

# Winnisquam Echo

THURSDAY, JANUARY 23, 2025

FREE

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## Honoring a century for US Navy veteran, Conway Scenic Railway founder

## Franklin Savings Bank grants \$10,000 to Tilton-Northfield Little League



COURTESY

U.S. Navy and WWII Veteran, Dwight Smith, Jr., celebrated his 100th birthday today at the New Hampshire Veterans Home with family, fellow veterans, and staff.

TILTON — U.S. Navy and WWII Veteran, Dwight Smith, Jr., celebrated his 100th birthday today at the New Hampshire Veterans Home with family, fellow veterans, and staff.

Dwight Smith attended Mt. Herman Academy, completing grades 10-12, graduating at age 16. Two years at Green Mountain

College in Vermont was the next stop on his track in life, before being drafted in the Navy in 1943. After basic training at Great Lakes, he trained in electronics, becoming a Radar Operator 3rd Class. While on the battleship U.S.S. South Dakota, he made known his math skills, which landed him in the belly of the ship doing

equations for ordinances. Those were long and arduous months, which culminated in Smith volunteering and being selected for Navy V-12 program at Dartmouth College class of '47. Being the only student with combat experience, Dwight was honored with flag bearer at graduation.

Smith received his Honorable Discharge

in April 1946 from Bremerton, Wash. Looking to get his life off on the right track, he accepted an entry-level position with Boston and Maine Railroad. The one constant thing he expresses is a deep-seated confidence in himself; a willingness to stay the course, given an opportunity, knowing his work ethic would create success with time and patience. He rose through the Boston and Maine Railroad ranks over 26 years, earning a reputation for detail, which found him at age 30, youngest Station Manager in Springfield, Vt. During this time, he married the love of his life, Gertrude Emma, and together, they raised four children, two girls and two boys.

When visiting Conway, Smith noticed the train station in town center. He inquired, expressing an interest in developing it and a three-way partnership was forged with local legend/businessmen Carroll Reed and Bill Levy. This new venture, the Conway Scenic Railway, saw him purchase, without his wife's permission (he winks), a steam locomotive—No# 7470, which would become the Conway Scenic Railroad's workhorse and calling card in years ahead. Future owners would rename the engine the

“Dwight Smith” in August of 2019.

His keen eye also discovered an 1898 Pullman Parlor Car, which was in need of many improvements. Four winters of rehabilitation at the hands of the entire family saw the “Gertrude Emma” take her place in the railroad yard as one of the oldest revenue earning Pullmans in the world. Dwight was a born ambassador for the train industry, doing presentations for schools and libraries over the years.

His children fondly remember the entire Smith clan, including the family dog, piling into his 1931 LaSalle Touring Car, another restoration project. They recall venturing out for countryside rides, to destinations unknown.

Smith joined the New Hampshire Veterans Home family in 2020. Later, in August of 2022, he was honored with a Congressional Medal of Honor on behalf of his father's, Dwight Smith, Sr.'s, heroic actions during WWII.

When asked what piece of advice he would offer, he quipped, “Stay on the right track.”

About the New Hampshire Veterans Home

SEE SMITH, PAGE A8

FRANKLIN — Franklin Savings Bank recently granted \$10,000 to the Tilton-Northfield Little League (TNLL) to support the purchase of a new scoreboard and fence repair for the local community ball field. These field improvements will help bring more games and fundraising opportunities to the home field, and many more years of family and community memories.

“TNLL provides Little League baseball for kids in the Tilton, Northfield, Sanbornton, Canterbury, Hill, and Franklin areas. Our mission is to provide a safe and competitive atmosphere for the kids, while promoting sportsmanship, loyalty, honesty and respect. We strive to keep it affordable to allow every child the opportunity,” said Mark Herbert, Tilton Northfield Little League President.

The Tilton-Northfield Little League has been around for many generations and runs solely on donations. Their goal is for the improvements to provide more opportunities for commu-

SEE GRANT, PAGE A8

## Winnisquam Regional High School students compete in Granite State Challenge

## Stevens wins giant slalom and slalom at Gunstock



COURTESY

Pictured above are members of the WRHS Granite State Challenge Team. Members include Emma Davidson, Georgia Sharter-Howe, Beni Griffin, Marcus Morrisette, Joe Curtin, Claire Langevin, and Kevin Dore. Not pictured are advisors Jeremy Shambaugh and Stephanie Shepard.

TILTON — Winnisquam Regional High School students recently competed in the Granite State Challenge, a popular academic quiz show featuring high school students from across New Hampshire.

The Challenge tests students' knowledge across various subjects, including math, science, social studies, language arts, fine arts, current events, entertainment, sports, and New Hampshire-specific topics.

On Nov. 16, seven Winnisquam students competed with more than 30 schools in a pre-qualification test at Merrimack High School. This test determined the top 16

SEE GSC, PAGE A8



JOSHUA SPAULDING

Ella Stevens races through the slalom course at Gunstock on Friday afternoon. She won both the giant slalom and slalom for the Raiders.

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — The Belmont alpine ski team got two more winning performances from Ella Stevens as the Raiders took to the slopes of Belmont on Friday, Jan. 17.

Stevens won the giant slalom with a combined time of 50.96 seconds, with Meg Soucie skiing to 12th place in 59.92 seconds, Riley Degange in 16th place in 1:01.87

and Anna McDonald in 30th place with a time of 1:12.48 as the Raiders finished in third place behind Gilford and host St. Thomas.

The Raiders jumped up to second place in the afternoon slalom, with Stevens again picking up the win, this time in a combined time of 48.01 seconds. Soucie was 11th overall in 1:03.67, Degange finished in 12th place in 1:03.87 and Mc-

Donald finished out the scoring for the Raiders with a 25th place finish in a time of 1:18.2.

The Belmont boys were also third in the morning giant slalom, led by an eighth place finish from Mathias Krauchunas in a time of 54.35 seconds. Ryan Cribbie was 13th overall in 56.22 seconds, Landon Bormes raced to 17th place in 58.06 seconds

SEE ALPINE, PAGE A8

# Canterbury Shaker Village receives \$2,500,000 grant from Lilly Endowment Inc

CANTERBURY — Canterbury Shaker Village has received a \$2.5 million grant from Lilly Endowment Inc. through its Religion and Cultural Institutions Initiative. The grant will support the Village's reinvigoration of its on-site and online interpretive experiences to emphasize the history and culture of the Shaker faith at the core of its visitor engagement strategy.

"This opportunity to share much more of the Village's unparalleled collections is both welcome and exciting," stated Curator of Research and Collections Shirley Wajda. "With this grant, the Village will increase both access to and knowledge of the Canterbury Shakers, their religion, and their individual and collective lives."

Over the next five years, Canterbury Shaker Village will create a "digital Village," developing an online database of biographies, documents, artifacts, and interactive exhibitions. This accessible database will complement and extend new interactive and immersive on-site exhibitions focusing on the Shakers' religious beliefs and experiences.

"We will reinvigorate visitors' experiences and understanding of the Shakers and Shakerism within American and world religious history," added Wajda.

In addition, the Village will design and institute a new staff and guide training program



based on the Village's rich historical resources.

"By creating a new framework for interpretation and the training to support it, the Village will have a chance to explore the Canterbury Shakers in exciting and engaging ways," explained Director of Interpretation and Education Kyle Sandler. "This will place their religious beliefs at the core of the visitor experience here."

Executive Director Erin Hammerstedt said the Shakers are among the most important religious experiments in United States history.

"The Shakers' revolutionary religious ideas shocked and intrigued their contemporaries," she noted. "They challenged—and continue to challenge—Americans' thinking about equality, sociality, and religious

freedom. We thank Lilly Endowment for their generous support."

Canterbury Shaker Village is one of 33 organizations across the United States receiving grants through the latest round of the Religion and Cultural Institutions Initiative. The initiative aims to support museums and other cultural organizations as they strengthen their capacity to provide fair, accurate, and balanced portrayals of the role religion has played and continues to play in the United States and around the world.

"The United States is widely considered to be one of the most religiously diverse nations today," said Christopher L. Coble, Lilly Endowment's vice president for religion. "Many individuals and families trust museums and other cultural institutions and visit them to learn about their communities and the world. We are excited to support these organizations as they embark on projects to help visitors understand and appreciate the diverse religious beliefs, practices

and perspectives of their neighbors and others in communities around the globe."

About Lilly Endowment Inc

Lilly Endowment Inc. is an Indianapolis-based private foundation created in 1937 by J.K. Lilly, Sr. and his sons Eli and J.K. Jr. through gifts of stock in their pharmaceutical business, Eli Lilly and Company. Although the gifts of stock remain a financial bedrock of the Endowment, it is a separate entity from the company, with a distinct governing board, staff and location. In keeping with the founders' wishes, the Endowment supports the causes of community development, education and religion. Although the Endowment maintains a special commitment to its founders' hometown, Indianapolis, and home state, Indiana, it also funds programs throughout the United States, especially in the field of religion. While the primary aim of its religion grantmaking focuses on strengthening the leadership and vitality of Christian congregations in the United States, the Endowment

anced ways the contributions that people of all faiths and diverse religious communities make to our greater civic well-being.

About Canterbury Shaker Village

Canterbury Shaker Village is a nonprofit-owned National Historic Landmark district featuring 25 restored Shaker buildings in their historic setting of 694 acres of forests, fields, gardens, and mill ponds. In addition to museum tours, exhibits, and programs, the preserved Shaker village provides a beautiful, relaxing, and inspiring environment for recreation, learning, reflection, and renewal of the human spirit. To learn more, visit shakers.org.

## Stephanie Inglis named NHBM Board Co-Chair



Stephanie Inglis

MOULTONBOROUGH — After serving as a board member for six years, including vice-chair, Stephanie Inglis has been appointed co-chair of the New Hampshire Boat Museum (NHBM) Board of Trustees. Serving alongside fellow co-chair Jaime Laurent, Inglis replaces Dr. Allison Hart, who served in the role for the past four years.

Inglis grew up in Wolfeboro and is a real estate agent at Lake Life Realty in Moultonborough. In 2022, she helped acquire NHBM's Moultonborough campus and sold its former property in Back Bay.

"Most recently, I've been working with the Renovation Committee on the transformation of our Moultonborough facility," she said.

Development Director Wendy Stocker expressed excitement regarding Inglis' new role.

"Stephanie has proven her commitment to rooting NHBM in the community, and I know she will be a strong leader of our board," she said.

According to Inglis, one of her main areas of focus will be to connect people with NHBM, which reflects a mindset she has developed in real estate.

"I have many contacts in the community with specific expertise like engineers, electricians, and plumbers," she added. "I feel like I'm a resource for connection."

Inglis said she also hopes to "uplift" NHBM as a staple in the greater Lakes Region community and the state.

"I want to propel us to new populations and new people," she explained. "We're bigger than a museum. We offer boat charters, programs for kids, and a variety of experiences for people outside of the museum walls."

According to Inglis, NHBM is entering 2025 "in constant evolution."

"Our fundraising is ever-changing, our exhibits are changing," she added. "We're not going to be stagnant...Stay tuned."

Founded in 1992 by antique and classic boating enthusiasts, NHBM offers dynamic exhibits and engaging programs and events tailored to the diverse boating lifestyles and values of people of all ages. NHBM is partly sponsored by Goodhue Boat Company, Eastern Propane and Oil, Kingswood Press and Design Studio, KW Lakes and Mountains, Taylor Community, Belletetes, and North Water Marine. To learn more about NHBM, visit nhbm.org.

### BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Jan. 6-13.

June R. Baker, age 32, of Gilmanton was arrested on Jan. 7 for multiple counts of DUI-Impairment.

Ryan A. Nyberg, age 26, of Franklin was arrested on Jan. 9 for Criminal Trespassing and in connection with multiple bench warrants.

salmonpress.com

### Laconia Adult Education Winter 2025 Class Schedule

Course Title	Day(s) of the week	Start date	Times	# of weeks	Cost	Location	Instructor Name
<b>Enrichment Classes</b>							
<b>Arts &amp; Crafts</b>							
DIY Wedding and Event Flowers	Wed	2/5/2025	6:00-8:00pm	4	** \$125.00	LHS-509	Shirley Glines
Creating a Spring Wreath	Wed	3/19/2025	6:00-8:30 pm	1	**\$70.00	LHS-509	Shirley Glines
<b>Health &amp; Wellness</b>							
Freedom Through Forgiveness	Thu	5/1/2025	6:30-8:30pm	1	\$45.00	LHS-615	Brenda Paquette
Introduction to Spiritual Energies	Thu	3/6/2025	6:30-8:30pm	1	\$45.00	LHS-615	Brenda Paquette
Meditation 101	Thu	4/3/2025	6:30-8:30pm	1	\$45.00	LHS-615	Brenda Paquette
What are Angels & How to Communicate w/them	Thu	3/20/2025	6:30-8:30pm	1	\$45.00	LHS-615	Brenda Paquette
Yoga for Everyone: Beginning (Tues & Thurs) Session 1	Tue, Thu	1/28/2025	5:00-6:15 pm	4	\$50.00	ctc-H225	Bonnie Morin
Yoga for Everyone: Beginning (Tues & Thurs) Session 2	Tue, Thu	3/4/2025	5:00-6:15 pm	4	\$50.00	ctc-H225	Bonnie Morin
Yoga for Everyone: Beginning (Tues & Thurs) Session 3	Tue, Thu	4/1/2025	5:00-6:15 pm	4	\$50.00	ctc-H225	Bonnie Morin
<b>Learning a skill</b>							
Basic Woodworking	Thu	2/13/2025	6:00-8:30pm	8	** \$110.00	LHS-517	Wes Anderson
CERT Training (Community Emergency Response Team)	Tue	3/5/2025	6:00-9:00pm	12	\$30.00	LHS 615	John Beland
Intro to Intermediate Woodworking	Wed	TBA	6:00-8:30 pm	8	TBA	LHS-517	Ed Philpot
Open Shop Woodworking	Tue	2/11/2025	6:00-8:30 pm	10	**\$110.00	LHS-517	Ed Philpot
Welding Fundamentals: ARC,GAS,MIG&TIG- Tuesdays	Tue	2/11/2025	5:30-8:30 pm	10	** \$350.00	Welding Lab	Bruce Beckford
Welding Fundamentals: ARC,GAS,MIG&TIG- Wednesday	Wed	2/12/2025	5:30-8:30 pm	10	** \$350.00	Welding Lab	Bruce Beckford
<b>*Diploma Classes*</b>							
Economics/ Civics	Mon	1/28/2025	6:00-9:00pm	15	\$280.00	LHS-612	J. McLeod
English	Tues	1/21/2025	6:00-9:00pm	15	\$280.00	LHS-312	J. Ratcliffe
US History	Wed	1/22/2025	6:00-9:00pm	15	\$280.00	LHS-304	T. Osborne
Foundations of Math II	Thurs	1/23/2025	6:00-9:00pm	15	\$280.00	LHS-611	A. Stefanik
<b>Adult Education and Literacy Classes</b>							
High School Equivalency Classed (GED and HISET)	Mon & Wed.	2/3/2025	6:00-8:30PM	12	FREE	LHS-606	J. Andrews & T. Krivitsky
English as a Second Language (ESL)	Tues & Thurs.	1/24/2025	6:00-8:30PM	12	FREE	LHS-604	M. Rudolf
Adult Basic Education-Reading	Tues & Thurs.	2/4/2025	6:00-8:30PM	12	FREE	LHS-221	J. Hoell

\*\* Additional Supply/book fee or pre-class requirement is additional in this course.

CHECK ONLINE FOR MORE DETAILED COURSE INFORMATION (Including materials, book fees or Labs)  
 REGISTER AND PAY ONLINE at: [aduledlaconia.weebly.com](http://aduledlaconia.weebly.com)  
 Still have questions? Call Laconia Adult Education at 524-5712

# MVSB's Mitten Tree program brings warmth and nourishment to local communities

MEREDITH — With the support and generosity of local community members, MVSB (Meredith Village Savings Bank) collected 1,933 mittens, hats, gloves and scarves during their annual Mitten Tree drive. The Bank has matched the contribution with \$2 per item – a total of \$3,866 that will be split between 11 local non-profits addressing childhood food insufficiency.

MVSB's tradition of gathering cold-weather items each winter began over four decades ago in 1979. Each year, between Thanksgiving and New Year's, the Bank collects donations that are displayed on "Mitten Trees" at every MVSB branch office. At the end of the drive, the items are distributed by the branches to local schools, daycares and other organizations that support families in need in their local communities.

The recipients for this year's matching donation included End 68 Hours of Hunger programs serving Alton, Exeter, North Conway,



The MVSB Center Harbor team stand in front of their collection of mitten tree items in December. From left, Debra Sturgeon, Branch & Business Development Manager, Kate Worden, Teller Supervisor, Max Cohen, Universal Banker, and Pam Richard, Universal Banker.

Portsmouth, Rochester and Wolfeboro, along with local Got Lunch! programs serving Gilford, Ashland & Holderness, Inter-Lakes, Laconia and Plymouth.

MVSB has been serv-

ing the essential bank needs of people, businesses, nonprofits and municipalities for more than 150 years. As a mutual savings bank, MVSB has no stockholders but rather operates for the benefit of its cus-

tomers, employees and community. Since our founding, one thing has always remained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a

community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Exeter,

Gilford, Laconia, Melvin Village, Meredith, Moultonborough, North Conway, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

## NH Veterans Home, Red Cross partner to host community blood drive



Allan Bailey, US Army Vietnam War Veteran and New Hampshire Veterans Home resident, encourages all who are able to give the gift of life.

TILTON — The New Hampshire Veterans Home will host a community blood drive with the American Red Cross on Wednesday, Feb. 5 from 11 a.m. to 4 p.m. at 139 Winter St. in Tilton. All donors will receive a \$15 e-gift card to a merchant of choice from the Red Cross.

Donors can help save a life in just an hour. To make an appointment

to donate blood or 'Power Red' collections, call 1-800-RED CROSS (1-800-733-2767) or register online at <https://rcblood.org/3PqwToE>.

"The New Hampshire Veterans Home's vision is to be veterans' chosen home and community where caring is assured," said Commandant Kim MacKay. "We care about our veterans' wishes in what they

would like to have happen in their home. The Veterans Home annual drive began when our 2023 Resident Council President, Allan Bailey, asked his New Hampshire Veterans Home Resident Council Officers, our veterans, and our staff, about holding a Blood Drive. We were honored to fulfill Allen's vision and hold our first Blood Drive in 2023."

"In addition to fulfilling Allan's wishes, there's no better feeling than knowing that your blood donation may give someone a second chance at life. To continue to help save lives, please join us," said MacKay.

Blood is a perishable product that can only come from volunteer blood donors. With someone in the U.S. needing blood every two seconds, blood products must be constantly replenished, according to the Red Cross. According to the Red Cross, donors with all blood types are needed, especially those with

types O negative, A negative and B negative.

After the holidays during the cold New England winter months, the American Red Cross sees a decline in donors which can impact patient care. It's critically important that donors make an appointment to give now to help maintain a stable blood supply.

About the New Hampshire Veterans Home

The New Hampshire Veterans Home is home to 135 men and women veterans who have served their country and fellow New Hampshire citizens. NHVH was established in Tilton in 1890 as the Soldier's Home for Civil War Veterans and is a recipient of the Platinum Veteran-Friendly Business award from the Department of Military Affairs

& Veterans Services as well as quality care and business inspiration awards. The mission of NHVH is to provide high quality, professional long-term care services to the Granite State's elderly and disabled veterans with dignity, honor, and respect. NHVH is the State's only long-term care facility dedicated exclusively to veterans. For more information, call (603) 527-4400 or visit [www.nh.gov/veterans](http://www.nh.gov/veterans), [www.facebook.com/nhveteranshome](http://www.facebook.com/nhveteranshome).

About the American Red Cross The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid;

and supports veterans, military members and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, visit [redcross.org](http://redcross.org) or on Twitter at @RedCross.

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# Opinion

## Letter submission policy

Letters to the Editor must include the author's name, address, and a day-time 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.

## Staying grounded in the age of social media

It happens to all of us. You're scrolling through your social media feed, and a post grabs your attention — something outrageous, dramatic, or too good to be true. Before you know it, you've shared it, commented on it, or brought it up in a conversation. But how often do we stop to ask ourselves: Is this actually true? Or, more importantly, why is this being shown to me?

Social media platforms like Facebook, Instagram, TikTok, and Twitter (or X) are marvels of modern technology, but they're also powerful, profit-driven machines. Behind every post, video, or ad you see lies an algorithm, a set of rules designed to keep you engaged. These algorithms know more about you than you might think: your likes, your dislikes, your habits, even the time of day you're most likely to scroll. They're built to serve you content that aligns with your interests, but also content that provokes strong emotions, because emotion equals engagement, and engagement equals profit.

The problem is, emotions like outrage, fear, or excitement can cloud our judgment. This is how misinformation thrives. Social media algorithms aren't designed to prioritize truth, they're designed to prioritize clicks. This means that sensationalized or extreme content often rises to the top, not because it's accurate, but because it grabs your attention. Over time, you might find yourself in an echo chamber, exposed only to ideas that reinforce your existing beliefs while opposing views are filtered out.

This can have real-world consequences. Extremism, divisiveness, and distrust grow when we stop engaging critically with information and simply accept what's fed to us. And it's not just about politics. Think about the misinformation around health, science, or even history that spreads unchecked because it's wrapped in a flashy headline or a viral meme.

So, how do we navigate this algorithm-driven world without losing our grip on reality? The answer lies in slowing down, staying skeptical, and taking responsibility for what we consume and share.

Before hitting that share button, take a moment to verify the information. Check the source: Is it reputable? If it's a website you've never heard of, does it provide evidence or just emotional appeals? Cross-reference with trusted outlets. A quick Google search can save you from spreading misinformation.

Know that your feed isn't a random collection of posts, it's curated for you. If you find yourself feeling angry, overly excited, or even validated after seeing a certain type of content, ask yourself: Is this manipulating my emotions? Algorithms don't care about truth; they care about keeping you scrolling.

Social media platforms often show you content you agree with, which can feel comforting but limits your perspective. Make a conscious effort to follow people or organizations with diverse viewpoints. This doesn't mean you have to agree with everything, but exposing yourself to different ideas helps build critical thinking.

If a post seems overly dramatic, divisive, or paints an entire group of people as "good" or "evil," it's worth questioning. Extremist content often thrives on oversimplifying complex issues, using inflammatory language to provoke a reaction. Real solutions and truths are rarely found in black-and-white thinking.

The online world is just one part of the bigger picture. Building relationships, discussing issues in person, and relying on community engagement can help you stay grounded. Social media is a tool, not the whole world.

Social media is a double-edged sword. It can connect us, inform us, and even inspire us. But it can also mislead, divide, and manipulate us if we're not careful. The algorithms may be powerful, but so are we. By staying wide-eyed, curious, and critical, we can take control of our online experience and ensure that we're not just passive consumers but active participants in seeking truth and understanding.



COURTESY

## WRSD Food Service Director introduces "Cooking As A Community"

Food Service Director Rob Cohen, a strong believer in the value of community, this week expanded that belief to include guest chefs. The concept of "Cooking As A Community" saw Facilities Supervisor Shelly Ward, WRHS Principal Dr. Angela Friberg, Food Service Director Rob Cohen, and Maintenance worker Bob McKinney preparing to order vegetable, tofu, and/or chicken stir-fry dishes for staff and students.

## Eight days a week

Sometimes, life feels so busy I dream of having one more day in the week. How great would that be? Eight days a week - just like that Beatles song! It sounds great, but let's think this through.

POSITIVELY SPEAKING  
TOBY MOORE

It could be a day of leisure: no emails, errands, or to-do lists. Just sleep in, read a book, or spend hours binge-watching your favorite show without guilt. It could revolutionize how we approach self-care and mental health.

It could be the day you finally learn to paint, start that podcast, or bake croissants from scratch! Imagine having dedicated time for personal growth—no interruptions, just you and your creative spark.

Imagine the extra family time. You could host family dinners, volunteer in your community, or reconnect with old friends!

You could catch up on everything you didn't finish earlier in the week. Grocery shopping, home projects, errands—you name it. We could call it the "Get your life together" day!

It sounds great, but adding an eighth day might plunge the world into chaos.

Holidays would go rogue. Weeks wouldn't align with months, so Christmas might land in February, and New Year's could appear in July.

Imagine singing "Jingle Bells" in a heatwave or explaining to your kids why Thanksgiving dinner now involves sunscreen and barbecue grills instead of turkey and mashed potatoes. Santa might quit in protest!

Payroll would be a nightmare—when is payday? Who knows! HR would give up entirely, and accountants would cry themselves to sleep.

Solstices and equinoxes, those dependable markers of seasons, would go completely out of whack. Farmers wouldn't know when to plant crops. Benjamin Franklin, who started the Farmer's Almanac, might come back to write a pamphlet titled: "Leave the Calendar Alone, You Fools!"

Your circadian rhythm—already clinging to life thanks to caffeine—would give up entirely. Owls would start hooting at rush hour, your cat would decide 3 p.m. is now breakfast time, and your smartwatch would scream, "I don't know what day it is!"

Okay, eight days - bad idea. Still, seven doesn't feel like enough.

Let's flip the scenario: what if we lived in a world where the week only had six days? You don't know what you got until it's gone.

Suddenly, the seven-day week we take for granted would feel like a luxury. That seventh day—the one we rely on for rest, errands, or just catching our breath—would be gone. Imagine the chaos of squeezing everything we currently do into fewer days.

Without the seventh day, weekends would shrink, leaving little time to recover from the grind of the workweek. Rest wouldn't be optional—it would become a desperate need. Perhaps we'd have to find new ways to recharge during the week, taking shorter, more deliberate breaks to avoid burnout.

Losing the seventh day would make finding time for hobbies or cre-

ative pursuits even harder: Gone are the lazy afternoons spent painting, writing, or tinkering with a new project. Play and creativity would need to be crammed into the workweek, likely pushed aside by more "urgent" demands.

Family dinners, game nights, and community events would become a rarity. Without the seventh day, many of us would feel perpetually rushed, sacrificing time for relationships, and the value of connection would become clearer, but finding the time for it would be even harder.

Life without that seventh day means laundry piles up, errands get delayed, and "to-do" lists spill into the rest of the week. Chaos would become the new normal as we struggle to fit everything into an already packed schedule.

If the world switched to a six-day week, the chaos would be equally absurd as eight days a week but in reverse!

Einstein might re-materialize to say, "Yes, time is relative, but this is ridiculous!"

Okay, maybe the problem isn't with the number of days. It's not about having more or less time; it's about making the time I already have more meaningful.

If you're like me, wishing for more time in the day or more days in the week, it's not about getting that extra time; it's about making the time we have work better.

The solution isn't in more days—it's in making the ones we already have truly count.



## Winnisquam Echo

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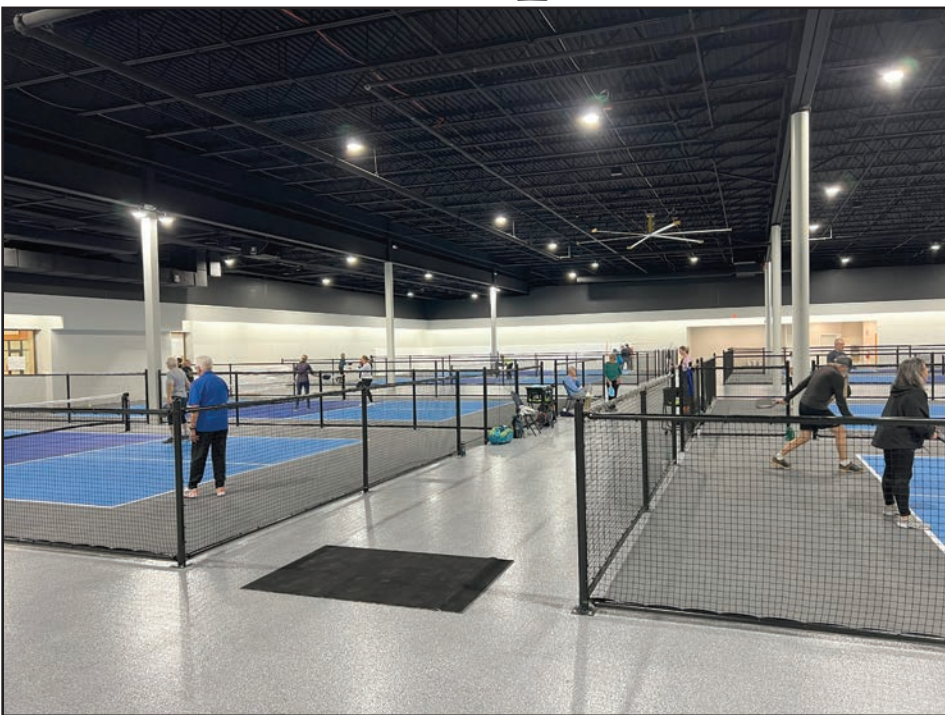
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# WRHS students prepare and seek sponsorships for STEM Racing USA & Canada National Finals



Pictured above are 3CarBurst team members Aemon, Gauthier, David Jean and Brady Desautelle along with Team Royal Viper Racing team members Dylan Griffin, Jacob Twombly, Caidyn Carter, Carter Laliberte, Logan Hanson and Ari Booth.

## Club Piklbal! Indoor Pickleball Club now open at Belknap Marketplace



Players enjoying friendly competition during Intermediate Level Open Play at Club Piklbal!, which opened Jan. 15 at Belknap Marketplace in Belmont.

BELMONT — Club Piklbal!, NH's Lakes Region first indoor pickleball club is now open at Belknap Marketplace at 96 Daniel Webster Hwy in Belmont. Memberships, court reservations, and level-specific open play games are now available.

Fun for all ages and abilities, pickleball is one of the fastest growing sports in the nation, including here in the Lakes Region where until now, players have only been able to play on outdoor courts, or in gymnasiums. In fact, according to USA Pickleball, 36.5 million people are currently playing pickleball in the U.S. Why? Because you can play a social or competitive game, keep moving, have fun, and build a network of friends and supporters! According to a Mayo Clinic study, racket sports players add 6.2 to 9.7 years to the average life span.

Club Piklbal! is a community-centered, state-of-the-art indoor pickleball facility that welcomes players of all ages and abilities all

year long. Club Piklbal!'s goal is to provide players with a comfortable and positive play experience, making it easy to show up, play, enjoy some friendly competition, have fun, and make connections.

In its 23,000 square foot facility, Club Piklbal! offers eight indoor, temperature-controlled, fenced in pickleball courts with CushionX premium court surfaces. As well, Club Piklbal! members and guests can enjoy a Wellness Suite, Pro Shop, Training Area, Lounge / Event Space, and plenty of viewing areas for spectators to watch games at play.

Club Piklbal! is a standout to other pickleball facilities, hosting organized programming for lessons from a Club Piklbal! Pro / Coach, leagues, ladders, and level-specific open play. And, for those looking to play a game with their own group, court reservations are available. While Club Piklbal! is happy to welcome guests, there are several levels of membership offering advantages over

playing as a guest.

Additionally, Club Piklbal! is available for hosting private events. Their lounge serves up a great space for corporate events, family reunions, birthday parties, and more. Party hosts can even make pickleball part of their event by reserving courts as part of the event's festivities.

Whether seeking lessons or leagues, open play or court reservations, a club membership or non-member status, all are welcome at Club Piklbal! Now open.

Ready to play? Visit ClubPiklbal.com to learn more. And, be sure to join the email list to keep up to date on all things Club Piklbal.

TILTON — STEM Racing USA & Canada, (formerly known as F1 in Schools North America) is a groundbreaking program designed to ignite passion for Science, Technology, Engineering, and Mathematics (STEM) in young people. This innovative initiative combines the thrill of competitive racing with hands-on learning experiences, empowering students to develop critical thinking, problem solving, and teamwork skills.

Students are challenged to design, test, and manufacture a 1/20 scale F1 Car that must comply with extensive technical regulations. Students step into the driver's seat and launch their cars during head-to-head reaction racing. Additional team branding and identity elements such as a 5-minute verbal presentation on their team and its work, a physical pit display which outlines the highlights of their team, and a verbal presentation

detailing project challenges and innovations are also key parts of the competition.

Two WRHS teams recently competed in the 2024 Eastern Regional Finals. The cars were carefully packed and shipped to Florida where they were raced and timed by STEM Racing officials. The students watched their cars zoom down the track from their classroom.

Team 3CarBurst, consisting of teammates Aemon, Gauthier, David Jean and Brady Desautelle finished second regionally and was the New Hampshire overall winning team. Team Royal Viper Racing team members Dylan Griffin, Jacob Twombly, Caidyn Carter, Carter Laliberte, Logan Hanson and Ari Booth finished third during the virtual race.

By competing in the US Eastern Regional Finals, these two teams are now qualified to compete in the 2024-2025 US and Canadian National Finals in Charlotte, NC.

The students now design, manufacture, and test a new car incorporating the information they learned from the regional competition. They will also develop a sponsorship packet to help with the necessary funding to compete nationally and will pitch their ideas during an upcoming Sponsorship Day.

Sponsorship opportunities are still available. If you are interested in supporting the WRHS STEM Racing Teams, please contact STEM teacher Debi Rapson at drapson@wrsdsau59.org.

The teams will also be hosting a fundraising event at UNO Pizzeria & Grill, 122 Laconia Rd., Tilton, on Jan. 30. UNO will donate up to 20 percent of your check towards the WRHS STEM Racing Teams. Fundraising certificates are available on the WRHS Web site, and must be presented to your server.

## Morgan Agran of Northfield named to SUNY Potsdam President's List

POTSDAM, N.Y. — Morgan Agran of Northfield was recently named to the President's List at The State University of New York at Potsdam.

Agran, whose major is Exercise Science, was among 774 students who were honored for academic excellence in the Fall 2024 semester. SUNY Potsdam President Dr. Suzanne Smith 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 2,500 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](http://www.potsdam.edu).



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# Raider boys rally to knock off St. Thomas

BY JOSHUA SPAULDING  
Sports Editor

BELMONT — It was exactly what one would expect when two of the top teams in Division III squared off last Thursday, Jan. 16 in Belmont.

The host Raiders overcame a huge third quarter from St. Thomas with a big fourth quarter of their own and Anakin Underhill put back a rebound in the final 20 seconds to give the Raiders the 50-48 win over the Saints.

St. Thomas got the first basket before Keegan Martinez, Treshawn Ray and Underhill hit consecutive baskets for the Raiders to open up a 6-2 lead. After a three from the Saints, Underhill hit two free throws, Martinez drained a three-pointer and Ray hit another hoop for the 13-5 lead.

After another St. Thomas basket, Martinez put back a rebound and Ray drained another hoop for the 17-7 lead. St. Thomas finished out the quarter with a hoop, a three-pointer and a pair of free throws to cut the lead to 17-14 after one quarter.

Underhill put back a rebound to start the second quarter and after two St. Thomas free throws, Martinez drained another hoop. After the Saints drained



JOSHUA SPAULDING

Treshawn Ray rises toward the basket during his team's exciting win over St. Thomas last week.

a basket, Underhill hit consecutive baskets to push the lead to 25-18 and St. Thomas got a three-pointer to close out the first half, cutting the lead to 25-21 at the break.

Ray started the third quarter with a bucket before the Saints went on a tear, scoring 15 points in a row. After a hoop and a free throw, the Saints

got a three-pointer with five minutes to go in the quarter to tie the game and then hit another hoop, a three-pointer and then two more baskets to take the 36-27 lead.

Martinez converted a three-point play to get the Raiders back on the board and after another Saint hoop, drained two from the charity stripe



Keegan Martinez fires off a shot during action against St. Thomas last Thursday evening.

to cut the lead to six. However, St. Thomas got a three-pointer at the buzzer and took the 41-32 lead to the final eight minutes.

Belmont started the fourth quarter on a 12-0 run to take the lead back. Underhill started the quarter with a hoop and Martinez put

back a rebound for two more points. After Ray hit a hoop, an Underhill three-pointer tied the game at 41 with five minutes to go and then Martinez hit a free throw and put back a rebound to give Belmont a 44-41 lead.

The Saints didn't go away, connecting on an-

other hoop to cut the lead to one before Ray hit two from the line and a basket for the 48-43 lead. St. Thomas then drilled a hoop and a three-pointer with 33 seconds to go tied the game at 48.

Underhill then put back a rebound with 20 seconds to go and the Saints weren't able to hit their final attempts at the bucket, giving the Raiders the 50-48 win.

Martinez finished with 19 points to lead the Raiders while Underhill finished with 17 points and Ray added 14 points.

Belmont is scheduled to be in action on Friday, Jan. 24, at White Mountains and Tuesday, Jan. 28, at Gilford, both at 6 p.m.

BHS 17-8-7-18-50  
STA 14-7-20-7-48

Belmont 50  
Ray 6-2-14, Underhill 7-2-17, Martinez 7-4-19, Totals 20-8-50

St. Thomas DeTolla 2-0-4, Settineri 3-0-5, McClure 10-8-33, Mollica 2-0-4, Totals 17-8-48

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

# Bears fall to Prospect Mountain, White Mountains

BY JOSHUA SPAULDING  
Sports Editor

TILTON — The Winnisquam girls' hoop team ran into a solid Prospect Mountain squad on Tuesday, Jan. 14, dropping a 64-29 decision to the Timber Wolves.

"Prospect is a very good team," said Winnisquam coach Mark Dawalga. "I did like how we continued to play hard the whole game, despite being shorthanded due to injuries."

Caidyn Carter led the Bears with 18 points and eight rebounds while Bella Soucy added five points. Averill LaBranche had eight rebounds to go with her four points.

The Bears returned to action on Friday night to take on White Mountains and held things close for the first quarter before the Spartans opened things up for the 47-26 win.

Winnisquam led 5-4 after the first quarter but trailed 24-12 at the halftime break and 35-20 heading to the fourth quarter.

"I really thought we played hard all night," said Dawalga. "Being outscored 20-7 in the second quarter was really the difference in the game."

Carter led the way with 10 points and seven rebounds while LaBranche had a huge night on the boards, pulling down 19 rebounds to go with six points. Jaelynn Treamer earned her coach's praise for her solid play, putting in seven points and grabbing four rebounds.

Winnisquam is slated to be in action on Friday, Jan. 24, at Newfound at 6 p.m.

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



COURTESY

Join Angela Stewart at the Belknap Mill Museum on Saturday, Jan. 25, 11 a.m.-2 p.m. for this Winter Winds Paint Along. You will be using basic brush work, blending acrylics and painting tree techniques. Materials and instruction provided. \$35/person. Register at [www.belknapmill.org/classes](http://www.belknapmill.org/classes).

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# Unified Raiders battle to the end with Lakers



JOSHUA SPAULDING

Ollie Pelky led the way for the Belmont unified basketball team last week against Inter-Lakes/Moultonborough.



Elissa Pinard fires off a shot during her team's game last week against Inter-Lakes/Moultonborough.



Yasmine Green looks to shoot the ball during her team's game last week.

on another hoop for the Raiders before Curry-Yale and Ben Dennis both hit for the Lakers for the 14-8 lead. Belmont's Yasmine Green got the final basket of the quarter and ILMA led 14-10 after one quarter.

Ezra Howe got a pair of hoops for the Lakers to start the second quarter before Olivia Mulcahy and Sanborn got hoops for the Raiders. Howe got another basket for the Lakers before Ollie Pelky connected for the Raiders. Brandon Kimball got the final basket of the half for the Lakers and they took the 22-16 lead to the halftime break.

Mulcahy hit the first hoop of the second half for the Raiders before Rubio-Colon answered for the Lakers. After Sanborn connected for the hosts, Rubio-Colon and Clark hit for the Lakers for the 28-20 lead.

Pelky drained a hoop from downtown and then hoops from Pelky and Pinard pulled the Raiders to within one at 28-27. The Lakers got another hoop from Marion but a Pinard basket got the lead to one again.

Curry-Yale then hit two hoops in a row, Kimball hit a hoop and Curry-Yale drained another basket as the Lakers took the 38-29 lead. Pinard got the final basket of the third quarter and the Laker lead was 38-31 heading to the fourth quarter.

Pelky hit a hoop and a three-pointer sandwiched around a bucket from Kayleen Pestana at the other end of the court. Mulcahy hit another hoop to cut the lead to two but Howe got the Lakers back on the board with a pair of hoops, sandwiched around a basket from Pelky.

Mulcahy connected on a basket for Belmont and Rubio-Colon answered for the Lakers. Lacey got the Raiders back to within two before Clark connected for the Lakers. Green and Rubio-Colon exchanged baskets at the end of the game for the 50-46 final score.

Rubio-Colon led the Lakers with 12 points and both Curry-Yale and Howe each finished with 10 points. Pelky led the way for the Raiders with 14 points.

ILMA is scheduled to be in action on Tuesday, Jan. 28, at home against Kingswood at 3:15 p.m. and Belmont is slated to be at home against Newfound on Tuesday, Jan. 28, at 3 p.m.

ILMA 14-8-16-12-50  
BHS 10-6-1515-46

Inter-Lakes/Moultonborough 50

Pestana 1-0-2, Curry-Yale 5-0-10, Rubio-Colon 6-0-12, Howe 5-0-10, Dennis 1-0-2, Clark 3-0-6, Kimball 2-0-4, Marion 2-0-4, Totals 25-0-50

Belmont 46  
Green 2-0-4, Pinard 4-0-8, Mulcahy 4-0-8, Lacey 3-0-6, Pelky 6-0-14, Sanborn 3-0-6, Totals 22-0-46

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

BY JOSHUA SPAULDING  
Sports Editor

**BELMONT** — The Belmont unified basketball team welcomed Inter-Lakes/Moultonborough to town on Thursday, Jan. 16, and

the two teams played a great back-and-forth game, with the visiting Lakers pulling out the 50-46 win.

Christian Sanborn got the scoring started for the Raiders before

Juan Rubio-Colon netted a hoop for the Lakers. Elissa Pinard followed with a basket for the Raiders before Skylar Clark and Rubio-Colon hit back-to-back buckets for the Lakers for the 6-4

lead. David Lacey connected for the Raiders to tie the game but ILMA got hoops from Matthew Marion and Averi Curry-Yale to take the 10-6 lead. Lacey connected

## HIGH SCHOOL SLATE

**Friday, Jan. 24**  
**BELMONT**  
Alpine Skiing at Gunstock; 10  
Boys' Hoops at White Mountains; 6  
Girls' Hoops vs. White Mountains; 6  
**GILFORD**  
Alpine Skiing at Gunstock; 10  
Boys' Hoops at Berlin; 6  
Girls' Hoops vs. Berlin; 6:30  
**WINNISQUAM**  
Boys' Hoops vs. Newfound; 7  
Girls' Hoops at Newfound; 6

**Saturday, Jan. 25**  
**GILFORD**  
Nordic Skiing at White Mountains; 10

**Sunday, Jan. 26**  
**BELMONT**  
Indoor Track at UNH; 10  
Swimming at UNH; 9:30

**GILFORD**  
Swimming at UNH; 9:30  
**WINNISQUAM**  
Indoor Track at UNH; 10  
Tuesday, Jan. 28  
**BELMONT**  
Boys' Hoops at Gilford; 6  
Girls' Hoops vs. Gilford; 6  
Unified Hoops vs. Newfound; 3  
**GILFORD**  
Boys' Hoops vs. Belmont; 6  
Girls' Hoops at Belmont; 6  
Nordic Skiing at Kearsarge; 2:30  
**WINNISQUAM**  
Boys' Hockey at John Stark-Hopkinton; 7:15

**Wednesday, Jan. 29**  
**BELMONT-GILFORD**  
Boys' Hockey at Kennett; 6:10  
**GILFORD**  
Unified Hoops vs. Laconia; 6  
**WINNISQUAM**  
Boys' Hoops vs. Derryfield; 7

Wrestling at Plymouth; 6  
**Thursday, Jan. 30**  
**GILFORD**  
Nordic Skiing at Gunstock; 2:30

All schedules are subject to change.

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**ALPINE**

CONTINUED FROM PAGE A1

and Henry Ashworth rounded out the field of Raiders in 19th place in 58.22 seconds.



**GRANT**

CONTINUED FROM PAGE A1

nity engagement and involvement.

“The comradery, growth, teamwork and respect that is learned through team sports and activities provides an excellent way for communities to come together,” comments Brian Bozak, President & CEO, Franklin Savings Bank. “We are happy to provide an opportunity for improvements to the Tilton-Northfield Little League field so that these experiences can be shared for generations to come.”

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**GSC**

CONTINUED FROM PAGE A1

teams advancing to the 2025 Granite State Challenge.

The Winnisquam team participated in the first round of competition on Jan. 12. The episode will air on NHPBS on the following dates: March 13 at 8:30 p.m., March 15 at 5:30 p.m., March 17 at 4:30 p.m., March 20 at 2 p.m. on NHPBS Explore.

WRSD teacher and GSC advisor Jeremy Shambaugh stated, “This year, being WRHS’s first year fielding a Granite State Challenge/Quiz Bowl team in many years has been a refreshing and invigorating experience. The

team has been practicing by competing together and plans to participate in at least two NH Quiz Bowl events in the coming months. Most importantly, the team is having a lot of fun working together. The students possess astonishing trivia knowledge, demonstrated by their strong showing in the qualification test, on the show, and in practice sessions. To learn how WRHS performed in the Granite State Challenge, tune in to the broadcast. We are always looking for interested students to join our team as we plan to continue our practice sessions and compete again next year in the Granite State Challenge and NH Quiz Bowls!”

The Raider boys also moved up to second place in the afternoon slalom, with Bormes leading the charge with a 14th place finish in 59.79 seconds. Cribbie was 15th overall in 1:01.28 and Ashworth

was 16th in 1:01.91. Krauchunas finished out the scoring for the Raiders with a 17th place finish in 1:03.65.

The Raiders have a scheduled meet at Gunstock on Friday, Jan. 24,

at 10 a.m.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news)



Meg Soucie was second for Belmont in both the giant slalom and slalom last week at Gunstock.

Landon Bormes makes his way through the giant slalom course at Gunstock on Friday morning.



Mathias Krauchunas races through the giant slalom course at Gunstock last Friday morning.

**SMITH**

CONTINUED FROM PAGE A1

The New Hampshire Veterans Home is home to 135 men and women veterans who have served their country and fellow New Hampshire citizens. NHVH was established in Tilton in 1890 as the Soldier’s Home for Civil War Veterans and is a recipient of the Platinum Veteran-Friendly Business award from the Department of Military Affairs & Veterans Services as well as quality care and business inspiration awards. The mission of NHVH is to provide high quality, professional long-term care services to the Granite State’s elderly and disabled veterans with dignity, honor, and respect. NHVH is the State’s only long-term care facility dedicated exclusively to veterans. For more information, call (603) 527-4400 or visit [www.nh.gov/veterans](http://www.nh.gov/veterans), [www.facebook.com/nhveteranshome](http://www.facebook.com/nhveteranshome).

*Bears tuning up for indoor track state championships*



JOSHUA SPAULDING

Denessa Williams rounds the track at UNH on Sunday afternoon.



Ari Booth jumps in the long jump at the University of New Hampshire on Sunday.

BY JOSHUA SPAULDING

Sports Editor

DURHAM — Members of the Winnisquam indoor track team hit the track at the University of New Hampshire on Sunday afternoon as they looked to improve their qualification times for the state championship.

The top individual finisher for the Bears was Brendan Goodwin in the 300 meters, where he finished in seventh place with a time of 39.9

seconds, with Nolan Abbott in 13th place in 40.57 seconds.

Ari Booth finished in 11th place in the long jump at 15 feet, 6.75 inches and the 4X400-meter relay team finished in a time of 4:04.36 for 11th place overall.

For the Bear girls, Denessa Williams was 11th in the 300 meters in a time of 46.72 seconds, while in the 600 meters, Kaiden Robb ran to 12th place in 1:56.54. Devin

Timmons finished in 16th place in the shot put with a toss of 22 feet, 10.5 inches.

The 4x160-meter relay girls finished in 12th place overall in 1:38.2.

The Bears are slated to compete at UNH again on Sunday, Jan. 26, at 10 a.m.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).



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# Lacasse wins 55-meter dash at UNH meet



Hannah Young breaks from the blocks during action at the University of New Hampshire on Sunday.



Brock Smith leaps through the air during action on Sunday at the University of New Hampshire.

BY JOSHUA SPAULDING  
Sports Editor

DURHAM — Members of the Belmont indoor track team took to the University of New Hampshire field house on Sunday, Jan. 19, beating the storm and putting up some solid results as they looked to better their qualifying times for the state championships.

Ava Lacasse had a pretty good day for the Raiders. She won the preliminaries for the 55 meters in 7.66 seconds and then won the finals in 7.61 seconds. Hannah Young was ninth in 8.01 seconds and Talia Watson was 15th in 8.21 seconds.

Lacasse also finished in second place in the 300 meters in a time of 43.52 seconds. In the 600 meters, Hailey Clairmont was 19th in 2:08.2 and Clemence Lhermitte was 20th in 2:08.55.

Adeline Takantjas finished sixth in the preliminaries for the 55-meter hurdles in 9.95 seconds and placed fifth in the finals in 9.92 seconds. Young leaped to 12th in the long jump at 13 feet, 2.75 inches and in the shot put, Ava Tonkin was 11th at 25 feet and Madelyn Divers was 15th at 23 feet, 10 inches.

The Raider 4X160-meter girls finished in third place in 1:30.95 and the 4X400-meter team finished in a time of 4:56.11.

For the boys, Brock Smith jumped to seventh overall in the long jump at 17 feet, 7.75 inches, while in the shot put, Brady Filteau was sixth at 45 feet, seven inches and Ethan Rivera was 10th at 41 feet, 10.5 inches.

In the 55-meter hurdles, David Tripp finished in seventh place with a time of 9.59 seconds and Enes Sagirli was 12th overall in 10.44 seconds. Derik Matthews was 19th in the 55 meters in 7.26 seconds and Smith was 20th in 7.27 seconds.

The 4X160-meter boys finished in fifth place with a time of 1:23.48 and the 4X400-meter boys finished in 4:07.2.

The Raiders are slated to be back at UNH on Sunday, Jan. 26, at 10 a.m.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

# REAL ESTATE

### Equal Housing Opportunity

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

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

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- Bean Group: [www.beangroup.com](http://www.beangroup.com)
- Century 21 Country Lakes Realty: [www.countrylakesrealty.com](http://www.countrylakesrealty.com)
- Century 21 Twin Rivers Realty: [www.nhreal21.com](http://www.nhreal21.com)
- Coldwell Banker: [www.cbldmill.com](http://www.cbldmill.com)
- Coldwell Banker Residential Brokerage: [www.newenglandmoves.com](http://www.newenglandmoves.com)
- ERA Masiello: [www.masiello.com](http://www.masiello.com)
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- Granite Group Realty Services: [www.granitegrouprealtyservices.com](http://www.granitegrouprealtyservices.com)
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- Maxfield Real Estate: [www.maxfieldrealestate.com](http://www.maxfieldrealestate.com)
- McLane Realty: [www.mclanerealtyplymouth.com](http://www.mclanerealtyplymouth.com)
- Mountain Country Realty: [www.mountaincountryrealestate.com](http://www.mountaincountryrealestate.com)
- Nash Realty: [www.nashrealty.com](http://www.nashrealty.com)
- New Hampshire Colonials Real Estate: [www.squamlake.com](http://www.squamlake.com)
- Noseworthy Real Estate: [www.noseworthyrealestate.com](http://www.noseworthyrealestate.com)
- Old Mill Properties: [www.oldmillprops.com](http://www.oldmillprops.com)
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- Preferred Vacation Rentals: [www.preferredrentals.com](http://www.preferredrentals.com)
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- Roche Realty: [www.rocherealty.com](http://www.rocherealty.com)
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# \$9,000 awarded to Franklin Outing Club to enhance snowmaking capabilities

FRANKLIN — Franklin Savings Bank recently granted \$9,000 to the Franklin Outing Club so that they can expand their snowmaking capabilities. This enhancement will enable them to expand their winter offerings to more community members over a greater number of days throughout the winter.

“The Franklin Outing Club is very happy to be a recipient of the Fund for Community Advancement grant from Franklin Savings Bank,” explains Tim Morrill, President. “This generous support will allow us to install permanent underground piping to supply the Veterans Me-

morial Recreation Area with a consistent water supply for our new snowmaking operation. All community visitors to The Vets in winter will benefit from our being open more often and with increased recreational programming.”

The Franklin Outing Club has operated the

Veterans Memorial Recreation Area for more than 60 years. Their snowmaking success will directly translate into serving more visitors and help offset the cost of their recreational opportunities which have always been offered free of charge or for a very low cost. The grant will go directly toward their piping to transport water from their pond to key locations within the Ski Area.

“Winter activities are a great way to bring the community together during a time when there are typically fewer social gatherings,” explains Brian Bozak,

President & CEO, Franklin Savings Bank. “We are happy to support an initiative that promotes more outdoor activities, and fun for friends and families throughout the season.”

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking, and investment services. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford, Merrimack, and Goffstown. Through its wholly-owned subsidiary, Independence Financial

Advisors, the bank also offers investment and financial planning services. A recognized leader in providing the latest in financial services technology, Franklin Savings Bank is committed to serving the needs of businesses, families, and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

Visit [www.fsb.nh](http://www.fsb.nh) bank to learn more, or follow the bank on Facebook, Instagram, LinkedIn and YouTube.

## Roger Williams University announces Fall Dean's List

BRISTOL, R.I. — Select students have been named to the Fall 2024 Dean's List at Roger Williams University in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean's List that semester.

Hunter Haht-Acres of Belmont  
Collin Phelps of Northfield  
Ashlee Roache of Belmont

About RWU Roger Williams University is a comprehensive university with a liberal arts core and professional programs, with campuses on the coast of Bristol and in the state capital of Providence, Rhode Island. Across eight schools of study, we provide real-world learning focused on social and environmental justice, small classes, and direct access to faculty and staff. Our students create powerful combinations of degrees, credentials, research and

internship opportunities, study-abroad programs, and involvement in clubs, student organizations, and athletics. Our Northeast location facilitates a strategic network between New York and Boston for community-engaged research and career opportunities for our students and alumni. Graduating with a unique skill set and the passion to make an impact in their careers, our students become the changemakers and leaders our world needs next.

## SUNY New Paltz congratulates Richard Johnson for earning Dean's List honors!

NEW PALTZ, N.Y. — SUNY New Paltz is proud to congratulate Richard Johnson of Belmont for being named to the Dean's List for the fall 2024 semester. Well done!

Dean's List designation is reserved for students who excel academically and earn at least a 3.3 grade-point average in a semester with a full-time course load.

Follow us on Instagram @sunynewpaltz to see more about our stu-

and Education.

Located in the heart of a dynamic college town, 90 minutes from New York City, SUNY New Paltz is a highly selective university of more than 7,000 undergraduate and graduate students.

One of the most well-regarded public universities in the nation, New Paltz delivers more than 100 programs in Business, Liberal Arts, Sciences, Engineering, Fine & Performing Arts

New Paltz is a community where talented and independent minded people from around the world create close personal links with real scholars and artists who love to teach.

## Dean College announces Fall 2024 Dean's List

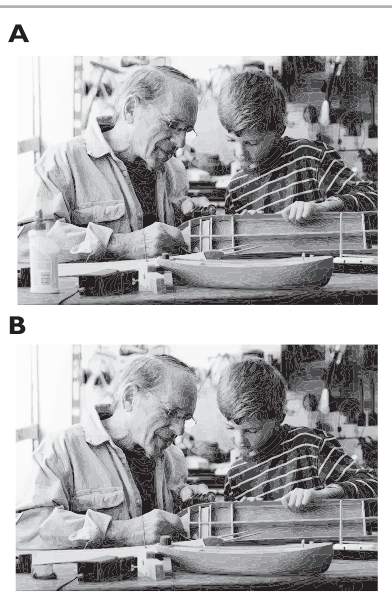
FRANKLIN, Mass. — Dean College is pleased to announce the students that have earned a place on the Dean's List for the Fall 2024 semester. These students have demonstrated a serious commitment to their studies while at Dean College.

Madison Gilbert of Sanbornton  
Noah Pearson of Tilton  
Jordan Boelig of Tilton

Dean College is a private, residential New England college grounded in a culture and tradition that all students deserve the opportunity for academic and personal success. A uniquely supportive community for more than 150 years, Dean has woven together extensive student support and engagement with exceptional teaching and innovative campus activities. Our graduates are lifetime learners who thrive in their careers, embrace social responsibility and demonstrate leadership. This is The Dean Difference.



**What's the Difference?**  
Find the four differences between these pictures.



Answers: 1. Missing glue 2. Red piece on boots larger 3. Red tool in background 4. There is a second black scrubber in back right  
Answer: Brian

**THIS DAY IN HISTORY**  
JANUARY  
**24**

**1848:** James W. Marshall finds gold at Sutter's Mill near Sacramento.  
**1908:** The first Boy Scout troop is organized in England by Robert Baden-Powell.  
**1984:** The Macintosh personal computer is made available to American consumers.

**NEW WORD PASTIME**  
activity done regularly for enjoyment

**Body FACT**  
Hobbies can keep this part of the body stimulated.

**How they say that in...**  
**English:** Hobby  
**Spanish:** Hobby  
**Italian:** Hobby  
**French:** Passe-temps  
**German:** Hobby

**Did You Know?**  
Sewing, like other hobbies, can relax a person by focusing the mind on the task and not on other things in your life.

**Get the PICTURE?**  
Can you guess what the bigger picture is?  
Answer: Point palette

**CRYPTO FUN**  
Solve the code to discover words related to organization. Each number corresponds to a letter. (Hint: 1 = T)

A. 5 10 3 1 7 16  
Clue: Divided into categories

B. 5 18 5 1 7 9  
Clue: Way of doing things

C. 1 22 16 18  
Clue: Neat

D. 23 20 4 1 1 7 3  
Clue: Scattered items

**SUDOKU**  
Fun By The Numbers  
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

		2		5	3			
	3		7					8
				9	7			
8	4	2	4			2		3
	5							1
9	5							
7	2		5			6		
1	8							

Answers: A. sorted B. system C. tidy D. clutter

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**Energysavers Inc.** Since 1975  
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Energysavers Inc., a 48 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. Starting pay, \$18-\$20 hour based on experience.

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**TOWN OF TILTON 2025 FILING NOTICE**  
Declarations of Candidacy for elected Town Office positions will begin on Wednesday, January 22 and expire on Friday, January 31. You may file at the office of the Town Clerk at Town Hall, 257 Main St, during regular business hours. The office will remain open until 5:00 p.m. on January 31st.

SELECTBOARD	1 (2) year term
SELECTBOARD	1 (3) year term
BUDGET COMMITTEE	2 (3) year terms
BUDGET COMM Lochmere	1 (3) year term
TREASURER	1 (3) year term
SEWER COMMISSION	1 (3) year term
TRUSTEE OF THE TRUST FUNDS	1 (3) year term
SUPERVISOR OF THE CHECKLIST	1 (3) year term

# Songwriter Series lineup set for Jan. 29

**MEREDITH** — The partnership between Katie Dobbins Music (Gilford) and Hermit Woods Winery & Eatery (Meredith) which has brought the monthly music series Songwriter Round-Up to the Lakes Region is set to deliver another great show at the end of this month.

Held in the region's premier listening room, The Loft, located on the second floor of the Winery, this series has been giving audience members a chance to experience the original music of talented singer-songwriters from the New England area and beyond. At each show three artists share their songs and stories in a unique in-the-round style performance. This intimate series features two different songwriters alongside host performer Katie Dobbins on the last Wednesday of every month.

The series has been steadily gaining in popularity with many sold-out shows and a growing number of area



residents attending as many shows as possible to experience the show "magic" that each new lineup creates. Winery co-founder and owner Bob Manley is thrilled to have his establishment be home to the monthly Songwriter Round-Up Series.

Remarking on the success of the series, Manley reaffirms the valued partnership the Winery has developed with Katie Dobbins Music, expressing "Working alongside Katie Dobbins and her Songwriter Round-Up Series has been an abso-

lute delight. Katie brings an engaging presence to the stage, effortlessly connecting with our audiences and showcasing incredible talent with each performance."

Dobbins, who previously hosted this series in the Boston area, is grateful to be able to bring it to her New Hampshire community.

Reflecting on the Songwriter Round-Up Series at Hermit Woods Winery, she says, "Bob Manley and his fellow

co-owners, along with the Winery staff, have been so supportive in the creation and delivery of this songwriter series."

Dobbins adds, "I've met and shared this stage with so many talented artists through these shows and the reception and support from the Lakes Regions community has been amazing and rewarding for all of us. Though I perform throughout New England, this monthly series in my home community is something really

special to me."

The next Songwriter Round-Up show takes place on Wednesday, Jan. 29, featuring New Hampshire artist Katie Dobbins who blends folk and pop into a genre of her own, Dan Sirois, an Americana artist raised in Massachusetts and now residing in New Hampshire, and Patrick

Synan, an imaginative singer-songwriter from the Boston area. All of these artists bring their own unique life-lyrics, melodies, and styles to the stage. This promises to be an evening of great original music and dynamic entertainment that you won't want to miss. Learn more about each of these artists on the Hermit Woods Winery Web site.

A complimentary wine tasting will begin at 5:30 p.m., the Loft opens at 6 p.m. for seating & dinner orders, and music starts at 7 p.m. Patrons can further enhance their evening by selecting from a menu of tasty items available from Chef Kaylon Sweet of Sweet Mercy's kitchen. Tickets can be purchased in advance at [hermitwoodswinery.com/the-loft](http://hermitwoodswinery.com/the-loft) or in-person at the Winery.

## Join the Belknap Mill's Page Turners Book Club!

**LACONIA** — January is the perfect time to start a new reading adventure, and the Belknap Mill Museum is inviting book lovers of all locations to join their Page Turners Book Club in 2025. Whether you're an avid reader or just looking for a way to connect with fellow bibliophiles, this is the ideal opportunity to dive into a new title each month.

The Page Turners Book Club meets via Zoom on the first Wednesday of every even month, so you can participate from anywhere — no matter where you live! With members from all over, it's a great way to share your love of books, engage in lively discussions, and connect with fellow readers.

This year, the club will be reading a fantastic selection of titles. Check out the full list of books and register for the club here: <https://www.belknapmill.org/page-turners-book-club>.

- 2025 Reading List:
- Wednesday, Feb. 5: "The Frozen River" by Ariel Lawhon
  - Wednesday, April 2: "Wintergirls" by Laurie Halse Anderson
  - Wednesday, June 4th: The Hotel New Hampshire by John Irving
  - Wednesday, Aug. 4: "The Girl Behind the Gates" by Brenda Davies
  - Wednesday, Oct. 1: "Mystery on the Isles of Shoals: Closing the Case on the Smuttynose Ax Murders of 1873" by J. Dennis Robinson
  - Wednesday, Dec. 3: "The Second Life of Mireille West" by Amanda Skenandore

Don't miss out on this chance to meet new friends and explore exciting new books! We'd love to have you join our growing group of passionate readers.

For more information and to be added to the list, email [jill@belknapmill.org](mailto:jill@belknapmill.org).

## Tilton Senior Center to hold Chowder Fest fundraiser

**TILTON** — The Tilton Senior Center will be hosting a Chowder Fest Fundraiser on Saturday, Feb. 1 from 1 to 4 p.m.

Proceeds of this fundraiser will be benefiting the Gary Sinise Foundation, which helps provide emergency fire shelters, hydration packs, wildland brush tools, and 24/7 meals for crews working to contain and put out the California fires.

Chowders that will be available: clam, corn, seafood, and tomato served with garlic bread, along with a variety of desserts. Tickets are \$10 for adults and \$5 for children twelve and under and will be sold at the door. The Tilton Senior Center is located at 11 Grange Rd., Tilton (603-527-8291).

## SNHU announces Fall 2024 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 2024 President's 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:

- Nicholas Skafidas of Northfield
- Dante Gentile of Tilton
- Sydney Bixby of Tilton
- Aarionne McMahon of Tilton
- Justin Gargano of Tilton
- Allison Auger of Sanbornton
- Tatum Hartford of Belmont
- Nicolette Pike of Belmont
- Samantha Hughson of Belmont
- Jada Edgren of Belmont
- Kaden Jewell of Belmont

Southern New Hampshire University (SNHU) is a private, nonprofit, accredited institution with a 92-year history of educating traditional-aged students and working adults. Now serving more than 200,000 learners worldwide, SNHU offers approximately 200 undergraduate, graduate, and certificate programs, available online and on its 300-acre campus in Manchester. Recognized as one of the "Most Innovative" regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner.

## SNHU announces Fall 2024 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 2024 Dean's 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 8-week terms grouped in fall, winter/spring, and summer:

- Ariella Strickler of Northfield
- Molly Silva of Northfield
- Madison House of Sanbornton
- Nicole Hodgman of Belmont
- Larissa Cadahia of Belmont
- Kassidy Law of Belmont

Southern New Hampshire University (SNHU) is a private, nonprofit, accredited institution with a 92-year history of educating traditional-aged students and working adults. Now serving more than 200,000 learners worldwide, SNHU offers approximately 200 undergraduate, graduate, and certificate programs, available online and on its 300-acre campus in Manchester. Recognized as one of the "Most Innovative" regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner.

### PUBLIC NOTICE INTER-LAKES SCHOOL DISTRICT

The filing period for vacancies for School District officer positions will begin January 22, 2025 and run through 5:00 p.m. on January 31, 2025.

The following positions are open for filing:

- School Board Member from Sandwich**.....3-year term
- School Board Member from Center Harbor**...3-year term
- School Board Member from Meredith**.....3-year term
- Moderator (1)**.....3-year term

Filing forms are available at the Superintendent of School's Office at 103 Main Street, Suite 2, Meredith. The office is open from 7:30 a.m. - 4:00 p.m. with an exception on January 31, the office will remain open until 5:00 p.m.

Submitted by:  
SAU #2 Superintendent's Office

### 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 hereby gives notice of the time limit for declaration of candidacy from this school district for election of moderator and school board members of the Shaker Regional School District. The filing period will start Wednesday, January 22, 2025.

The election will occur during the annual voting on Tuesday, March 11, 2025 and will be conducted under the non-partisan ballot law.

Positions to be filled at the election are:

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

Written declaration of candidacy must be filed prior to 5:00 pm on Friday, January 31, 2025 in order for the name of the candidate to appear on the ballot. A filing fee of \$1.00 is required. Forms may be obtained from the Superintendent of School's Office; 58 School Street; Belmont, NH 03220, telephone number 603-267-9223.

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

Diane Clary, Clerk  
Shaker Regional School District

# Lakes Region Community Developers welcomes new board members



Judith Donnelly, Resident & Lakes Region Community Developers Board Member with Katie Duran, daughter of a fellow resident.

LACONIA — Lakes Region Community Developers (LRCD) is pleased to announce the addition of three new members to its Board of Directors: Judith Donnelly, LRCD Tenant; Jeanie Forrester of NH Dept. of Business & Economic Affairs; and Kyril Mitchell of Northway Bank. The Board provides leadership for carrying out the organization's mission of creating affordable housing and empowering LRCD's

tenants to achieve economic security. Judith (Judi) Donnelly has been a resident at LRCD's Harriman Hill Apartments in Wolfeboro since August 2014. She is a retired realtor who worked for 30+ years with Maxfield Real Estate. Her husband, who has since passed away, owned his own general contracting business. Judi gained a lot of experience in the housing industry through both means – selling homes



Jeanie Forrester, Director of Intergovernmental Affairs for NH Dept. of Business & Economic Affairs & Lakes Region Community Developers Board Member.

and helping her husband prepare bids for building homes. Judi is an active resident leader at Harriman Hill who is well-respected by her neighbors and property management.

Jeanie Forrester, Director of Intergovernmental Affairs for the New Hampshire Department of Business & Economic Affairs (BEA) has served the State of New Hampshire in numerous ways for almost 40 years. Her career spans roles in the governor's office for John Sununu, the office of Congressman Bill Zeliff, leadership roles for various non-profit and corporate organizations, and as NH State



Kyril Mitchell, Assistant Vice President Small Business Relationship Manager for Northway Bank & Lakes Region Community Developers Board Member.

Senator District 2 (2010 – 2016). Prior to joining BEA, she served as the Town Administrator for Tilton. In addition to the LRCD Board, Jeanie is Vice Chair of the NH Municipal Association, Chair of the NH Preservation Alliance, Vice Chair of the Town of Meredith Selectboard, and serves on the Board of Belknap Economic Development Council, among many other community service initiatives / boards.

Kyril Mitchell is the Assistant Vice President - Small Business Relationship Manager for Northway Bank and an active member of the community. After com-

pleting his service as Staff Sergeant for the U.S. Army in 2005, he proceeded to build a career in the banking industry that spans almost 20 years. In addition to his Board member role with LRCD, Kyril serves on the board for Lakes Region Mental Health Center and is an unaffiliated member of the Veterans of Foreign Wars. Previously, he also served on the Laconia Planning Board and as a board member for Hands Across the Table.

"We are so happy to start the new year by welcoming such a strong group of community members to our Board," said Lori Borrin, Vice President / Loan Officer at MVSB and LRCD Board Chair. "Each of our incoming Board members brings a unique perspective and skill set that will enhance LRCD's efforts to create more affordable housing in the Lakes Region."

In pursuing their mission, LRCD has several projects currently underway that will help alleviate some of the challenges around affordable housing availability. Construction is

two-thirds of the way done at Bay Street Apartments in Laconia, which will contain 12 efficiency units of supportive housing for individuals experiencing or at-risk of homelessness. Renovations will soon begin at 11 Jameson Street, Laconia where LRCD will renovate a single-family house into three small one-bedroom units of supportive housing for individuals with developmental or intellectual disabilities. In addition, construction is planned to begin this spring on Harriman Hill III in Wolfeboro, which will contain 30 units of affordable housing in a mix of unit sizes.

To learn more about Lakes Region Community Developers and/or its leadership team, visit [LRcommunitydevelopers.org](http://LRcommunitydevelopers.org).

About Lakes Region Community Developers  
Lakes Region Community Developers' mission is to create opportunities for the people of the Lakes Region to thrive by developing healthy homes, creating vibrant community assets, and empowering residents.

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