



COURTESY

Out on the ice

Barnstead parks and recreation thanks for 23 community minded volunteers who came out on a recent Saturday morning to set up the Barnstead ice rink. Hopefully, by the time you receive this newspaper, the ice will be in good condition for skating.

ALTON POLICE LOG

ALTON — The Alton Police Department responded to 83 calls for service during the week of January 1-7, including two arrests.

- 1 Male Subject was arrested for Domestic Violence & Reckless Conduct.
- 1 Male Subject was arrested for Reckless Operation.

There were 6 Motor Vehicle Accidents.

There were 2 Suspicious Person/Activity Reports on Main Street & Jones Field Road.

Police made 13 Motor Vehicle Stops and handled 1 Motor Vehicle Complaint-Incident.

There were 61 other calls for services that consisted of the following: 1 Administrative Action, 1 Fraudulent Action, 3 Assist Other Agencies, 4 Animal Complaints, 1 Juvenile Incident, 1 Domestic Complaint, 2 General Assistance, 1 Alarm Activation, 1 Lost/Found Property, 1 Highway/Roadway Hazard Report, 1 General Information, 1 Vehicle ID Check, 1 Harassment, 1 Untimely, 1 Sex Offender Registration, 1 Stalking Complaint, 3 Civil Matters, 4 Wellness Checks, 10 Criminal Mischief, 5 Directed Patrols, 2 Medical Assists, 4 Property Checks & 11 Paperwork Services.

Gilford Parks and Recreation News

BY HERB GREENE
Director
Gilford Parks and Recreation

Ice skating lessons The Gilford Parks and Recreation Department will be offering a four-week session of Ice Skating Lessons for children ages four and up this winter. Lessons will be led by professional Ice Skating Instructor, Jennifer Tondreau and will be held on Monday mornings from Jan. 23 – Feb. 13 (in the event a day is cancelled because of poor weather or ice conditions, make-up dates will be added). Lessons will be 30 minutes in length and will begin at 10 a.m. Participants must provide their own skates and helmet. Registration forms are available in the Gilford Parks and Recreation Office or can be downloaded off the department’s Web site at www.gilfordrec.com. Cost: \$40 per participants For more information, please contact the Gilford Parks and Recreation Office at (603) 527-4722.

Senior Moment-um activities

Water Street Café
Brunch on Jan. 23

Gilford Parks and Recreation will be sponsoring a Senior Moment-um program on Monday, Jan. 23. Participants will meet at the Water Street Café in Laconia at 11 a.m. for a fun little brunch. Participants will order right off the menu and are responsible for the cost of their own meals. Participants must RSVP no later than Thursday, Jan. 19 to allow time to confirm our reservation. For more information or to RSVP please call the Parks and Recreation Office at 527-4722.

Dessert and Show “Singin’ in the Rain, Jr.” on Jan. 25 Gilford Parks and Recreation in conjunction with the Gilford Middle School Performing Arts, is sponsoring an evening at the Theatre for participants of the Senior Moment-um Program. This activity is scheduled for Wednesday, January 25th. Participants will meet in the Gilford High School cafeteria at 5:00pm to enjoy a “dessert and coffee hour” before heading to the Auditorium at 6 p.m. to watch the Middle School’s performance of “Singin’ in the Rain, Jr.” There is no fee for this program, but space is limited and

reservations will be accepted on a first come basis. RSVP no later than Friday, Jan. 20. For more information or to RSVP please call the Parks and Recreation Office at 527-4722.

Boston Celtics bus trip scheduled for March 1 The Gilford Parks and Recreation Department is sponsoring a Bus Trip to Boston to see the Celtics take on the Cleveland Cavaliers on Wednesday, March 1. Cost of the trip is \$110 per person and includes round trip motor coach from Gilford and your ticket (section 324 of the balcony) to the game. Our deluxe motor coach will depart from the Gilford High School at 4:45 p.m. for the 7:30 p.m. game. You will have time to visit the pro-shop and get dinner on your own prior to the game. Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable. For more information, please contact the Gilford Parks and Recreation Department at 527-4722 or visit their Web site at www.gilfordrec.com.

Gilford selectmen consider returning beach to residents only

BY ERIN PLUMMER
mnews@salmonpress.news

GILFORD — The selectmen will schedule a future public hearing on a possible change in the town beach regulations to declare the beach residents’ only and get rid of different guest passes.

The selectmen discussed this possible regulation during the Jan. 11 selectmen’s meeting following discussion on a proposed new bathhouse. Selectman Gus Benavides said the board knew discussion would turn to the current beach regulations where nonresidents can use the beach with different kinds of guest passes.

The land was deeded to the town by the Varney family with the provision that it would only be available for resident use. For several years, the beach was for residents only and guests were only allowed if they were accompanied by a resident. Benavides said they dug into town records and could find some reference to the concept of guest passes starting around 1984. They also found a record from 1993 proposing guest passes for \$1 per person and \$2 for passes from commercial businesses such as hotels and inns. Records indicate this system remained through the next 20 years with the selectmen voting in different years to increase the price for guest passes.

In 2020 the board adopted a seasonal guest pass program allowing residents get a seasonal pass for a nonresident’s assigned vehicle for \$200. The seasonal guest pass was raised to \$500 Benavides said they heard from residents that the beach was getting fuller and they wanted to make the pass cost more restrictive.

“Having said that I think we’re at that point in our town where we have to redo our beach regulations,” Benavides said. “We have to set up another public hearing to let the public speak, but my recommendation is we change our beach ordinance.”

Under the proposal policy, the beach would once again be accessible to residents only with guests only allowed if they are accompanied by a resident.

The announcement was met with applause, though Benavides said different people would support and oppose this.

Benavides said he understood how the pass program started, but nonresidents also have the option of going to El-lacoya State Park for a few dollars.

Selectman Chan Eddy said a lot of this was driven by the influx of short-term rentals in town. He said his research showed there were under 500 rentals listed across town through Airbnb and Vrbo. He said many commercial buyers have been purchasing properties and operating them solely as short term rentals, including at least one major hotel chain. Eddy said he found 157 short term rentals alone on Cherry Valley Road between Cat Path and Mountain Drive. Right now the Planning Board is working on a proposed ordinance regulating short-term rentals.

Many of those buying the seasonal passes were short-term rentals.

Parks and Recreation Director Herb Greene said when he started his position in 2006 maybe four or five people over the season would buy a guest pass. Those numbers spiked up starting around 2018 and 2019 and he said the Recreation Commission suggested to the selectmen that the temporary passes through his office weren’t working. This resulted in the seasonal passes sold through the town clerk’s office, which attracted more people.

Board Chair Kevin Hayes said they were taking public input on this and would put together a for a later scheduled public hearing.

Several residents supported the proposal, including several residents and the meeting and many who emailed the board with their response.

“That’s why it’s hard for some of us as townspeople...to sit here and say we’re gonna spend a million dollars on a bathhouse project,” said resident Angelo Farruggia, “as much as it’s near and dear to our heart knowing that basically what Chan’s saying it’s being used as a tool for profit for these businesses, for these Airbnb’s and so

forth.”

Some residents said the beach has been overcrowded in recent years with some bad behavior, including loud music and improperly trained dogs.

“If we open this up it’s going to get worse and worse and worse because I enjoy the beach, I don’t enjoy it when I’m going down looking for a parking spot and 20 people (there) with their music blaring,” said Kathy Dumais.

Ann Nichols said other neighboring communities like Belmont and Center Harbor have similar residents only regulations for their town beaches. She said beach rights are specifically listed in the deed for Gilford property owners.

“My opinion would be to leave it just as that: no guest passes, no seasonal passes, no commercial passes,” Nichols said. “I think that’s how other towns do it and that would be my recommendation.”

A few residents spoke against this approach.

Resident Richard Ellis rents out a part of his house for short-term rentals. He said he wanted to see some more specific numbers from the town beach, saying there has also been an influx at people at state parks as well during the pandemic.

“I’d like to just see the numbers, otherwise it’s irresponsible to say hey this is a huge problem for us,” Ellis said.

Paula Frye also spoke against the proposal, saying she has family members who come up over the summer and she doesn’t want to have to stay with them at the beach the whole time.

“I have guests over, I work, my guests should be able to go to the beach while I’m at work,” Frye said.

Recreation Commission Chair Rick Nelson said there will always be issues with enforcement and people will find ways to get around the regulations.

Board Chair Kevin Hayes said it would take a while, maybe around a munch, for the board to put together a possible ordinance. Any regulation changes would be done at a posted public hearing.



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Kyle Clark (friend of Eddie Michno), Burnt Timber's Eddie Michno, and Twin Barns' Shawn Deegan.

Local breweries renew rivalry, support charity

WOLFEBORO/MEREDITH — In what has developed into a friendly rivalry, Burnt Timber Brewing & Tavern in Wolfeboro and Twin Barns Brewing in Meredith recently ‘battled’ one another again. This time, the stakes were who had the best taco in what was formally dubbed Brewery Taco Challenge.

“We lost by one vote, but I think there may have been some foul play involved because this took place at Twin Barns,” laughed Eddie Michno, owner and head brewer of Burnt Timber. “This won’t be the last time, though, that we do battle.”

While designed as a fun experience for customers from across the Lakes Region and beyond, this battle also featured a philanthropic component, as \$700 was raised for Make-a-Wish New Hampshire. “Any time we do these kinds of events with Twin Barns or another local organization, we try to turn fun into charity,” said Michno. “Make-a-Wish New Hampshire is a great nonprofit that does a lot of good for kids in tough circumstances...I’m glad Dave [Picarillo] at Twin Barns and I can partner up again to make a difference while creating a great community event.”

Regarding what was served at the Brewery Taco Challenge, Burnt Timber served smoked short rib tacos with BBQ sauce, pickled onion, cojita and bama slaw. Twin Barns served duck confit tacos with fresh arugula, goat cheese and dark cherry gastrique.

As for a rematch, Michno said he expects it to take place at Burnt Timber. He also noted he ‘stole’ a chef of the year trophy from Twin Barns’ Executive Chef Shawn Deegan that he might want back. “He’ll have to come and get it,” laughed Michno.

To learn more about Burnt Timber, a family-friendly brewpub in Wolfeboro that features live music, catering, full cocktail and food menu, and extensive rotating beer selection, visit burnttimbertavern.com.

Jayne Matzelle of Alton named to SUNY Potsdam President’s List

POTSDAM, N.Y. — Jayne Matzelle of Alton was recently named to the President’s List at The State University of New York at Potsdam.

Matzelle, whose major is Music Education, was among 809 SUNY Potsdam students who were honored for academic excellence in the Fall 2022 semester. Officer-in-Charge Dr. Philip T. Neisser ‘79 recognized the students for earning top marks.

To achieve the honor of being on the President’s List, each student must have satisfactorily completed 12 numerically-graded semester hours, with a grade point average of 3.5 or higher.

About SUNY Potsdam

Founded in 1816, The State University of New York at Potsdam is one of America’s first 50 colleges -- and the oldest institution within SUNY. Now in its third century, SUNY Potsdam is distinguished by a legacy of pioneering programs and educational excellence. The College currently enrolls approximately 3,000 undergraduate and graduate students. Home to the world-renowned Crane School of Music, SUNY Potsdam is known for its challenging liberal arts and sciences core, distinction in teacher training and culture of creativity. To learn more, visit www.potsdam.edu.

Maxwell Stephan of Gilford named to Clarkson University’s Dean’s List

POTSDAM, N.Y. — Maxwell Stephan of Gilford, a junior majoring in mechanical engineering, was named to the Dean’s List for the Fall 2022 semester at Clarkson University.

Dean’s List students must achieve a minimum 3.25 grade-point average and also carry at least 14 credit hours.

As a private, national research university, Clarkson is a leader in technological education and sustainable economic development through teaching, scholarship, research and innovation. We ignite personal connections across academic fields and industries to create the entrepreneurial mindset, knowledge and intellectual curiosity needed to innovate world-relevant solutions and cultivate the leaders of tomorrow. With its main campus located in Potsdam, N.Y., and additional graduate program and research facilities in the New York Capital Region, Beacon, N.Y., and New York City, Clarkson educates 4,300 students across 95 rigorous programs of study in engineering, business, the arts, education, sciences and health professions. Our alumni earn salaries that are among the top 2.5 percent in the nation and realize accelerated career growth. One in five already leads as a CEO, senior executive or owner of a company.



COURTESY

Super Knights

The following Kingswood Regional Middle School students received the December Super Knights award for “Compassion.” In the first row are: 1) Ethan Marcoullier; 2) Cohen McNeich. In the second row are: 1) Coralena Meroski; 2) David Garner. In the third row are: 1) Katelyn Stys; 2) Madison Bowley. In the fourth row are: 1) Evaline Morrison; 2) Mya LaPlante. Missing from the picture is: Lily Reeves and Ciara Noble.



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Some tips for surviving flu season

Flu season has peaked in New Hampshire, and COVID cases are back on the rise. Hospitals in Boston have reported putting several patients on ventilators due to COVID complications. A highly contagious variant, XBB has surfaced, and experts have reminded people to remain vigilant and take precautions such as wearing a mask on a plane or in any other space that puts one in close quarters with others.

The Flu has run rampant this year, and with many still unsure about getting vaccinated against influenza, we have some reminders and tips that will boost your immune system. Noted is the fact that even a flu shot cannot completely keep you safe from falling ill. Depending on what you want to find, you can read arguments on both sides of the flu vaccine debate. One thing we can all agree on, with or without the shot, is that there are things we can do to boost our immune system. Below is a friendly reminder of those simple steps. The first and most obvious step is to wash your hands as this is the most effective way to prevent the flu. The next step is to be mindful of maintaining gut health. Experts say 70 to 80 percent of our immune system lives there. Eating whole foods that are nutrient-dense is key. Abstaining from a diet with processed foods can boost your immunity — after all, food is medicine. Sticking with foods that you can't open, besides, of course, the famous banana is a good rule of thumb. Foods loaded with sugar weaken the immune system; this includes refined flours found in breads, pastries, crackers, pasta, and cereal. Loading up on vitamins A and D will help support your immune system. The highest levels of vitamin A are found in the liver of many animals such as duck, goose, beef, and lamb. If you refuse to eat liver, such as this Editor, an alternative would be sweet potatoes, cantaloupe, squash, carrots, spinach, and apricots.

Drinking bone broth can restore much needed minerals back into our bodies. Modern farming practices as well as the influx of processed foods has made the absorption of minerals more of a challenge. Bone broth contains magnesium, zinc, calcium, phosphorus, and Sulphur. Taking probiotics promote healthy gut flora which can help the body fight against viruses. Taking vitamin C is something we've heard our care givers repeat constantly throughout our youth. Some doctors suggest taking 1,000 milligrams a day on an empty stomach. If you already have a cold or a flu taking 1,000 milligrams two to four times a day could help according to doctors.

Lastly, find a way to get a good night's sleep, keep your stress at bay and exercise. Lack of sleep can increase inflammation levels in your body giving you a high white blood cell count. Sleep produces the hormones prolactin and melatonin, if you don't have enough of these, you will be more susceptible to infections. Avoid stress because it can cause a biochemical change in your gut as well which can compromise your immune system. A good workout will also boost your immune system. The flu is primarily spread through droplets made when those infected sneeze, talk or cough. The virus can be transmitted from up to six feet away.



PHOTO BY ERIN PLUMMER
**Winter in
Gilford
Village**

The gazebo in Village Field was still dressed for Christmas at the end of 2022 with a blanket of snow around.

LETTERS FROM EDWIN

Transition

After working Monday, Tuesday and Wednesday, the weather report was predicting a big rainstorm and warm weather, something that would totally destroy the possibility of any good skiing. So I declined going in to work today and got out there this morning and put some sticks on my feet. There was a little crunchy stuff on top, but it broke through pretty easily and underneath the snow was perfect. I was out breaking trails all morning. Doing a second run was great and a third was wonderful. And I had on junk skis with three pin boots. Total old school stuff, a requirement for first runs of the year though, as all the hazards aren't buried enough yet.

Before heading out, I put on my new under arm holster to see how it felt out on the trails. I was pleased that it all but disappeared plus, it doesn't pull my pants down. I ended up wearing it all day and still haven't taken it off. I think it's a keeper.

Since so much rain is expected, after lunch I tended to some pre-holiday travel tasks like air pressure and fluid checks. Then, armed

with enthusiasm from such a nice morning ski, I replaced the rotten old leather straps on a pair of ski poles with nylon webbing. I know that that's sacrilege, but now I shouldn't have to fix them again. Ever.

As the sun started getting low, I put my skis on again and tried to extract a little more enjoyment out on the trails. Unfortunately, this old bod hadn't recharged yet so after a couple of rounds, I was back brushing the snow off me. I was still pretty spent. This aging thing is truly crimping my style.

After supper I did some creative wrapping and then put all my presents out in the car where they'll be all nice and dry, hopefully for the duration. The rain isn't supposed to stop till tomorrow night. They predicted that it was supposed to be snowing already but so far, nothing happening on that front. We'll soon see how accurate they are in total.

The wind and the rain did come though, and it came in abundance. Lots of road wash outs to prove it. Before it was through, the front yard was almost

bare and the back yard, for some reason managed to hang onto almost an inch. Power was once again lost for around 29 hours. I was supposed to head out to my sister's house for a Christmas Eve Smorgasbord, but I hesitated to leave the house untended without power. Luckily the power came back on right as I was returning from getting a friends generator started and I just had to disconnect mine and get everything turned back on.

I was soon off on a three-day adventure to three different states featuring three different vehicles with three different problems and bounced between three different houses, and then some, to celebrate Christmas three different ways. But I certainly don't have space here to start exuberating upon all the idiosyncrasies of this year's travels and traumas, but suffice it to say, a Merry Christmas was had by all. I hope you can say the same.

E.Twaste
Correspondence welcome at edwintwaste@gmail.com

Comfort Keepers

How seniors can enhance mental health

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

No matter what age we are, living a life of purpose, connection and joy is critical for our physical and mental wellbeing. For older adults, a variety of obstacles like vision loss, social isolation, mobility problems and memory issues can make enjoying life more difficult.

Why is it important for seniors to focus on their mental health?

Socially isolated seniors have a 59 percent greater risk of mental and physical decline than those who do not experience social isolation (Forbes).

The health effects of social isolation and loneliness on seniors is equivalent to smoking 15 cigarettes per day (AARP.org).

Depression in the elderly is associated with increased risk of cardiac diseases and risk of death from illness (WebMD).

For older adults that want to improve their quality of life through enhanced mental health,

there are a few things they can do to kick off their healthy habits.

Exercise— Seniors should always consult with a physician before starting any physical activity or fitness program. Seniors that are able, and approved, to exercise may see increased physical and mental wellness. Exercise has been proven to have a positive effect on the brain.

Connection— At any age, many people find joy in spending time with family and friends. Social isolation can be a problem for seniors that have mobility issues or aren't able to drive, or who have loved ones that live far away. However, there are services that can help overcome these issues, including transportation help, in-home care assistance, technology that fosters connection and other outside sources of help.

Volunteering— Sharing time and talents doing volunteer work can bring a sense of purpose and fulfillment. Many organizations have programs and volunteer opportunities specifically

geared to older adults.

Spending time on joyful activities— Everyone has a different interest or hobby that brings joy, whether that's music, art, dance, gardening or games. Seniors should try to spend time doing something that brings them happiness on a daily basis to improve their quality of life.

Comfort Keepers® can help

Our goal is to provide uplifting in-home care that benefits seniors and their families. The individualized care plans we create for our clients consider physical goals as well as non-physical mental health needs. Our caregivers can provide transportation to community events, support physician-prescribed exercise regimens, provide companionship and help families stay connected through technology. We strive to elevate the human spirit through quality, compassionate, joyful care.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

About Comfort

fort 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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Science Daily/McMaster University. "Working it Out: Researchers find exercise may help fight depression in seniors." Web. 2019. WebMD. "Depression in the Elderly." Web. Healthline. "Geriatric Depression (Depression in Older Adults)." Web.

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LIFE ON THE BACK ROADS)

Welcome to the roads I've traveled

BY DONNA RHODES

"I shall be telling this with a sigh somewhere ages and ages hence; Two roads diverged in a wood and I- I took the one less traveled by, and that has made all the difference." — Robert Frost

Those who know me well will tell you that I, like Robert Frost, have never met a back road I didn't like and never regretted any one I chose as they have each made a difference in my life.

I pride myself in being able to travel from Bristol to Warren then back to Tilton or Belmont, rarely seeing speed limits above 30; coaxing my car up to 40 or 50 mph only when it's necessary to get to the next back road.

My grown children don't necessarily understand my passion for the back roads, but if you love rural life like I do, tractor-trailers, roads clogged with leaf peepers and even traffic lights just don't cut it for me. There's a lot more to enjoy on an old dirt road than on a two- or four-lane highway.

Shhh- keep it a secret, but I grew up in rural New Jersey. On the bright side, Mom worked in the biology department of Prince-

ton University, which I always thought was really cool, while my father was an avid outdoorsman who worked for the highway department before he got his dream job in forestry. That meant that in my high school years we moved to a 1,000 acre state park on the Delaware River. The woods were filled with all types of wildlife, including a large deer population that boasted an albino deer strain, the occasional bear, and the bobcat who treed my cat in our backyard one time when I was returning home from a date. That was one goodnight kiss I'll never forget!

Anyway, getting back to my love of back roads, each summer our family would load up the car, hitch up the boat trailer and head to Cupsuptic Lake in the Rangeley Region of Maine for two weeks of camping. When we weren't swimming or trolling the lake for fish, Dad would take us for a drive to explore the logging roads that crisscrossed the area. Looking back, perhaps that's when I got my passion for dirt roads and the adventures they afforded.

Getting my driver's license was heaven because then I could explore on my own. In my junior year in college I moved a short distance

off the campus of what was then Plymouth State College. There I could have my car throughout the entire school year and (hopefully) not receive so many parking tickets.

Most of my friends didn't have a car though so I became the main mode of transportation. My 1962 German-made, battleship gray VW Beetle that I called "Benny" had a steel plate protecting the undercarriage and was light enough for four people to pick it up if we got stuck in mud or snow. I have to remind myself to this day that I no longer have that great little backwoods buggy.

Bored one Sunday in October, I invented a driving game that entertained us many a weekend thereafter. We would decide upon a route- take the second right, third left and the fifth left- then see where that got us. Accomplishing that, we'd determine another set of turns and keep going until we ran low on gas or got hungry. We got lost a few times but I soon knew how to get almost anywhere in the region.

Enough about my background, however.

To this day, I still love a back road and all that it has to offer, be it wildlife, beaver ponds, pristine lakes or raging



rivers in the spring. Old barns, flowering shrubs and vistas of the surrounding mountains make me pause on my journeys. I sometimes stop to take a photo but have come to find the pictures in my mind are even better than what my Nikon or iPhone can capture.

I head out almost daily these days on "Critter Patrols" as sunset nears, a time when I feel blessed by any wild creature I see. During the daylight hours I may also take a break from work to inspect water levels in nearby brooks (I loved my college limnology classes) and just enjoying all New Hampshire offers us. Every now and then I am surprised by hawks, owls or even a deer out for a daytime stroll.

In my world, there is nothing like the mountains and the sound of river music. Owls hooting, coyotes howling or even a cow mooing in a field makes me smile. Back roads- there's nothing better!

I will occasionally receive text messages from my friend Rhonda, asking about my whereabouts. I've been okay (so far!) but do appreciate her welfare checks and send her occasional "wildlife alerts" when I come upon my friends of the woods.

So here I am today, challenged with the mission of filling the big boots of John Harrigan, a man whose writing I have admired for many years. It is humbling, a bit intimidating, but most of all challenging for me to not only hon-

or his love for the outdoors but fulfill my own dreams. John, thank you for your inspiration and leadership in journalism.

Through this column I hope to share my adventures and rural observations. I have a long list of things to write about and future adventures to report on because, after all, New Hampshire is a state filled with history, hard working people, beauty and some really awesome tales. That's what makes this the greatest place to live.

As this new column gets underway, I encourage readers to contact me at 603backroads@gmail.com with your own stories that I can in turn share with others. Happy Trails!

SNHU announces Fall 2022 President's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Fall 2022 Presidents List. The fall terms run from September to December.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

- Gabriela Libenson of Barnstead
- Alethea Carr of Center Barnstead
- Emily Sanschagrin of Center Barnstead
- Cameron Michaud of Center Barnstead
- Krista Argiropolis of Alton
- Lara Renner of Alton
- Virginia Skelley of Alton
- Marissa Labrie of Alton Bay
- Sarah Pitts of New Durham
- Gage Lamontagne of New Durham
- Anna Gantt of New Durham
- Peyton Vachon of Gilmanton
- Kelsey Harriman of Gilmanton
- Nathaniel Kraus of Gilmanton
- Rachel Kraus of Gilmanton
- Paige Downing of Laconia
- Tonya Smith of Laconia
- Joseph Rafferty of Laconia
- Darrick Roche of Laconia
- Philena Guyotte of Laconia
- Melanie Candelaria of Laconia
- Olyvia Bergeron of Laconia
- Kristen Paquin of Laconia

Jacob Boucher of Laconia
Caitlin Dunleavy of Laconia
Despina Kafanelis of Laconia
Tiphany Bilodeau of Laconia
Garrett Beck of Laconia
Evan Rollins of Laconia
Mark Hassler of Laconia
Gregory Madore of Gilford
Jacob Guay of Gilford
Melissa Aube-French of Gilford
Braedan French of Gilford
Peter Christensen of Gilford
Alexander Muthersbaugh of Gilford
Liam Merriam of Gilford
Mason McGonagle of Gilford
Tyler Hazelton of Gilford
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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.

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Edward Jones: Financial Focus

Worried about inflation? Consider these moves

As you know, inflation was big news throughout 2022. But will it continue in 2023? And looking even further ahead, how should you account for inflation in your long-term plans?

In regard to the first question, many experts predict that inflation will cool off this year, though there are no guarantees. The high inflation of last year is thought to have been caused by some unusual factors, such as a spike in the demand for consumer goods as the world came out of the COVID-19 pandemic, which led to supply chain issues. Also, the war in Ukraine drove up oil prices, increasing the cost of manufacturing and shipping and driving up the price of wheat and other commodities.

In any case, last year reminded us that inflation needs to be reckoned with as you work toward your financial goals. But how you respond to

inflation will depend somewhat on your stage of life. So, here are some suggestions to consider:

If you're still working...

- Contribute more to your retirement plans. If you can afford to put more money away in your IRA and 401(k), you may want to do so. The more resources you'll eventually have available in retirement, the better protected you are against the rising cost of living.
- Adjust your portfolio objectives with your financial professional. Using tools such as "hypothetical" illustrations, a financial professional can show you some different paths you might take with your investments, given different rates of inflation. So, for example, if you feel that inflation may be higher for a longer period than you once thought, you could request a hypothetical showing how you might

need to adjust your investment mix to achieve your long-term goals, given your risk tolerance and time horizon.

If you're already retired...

- Consider part-time work or consulting. Once you retire from your career, it doesn't mean you can never do any paid work again. If you've accumulated years of experience and expertise, you could use your skills as a consultant. Also, many part-time jobs are available for retirees. With the added income from employment, you may be able to delay taking withdrawals from your retirement accounts and other investments, possibly extending their longevity. (Once you turn 72, though, you will need to begin taking money from your 401(k) and traditional IRA.)
- Delay taking Social Security. You can begin taking Social Security

when you're 62, but your monthly checks will be substantially bigger if you wait until your full retirement age, which will likely be between 66 and 67. (You could even wait until 70, at which point your monthly benefits will max out.) Of course, the ability to delay taking Social Security depends on whether you can afford it, but it may be possible if you work longer than you once planned or if you work part time in retirement. But even if you do need to take Social Security before your full retirement age, your payments will be adjusted annually for inflation — in fact, for 2023, benefit checks will rise 8.7% over 2022.

We'll always have to deal with some level of inflation — so it's a good idea to be prepared.



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Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

Golden Eagle boys survive Belmont, remain undefeated



Gilford's Isaiah Reese rises toward the hoop as Belmont's Jamison Gaudette (left) and Anakin Underhill defend in action last Tuesday.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — In one of the most anticipated matchups of the Division III boys' basketball season, both Gilford coach Rick Acquilano and Belmont coach Tony Martinez believe they learned things about their team and things they can improve on.

The Raider boys gave the three-time defending champions all they could handle on Tuesday, Jan. 10, going to the third quarter all tied up before Gilford hit free throws late to hang on for a 61-58 win.

"That was quite a game," said Acquilano. "Obviously we have to play better, but give them credit, they played well."

"They came in here and played well," the Gilford coach continued. "They'll be a team to be reckoned with down the stretch."

"The biggest goal coming in was to compete, I wanted to see what our character was after the tough one at Winnisquam last week," said Martinez. "What an awesome way to have the first game after a loss be against the defending champions."

"I have a lot of respect

for the way they play," the Raider coach added. "I wanted to see where we were at mentally."

Gilford did get out to a 10-4 lead out of the gate after the first two and a half minutes where neither team was able to put the ball in the hoop. Jalen Reese hit a hoop for Gilford before Sam Reposa answered with a three for Belmont. Isaiah Reese followed up with a three for Gilford and a Logan Grant bucket made it 7-3 in favor of Gilford. After a Treshawn Ray free throw, Isaiah Reese hit another three-pointer for the 10-4 lead for Gilford.

Keegan Martinez got the Raiders back on the board with a hoop before Isaiah Reese drained a pair from the charity stripe. Anakin Underhill hit one of three hoops to close out the first quarter, with Isaiah Reese adding another three-pointer in the middle, giving Gilford the 15-12 lead after one quarter.

A free throw from Jalen Reese, a bucket from Brendan Baldi and consecutive baskets from Grant stretched Gilford's lead to 22-12 before Ray came back with back-to-back hoops for Belmont and Jamison Gaudette hit a hoop and



Gilford's Brendan Baldi reaches in to get a hand on the ball as Belmont's Keegan Martinez hauls in a rebound during action last week.

a three-pointer to propel the Raiders to within one at 22-21.

Jalen Reese hit a hoop for the Golden Eagles before Jacobb Bivens and Reposa connected on baskets for Belmont to give them the 25-24 lead with less than two minutes to play in the first half. A Jalen Reese basket gave Gilford the 26-25 lead at the halftime break.

Isaiah Reese and Reposa exchanged three-pointers to start the second half and Jalen Reese put back a rebound. Reposa hit a free throw and Jalen Reese put back another rebound for the 33-29 lead.

Martinez got the Raiders back within two, but Isaiah Reese answered with a three-pointer for Gilford. Ray connected for a hoop before Isaiah Reese hit two from the line. Martinez got a bucket and a free throw to again get the Raiders to within two.

Jalen Reese and Martinez exchanged hoops before Reposa drilled a three-pointer with 45 seconds to go in the quarter, giving the visitors the 41-40 lead. An Isaiah Reese free throw tied the game at 41 with one quarter left to play.

Gilford got the first four points of the fourth quarter on a Sam Cheek hoop and free throw and a Jalen Reese free throw, but Reposa hit a hoop for the Raiders to cut the lead to two again. Isaiah Reese and Grant hit three-pointers for Gilford sandwiched around a Reposa hoop. Martinez put back a rebound for the Raiders, but Jalen Reese hit a basket and Isaiah Reese drained two free throws for the 55-47 lead.

A Ray basket and two hoops in a row from Martinez cut the lead to 55-53, but Grant answered with a bucket for the Golden Eagles. An Underhill bucket with 1:10 to go cut the lead to two, but Jalen Reese hit four free throws to open the

lead back to six. Underhill had a free throw and Martinez finished off a steal in the final seconds, but it wasn't enough, as the Golden Eagles took the 61-58 win.

"Our biggest lead late was eight points, but we didn't do a great job down the stretch of executing," Acquilano said. "That's something we have to look at and grow from."

"We've got to clean things up, in the end it's how you get better," he continued. "We are not without our own flaws and tonight showed that, but we're still grinding trying to play our best basketball."

"Down 10 at one point, that's where Gilford usually goes for the throat and puts things away," Martinez said. "We fought back and tied the game at the half."

"The season is not defined by wins and losses, there's lots of time left and we're going to be right there," the Raider coach added. "But this showed us what we need to work on."

Gilford is back at it on Friday, Jan. 20, at Conant at 6:30 p.m. and will be hosting Kearsarge at 5 p.m. on Tuesday, Jan. 24. Belmont will be at Campbell on Friday, Jan. 20, at 6:30 p.m., will host Conant at 6 p.m. on Tuesday, Jan. 24, and will be hosting Inter-Lakes at 6 p.m. on Thursday, Jan. 26.

GHS 15-11-5-20-61
BHS 12-13-16-17-58

Gilford 61
Baldi 1-0-2, I. Reese 6-7-25, Grant 5-0-11, Cheek 1-1-3, J. Reese 7-6-20, Totals 20-14-61

Belmont 58
Reposa 6-1-16, Bivens 1-0-2, Gaudette 2-0-5, Ray 4-1-9, Underhill 4-1-9, Martinez 8-1-17, Totals 25-4-58

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

Prospect boys drop close one to Winnisquam

BY JOSHUA SPAULDING
Sports Editor

ALTON — The Prospect Mountain hoop boys had just one game last week and put up a good fight against a strong Winnisquam squad, falling by a 41-36 score in an exciting back and forth game.

Prospect was down two points entering the fourth quarter and scored the first five points of the quarter to take a 28-25 lead before the Bears rallied to tie the score at 28. Prospect went up 30-28 before the Bears tied it again and then took the lead. The visitors had the two-point lead in the final 30 seconds and Prospect had to foul, with Winnisquam hitting three of four foul shots for the 41-36 final.

"Extremely pleased with my team's effort," said coach Tom Bourdeau. "This was a good bounce back game after the stinker last Friday against Campbell."

Nathan Leavitt finished with 19 points to lead the Timber Wolves and earned MVP honors for the game, while Dillon Miller hauled in seven rebounds on the night.

The Timber Wolves are back at it today, Jan. 19, at White Mountains Regional at 6 p.m. and will be hosting Somersworth on Tuesday, Jan. 24, at 6 p.m.

Golden Eagles put up solid times at UNH meet

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford swim team traveled to the University of New Hampshire on Jan. 7, for a meet that featured more than 280 swimmers with 19 teams.

The meet began with the girls' relay team of Alysia McKenna, Elise Bartley, Bridget Wilcox and Hallie McKay finishing in a time of 2:48.79.

Wilcox also swam the 200 freestyle with a time of 2:40.72 and also swam in the 100 free, placing 31st overall.

Bartley, McKenna and McKay all swam in the 50 free field that featured more than 80 swimmers. Bartley finished in 31.42 seconds, McKenna touched in 38.05 seconds and McKay finished in 37.46.

McKenna and Bartley also swam in the 100 back with Bartley touching in 1:32.18 and Bartley finishing in a personal best of 1:19.51.

The team of McKay, Wilcox, McKenna and Bartley swam the 200 freestyle relay and finished in a time of 2:23.33.

Aiden Malek swam well for the Gilford boys, qualified for the state meet in two more events. In the 200 free, he finished in eighth place with a time of 2:15.12 and in the 100 butterfly he finished in a personal best time of 1:03.63.

Next up, Gilford will be at a meet against Keene on Jan. 21.

Gilford boys and girls 10th at PSU meet

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Gilford indoor track boys and girls were both 10th in a meet at Plymouth State University on Saturday, Jan. 14.

The Golden Eagle boys earned most of their points in the 55-meter hurdles, where Nicholas Haddocks was third overall in 9.6 seconds and Cayden Krupnik finished in sixth place in 10.89 seconds.

Nicholas Haddocks also picked up a fifth place finish in the high jump with a height of five feet, six inches and Anthony Haddocks grabbed a point in the shot put with a toss of 34 feet, one inch.

Anthony Haddocks was 10th in the 55 meters in 7.41 seconds, with Nicholas Haddocks in 12th in 7.49 seconds. Nicholas Haddocks was also 12th in the 300 meters in 42.81 seconds, with Krupnik in 18th in 43.45 seconds and Anthony Haddocks was seventh in the 1,000 meters in 3:14.68.

In the long jump, Krupnik was 14th at 15 feet, 1.5 inches.

For the girls, Kylie Kelly got the win in the 1,000 meters with a time of 3:42.53, with Carolyn Guest finishing in fourth place in 4:06.74.

In the 55 meters, Allie Kenyon finished in 15th place in 8.6 seconds and Maddie Guest was 17th in 8.81 seconds. Brook Kimball was 26th in the 300 meters in 52.88 seconds.

In the long jump, Maddie Guest was seventh at 12 feet, 10 inches, Carolyn Guest was 12th at 12 feet, two inches and Abigale Taylor was 14th at 11 feet, two inches. Kelly took 15th in the shot put at 21 feet, seven inches, Kimball was 17th at 19 feet, nine inches and Taylor was 20th at 16 feet, eight inches.

Gilford is scheduled to compete at UNH on Saturday, Jan. 21, at 2:30 p.m.

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



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Guerin, Embree combine for nine goals as Bulldogs roll



Jaxson Embree prepares to fire a shot on net in action on Saturday afternoon.

BY JOSHUA SPAULDING
Sports Editor

LACONIA — The undefeated Belmont-Gilford Bulldogs had no problem dispatching a shorthanded Lebanon-Stevens-Mount Royal squad on Saturday at Merrill Fay Arena, coming through with a 12-1 win over the visitors behind huge performances from Owen Guerin and Jaxson Embree.

Embree, Evan Guerin, Owen Guerin and Aidan McKenzie had the early chances for the Bulldogs, with Owen Guerin's shot going off the post. The Bulldogs capitalized on their pressure with 11:38 to go in the first, as Owen Guerin lit the lamp for an unassisted tally and the 1-0

lead. Rory Doris sent a shot high, Evan Guerin had a bid denied and Aiden Stafford got in close for the Bulldogs as well. With 9:52 to go, Chris Port put home the puck after a scramble in front of the net, with assists going to Stafford and Cole Bertholet for the 2-0 lead. Stafford had a bid go wide and Sophia Gilbert had a shot blocked as the Bulldogs continued to pressure. With 5:11 to go in the first, Owen Guerin wristed home his second of the game on an assist from McKenzie for the 3-0 lead. Port had another chance go wide of the net, Embree got in close with a bid that was stopped and Gilbert had

another shot blocked. The Raiders were able to get a shot past B-G keeper Nolan LaFrance on a rebound with 3:08 to go to cut the lead to 3-1, but after bids from Owen Guerin and Doris, Owen Guerin lit the lamp again with 41 seconds to go in the first period on assists from Port and Bertholet and Belmont-Gilford had the 4-1 lead after one period. McKenzie sent a shot off the post early in the second period and the Raiders had a bid that LaFrance stopped. Evan Guerin had a shot stopped and Owen Guerin and Stafford got in close for chances. Port had a couple of chances denied as well. With 10:47 to go, Em-



Nathan Gerbig controls the puck in action against Lebanon-Stevens-Mount Royal on Saturday.

bree was able to pick up the Bulldogs' fifth goal on assists from Owen Guerin and McKenzie for the 5-1 lead. The Bulldogs went on the power play with 10 minutes to go and Evan Guerin had a couple of chances stopped. The Bulldogs got the power play goal with 9:13 to go, as Owen Guerin made a good move into the zone and Embree was able to put the puck in the net for the 6-1 lead. After a good defensive play from Doris, Andrew Gately had a chance stopped and LaFrance made the save at the other end. Sean Ellis had a bid denied for the Bulldogs as well. With 5:55 to go, Owen Guerin picked up another

goal, his fourth of the game to push the lead to 7-1. Adam Ribeiro had a shot denied and McKenzie and Bertholet combined on a bid that was stopped. The Bulldogs pushed the lead to 8-1 with 2:04 to go, as Embree scored on a shot from the boards on an assist from Bertholet and the Bulldogs took the 8-1 lead to the final period. Doris got in for a couple of early chances in the third and Embree had a bid go wide and another stopped by the goalie. Gilbert had a shot stopped and Ribeiro and Stafford got in close for a chance, as did Port. With 9:29 to go, Sean Sargent picked up the assist on Guerin's fifth

goal of the game and the Bulldogs were up 9-1. Belmont-Gilford took a penalty with 7:52 to go and Nathan Gerbig and Bertholet did a good job killing the penalty and LaFrance made a couple of solid saves. Evan Guerin scored a shorthanded goal with 5:59 to go for the 10-1 lead and with 1:40 to go, Embree scored his fourth tally of the game. Doris finished out the scoring with 30 seconds to go for the 12-1 win. The Bulldogs will be hosting John Stark-Hopkinton on Saturday, Jan. 21, at 4 p.m. Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

Zimmermann named to US Junior World Ski Championships team

GILFORD — The Stifel U.S. Alpine Ski Team has announced the 17 athletes that will represent the United States in the 2023 FIS Alpine Junior World Ski Championships in St. Anton, Austria from Jan. 19-25. The 2023 squad is comprised of Stifel U.S. Alpine Ski Team athletes from the B, C and D teams, as well as top U.S. Ski and Snowboard club program athletes from across the nation. The U.S. has a history of strong results at the Junior World Championships. Last season, Isaiah Nelson took home gold in the super-G, Ava Sunshine a silver in super-G and Lauren Macuga a bronze in downhill. Many of the athletes

named already have had successful seasons so far. On the women's side, both Sunshine and Zoe Zimmermann of Gilford scored slalom World Cup points, and Macuga also scored World Cup points. Stella Johansson took second in a Europa Cup giant slalom and Mary Bockock, Kjersti Moritz and Tatum Grosdidier have all had podium results in NorAm Cup competition. On the men's side, Cooper Puckett had a recent NorAm slalom win and Jay Poulter snagged a NorAm slalom podium. "This year's Junior World Championship team is a remarkable group of athletes who have already achieved tremendous results at

the World Cup, Europa Cup and NorAm levels in their young careers," said Stifel U.S. Alpine Ski Team Development Director Chip Knight. "With half of the team returning from last year and two medalists among them, we are looking forward to going to St. Anton to compete for medals, top-10 results and the Marc Holder overall team title." The 2023 Junior Worlds will once again include downhill, team alpine combined and mixed team events, along with super-G, giant slalom and slalom events for both men and women. Live timing will be provided by the International Ski Federation (FIS).

Curling returns to the Pop Whalen Arena ice

WOLFEBORO — On Sunday, Jan. 8, a group of would-be curlers stepped onto the new ice at the renovated Pop Whalen Ice and Arts Center in Wolfboro, the first to try their hand at curling since the arena was torn down and rebuilt during the spring, summer and fall of 2022. The event was a learn-to-curl session sponsored by Lakes Region Curling Association and led by 16 of its regular members. Benefiting from the instruction were 11 new curlers who signed up for the association's 2023 winter season, plus an equal number of people who were simply interested in learning more about curling. Beginning with a rudimentary explanation of curling terms, the instruction included the various methods of delivering the stone. The new curlers were also taught the proper way to "sweep" ahead of the moving stone. After the basic instruction, the new curlers were organized into teams for a series of lively scrimmages. Comments from the participants were universally positive, and the association looks forward to their involvement in



CURLING returned to the ice at the renovated Pop Whalen Arena.

future events. The LRCA's regular season was set to start at Pop Whalen on Sunday, Jan. 15, and another learn-to-curl clinic, part of Wolfboro's Winter Carnival, will be held on Feb. 28 at the arena. Registration for that event will be available soon.

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HIGH SCHOOL SLATE

Friday, Jan. 20

BELMONT
Alpine Skiing at Gunstock; 10
Boys' Hoops at Campbell; 6:30
Girls' Hoops vs. Campbell; 6

GILFORD
Alpine Skiing at Gunstock; 10
Boys' Hoops at Conant; 6:30
Girls' Hoops at Conant; 5

WINNISQUAM
Boys' Hoops vs. Raymond; 7
Girls' Hoops at Raymond; 6:30

Saturday, Jan. 21

BELMONT-GILFORD
Hockey vs. John Stark-Hopkinton; 4

WINNISQUAM
Hockey vs. Hollis-Brookline-Derryfield; 1:45
Wrestling at Merrimack; 8

Sunday, Jan. 22

GILFORD
Swimming at Conant; TBD

Monday, Jan. 23

BELMONT
Girls' Hoops at Concord Christian; 6
Unified Hoops vs. Prospect Mountain; 3

WINNISQUAM
Unified Hoops vs. Berlin; 4

Tuesday, Jan. 24

BELMONT
Boys' Hoops vs. Conant; 6
Girls' Hoops at Conant; 6:30

GILFORD
Boys' Hoops vs. Kearsarge; 5
Girls' Hoops vs. Kearsarge; 6:30

WINNISQUAM
Boys' Hoops vs. Fall Mountain; 7
Girls' Hoops at Fall Mountain; 6:30

Wednesday, Jan. 25

GILFORD
Nordic Skiing at Whitaker Woods; 3

WINNISQUAM
Hockey vs. Lebanon; 1:25
Wrestling at Bow; 5

Thursday, Jan. 26

BELMONT
Boys' Hoops vs. Inter-Lakes; 6
Girls' Hoops at Inter-Lakes; 6
Unified Hoops vs. Laconia; 3

GILFORD
Boys' Hoops vs. Conant; 6:30
Girls' Hoops vs. Conant; 4:30

All schedules are subject to change.

HIGH SCHOOL SLATE

Thursday, Jan. 19

KENNETT
Boys' Hoops vs. Berlin; 6:30
Girls' Hoops at Berlin; 6:30

PROSPECT MOUNTAIN
Girls' Hoops vs. White Mountains; 5

Friday, Jan. 20

KENNETT
Alpine Skiing at Cranmore; 10
Ski Jumping Home Meet; 6

KINGSWOOD
Alpine Skiing at Cranmore; 10
Boys' Hoops vs. Laconia; 6
Girls' Hoops at Laconia; 6

PROSPECT MOUNTAIN
Alpine Skiing at Gunstock; 10
Boys' Hoops at White Mountains; 6

Saturday, Jan. 21

KENNETT
Boys' Hockey vs. Kearsarge-Plymouth; 6
Girls' Hockey vs. Keene; 6
Indoor Track at UNH; 2:30

KINGSWOOD
Boys' Hockey at Lebanon-Stevens; 3:10
Girls' Hockey vs. Manchester Central-Memorial; 7
Indoor Track at UNH; 2:30

PROSPECT MOUNTAIN
Indoor Track at UNH; 2:30

Monday, Jan. 23

KINGSWOOD
Unified Hoops vs. Prospect Mountain; 3

PROSPECT MOUNTAIN
Unified Hoops at Kingswood; 3

Tuesday, Jan. 24

KENNETT
Boys' Hoops at Lebanon; 6:30
Girls' Hoops vs. Lebanon; 6

KINGSWOOD
Boys' Hoops at Milford; 6:30
Girls' Hoops vs. Milford; 6

PROSPECT MOUNTAIN
Boys' Hoops vs. Somersworth; 6
Girls' Hoops at Somersworth; 7

Wednesday, Jan. 25

KENNETT
Nordic Skiing at Whitaker Woods; 2:30
Unified Hoops at Plymouth; 3

KINGSWOOD
Boys' Hockey vs. John Stark-Hopkinton; 7
Wrestling vs. Mascoma, Campbell; 6

Thursday, Jan. 26

KENNETT
Boys' Hoops vs. Kingswood; 6
Ski Jumping at Plymouth; 6

KINGSWOOD
Boys' Hoops at Kennett; 6

All schedules are subject to change.

SNHU announces Fall 2022 Dean's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Fall 2022 Deans List. The fall terms run from September to December.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the Dean's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired eight-week terms grouped in fall, winter/spring, and summer.

Dean Yost of Barnstead
Conner LeBrun of Center Barnstead
Brittany Deflumeri of Center Barnstead (Lauren Jones of Laconia
Haley Treamer of Laconia
Abbey LaBrie of Laconia
Shelby Cole of Gilford

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The Gilmanston Community Church
497 Province Road, Gilmanston, NH
ccoppgather@gmail.com

COMMUNITY CHURCH OF ALTON
Prayer Meeting 9:00 am
Rev. Dr. Samuel J. Hall, 875-5561.
Bay service 8:30am Alton Bay Gazebo, Alton , NH
10 am Worship Service
20 Church Street, Alton
Our services are live streamed on YouTube
Sundays at 10 am
www.cconalton.com

CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC
Sunday School and Worship Services
Rev. Rebecca Werner Maccini
603-776-1820
Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom, Sundays at 10 a.m.
ccnorthbarnstead.com

FIRST CONGREGATIONAL CHURCH UCC FARMINGTON
Worship Services 10:00 A.M.
Sunday School 10:15 A.M.
400 Main Street
Farmington, NH 03835
Pastor Kent Schneider 755-4816
www.farmingtonnhucc.org

FIRST FREE WILL BAPTIST CHURCH
Sun. School 9:30am; Church 10:30am; Evening Service 6pm;
Wed. Prayer Meeting 7pm. Depot St., New Durham;
Pastor James Nason.

PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H.
on the Parade in Barnstead
Sunday Morning Worship Service for all ages begin at 9:00 a.m.
Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings.
Pastor Sandy Pierson - 483-2846

ST. KATHARINE DREXEL
40 Hidden Springs Rd., Alton, 875-2548
Father Robert F. Cole, Pastor.
Mass Saturday 4pm;
Sunday 8:30 & 10:30am;
Daily Mass Mon., Tues., Wed., Fri. 8:00am.

ST. STEPHEN'S EPISCOPAL CHURCH
Sunday 9:30, 50 Main St., Pittsfield
Rev. Miriam Acevedo, 435-7908
www.ststephenspittsfield.com

UNITED METHODIST CHURCH
Rt. 171 at Tuffnashers Corner.
Sunday services 10:30 am. Church 603-539-4058

UNITARIAN UNIVERSALIST SOCIETY OF LACONIA
Sunday services and religious education 10:00 a.m.
All are welcome.
172 Pleasant St Laconia • 524 6488 • uusl.org

MAPLE STREET CHURCH
Sunday Service 11am
96 Maple Street, Center Barnstead NH 03225

University of New Hampshire announces December 2022 Graduates

DURHAM — The following students graduated from the University of New Hampshire in December 2022. Students who received the honor of summa cum laude graduated with a GPA of 3.85-4.0; students who received the honor of magna cum laude graduated with a GPA of 3.65-3.84; and students who received the honor of cum laude graduated with a GPA of 3.50-3.64. Students are only graduated after the Registrar's Office has certified that all degree requirements have been successfully completed. Participating in the commencement ceremony is the act of honoring and celebrating academic achievement.

Haily Lincoln of Laconia (graduated with a MSW in Social Work)
Lauren Hamilton of Laconia (graduated with a BA in Communication)
Michael Hart of Gilford (graduated with a BSPHYS in Physics:Astronomy)
Megan Mathis of Alton (graduated with a MS in Occupational Therapy)
Savannah Bowling of Alton (graduated with a BS in Envirnm Conservation&Sustain)
Abigail Del Greco of Alton (graduated Cum Laude with a BS in Biochem,Molec&Cell Bio)
Timothy Clocksin of Alton Bay (graduated with a BSCS in Computer Science)
Lucas Mostoller of Alton Bay (graduated with a BSME in Mechanical Engineering)

Bryna Wilson initiated into Omicron Delta Kappa

LEXINGTON, Va. — Bryna Wilson, a native of Laconia, was recently initiated into the Grove City College Circle of Omicron Delta Kappa, the National Leadership Honor Society. The Society welcomed 1,085 new initiates from 45 universities during November 2022.

Students initiated into the Society must be sophomores, juniors, seniors, or graduate/professional students in the top 35% of their class, demonstrate leadership experience in at least one of the five pillars, and embrace the ODK ideals. Fewer than five percent of students on a campus are invited to join each year.

Omicron Delta Kappa Society, the National Leadership Honor Society, was founded in Lexington, Virginia, on December 3, 1914. A group of 15 students and faculty members established the Society to recognize and encourage leadership at the collegiate level. The founders established the ODK Idea-the concept that individuals representing all phases of collegiate life should collaborate with faculty and others to support the campus and community. ODK's mission is to honor and develop leaders; encourage collaboration among students, faculty, staff, and alumni; and promote ODK's leadership values of collaboration, inclusivity, integrity, scholarship, and service on college and university campuses throughout North America. The Society's national headquarters are located in Lexington, Virginia.

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Alton Funeral Home 12 School Street, Alton, NH

PETS OF THE WEEK




Jenni

I'm Jenni and I bet you want my number, or the one for the shelter to come adopt me! I am most comfortable around the people I know and would probably do best with adults only. There is potential for me to share a home with a male dog, of course we'd have to meet first. A low traffic home able to help me build my confidence with new people would be best!



Lucy

Lucy is an absolute sweetheart, she loves to get brushed and receive all of the chin rubs you are willing to provide. She could do well with similar, mellow mannered, animals in her new home.



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Gilford Public Library

Classes & Special Events
Jan. 19 – Jan. 26

Thursday, Jan. 19
Geri Fit, 9-10 a.m.
Spanish Storytime, 10:30 a.m.
Spanish Storytime is back! Come join Kathy to learn and listen to stories.

French Club, 4 p.m.
Book Discussion: The Book Woman of Troublesome Creek, 5-6 p.m.
This month's book is "The Book Woman of Troublesome Creek" by Kim Michele Richardson. Books are available at the front desk.
Organic Saffron Farming in NH, 6-7 p.m.
Salvatore Family Farm, a small family farm located in Chichester, New Hampshire, specializes in growing one of the world's most

expensive spices, organic saffron. Saffron traditionally has been grown in Europe and the Middle East so what's it doing here in New Hampshire? Learn about the many uses for saffron and how this local family farm grows and hand-harvests their organic saffron.

Friday, Jan. 20
Senior Sculpt, 9-10 a.m.
Bridge, 10-11:30 a.m.
Preschool Storytime, 10:30-11:30 a.m.
Hand & Foot, 12:30-2:30 p.m.
Advanced Conversational German, 2:30-3:30 p.m.
Beginner Line Dancing, 4-5 p.m.

Saturday, Jan. 21
Beginner Line Dancing, 10:30-11:30 a.m.

Monday, Jan. 23
Geri Fit, 9-10 a.m.
Baby Storytime, 10-11 a.m.
Tai Chi, 10-11 a.m.
Mahjong, 12:30-1:30 p.m.

Tuesday, Jan. 24
Senior Sculpt, 9-10 a.m.
Bridge, 10 a.m.-noon
Preschool Storytime, 10:30-11:30 a.m.
Intermediate Line Dancing, 4-5 p.m.

Wednesday, Jan. 25
VIVO Exercise Program, 9-10 a.m.
Each 45 minute class provides a warm-up, balance exercises, exercises to build your muscle strength, and a dual-task exercise: an exercise

that will challenge your brain health. The class concludes with a cool-down and stretching. Bring you weights and/or resistance bands to class. Most of all, VIVO classes are fun and will leave you feeling energized and stronger! Shari will be teaching the class live on Zoom and will provide modifications of exercises making this class easy to do from a chair or standing. Spaces are limited to 15 patrons; register today with Patty or call the front desk. Classes are \$5/person.
Check out an Expert, 10 a.m.-noon
Hand & Foot, 10 a.m.-noon
Chess Group, 1-3 p.m.
Paint Group, 1-3 p.m.

Gilford Public Library Top Ten Requests

1. "The House of Wolves" by James Patterson
2. "Lessons in Chemistry" by Bonnie Garmus
3. "A World of Curiosities" by Louise Penny
4. "The Murder Sorority" by Marshall Karp
5. "The Boys from Biloxi" by John Grisham
6. "Spare" by Prince Harry, The Duke of Sussex
7. "No Plan B" by Lee Child
8. "The Extraordinary Life of an Ordinary Man" By Paul Newman
9. "Going Rogue" by Janet Evanovich
10. "The House in the Pines" by Ana Reyes

Afterschool Club, 2:30-4 p.m.
Teen Science @ The Library: Forces of Nature, 3:30-4:30 p.m.
Thursday, Jan. 26
Geri Fit, 9-10 a.m.
Spanish Storytime, 10:30-11:30 a.m.
French Club, 4-5 p.m.

Alton Parks and Recreation Community Connection

Ice Skate Swap
The Alton Parks and Recreation Department is sponsoring an Ice Skate Swap for Alton residents now through Feb. 24. Stop by to see what we have collected so far and take what you need or donate your ice skates in good condition to the Swap. The Ice Skate Swap is available at the Parks and Recreation office at 328 Main St., 8 a.m.-4 p.m., Monday-Friday. For more information contact 603-875-0109 or parksrec-asst@alton.nh.gov. Public Ice Skating is planned this season in Alton at the outdoor skating area on Mill Pond as soon as the weather cooperates- thanks to the Alton Fire Department.

Valentine's Day Cards for Seniors
We need your help to send smiles this Valentine's Day! Alton Parks and Recreation is collecting Valentine's Day Cards for our Seniors. Our goal is to collect 50 cards, which will be hand delivered to the Seniors in town in partnership with the Alton Senior Center. Send or drop off your cards by Feb. 5 to the Alton Parks and Recreation Department at 328 Main St. For more information contact Alton Parks and Recreation at parksrec-asst@alton.nh.gov or 603-875-0109.

Weight Training Classes- Mondays and Wednesdays
The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednesdays, 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abilities. Learn new exercises to build strong muscles and bones. \$20 per month or \$5 drop in. Bring light hand weights, a mat and water. For more information contact parksrec@alton.nh.gov or 603-875-0109.

Yoga Sculpt Class with Sheila Marston
An energetic class that is a combination of vinyasa, strength training, cardio and core at the Alton Bay Community Center 6:30-7:30 p.m. on Wednesdays. Bring two sets of weights, water and a yoga mat. Drop in cost is \$12 or \$40 for four weeks. February is Healthy Heart Month and we are celebrating with a Free Yoga Sculpt Class on Feb. 1- join in the fun.

Little Pesaukees-Drop-In Playgroup
The Alton Parks and Recreation Department is sponsoring a drop-in playgroup for ages five and younger through January at the Alton Bay Community Center on Tuesdays from 9-11 a.m. We provide the toys and activities, and you provide the interaction. The ongoing program is free and is a great place to meet new people. Please bring a peanut free snack for your child. For more information contact parksrec-asst@alton.nh.gov or 603-875-0109.

Game Night and adult coloring events – February dates TBD

Barnstead Ice Rink is almost ready to open thanks to the 20-plus volunteers that came out and helped install the liner along with the volunteer that is filling and maintaining the ice. Due to the fluctuation with the weather, we have not been able to open the rink yet but plan to as soon as the temperatures are constantly below freezing. Please respect the rink and obey rink signage. Regarding the closed signs often result in damaging the ice surface and causing a lot more work to get it back into skating condition. This also delays the reopening of the rink. We offer free skate lending so everyone has an opportunity to get out and enjoy the rink.


Fire and ice skating event – We are planning for this free event on Feb. 11 and hoping that the weather cooperates. The Barnstead Ice Rink will be full of skaters, music will be playing and there will be a fire to warm up by. We will have skates to lend out at no cost along with hot beverages and s'more making supplies for a small fee. It's a great opportunity to get out and have a great time with the community.

Fishing Derby – March 4 has been set for the event and it's time to start planning. If you haven't had a chance to come to this event in the past, you have been missing out. There will be ice fishing lessons, demonstrations, and fishing. The sponsors for

this event are amazing and all equipment will be provided along with food and drinks. There will also be giveaways and prizes. We will be looking for 'fishing helper' volunteers so reach out to us if this is something you would like to take part in.


Beach and swimming lessons – It's time we start planning for the summer swimming season and swimming lessons (yes, it will be here before we know it). We are actively looking for a swimming instructor and will soon be looking for beach attendants.

Commission member openings
The time requirement is minimal but the satisfaction and enjoyment of seeing the community and kids enjoy our events is priceless! Being a part of the commission is a great way to be more involved in creating, planning, and hosting activities or programs for our community. There are different levels of involvement like leading and coordinate the moving pieces that make an event happen to working behind the scenes. Since most sports are organized and led by other groups we are focusing on other activities with the motto "Bringing Community Together by Doing Fun Stuff" There are various openings on the commission, and we are excited to welcome new members.
Please watch our website (barnstead-nhparks-rec.com) and Facebook page (@barnsteadparks) for additional details, date changes, cancellations, and pop-up events. We can also be reached at 802-332-3799 and barnsteadparks@gmail.com if you have any questions.



David Coffin - Family Concert

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The end of an era

Local Hospital Auxiliary dissolves

LACONIA — For more than 128 years, the Lakes Region General Hospital Auxiliary supported Lakes Region General Hospital and Concord Hospital-Laconia (CH-L) through its volunteer activities and fundraising efforts to benefit patients, staff, and the community. Sadly, like many auxiliary organizations across the country, the Auxiliary’s long history of service has ended.

A rich history
In 1893, the Laconia Hospital Association legally formed, as did the Ladies Hospital Auxiliary. Together, they set out to open the original hospital in Laconia.

Auxiliary volunteers hit the ground running to raise much-needed funds, hosting a charity ball, knocking on community members’ doors, and creating a system of bands dedicated to the pursuit of specific items. The first band, composed

of 10 women, pledged five cents of their own money every week to help defray the cost of dishware. They were aptly named the China Band. Other bands formed, the Linen, Curtain, and Nightgown Bands. In 1897, the Town of Laconia proudly opened the Cottage Hospital on Court Street.

It was not long before the community realized they needed a bigger hospital. With help from the community, auxiliary, and a generous donation of land from the Reverend Jeremiah Jewett, the Laconia Hospital opened its doors at its present location in 1908. In 1967, the hospital was renamed Lakes Region General Hospital (LRGH) and the Ladies Hospital Auxiliary incorporated to become the LRGH Auxiliary, welcoming men to their ranks.

The end of an era
At its peak, the LRGH Auxiliary had more than

100 members proudly raising funds on behalf of the local community hospital. In 2021, LRG-Healthcare was acquired by Concord Hospital, and the LRGH Auxiliary adapted once again and became the Concord Hospital-Laconia (CH-L) Auxiliary. However, the Covid-19 pandemic had a profound impact on volunteerism, including the closure of the Auxiliary Gift Shop, which greatly reduced the ability to raise funds. Also, like many other volunteer organizations across the U.S., auxiliary membership dwindled. With too few members to fulfill its mission and sustain fundraising activities, the CH-L Auxiliary made the difficult decision to dissolve as of Dec. 31.

“While it is the end of an era, I am grateful for the many wonderful memories and people I have worked with over the years,” said former Auxiliary President

Paulette Adams. “It has been a privilege to support our local hospital and make a difference for the thousands of people who have come through our hospital’s doors for care.”

Former Auxiliary President and Gift Shop Manager Sue Dalton added, “I joined the Auxiliary because I wanted to be part of an organization that gave back to the community. I am honored to have been a member and served in leadership roles for this special organization. I also wish to extend my sincere and heartfelt appreciation to the community for the many decades of support and patronage in the gift shop and at the annual Auxiliary craft fair, thank you for being a special part of our story.”

Making a difference
Proceeds from Auxiliary fundraising efforts have supported the hospital in the form of annu-

al gifts for the purchase of new medical equipment, technology, and furnishings. Over its lifetime, the Auxiliary has raised hundreds of thousands of dollars in support of patient care items such as hospital beds, Staxi-wheelchairs, blanket warmers, body scanners, and so much more. A Crisis Clothing Closet within the emergency room, as well as annual scholarships for students pursuing careers in the medical field. The Auxiliary also made sizable donations to numerous capital campaigns and sponsored philanthropic events such as the Tanger Breast Cancer Walk and the Red Dress Gala.

The Auxiliary’s final contributions to Concord Hospital-Laconia include \$30,000 towards the replacement of an echocardiogram machine, \$10,000 for continuing education for Mammography Technicians, and \$1000 do-

nation to the Employee Helping Hand Fund to assist employees of CH-L.

Gifts of service
Some former members of the Auxiliary will continue to serve at CH-L within the hospital’s Volunteer Program.

“Our Auxiliary has made a difference in the lives of generations of patients and their families through their gifts of service, and CH-L will always remember and be grateful for everything they have done for the hospital,” said Heidi Smith, CH-L Community Affairs Coordinator, and liaison to the Auxiliary. “I am thankful that I will continue to have the opportunity to work with some of the Auxiliary members, who are continuing on as volunteers at the hospital.”

Lakes Region Mental Health Center receives grant to support child & family programs

LACONIA — Lakes Region Mental Health Center (LRMHC) recently received a two-year, \$50,000 grant from the New Hampshire Charitable Foundation. The grant will help further LRMHC’s mission to provide integrated men-

tal and physical health care for people with mental illness while creating wellness and understanding in our community. The funding from the New Hampshire Charitable Foundation will help to support LRMHC

Child & Family programs in 2023-24, such as: parent education, workforce incentives, and LGBTQIA support groups for children and families.

About Lakes Region Mental Health Center

Lakes Region Mental Health Center is the New Hampshire-designated community mental health center serving 24 towns in Belknap and Southern Grafton Counties. A non-profit, private corporation founded in 1966, LRMHC provides integrated

care to children, adults, elders and their families who are living with and recovering from mental illness and/or emotional distress. LRMHC professionals provide the highest quality of care, and by working in partnership with other health care providers, hospitals, law enforcement, corrections, courts, school districts, social workers and public health officials, LRMHC is able to provide a continuum of care for patients and improve the quality of life in the Lakes Re-

gion. In Fiscal Year 2022, LRMHC’s more than 200 employees served 3,512 children, adolescents, adults and families and provided over \$372,000 of charity care. For more information, visit lrnhc.org or call 603-524-1100.

About the New Hampshire Charitable Foundation The New Hampshire Charitable Foundation is New Hampshire’s statewide community foundation, founded in 1962 by and for the people of New Hampshire. We are the place where

generosity meets the dedication and ingenuity of nonprofits and the potential of New Hampshire students. For six decades, thousands of people have entrusted their charitable resources to the Foundation, creating a perpetual source of philanthropic capital and making it possible for the Foundation to award more than \$60 million in grants and scholarships every year. For more information, please visit www.nhcf.org or call 603-225-6641.

Powerhouse announces January auditions for multiple spring projects!

LACONIA — Powerhouse will be accepting video auditions for its two-part Playwriting Festivals consisting of 12 short plays written by New Hampshire residents in its fall 2022 Playwriting Workshop.

Five plays will be rehearsed and recorded on Zoom to be aired in April, and seven more plays will rehearse and perform live in Rotary Park and the garden behind the Laconia Library on June 3 and 4. These events are part of the 2023 Mill Series sponsored by Taylor Community, and the

Garden Festival is sponsored by the Laconia Public Library.

Says producer Johanna Halperin, “These short plays are a great way for people to get a chance to participate in a Powerhouse production or try their hand at acting with a smaller time commitment. To be in the Zoom plays one doesn’t even need to leave the house! It’s also an opportunity for new directors to get a chance to work on a play.”

On Jan. 29, and also by video, musical theatre performers can audition for the first of SIX musicals in the 2023 Powerhouse season sponsored by The Home Beautiful. The Tony Award winning musical The Secret Garden, based on the classic children’s book, has roles for kids and adults and will perform as part of the 2023 Colonial Series sponsored by The Platinum Group, Grappone Mazda, and Bank of New Hampshire. It performs May 5-7.

All information about the productions and audition details can be found at <https://www.belknapmill.org/powerhouse-auditions> as well as links to register and audition materials.

In its less than two year existence, more than 200 individuals have participated in at least one Powerhouse production - these opportunities offer newcomers a chance to get involved and join Powerhouse veterans for fun on stage. For more details on Powerhouse and all the programs at the Belknap Mill or to find out how to become a sponsor, visit powerhousenh.org or email powerhouse@belknapmill.org.

GILFORD — A Redbird Full Motion Flight Simulator recently “landed” at the Laconia Airport’s Laconia Flight Academy, a branch of Skybright Aviation. This innovative technology simulator provides pilots and pilot candidates with a cost-effective, state-of-the-art trainer.

The simulator enables students to undergo an immersive training experience while reducing the time and cost to earn a pilot’s license or advanced certification. Laconia Flight Academy now has the Lakes Region’s only Redbird full motion simulator.

Lee Avery, owner of the Flight Academy and Skybright Aviation, said, “Redbird is a great addition to the tools we have to help customers reach their aviation goals.”

He added that the simulator training hours can be counted towards a portion of the FAA requirements for beginning and advanced certifications. Redbird’s video package enables the user to “fly” any-

Full motion flight simulator now at Laconia Airport



Pilot Karen Mitchell, left, shows fellow Pilot Jeff Davis (right) the numerous high tech features of the new Skybright simulator. Both Mitchell and Davis are Certified Flight Instructors. Davis, a retired airline pilot, owns and operates Double Time Aviation.

where in the World to experience a variety of airspace environments.

“The sophistication and technology of these simulators can reduce the cost of earning a pilot license while, at the same time, providing valuable experience not easily replicated in an

actual aircraft,” said Pilot Karen Mitchell, one of the Redbird instructors.

Avery’s new simulator features a fully enclosed cockpit with 200 degree wrap-around visuals. He invites beginners, experienced pilots and the curious to come

to Laconia Flight Academy and check out the Redbird. Call 603-528-6818 or visit the Web site, www.laconiaflightacademy.com, to schedule a visit to learn more, take the controls and experience flight without leaving the ground.

Cast of “Romeo & Juliet” brings action to the stage along with romance

LACONIA — Tickets are on sale now for Powerhouse Theatre Collaborative’s “Romeo & Juliet” Feb. 10-12 at the Colonial Theatre, sponsored by Franklin Savings Bank. This classic will feature Powerhouse’s first stage fighting, and the expertise of professional fight choreographer Jenry Towle. Says Towle, “What I love most about teaching stage combat is offering performers tools to show emotion and

character where words and normal physical action aren’t able to. When a character resorts to physical harm, or the use of weapons, it can give a very nuanced insight into their true intentions and thoughts. The cast of ‘R&J’ quite literally leapt into training, and have already created a support network for each other to keep everyone safe - while getting to do some really cool swordplay!” A staged reading of the sequel, “Montague

and Capulet,” written by Jaydie Halperin, will be performed at the Belknap Mill on Feb. 18 & 19 with the same actors from Romeo and Juliet. Whereas “Romeo and Juliet” ends in tragedy, “Montague and Capulet” give hope for a better future. The performance is sponsored by Irwin Automotive Group. Tickets for this production can be purchased via powerhousenh.org or at the door.



Nikolai Fernandez and John Bachelder spar in a stage combat rehearsal for “Romeo and Juliet.”

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The Domestic Asset Protection Trust
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When you transfer ownership of your property to a DAPT, you are actually transferring it to the trustee (the person or entity you have chosen to manage, invest, and use the accounts and property) on behalf of the irrevocable trust. The trustee is then under a legal obligation to use this property for your benefit, or for the benefit of those you have named in the trust – according to the rules you create within the trust. How a DAPT works
When you create a DAPT, you sign a trust document and transfer certain property into the trust. If designed correctly, the trustee may be able to make distributions to you as the grantor, thereby allowing you to continue enjoying some benefits of the

property in the trust. What kind of creditor protection does a DAPT provide?
A DAPT does not protect against certain state and federal claims. It also does not protect against creditor claims that existed at the time the DAPT was funded. Creditors are also precluded from bringing claims against the grantor or more than 4 years after the DAPT was funded. Despite the protection offered by a DAPT, some creditors will be able to reach the property owned by the DAPT. Currently, state law does not allow a DAPT to be used to spend down or qualify a grantor or the grantor’s spouse for Medicaid eligibility; defeat state or federal

reimbursement claims or rights of recovery for Medicaid benefits paid to the grantor or the grantor’s spouse; or defeat pre-existing creditor claims if property is transferred to a DAPT with the intent to prevent, hinder, or delay a known or present creditor from reaching the property. Who is likely to need a DAPT?
Not everyone will need a DAPT because not all people face the same kinds of risks. However, there are certain professions and circumstances for which you may want to consider using a DAPT as part of your estate planning. High-risk occupations. Lawsuits are increasingly common against those in certain professions, such as doc-

tors, accountants, lawyers, real estate developers, builders, architects, and business executives. Creating a DAPT to protect a portion of your assets can be an effective shield against risks associated with lawsuits if you are in one of these occupations. Owning a business. Owning a business can put you at a higher risk of lawsuits. Using a DAPT can protect your home and other personal property against claims brought against your business. Personal injury and accidents. Unfortunately, accidents happen to everyone. Moreover, it is common today for even innocent accidents to lead to litigation and potential loss of personal wealth. A tool such as a DAPT can be a critical

part of protecting your property for your family both now and in the future. Additional benefits
To the extent assets within the DAPT generate income, the income, if distributed to a beneficiary, can be taxed to the beneficiary. In the event that the beneficiary is in a lower tax bracket than the grantor, this strategy can save income taxes. Grantors can use annual gifts to offset the income tax payable by the beneficiary, allowing the beneficiary to receive the income, and use part of the gift to pay the income taxes, which are already subject to a lower rate than that of the grantor.



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Laconia: 3BR/2BA, in the Ferncroft community. This updated detached condo features fresh exterior paint, new quartz countertops, & Mitsubishi mini splits for heating & cooling, including updated appliances & carpet. \$499,900MLS: 4933183

\$399,000

MLS# 4940700

Moultonborough: 5BR/2BA, on 1.10 acres. This 2,100sqft. vintage but updated cape has all the charm & warmth! Beamed ceilings, brick hearth & wood stove in the living room, original wood doors w/ antique glass knobs, original floors in some areas. \$399,000MLS# 4940700

\$299,900

MLS# 4932105

Laconia: 2BR/2BA, Fantastic opportunity to own a renovated modern move-in patio condo or turn-key investment with weekly rentals at the Villages of Winnepesaukee! Highly desirable spot. Beach rights with Akwa Marina. Furnished excluding personal items \$299,900MLS#: 4932105

\$499,900

MLS# 4934923

Laconia: 2BR/2BA, contemporary home in pristine condition at Weirs Beach Village within walking distance to Weirs Beach. The loft features an additional BR & custom bar. Landscaped yard w/ gardens & underground sprinklers. \$499,900MLS #4934923

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WHO'S WHO IN LUXURY REAL ESTATE.

* Statistics obtained from NEREN for the past 24 years since 1997 for all real estate firms reporting sales in the entire state of NH during that time.

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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. To complain of discrimination call HUD toll free at 1-800-669-9777 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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BATHHOUSE

(continued from Page A1)

the space can't handle a three-bay sink needed for sanitation and they also need to upgrade to commercial grade freezers, which can't run on the current electrical system.

The older building is also having issues with pests, including rodents, insects in the wood, and woodpeckers digging into the walls.

There is also a possibility there is asbestos in the walls that would have to be removed.

Finance Director Holly Burbank said they talked with the state and other communities about the bathhouses they have constructed for an idea of scope and price. She said building costs have skyrocketed. They will likely need a building closer to 1,800 square feet and priced it out at a cost of \$400 per square feet. They also don't know how much asbestos abatement will be until someone tests how much is there.

Burbank said they could get a bond through the Municipal Bond Bank for \$1 million at an interest rate of 5.5 percent, which has been close to the standard. The first year would include a \$25,000 payment.

Members of the board of selectmen said they felt the price was too high.

Selectman Gus Benavides said they only really need a building for bathrooms and storage. Food trucks will be at the beach this summer, which he said is something they could look at instead of needing a commercial kitchen. They still didn't know how much asbestos abatement could be considering the building is around 60-years-old.

Selectman Chan Eddy said he agreed that the current building was in rough shape and needed to be replaced. He did think, however, that a million dollar price tag seemed unreasonable.

"I think we're gonna have to try and work

and keep the cost as low as possible," Eddy said. "We may find once we go out to talking to folks who know how to do this there may be things we can do to reduce the cost."

Board chair Kevin Hayes said this project came through the five-year Capital Improvements Program and it's been on the town's radar for a long time. He said if they end up needing a lower number for this project that is the amount they will end up bonding. Residents packed the meeting room and many spoke on this proposal. Some residents questioned why the whole building needed to be replaced, though several said while they agreed that the building needed to be replaced the proposed cost was too high.

Vincent Ferrara said his family loves the beach and they take their grandchildren there.

"I think a new building is warranted, in my opinion a million dollars just seems excessive and

that's something you gotta work on," Ferrara said,

Residents also said there were more options than installing commercial kitchen equipment.

"If you can't bring your own lunch from home or go out to eat, forget it, just don't come to the beach for the day," said Colette Weaver. "I don't think we need a whole restaurant-quality thing."

Paula Frye said her family ran the concession stand for many years. She said in the past several years prices at the stand have gotten much higher and fewer people have been buying from it. She recommended that the concession stand only offer some basic items.

Some said the food trucks would be a good alternative, but others said that they could also have downsides because those who own them have other business and the trucks could impact the beach.

Some residents sup-

ported the project as is and said the price was a good investment for a quality building.

Kathy Dumais said she uses the bathhouse throughout the summer and agreed there were issues. She said looking at the numbers the tax impact will be minimal.

"Yes a million dollars is a lot of money, but look at the investment you're giving to every resident of Gilford who doesn't have the opportunity to pay for a yacht club (or) live in a neighborhood with a community beach," Dumais said.

Some residents also proposed different options for bringing in more money including increasing the currently \$500 lease for the concession stand or getting donations for the project. Some also said the amount of asbestos should be tested first.

Parks and Recreation Commission chair Rick Nelson said they agreed on a \$1 million bond with the idea the final costs would likely be lower.

That bond was also preparing for the possibility costs could come in higher.

Benavides proposed taking \$100,000 off the proposed price, receiving support from Eddy.

"I am optimistic that we can go to a very nice facility for \$900,000," said Town Administrator Scott Dunn.

Nelson and Greene said they were concerned that putting that figure lower could impact the project if costs come in higher, including the possibility the voters could pass it this year but cost overages could stall it for another year.

The selectmen unanimously voted in favor of lower the cost of the bond to \$900,000.

This project would be discussed further at a special selectmen's meeting on Jan. 17 after press time. It will also be discussed at the town deliberative session and ultimately decided on by voters on March 14.

Shaker Regional School District
Custodian
Canterbury Elementary School

Shaker Regional School District has an immediate opening for a custodian at Canterbury Elementary School to perform cleaning duties according to an established schedule. Also responsible for removing snow, sanding, and salting, as necessary, during the winter months. Must be reliable, have the ability to work independently, and to follow written and verbal instructions. Reliable transportation is required. Work hours are 11 am – 7 pm; pay is \$14.37/hr. Benefits include District contribution toward Health Insurance plus fully paid Dental, Life, and Long-Term Disability Insurance. Participation in the NH Retirement System is required. Successful completion of a post-offer, pre-employment physical and criminal background check is required. For additional information please contact Steve Dalzell, Director of Buildings & Grounds, at 603-267-9223 x5309 or via email at sdalzell@sau80.org.

HELP WANTED

Shaker Regional School District
IT Support Specialist

Shaker Regional School District has an immediate opening for an IT Support Specialist to provide technical support and assistance to staff and students using a wide range of software and hardware. This is an 8 hour/day; year-round position that qualifies for a District contribution toward Health Insurance, plus fully paid Dental, Life, and Long-Term Disability Insurance. Other benefits include Personal, Sick, and Vacation Days. Participation in the NH Retirement System is required. Pay is \$20 - \$22/hr. For the complete job posting and to apply for this position please visit the Human Resources section of the District website, www.SAU80.org.

Call our toll-free number 1-877-766-6891
and have your help wanted ad
in 11 papers next week!



Clerical Office Support Needed

Great Waters Music Festival located in Wolfeboro, NH has an immediate opening for a part-time office support person 15 – 20 hours a week with the potential for expanded hours during the summer months. Applicant must have excellent communication skills both verbal and written including attention to detail and proofreading skills, ability to multi-task and work with others. Experience with a variety of computer applications including prior database experience a must. Applicant will be trained in the use of the Choice ticketing system.

To apply, send a letter of interest and resume to admin@greatwaters.org. Position open until filled.

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Ucvh-hr@ucvh.org
EOE

Middleton School District
FOOD SERVICE SITE SUPERVISOR

Middleton Elementary School is looking for an energetic person to supervise the daily preparation and cleaning of the kitchen.

This person would also maintain daily records and inventory and should have an understanding of the National School Lunch Program.

They will place and receive orders, prepare meals, cashier and prepare reports associated with the point of sale software. Reports directly to the Food Service Director or School Principal.

LET'S TALK!

Call Karen, Food Service Director, 603-569-2433

Please come join us!

apply at: www.middletonelementary.org
(Click on "MES Employment")

Applications remain on file and can be updated for future openings.

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	52 Beacon Ave.	Multi-Family Residence	\$149,900	Forrest T. and Bertha A. Garvin	Karl K. and Brittany T. Casciani
Alton	Jesus Valley Road	N/A	\$10,000	Cna Holdings Inc.	Dalton and Amber Flannery
Alton	Route 11A	N/A	\$1,180,000	Broadleaf Forest Management LLC	The Lakes Hospitality Group
Barnstead	16 Wentworth Lane	Single-Family Residence	\$355,000	Charles D. Bean, Jr.	Charles J. Foley, Jr.
New Durham	Mountain Drive	N/A	\$245,000	Jody L. Alden	David Poole

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

Bank of New Hampshire supports Granite United Way

LACONIA — Bank of New Hampshire is pleased to announce a \$10,000 donation to Granite United Way as part of a corporate pledge for 2022.

Granite United Way is a nonprofit organization that makes strategic investments in our community that help others Learn, Earn and Be Healthy. Their impact covers more than 85% of New Hampshire and Windsor County, Vermont. Granite United Way has the expertise, trust and scope to bring together stakeholders like local nonprofits, government, businesses, private foundations and volunteers with the common goal of delivering total community impact. The organization believes that every one of us has the power to be a change agent and they are committed to removing barriers and creating opportunities for people to make a positive impact in our community. Granite United Way's commitment to transparency and efficiency has been recognized at the national level and of the highest accolade, by both Charity Navigator and GuideStar; organizations that ensure charities are held to standards of excellence. By working closely with volunteer leadership

BOYS
(continued from Page A1)

finished in 14th in 15:39, Clark Blackwelder skied to 24th place in 17:13, Dylan Wright was 34th in 20:17, Gunnar Marvel finished in 43rd in 22:12, Aiden Bondaz finished in 23:23, Benjamin Smith was 46th in 23:51 and Malcolm Breton finished in 54th place in 29:46.

Georgia Eckhardt was the top Gilford girl, finishing in seventh place with a time of 16:46.

Maria Tilley skied to 12th place in 17:43 and Sydney Eastman placed 15th in 18:41.

Anna Coapland skied to 18th place in a time of 19:29 to finish out the scoring for the Golden Eagles.

Alana Sawyer was 19th in 19:55 and Kaitlyn O'Brien was 25th in 21:25.

In the shortened middle school race, Addison Stroud led the Gilford girls in fourth place in 14:47.

Gilford is scheduled to compete at Whitaker Woods in North Conway on Wednesday, Jan. 25.

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

to invest donor dollars to help our community learn, earn and be healthy and by focusing on these investment initiatives, they are helping people in new and strategic ways.

"Granite United Way is proud to partner with the team at Bank of New Hampshire to ensure our community has access to critical programs and services that strengthen individuals and families," said Patrick Tufts, President and CEO of Granite United Way. "We thank Bank of New Hampshire for this corporate gift and appreciate their dedication to helping others."

Bank of New Hampshire is proud of this partnership as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service,

New Hampshire students in Granite United Way apparel.

while assisting our employees, customers and communities to build brighter futures.

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



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 a moderator and school board members of the Shaker Regional School District. The filing period will start Wednesday, January 25, 2023.

The election will occur during the annual voting on Tuesday, March 14, 2023 and will be conducted under the non-partisan ballot law.

Positions to be filled at the election are:

School District Moderator – one member to serve for two years
Belmont – two members to serve for three years
Canterbury – one member to serve for three years

Written declaration of candidacy must be filed with the clerk prior to 5:00 pm on Friday, February 3, 2023 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, or by calling Stacy Kruger, Clerk, at 603-267-7552 evenings.

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.

Stacy Kruger, Clerk
Shaker Regional School District

SHAKER REGIONAL SCHOOL DISTRICT NOTICE OF PUBLIC HEARING

Shaker Regional School District will hold a public hearing regarding receipt of SAFE Grants. The meeting will be held at Belmont Middle School on January 24, 2023 beginning at 6:00 pm.

Shaker Regional School District Public Hearing Notice

The Canterbury Supervisors of the Checklist will be in public session at the Sam Lake House, Hackleboro Rd, Canterbury, NH for any changes and corrections to be made to the vote checklist on: Tuesday, January 24, 2023, from 7 - 7:30 p.m.

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

Shaker Regional School District Public Hearing 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 the Belmont Town Hall, 143 Main Street, Belmont NH on: Tuesday, January 24, 2023, from 7:00 pm – 7:30 pm.

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

Meeting Notice Town of New Durham, NH FY 2023 Deliberative Session

Notice is herby given that in accordance with the provisions of Senate Bill 2 (RSA 40:13) adopted by the Town in March 2014, the first (Deliberative) session of the 2023 Town Meeting will be called to order

at 3:00p.m. by Linda Callaway, Town Moderator on

Saturday, February 4, 2023 at 3:00 P.M.
at the New Durham School Gymnasium located
at 7 Old Bay Road in New Durham, NH

With a snow date of Wednesday, February 8, 2023
at 6:00 P.M.

at the New Durham School Gymnasium located
at 7 Old Bay Road in New Durham, NH.



PHOTOS BY ERIN PLUMMER
Fireworks shot off the roof of the Fairmont Copley Plaza in Boston at the stroke of Midnight on Jan. 1.

GOING OUT OF TOWN



The Greater Boston Chinese Cultural Association did a dragon dance during First night Boston's parade.



Some ice sculptures in Copley Square.

Ring in the New Year in Boston

BY ERIN PLUMMER
mnews@salmonpress.news
A little while ago, I talked about how Boston goes all out for the holidays with so many parts of downtown adorned with colorful decora-

tions. Skip ahead a few weeks later and there's another holiday Boston does to the nth degree: New Year's Eve. First Night Boston is a big event that has taken on various forms for the

past several years. After a few years of a pandemic, First Night returned to full activities for 2022 and Copley Square was especially a pretty fun place to be to watch the clock turn midnight on the new year.

First Night Boston is a tradition for me, and I try to get there whenever I can provided the weather is cooperating and there isn't outside circumstances like... you know... a global pandemic. My idea of a great New Year's Eve is doing some cool stuff like enjoying some good food and doing fun activities. I'm not a partier by any stretch of the imagination, in fact I can't stand the taste and smell of alcohol. That's why I absolutely love going to First Night Boston: there's so much stuff to do and see and then there's everything that can be found in the whole city of Boston.

I started coming to First Night around the 2010's. Back then there were a bunch of activities inside the Hynes Convention Center as well as on Copley Square. I can recall seeing a trick bike demonstration, an acrobatic performance, and some anime films. In the following years First Night scaled back and reorganized their events.

The last First Night I went to was 2017 and I wasn't able to come back for another four years. Three of those years had snow and ice storms that kept me away and 2020... well take a guess why I stayed away in 2020.

First Night 2023 had unseasonably warm weather with steady rains all across Massachusetts and most of

New Hampshire. As long as the moisture wasn't freezing, I was more than content to pack a raincoat and an umbrella to finally do this again.

This past year marked the first time since the pandemic First Night had its full indoor and outdoor schedules.

Performances and activities were scheduled throughout the day at Copley Square and The Boston Public Library. A puppet theater went on throughout the day in the Copley Place Mall and three city churches offered special performances.

I got into Boston early in the evening in time for the First Night Parade from Copley Square to Boston Common. I exited the T at Park Street and got to see some figure skating performances in Boston Common for the Skating Club of Boston's Frog Pond Skating Spectacular. Young skaters and skating teachers around the Boston area did routines in front of an audience.

The parade started around 6 p.m. with Mayor Michelle Wu at the front. It was kind of cool to see her in person. Several different nonprofit organizations in the Boston area had different displays and marchers.

Some highlights included the dragon dance presented by the Greater Boston Chinese Cultural Association, a performance by the William Diamond Junior Fire and Drum Corps, an array of puppets and colorful outfits, and much more. Boston is also celebrating the 250th anniversary of the Boston

Tea Party in 2023 and there was a lot of people in Revolutionary outfits to commemorate the occasion.

After the parade most of Boylston Street was still closed to traffic and was open to pedestrians only for most of the night.

Copley Square was the center of activity. This year the stage was set up by the Boston Public Library with the crowd and vendors on Dartmouth Street and into Copley Square itself. Bands performed on the stage into the night leading up to the countdown. You could also look up to the Prudential Tower art any time and see the building's lights take the number "23" on the sides of the building.

Ice sculptures were on display throughout Copley Square and other locations around downtown. While the warm and wet weather did result in some melting, the sculptures did maintain most of their shapes throughout the night.

To encourage people to use public transportation as opposed to driving, the MBTA opened all subway gates at 8 p.m., and anyone could ride the T for free. I took advantage of this to take a detour from Back Bay Station to Chinatown to find some Chinese pastries and go for an evening walk (albeit a wet one). After a while I found my way to Government Center and boarded the Green Line for Prudential.

Around 11:30 p.m., I found a spot among the crowd in front of the stage to get ready for

the countdown. A light show broadcast the time right on the library wall above the stage. When midnight approached, the lights counted down with the crowd yelling out the last 20 seconds. A fireworks display on the roof of the Fairmont Copley Plaza Hotel officially rang in the New Year.

As I indeed planned to drive all the way back to Meredith right that night, I joined the lines for the nearest T station to get back to my car. By this point I was convinced I was the most sober person in the city of Boston (okay that's an exaggeration... maybe). Finally I reached Alewife Station and was headed back north.

The biggest issue with the drive back was heavy fog starting around the New Hampshire line and this combined with ponding on the highway got me off I-93 around Concord and I took Route 106 the rest of the way home. There was a brief break in the parking lot of the Shaw's on Loudon Road for some wake-up calisthenics (yes, I probably looked weird but that area has probably seen weirder). Less than an hour later, I was going back home a little tired and soggy but happy.

I highly recommend checking out First Night Boston. So much was going on throughout the entire day and even into New Year's Day and there was so much more I wanted to see. I was just happy I finally got the chance to return and barring weather or global pandemics I want to come back next year.



Skaters performed on the Frog Pond in Boston Common for Boston's Frog Pond Skating Spectacular.

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