

Golden girls

Gilford girls bring home Division II Nordic title

BY JOSHUA SPAULDING
Sports Editor

PINKHAM NOTCH — The Gilford Nordic girls had a tremendous performance in the morning classical race at the Division II State Meet on Wednesday, March 5, at Great Glen Trails in Pinkham Notch.

The 390 points the Golden Eagles earned in winning the classical race put them 15 points ahead of their closest competition and allowed them to bring home the Division II championship despite finishing in third place

JOSHUA SPAULDING
(Right) The Gilford Nordic girls pose with the Division II championship plaque after last week's Division II State Meet in Pinkham Notch.



in the afternoon freestyle race.

Gilford finished with a total of 761 points, which was seven points ahead of runner-up Lebanon, who won the afternoon freestyle race ahead of Hopkinton, who finished third overall on the day.

The Eagles put two skiers on the podium in both races, with Maria Tilley coming home first overall in the morning classical race in a time of 15:30 and teammate Georgia Eckhardt was right behind in a time of 15:34 for second place.

Anna Coapland finished in a time of 16:37, which placed her fourth overall and Alana Saw-

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Barnstead Town Meeting set for Saturday

BY ERIN PLUMMER
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BARNSTEAD — Equipment and vehicle purchases, rearranging a parks and recreation fund, and an operating budget of around \$5.44 million are some of the articles voters will decide on at town meeting.

Barnstead's Town Meeting will take place on Saturday, March 15, at 9 a.m. at Barnstead Elementary School.

Article 4 would raise and appropriate \$52,674 for the fifth of six lease purchase payments for a new ambulance.

Article 5 would purchase a new police cruiser for \$77,000 to replace a current vehicle.

Article 6 would authorize the selectmen to enter into a five-year lease purchase agreement to get a new excavator for the highway department. The first year's payment of \$59,401 will come from the Highway Department Heavy Equipment Capital Reserve Fund. The total cost for the excavator is estimated at \$297,005.

Article 7 would purchase a new fire rescue utility vehicle for \$70,617, which would come from the Fire Rescue Special Revenue Fund.

Article 8 would create a new Accrued Benefit Liability Expendable Trust Fund to fund different liabilities and benefits. This could include, wages, vacation time, and other benefits. The fund will open with \$25,000 from the unassigned fund balance.

Article 9 would put \$250,000 into the Road Paving Maintenance

ETF.

The Municipal Building Repair and Maintenance ETF would receive \$20,000 under Article 10.

Article 11 would put \$25,000 into the Bridge Construction CRF.

The Highway Department Heavy Equipment CRF would receive a deposit of \$150,000 if Article 12 is passed.

Article 13 would make a deposit of \$60,000 into the Fire Rescue ETF.

Barnstead will be celebrating its 300th birthday in 2027 and is putting aside money for the festivities. If passed, Article 14 would put \$5,000 into the Barnstead 300 Year Celebration ETF.

The Public Safety Building CRF would receive \$50,000 with the passage of Article 15.

The Emergency Management Non-Capital Reserve Fund would receive \$10,000 with the passage of Article 16.

Article 17 would put \$10,000 into the Emergency Fuel and Heat ETF.

Article 18 would deposit \$25,000 into the Municipal Computer and Equipment ETF.

The town is proposing a few new articles that will lead to repairing the parks and recreation department's facilities while changing over a fund.

Article 19 would discontinue the Parks & Recreation Facility CRF with the \$57,842 plus any accrued interest going to the general fund. Article 20 would then create a Parks & Recreation Expendable

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Forest Society offers volunteer opportunities at Mount Major

ALTON — The Forest Society is looking to recruit and train Volunteer Trailhead Outreach Program (VTOP) volunteers to provide trailhead outreach at Mt. Major during the busy summer and fall seasons. Volunteers engage and share information with visitors at the Mt. Major trailhead parking area under a new pavilion. Training is quick and flexible, and volunteers can choose their own schedules. Learn more at <http://forestociety.org/vtop>.

"More than 80,000 people are estimated to hike Mount Major every year, and for many of those new to hiking, Mount Major is often their first 'real mountain' experience," states Carrie Deegan, reservation stewardship and engagement director. "Trailhead volunteers have been really helpful in providing information about wayfinding and trail conditions, hiker safety, and sharing how visitors can recreate responsibly, minimizing their impact on the environment."

Learn about how you can help care for Mt. Major by engaging with people, talking about hiking safety and sharing a

positive message. Join us for a virtual information session on April 9 from 7 p.m. to 8 p.m. This session is not mandatory in order to join the program but is offered to learn more about the program. You can also visit <http://forestociety.org/vtop> to learn more about VTOP.

The Forest Society is proud to continue meaningful visitor outreach efforts at Mt. Major by continuing to grow this important volunteer program. The Volunteer Trailhead Outreach Program (VTOP) is modeled after the highly successful Trailhead Stewards Program in the White Mountain National Forest and the Adirondack Mountain Club's Trailhead Stewardship Program.

The Forest Society is a private, non-profit land trust and forestry organization established in 1901. The Forest Society now owns 200 protected forests constituting nearly 65,000 acres in 105 New Hampshire communities across the state. In addition, it currently holds nearly 800 conservation easements statewide permanently protecting an additional 131,000 acres of New Hampshire's natural landscape.

GHS theater cultivates "Little Shop" production

BY ERIN PLUMMER
mnews@salmonpress.news

GILFORD — Meet a monstrous plant, an awkward florist, and a cast of colorful characters in the coming Gilford High School production of "Little Shop of Horrors."

GHS will present the popular musical "Little Shop of Horrors" on March 27-29, all shows at 7 p.m. in the GHS Auditorium.

In "Little Shop," nerdy florist Seymour tries to save his shop in a downtrodden section of New York by displaying a plant named Audrey II, who goes from small shrub to a monstrous being with a few drops of blood.

Director Matt Demko said this show was highly requested by students, but because the show has a smaller cast size, they couldn't do it as the fall musical. He said the program does have the tradition of doing a second musical around every eight years and decided this would be a good time to do "Little Shop."

"The show is so much



Musical director Denise Sanborn works with the cast of the coming Gilford High School production of "Little Shop of Horrors."

fun," Demko said. "The music is a spoof of 1960's doo-wop music and the kids are having fun singing it. The story is fun and over the top with a cast of colorful characters."

He said they have a great cast for this show.

"We have a great company of talented performers and techies, and we are going to have an amazing show," Demko said. "The performers have been working hard and are really dedicated."

Demko said the show has a wonderful production team with music director Denise Sanborn, choreographer Heidi Noyes-Bourgeois, costume designed Karen Madon, orchestra director Sean Meagher, and tech director Scott Pidington.

Some students will also be stepping up into some production roles.

"We also have a number of the cast who will be doing some choreography in the show as well," Demko said. "They are all amazing and hard working and have done a great job so far."

Work is underway on the sets and behind the scenes details. Demko said members of the tech crew have had a lot of fun projects including working on the flower shop, the buildings in Skid Row, and four different versions of Audrey II.

Alton Parks and Recreation Community Connection

Holistic Wellness and Nutrition
The Alton Parks and Recreation Department and Gilman Library are sponsoring a free workshop on Holistic Wellness and Nutrition with the Cornerstone VNA Community Care. The workshop will be held at the Gilman Library, Agnes Thompson Meeting Room, on March 20 from 1:30-2:30 p.m., and will focus on discovering a holistic approach to self-care and life balance through activities. Identify imbalances and take steps toward harmony. This program is led by wellness nurse and functional nutritionist, Sandy Powers, RN. Please RSVP to parksrec@alton.nh.gov by March 13 to reserve your seat.

Hit the Trail!- Hiking Program
Join hiker, Bonnie Dodge, for beginner hikes on Fridays at 10 a.m. starting March 28. This is a great opportunity for hesitant folks to discover the wonderful world of hiking. Bring water, comfortable walking shoes, and a snack. A new trail location will be announced each week to the group. Register by the Wednesday before the Friday hike at parksrec@alton.nh.gov or 603-875-0109. Program is free.

Reiki Training Level 1
The Alton Parks and Recreation Department is sponsoring Reiki Training with Carol Wallace, certified Reiki Master Teacher, on Saturday, April 12 at the Gilman Museum in Alton from 9 a.m.-3 p.m., \$150. Learn the fundamentals of Reiki energy healing, one of

the most ancient healing methods known to man. Reiki allows the body to re-establish its own natural balance by restoring order to the body, it clears energy blockages, and detoxifies our physical systems. We can receive many benefits from the deep relaxation that this process offers. Participants will receive a Level 1 attunement and certification, and learn how to perform Reiki on themselves, their family, friends and pets. To register for the training contact Alton Parks and Recreation at parksrec@alton.nh.gov or 603-875-0109 by April 7.

DIY- Braiding Beads Charms
The Alton Parks and Recreation Department is sponsoring a DIY Braiding Beads class on Thursday, April 3 from 6-8 p.m. at the Pearson Road Community Center. Join instructor Cindee VanDerMeid in making braided bead charms and zipper pulls. Charms make great accents on bags and backpacks. See examples of the charms on the Parks and Recreation Department Face Book Page or photos of examples can be emailed to you. Cost of the class is \$10 per person, and includes materials to make at least two charms. Bring a hand towel to use as a work surface, and scissors. Pre-register by March 21 at 603-875-0109 or parksrec@alton.nh.gov.

Weight training classes — Mondays and Wednesdays
The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mon-

days and Wednesdays from 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abilities. Build strong muscles and bones, increase flexibility and develop better balance. Bring light hand weights, a mat and water. For more information, contact parksrec@alton.nh.gov or 603-875-0109. Try a class for free. \$20 per month/session or \$5 drop in.

Pilates classes in Alton Bay- Tuesdays and Thursdays
The Alton Parks and Recreation Department is sponsoring Pilates classes at the Alton Bay Community Center on Tuesdays and Thursdays, 9:30-10:30 a.m. with certified instructor Donna Lee. All level adults are welcome for a full body, low impact class that will improve muscle tone, flexibility, balance and strength. Pre-registration is \$10 per class or \$15 drop in. Bring a mat and water. For more information/register contact Donna at breathepilates1@yahoo.com or parksrec@alton.nh.gov.

Beginner Hatha Yoga with Pamela Mott, 500 YTT Certified
The Alton Parks and Recreation Department is sponsoring Beginner Hatha Yoga with Pamela Mott, 500YTT, on Sundays at 9 a.m. through March 23 at the Alton Bay Community Center. Each class will be 60 minutes with an introduction to basic poses, sequences and meditation. Dress in

comfortable clothing. If you have been curious how yoga can fit into your life try this session and bring a friend. Please bring a mat and/or block if you have them. This is a good opportunity for those recovering from injuries or illness to get back into life. Drop in for \$10/class. Pre-registration is preferred, text Pamela Mott at 603-393-0595 for further information. Cash and Venmo accepted.

Guided Meditation
The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring Guided Meditation with Karen Kharitonov on Thursday, March 13 from 6:30-7:15 p.m. at the Gilman Library, Agnes Thompson Meeting Room. Meditation is helpful for reducing stress, and slowing our bodies down to breathe. The program is free, donations accepted to benefit local charities. For more information contact Alton Parks and Recreation at parksrec@alton.nh.gov or 603-875-0109.

Tinkergarten at B&M Park for ages eight and under
The Alton Parks and Recreation Department is sponsoring Tinkergarten with Miss Kim on Fridays at B&M Park from 10-11 a.m. for children ages eight and under. Try a class for free on April 4. The eight-week session runs April 11-May 30, \$150. Tinkergarten is an outdoor play experience that is interactive, coop-

erative and creative- let's play outside and explore what nature has to offer. For more information and to register, go to: <https://sites.google.com/view/learn-and-grow-with-miss-kim/home>.

USTA spring tennis lessons — youth
The Alton Parks and Recreation Department is sponsoring Tennis in the Parks for Grades 1-6 on Tuesdays and Thursdays at the Liberty Tree Park Tennis Courts from May 13-May 29. Grades are divided by times: 4-5 p.m. Grades 1-3; 5:15-6:15 p.m. Grades 4-6. Registration is \$60, includes a brand new tennis racquet, and instruction with a USTA New England certified instructor. Basic tennis skills will be taught: forehand, backhand, serve, overhand and volley. Register by April 18, class size is limited to seven. Registration forms are available at altonparksandrecreation.com or stop by the Parks and Recreation Kiosk at 328 Main St. to sign up. Contact parksrec@alton.nh.gov or 603-875-0109 for more information. Upcoming Summer Lessons will be held July 8-24 and Aug. 5-21.

USTA spring tennis lessons — adults
The Alton Parks and Recreation Department is sponsoring Tennis in the Parks for adults on Wednesdays at the Liberty Tree Park Tennis Courts from May 14-June 18 from 6-7:30 p.m. Registration is \$70, includes instruction with a USTA

New England certified instructor. Basic tennis skills will be taught: forehand, backhand, serve, overhand and volley. Register by April 18, class size is limited to 7. Registration forms are available at altonparksandrecreation.com or stop by the Parks and Recreation Kiosk at 328 Main St. to sign up. Contact parksrec@alton.nh.gov or 603-875-0109 for more information. Upcoming Summer Lessons will be held July 9-Aug. 13.

Shooter's Gold Basketball Camp
Shooter's Gold Basketball Camp will be held at PMHS June 24-27. Session I for grades 1-4 from 8-10 a.m., \$100 and Session II for grades 5-8 from 8 a.m.-noon, \$130. All campers receive a camp basketball and t-shirt. Go to www.hogancamps.com to sign up.

Old Home Week Committee — Meeting March 20
The Town of Alton's Annual Old Home Week Celebration is scheduled for Aug. 8-17, and volunteers are needed to organize the event. There will be a meeting on Thursday, March 20 at 6 p.m. at the Pearson Road Community Center to discuss the planning of Alton Old Home Week, all are welcome. If you like participating in Alton Old Home Week events please consider being a volunteer. For more information contact Alton Parks and Recreation at parksrec@alton.nh.gov or 603-875-0109.

Masons hosting monthly breakfast buffet Sunday

ALTON — On Sunday, March 16, the Masons of Winnipisaukee Lodge in Alton will hold their monthly Breakfast Buffet starting at 7:30 a.m., open to the public, at the Lodge on Route 28, a quarter mile south of the Alton Circle. With fruit, biscuits and gravy, scrambled eggs, omelets, bacon and sausage, home fries, beans, pancakes, french toast, coffee and juice being served,

it is a perfect time for family and friends to sit down and enjoy an all you can eat breakfast buffet. Cost is \$12. The Masons serve breakfast between 7:30 and 11 a.m. They hope to see you there (always on the third Sunday of the month). For more information about the breakfasts or Winnipisaukee Lodge, please contact David Snyder at 603-717-1713.

BY ERIN PLUMMER
mnews@salmonpress.news
BARNSTEAD — An operating budget of more than \$17 million and the new collective bargaining agreement with the Barnstead Educational Association are some of the articles on the school district warrant. Barnstead's School District Meeting will take place on Saturday, March 22, at 9 a.m. at Barnstead Elementary School. Voters will decide on eight articles, including budget items and a teacher's contract. Article 2 will set the annual salaries of different district officers. This

\$17 million budget, teacher's contract on Barnstead school warrant

includes \$2,500 each for the school board members, \$2,700 for the school board chair, \$2,500 for the school district treasurer, \$150 per meeting for the moderator and clerk, \$125 for the truant officer and \$100 per meeting for the supervisors of the checklist. Article 3 will support the Barnstead Elementary School's lunch program for \$318,500. The article will be funded with the same amount of revenue from the sale of food as well as state and federal sources.

Article 4 would raise and appropriate \$300,000 to fund grant programs such as IDEA, Title I, and others. This amount will come from state and federal revenues. Article 5 would put \$160,000 into the School Disability Capital Reserve Fund to meet expenses of teaching students with disabilities. Article 6 would approve the cost items in the collective bargaining agreement between the Barnstead School Board and the Barnstead Educational Association.

The estimated increase for the 2025-2026 school year will be \$288,564 and the article will raise and appropriate that amount. The estimated increase in the second year will be \$220,947 and will be \$190,173 in year three. If Article 6 fails, Article 7 would authorize the school district to hold a special meeting to address the collective bargaining agreement's cost items only. Article 8 is the school district's operating budget of \$17,057,777.

Input sought on Gilford Hazard Mitigation Plan

GILFORD — The Gilford Hazard Mitigation Plan Committee is updating its 2018 Hazard Mitigation

Plan. The committee represents a variety of local interests and is focusing on the natural hazards that put

Gilford at risk as well as the development and prioritization of recommendations to protect the safety and well-being of city residents and visitors. The committee is seeking your input; please take a few moments to complete the questions in this survey regarding hazard mitigation in Gilford at <https://arcgis.com/arcgis/1LaD943>. The 2018 Gilford Hazard Mitigation Plan can be found at <https://www.lakesrpc.nh.gov/Pages/Index/228297/hazard-mitigation>. For more information, please contact Chief Stephen Carrier, Laconia Emergency Management Director, at 603-527-4758 or scarrier@gilfordnh.org.

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ABA Monthly Member Highlight: Cloudberry Cottage

ALTON — Every month, the Alton Business Association sits down with one of our amazing ABA members to get to know them a little better! We ask each member the same questions, providing an opportunity for our members to highlight the important work that they do in our communities. If you're an ABA Member and would like to be considered for future Monthly Member Highlights, please reach out to us via email at info@altonbusinessassociation.com

Q: Tell us about your business.

A: Our business, Cloudberry Cottage Market & Botanica, is a place to fill bellies, feed souls, promote wellness, and inspire connection. We invite people to visit us for earth-kind essentials, local treasures, & herbal wonders. With displays arranged on antique furniture, live vines winding through our shelves, twinkling lights, and the scent of fresh baked goods in the air, Cloudberry Cottage feels a little more folkloric than farm store. At our herb counter, we house a growing inventory of over 130 bulk botanicals including loose leaf teas, mushroom powders, regionally grown herbs, and wild-crafted wonders. We believe that a little storybook whimsy goes a long way in alleviating the stresses of daily life, and to that end, you'll also find our Botanica stocked with a number of enchanting local artisan crafts and metaphysical gifts alongside natural products and earth-kind essentials at our budding refill station. We also offer gatherings and classes including workshops with other herbalists, artists, and experts who are excited to share their expertise with others. In the Market, visitors can look forward to an abundance of locally farmed products like meats, produce and dairy alongside locally crafted pantry staples like raw honey, jams, coffee and more. Let's not forget the baked goods! We host several bakers here and offer a variety of products including sourdough loaves, celiac safe Gluten Free bread, vegan treats, individual goodies and of course, pies from our cottage based pie company The Piesmith which has made the list for WMUR's viewer's choice for Best Pies a handful of times over the years. At Cloudberry Cottage, what sets us apart and brings every facet of our business together is our truly holistic model. People think holistic means natural, but it really means whole. It acknowledges that we exist in relationship to a greater living and spiritual ecology which also lives within our bodies. We know that healing happens on many levels and affects all connected points. Therefore, we seek to heal our land by supporting local

food sources knowing that we heal our community and bodies at the same time. We support others in their healing journeys knowing that healthy people build healthy communities and also care about the food they eat and the land that grows it. We build community knowing that it is the foundational support for everything else and reminds us that we are truly better together. We lift up local artists knowing that art is essential! Creativity, beauty, and wonder are novel medicines for the mind and heart -- thawing the ice that keeps us stuck in patterns of disharmony and opening pathways to growth, ingenuity, and bliss. Now that is a future I can get behind, and we hope others will too!

Q: Tell us about yourself.

A: I am a bit of a modern renaissance woman -- that sounds too kind though. I'm not sure I'm that put together. What I really am is neurodivergent. I have ADHD and have for my whole life, I have pursued and developed many interests from bookish pursuits to musician-ship to gardening, my many interests tend to snowball into passions and have definitely consumed me at times. Everyone always told me to be successful in life that I had to focus and pick just one thing to do in order to be successful. That has never worked for me. Instead, I find myself now the owner of a business, for better or worse, that does everything! I can't describe how fulfilling it feels to have been able to weave together all the things I am passionate about and stick them under one roof for people who also value them. It's really exciting. I grew up holistically minded as the daughter of a Chiropractor and granddaughter of an herbalist. Herbs have always been a part of life. Becoming an herbalist has been a natural lifelong process of adding more herbs and knowledge to my toolkit. Formally, I have a certificate through The Herbal Academy, and I'm currently working on advanced clinical skills with renowned herbalist, Sajah Popham through the School of Evolutionary Herbalism. As most herbalists would attest,

I've gained the most crucial knowledge from the plants themselves and perhaps the embarrassing amount of time I spend reading published studies on herbal medicine for fun. Thanks grad school research skills! I have a degree in English Education, went to grad school in England for Medieval Studies, and worked as a librarian for years in neighboring Barnstead. I still regard myth, folklore, and story to be as vital to the human spirit as plants are to the body. The two together are even more potent! I am also a lifelong musician, having spent time playing and writing music professionally. Of course, I am a wife and mother too! I have two kiddos: a 2 year old, and a 9 year old that I homeschool. We live above the shop, so when you visit you'll see toys littered about outside and see the kiddos boppin' around the shop. If I ever appear out of sorts, it's probably because I haven't slept a full night in years. Haha!

Q: How did your business get started?

A: One day in late February of 2024, my husband and I were musing about how magical it would be to own a shop that we lived above, but that it would never happen because we also wanted land where we could homestead. The next day by chance, I discovered that the home that housed the Moore Farm Store & Herb Shoppe was for sale. That was just the beginning of a string of serendipitous happenings that lead to us moving here April 1, 2024. We got straight to work and opened our doors on May 25 as Cloudberry Cottage Market & Botanica ready to serve our community. Before opening the shop, I crafted tea blends and herbal preparations from my home. I also baked and sold pies at the Barnstead Farmers Market and vendor fair. As a fellow crafter, it felt natural to bring artisans in the crafting community together under our roof too.

Q: What has your relationship with the Alton Business Association done for you or your business?

A: We've really appreciated the support the ABA has provided

us as we've worked to get up and going. They also help provide much needed visibility for our events and products. It's so tough to get established in the mind of the public as a new business, and help from the ABA goes a long way!

Q: What do you value most about this community?

A: The people, of course! We've been so warmly welcomed. We have customers who work almost as hard as we do it seems to share what we are doing here and get the word out. It has been such a joy and pleasure to get to know and serve the community of Alton.

Q: Why did you want to open your business in this community?

A: My husband grew up quite literally down the road where his parents still live so Alton has been a hub for joyful family activity. While we previously lived in Barnstead since starting a family of our own, it was always our hope to find our forever home in Alton. We love the feeling of this town, and we jumped at the opportunity when we saw the chance for the perfect home and business location all in one!

Q: What business accomplishment are you most proud of?

A: Honestly, I'm most proud that we were able to get so much together in so little time. Our little shop here offers such a vast array of products and classes to the community. More than that, we represent so many wonderful small businesses, makers, and farms. It is truly an honor to be able to support all these incredible humans whose products are on our shelves.

Q: What does the future hold for you and your business?

A: We are currently in the process of creating a designated gathering space that will allow us to hold even more classes and gatherings for the community like song circles, book clubs, dance classes, playgroups, tea parties, the possibilities are endless! We are in talks with the state also figuring out what work need

to be done in order to license our shop kitchen. A fully commercially licensed kitchen would allow us to run a weekend coffee shop, make prepared meals to sell in the market, and expand our herbal offerings to include FDA cGMP compliant tinctures and preparations for internal use. Lastly, I hope to bring organize more earth-based and folklore infused seasonal festivals to the cottage to give people a chance to engage with nature, ancestry, culture, and find their spiritual grounding in the land we inhabit.

Q: What is one piece of advice you wish you had as a new business member?

A: Take a lot of naps. You're going to need the sleep because you're about to have a lot of sleepless nights. Haha!

Q: How can people who want to learn more about you or your business get in touch with you?

A: They can search for us on Facebook, follow us on Instagram @cloudberrycottagenh, or visit our Web site, cloudberrycottagenh.com.


Liberty University's Dr. Chris Gnanakan to speak March 29 at Community Church of Alton



ALTON — The Community Church of Alton is pleased to announce that Dr. Chris Gnanakan, from South India, Professor of Theology and Global Studies at Liberty University, will be speaking at their Missions Night on Saturday, March 29 from 5:30 to 8 p.m.

Dr. Gnanakan's journey has taken him from the streets of India to renowned professor of global theology at Liberty University. He travels

the world extensively, often into restricted areas, to train ministry leaders with the Christian message. His recent trip took him to the top of the world in Nepal. He now comes to NH to share his journey, his message, and his hope. Come hear this compelling teacher, it is a night not to be missed! The event will include a potluck dinner and an opening presentation from our own local NH Camp Sentinel.

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We Will NOT be Undersold

This moment will never come again

It's easy to rush through the day, to get caught up in schedules, responsibilities, and the endless loop of what's next. But the moment you are in right now will never happen again. It will pass, just like all the ones before it, and once it's gone, you don't get it back.

We think we have time. But the truth is, life isn't a dress rehearsal. This is it. The way you show up today, the way you treat people, the way you spend your time, it all matters, because every single second is a version of life you'll never live again.

Some moments seem small standing in line at the store, a conversation with a friend, a quiet drive home. But even that matters. Every interaction, every choice, every seemingly unremarkable moment adds up to the story of your life. Are you making it a story you'll be proud of?

It's not about perfection, it's about presence. It's about choosing to be where you are, instead of always looking ahead to where you think you should be. It's about speaking up when something needs to be said, reaching out when someone needs you, and appreciating the good that exists right now, even if it's not the moment you expected.

If today were the last time you had this exact moment, how would you show up for it? Would you listen more? Laugh harder? Say the thing you've been holding back? Would you let the small stuff go and focus on what actually matters?

The seconds are already slipping by. Make them count.

Letter submission policy

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

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



COURTESY

Cribbage patch

A group of New Durham residents can be found every Tuesday at noon at the Community Room. They have played cribbage together for years, thanks to the Parks and Recreation Department. The games are open to everyone, no registration or experience needed.

LETTERS FROM EDWIN

Prediction

This weekend, we didn't have a storm spanning the S days with sumptuous servings of snow. In fact, after taking care of my regular Saturday morning regularities, I was able to clean up all the "left till later" piles and drifts of remnants from the storms. It took a scooper, a shovel, and a front-end loader to accomplish what will get taken care of by a warm afternoon sun next month.

It took a couple of hours, but it's better to get these things taken care of as one year, as we were learning the ropes of living here, we needed to hire a large loader to widen the road because there wasn't enough space to plow another big storm. It's always good to keep your options open.

After parking the tractor, I headed to the cellar to take off my coverings and being so tired from all my efforts, a nap sounded like a nice idea. Sitting in the boot tray next to where I placed my snowy work boots sat my back country ski boots. I knew I was tired, but I also knew that I had to take advantage of all this nice snow.

Keeping on my canvas pants, I just added boots and gators and was soon out on the snow. The conditions were wonderful. The crust was stiff enough to support my hundred and fifty pounds distributed across two six-foot skis. There was a couple inches of fluff covering it everywhere except in the yard where it had all been blown off. I managed to re-cut all the close trails that I had previously done that had gotten drifted in before my exhaustion caught up with me. I trudged home feeling very content to have not given in to the nap.

I would glance off at some of my other trails that take me off into the woods as I was doing my loops and resisted the temptation. I knew that today wasn't the day. I was running on my reserve tank.

I remember old VW bugs had reserve tanks. No gas gauge. Just a speedometer and some idiot lights. When the engine started coughing, you reached under the dash and released the reserve fuel supply. Provided that you returned the lever to its

holding position.

Those cars were so much fun. Sort of like big go carts.

My four-wheeler also has a reserve tank. It's a reputable brand and all, but it does something pretty dangerous when it's running out of gas. Instead of coughing, it revs. You could be puttering along nice and slow then all of a sudden, the thing takes off. You have to be quick with the ignition switch or the fuel knob. I've gotten surprised a couple of times. One time it was stopped, idling while still in drive. Those hydro-static transmissions will hold their position while idling. The bugger throttled up and started climbing a ladder that was standing against the house. It made it up pretty high before I killed it.

Today after church, I was well rested and traded my Sunday nicies for ski wear. After looking at the coming weeks weather predictions, I knew that I'd better take advantage of my woods out back while they were still good. I did a big loop and worked my way around to the shed where I removed my vest. Something I have

regularly done over xthe years. If you wear it into the woods, you'll be carrying it.

Turning my path to the right, I aimed down the hill through the trees and off toward the swamp. It's only about a half a mile, but seeing as it's a swamp, there are no high-priced summer houses around it. In fact, there isn't anything but woods. People travel to Alaska to get this feeling. This is where I always go for solitude.

I headed out onto the ice to find a couple new beaver hutchches all buried in white. I traveled around the whole thing and found only two holes by which a beaver could get out to find more branches to munch on. There were no tracks around them so there's been no traffic for a week. They usually have plenty of sticks saved down under the water and can stay holed up in their little bungalow for quite some time.

The sun was warm, the snow was soft. Spring's right around the corner.

E.Twaste

Correspondence welcome at edwintwaste@gmail.com

Remember the Alamo!

My dad was obsessed with the Battle of the Alamo, which fell in the early morning hours of March 6, 1836—nearly 189 years ago this week.

His passion for this pivotal moment in history shaped some of my earliest memories. The first time I ever traveled on a plane was when he

took me to San Antonio, Texas, just to see the Alamo.

He'd guide me through every historical marker, narrating the story with the enthusiasm of a historian. After dinner, we'd walk back to the Alamo and just stand there, staring at its walls for hours. I was

only six years old, and even then, I was intrigued—less because of the battle itself and more because of how much it meant to him.

His obsession ran deep. He owned every book ever written on the Alamo, studied every account, and took us back to San Antonio many times over the years. And if there was one night in that story that truly defined his fascination, it was the final night—the moment when the walls were breached.

For 12 long days, a small band of Texan rebels, including legendary figures like James Bowie, William B. Travis, and Davy Crockett, had held off the massive Mexican army led by General Santa Anna. Despite being vastly outnumbered—fewer than 200 men against thousands—not a single defender had fallen during the siege. But in the early hours of March 6, under the cover of darkness, the Mexican forces launched their final assault.

Wave after wave of sol-

POSITIVELY SPEAKING

TOBY MOORE

diers stormed the mission, scaling ladders, battering gates, and overwhelming the defenders with sheer numbers. In less than an hour, the Alamo was overrun. Every last Texan fighter was killed, their sacrifice becoming the rallying cry of the Texas Revolution.

"Remember the Alamo!" became more than just words—it became the battle cry of those who would go on to win Texas its independence. And for my dad and so many others, the Alamo wasn't just history—it was a symbol of defiance, courage, and an unwavering stand against impossible odds.

I read one of my father's old articles that he wrote about the Alamo and he said something in that article that struck a chord with me—something that transcends the Alamo itself.

Reflecting on the Alamo defenders, my father said, "Heroes are important. No human being today can hold up

to the scrutiny we give them, but we need someone to emulate."

Having someone to admire and emulate is important, especially when that person excels at something we aspire to do ourselves. It's natural to be drawn to greatness, to want to follow in the footsteps of those who have achieved something remarkable. But that admiration can sometimes turn into idolization, and that's where things get complicated.

I once idolized an Olympic swimmer. He was a powerhouse in the water, someone I wanted to be like. But after getting to know him, I realized that while I respected his skill, I didn't necessarily admire his personality. And that's when it hit me—people are just people. Even those we put on pedestals.

Great people, even those with strong moral convictions, have made mistakes. And when those mistakes come to light, they can shatter the illusion we've built in our minds. The question isn't whether our heroes are perfect—they

never are—but whether we can still draw inspiration from the best parts of who they were while understanding that they, too, were human.

No one is perfect, and if we expect our heroes to be, we set ourselves up for disappointment. The truth is that greatness and imperfection exist side by side. A person can make mistakes and still leave behind something worth admiring.

Maybe we've become too harsh on our heroes, or maybe we've been too unrealistic about what it means to have role models in the first place.

Admiration doesn't require blind devotion; learning from someone's greatness doesn't mean ignoring their flaws. Because if perfection is the requirement for being worthy of admiration, we won't have any heroes left at all.

Our heroes, past and present, aren't meant to be untouchable figures. They're reminders that even flawed people can do extraordinary things. And maybe, that means we can too.

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Gilman Library thankful to Aubuchon Hardware

ALTON — The local Aubuchon Hardware Store, at 7 Main St., Alton, has donated 14 bags of ice melt to the Gilman Library, at 100 Main St. The 50-pound bags of eco-friendly Nature's Way green solution ice melt should help keep our walkways safer for the rest of this winter and all through the next, as well. Thank you to Alton's Aubuchon Hardware.

Our Top Ten Reader's Choice List this week in-

- cludes:
- 1.) "The Women" by Kristin Hanna
 - 2.) "To Die For" by David Baldacci
 - 3.) "Now or Never" by Janet Evanovich
 - 4.) "The Grey Wolf" by Louise Penny
 - 5.) "The Wedding People" by Alison Espach
 - 6.) "By Any Other Name: A Novel" Jodi Picoult
 - 7.) "The House of Cross" by James Patterson

- 8.) "The Long Call" by Ann Cleeves
 - 9.) "My Sister's Grave" by Robert Dugoni
 - 10.) "The Guest Book" by Sarah Blake
- Don't forget to take advantage of the two Friends of the Gilman Library fund-raising raffles. Come in and view the contents of the two Cozy Winter Reading Raffle Baskets, or learn more online at gilmanlibrary.org/raffles. Two winners will be drawn on March

29. While you are at the circulation desk, remem-

ber to pick up an Activities Calendar for a list of our monthly programs,

or view it online at gilmanlibrary.org. See you at the library!

Gilford Public Library Classes & Special Events March 13 – March 20

Thursday, March 13
Geri Fit, 9-10 a.m.
Tai Chi, 10-11 a.m.
Tai Chi, 11:15 a.m.-noon
Home School Club, noon-1:30 p.m.
French Club, 4-5 p.m.

Friday, March 14
Senior Sculpt, 9-10 a.m.
Heart 'n Soul Chair Yoga, 10-11 a.m.
Bridge, 10 a.m.-noon
Hand & Foot, 12:30-2:30 p.m.
Happy Crafters, 1:30-2:30 p.m.
Advanced Conversational German, 2:30-3:30 p.m.
Beginner Line Dancing, 4-5 p.m.

Saturday, March 15
Beginner Line Dancing, 10:30-11:30 a.m.
Drop-In Craft: Make Your Own Bouquet, 10:30-11:30 a.m.
Make your own beautiful bouquet to celebrate spring coming up!

Monday, March 17
Fun and Fitness With Joyce, 9-10 a.m.
Baby Storytime, 10-11 a.m.
St. Paddy's Day Sing-A-Long, 11 a.m.-noon
Enjoy some fun and festive St. Patrick's Day songs with Jane! These engaging songs are perfect for celebrating the holiday. Grab a snack, sing a song and don't forget to wear lots of Green.
Mahjong, noon-3 p.m.

Tuesday, March 18
Geri Fit, 9-10 a.m.
Senior Sculpt, 10-11 a.m.
Preschool Storytime, 10:30-11:30 a.m.
Discover Live: Waterford, Ireland, 11 a.m.-noon
On our virtual walking tour, we'll explore

the Viking Triangle, a vibrant area rich in historical landmarks including Reginald's Tower, the Waterford Treasure Museums, Christchurch Cathedral, and the House of Waterford. We'll also walk along the medieval city walls and discover how Waterford's fascinating past continues to shape its identity. Adventure awaits as we step back in time and uncover the secrets of Waterford, Ireland's ancient city!
Intermediate Line Dancing, 4-5 p.m.

Wednesday, March 19
Senior Stretch Yoga, 9-10 a.m.
Card Games, 10 a.m.-noon
Check out an Expert, 10 a.m.-noon
Yogapalooza, 10:30-11:30 a.m.
Join Miss Jill in a beginners yoga and mindfulness class for kiddos and parents are encouraged to join in too! *Ages 3-6
Paint Group, 1-3 p.m.
Boredom Busters, 3-4 p.m.
Science Seekers: Study of Seeds, 3:30-4:30 p.m.
Watch your seeds grow and learn about the process in this interactive session with Miss Erika!

Thursday, March 20
Geri Fit, 9-10 a.m.
Tai Chi, 10-11 a.m.
Tai Chi, 11:15 a.m.-noon
T(w)een Eats: Grain Bowls, 3-4 p.m.
Join Hayden and Erika every other week for an exploration of culinary delights!
French Club, 4-5 p.m.
Book Discussion: Rules of Civility, 5:30-6:30 p.m.
Flight of Remembrance, 5:30-6:30 p.m.
Our presenter today is Marina Kirsch. She will talk about her family's experience in Latvia, occupied Poland, and Germany before, during, and after World War II as recorded in her book, Flight of Remembrance. Her presentations, given at over 115 venues in thirteen states provide a unique perspective while helping to preserve memories of World War II and the Holocaust. Her presentation includes parallels to the current conflict in Ukraine and encourages audiences to share their personal and collective memories as well as adopting a lifelong dream, goal, and vision powered by love and supported by faith.

New Durham Public Library

Caitlin Frost, Library Director
2 Old Bay Rd.
603-859-2201
newdurhamlibrary.org
Open Monday 10 a.m.-5 p.m., Tuesday 1-7 p.m., Wednesday 1-7 p.m. Thursday 10 a.m.-5 p.m., Friday 10 a.m.-4 p.m., Saturday 10 a.m.-1 p.m.

We have a fun roster of events happening in the month of March at New Durham Public Library!

Our Little Makers program meets the 2nd Saturday of every month from 10am-11am. This program is designed for toddlers and preschoolers ages two to five. Each week we'll do a fun STEM activity.

We also have our recurring afterschool programs that run from 3:30-4:30 p.m.: Snacks & Stories for grades K-4 will meet on Thursday, March 13 and Pizza & Party for grades 5&6 will meet on Thursday, March 20.

Storytime meets on Wednesday mornings at 10 a.m. for infants and toddlers and Thursdays at 10am for preschoolers.

If you're a homeschool family, be sure to check out our Homeschool Hangout on the third Friday of every month from 10-11 a.m. This is a great way to get involved and

connected with other homeschool families while your kids are involved in an activity. Our Homeschool Book Clubs meet the first Tuesday of every month and books can be picked up at the circulation desk.

Teen BookBox, our monthly subscription boxes for ages 12-18, are in full swing! Sign your Teen up at the library and they will get a monthly curated box of books each month.

Craft & Chat meets the second Tuesday from 10 a.m.-noon at the library. This event is for seniors, anyone age 55 and older. Come and socialize with other residents and library patrons. We'll have an activity each week- soap making, glass etching, basket making, floral arrangements, and more!

Learn the art of seasoning and take your cooking game to the next level with our Make & Take Spices program on Tuesday, March 18, at 6 p.m. Participants will learn about different spices and be able to make several different spice blends to take home to cook with.

Think you always know the ending of your favorite mystery novel? Put your sleuthing skills to the test at our Murder Mystery Night. Bring your family, bring

a friend, and partner up to solve a cold case on Wednesday, March 26, at 6 p.m. This program is available for teens ages 14 and up and adults.

We're partnering with Parks & Recreation to do a community wide Easter Egg Decoration contest. Sign up at the library in the month of March to get a free, large, wooden Easter Egg to paint. Then bring it back in April and have it showcased with all the others. The Eggs with the most votes will win prizes! This is a great activity for all ages, and eggs can be painted and entered as individuals or with families or friends.

If you're in the mood to do some spring cleaning, we're asking residents to save those boxes of donations and drop them off with us for our first Free Community Swap Event! Donate your (clean, gently used) clothing, toys, baby items, books, homeschool curriculum, etc. for a giant swap. This event will be held at the town meeting room at the end of the month, but the details are still being worked out, so look for more information in an upcoming article in The Baysider, on the library Web site, the library Facebook page, or on the Parks & Rec website.

Looking forward to seeing you all at some of these events!

Gilford police log

GILFORD — The Gilford Police Department reported the following arrests from Feb. 24 to March 9.

Sonya Jene Laliberte, age 29, was arrested on Feb. 24 for Domestic Violence-Simple Assault resulting in Bodily Injury or Personal Contact.

Brianna Nichols, age 34, was arrested on Feb. 24 for Driving After Revocation or Suspension of License.

Robert Andrew Holt Stich, age 61, was arrested on Feb. 25 for Driving After Revocation or Suspension of License.

William J. Roche, age 66, was arrested on Feb. 28 for operating a motor vehicle after Suspension of Vehicle Registration.

Gavin Blake Lewis, age 20, was arrested on March 1 in connection with a warrant.

Crystal M. Merchant, age 41, was arrested on March 2 for Receiving Stolen Property valued at less than \$1,000.

Colleen Faith Gould, age 45, was arrested on March 3 in connection with multiple warrants.

Alec R. Davis, age 30,

was arrested on March 3 for Domestic Violence-Simple Assault resulting in Bodily Injury or Physical Contact.

Scott R. McAllister, age 34, was arrested on March 5 for Driving After Revocation or Suspension of License.

Joann Defilippis, age 63, was arrested on March 6 for Conduct After; Property Damage.

Cameron Douglas Eaton-Bean, age 18, was arrested on March 7 for Unlawful Possession of Alcohol and/or Intoxication. Austin Nicholas Champagne, age 18, was arrested during the same incident for Unlawful Possession of Alcohol and/or Intoxication, Transportation of Alcohol by a Minor, and Possession of a Marijuana-Infused Product by a Person under the age of 21. Also arrested during this incident were two juveniles, both aged 17, one for Unlawful Possession of Alcohol and/or Intoxication and Possession and/or Use of Tobacco Products by a Minor, and the other for Unlawful Possession of Alcohol and/or Intoxi-

cation and Possession of a Marijuana-Infused Product by a person under the age of 21.

Robert J. Dill, age 40, was arrested on March 8 for operating a motor vehicle with an Unofficial Inspection or Registration Decal, Driving After Revocation or Suspension of License, and in connection with a warrant.

Michelle C. Westerland, age 47, was arrested on March 8 in connection with a warrant.

Jonathan C. Nile, age 26, was arrested on March 9 in connection with a warrant.

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Gilford Public Library Top Ten requests

1. "Paranoia" by James Patterson
2. "Battle Mountain" by C.J Box
3. "The Lions of Winter" by Ty Gagne
4. "The Let Them Theory" by Mel Robbins
5. "Bonded in Death" by J.D. Robb
6. "Three Days in June" by Anne Tyler
7. "Onyx Storm" by Rebecca Yarros
8. "The Frozen River" by Ariel Lawhon
9. "Open Season" by Jonathan Kellerman
10. "The Heaven and Earth Grocery Store" by James McBride

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LRSO's March 22 concert features Beethoven's 5th Symphony

MEREDITH — The Lakes Region Symphony Orchestra (LRSO) invites you to embark on a captivating musical adventure with their March concert, “Vienna to Berlin – A Germanic Journey.” Join us on Saturday, March 22 at 7 p.m. at the Inter-Lakes Community Auditorium in Meredith for an unforgettable evening of classical brilliance.

At the heart of this journey lies Beethoven's “Symphony No. 5,” an iconic masterwork that has become a symbol of triumph and resilience. Known worldwide for its thunderous opening motif, this enduring work is a testament to Beethoven's genius and deservedly remains one of the most celebrated symphonies in history.

The program also delights with the charm of Vienna in Johann Strauss Jr.'s “Die Fledermaus Overture”, a lively and witty overture that transports listeners to the elegance of a Viennese ballroom. The evening continues with the fiery rhythms of Brahms' “Hungarian Dances Nos. 5 and 6,” brimming with folk-inspired energy that evokes the vibrant streets of Berlin. The journey takes a more introspective turn with Max Bruch's “Romanze,” a heartfelt and lyrical showcase for the viola, performed by LRSO's principal violist, Sally Wituszynski.

Sally Wituszynski brings passion and experience to every performance as a versatile violist and educator. A graduate of the New England Conservatory of Music and the University of New Hampshire, Sally has performed with numerous notable ensembles such as the Vermont Symphony and Granite State Symphony. In addition to her performance career, she is a dedicated teacher who has inspired students for more than 30 years, both in the classroom and through her role as director of the New Horizons Orchestra at the Portsmouth Music & Arts Center. Sally is also a founding member of the Lakes Region String Quartet and a sought-after freelancer throughout New England. Sally lives in Somersworth with her husband, Jeff, the orchestra's principal bassist.



COURTESY

The Lakes Region Symphony Orchestra performs Beethoven's 5th, and violist Sally Wituszynski performs the Bruch "Romanze" on March 22 at 7 p.m. at Inter-Lakes Auditorium.

Tickets to the March 22 performance are \$10–\$25 available online at www.LRSO.org. Don't miss this evening of musical brilliance - reserve your seat today!

And mark your calendars! LRSO invites you to our May 10 and 11 concerts as we revisit the soul, funk, disco, and contemporary radio hits of the '70s. It's a groovy

nostalgic celebration you won't want to miss! Discount tickets are available for the pair of March 22 and May 11 Inter-Lakes concerts.

The Lakes Region

Symphony Orchestra has been bringing exceptional live music to New Hampshire audiences for nearly 50 years. As we look ahead to our 50th anniversary

season in 2025-2026, we remain dedicated to inspiring a love of classical music and showcasing the extraordinary talent of local and guest musicians.



COURTESY

The following Kingswood Regional Middle School students received the February Super Knights Award for "Tolerance." In the first row are John Mullen, Olivia Hartford, Maverick Milligan, Abi Ackerly, and Anthony Woods. In the second row are Charlotte Edwards, Dreya Benton, Aubrey Stout, Thomas Gardner, and Aubrey Noyes. Congratulations!

NORDIC

(continued from Page A1)

JOSHUA SPAULDING

(Right) Maria Tilley won the morning classical race at the Division II State Meet at Great Glen Trails last week.

yer rounded out the scoring for the Golden Eagles with a time of 17:08 for seventh place.

Pearl Marvel was 18th overall in 18:08 and Tess Eckhardt rounded out the field of Golden Eagle girls with a time of 18:24 for 19th place.

In the afternoon classical race, Georgia Eckhardt finished in second place in a time of 13:50 and Tilley finished in third place with a time of 13:57.

Sawyer was 14th



JOSHUA SPAULDING

(Right) Anna Coapland skis in the Division II State Meet at Great Glen Trails last Wednesday.

the scoring with a time of 16:23 for 18th place overall.

Tess Eckhardt was 24th in a time of 17:14 and Marvel finished out the field of Gilford girls with a 26th place finish in a time of 17:34.

With their top 20 performances, all six Golden Eagle girls earned the chance to compete in the Meet of Champions, which was held after deadline on Tuesday at Proctor Academy.

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

JOSHUA SPAULDING

(Right) Tess Eckhardt takes off from the start of the Division II State Meet freestyle race last week in Pinkham Notch.



COURTESY

A credit to his department

Robert Fitzsimmons joins the New Durham Police Department as Accreditation Manager, working towards compliance with state law enforcement accreditation standards. He said it is a "good challenge" and has been busy updating policies and re-organizing. Active in law enforcement since 1985, Fitzsimmons served most recently as a deputy with the Strafford County Sheriff's Office. Police Chief Eric Millar, in background, said he is one of the first faces residents will see when they come to the station and that he has a "wealth of knowledge of 21st century law enforcement standards."

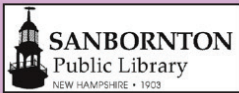


JOSHUA SPAULDING

Georgia Eckhardt takes off from the start at last week's Division II State Meet in Pinkham Notch.



A Matter of Balance



Sanbornton Public Library
27 Meeting House Hill Road

Tuesdays, April 1 - May 20
10 a.m. - Noon



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To register, call (603) 224-4093, ext. 85664, visit granitevna.org/calendar, or scan the QR code.

SCAN ME



Governor talks Leadership

CONCORD — Gov. Kelly Ayotte recently met with the 2025 Class of Leadership Lakes Region to talk about her plans, challenges and opportunities as Governor. The session, held in the Executive Council Chambers at the State House, included an active exchange between the class members and the Governor.

The annual Political Issues Day for the class started at Laconia City Hall, where Mayor Andrew Hosmer welcomed the group and touted the many positive features of the City. Mayor Hosmer referred to the “Pillars of the Community” when describing being host City for the Community College, a major hospital, economic growth in Lakeport, plans for new docks at the Weirs and the revival of the arts as demonstrated by the Colonial Theater. He also spoke to the opportuni-



Gov. Kelly Ayotte visits with the Class of Leadership Lakes Region.

ties to develop the former State School property.

The Mayor was followed by a municipal panel including City Councilor/State Rep. Steve Bogert, Gilford Town Administrator Scott Dunn, County Administrator Debra Shackett and Gilford Budget Committee Vice Chair Valerie Chase. All spoke to their roles in government and, especially, the satisfaction of their jobs helping their fellow citizens.

Then the group headed to Concord, where Visitor Center Director, Virginia Drew led a walking tour of the State House. Ms. Drew was followed by Sen. Tim Lang, Sen. James Gray and Rep. Matthew Coker, who shared their work and the processes they

go through to help govern the State. Secretary of State David Scanlon followed, describing the role of his staff and the critical workload every four years when a multitude of candidates file for the New Hampshire Presidential Primary.

Following the Governor's visit with the Class, the group headed for the studios of NH Public Radio, where Program Director Emily Quirk met the group and spoke to the role of public media in New Hampshire politics. Ms. Quirk was followed by Political Reporter Josh Rogers, Civics Education Outreach Coordinator Hanna McCarthy, NH Civics Director Allyson Rider and New Futures Manager Jess Wojenski. The day ended on a fun history lesson “Jeopardy” Game facilitated by Leadership Board Member, Donna Kuethe and featuring questions from various presentations during the day. Next up for the group is Education Day and March 12.

Lions announce plastics, Styrofoam, food drives



Pictured: Jean Jamison, Bill Chandler, Matt Soza and Glenn Smith.

LACONIA — We are back! Weather permitting, members of the Green Sanctuary Committee of the Unitarian-Universalist Society of Laconia & the Laconia/Gilford Lions Club will be out front curbside at the little white church at 172 Pleasant St., Laconia, from 11 a.m.-1 p.m. on Saturday, March 22 for three distinct collection efforts.

All are welcome to bring clean, soft plastics and clean #6 Styrofoam for safe responsible recycling. Examples of acceptable soft plastics include bread bags, grocery bags, vegetable bags, newspa-

per sleeves, dry cleaning bags, wood pellet bags, plastic wrap, postal mailers, bubble wrap. No hard plastics can be accepted. If the plastic when crinkled makes a sound, it cannot be accepted. So, for example, no fresh grape bags.

Plastics will be repurposed into composite decking & furniture. Styrofoam will be delivered to the Styrofoam recycling center at the Gilford transfer station. Please keep plastics & styrofoam items separate. Anyone can participate in these

efforts; they are not limited to residents of Laconia & Gilford. There is no fee or charge to drop off donations.

After a long seasonal hibernation, we thank you for your support & look forward to meeting our regulars as well as new friends. Help keep our lakes, air & land free of these toxic materials. It has never been more important.



LAKES REGION SYMPHONY ORCHESTRA
BENJAMIN GREENE, CONDUCTOR

Sat. 3/22, 7pm
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TICKETS: www.LRSO.org



VIENNA TO BERLIN: A GERMANIC JOURNEY

BEETHOVEN - Symphony No. 5
STRAUSS - Die Fledermaus Overture
BRAHMS - Hungarian Dances #5 and #6
BRUCH - Romanze, Op. 85



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Rogers Center at Brewster Academy
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SPORTS

After opening playoff win, Knightwolves fall to Concord in quarterfinals



JOSHUA SPAULDING

Aliyah Arsenault makes a save in the Kingswood-Prospect Mountain net during quarterfinal action Friday night at the Everett Arena in Concord.



JOSHUA SPAULDING

Kingswood-Prospect Mountain captain Jenny Baldwin moves the puck in quarterfinal action in Concord on Friday.

BY JOSHUA SPAULDING
Sports Editor

CONCORD — For the second year in a row, the Kingswood-Prospect Mountain girls' hockey team advanced to the quarterfinals of the NHIAA playoffs.

The Knightwolves hit the road to Concord's Everett Arena on Friday, March 7, for the quarterfinal matchup with the second-seeded Crimson Tide and kept the game close for the majority of the first two periods before the hosts opened things up and finished with the 8-2 win.

"It was overall a good season, we played a tough schedule," said coach Aaron House. "So to come out of the regular season with our record was nice and hosting a playoff game for our home fans was electric."

"We felt we were in the game, even going into the third, we felt we had it," the Knightwolf coach continued.

The Crimson Tide got the scoring going early, putting the puck in the net just 27 seconds into



KATHY SUTHERLAND

Hadley Aucoin looks to fire the puck during the opening round of the NHIAA playoff last Tuesday.

the game. They came back with more pressure, with goalie Aliyah Arsenault handling what they threw at her. Adelle Harrington had a long shot denied and Cassidy Libby made a good defensive stop and turned it around the other way with a chance. Jenny Baldwin and Emma Ouellette also had shots denied and Libby fired a shot on net that was stopped and Hadley Aucoin got close on the rebound chance.

The Knightwolves took the game's first penalty with 9:39 to go in the first and Arsenault continued to make the saves. The Tide also sent a shot wide and Baldwin had a good block and Arsenault made a few more saves to kill off the penalty. Aucoin also had a shot denied for the Kingswood-Prospect girls.

Libby tied the game at one with 6:18 to go, finishing off an Aucoin wraparound chance that was turned away to pull the Knightwolves even at one. Ouellette and Avery Gilpatrick had chances and the Knightwolves took another penalty with 4:40 to go. Gilpatrick did a nice job killing the penalty and Baldwin and Harrington had good clears as the advantage came to an end. Aucoin had a bid denied and

Ouellette had a chance turned back by the defense as the first period ended with the score knotted at one.

Concord had a couple of early chances, with Arsenault turning away a chance before the Tide got their second goal of the game just 1:37 into the period, taking the 2-1 lead. Baldwin came back with a shot that was turned back before the teams exchanged penalties. The Knightwolves took a penalty with 12:21 to go and after an Arsenault save, the Tide took one with 11:55 to go, making in four-on-four for more than a minute and a half.

Just four seconds later, Gilpatrick fired a shot from the point that found the back of the net, tying the game at two. However, less than 30 seconds later, the Tide scored what

would eventually be the game-winning goal before the two penalties were killed off.

Harrington had a shot deflected wide and Aucoin had a centering pass just miss Libby in front. Harrington and Paityn Glidden both had good defensive stops while Gilpatrick sent a shot over the top of the net.

The Knightwolves took another penalty with 5:25 to go and Harrington and Aucoin had shorthanded chances but they took another penalty with 4:46 to go, giving the Tide a five-on-three advantage for 1:22. Arsenault did a great job turning away every power play chance while Gilpatrick had a good clear and the Knightwolves killed off both penalties.

However, just three seconds after the second penalty ended, the Tide scored their fourth goal of the game for the 4-2 lead. They then added another goal just more than a minute later for the 5-2 lead with 1:30 to go in the game. Arsenault had a couple more saves and Riley Lamparter did a nice job clearing the puck from the goal on a rebound chance as the second period ended with the Tide up 5-2.

Concord was able to score another early goal as the third period started, firing a shot in just one minute in for the 6-2 lead. After Baldwin had a bid denied by the Concord keeper, they added another goal with 11:57 to go to push the lead to 7-2. Jenna Sykes had a wraparound chance and Kida Smith got in close on the rebound while Arsenault made

more saves and Harrington helped out with good defense.

With 8:45 to go the Tide fired a shot off the cross bar and in for the eighth goal before Arsenault made even more saves on the ensuing pressure. Kingswood-Prospect Mountainwnet on the power play with 3:53 to go and Sykes had a shot blocked and Libby had a chance in close and another bid denied as the penalty was killed off and the Tide close out the 8-2 win to advance to the semifinals.

"It's just not our time, we have to realize we had a good year, get back to the community events this summer and back at it in 12 months," House said. "We have to be able to put each game in a box, each season in a box and learn from what we faced with the ups and downs."

"I think they're in a good head space," he continued. "They know that they've got each other."

The Knightwolves coach also praised the play of Arsenault in the net, both in the game and on the season.

"Aliyah saw a lot of pucks tonight, but she played great all year," he said.

The Knightwolves opened the playoffs three nights earlier by hosting St. Thomas-Winnacunnet-Dover at the Pop Whalen Arena and picked up the 3-0 win in their first-ever home playoff game.

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



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SPORTS

Lofblad leads Eagle boys to fourth at Division II State Meet



Ian Lofblad finished second in the Division II State Meet classical race last Wednesday at Great Glen Trails.



Gunnar Marvel skis for the Gilford Golden Eagles at Great Glen Trails in Pinkham Notch last Wednesday.

cal race, Ian Lofblad led the Golden Eagles with a second place finish in a time of 14:11. Gunnar Marvel came home in eighth place with a time of 14:58 and Clark Blackwelder finished in 13th place with a time of 16:26. Benjamin Smith rounded out the scoring for the Golden Eagles with a time of 19:08 for 30th place overall.

In the afternoon freestyle race, Lofblad led the way again, this time finishing in seventh place in a time of 13:19 and Black-

welder finished in 11th place in 13:54. Marvel was 16th in a time of 14:28 and Smith finished out the field of Golden Eagles with a time of 17:06 for 38th place.

With their top 20 finishes, Lofblad, Marvel and Blackwelder all qualified for the Meet of Champions, which took place after deadline on Tuesday at Proctor Academy.

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



Clark Blackwelder heads to the finish line of the Division II State Meet last week in Pinkham Notch.



Benjamin Smith races for Gilford during the Division II State Meet at Great Glen Trails last week.

BY JOSHUA SPAULDING
Sports Editor

PINKHAM NOTCH — The Gilford Nordic boys hit the road for the Division II State Meet, held at Great Glen Trails

in Pinkham Notch on Wednesday, March 5. The day consisted of the morning classical race and the afternoon freestyle race. The Golden Eagles were third in the morning clas-

McLean skis at Eastern High School Championships

BY JOSHUA SPAULDING
Sports Editor

FRANCONIA — The best high school skiers from around the eastern United States gathered at Mittersill for the Eastern High School Championships over the weekend. Included among the Team New Hampshire athletes were some of the top local skiers who earned their bids by shining at the Meet of Champions.

The weekend started with the girls' giant slalom on Friday. Ava Waldron of Kingswood was second in 2:06.84 with Elle MacDonald of Newfound in 13th place in a time of 2:13.56. Kingswood's Addy Ingham was 19th overall in 2:14.68.

The boys' giant slalom took place on Friday, with Coen Mullins of

Profile finishing in sixth place overall in a time of 2:00.71. Lin-Wood's Carver Krill skied to 26th overall in a time of 2:08.54.

The slalom took place on Sunday, with the girls going first and the boys following.

For the local girls, Waldron was seventh overall in 1:14.96 while Ingham was 15th in 1:19.72. Kennett's Myra Johnston placed 30th overall in a time of 1:22.13 and MacDonald finished in 49th place overall in 1:27.48.

For the local boys, Bode McLean of Gilford was 12th overall in a time of 1:18.47, Mullins skied to 20th overall in 1:20.08 and Krill skied to 29th in a time of 1:22.48.

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

BY JOSHUA SPAULDING
Sports Editor

LACONIA — The John Stark-Hopkinton-Hillsboro-Deering were not the typical seven seed heading to the Division III quarterfinals on Saturday at the Merrill Fay Arena in Laconia.

And Belmont-Gilford coach Jason Parent was well aware of the fact that the General Hawks were going to present a problem for his team.

After the Bulldogs got out to an early lead, the General Hawks came back with a big second period, cutting the lead to one before the Bulldogs hung on and earned a trip to the semifinals with a 2-1 win.

"Every time we play them it's tough," said Parent. "We played them a couple of weeks again and it was 3-2, Kingswood played them and it was 4-2 and Berlin-Gorham played them and it was 4-3.

"They are one of those really gritty teams," Parent added. "They keep coming at you with a bunch of guys and they play the game the right way."

The Bulldogs had an early shot from Sean Ellis that was stopped and Jaxson Embree got in close for a bid. Carson McGreevy stopped a General Hawk shot and Colton Byars sent a shot wide of the net, as did Evan Guerin. Aiden Stafford connected with Max Ryder on a chance and Nate Gerbig had a good defensive stop.

The Bulldogs got on the board with 9:57 to go, as Embree fired a shot from the circle on an assist from Ethan Girard and Belmont-Gilford had the 1-0 lead. Embree had a couple more chances that were denied by the visiting goaltender.

Embree then doubled the lead with 7:54 to go on a great feed from Ryder and the Bulldogs were up 2-0. Ryder had a bid denied, Ethan Ellingson sent a shot wide of the net and McGreevy turned away another General Hawk shot. Ellis had a shot denied, as did Ryder and the period ended with the Bulldogs up 2-0.

Girard had a bid denied to start the second period and the General Hawks came charging back with a number of great chances that McGreevy turned away and Ellingson had a chance denied at the other end. Embree sent Tyler Mull in with a bid and he found Ryder, but his bid was stopped on a great stop by the visiting goalie.

With 9:03 to go in the second, the General



Goalie Carson McGreevy sticks out his leg to make a save in the Division III quarterfinals on Saturday evening.



Jaxson Embree fires off a shot during the Division III quarterfinals on Saturday. Embree scored a pair of goals in the Bulldog win.



Ethan Ellingson moves the puck into the zone during action against John Stark-Hopkinton-Hillsboro-Deering on Saturday.

Hawks were able to cut the lead to 2-1 and they continued to assault the net, forcing McGreevy to make even more saves. Stafford and Embree both had chances denied and Ryder had a solid defensive stop and a couple of scoring chances denied. After Stafford had a bid denied, John Stark-Hopkinton came charging back and closed the second period with a flurry of chances that McGreevy turned away and the game went to the third with the Bulldogs up 2-1.

The General Hawks controlled the puck early in the third period, with McGreevy making the saves while Gerbig and Guerin getting chances for the Bulldogs that were turned away. The Bulldogs took a penalty

with 10:26 to go and Embree had a couple of good clears. Embree also connected with Ryder for a shorthanded chance and McGreevy turned back a chance as well and the Bulldogs killed off the penalty.

Embree had a nice block and then Ben Girard had a chance that was denied. Gerbig made a good defensive stop and the General Hawks sent a shot over the top of the net. Ryder and Mull teamed up on a bid and Ellis sent a shot over the top of the net. McGreevy made a couple of late saves and the Bulldogs closed out the 2-1 win to advance to the semifinal round.

"We got a couple more breaks than they did," Parent noted. "When it's a 2-0 game, you need the

next goal, 2-1 and 3-0 are very different games.

"We had some opportunities, but their goalie made a couple of great saves," the Bulldog coach continued. "And Carson, he's the best goalie in Division III, one of the best in the state, he's a stud for us. If he only lets in one goal a game, we're going to win.

Belmont-Gilford advanced to play Berlin-Gorham in the Division III semifinals after deadline on Wednesday at Plymouth State University. The Division III finals are set for Saturday, March 15, at Southern New Hampshire University Arena in Manchester.

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

President of Lake Winnepesaukee Alliance to retire

MEREDITH — Patricia Tarpey, President of the Lake Winnepesaukee Alliance (LWA and formerly the Lake Winnepesaukee Association) has announced her intention to retire later this year. Her early announcement affords the Board of Directors ample time to

conduct a national search for her successor and to ensure a seamless leadership transition. “No one has done more to advocate for Lake Winnepesaukee than Pat Tarpey,” said Mark Ishkanian, Chair of LWA’s Board of Directors. “She has fought

tirelessly to raise public awareness of the fragility of Lake Winnepesaukee’s cool, clean water and the need to keep harmful nutrients out of the lake. Over the years, Pat has been a steady and persistent presence in town halls, in the state Capitol, and in the media making

clear that we must not take for granted that Winnepesaukee’s waters will always be clean and safe. Her leadership and vision have left an indelible mark on LWA for which we are grateful.” Under Tarpey’s leadership, LWA evolved from an all-volunteer or-



PHOTO

Patricia Tarpey

ganization to one whose staff capacity, resource base, and stakeholder investment continue to grow. The organization has recently attracted its largest-ever public and private grants and is in the process of moving into a new headquarters in Meredith. Having been led expertly by its departing leader, LWA is a strong, resilient organization equipped to carry on the protection of the Lake Winnepesaukee watershed with ample community support.

The Board of Directors has partnered with Kittleman & Associates, a firm specializing in nonprofit CEO searches, to help find the right person to lead LWA during its next chapter. LWA’s next Executive Director will join the organization at an auspicious moment when it is poised to meaningfully grow its impact. Widespread cyanobacteria blooms during the summer of 2024 highlighted the fragility of the lake’s watershed, resulted in broader stakeholder investment in LWA’s mission, and created an opportunity for LWA to mobilize resources and to galvanize agencies, nonprofits, businesses, and communities to support the organization’s work. The Board is committed to ensuring a seamless transition, maintaining operational excellence,

and continuing to serve the Lake community without disruption. A national search is currently underway, and the job posting, along with further details, can be found at <http://www.kittleman-search.com/Winnepesaukee>.

“Each of us must do our part to protect the precious resource that is Lake Winnepesaukee, and no one has done more to advocate for the lake than Pat Tarpey,” Ishkanian said. “The Board is committed to building on the legacy of Pat’s work by striving to protect the lake for generations to come.”

About the Lake Winnepesaukee Alliance

The Lake Winnepesaukee Alliance is the leading voice for its protection, defender of its water quality, and custodian of its future. LWA utilizes scientific research and action in its pursuit of the best policies and practices to ensure a healthy, vibrant lake. Through monitoring, comprehensive education programs, active stewardship initiatives, and science-based lake management practices, LWA works to safeguard the lake’s water quality, wildlife habitat, and recreational value today and for generations to come. For more information, visit www.winnepesaukee.org



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BARNSTEAD
(continued from Page A1)

Trust Fund with that \$57,842. Article 21 would put an additional \$5,000 into that fund.

Article 22 would then take the \$57,842 out of the new fund to repair existing features at the Parks and Recreation facility.

Article 23 would put \$76,000 into the Police Vehicle Revolving Fund.

Under Article 24, \$37,500 would go into the Milfoil ETF with \$29,513 of that coming from the unassigned fund balance from the state's cost reimbursement from the Milfoil Grant.

Article 25 would put \$4,000 into the Library Computer Support ETF.

The Cistern Construction and Maintenance ETF will receive \$10,000 under Article 26.

Article 27 would approve the lease between the town and a bus company for their lease of the town-owned land on South Barnstead Road.

Article 28 is a petition warrant article to submit a preapplication for the 2025 Clean Water State Revolving Fund to the New Hampshire Department of Environmental Services for a scope of work to develop a watershed management plan for the Upper and Lower Suncook Lakes.

Article 29 is the town's operating budget of \$5,441,378.



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Barnstead	N. Barnstead Road	N/A	\$476,000	Razzaq and Deborah Diggs	James M. and Kerry A. Harlor
Barnstead	N/A	N/A	\$415,000	Tara and Stephen James	Mitchell Mattice and Sajra Dzelilovic
Gilford	Sagamore Road	N/A	\$960,000	McInnis Fiscal Trust and Andrea McInnis	Kerry and Thomas Wentworth
Gilford	133 Sleeper Hill Rd.	Residential Developed Land	\$1,137,600	Lundy Point LLC	Kathleen E. Doyle
Gilmanton	1923 NH Route 140	Single-Family Residence	\$1,195,000	Debella & Ortis LLC	Brian J. Jalbert
Gilmanton	Province Road	N/A	\$479,000	Granite Hill Properties LLC	Brian T. and Jennifer N. Contreras

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.

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The New Durham Public Library Notice of Public Hearing

A public hearing will be held by the New Durham Library Board of Trustees at the New Durham community room, located by the fire station at 4pm on March 17th, 2025 to accept and expend unanticipated, restricted revenues for library usage in the amount of \$10,000 as received from the American Library Association Libraries Transforming Communities. The public hearing is noticed pursuant to RSA 202-A:4-c.

SHAKER REGIONAL SCHOOL DISTRICT INVITATION TO BID

ASPHALT RECLAMATION AND SITE IMPROVEMENTS - BELMONT HIGH SCHOOL, BELMONT NH

The Shaker Regional School District requests sealed bids for Asphalt Reclamation and Site Improvements at Belmont High School, 255 Seavey Rd, Belmont, NH. A mandatory walk-through will be held on March 6, 2025 at 10:00 am at Belmont High School. The final date for questions about the project is March 14, 2025.

An electronic bid packet with site plans is available by contacting Stephen Dalzell at sdalzell@sau80.org. A printed bid packet with site plans can be obtained, for a fee of \$150, by contacting William Hess at whess@hessengineeringllc.com. Sealed bids are due no later than 1:00 pm on March 20, 2025. A public bid opening will be conducted at the Superintendent of Schools Office; 58 School Street; Belmont, NH 03220 on this date.



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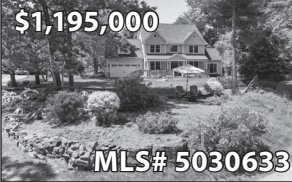


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Springfield: 29.74 acres with two unique parcels offering endless possibilities. The 2.74 acre lot is perfect for building. The 27 acre lot on a class 6 road offers privacy and natural splendor ready for your next adventure.



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Laconia: 5BR/3BA luxury home in Long Bay on Lake Winnepesaukee. This home boast numerous updates, lake view, and water access. Enjoy community amenities such as a heated pool, beaches, tennis courts, and more.



MLS# 5030616

Belmont: 29.29 acre wooded property offering privacy and natural beauty. Including level areas suitable for potential home sites, a view of Mt. Kearsarge, and zoned for rural use which supports various potential uses.



MLS# 5031068

Meredith: 6BR/4BA waterfront home tucked along the shores of Meredith Bay, Lake Winnepesaukee offering a blend of timeless lake house charm, modern updates, and breathtaking views. With a level lot, 89' of shoreline, sandy-bottom swim area, and a 40' dock you're ready for unforgettable memories.

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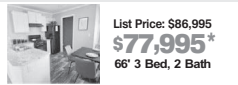
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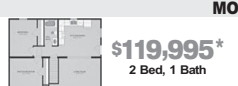


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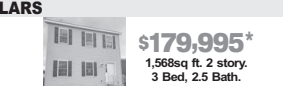
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Kingswood to host Arts Knight March 20



WOLFEBORO — Kingswood Regional High School and Middle School will be holding their annual “Arts Knight” evening on Thursday, March 20 from 6-8 p.m. at the Kingswood Arts Center, 21 MacMa-

nus Dr. This concert and art show is a collaboration between the KRHS and KRMS music departments and art departments. Hundreds of beautiful pieces of middle and high school artwork will be on display in the lobby, as well as performances from seven ensembles from KRMS and KRHS.

“March is ‘Music in Our Schools’ month, a time when we can celebrate all of the great things that music education brings to our students,” says Robert Burns, director of bands at Kingswood Regional High School. “There are so many good things that come from playing music that it is difficult to know where to begin. With large ensembles like Concert Band, Concert Chorus and Jazz Band, students are put in an educational setting quite unlike anything else they experience in schools. In an ensemble, students learn collaboration, compassion, empathy, focus, discipline, history, lan-

guages, critical thinking, and, yes, musicianship!”

Admission is free, and the schedule of performances is as follows:

- 6 p.m. 7th Grade Chorus
- 6:20 p.m. 8th Grade Chorus
- 6:35 p.m. High School Chorus
- 6:50 p.m. KRHS Jazz Band
- 7:05 p.m. 7th Grade Band
- 7:20 p.m. 8th Grade Band
- 7:40 p.m. KRHS Band

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COURTESY

The following Kingswood Regional Middle School students received the After School Allstars Award for the month of February. In the first picture is Gabby Ferland; the second picture is Logan Nicoll. They received the After School Allstars Award for their dedication and excellence in Basketball. Congratulations!

Congratulations to Tara, our Care Professional of the Quarter!

“Tara at Home Instead has been a Godsend to us. Right from the very first meeting, she has been a perfect fit for our family. Tara conducts herself professionally, courteously, and confidently. She seems to instinctively know our needs before we do. Our worries lessen when we know that our mother’s care is in Tara’s hands.”

~ Chrissy, Laconia NH

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March Lunch and Learn: Healthy Living & Boosting Your Immune System

Join us at Golden View Health Care Center for our engaging Lunch and Learn series, where we offer free monthly programs featuring knowledgeable physicians and health experts who share valuable insights. Plus, enjoy a complimentary nutritious lunch with us!

This month, on Thursday, March 20th, from noon to 1:30 p.m., we are excited to welcome Jennifer Pearson, APRN, who will share essential information on "Healthy Living & Boosting Your Immune System." Discover how simple lifestyle changes can strengthen your immune system and protect your body from illness.

Due to limited seating, we strongly advise early registration. To reserve your spot, call Becky at 603-677-4194, email rmckeown@goldenview.org, or visit our online portal at goldenview.org/events-and-education/lunch-learn to register today. Don’t miss this opportunity to invest in your health!