

Efforts underway to recognize the historical properties in Monument Square

BY ERIN PLUMMER
mnews@salmonpress.news

ALTON — The owner of one of the 11 buildings around Monument Square that are on the National Historic Registry is working to spread the word about these historical buildings and talking with the town about options to recognize and preserve these properties.

Christy Painchaud spoke with the selectmen during the April 1 meeting about her discoveries about the historic nature of most of the buildings surrounding the square and how few people have been aware of their history.

Painchaud said she



ERIN PLUMMER

Monument Square and 11 of the surrounding buildings are part of the Monument Square Historic District and are on the National Register of Historic Places.

purchased the building at 115 Main Street in 2023.

“I lived here since 2006, and saw the building was vacant for many years and I just couldn’t sit back and watch it wither away anymore and I’ve always appreciated historic buildings,” Painchaud said.

After purchasing the building, she said she spoke with the Historical Society and longtime town residents to learn the building’s history and to learn how she can properly preserve it. Painchaud said in the past few years she has joined the New Hampshire Historical Preservation Alliance and learned how to properly take care of the building. She said town administrator Ryan

Heath had mentioned how the square was commonly known to be on the historic registry.

She said she found different information databases and did more research, finding out that it wasn’t just the square on the registry but all 11 buildings facing it.

Painchaud said information on the historic nature of these buildings has not been passed down. She said she is not blaming anyone for this and said this is information that hasn’t been passed down through the past few decades.

Painchaud is now working to document and spread the word about the history of these buildings as well as pass along information to help protect them.

She said she reached out to the owners of all the other buildings to see if they could join for a collective approach, including forming a committee or collaborating with the Historical Society. She

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Progress continues on Gilford DPW building project

BY ERIN PLUMMER
mnews@salmonpress.news

GILFORD — Preliminary work continues on the Department of Public Works building project with designs almost done, bidding coming up, and the department looking for a temporary space.

DPW director Meghan Theriault gave the selectmen an update on the project during the April 9 meeting.

Theriault said the 100 percent design plan for the building should be ready by the end of the month and she will meet with the DPW Building Needs Committee to review those plans.

They have been looking at some options to save costs. One option includes adjusting the design of the roofline so it has a lower pitch. That option might require columns put in the middle of the building which would go against the plans to have an open garage area.

Theriault said these possible options for lowering some costs would change the scope of the project and require change orders. She asked if she could make changes like this without board approval. Hayes said it was his opinion that she could do so for anything that would save the project money and not drastically increase the cost. Theriault said they are hoping to bring that \$11.2 million price tag down a little with some minor changes.

Theriault said once the Building Committee approves the

design plans, she will bring them to the selectmen around the May 14 meeting for final approval. The process will then get bid packages for different components with the committee making different recommendations before bringing it to the selectmen.

Theriault said she was informed that the potential tariffs could raise the cost of some items, especially a possible \$60,000 increase to steel. She said this increased cost would be covered by the project’s contingency fund.

Hayes asked if the selectmen would have review and input on the different subcontractors. Dunn said the Building Committee would make different recommendations for subcontractors for the board to review and possibly make other recommendations before approving.

With the original building slated to be demolished, Theriault said the department has been looking for a temporary location for the past several weeks. They found some garage spaces that could be options, but they were too small to accommodate larger vehicles like fire engines and other vehicles.

They found one garage that would accommodate the department’s needs that they intended to lease. Theriault said she had planned to bring that location to the selectmen for approval at that meeting, but that property was leased by someone else first.

SEE DPW, PAGE A10

Timber Wolves win on the road in Concord, Littleton

BY JOSHUA SPAULDING
Sports Editor

ALTON — The Prospect Mountain boys’ tennis team took care of business in a couple of road games in the season’s first week.

On Wednesday, April 9, the Timber Wolves hit the road to Concord for a match with Bishop Brady and took five of the six singles on the way to a 7-2 win over the Giants.

In singles play, Shaun McAneney won 8-4 in the second spot, Cam Morrill won 8-2 in the third spot, Kaleb Kennedy got an 8-1 win at number four, Owen Smith won by an 8-4 score at number five and Wyatt Bubar got an 8-1 win in the sixth spot. Rylan Clifford played at number one and dropped an 8-6 decision.

In doubles play, Clifford and Morrill dropped an 8-0 decision at number one, McAneney and Kennedy won by an 8-5 score at number two and Smith and TJ Locke won 8-2 in the third spot to finish out the 7-2 win for Prospect Mountain.

The Timber Wolves went in the other direction on Friday, April 11, traveling north to Littleton for a chilly match against the Crusaders. The Timber Wolves swept the doubles play to come out with a 6-3 win on the day.

In singles play, McAneney played at number one and fell by an 8-5 score while Morrill moved into the second spot and won 8-2. Kennedy lost 8-3 at number three and Smith lost 8-5 at number four. Bubar in the fifth spot and Locke in the sixth spot both came through with 8-0 wins to tie the score at three after singles.

In doubles play, Kennedy and McAneney got an 8-5 win in the top spot, Smith and Morrill won 9-7 at number two and Bubar and Locke won 8-0 in the third spot to seal the 6-3 win for the Timber Wolves.

Prospect Mountain will be in action again today, April 17, at Trinity, will be hosting Bishop Brady on Monday, April 21, St. Thomas on Tuesday, April 22, and Trinity on Wednesday, April 23, all with 4 p.m. scheduled starts.

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

Spring Awakenings at Wetlands Walk this weekend

GILFORD — The Spring Awakenings at the Wetlands Walk boardwalk at Gunstock will be on Thursday, April 17 and Saturday, April 19, 9 a.m. – noon both days, and close to Earth Day, which is the 22nd.

Gunstock staff has removed the trees that fell during the winter. Volunteer tasks include removing leaves from the surface and close to the boardwalk, trimming branches there and on the connecting trails, adding wood filler to the bumper for the visually impaired also sanding and priming/painting it, installing Buy a Board plaques, removing invasive weeds, (boots are helpful for this), minor carpentry, scraping lichen and moss, and if it is warm enough add-



COURTESY

This Gilmanton family did their Earth Day project last year at the Wetlands Walk at Gunstock.

ing preservative to the oak understructure boards. If you have waders or hip boots there will likely be beaver dam management needed.

Students under 18 must have a responsible adult with them, Community Service Certificates are available. Snacks and water provided. Just follow the poster board volunteer signs, or you can walk a quarter mile from the parking lot just off Route 11A any time, disabled access should start in May when things are drier. Video and information at www.Gunstock, select community, then overview and then Belknap County Conservation District.

For more information, call the office at 603-527-5880 or Jan, volunteer, at 603-707-9760.

Alton Parks and Recreation Community Connection

Ladybugs, Butterflies and Egg Hunt

The Alton Parks and Recreation Department and the Gilman Library are sponsoring a community event for ages 10 years old and younger on Saturday, April 19 at the Gilman Library. Join the fun as we hunt for colorful plastic eggs hidden throughout the Library, then make a ladybug or butterfly craft to take home. A special guest is also planning to be there for selfies, and family photos so plan to bring your camera. Bring a container to collect your eggs in and arrive at the following times: Ages infant to four years- 9 a.m. start time for Egg Hunt- craft to follow; Ages five to 10- 10 a.m.-start time for Egg Hunt- craft to follow. The event is free to Alton residents. Parking is on Main Street and B&M Park. Please use the rear entrance of the Library to enter for the event. For more information contact Alton Parks and Recreation at 603-875-0109, parksrec-asst@alton.nh.gov.

Alton Town Wide Yard Sale

The Alton Parks and Recreation Department is sponsoring its Annual Town Wide Yard Sale on Saturday, June 7, 2025, rain or shine from 8 a.m.-

2 p.m. If you would like to participate by having a Yard Sale at your house contact the Parks and Recreation Department at 603-875-0109 or parksrec-asst@alton.nh.gov before May 19 with your Yard Sale address location. When signing up please include your name, phone number and complete physical address. Free Yard Sale maps will be available after May 27.

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: 4:00p.m.-5:00p.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 7. Registration forms are available at altonpark-sandrecreation.com or stop by the Parks and Recreation Kiosk at 328 Main Street to sign up. Contact parksrec@alton.nh.gov or 603-875-0109 for more in-

formation. 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 6:00p.m.-7:30p.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 seven. Registration forms are available at altonpark-sandrecreation.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.

Alton Tennis Courts are open for season

The Town Tennis Courts at Liberty Tree Park are now open for the season. Courts are located behind 65 Frank C. Gilman Highway. Parking is across the street next to Mill Pond and by the Water Department. Courts are reserved for organized Pickleball on Mondays, Wednesdays, Fridays and Sundays from 8-11 a.m and pick up Pickleball on Tuesdays and Thursdays from 8 a.m.-noon. If you are interested in playing Pickleball, join the group on Tuesdays and Thursdays-beginners are welcome, bring your own equipment, sign up online at https://www.signupgenius.com/go/8050D4FA8AF-

2 C A 5 F 8 5 - 54716680-pickup.

Paint Night With Anne Morrell

Alton Parks and Recreation is sponsoring a Paint Night with instructor Anne Morrell at the Alton Bay Bandstand on Wednesday, June 25 from 6-7:30 p.m., rain date is June 26. Scene is soft blue skies and mountains with lake and dock, and reflecting yellow sunset in the water. Participants can add a special pet or person in black silhouette sitting on the dock. All supplies are included, \$25 for adults; \$15 for children 12 and under. View the painting example on the Alton Parks and Recreation Face Book Page or ask for a copy to be emailed to you. All abilities are welcome. Bring a friend or sign up solo. Please RSVP with your name and contact information to parksrec-asst@alton.nh.gov or call 603-875-0109. Register early as space is limited.

Hit the Trail!- Hiking Program

Join hiker, Bonnie Dodge, for beginner hikes on Fridays at 10 a.m., this program is ongoing. 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.

Weight training classes — Mondays and Wednesdays

The Alton Parks and Recreation De-

partment is sponsoring Weight Training Classes on Mondays 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. Class not held April 28 & 30.

Slow Flow Yoga with Pamela Mott, 500 YTT Certified

Classes are held on Mondays and Wednesdays from 6:30-7:30 a.m. at the Alton Bay Community Center or choose the online option and practice from home. All levels are welcome and encouraged. Class focus is Sun Salutation A and B; Hatha Yoga and the 8 Limbs. Pre-registration is preferred, text 603-393-0595. Cash and Venmo accepted. Pre-registration and virtual attendance is \$10; Drop in \$15. Classes are ongoing. For more information, contact Alton Parks and Recreation at 603-875-0109 or parksrec@alton.nh.gov.

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 or to register, contact Donna at breathepilates1@yahoo.com or parksrec@alton.nh.gov. Class not held May 6-29; resumes June 3.

Guided Meditation

The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring Guided Meditation with Karen Kharitonov on Thursdays: April 17, May 8 and May 22 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.

Alton Old Home Week Needs You

The Town of Alton's Annual Old Home Week Celebration is scheduled for Aug. 8-17, and volunteers are needed to organize the event. The Town is seeking committee members to keep the tradition going. This is a great opportunity to do something positive for the Alton community. If an Old Home Week committee is not appointed, then events will be limited to a few days. If you like participating in Alton Old Home Week events, please consider being a committee volunteer and contact the Alton Parks and Recreation Department at parksrec@alton.nh.gov or 603-875-0109 to submit your name to help.



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Preliminary discussions underway on ice rink renovation

BY ERIN PLUMMER
mnews@salmonpress.news

GILFORD — A renovation project on the town’s ice rink is in the early stages with town and recreation officials discussing how best to create a facility that can be both an ice rink and a pickleball court.

In March voters approved an article for \$360,000 for the rehabilitation of the skating rink. The improvements will include a concrete surface for pickleball court, bleachers, new hockey boards, LED lighting, increased accessibility, and other site improvements. Of this amount, \$150,000 will come from Land and Water Conservation Fund grants with \$130,000 coming from the surplus fund balance and \$80,000 from the Recreation Revolving Fund.

During the April 9 selectmen’s meting, Town Administrator Scott Dunn said he spoke with the Parks and Recreation Commission earlier that week about the options for how the ice rink

can be transitioned into a pickleball court. This included the possibility of not putting in hockey boards so the switch could be made easier. He said the commission wanted more time to consider the options and will come back to the selectmen with a recommendation.

As this is being considered, Dunn said he spoke with Parks and Recreation director Brittni Stewart and they recommended to start the concrete work on the rink. Dunn said they are working with board chair Kevin Hayes and some contractors to develop specifications and a proposal.

“That its more complicated than initially thought it would be because of site reasons,” Dunn said.

He said they would come back to the board with proposals for the concrete work. After the concrete is done, they will take the next steps including deciding if there should be hockey boards.

Dunn said having

the rink available as a pickleball court will increase the facility’s use. He said when this was first discussed in 2023 the rink was open for four days the year before. The rink was open for 20 days this year, Dunn said staffing issues kept it from being open for more days. He said at best the rink can be open for 30 to 40 days of ice.

“When it’s developed as a pickleball facility that facility will be used by hundreds of ppl seven days a week, seven to eight months a year,” Dunn said. “In terms of usage it’s a vastly different scenario in terms of people using it. That’s why we would consider maybe we don’t need hockey boards.”

Dunn said all the boards have already been removed on the rink for the season and he will come back to the selectmen with the plan for the concrete work.

Selectman Gus Benavides asked if the Land and Water Conservation grant could be in jeopardy if they use the rink for anything other

than an ice rink. Dunn said they indicated in the application their plans to convert the rink into a rink and pickleball court.

“One of the questions that came up apparently after the Parks and Recreation Commission meeting that Brittni and I discussed is could we abandon it’s use as an ice rink,” Dunn said. “Conceivably you could do that, but it’d be a lot of paperwork because the facility was initially constructed with this

Land and Water Conservation Fund grant money as an ice rink. So, to do away with that completely may not necessarily jeopardize our current grant, but there is a rigamarole to go through to change the purpose from the old grant from the ‘90s.”

He said he has seen other facilities that have had both an ice rink and pickleball and said this seemed to be a good direction.

“I can echo the town administrator’s sentiments that we all know

that pickleball has continued to get busier and busier and busier and again I’d be interested in allowing the Parks and Recreation Department to go through the motions,” Benavides said. “I’d be interested to find out if they were against it what would be the reasonable reasons why they’re against it. And they may not be at the end of the day after they look into it, they may be fine with it. I’d just be interested in what they have to say.”



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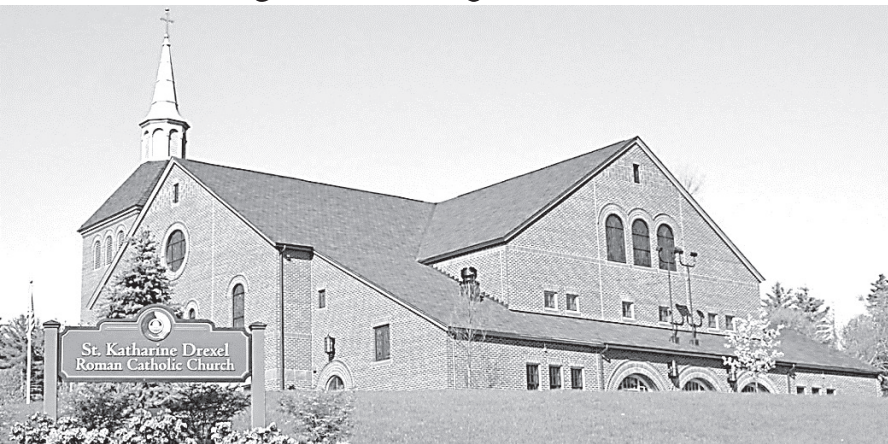
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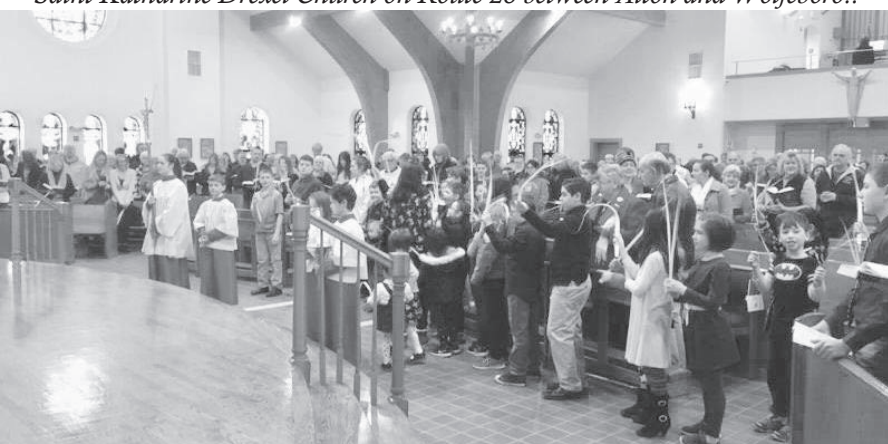
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The high point of the Christian year, Easter brings together all God’s children to celebrate His gift of eternal life. It is a time when the light of Christ shines most brightly, freeing us from the shadow of death. You are welcome to join your brothers and sisters in Christ at these beautiful celebrations of hope and faith:

April 17:

April 18:

April 19:


April 20:

Holy Thursday Mass, 7:00 p.m.

Good Friday, The Passion of Our Lord, 7:00 p.m.
(Ecumenical Service at All Saints Church in Wolfeboro at Noon)

Holy Saturday, Easter Vigil Mass, 7:00 p.m.

Easter Sunday Masses, 8:30 and 10:30 a.m.



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Upcoming events at Center Barnstead Christian Church

BARNSTEAD — The Center Barnstead Christian Church invites the community to join us for the following events.

Friday, April 18
Good Friday Service, 6 – 7 p.m.
Worship with us as we reflect on Jesus Christ’s great sacrifice.
116 S. Barnstead Rd., Center Barnstead

Sunday, April 20
Easter Worship Service, 10 – 11 a.m.
Join us as we celebrate our Savior’s resurrection!
116 S. Barnstead Rd., Center Barnstead

Sunday, April 27
The Annual Barn-

stead Road Clean-up will be on Sunday, April 27 from 9 a.m. – noon.
Let’s keep Barnstead beautiful! Meet at 9 a.m. at the Barnstead Town Hall parking lot (108 S. Barnstead Rd Center Barnstead) for a safety briefing and road assignments. Garbage bags, coffee, water, and snacks will be provided, as well as a "thank you" lunch at noon. Be sure to bring boots and gloves. Questions? Contact Sam at (603) 269-8831.



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Approaching wellness through service

At a time when our country seems more divided than ever, and tempers are quick to flare over such hotbed issues as border wars, gun control, human rights violations and climate change, it's become increasingly common to hear our peers speak of strange times and an undefined feeling of malaise. Interpersonal violence has been on the rise, and an overall sense of disconnectedness has led many to feel isolated and fearful.

The international playing field seems full of land mines, and each day brings unpredictable media headlines. As the national stage normalizes disrespect of others and that behavior seeps into everyday interactions, it becomes more necessary than ever for all of us to practice goodwill toward others.

The opioid epidemic touches a growing number of families. Many people hide behind their social media personas; quick to fire volatile opinions they would otherwise be unable to say in face-to-face interactions.

We hear that climate change isn't real, while also being told that a mass extinction is underway and life as we know it will end in 30 years. Every day, we send our children to school, secretly questioning whether they will be safe.

Some days, the problems of the world feel insurmountable. While there is no simple one-solution approach to the issues swirling around us, sometimes the best way to make sense of the world is simply by helping others.

Rosalynn Carter summed it up best when she said, "Do what you can to show you care about other people, and you will make our world a better place."

Volunteering provides countless benefits to both the giver and the recipient. Uplifting others, even something as simple as making another person smile, can change the path of an entire day, if not a life.

We are well aware of the gift of service and how it benefits others who may be less fortunate. But we do not often consider the impact volunteering can have on our well-being.

As we each consider our path to wellness, we would be wise to include community engagement alongside cardio and strength training. Research has shown that volunteering not only increases self-confidence and combats depression; it also helps us stay physically healthy and lowers mortality rates.

Through community service, we form tangible bonds with others, and our social and relationship skills improve. And just maybe, each charitable act we perform will help offset that malaise that hangs in the air.

As the civil rights leader Dorothy Height, once said, "Without community service, we would not have a strong quality of life. It's important to the person who serves as well as the recipient. It's the way in which we ourselves grow and develop."

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.



ELISSA PAQUETTE

Spring is on the calendar and Earth Day, April 22, is around the corner. The Country Bookseller offers an array of earth centered books to celebrate the season. Owner Jeanne Snowdon will also have a selection in the EcoSunday/Environmental Showcase at the First Congregational Church on S. Main Street on Sunday, April 27 from 11:30 a.m. - 12:30 p.m.

LETTERS FROM EDWIN

Quack

It's the first day of Spring! It's overcast and drizzly. They say tomorrow it will rain. That's a good thing. We need water to survive on this planet. Or anywhere for that matter.

Yesterday was spectacular. Warm and sunny, not a cloud in the sky. I was able to not wear my jacket. Springtime is a time to revisit firsts as a new year opens up before us.

I had a short day at work so there was a beautiful afternoon to be enjoyed. I headed off into the woods. A single dirt bike track preceded me down the woods road as I headed out. Dug down an inch into the muck that was here only last weekend. I turned right and headed down the hill toward the swamp.

The ground was all nice and firm until I got to the marshy areas where the water oozes out of the hill to fill the swamp. You always have to step on the humps when traversing these sections. Even in the wintertime, when everything is frozen and covered with snow, you can find liquid water there.

A few years ago, this section of woods was

logged and all the paths I used to follow have been totally disrupted. Trees fallen around everywhere make straight line travel next to impossible. You never know how nice you've had things till they change.

Before I made it to the shore, I heard the alarm of a group of ducks as they alighted upon hearing my approach. Swimming out through the overgrowth into the open, I saw six ducks circling above before heading off to the east. With the sun on my face, I found a fallen tree to sit upon to observe the afternoon.

After hearing an alarm, wild places usually go into hiding. I sat there, quietly observing. About 45 degrees left was a beaver hutch. There was another one straight out, but it was all the way on the other shore and far too distant to see much of anything. I should have brought my binoculars. A spotting scope would be nice. About a hundred degrees right there was another hutch close enough to see but doing so required quite a torso twist.

Beaver don't bother much about humans, they usually just tend

to their work, felling trees and plugging dams. You never see a beaver lounging on top of their hutch sunning themselves. There's always more work to do. If I were lucky, I would see one dragging a tree branch. Not today.

After a while I heard a distant duck squawking. As my eyes adjusted, I could see a couple more way out across what was left of the ice. There was a single track of a four wheeler and some cross country skier tracks imprinted onto its surface. Being unfamiliar with duck talk, I imagined that the squawking duck could be a male, trying to make impressions on the ladies. I mean it is springtime, isn't it?

There were even a couple more ducks swimming around even further away, these were very dark colored. The closer ones were more brown, and after they flew, I could see that they were all white underneath. I'll have to consult my bird book.

I heard what sounded like a fish hitting on a fly, but there weren't any flies yet. No frogs or turtles either. They're still down in

the mud. I know that the sun turtles would be out warming themselves all over the place on such a nice afternoon if they still weren't still hibernating.

Methane bubbles kept breaking the surface. Even though we've filled in a large percentage of such water storage areas for our more purposeful human desires, I'll bet that all the swamps that are left produce more methane that all the cows and other livestock combined.

As I started back, I noticed what looked to be the former "road". I tried to follow it, but it was full of fallen trees. Trees prefer to fall in roadways. I persisted my drive and ended up at the tire pile that used to mark the intersection. I was right.

Heading home, I routed my path out by my vernal pools, which still had water in them. I would hope that their water remains long enough for all the frogs, salamanders and other amphibians to reproduce and then magically dry up before the black flies hatch.

E.Twaste

Correspondence welcome at edwintwaste@gmail.com

Letters to the Editor

Thank you for your feedback

To the Editor:

On behalf of the board of Friends of Alton, NH Parks & Recreation, thank you to all the community members who participated in our online feasibility study about proposed playground upgrades for the community. More information to come.

In the meantime, no decisions have been made with regard to the proposed project and location.

The real cost of Draconian budget cuts to New Hampshire's nonprofits

To the Editor:

New Hampshire is at a crossroads. As the state continues to grapple with budgetary pressures, one solution on the table—cutting funding to nonprofits that serve our most vulnerable residents—comes at too high a cost. While we can all agree there's room for reducing inefficiencies, eliminating "waste," and curbing bureaucratic bloat, slashing support for frontline human services is a dangerous move that shifts the burden to systems that were never designed to bear it.

Nonprofit organizations across New Hampshire provide vital, life-sustaining services. They offer housing support, addiction treatment, food security, mental health care, services for older adults, and help for survivors of domestic violence, to name just a few. When these supports are defunded, the needs of vulnerable populations do not disappear. They show up elsewhere—on the steps of our emergency rooms, in the back seats of police cruisers, inside overcrowded jails, and on the shoulders of burned-out first responders. These are not just theoretical consequences—they are happening now. Hospitals are increasingly filling the gap in mental health care. Police officers are expected to act as social workers and addiction counselors. Jails have become de facto shelters for those with untreated mental illness and chronic homelessness. These institutions are expensive, ill-equipped for this role, and often perpetuate trauma rather than resolve it.

We can debate policy. We can disagree on the role of

government. But surely, we can agree that no one wins when a mother fleeing domestic violence has nowhere to go, when a veteran with PTSD is left to spiral untreated, or when an elder is forced into an emergency room bed because there are no home-based supports left.

Ironically, these cuts don't save money—they merely shift costs downstream. A night in jail or a hospital stay costs exponentially more than preventive community-based care. By underfunding nonprofits, we are not trimming fat—we are eating into the muscle that sustains our communities.

This isn't about ideology; it's about humanity. Nonprofits are not line items to be slashed. They are lifelines—essential partners in our public health and safety infrastructure. They stabilize families, uplift communities, and prevent crises before they erupt. When we defund them, we destabilize the very systems that keep our state functional and compassionate.

Yes, we should strive for efficient and accountable service delivery. But we must also fund what works. And what works is investing in people, in prevention, and in the power of community.

Now is the time for leadership that sees beyond the ledger—to recognize that the price of disinvestment is paid in human suffering. New Hampshire can and must do better.

Rebecca L. Tolman

President & CEO

Lakes Region Community Services

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Going out of Town

Wandering around York Beach in the offseason

BY ERIN PLUMMER
mnews@salmonpress.news

While I enjoy walking around some busy areas, I also love exploring some tourist areas during their down period. York Beach in Maine is especially an interesting place to visit in the dead season. The empty downtown area is almost creepy, but it's always fun to see people still walking around even if there aren't any shops open. It is also this time of year where we still see people going to the beach but for many different reasons other than sunbathing and swimming.

York Beach, especially Short Sands, is sacred to me and is the location of so many beloved childhood memories. When I was a kid, we lived about half an hour from York, and not a summer went by without at least one trip to the beach and sometimes we went in the offseason too. When I got my own car and started my own journeys around New England it was amazing to finally go to York Beach in my own car and explore it by myself. York Beach has been a frequent travel spot ever since and I have loved exploring other parts like Long Sands and Nubble Light.

Going to York whenever I felt like it also meant exploring this place during every season and getting a big appreciation for coming here in the spring and fall when everything was closed for the season. After this all-season exploration, I have found the only time of year I don't like being around any beaches is the dead of winter. The seaside experience is much less fun when the sand is buried under snow and the winds are bone chilling. When the snow melts and the air finally warms, it's finally time to walk the beach again.

I hadn't been back to York since at least last fall and I was getting the itch to come back now that spring was here. I headed east on a day where the temperatures were around the 50s and by now there was hardly any snow around most areas, especially the further south I got.

My usual route involves taking I-95 into Maine and exiting in Kittery so I can take Route 1 to York. I made



ERIN PLUMMER
Waves roll onto Short Sands in York Beach, Maine, as the tide comes in on a spring day.



ERIN PLUMMER
The Goldenrod at York Beach is closed for the season, but the doors will be open on May 16.

a quick stop at When Pigs Fly Bakery and picked up a delicious loaf of English Muffin bread before continuing through York. When I turned onto Route 1A toward the beach I was reminded how long it had been since the last time I was here.

After going through the village, the magnificent sight of the churning Atlantic appeared through a gap in the houses past a steep overlook. Soon Long Sands was immediately on the right with those gorgeous views of the horizon from the road.

I drove down Route 1A until I finally reached Short Sands. One of the advantages of coming to this place in the offseason is there is plenty of parking and the meters are shut down until May. This means not having to circle the lot to find a space and no need to debate how many hours you'll be there to feed the meter accordingly. By the time I got there, the tide was gradually coming in and Short Sands was even shorter, but there was still a good amount of beach.

One thing I love about visiting the beach in the offseason is how many people still come out and enjoy it even if it isn't sunbathing weather. I saw kids throwing around a ball, couples of all ages out for a stroll, people getting portrait shots taken by the water, and so many

dogs going for a walk.

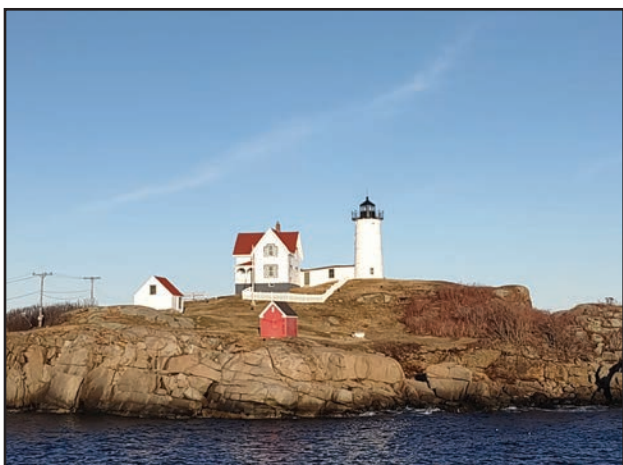
Another fascinating sight at York Beach is also the surfers who are still out there in their wet suits with their boards no matter the season. You see more of them on Long Sands because there is more area to ride on, but occasionally, you see some on Short Sands as well. I've never been surfing, but I've heard it's a pretty intense activity aside from wading in cold ocean. I always admired these brave souls and it's fun to watch them getting some waves.

Aside from a brisk breeze, the weather was ideal for this visit. I walked across the length of the beach and did some rock hopping in areas where the tide hadn't bathed the rocks just yet. I took in the lovely view of the ocean, breathed in the salty air, and cast any stress into the water.

After about an hour, I was satisfied with my time on the beach and decided to walk



ERIN PLUMMER
The downtown area by Short Sands is practically empty this time of year, but the summer season is on the horizon.



ERIN PLUMMER
What's a trip to York without stopping to take in the lovely views of Nubble Light?

around the village. The commercial area of York Beach is a series of short streets with pretty buildings housing ice cream stands, clothing and souvenir stores, candy shops, and many more. In the summer this place is crowded with all the doors open for people to float in and out. This time of year, however, it is high abandoned with boards and metal grates over many of the storefronts and plenty of signs with different versions of "See you next summer." Added with the slight chill in the air the environment was a little creepy, but there were still a few people walking around so it wasn't totally abandoned. There are

a few restaurants and shops that stay open through the year, but a scant amount compared to the ones open in the summer.

One of the biggest businesses and one that I truly grew up with is The Goldenrod restaurant, ice cream shop, and candy store. I fondly remember my family getting a box of their taffy famously called "Kisses," especially the peanut butter flavor with a big wad of peanut butter in the center. The Goldenrod has been open since 1896 and I am just one of many through the generations who see it as a beloved tradition. Goldenrod was naturally closed and all the machinery that

pulls taffy was out of the windows. Then I saw something in a window that made my heart leap, a sign of spring like a first bud or the sight of a robin. It was a small sign that read, "It's almost time... come and get your Goldenrod Kisses. Open for the season May 16." May 16 can't get here fast enough.

Eventually the sun started to set and I figured it was a good time to start heading out. I did want to make one more stop at Nubble Light before leaving. I navigated some detours and construction to reach that grand lighthouse at the end of the road. I walked around the rocks of Sohier Park and tried to get some good shots of the ocean spray on the rocks from the incoming tide. So many other people were also out to walk around and get some lovely photos. This is another place where I can just sit or walk around and feel completely at peace.

As the sun dipped further on the horizon and the air took more of a chill, I decided it was a good time to head back. I drove back to Route 1A and enjoyed a few more views of Long Sands before going into York Village.

I encourage anyone to take some time to explore places they connect with one season during a whole other time. While the visit might not be the same, it's always fun to see a new perspective and appreciate all the different aspects of one lovely place.

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ABA Monthly Member Highlight: BosCo NH Enterprises, LLC

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 spring lawn revitalization strategy



New growth is a hallmark of spring, whether it plays out in the birth of birds and bunnies or with the returned buds on trees and plant stalks. While most greenery rebounds naturally, lawns may need a little extra TLC in order to return to their once lush, green glory.

Revitalizing a lawn in spring is a multifaceted process but can be well worth the reward when green grass adds to a beautiful landscape and functional yard. Here is how to get started when the weather warms, courtesy of The Farmer's Almanac and The Home Depot.

- Clean up debris. Spend a few hours raking up leaves from the lawn and removing any other winter debris like twigs so that air can reach the grass below. Also remove any thatch that has developed.
- Test the soil. Take a sample of the soil to determine its pH level and nutrient needs. Then you can make adjustments to set a strong foundation for the lawn to grow.
- Do some weeding. Pull out any weeds that have poked through early on and apply a pre-emergent herbicide to prevent additional weeds from taking over.
- Start the aeration process. A core aerator punches holes into the soil. This enables

air and water to penetrate through to the roots.

- Overseed the lawn. Apply grass seeds over the lawn, paying special attention to any bare or thin areas so that the seed will fill in the lawn.
- Water consistently. It is important to water the lawn deeply and consistently, especially when the weather is dry, to help promote strong root development.
- Time fertilizer correctly. Apply a spring fertilizer around three weeks after the lawn starts to turn green or after the first two or three mowings. If fertilizer is applied too early it can feed weeds instead of the grass and result in fertilizer runoff.
- Mow to an appropriate height. Begin to mow when the ground is dry enough and the grass is long enough to need cutting. Leave some length to the lawn; otherwise, sunlight will reach the soil and encourage weed seeds to germinate.

With a little elbow grease at the start of spring, homeowners can establish strong and healthy lawns.

A: Established in April 2021, as a natural progression of skilled trades and passion of 40-plus years into a small business, small engines, demo, welding art. We offer tune ups on power equipment and handheld equipment including riding mowers and chainsaw and blade sharpening. Masonry, Excavation and more! No truck? No Problem! We offer pickup and drop off services. Coming soon - Battery Charging!

Q: Tell us about your- self:

A: Bob is a 40-plus-year skilled tradesman who lives in New Durham with his wife, Wendi, and their two dogs, Biscuit and Darla. He loves his jeep, motorcycle, and snowmobile.

Q: How did your business get started?

A: Basically, our commute was over an hour per day. There had to be a better way... When injury prevented Bob from working in the same capacity he started working from home, building a networking community, and building connections with the skilled trades in the surrounding Alton community.

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

A: The ABA has helped promote our business and networking to connect with others in the community. They have been instrumental in helping to get the word out. The ABA can help facilitate connections and add value.

Q: What do you value most about this community?

A: Collectively is it close knit but spread out, which is nice. We have been able to explore our beautiful area by working with others and visiting areas in the community that we may not have explored otherwise.

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

A: We lived here, this is a better location and commute. It allowed us the flexibility to have life balance and spend time with our pups.

Q: What business accomplishment are you most proud of?

A: We are proud of the value we have added to our customers and to our community.

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

A: We are paced to grow in our community in a sustainable way. We can hardly wait to see what the future holds!

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

A: To build your own presence online aside of social media. Don't take on unnecessary debt. Build connections into your community by utilizing your connecting organizations such as the Alton Business Association or your local Chamber of Commerce, SBDC, or SCORE organizations.

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

A: We can be reached on our Web site at <https://bosconh.com>, or by calling us at 603-818-0712. Connect with us at ABA networking events.

Kingswood Class of 2027 Student Council announces upcoming fundraisers

WOLFEBORO — The Kingswood Class of 2027 Student Council is proud to announce a series of restaurant fundraiser events in partnership with local Wolfeboro favorites, all aimed at raising funds for student programs, events, and activities.

The first event will be a multi-day fundraiser at Morrisseys' Porch & Pub, taking place April 21-23 all day at 286 S Main St., Wolfeboro. Guests who dine at Morrisseys' during those dates will help contribute to the Class of 2027, with a portion of the proceeds going directly to support student initiatives.

Following that, the Student Council will host a Restaurant Night at the Downtown Grill on May 8 from 5 to 9 p.m. This evening event invites community members to enjoy dinner downtown while helping raise funds for Kingswood students.

In addition, a third fundraiser will be held at Marker 21, with the date to be announced. This waterfront venue will round out the fundraising series with another fun and flavorful night in support of the Class of 2027.

"We're so excited to be partnering with such amazing local restaurants who are stepping up to support our students," said Adelle Harrington, President of the Kingswood Class of 2027. "Every meal enjoyed at these events directly helps fund things like student-led activities, class events, and other school traditions."

All members of the community are encouraged to come out, dine local, and support the students of Kingswood Regional High School. Stay tuned to school and restaurant social media pages for event updates. For more information or if you would like to ask any clarifying questions, please contact Vice President Ryan Santerre at rdsanterre@gmail.com.

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Lakes Region Home Show, your Gateway to Inspired Living, returns this weekend

LACONIA — The Lakes Region Chamber is thrilled to announce the newly renovated Belknap Marketplace presented by Lavalley Middleton Building Supply. After a dynamic run in past years, this beloved regional showcase is back—bigger, better, and more innovative than ever!

Explore, Discover, and Connect Friday, April 18 from 11 a.m. – 7 p.m. and Saturday, April 19 from 9 a.m. – 3 p.m.

Designed to inspire homeowners, renters, and dreamers alike, the Lakes Region Home Show brings together the best of home improvement, interior design, landscaping, and lifestyle under one roof celebrating the Grand Reopening of the Belknap Marketplace. Visitors will have the opportunity to explore:

- Cutting-edge home improvement solutions
- Local builders, remodelers, and craftsmen
- Smart home technologies and energy-saving options
- Kitchen and bath trends
- Landscaping and outdoor living inspiration
- Unique decor and artisan goods

Whether you're planning a renovation, building a new home, or just looking for fresh ideas, this event has something for everyone.

Support local, build local

This year's Home Show places a strong emphasis on supporting local businesses and professionals who are helping shape the future of the Lakes Region. Exhibitors range from small businesses to regional service providers, all committed to helping residents create beautiful, functional spaces that reflect their lifestyles.

"We're proud to bring the HOME SHOW back to our vibrant community," said Karmen Gifford, President of the Lakes Region Chamber. "It's more than just a show—it's a celebration of the people, creativity, and craftsmanship that make our region a great place to live, work, and play."

Family-friendly fun & community vibe

In addition to the vendor exhibits, attendees can enjoy:

- Live demonstrations, hands on exhibits and how-to conversations
- Special giveaways and door prizes
- Kid-friendly activities

ities

- Food vendors and an Outdoor Expo
- Explore the Newly Renovated Belknap Marketplace: Enjoy a fresh new shopping experience inside and outside...including pickleball, golf and axe throwing!
- SBA Funding EXPO Friday from 2-4 p.m.: Connect with more than 15 lenders. Discover various sources to fund your business and find answers to your questions!
- Family Night Friday from 4-7 p.m., featuring fun activities for future home builders & remodelers (& adults, too)

Admission is free, and all are welcome to attend.

Become a Part of It. Limited vendor opportunities are still available. Businesses interested in showcasing their products or services to an engaged and enthusiastic audience are encouraged to visit LakesRegionChamber.org for more information.

Don't miss the Lakes Region HOME SHOW — where inspiration begins and community connections thrive. For details, updates, or to register as a vendor, visit www.LakesRegionChamber.org or call (603) 524-5531.

Pursuit ends with one in custody in Barnstead

BARNSTEAD — A Chichester man is in custody following a pursuit that passed through multiple communities.

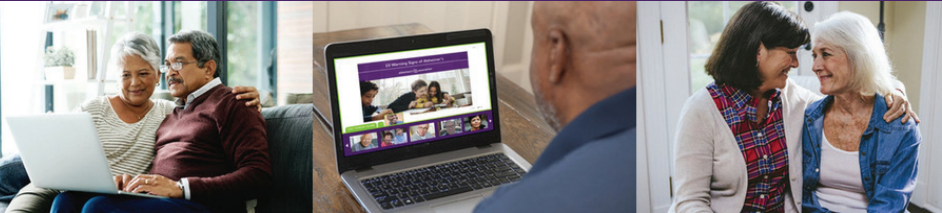
On the morning of Sunday, April 13, State Police dispatch was advised that officers from the Loudon Police Department were in pursuit of a vehicle on Route 106 in their town. During the pursuit, officers reported the driver crossed into the opposite lane of travel and drove in the wrong direction multiple times. The pursuit eventually entered Chichester before continuing into Pittsfield, where Troopers took over as the primary pursuing units. The pursuit was eventually terminated for public safety reasons.

A short time later, the suspect vehicle was located abandoned on Tilton Hill Road in Pittsfield. A State Police K9 responded to the scene and began a track to locate the suspect. The suspect, later identified as Dylan Beaudet, 31, of Chichester, was eventually located on Bow Lake Road in Barnstead and taken into custody.

Custody of Beaudet was later transferred to the Loudon Police Department for processing. It is anticipated that charges will also be forthcoming from the State Police as the investigation continues.

Members of Troop D were assisted by local law enforcement officers from Loudon, Chichester and Pittsfield, as well as State Troopers assigned to the Troop E barracks. Anyone who may have any further information is asked to contact Sgt. Kenneth McGrath at Kenneth.T.McGrath@DOS.NH.GOV or Trooper Eric Wicks at Eric.C.Wicks@DOS.NH.GOV, or contact State Police dispatch at (603) 223-4381.

Lunch & Learn



Building Foundations of Caregiving

This program will help attendees identify the role of caregivers, explain relationship changes that may happen over time while you are caregiving, describe the five areas of the person-centered care approach, identify possible members of a caregiving support team, and list action steps that help lower caregiver stress.

Thursday, April 17th, 2025 at 12:00pm

**Golden View Health Care Center, Retreat Building,
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Register here:
<https://goldenview.org/events-and-education/lunch-learn>

Did you know?

The American Veterinary Medical Association notes that the Lyme disease vaccine is not right for every dog. The AVMA notes that between 5 and 10 percent of dogs infected with Lyme disease develop signs of illness, but thousands of cases are still reported each year. Many dogs are sufficiently protected against Lyme disease by tick-prevention products recommended by veterinarians, who can help dog owners pick the right products for their pets. During these discussions, pet owners can inquire about the Lyme disease vaccine. The AVMA notes that veterinarians consider a range of variables before recommending the vaccine or suggesting a pet does



not need it. Such factors include location, as dogs that live and spend time outdoors in areas with high tick populations may be prime candidates for vaccination. The pet's lifestyle, including how much time it spends outdoors in grassy areas, and overall health will also be considered as veterinarians attempt to determine if the dog needs a Lyme disease vaccination.

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Pemi Choral Society to perform “The Armed Man: A Mass for Peace”

REGION — The 95-member Pemigewasset Choral Society and 16-piece chamber orchestra will perform “The Armed Man: A Mass for Peace” by Welsh Composer Karl Jenkins. Performances are scheduled for Meredith, Gilford, and Plymouth on May 1, 2, and 4, respectively.

There is no charge for admission to the concerts (freewill donations are accepted at the door.) “The Armed Man” is a 13-movement choral masterpiece that communicates the harrowing menace of the drift into war and the horror of conflict mixed with several peaceful moments of reflection.

The performance concludes on a hopeful note with an uplifting a capella hymn affirming that “God shall wipe away all tears and there shall be no more death.” Jenkins composed “The Armed Man” in 1999 to commemorate the Kosovo crisis in eastern Europe. The mass fea-

tures text and musical themes that evoke images of war and peace across many cultures, eras, and religions. Various texts are drawn from the common Latin mass as well as the words of Rudyard Kipling, Alfred Lord Tennyson, and others.

Chorus and orchestra are conducted by William Gunn, director of music at Plymouth Regional High School and 2023 New Hampshire Choral Director of the Year.

Director Gunn describes “The Armed Man” as “a journey through devastation of war and, ultimately, a plea for peace. Throughout the performance you will hear the sounds of battle, the cries of the wounded, and the sorrow of those left behind. There are also moments of transcendence, most notably in the Benedictus, a profound expression of hope and healing.”

Concert Schedule: Meredith, Thursday, May 1, 7:30 p.m. at In-

ter-Lakes Middle High School; Gilford, Friday, May 2, 7:30 p.m. at Gilford Community Church; Plymouth, Sunday, May 4, 3 p.m., at Silver Center for the Arts, Plymouth State University.

The Pemi Choral Society is a 51-year-old regional community chorus based in Plymouth NH with a wide-ranging musical repertoire. Singers come from more than 25

communities throughout the Lakes Region, central New Hampshire, and the White Mountains.

The group performs concerts in December and May and welcomes new members at the beginning of each semester. For more information, please visit pemichoral.org or email an inquiry to pemichoralsociety@gmail.com.

How students can manage finals week stress

Graduation season is often characterized as a joyous time for students and their families. There's truth to such characterizations, as students, their parents, siblings, and other loved ones see graduation as the culmination of years of hard work. That hard work continues right up to the end, as finals week can be a trying time for students looking to finish a school year, and perhaps their academic careers, with a flourish.

Finals week may precede the celebratory graduation season, but this period can be uniquely stressful for students. A 2022 survey examining stress in college conducted by the American Addiction Center found that more than 89 percent of respondents felt stress from exams, while nearly three in four indicated studying was stress-inducing. Stress can sometimes be a good thing, as Firdaus Dhabhar, Ph.D., a one-time director of the Stanford Center on Stress & Health and now a professor of Psychiatry and Behavioral Sciences at the Miller School of Medicine at the University of Miami, noted in a 2012 interview that acute stress might actually translate to improved mental performance. That means the acute stress students feel during finals week might actually compel them to perform better on their exams.

The potential benefits of acute stress on academic performance might be music to the ears of students, but it's important that they also find healthy ways to manage stress during finals week. In recognition of the importance of finding healthy ways to manage stress, the American Psychological Association offers the following tips to students.

- Get sufficient sleep. Late-night cramming sessions may ensure students leave no stone unturned leading up to a final exam, but the APA

notes sleep is essential for physical and emotional well-being. The Sleep Foundation urges college-aged students to get between seven and nine hours of sleep per night. The APA notes that limiting screen use at night and storing devices in rooms other than a bedroom are some methods to facilitate sleep.

- Take time out to exercise. Studying may dominate students' time during finals week, but finding time to break a sweat can be a particularly effective tool in the fight against stress. The United Kingdom-based Mental Health Foundation notes that research indicates low-intensity aerobic exercise performed for 30 to 35 minutes three to five days a week can boost mood and improve alertness. Such rewards can be especially beneficial to students confronting the stress of finals week.

- Prioritize healthy eating. College students and their high school counterparts are notorious for favoring poor diets. But a shift toward a more nutritious diet can help combat the stress of finals week and actually make it easier to study. For example, Campus Health at The University of North Carolina at Chapel Hill notes that the vitamins and minerals found in fruits, leafy greens and other vegetables neutralize the harmful molecules produced when a body is under stress. In addition, foods high in fiber have been associated with greater alertness and decreased perceived stress. It might be a lot to ask high school and college students to eat healthy all the time, but doing so during finals week might make finishing the school year strong a lot easier.

Finals week is stressful for students. Thankfully, there are many ways students can overcome the stress they feel at the end of a school year.

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Zechariah Boodey Farmstead’s “Italian Benefit Dinner” returns

NEW DURHAM — The Zechariah Boodey Farmstead Committee and the Board Members of the Zechariah Boodey Farmstead Collaborative (ZBFCOL) invite the community to join us for an authentic Italian “Lasagna Dinner” on Saturday, April 26, starting at 4 p.m. The event will occur in the Community Room located behind the New Durham Fire Station on Main Street and

serves as a fundraiser. We are excited to announce that the menu will feature delicious classic Italian meat lasagna, prepared from an old family recipe by Tatiana and Gino Michelizza, Top of the Ridge Farm B&B owners. The dinner will also include a Caesar salad, bread, a beverage, and dessert. For those who prefer a meatless option, committee member Sherry

Cullimore will prepare a vegetarian lasagna. Guests will enjoy live guitar music provided by Sandra Dickie during the meal. Dinner will be served until 6 p.m. or while supplies last, and to-go boxes will be available. Suggested donations are twelve dollars for single adults, eight dollars for children 10 years old and under, and thirty-five dollars for a fam-

ily of four. We are incredibly grateful to announce that an anonymous donor has pledged to match all donations made to the Zechariah Boodey Farmstead Collaborative, up to \$7,500 through June 1, 2025. This means that every donation, whether it is \$10 or \$1,000, will be matched dollar for dollar, effectively doubling the impact of your generosity.

Donors will have a unique opportunity to amplify their contributions and directly support our mission. Your support will significantly aid in funding for the installation of the septic system and foundations, a crucial step for our project's advancement. The Committee and Collaborative members look forward to sharing the progress made on this project.

If you cannot attend the dinner, donating is easy. You can visit the ZBFCOL website at www.zbfcnh.org, contact Catherine Orlowicz, President of ZBFCOL, by calling 603-859-4643 for more details, or mail a check to ZBFCOL, PO Box 45, New Durham, NH 03855. Every contribution, regardless of its size, makes a meaningful difference.

SPORTS

Golden Eagle girls sweep past Inter-Lakes

BY JOSHUA SPAULDING
Sports Editor
GILFORD — The Gilford tennis girls swept to a 9-0 win over visiting Inter-Lakes on Wednesday, April 9. Jade Nicolas played at number one and got an 8-1 win while Emmaline Leandro won 8-6 in the second spot. Ally Onos

won 8-0 at number three, Tess Eckhardt got an 8-0 win in the fourth spot, Isabelle Walton won 8-0 in the fifth spot and Natalie Clay won 8-3 at number six. In doubles play, Nicolas and Onos combined to get an 8-1 win at number one, Leandro and Eckhardt won 8-2 at

number two and Walton and Clay got an 8-0 win in the third spot to round out the shutout win for the Golden Eagles. Gilford is slated to be in action again on Friday, April 18, at White Mountains Regional and will be at Bishop Brady

on Wednesday, April 23, both with 4 p.m. scheduled starts. *Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.*

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HIGH SCHOOL SLATE

Thursday, April 17 KENNETT
Boys’ Tennis vs. Plymouth; 4
Girls’ Lacrosse vs. Timberlane; 4
Girls’ Tennis at Plymouth; 4
PROSPECT MOUNTAIN
Boys’ Tennis at Trinity; 4
Friday, April 18 KENNETT
Boys’ Lacrosse vs. Stevens; 4
Girls’ Tennis at Pembroke; 4
Softball at Milford; 4
KINGSWOOD
Boys’ Lacrosse at Merrimack Valley; 4
Boys’ Tennis at Alvirne; 4
Girls’ Lacrosse vs. Merrimack Valley; 5:30
PROSPECT MOUNTAIN
Baseball at Berlin; 4
Girls’ Tennis vs. Berlin; 4
Softball at Berlin; 4
Saturday, April 19 KENNETT
Track at Winnisquam; 10
PROSPECT MOUNTAIN
Track at Winnisquam; 10
Monday, April 21 KENNETT
Baseball vs. Laconia; 4
Boys’ Lacrosse vs. Inter-Lakes; 4
Boys’ Tennis vs. ConVal; 4
Softball vs. Laconia; 4
KINGSWOOD
Baseball vs. Souhegan; 4
Boys’ Lacrosse vs. Pembroke; 5:30
Boys’ Tennis vs. Lebanon; 4
Girls’ Lacrosse at Manchester Memorial; 4:30
Girls’ Tennis at Tim-

berlane; 4
Softball vs. Souhegan; 4
PROSPECT MOUNTAIN
Baseball vs. Gilford; 4
Boys’ Tennis vs. Bishop Brady; 4
Softball vs. Gilford; 4
Tuesday, April 22 KENNETT
Track Home Meet; 4
PROSPECT MOUNTAIN
Boys’ Tennis vs. St. Thomas; 4
Girls’ Tennis at St. Thomas; 4
Softball at Trinity; 4
Track at Belmont; 4
Wednesday, April 23 KENNETT
Baseball vs. Merrimack Valley; 4
Boys’ Tennis at Oyster River; 4
Girls’ Tennis vs. Oyster River; 4
Softball vs. Merrimack Valley; 4
KINGSWOOD
Baseball at Laconia; 4
Boys’ Lacrosse at Hollis-Brookline; 4
Boys’ Tennis at ConVal; 4
Girls’ Lacrosse vs. Hollis-Brookline; 5:30
Girls’ Tennis vs. ConVal; 4
Softball at Laconia; 4
PROSPECT MOUNTAIN
Baseball vs. Raymond; 4
Boys’ Tennis vs. Trinity; 4
Girls’ Tennis at Trinity; 4
Softball vs. Raymond; 4
Thursday, April 24 KENNETT
Boys’ Lacrosse vs. Laconia; 4
Track at Kingswood; 4
KINGSWOOD
Track Home Meet; 4
All schedules are subject to change.

BY JOSHUA SPAULDING
Sports Editor
GILFORD — The Gilford tennis boys split the opening week of the season, winning on the road at Monadnock to start the season and then falling to St. Thomas in a home match to close the week. The win over Monadnock came by a 7-2 score

on Monday, April 7. Dom Soucy (8-6), Dustin Gerry (8-1), Cohen Krupnik (8-1), Xavier Morrison (8-4) and Joel Wernig (8-5) all won their singles matches while Gerry and Krupnik won their doubles match by an 8-0 score and Morrison and Wernig won their doubles match by an 8-3 score. Against St. Thom-

as on Friday, April 11, Krupnik won his singles match by an 8-4 score and the team of Morrison and Jacob Baldi got a 9-7 win in doubles to account for the two Golden Eagle wins in the 7-2 loss to the Saints. Coach Terry Wilson expressed his thanks to the families and friends who came out to support

the team in the first week of the season. The Golden Eagles will be hosting Kearsarge on Friday, April 18, and Bishop Brady on Wednesday, April 23, both with 4 p.m. scheduled starts. *Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.*

HIGH SCHOOL SLATE

Thursday, April 17 GILFORD
Baseball at Bishop Brady; 4
Girls’ Lacrosse vs. Bow; 4
Softball at Bishop Brady; 4
Friday, April 18 BELMONT
Baseball at Kearsarge; 4
Girls’ Lacrosse at ConVal; 4
Softball at Kearsarge; 4
GILFORD
Baseball vs. White Mountains; 4
Boys’ Lacrosse vs. John Stark; 4
Boys’ Tennis vs. Kearsarge; 4
Girls’ Tennis at White Mountains; 4
Softball vs. White Mountains; 4
WINNISQUAM
Baseball vs. Mascoma; 4
Softball vs. Mascoma; 4
Saturday, April 19

GILFORD
Track at Sanborn; 10
WINNISQUAM
Track Home Meet; 10
Monday, April 21 BELMONT
Baseball vs. Derryfield; 4
Girls’ Lacrosse vs. Lebanon; 4
Softball vs. St. Thomas; 4
GILFORD
Baseball at Prospect Mountain; 4
Softball at Prospect Mountain; 4
WINNISQUAM
Baseball vs. Inter-Lakes; 4
Tuesday, April 22 BELMONT
Track Home Meet; 4
GILFORD
Track at Belmont; 4
WINNISQUAM
Track at Kennett; 4

Wednesday, April 23 BELMONT
Baseball at Campbell; 4
Girls’ Lacrosse at Pembroke; 3:30
Softball at Trinity; 4
GILFORD
Baseball vs. Somersworth; 4
Boys’ Lacrosse at ConVal; 4
Boys’ Tennis vs. Bishop Brady; 4
Girls’ Lacrosse vs. Derryfield; 4
Girls’ Tennis at Bishop Brady; 4
Softball vs. Somersworth; 4
WINNISQUAM
Baseball at Conant; 4
Softball at Conant; 4
Thursday, April 24 BELMONT
Baseball vs. Inter-Lakes; 4
All schedules are subject to change.

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MONUMENT

(continued from Page A1)

said the owners she has spoken with so far have been interested in this project.

Heath said while he has known about the Monument Square Historic District and that the square was on the registry, he said he didn't know 11 buildings were documented on the registry as well. Some of the buildings include town hall and the Gilman Museum as well as privately owned buildings.

Heath said there was a revitalization committee in town at some point, but it dissolved, and no other documentation was made about the historical status of these buildings.

Painchaud said Heath

told her about a letter addressed in 1985 where someone wrote to the selectmen about how many people are not aware of these buildings' historical significance.

"I don't have the energy or the desire to create a nonprofit or start something on our own, but I would like to see it be a collaborative effort," Painchaud said. "One thing Ryan mentioned (was) something simple as getting placards for the buildings."

She said the state has placards that could indicate the buildings' historical nature. They could also have educational displays in the area about the history of the buildings.

Painchaud is also look-

ing at funding options for anyone who wishes to preserve these buildings. One option is the state's Community Revitalization Tax Incentive under RSA 79-E, a program that communities can adopt to offer tax deferment for the revitalization of certain properties including historical buildings. Under the incentive, certain building projects can receive relief for property tax increases for a certain period outlined in the law. Painchaud said 65 communities have adopted RSA 79-E including neighboring towns such as Gilford, Gilmanton, and Farmington.

Selectman Richard Shea asked if there are any restrictions for

property owners in a historical district about what they can and cannot do with their properties. Painchaud said this is a big question many people have. She said the New Hampshire Preservation Alliance told her the only restrictions are ones that are placed by the municipality and if the town adopts RSA 79-E, they can set parameters for people to be eligible for the tax incentive.

Painchaud said her major goal is to educate people in town about these historical properties.

Members of the board said it might be best to have a committee to examine options, including fundraising

for the placards or any other efforts.

"I think the idea of getting a committee developed is probably a good idea and I think that perhaps there needs to be a better understanding and I'm not sure plaques (are) the way to get the word out," said selectman Drew Carter. "I don't have the answer. Somehow, we need to make people in the town aware that this is a historical district, and I think that we need to review this RSA 79-E."

Painchaud said she wants to do something that will last for a long time and not an effort that is forgotten, especially since the Historical Society and other organizations are dealing with a lack of volunteers.

Heath said he doesn't believe there is a record of the historic district in the zoning maps or regulations. He said maybe this could be added

to town documents as a guide.

Selectman Paul LaRochelle said he knows the Master Plan Committee looked at the historic district and covered some of the town's historical buildings in the plan. He said he would want to look into this more, including information on how many of the 11 property owners would be interested in this project.

"Quite a bit of history — it is a lot of buildings; there's a lot of them out there that probably haven't been documented," LaRochelle said. "It's going to take a lot of time to go through that and go through and not just this one district but starting with that and seeing who would be interested in being on a committee would be a start."

Heath said he would see what information he can get from Painchaud and the other property owners



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HELP WANTED

DPW

(continued from Page A1)

"We're still looking but we're going to have to make a decision soon because they would like us out in a month so we can start demoing the site," Theriault said.

She said the DPW is now looking for other options, including the possibility of separating out office spaces into different locations and or getting job trailers. Selectman Chan Eddy said they could also consider inflatable Quonset huts used by the military, construction companies and FEMA.

Theriault asked if they do find another location that is available if she can contact town administrator Scott Dunn to start negotiating a lease. Dunn and board Chair Kevin Hayes said she could contact Dunn who would reach the selectmen so they could schedule a special meeting.

The selectmen also

voted to extend the work of the Building Needs Committee. Dunn said this committee along with the Community Power Committee were up for review as they reached the possible termination point of their work. All members of the board agreed that the work of the committee had to continue with the building project just in its early stages.

"We're just at the beginning stages of what were going to need," said selectman Gus Benavides. "They've all invested probably thousands of hours in the last three to four years, so I think their help would be greatly appreciated."

The selectmen unanimously voted in favor of extending the Building Committee until April 30, 2026.

The selectmen also agreed that the Community Power Committed could disband as their work was complete.



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RECENT REAL ESTATE TRANSACTIONS

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Barnstead	15 Hemlock Rd.	Single-Family Residence	\$390,000	Kyle Holmes	Julie A. and Jonathan M. Dukette
Barnstead	14 Locke Lake Colony	N/A	\$420,000	Jodie L. and Ian Russell	John and Sarah Taylor
Barnstead	N/A	N/A	\$321,333	Cameron M. and Courtney Esty	Kevin D. Rivera and John E. Lindsay
Gilford	170 Belknap Point Rd., Unit 16	Condominium	\$860,000	Barbara L. Cullen	Kimberly Foley 2018 Trust
Gilford	7 Coach Rd.	Single-Family Residence	\$345,000	David M. and Angelina I. Amour	Dawson M. and Delaney M. Ellis
Gilford	Gunstock Hill Road	N/A	\$475,000	Peter & Linda Kraft RET and Kathleen K. Cragin	BeaconStreet2012RT and John L. Cusolito, Jr.
Gilford	2696 Lake Shore Rd., Unit 122	Condominium	\$595,000	Michael and Omni Raimo	Paul McGrath
Gilford	131 Lake St., Unit 303	Condominium	\$155,000	Edwin Ahearn, Jr. and Sandra Stacy	Lr Associates LLC
Gilford	131 Lake St., Unit 335	Condominium	\$163,533	Greenhaigh Fiscal Trust and Daniel A. Greenhaigh	LR Associates LLC
Gilford	30 Lockes Hill Rd.	Single-Family Residence	\$418,000	Beacon Street 2012 RT and John L. Cusolito, Jr.	Katherine W. and Zachary M. Guiney
Gilford	Route 11A	N/A	\$180,000	Laurie D. and Laurie Mitchell	Zos Holdings LLC
Gilford	28 Swain Rd.	Single-Family Residence	\$425,000	Michael J. and Emily Whalen	Prezley M. Adair
Gilford	60 Weirs Rd., Unit A3	Condominium	\$525,000	Susan Grinnell Trust	Jamie Reynolds
Gilford	73 Weirs Rd.	N/A	\$190,000	Ira Plan Partners LLC	Thomas and Kerry Wentworth
Gilford	N/A	N/A	\$190,000	Ford RET and Susan B. Ford	Aznh RET and Susan B. Sullivan
Gilmanton	35 Major Dr.	Single-Family Residence	\$400,000	Robert F. and Cynthia F. Soucy	Jason D. Miller and Camille E. Laboe
Gilmanton	91 Oakcrest Lane	Single-Family Residence	\$270,000	Heide and Christopher Girard	Bruce III and Rebecca Gard
New Durham	Berry Road	N/A	\$139,933	Van & Constance Hertel Gr.	Michael P. and Erin M. Zayac
New Durham	Birch Hill Road	N/A	\$379,333	Suzanne M. Thompson	Kim Laroche-Pulcinella
New Durham	151 Brackett Rd.	Mobile Home	\$290,000	Lockhart Trust and Ellen Lockhart	Michael Depierro LT
New Durham	8 Saint Moritz Dr.	Single-Family Residence	\$385,000	Michael S. Donnellan	Nicholas and Emily Reh
New Durham	N/A (Lot 32)	N/A	\$380,000	Glidden Fiscal Trust and Arthur F. Glidden	Paul Rosenstein

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.

Gilford Parks & Rec announces bus trip to Red Sox game

GILFORD — The Gilford Parks and Recreation Department is sponsoring a bus trip to Boston to see the Red Sox take on the Kansas City Royals on Aug. 5 at 7:10 p.m.

The cost of the trip is \$100 per person, and includes round trip motor coach from Gilford and your ticket (Section 42 - Bleachers) to the game. Our deluxe motor coach

will depart from the Gilford High School at 3:30 for the 7:10 p.m. game. You will have time to visit the pro-shop and get dinner on your own prior to the game. Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable. The Registration Form and Flyer for the event can be found on the Parks

& Recreation Department's Web site, www.gilfordrec.com.

For more information, please contact the

Gilford Parks & Recreation Department at

603-527-4722.

Masons hosting monthly breakfast buffet Sunday

ALTON — On Sunday, April 20, 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 now \$15. The Masons serve breakfast between 7:30 and 11 a.m. They hope to see you there (al-

ways on the third Sunday of the month).

For more information about the breakfasts or Winnipisaukee Lodge, please contact David Snyder at 603-717-1713.

LEGALS

PROSPECT MOUNTAIN SCHOOLS SAU 301, SAU 86, SAU 72

REQUEST FOR PROPOSAL: SCHOOL BUS TRANSPORTATION SERVICES

The Prospect Mountain JMA, NH SAU 301, acting on behalf of itself, SAU 72 (Alton) and SAU 86 (Barnstead) [“the District(s)” and/or “Prospect Mountain Schools”] is requesting proposals from qualified vendors to provide daily school bus transportation services from July 1, 2025 through June 30, 2030 (five school years).

Bids for School Bus Transportation Services will be accepted until 2:00 PM on Monday, May 5, 2025, at the SAU Business Office, Prospect Mountain High School, 242 Suncook Valley Road, Alton, NH, 03809, at which time they will be publicly opened and read aloud. Questions and bid specifications can be obtained from Heidi Duford, Business Administrator at hduford@pmsau.org or 603-875-3800x2158.

Responses will only be accepted if sealed and clearly marked:

BID FOR: “School Bus Transportation Services”, SAU Business Office, Attn: Heidi Duford, Prospect Mountain High School, 242 Suncook Valley Road, Alton, NH 03809

DUE DATE: 2:00 PM Monday, May 5, 2025

The School Board(s) reserves the right to accept or reject any and all bids, to accept any informality in a bid or to accept a bid which it deems to be in the best interest of the school district.

Public Informational Meeting – Evaluations of Merrymeeting Lake Dam, Jones Pond Dam and Alton Power Dam

Concord, NH – The New Hampshire Department of Environmental Services (NHDES), Dam Bureau is planning to host a public informational meeting on the ongoing evaluation of Merrymeeting Lake Dam, Jones Pond Dam and Alton Power Dam. These three state-owned dams are currently being evaluated for hazard classification, discharge capacity and structural stability. This meeting is to review and discuss the results of these evaluations. This meeting is to take place in the New Durham Community Room on Tuesday, April 22, 2025, at 6:30pm located at 6 Main Street, New Durham, NH 03855. NHDES anticipates having a separate meeting later this summer to discuss design recommendations based on these evaluations once those recommendations have been developed.

For more information, or if you would like to attend virtually, please contact Corey Clark, NHDES Dam Bureau at corey.j.clark@des.nh.gov or (603) 271-1961.



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LRSO invites you to relive the ‘70s with Vintage Grooves concert series

MEREDITH — Break out your bell bottoms and dust off that disco ball - the Lakes Region Symphony Orchestra (LRSO) is bringing the ultimate ‘70s throwback with its upcoming concert series, Vintage Grooves – Hits of the ‘70s! Get ready to groove on Saturday, May 10 at 7 p.m. at the Colonial Theatre in Laconia, and Sunday, May 11, 2025, at 3 p.m. at the Inter-Lakes Auditorium in Meredith.

This feel-good program is packed with smash hits from Earth, Wind & Fire, Chicago, The Doobie Brothers, Carole King, the Bee Gees, Billy Joel, Joni Mitchell, The Carpen-



LRSO grooves with vocalists Taylor O'Donnell and Adrian Sicam celebrating the radio hits of the 1970's.

ters, and more. Relive yesteryear with the groundbreaking “You Are The Sunshine Of My Life,” “What A Fool Believes,” “How Deep Is Your Love,” “Close To You,” “Saturday In The Park,” “Where Is The Love,” and many more of your favorite radio hits! Making the

vocal magic happen are LRSO's dynamic guest vocalists Taylor O'Donnell and Adrian Sicam, ready to channel the sparkle and soul of the decade.

Taylor O'Donnell is well known throughout the region and brings her adventurous style rooted in R&B, folk,

jazz, rock, and classical music. She's an Associate Professor of Voice at Berklee College of Music, teaches at Phillips Exeter Academy, and performs with the Vintage Vocal Quartet, the electronic duo Novel/Novella, and her jazz rock trio. Adrian Sicam - singer, song-

writer, and professor of voice at both Berklee and Tufts University - dazzles audiences with his high energy and versatility. He'll light up the stage with pure '70s magic.

Tickets range from \$10 - \$30 and are available at www.LRSO.org. It's time to get your

groove on! Don't wait - these concerts will sell out! And remember always start your ticket purchase at LRSO.org to avoid unauthorized third-party sites.

LRSO thanks the Bank of New Hampshire for their continued sponsorship of this concert.

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.



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