greatest strengths. Preserving that steadiness ensures that, no matter what shifts around us, there is still something familiar to hold onto.

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.



STUART LEIDERMAN — COURTESY

Stuart Leiderman of Center Barnstead is offering free Ukrainian Victory Garden vegetable seed packets to interested schools and master gardeners for local research and education. The seeds are from bona fide commercial agriculture companies and online sellers, and include a great variety of tomatoes, peppers and other native vegetables. Leiderman says, "My garden spot is too small to grow and evaluate them all. So if others would like to try them in their own soil or containers, and with their own methods, I'd like to spread them around and see how they do. Many varieties have been grown at Barnstead School's community garden with good results, and also distributed at Oscar Foss Library." For seeds, email leiderman@mindspring.com with contact information and a brief idea on how they would be used for local education and research. Leiderman says, "I can help with ideas, and if all goes well, we can have a unique harvest fair at the end of the season."

LETTERS FROM EDWIN
Massness

In the past two weeks of convalescence, I unconsciously weened myself off of a couple of my constant creature comforts, coffee and dark chocolate. After being bean-less for so long, even dirt-bag brew provides a cafe kick. Ah, yes. Another of life's simple pleasures.

Spending most of this time horizontally acclimated, I haven't had the pleasure of reaching over to my stash of dark chocolate that sits on the table next to my rocking chair. I'm looking forward to that eventuality almost as much as getting this microbial invasion into the rear view mirror. That takes time. Patience is one of my virtues.

Not working for two weeks is a definite drain on the balance sheet. I keep faith in my provider, but old concerns continue to worry me when such situations occur. How can I do this? I need to remember, He takes care of it.

So today is race day. The course is all nicely groomed and ready to go. People are setting up markers, flags and banners, to direct and punctuate the festivities. This afternoon, three hundred middle and high school kids will descend from their busses, don their ski equipment, and compete with each other for whatever accolades there be.

Off they come, hundreds of beautiful young kids in the prime of their lives. Seemingly in perfect physical condition as exposed by their spandex athletic apparel. Like a herd of gazelles grazing in some continental grass land far away, all slim and trim, ready to run for their lives.

Overweight specimens usually aren't seen at these competitions. There is usually some kind of predator lurking somewhere seeking to find an advantage. Excess weight is a definite disadvantage. You'll never see a chubby gazelle.

Humanoids on the other hand are a totally different creature. There were times when only the aristocracy would be so bounteously blessed with excess bulk, then maybe those who prepared the foodstuffs. But not the general population. Lean was the norm. Not today. Over half those living in this country are obese. Not just plump, or even fat, but obese!

Still, hiding in the grass, there lurk all the predators that we highly disregard. Diabetes, heart disease. The list is extremely long of all

these maladies associated with our propensity to pack on the pounds. It's actually killing us. Or at least making our lives miserable. My knees complain some, but I haven't been asking them to haul around an added fifty to a hundred pounds, or more, for the last half century. And you'd like for me to buy you some new knees?

I remember an old expression: "You made your bed, now sleep in it." A far reaching bit of wisdom about taking choices. And being responsible for them. That sentiment seems to have somehow slipped from fashion. Enough said.

The busses have started arriving. Kids are everywhere. Supervisors are trying to keep things under control. Everyone wants to go to the bathroom. We only have four stalls here. In previous events there would be a whole line of porta-potties lined up on the trail. It looks like that item may have slipped through the cracks this time.

It's race day. Skiers are out warming up, getting their bibs. Parents are on their phones, taking pictures. It looks like the first race is about to begin. Racers are lining up. The rush on the rest rooms has subsided. They're off!

Before long they were coming around again. By this time, I'd have been totally spent. They're just still racing up a storm. I just saw one guy who was missing a pole, pass another who wasn't so handicapped, while going uphill. Wasn't it wonderful to be young? The body just worked. It didn't hurt, and if it did, by the next day it didn't anymore.

Busses keep arriving. Middle schools will race after the high schools finish. Soon it was the girls turn. At this age, it's so easy to see the advantages of smallness. Just as with my son playing soccer, those of smaller stature out maneuver their more massive contemporaries. It's pure physics. Acceleration equals force divided by the mass. The same force produces larger accelerations with a smaller mass.

I loved physics. It just made so much sense. Sometimes I think I should have gone mechanical instead of electrical, engineering that is. But the truth is that all I wanted to do was play music.

E.Twaste
Correspondence welcome at edwintwaste@gmail.com

Letters to the Editor

What’s with the new truck?

To the Editor:

Alton recently acquired a new Mack Granite roll-off truck for hauling waste from our recycling center to our contracted disposal facility, Waste Management Corp. (WMC). Due to the current budget constraints and because this truck was not part of our five-year Capital Improvement Plan, some residents have raised concerns about the purchase. This is a reasonable question, and an explanation is in order.

Our contract with WMC currently includes hauling and disposal. The annual WMC fee for hauling in 2026 is \$455 per trip, increasing by 5 percent each year over the proposed seven-year contract. We typically require between 8 and 12 trips per week. This results in a weekly cost of \$3,640 to \$5,460. The town has obtained competitive bids, but WMC, despite their increase, remains the lowest.

On average, the truck makes eight to 12 trips per week. It can routinely complete four trips per day during a normal 10-hour shift. On days when there is minimal waiting time at the WMR facility, five trips can be made. Using trucking industry standard GPS tracking software which accounts for fuel usage, the driver's wages and a vehicle maintenance cost of \$2.88 per mile, the truck's average daily operating cost for four trips is typically between \$936 and \$966. By comparison, having WMR make these same four trips would cost \$1,820, resulting in an average daily savings of \$939. On days when five trips are made, the savings increase to close to \$1,300. These costs do fluctuate to a small degree depending on traffic, road conditions, and time spent loading and unloading, but in general, the data to date has been very consistent.

The total cost of the new truck is \$255,811. This includes an extended warranty. A five-year lease was used for the purchase, with annual payments of \$67,833. Transporting the truck from Kansas cost less than \$3,000. At the end of the lease, the town will own the truck.

In addition to cost savings, hauling our own material has allowed us to significantly increase revenue from recyclables. Prior to transporting our own loads, we were receiving approximately \$65 per ton for scrap metal; we are now receiving about \$140 per ton. Similarly, aluminum cans previously brought in 15 to 20 cents per pound. Using our own hauling ability, under current market conditions we now receive 75 to 78 cents per pound. This increase in recycling revenue is significant.

There are further benefits as well. After five years, the lease is paid off, reducing annual budget impact by \$67,833. The truck is anticipated to be operational for between eight and 11 years, given the relatively low mileage projected. Trips typically won't take a full day, allowing drivers to handle other Public Works tasks. Should the truck be out of service for any reason, WMR will continue to be available as backup.

Even using the most conservative estimate, the annual savings to the town is well over \$140,000. Seth Garland, our Public Works Director, recognized this savings opportunity and did the research and analysis that drove the purchase. His efforts will substantially benefit Alton taxpayers.

Richard Shea
Alton

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The quiet power of handwritten notes

Not long ago, I opened the mailbox expecting the usual assortment of envelopes that all seem to look the same these days. Instead, sitting on top was a small, slightly crooked envelope with my name written in careful, looping handwriting. No logo. No barcode. No return address printed by a machine. Just ink and intention.

Inside was a short note from someone I had helped months earlier. It wasn't long. It didn't try to impress. It simply said thank you. And yet I stood in the kitchen holding that little card longer than I probably should have, because it felt different. It felt human in a way that's be-

coming rare.

We live in a world built for speed. Messages fly across the country in seconds. Replies are expected before the coffee cools. Even gratitude has been streamlined into a quick thumbs-up or a heart emoji. Convenient, yes. Efficient, absolutely. But sometimes, I wonder what we lose when everything becomes frictionless.

There's something about handwriting that slows a person down. You can't rush a pen the way you can rush a keyboard. You have to think about spacing, about spelling, about whether your "g" looks more like a "9" today. You pause between sentences. You consider your words

because crossing them out leaves evidence. And that small inconvenience, I think, is actually the point.

When I was growing up, thank-you notes were not optional. If you received a birthday gift, you sat at the table and wrote a note. No exceptions. At the time, I treated it like a chore. Now I understand it was a quiet lesson in taking the time to acknowledge someone else's effort.

I see the same lesson play out in small ways all around our towns. A handwritten sign taped to a farm stand. A chalk-

board menu outside a local diner. A note left on a windshield saying someone accidentally tapped your bumper and wanted to make it right. None of these things are flashy. But they signal something important: someone took responsibility for the moment.

My wife keeps a small box of cards in a drawer. Birthday cards, thank-you cards, sympathy cards, congratulations cards. When an occasion comes up, she doesn't scroll through options. She opens the drawer, selects one, and sits down at the table.

I've watched her write these notes. She doesn't rush. She rewrites sentences. She pauses to think about the person on the other end. That care travels with the card.

There's also a permanence to handwriting that digital messages don't quite match. Phones get replaced. Accounts get closed. Inboxes overflow. But people still tuck handwritten notes into drawers and photo albums. Years later, they stumble across them and feel a moment come back to life. A voice. A season. A relationship.

Now, I'm not pretending we should all give up technology and return to quill pens. I send texts like everyone else. I appreciate the convenience. But I do think there's room to be intentional about when we choose the slower option.

Maybe it's writing a note to a teacher who made a difference. Maybe it's sending a card to a neighbor who checked in during a tough week. Maybe it's slipping a

short message into a lunch bag for someone heading out the door. These gestures don't take much time, but they carry weight.

In New Hampshire towns, where people still hold doors, wave at passing cars on back roads, and recognize familiar faces at the post office, small gestures matter. They're the quiet threads that keep communities stitched together. You don't always see them, but you feel the strength when something pulls.

That envelope in my mailbox is now sitting on a shelf in my office. I didn't frame it. I didn't make a big deal out of it. But every so often I glance at it and remember that someone took a few extra minutes to pick up a pen and say thank you.

In a fast-moving world, that feels like a small act of resistance. And maybe that's not such a bad thing.

If you ask me, we could all stand to slow down just enough to leave a few more ink marks behind.

Leadership Lakes Region examines regional challenges on Social Issues Day



2026 Leadership Lakes Region class members pose with Big Brother, Big Sister Program presenters at Lakes Region Community Services.

REGION — On Tuesday, Jan. 13, the 2026 Leadership Lakes Region (LLR) class engaged in Social Issues Day, an intensive program exploring the support systems shaping the Lakes Region. Organized by LLR alumni Julia O'Connor, Tabitha Gerry, Nick Trudel, and Program Director Willow Furey, the day featured site visits and expert presentations focused on veterans, youth, the elderly, and the justice system.

The program commenced at Lakes Region Community Services (LRCS) with class mem-

ber Ashley Bissell, Family Support Specialist. Morning sessions addressed critical community pillars, featuring Jeff Ladieu of Camp Resilience on veteran wellness and Tim Kneuer of Big Brothers Big Sisters of NH on the challenges facing local youth.

A unique highlight included hands-on field experience through ride-along with local law enforcement. This immersive component allowed participants to witness firsthand how officers navigate complex social issues in real-time, bridging the gap

between policy and front-line community interaction.

The afternoon transitioned to established care systems with a tour of the Belknap County Nursing Home led by Administrator Shelley Richardson. This was followed by a briefing at the Belknap County Department of Corrections, where Superintendent Michelle Wetherbee provided a status report on regional rehabilitation efforts.

The day concluded with a focus on compassion and protection. Katie Landry of the Lakes Region VNA discussed hospice care,

while Julia O'Connor and Taylor McNeil of the Child Advocacy Center of Belknap County emphasized the partnerships required to protect local children.

"Social Issues Day is about understanding the interconnectedness of our support systems," said the organizers. "By bringing these diverse voices together, we can better serve our vulnerable populations."

LLR extends its gratitude to Social Issues Day sponsor Nicholas Trudel, CFP, Edward Jones Financial Advisors & Wealth Strategies of Gilford.

Notes from Windy Hollow Negotiations

BY VIVIAN LEE DION
CONTRIBUTING WRITER

Never in my lifetime did I have to call businesses and ask for a reduction in their billing. I always had plenty of money to pay in full, and many times, I was able to take advantage of their discounts if payments were made promptly and within their allowed discount dates. But now, funeral expenses, medical bills and ambulance costs are really adding up. At first, I was timid, almost pleading when I asked for help. However, after numerous calls with different companies, I learned several important things. The person answering the telephone is not usually the customer service representative who you should ask for help. I began the conversation by saying, "I'm wondering if you can help me. Right now in a tight cash crunch. This has never happened to me before but the medical bills are piling up plus I have furnace repairs and

ambulance costs that are overwhelming me."

I must admit that I did some background work that helped me. This process was achieved by reading about the simple steps in the negotiation process as outlined in "Learning Outcomes" on the Internet: Preparation and planning, clarification and bargaining, problem solving, justification, and lastly closure and implementation. I studied the book for several days.

After a few days, the telephone rang and the representative said, "I have good news for you. My business can give you an additional discount." My heart skipped a beat. It was like the ice on my pond was refreezing and there was less worry because the last step of closure had been achieved. A new day was dawning and I could smile once again.

Vivian Lee Dion of New Durham is a writer and speaker.

Take it Easy with EagleMania at The Colonial

LACONIA — The Colonial Theatre of Laconia will present EagleMania - The World's Greatest Eagles Tribute Band on Thursday, July 30, at 8 p.m. Tickets to the show are on sale now at ColonialLaconia.com or by calling 1-800-657-8774.

EagleMania has been dazzling audiences for over a decade by spectacularly reproducing the music of The Eagles. EagleMania thrills internationally sold-out audiences with their stunning five-part harmony, virtuoso guitar work, and un-

canny ability to emulate the distinct sound of The Eagles. The EagleMania show consists of the Eagles' greatest hits, as well as select Don Henley, Glenn Frey, and Joe Walsh solo efforts.

The original owner of the Colonial Theatre, Benjamin Piscopo, was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. In August of 2002, the theatre closed after 87 years of operation. On June 15, 2015, the City of Laconia announced a partnership with the Belk-

nap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to various performances, including music, theatre, comedy, and civic events. Spectacle Management manages the Colonial Theatre and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main St., Laconia, NH 03246. www.coloniallaconia.com

Founded in 2012,

Spectacle Live offers venue operations, booking, programming, marketing, and production services across New England from offices in Lexington and Lowell, Mass. and Laconia. The company partners with over a dozen venues to manage facilities and promote a variety of events, including concerts, comedy, theater, and family entertainment. For more information, contact Pete Lally atplally@spectaclelive.com or 617-531-1257. www.spectaclelive.com

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SPORTS

Golden Eagles get in final tune-up before State Meet



JOSHUA SPAULDING
Grace Southworth (left) and Emily Aguiar clear the hurdles in the final meet before the State Meet on Saturday in Exeter.

BY JOSHUA SPAULDING
Sports Editor

EXETER — A day earlier than planned, the Gilford indoor track team got in one final tune-up for the Division II State Meet, competing at Philips Exeter Academy on Saturday morning.

The meet was originally slated to take place at UNH on Sunday, but the incoming weather forced a bit of a change in the indoor track schedule and the Golden Eagles made the morning trek to Exeter for their meet.

Against some tough competition, the Gilford kids held their own, with Macy Sawyer getting the overall win in the 300 meters in a time of 41.86 with Emily Aguiar in 46.36 seconds for ninth and Grace Southworth in 48.06 seconds for 13th overall.

Pearl Marvel also picked

up a win for the Golden Eagles, finishing in first in the long jump at 16 feet, 9.75 inches and Catherine Fay ran to 10th in the 1,000 meters in a time of 3:54.03.

Sawyer ran to third in the preliminaries for the 55 meters in 7.63 seconds and then finished third in the finals in a time of 7.64 seconds while in the 55-meter hurdle preliminaries, Aguiar was sixth in 9.9 seconds and Southworth was eighth in 9.96 seconds. Both moved up in the finals, with Southworth in fourth in 9.7 seconds and Aguiar in fifth in 9.73 seconds.

The Golden Eagle team of Marvel, Aguiar, Southworth and Sawyer placed first in the 4X200-meter relay in a time of 1:52.17.

Gunnar Marvel finished in second place in the shot put with a toss of 42 feet,



JOSHUA SPAULDING
Gunnar Marvel fires the shot put on his way to a second place finish in Exeter on Saturday.



JOSHUA SPAULDING
John Lavalley winds up to throw the shot put during action on Saturday morning in Exeter.

4.25 inches, just ahead of teammate John Lavalley, who placed third at 40 feet, 9.75 inches. William Reinhardt rounded out the field of Gilford boys with a 10th place finish in the 1,500 meters in 4:42.35.

The Division II State Meet is a bit different this year, with the 4X800-meter relay and the high jump taking place on Sunday, Feb. 1, at UNH starting at 10 a.m. The remainder of the Division II State Meet will take



JOSHUA SPAULDING
Macy Sawyer runs to the win in the 300 meters during action on Saturday at Philips Exeter Academy.



JOSHUA SPAULDING
Pearl Marvel soars through the air on her way to winning the long jump in Exeter on Saturday morning.

place at Plymouth State on Sunday, Feb. 8, starting at 9 a.m.

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

Tilley skis to second place at Proctor Academy

BY JOSHUA SPAULDING
Sports Editor

ANDOVER — The Gilford Nordic ski team took part in a freestyle race hosted by Kearsarge High School at Proctor Academy on Wednesday, Jan. 21.

Maria Tilley continued her excellent season for the Golden Eagles, finishing second among all girls with a time of 15:25. Teammate Alissa O'Brien finished in 63rd place overall with a time of 28:09.

Oskar Karlsson led the way for the Gilford boys with a 53rd place finish in a time of 18:32 with teammate Gunnar Marvel in 55th place in a time of 18:41.

Connor Termorshuizen of Gunstock Nordic Association was 21st in 15:05 and fellow GNA skier Ethan Cathey was 31st in 15:59.

The Golden Eagles were slated to compete in the New Hampshire Coaches Series race on Saturday, but that race was postponed due to the weather.

Gilford will be back in action on Saturday, Jan. 31, for the other New Hampshire Coaches Series race at Waterville Valley and will be at Moultonborough on Wednesday, Feb. 4.

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

Alpine Golden Eagles dominate the field on home snow

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford alpine ski team won a small meet at Gunstock on Friday, Jan. 23, sweeping Belmont, Laconia and Prospect Mountain.

In the morning giant slalom, McKenna Howard took the overall win to lead a sweep of the top four spots for the Golden Eagles with a time of 51.79 seconds. Lily Bishop was second overall in 51.83 seconds, Riley Coutts was third overall in 53.71 seconds and Emilia Burlock rounded out the scoring in a time of 54.47 seconds for fourth place.

Natalie Villareal was sixth overall in 55.19 seconds, Brooke Baron was seventh in 58.46 seconds, Madison Thompson finished in 18th in 1:13.77, Josie Arrighi was 19th overall in 1:15.1 and Alicia Lyman finished out the field of Golden Eagles in 20th place in 1:18.11.

Bishop won the afternoon slalom with a time of 48.66 seconds with Howard in second place in 50.84 seconds. Coutts finished in third place in 54.79 seconds and Burlock finished out the scoring in fourth place in one minute flat.

Villareal finished in fifth place in 1:00.25, Baron was

seventh in 1:03.73, Lyman placed 14th in 1:30.81, Arrighi finished in 16th place in 1:33.67 and Thompson finished in 18th place in a time of 1:45.17.

For the Gilford boys in the morning giant slalom, Oliver Leandro led the way in second place in 55.23 seconds and Joel Wernig was fourth in 56.19 seconds. Connor Livingston finished in fifth place in 57.93 seconds and Christien Nunez finished in sixth place in 1:01.83.

Gabriel Bates finished in seventh place in 1:02.98, Kyle Johnson was eighth in 1:03.28, Cooper Hale was

ninth in 1:05.75 and Brady Alessandro finished in 11th place in 1:07.22.

In the slalom, Leandro finished in second place in 58.73 seconds and Bates finished in fifth place in 1:08.65. Hale was eighth overall in 1:19.37 and Alessandro finished in 10th place in 1:24.83. Johnson was 13th overall in a time of 1:36.96 to round out the field of Golden Eagles.

The Golden Eagles are slated to be back at Gunstock on Friday, Jan. 30.

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

Scarpa wins long jump in final tune-up for Division II State Meet

Scarpa finished with the win in a distance of 19 feet, 11.5 inches. Scarpa was also 11th in the 55 meters in a time of 7.21 seconds.

In the 300 meters, Scarpa finished in seventh place with a time of 39.61 seconds and Matthew Whelan finished in 13th place in 41.85 seconds. Dawson Meehan was eighth in the preliminaries for the 55-meter hurdles in 9.6 seconds and Hunter Witham was 11th in a time of 13.31 seconds.

The Timber Wolf 4x160-meter boys finished in 10th place in a time of 1:28.39 while the Timber Wolf girls in the same race finished in 10th place in 1:45.3.

Madison Morris was 11th in the 600 meters for the Timber Wolf girls in 1:54.8 and in the shot put, Jazmine Witham was 18th overall with a distance of 25 feet.

The Division II State Meet is divided into two

different days and locations. The high jump and 4X800-meter relay championships will take place on Sunday, Feb. 1, at 10 a.m. at UNH while the rest of the Division II State Meet will take place at Plymouth State University on Sunday, Feb. 8, at 9 a.m.

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

Alpine Timber Wolves play host at Gunstock

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Prospect Mountain alpine ski team hosted a small meet at Gunstock on Friday, Jan. 23, with Gilford, Belmont and Laconia also skiing with two runs of giant slalom in the morning and slalom in the afternoon. The Prospect girls were third overall and the boys were second.

Erin Goyette led the way for the Timber Wolf girls in the morning giant slalom with a combined time of 1:03.85 for 11th place overall. Sydney Grasso was 12th overall in 1:06.75, Charlie Warren finished in 14th in a time of 1:08.51 and Violet Page rounded out the scoring for the Timber Wolves with a 15th place finish in 1:08.94.

Natalie Shea was 17th overall in 1:13.37, Alexis Briggs was 21st in 1:19.02, Grace St. Germain finished in 1:29.59 for 22nd place and Leah Howard was 23rd overall in 2:39.96.

In the afternoon slalom, Grasso led the Timber Wolves with a time of 1:11.55 for 11th place

with Shea in 15th place in 1:33.15. Briggs was 17th in 1:37.3 and Howard finished in a time of 2:02.77 for 19th place overall.

For the Prospect Mountain boys, Charles Bravar led the way in the giant slalom in 1:07.04 for 10th place, Brady Glidden finished in 12th place in 1:07.74 and Michael Perry was 13th overall in 1:10.34. Ayden Porter finished out the scoring in 14th place in 1:10.5 and Isaac Casale was 15th overall in 1:10.85.

Evan Fuller led the Prospect Mountain boys in the afternoon slalom with a fourth place finish in 1:08.34 with Bravar in seventh in 1:16.37. Glidden finished in ninth place in a time of 1:19.4 and Casale finished out the scoring in a time of 1:26.06 for 11th place. Perry was 12th in 1:33.9 and Porter was 14th in 1:41.58.

The Timber Wolves are slated to be at Gunstock on Friday, Jan. 30.

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

HIGH SCHOOL SLATE

Friday, Jan. 30 BELMONT Boys' Hoops at Newfound; 6 Girls' Hoops vs. Newfound; 6 Unified Hoops vs. Newfound; 3 GILFORD Alpine Skiing at Gunstock; 10 Boys' Hoops at Inter-Lakes; 6 Girls' Hoops vs. Inter-Lakes; 6:30 WINNISQUAM Boys' Hoops at Somersworth; 6 Girls' Hoops vs. Somersworth; 7 Saturday, Jan. 31 BELMONT-GILFORD Hockey at Laconia; 4:30	WINNISQUAM Hockey vs. Belmont-Gilford; 4:30 Wrestling at Concord; 8 Sunday, Feb. 1 BELMONT Indoor Track at UNH; 10 GILFORD Indoor Track at UNH; 10 WINNISQUAM Indoor Track at UNH; 10 Tuesday, Feb. 3 BELMONT Boys' Hoops at Inter-Lakes; 6 Girls' Hoops vs. Inter-Lakes; 6 GILFORD	Boys' Hoops vs. St. Thomas; 6 Girls' Hoops at St. Thomas; 7 Swimming at Upper Valley Aquatics; 6:30 WINNISQUAM Boys' Hoops vs. Raymond; 7 Girls' Hoops at Raymond; 6:30 Wednesday, Feb. 4 BELMONT-GILFORD Hockey at Kennett; 6:10 WINNISQUAM Hockey at Kearsarge-Plymouth; 9 Wrestling at Bow; 6 All schedules are subject to change.
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SPORTS

With the Olympics on deck, here's an update for the coming weeks

So, anyone have anything exciting happening next week?

For once, I can actually answer in the affirmative. If you're reading this after Tuesday night, Feb. 3, I am either on a plane over the Atlantic or somewhere in Europe preparing for the Olympics.

Milan-Cortina marks my sixth Olympics and my fourth Winter Olympics. This all started back in 2012 when I applied for credentials for the Sochi Olympics on a whim because I knew that Kennett graduate Lianne Smith would likely be there and as it turned out, her fellow Kennett graduate, Sean Doherty, was also there.

I got approved for those credentials and a lot of great help from the communities that I cover helped me to make that trip happen. There were fundraisers put on by parents and teams, people donated to the cause and the trip to Russia didn't really cost me anything. And because the company, Salmon Press, matched those donations, I was able to fund a good chunk of the trip to PyeongChang, South Korea four years later when I was approved for those credentials (and Sean Doherty was there again).

On a whim again, I decided to apply for credentials for my first Summer Olympics for the Tokyo 2020 Olympics. I was a bit surprised that I got approved, but obviously, 2020 didn't go as planned and that trip ended up taking place in

SPORTING CHANCE

By JOSHUA SPAULDING

the summer of 2021. Less than six months later I was on a plane back to Eastern Asia for the Beijing 2022 Winter Olympics (Sean Doherty was there again) and the most recent trip was last summer to Paris, the first Olympics since the COVID pandemic kept fans away in 2021 and 2022.

This has been a community effort from the beginning and each time I leave, particularly for the Winter Olympics (where I will see Sean Doherty for the fourth Olympics in a row), I am incredibly grateful for the many people that help me keep tabs on what is going on back home. The Winter Olympics trips always correspond with the time that the state ski championships, indoor track championships and wrestling championships are taking place. Because I am a one-person operation, despite being around the world, I will still be writing the stuff that takes place at home. I will try to send photographers to a few games but I am hoping that once again coaches, parents and others will be able to send photos and information to josh@salmonpress.news while I am away. Championship pictures are always greatly appreciated, in particular.

There are many coaches who send me information after every single game and



JOSHUA SPAULDING

In the final tuneup for Milan-Cortina, I hit the slopes at Waterville Valley for the Intermountain Health World Cup back on Jan. 16.

they can continue to keep doing that and I will make sure to get all the information out there for everyone in addi-

tion to hitting up different Olympic events and venues.

For those out there looking to follow the Olympic

journey, my Instagram and Twitter (X) handle is SalmonSportsGuy and I have recently started a new Face-

book page at Joshua Spaulding - Olympics where I will post photos and results and more. And the blog is also available at salmonsports-guy.blogspot.com.

I am looking forward to Milan-Cortina and am once again thankful to everyone who has helped to make things easier during my past trips and to those who are able to help out this time around as well.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Coos County Democrat and The Baysider. He can be reached at josh@salmonpress.news, at 279-4516, or PO Box 729, Meredith, NH 03253.

HIGH SCHOOL SLATE

Thursday, Jan. 29
KENNETT
Girls' Hoops vs. Bow; 6
Unified Hoops at Gorham; 12
KINGSWOOD-PROSPECT MOUNTAIN
Girls' Hockey at Oyster River; 7
PROSPECT MOUNTAIN
Boys' Hoops at Kearsarge; 6:30
Girls' Hoops at Kearsarge; 5
Friday, Jan. 30
KENNETT
Alpine Skiing at Cranmore; 10
Boys' Hoops at Bow; 6
KINGSWOOD

Alpine Skiing at Gunstock; 10
Boys' Hoops vs. Bishop Brady; 6:30
Girls' Hoops at Bishop Brady; 6
PROSPECT MOUNTAIN
Alpine Skiing at Gunstock; 10
Boys' Hoops at Stevens; 5:30
Girls' Hoops at Stevens; 7
Saturday, Jan. 31
KENNETT
Boys' Hockey at Berlin-Gorham; 6
Girls' Hockey at Kingswood; 5
Nordic Skiing at Waterville Valley; 10
KINGSWOOD
Boys' Hockey vs. Pem-

broke-Campbell; 7:10
Wrestling at Mascenic; 9
KINGSWOOD-PROSPECT MOUNTAIN
Girls' Hockey vs. Berlin-Gorham; 5
Sunday, Feb. 1
KINGSWOOD
Indoor Track at UNH; TBD
Tuesday, Feb. 3
KENNETT
Boys' Hoops vs. Haver; 6
Girls' Hoops at Haver; 6
KINGSWOOD
Boys' Hoops vs. Manchester West; 6:30
Girls' Hoops at Derryfield; 6
PROSPECT MOUNTAIN
Boys' Hoops at Somers-

worth; 6
Girls' Hoops vs. Somersworth; 6
Wednesday, Feb. 4
KENNETT
Boys' Hockey vs. Belmont-Gilford; 6:10
Nordic Skiing at Moultonborough; 4
Ski Jumping at Haver; 6
KINGSWOOD
Boys' Hoops at Berlin-Gorham; 6
Wrestling at Portsmouth; 6
KINGSWOOD-PROSPECT MOUNTAIN
Girls' Hockey at Exeter; 8

All schedules are subject to change.

HOOPS

(continued from Page A1)

Watson started the run with a hoop and then Maltais and Penny Lewis connected on back-to-back three-pointers. Lewis then hit a hoop and another three-pointer as the Golden Eagles charged to a 36-31 lead. Maddy Howlett sunk a three for the Timber Wolves and Foster added a hoop and the third quarter came to a close with the game tied at 36.

A Hodsdon free throw gave Gilford a one-point lead to start the fourth but Kaplan answered with a three-pointer. Marsh drained her own three at the other end to put the Golden Eagles on top, with Foster answering for the Timbre Wolves with a hoop for the 41-40 lead.

However, Gilford closed out the game on an 8-1 run to seal the victory. Marsh started the run with a three-pointer and after Maltais connected on a hoop, Drolet got Prospect's lone point of the run with a free throw. Lewis then put back a rebound and Watson drained a free throw to close out the 48-42 win for the Golden Eagles.

Hodsdon finished with 12 points to lead the way for the Golden Eagles while Lewis and Marsh each finished with 10 points. Foster paced the Timber Wolves with 17 points and Kaplan added 12.

Prospect Mountain will be back in action today, Jan. 29, at Kearsarge at 5 p.m., will be at Stevens on Friday, Jan. 30, at 7 p.m. and will be hosting Somersworth at 6 p.m. on Tuesday, Feb. 3.

Gilford will be back in action on Friday, Jan. 30, at 6:30 p.m. at home against Inter-Lakes and will be at St. Thomas for a 7 p.m. game on Tuesday, Feb. 3.

GHS 11-6-19-12-48

PMHS 13-13-10-6-42

Gilford 48

Maltais 3-0-7, Hodsd-



JOSHUA SPAULDING

Penny Lewis puts up a shot during her team's win over Prospect Mountain on Friday.



JOSHUA SPAULDING

Ava Foster pushes the ball to the hoop during action in Gilford on Friday.

don 5-1-12, Flanders 1-0-2, Scott 1-0-2, Lewis 4-0-10, Marsh 3-1-10, Watson 2-1-5, Totals 18-3-48

Prospect Mountain 42

Kaplan 4-1-12, Gard 1-0-2, Harding 2-0-4, Foster 6-5-17, Howlett 1-0-3, Dro-

let 0-4-4, Totals 14-10-42

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

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Competitors set for Just Duet 2026 at the Colonial Theatre!

LACONIA — The teams are set for the 2026 editions of Just Duet: Broadway Style, a “FUN”draising competition to raise money for Powerhouse programming and the Colonial Theatre Advancement Fund. Once again, Powerhouse Theatre Collaborative and Spectacle Live team up for this popular American Idol-style musical singing competition to be held on Saturday, March 21, at 7 p.m.

Three-time champions Joel and Laura Iwaskiewicz are hosting the event this year, ensuring a new champion will be crowned through a combination of judges' scores and audience “votes” - every dollar donated online in advance or at the event counts as one point for the team earning the dollar! Jim Rogato will once again be on hand as the event announcer.

This year's competition features the most teams ever — 15 duos who perform with Powerhouse and on stages all around the state. Each duo performs an uptempo and ballad musical theatre song, one number in each act. Competitors include Lauren Shelby Douglas and Nora McBurnett, Katie Duncan and Tess Hodges, Anna Cook and Louie Laurendeau, Kaitlyn Cooper and Lily Allard, Garrison Barron and Chris Catalan, Deidre Cullen and Samantha Paquette, Deirdre Arcand and



COURTESY

Louie Laurendeau and Anna Cook onstage in Powerhouse's 2024 production of The Fiddler on the Roof will be one of the 15 teams competing for prizes to help raise money for Powerhouse and the Colonial Theatre!

Emma Molloy, Connor Eric and Kelsey Berthi- and Majed Almusta- and Jeremy Dingman, Sharleigh Thomson and Nikolai Fernandez, Connor Forbes and Meredith Carver, Lindsey Packer and Julie Hirshan Hart, Rachel Hunton and Heather Bullimore.

and Jeremy Dingman, Sharleigh Thomson and Nikolai Fernandez, Connor Forbes and Meredith Carver, Lindsey Packer and Julie Hirshan Hart, Rachel Hunton and Heather Bullimore.

Three teams have chosen to utilize last year's new Tri-et option to bring in a third performer on one of their songs, so the evening entertainment will also include Madison MacNeill, Jeremy Hart, and Maci Johnson! New this year is the Super Team option, where two teams can team up for a quartet that counts for both teams, and the competition portion of the show will end with a dynamic quartet! Once again, Powerhouse's Power Chords will entertain the audience while votes are being tallied at the end of the night before the winner announcement is made!

All contestants win prizes such as gift certificates to local businesses

and restaurants. Tickets are available on the Colonial Theatre's website, coloniallaconia.com, and through powerhousenh.org/justduet. Please only use the links on the Colonial or Powerhouse websites so you aren't overcharged by third-party sites.

Says Powerhouse Producer Bryan Halperin, “We so appreciate that 15 teams are so excited to perform on the Colonial stage and support the cause. Powerhouse loves to showcase the talents of NH performers and bring people together at the Colonial in a night of joy and giving!”

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. There are still opportunities available for businesses to sponsor events in the 2026 season.

The original owner of the Colonial Theatre, Benjamin Piscopo, was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. In August of 2002, the theatre closed after 87 years of operation. On June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to various performances, including music, theatre, comedy, and civic events. Spectacle Management manages the Colonial Theatre and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main St., Laconia, NH 03246. www.coloniallaconia.com

Founded in 2012, Spectacle Live offers venue operations, booking, programming, marketing, and production services across New England from offices in Lexington, Mass., Lowell, Mass., and Laconia. The company partners with over a dozen venues to manage facilities and promote a variety of events, including concerts, comedy, theater, and family entertainment. For more information, contact Pete Lally at plally@spectaclelive.com or 617-531-1257. www.spectaclelive.com

Church Service SCHEDULE

ABUNDANT HARVEST FAMILY CHURCH
Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union.
Pastors Daniel and Sherrie Williams, 473-8914.
For more information, please visit abundantharvestnh.org or e-mail ahfc@faith.com.

ALTON BAY CHRISTIAN CONFERENCE CENTER
Sundays throughout the summer 10am & 7pm; 875-6161.

BEEFREE COMMUNITY CHURCH, ALTON
Alton 9:30a.m. Sun. Meeting at Prospect Mountain High School. Pastor Ben Ruhl, www.befreechurch.net.

CENTER BARNSTEAD CHRISTIAN CHURCH
Worship Service 10:00am
Bible Study 11:15am
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centerbarnsteadcc.org

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ccoppraisegathering@gmail.com

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(603) 875-5561
www.ccoalton.com

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Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom, Sundays at 10 a.m.
ccnorthbarnstead.com

FIRST CONGREGATIONAL CHURCH OF FARMINGTON
Worship Services 10:00 AM
400 Main Street
Farmington, NH 03835
www.farmingtonnhucc.org

FIRST BAPTIST CHURCH OF NEW DURHAM NH
Sun. School 9:30am; Church 10:30am; Evening Service 6pm; Wed. Prayer Meeting 7pm. Depot St., New Durham;

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joychurchnh.com

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February events at Oscar Foss Memorial Library

BARNSTEAD — Good to Know Info: We are closed for staff training on the second Thursday of every month until 3 p.m. (Feb. 12). The library will also be closed Sat. Feb. 21 for Volunteer Appreciation Day. Meet the Candidates Night will be on Thursday, Feb. 26, at 6 p.m. at the Town Hall.

“Pets of OFML” 2026 desk calendars are still for sale for \$8! Proceeds from our desk calendar sales go to fund library programs. This would make a great gift for all the pet lovers in your life, and support literacy at the same time. Hurry in and get your copy today!

Home School Group: Run by group members and takes place at the library meeting room on Fridays from 10:30 a.m.-12:30 p.m. Involves a mix of stories, simple science/learning activities, and a creative art/craft activity that all go along with a theme for the week. The activities are geared towards kids ages four and up, and younger siblings are welcome to come along. There will be an event posted ahead of time on the group’s Facebook page (Barnstead NH Library Homeschool Group) for each weekly

meet-up, so you’ll always know what to expect and if you need to bring anything.

Music and Movement Storytime, a.k.a. Little’s Love to Learn! Join us on Tuesdays at 10:30 a.m. for an interactive storytime filled with stories, songs, and loads of sensory play designed specifically for toddlers.

Every Wednesday at 10:30 a.m. is Children’s Storytime. Visit us at the library for stories, crafts, and singing. Then experience the cozy ambience in the children’s area, which has all sorts of neat things to do. Make new friends. Set up playdates. Check out books, movies, and games, play with the trains, Legos, and puppets. Come for the learning, stay for the fun!

Start your week off with Yoga Monday! Gentle Hatha-Flow runs from 10:15-11:40 a.m., Senior/Beginner/Chair Yoga is noon to 1 p.m., and Intermediate Hatha-Flow lasts from 5:30-6:50 p.m. Classes are by donation (suggested \$8). All are welcome and encouraged to attend, regardless of ability to donate.

Jamming Tuesdays at OFML: 6-8 p.m. (ages

18 and older). Do you play a string instrument? Well then, dust it off and come make music with us! On the first (Feb. 3) and third (Feb. 17) Tuesdays of the month, join us for jam nights at the library (in the meeting room). No need to be an expert—just bring your instrument and a love of music. Share a few tunes, trade chords, get feedback (if you’d like), and most of all, have fun!

Our Read the Room Book Club (ages 18 and up) takes place on the first Wednesday of the month (Feb. 4), from 6-7:30 p.m., in the library. This month’s book will be “Before We Were Yours” by Lisa Wingate. Next month’s book will be “Between Two Kingdoms” by Suleika Jaouad. Books are available at the library. Bring food, bring thoughts, bring a friend!

Watercolor Valentines Event (16 and up) on Thursday, Feb. 5, from 6-8 p.m. Join us for a relaxing watercolor card-making evening at the library. Choose a stamp, print with watercolor ink, and paint your own Valentine’s cards to take home—envelopes included. All supplies are provided, and no registration is

required. Create at your own pace.

Saturday, Feb. 7, is Take Your Child to the Library Day! Celebrate “International Day of Education” with a visit to the library (open 10 a.m.-1 p.m.), where we’ll be offering free, fun, and fabulous activities for families. Stop in for a visit, enjoy the activities, check out our collections, and meet some of our amazing librarians! Get a library card (they’re free!), and explore all the wonders that OFML has to offer our community.

Back by popular demand, on Thursday, Feb. 12, at 6:30 p.m., we’re doing another Paint and Sip Night (18 and up)! Are you feeling the February blues? Or do you just like to paint? Whatever the reason, join us for a stress-free evening of painting, music, and mocktails! You can bring your own project to work on, make up your own idea to paint, or follow a guide. Space is limited, so please call or email to register.

Family Crafternoon is a family-focused event that happens every third Friday of the month (Feb. 20), at 3:30 p.m. Join us this month for a pancake party! If you like, you can bring your favorite pancake recipe—we’ll have the toppings to share! Enjoy tasty pancakes and a cozy community gathering. Perfect for kids and grown-ups alike—don’t miss it!

On Saturday, Feb. 21, at 11 a.m., Oscar Foss Memorial Library would like to recognize the people who make our town great... our volunteers! We will be hosting a program at Prospect Mountain High School, presenting awards to volunteers nominated by community members, and awarding the Gordon Preston Award. Refreshments will be served. After the awards presentation, we will be showing “Hidden: The Kati Preston Story,” a docudrama based on Barnstead resident, Kathy (Kati) Preston’s, life. The movie is free and open to the public.

On Friday, Feb. 27, from 6:30-8 p.m., join us for Books & Banter. This lively book club is open to everyone and invites you to share and explore a wide range of genres. Come ready to discuss up to three books you’ve recently read, giving a brief synopsis to spark conversation. Don’t miss out on the fun—come share your thoughts, learn about new books, and enjoy a cozy evening of discussion.

Let’s Write a Novel! Join us in the library’s meeting room for a series of structured classes on the how-to’s of writing a book. This class runs from 6-7:30 p.m. on the last Friday of the month (Feb. 27). Budding writers, 16 and older, ignite your passion for storytelling, discover how to build your hero’s journey, and take your novel from concept to can-do!

For events that require registration, please contact us at 269-3900 or ofmlstaff@gmail.com to reserve your spot!

LRAA announces January Artists of the Month



TILTON — LRAA 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.

January 2026 Artists of the Month, pictured above from left to right, include Sally Hibberd, Jim Cryan, Gail Brunt, Jodi Rajaniemi, and

Sherwood Frazier. The Winning Artists' artwork will be on display in locations in the Lakes Region through the third week of February 2026.

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

The art pieces for the Honorable Mention art-

ist will be on display through the third week of January in the following locations:

- Pat Anderson - Camden Bank, Meredith
- Jim Cryan - Gilford Public Library
- Sherwood Frazier - Franklin Savings Bank, Franklin
- Linda Murphy - Camden Bank, Tilton
- [Not Pictured] Melanie Kray - Laconia Public Library

DES announces drawdown of Jones Dam

NEW DURHAM — The New Hampshire Department of Environmental Services (NHDES), Dam Bureau is planning to change the water level in Jones Pond in New Durham after ice out occurs in the spring of 2026.

In accordance with RSA 482:13, the NHDES Engineering and Construction Section of the Dam Bureau is notifying the local governing bodies and the NHDES Dam Safety and Inspec-

tion Section of the Dam Bureau that the stoplogs in Jones Pond Dam will be removed resulting in a water surface decrease of approximately four to five feet from its current elevation. The removal of stoplogs will assist with ongoing engineering and wetland studies within Jones Pond. Jones Pond will remain in a lowered state until the dam is removed.

Also in accordance with RSA 482:13, we are holding a public in-

formational meeting to discuss the details and answer questions concerning the change. This meeting is to take place at the New Durham Select Board meeting on Tuesday, Feb. 10 at 5:30 p.m. at the New Durham Town Hall, located at 4 Main St., New Durham.

For more information, please contact Charlie Krautmann, NHDES Dam Bureau, at charles.s.krautmann@des.nh.gov or 603-419-0894.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	Roberts Cove Road	N/A	\$355,000	Vacanza LLC	Jeffrey T. Boyer
Alton	183 Sunset Shore Dr.	Single-Family Residence	\$750,000	Keith F. and Susanna D. Payzant	Khiem-Pham Nguyen
Barnstead	109 Vail Rd.	Residential Open Land	\$635,000	Fay Enterprises LLC	Katie L. Clark and Trenton A. Downum
Barnstead	N/A	N/A	\$165,000	Sandra Blanchard	Linda Rodriguez
Gilford	6 Red Oak Dr., Unit 6	Condominium	\$550,000	Rainer F. and Marie Skrotzki	John F. and Frances Trainor
Gilford	214 Sagamore Rd.	Single-Family Residence	\$645,500	Look To The Mtns. NH LLC	Albert M. and Pauline Avery
New Durham	9 Country Lane	Single-Family Residence	\$1,675,000	Paul D. Straight RET	K. & Melissa Neubauer RET
New Durham	222 Old Bay Rd.	Single-Family Residence	\$555,000	Mouradian Legacy Trust and Jon D. Mouradian	Jack and Kaitlyn Guillemette
New Durham	96 Washington St.	Single-Family Residence	\$650,000	John L. McGuire	Mark and Traryn Medico

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

Comfort Keepers

Thyroid health for seniors: Symptoms, diagnosis, treatment and prevention

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

The thyroid gland is a small, butterfly-shaped endocrine gland located in the lower front of the neck. Its function is to make thyroid hormones, which are secreted into the blood and then carried to every tissue in the body. Thyroid hormones help the body use energy, stay warm, and keep the brain, heart, muscles, and other organs working properly.

Hyperthyroidism

As in all hyperthyroid patients, if there is too much thyroid hormone, it causes every function of the body to speed up. While younger people often show multiple symptoms related to the overactive thyroid, a senior may only have one or two symptoms.

Common symptoms of hyperthyroidism may include: an increase in bowel movements, excessive perspiration, rapid heart rate, slight tremors, weight loss,

fatigue, lack of mental clarity, confusion, nervousness, and agitation. Irregular heart rhythms and heart failure may occur in older patients.

Hypothyroidism

Hypothyroidism is very common in seniors over the age of 60 and steadily increases with age. Studies show that up to one in four patients in nursing homes may have undiagnosed hypothyroidism. Hypothyroidism symptoms are very non-specific in all patients, and this is especially true for seniors - and as with hyperthyroidism, the frequency of multiple symptoms decreases in older persons. For example, memory loss or a decrease in cognitive functioning, often attributed to advancing age, may be the only symptoms of hypothyroidism present.

Common symptoms of hypothyroidism may include: fatigue, constipation, depression, hair loss, weight gain, low sex drive, muscle aches and stiffness, pale, dry skin, hoarse voice, a lack of

mental clarity, forgetfulness, and fluid retention.

Diagnosis of Thyroid Disease

There are several methods used to diagnose thyroid disease, but blood tests usually are performed as an initial screening tool for determining hormone levels and thyroid function. Imaging tests are also commonly used, including thyroid scans using a radioactive iodine, and ultrasounds. If non-invasive tests are inconclusive or if tissues samples must be taken to determine cancer, a biopsy is performed.

Treatment of Thyroid Disease

Treatment for thyroid disease may vary, depending on the specific condition being treated and the physical condition of the senior. Talk to a doctor for his or her recommendations.

In the case of hyperthyroidism, an anti-thyroid medication may be prescribed, and steroids, Beta-blockers and anti-inflam-

matory medications, such as NSAIDs, may be given to reduce any inflammation. If the thyroid gland is causing breathing or swallowing difficulties, a goiter is causing disfigurement, or if cancer is detected, radioiodine to shrink and destroy the gland may be used, or surgery may be required to remove part the thyroid - or the entire thyroid gland may be removed, followed with synthetic thyroid replacement.

Standard treatment for hypothyroidism involves daily use of the synthetic thyroid hormone levothyroxine, an oral medication that restores adequate hormone levels, reversing the signs and symptoms of hypothyroidism. Treatment with levothyroxine is usually lifelong, but because the dosage needed may change, the doctor is likely to check the thyroid-stimulating hormone (TSH) level every year.

Thyroid Disease Prevention

Although thyroid disease can have much to do with

genetics, not smoking, getting enough exercise, reducing stress, and proper intake of dietary iodine - through table salt, seafood, eggs, milk, whole grain breads, and kelp - may all help prevent thyroid disease.

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About Comfort Keepers

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. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 603-536-6060 or visit our Web site at NHComfortKeepers.com for more information.

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Equal Housing Opportunity

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.


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For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write

The Commission at 163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.





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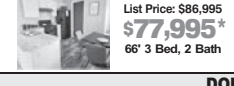


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\$145,000
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North Conway: This move-in-ready 3BR/2BA home offers easy single-level living near Mount Washington Valley. Features include a spacious kitchen, private primary suite, sunny deck, and scenic Saco River access.



\$824,900
MLS# 5040860

Meredith: Enjoy 1.57 acres of serenity in this spacious 4BR/4BA home featuring dual primary suites, a gas fireplace, and a farmer's porch. Includes two garages, a large deck, and exclusive Meredith beach access.



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\$2,600,000
MLS# 5046786

Laconia: Experience 86' of Lake Winnepesaukee shoreline in this rebuilt 3-level masterpiece featuring a private boat slip, chef's kitchen, and wraparound deck. This smart retreat includes a luxurious primary suite and a stylish 2BR walk-out apartment, perfect for guests or rental income.



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When it comes to the New Hampshire market, experience is the difference. Roche Realty Group has closed over 11,000 transactions and \$3.4 Billion in sales earning the title of "#1 BEST Real Estate Company in NH's Lakes Region" six years in a row

* Statistics obtained from PrimeMLS since 1997 for all real estate firms reporting sales in the entire state of NH during that time.



From Shakespeare to Shrek: Powerhouse announces captivating 2026 season

LACONIA — The curtain rises on another year of creativity and community as Powerhouse Theatre Collaborative launches its 2026 Season on Feb. 13. MVSb (Meredith Village Savings Bank) is proud to support Powerhouse as a Season Sponsor, helping bring an exciting lineup of live performances to stages across the Lakes Region.

The season opens at The Colonial Theatre in Laconia with Shakespeare’s “A Midsummer Night’s Dream,” running Feb. 13–15. From there, audiences can look forward to a full year of entertainment from laugh-out-loud comedies to family favorites and holiday classics. Highlights include “The Play That Goes Wrong” at the Winnepesaukee Playhouse, “The Magician’s Elephant” and “Shrek the Musical” at The Colonial Theatre, “Big Bad – The Trials & Tribulations of a Fairy Tale Wolf” at Prescott

Farm, and “A Christmas Carol” to close out the year.

“We’re always looking for ways to surprise and delight our audiences,” said Bryan Halperin, Powerhouse Theatre Collaborative Producer. “Each season gives us the chance to collaborate with incredible local talent and bring fresh energy to the stage. The support of partners like MVSb helps us dream bigger and share the magic of live theatre with even more community members.”

“Powerhouse Theatre brings so much creativity and vibrancy to our community,” said Susan Dagostino, MVSb Branch & Business Development Manager. “Their productions not only entertain, but also inspire connection, imagination and pride in the local arts scene.”

With many more productions planned throughout 2026, Powerhouse Theatre Collaborative continues to



COURTESY
From left, Bryan Halperin, Powerhouse Theatre Producer, Sue Dagostino, MVSb Branch & Business Development Manager, Courtney Palmer, Powerhouse Theatre Associate Producer, Tate Miller, MVSb Commercial Loan Officer, and Eric Petell, MVSb Mortgage Loan Officer NMLS #696445, pose together at the Colonial Theatre – Laconia to promote the upcoming 2026 season for Powerhouse Theatre Collaborative. #MVSb – Equal Housing Lender NMLS# 466022.

celebrate the magic of live performance and the talent of local artists. Go to powerhouseh.org for show dates, tickets and the full season lineup.

Powerhouse is a professionally managed community theatre company designed to provide opportunities for New Hampshire residents to participate in live theatre onstage, behind-the-scenes, and in the audience.

MVSb has been serving the essential banking needs of people, businesses, non-profits and municipalities for more than 150 years. As a mutual savings bank, MVSb has no stockholders but rather operates for the benefit of its customers, employees and community. Since our founding, one thing has always remained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Exeter, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, North Conway, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visitmvsb.com.

DESLAURIERS

(continued from Page A1)

gin planning to improve and provide access to trails for outdoor recreation that will support hiking, biking, and cross-country skiing, including a future parking area and trailhead from King’s Highway. In addition to all these future recreational benefits, the property already includes more than two miles of state snowmobile Corridor 22.

Mount Jesse provides significant protection for Merrymeeting Lake, one of New Hampshire’s cleanest lakes. The property’s expansive forests slow and filter rainfall before it enters the lake, capturing pollutants and excess nutrients; now, following Mount Jesse’s conservation, 49 percent of the Merrymeeting Lake watershed has been permanently conserved, up from only 5 percent in 2018.

“LCHIP is proud to support the permanent conservation of Mount Jesse, which advances our priority goals of protecting forestland, wildlife habitat, and water quality while expanding public access to outdoor recreation across the state,” said Paula Bellemore, Executive Director of New Hampshire’s Land and Community Heritage Investment Program (LCHIP). “The Mount Jesse project exemplifies LCHIP’s commitment to conserving New Hampshire’s most important landscapes for the lasting benefit of communities statewide.”

The funds to acquire and conserve Mount Jesse include a \$250,000 grant from LCHIP, a US Forest Service Community Forest Program grant of \$460,000, generous private donations from the community, and a bargain sale price from the family who sold the property. In recognition of that generosity, the property will be known as “The Robert Deslauriers Memorial Forest,” named in memory of Robert Deslauriers who loved the mountain as a retreat for friends and family.

About SELT

SELT is a nonprofit land trust with a mission to protect and sustain the significant lands in our communities for clean water, fresh food, outdoor recreation, healthy forests, and wildlife. Since 1980, the Southeast Land Trust has worked in 52 communities of southeastern New Hampshire to conserve nearly 30,000 acres of land through conservation agreements and ownerships. SELT is accredited by the Land Trust Accreditation Commission, confirming its

commitment to meeting the highest national standards for excellence and conservation permanence. For more information, visit seltnh.org.

About the New Hampshire’s Land and Community Heritage Investment Program

The New Hampshire Land and Community Heritage Investment Program (LCHIP) is an independent state authority providing matching grants to New Hampshire’s municipalities and non-profits, helping to preserve the state’s most important natural, cultural, and historic resources and ensure their contribution to the economy, environment, and quality of life in New Hampshire. LCHIP grants are funded by a \$25 fee assessed when deeds, mortgages, and plans are recorded at the state’s ten registries of deeds. Since 2001, LCHIP has awarded 615 grants, totaling nearly \$65 million. As of July 2025, the program’s investment has helped to conserve 247,000 acres of land and rehabilitate 192 historic structures across 206 NH communities. Learn more about how LCHIP is helping to preserve and protect New Hampshire’s heritage at LCHIP.org, by following LCHIP_NH on Instagram, or Facebook.

HELP WANTED

**SHAKER REGIONAL SCHOOL DISTRICT
GIRLS MS SOFTBALL COACH**

Shaker Regional School District is seeking a coach for the 2025-2026 season for Girls Middle School Softball.

Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at cbelyea@sau80.org. Successful completion, with satisfactory results, of a post-offer, pre-employment criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an equal opportunity provider, employer, and lender.

**Full-Time Installers Apprentice**

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

LEARN WHILE YOU EARN!
No prior experience required. Must have a valid driver’s license and pass the pre-employment drug screening.
Stop in to fill out an application:
ENERGYSAVERS INC.
163 Daniel Webster Hwy., Meredith NH

Help Desk Technician

Carroll County has an immediate opening for a Help Desk Technician. Responsibilities include but are not limited to fielding help requests (via phone, email, or ticket system) in a courteous manner, prioritizing and scheduling problem resolution, applying diagnostic utilities in troubleshooting, and testing fixes to ensure the problem has been resolved. The successful candidate will have an AA Degree in Computer Science and a minimum of one-year Windows-based computer experience. A strong understanding of computer systems, mobile devices, and other tech products, familiarity with remote desktop applications and help desk software, and exceptional interpersonal skills required.

Excellent salaries, and generous benefits including a medical, dental, and vision package with employer cost share, pension plan, 457 tax-advantaged retirement savings plan, Flexible Spending Accounts, Earned Time/Paid Time Off, short-term disability, and more.

Invest in your future by submitting your resume or application (available online) today:

Carroll County Human Resources
lmatchett@carrollcountynh.gov
<http://www.carrollcountynh.gov>
95 Water Village Road
Ossipee, NH 03864
Secure Fax (603) 539-9297
EOE

LEGALS

**Shaker Regional School District
PUBLIC NOTICE**

NOTICE OF TIME LIMIT FOR FILING CANDIDACIES FOR SCHOOL BOARD MEMBERS OF THE SHAKER REGIONAL SCHOOL DISTRICT

The undersigned clerk of the School District herewith gives notice of the time limit for declaration of candidacy from this school district for election of moderator and school board members of the Shaker Regional School District. The filing period will start Wednesday, January 21, 2026

The election will occur during the annual voting on Tuesday, March 10, 2026 and will be conducted under the non-partisan ballot law.

Positions to be filled at the election are:

Belmont School Board Member – two members to serve for three years
Canterbury School Board Member – one member to serve for three years

Written declaration of candidacy must be filed prior to 5:00 pm on Friday, January 30, 2026 in order for the name of the candidate to appear on the ballot. A filing fee of \$1.00 is required. Forms may be obtained from the Superintendent of School’s Office; 58 School Street; Belmont, NH 03220, telephone number 603-267-9223.

No person may file a declaration of candidacy for more than one position of the School Board to be elected at such election. Any qualified voter in each of the pre-existing districts named above is eligible to file for the position to be filled from that District. All candidates will be elected at large.

Diane Clary, Clerk
Shaker Regional School District

**Shaker Regional School District
PUBLIC NOTICE**

The Belmont Supervisors of the Checklist will be in public session for any additions, changes, or corrections to be made to the voter checklist at Belmont Town Hall, 143 Main Street, Belmont NH on Tuesday, January 20, 2026, from 5:00 pm – 5:30 pm; and on Saturday, February 28, 2026 from 11:00 am – 11:30.

Supervisors of the Voter Checklist:
Brenda Paquette,
Donna Shepherd,
Nikki Wheeler

**Shaker Regional School District
PUBLIC NOTICE**

The Canterbury Supervisors of the Checklist will be in public session for any additions, changes, or corrections to be made to the voter checklist at Sam Lake House, 10 Hackleboro Rd, Canterbury, NH on Tuesday, January 20, 2026, from 7:00 pm – 7:30 pm. and on Saturday, February 28, 2026 from 1:00 pm – 1:30 pm.

Supervisors of the Voter Checklist:
Brenda Murray,
Denise Sojka,
Pamela Smarling

Two amazing bands, one incredible concert!

Wolfeboro Friends of Music presents an evening of Canadian folk music gypsy jazz

WOLFEBORO — Wolfeboro Friends of Music continues its 90th anniversary season with Cecilia and Cristine Tassan et les Imposteures, two amazing bands from Quebec City and Montreal, respectively, appearing on stage for one incredible concert Sunday, Feb. 1 at 4 p.m. at the First Congregational Church, Wolfeboro.

“Cecilia” (Quebecois)
Widely recognized as three of Canada's finest musicians, Cecilia, bring the best of many musical worlds together in their explorations of traditional, Celtic and Quebecois music. Every one of their pieces is skillfully arranged with influences from contemporary, classical, jazz and swing styles. Cécilia's recent debut album Accent is an impressive offering full of vibrant rhythms and melodies, all resonating with a unique warmth and richness of expression.

Each performance by Cécilia is a call to come out and celebrate the creation of a unique and unforgettable musical experience. You'll find yourself with a smile that lasts long after the final notes of Cécilia's accordion, piano, and violin have melted away.

Christine Tassan et les Imposteures (Gypsy/Jazz, Parisien)
For more than 20 years, the group has been working in the mystical world



of gypsy jazz as first composed by Django Reinhardt; Christine Tassan and the Imposteures have won the esteem and loyalty of an ever-growing audience. True pioneers in a field usually reserved for men, and precursors of the gypsy jazz wave that swept through Quebec, these four musicians reinvent with their well-known singularity a music that, far from being frozen in time, adapts to all sorts of new ideas. From covers to compositions, the Imposteures' arrangements innovate, dust off, and give way to the unbridled creativity of four seasoned musicians.

The band's reputation is well established, with seven albums and more than 700 shows in Canada, Europe, the United States and China and have

received the Opus Award for Jazz Album of the Year, and nominated in Canada for “Show of the Year!”
Season sponsors who make Wolfeboro Friends of Music possible include Diana and Greg Jonas, Paul Zimmerman, Susan and James Scarborough, John Sandeen, The Kalled Gallery, Bradley's Hardware, Carroll County Landscape, and YFI Custom Homes.

Tickets are available for \$39.50 at the exciting new Web site, www.wfriendsofmusic.org; by mailing WFOM, PO Box 2056, Wolfeboro, NH 03894; by calling the box office at 603-569-2151; or at the door on the day of the concert. High school students with ID will be admitted free of charge.



Children accompanied by an adult ticket purchaser will be admitted free of charge.
For additional information, visit us at www.wfriendsofmusic.org.

Creative strength training for Makers: New two-part workshop at Makers Mill

WOLFEBORO — Makers Mill is launching the new year with a two-part workshop designed to help people make more often, and with more joy in the process. Creative Strength Training for Makers – 2 Part Series with artist and life coach Martina Cyr runs Sunday, Jan. 25 and Sunday, Feb. 1, from 10 a.m.–noon.
This workshop is for all kinds of makers, from painters and writers to crafters and tinkerers. It focuses on building simple, positive habits that make creativity a regular part of everyday life. Participants will create a dedicated sketchbook, learn how to set realistic creative goals, use prompts, and build routines that fit their own schedules. The class also introduces the idea of a “to-don't list,” helping people clear space for what really matters.

“I love helping people stay curious, explore, and make more often,” said Cyr. “It's about enjoying the process, not just the finished piece.”
The two-week format gives participants time to practice between sessions, with space to reflect, ask questions, and get extra support from the instructor by email or text if they'd like.
The class will be held in Makers Mill's second-floor Fine Arts space, accessible by stairs or elevator. It is open to adults 18 and older, with a maximum of eight participants. Tuition is \$90 for non-members and \$80 for Makers Mill members, plus a \$20 materials fee

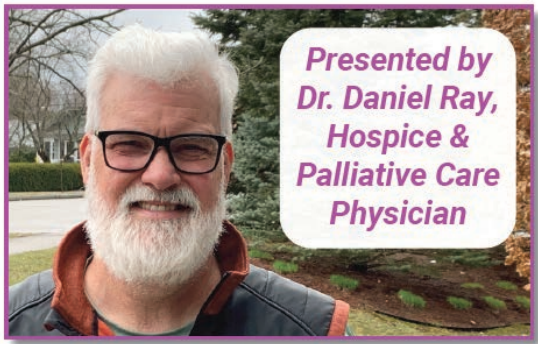


Martina Cyr in her studio, mixed media artist and creative coach bringing her Creative Strength Training for Makers series to Makers Mill, starts Jan. 25.

paid to the instructor.
Martina Cyr is a mixed-media artist, life coach, and educator who enjoys helping people build better creative habits and find more joy in their making. Learn more about Martina and register for the class at makers-mill.org/creative.
Makers Mill is a non-profit community makerspace in Wolfeboro, New Hampshire, offering hands-on classes, shared tools, and creative space for people of all backgrounds to learn, make, and connect. The Mill also offers free public tours every Friday and on the first Saturday of each month at 10:00 AM. For registration and more information, visit makersmill.org.

Honoring Life's Final Journey: A Conversation on End-of-Life

**Tuesday,
February 10, 6 p.m.
Moultonborough
Public Library**
Program Room,
4 Holland St.
Moultonborough



*Presented by
Dr. Daniel Ray,
Hospice &
Palliative Care
Physician*

Explore the deeply personal aspects of end-of-life care with Granite VNA Hospice Medical Director **Daniel Ray, MD**, who will share helpful insights on hospice services, advance care planning, and the emotional journey end-of-life presents for individuals and families.
Register with the Moultonborough Public Library by calling 603-476-8895 or at moultonboroughlibrary.org.
(SNOW DATE: Wednesday, February 11, at 6 p.m.)



Offices in Concord, Laconia & Wolfeboro • 603-224-4093 | 800-924-8620 • granitevna.org

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