



Winnisquam Regional School District hosts annual Community Holiday Dinner



TILTON — The spirit of the season shone brightly, as the Winnisquam Regional School District hosted its annual Community Holiday Dinner. The event brought together more than 350 neighbors, volunteers, local families, and district staff for an evening of warmth, festive cheer, and delicious food.

The dinner, which has become a beloved tradition in the community, featured a traditional turkey dinner with all of the fixings, in a beautifully decorated setting highlighting student artwork.

“It’s about more than just a meal—it’s about ensuring that everyone in our community feels connected and celebrated during the holidays. We are incredibly grateful to the many volunteers and donations that made this evening possible,” said one of the event coordinators, Sarah Skoglund.

In addition to the dinner, the evening including caroling with members of the St. Gabriels’s Parish Choir and book/knitted hat giveaways from the Ravel Gael

SEE **DINNER**, PAGE A8

COURTESY

Members of the St. Gabriel Parish Choir entertain the guests; Santa takes a moment to meet residents from the NH Veterans Home; Santa stops for a photo with Toby Goodsell; Khloe Lowry enjoys the finzel weaving service with WiCC student Aalyah Cartier and Cosmetology teacher Tammy Chase; Members of the Raven Gael Blaisdell Foundation distribute books and hand knitted hats to the children; Tenley Smith, Brock Smith and Jack Philbrick spend time at the crafts table.

Fire Chief urges caution with woodstoves in wake of multiple fires

BY DONNA RHODES
Contributing writer

NORTHFIELD — Woodstoves come with a word of caution this time of year, and newly appointed Tilton-Northfield Fire Chief Sean Valovane is urging those who use that type of heat source at their residences to keep safety in mind after their department was called to two woodstove fires in Northfield last week.

The first incident occurred at 30 Fellows Hill Rd., and involved a garage while the second was a larger fire dis-

SEE **WOODSTOVES**, PAGE A8

Former Belknap County Attorney honored by NH Women’s Bar Association

CONCORD — Former Belknap County attorney Lauren Noether is the 2025 recipient of the New Hampshire Women’s Bar Association Marilla M. Ricker Achievement Award. Named after the first female attorney in New Hampshire, the award is given annually to a woman attorney who has achieved professional excellence and paved the way to success for other women lawyers, or advanced opportunities for women in the legal profession, and/or performed exemplary public service on behalf of women.

Lauren Noether has been an advocate for women and victims of violence throughout her life and career. As a 19-year-old journalism major and co-captain of the women’s track team at the University of Maine, she was a leader and spokesperson in a multi-year effort to overturn a university ban on women athletes, using new state of the art, weightlifting equipment. This incident of discrimination, and the subsequent intensive effort to overturn the ban received national attention as a potential Federal Title IX test case, and had a profound impact on Noether — inspiring her interest in law, justice, and public service.

After serving as a VIS-TA (Volunteer in Service to America) for the Blackfeet Indian tribe in Montana,



NHWBA President Katherine Hedges (left) presenting the 2025 Marilla M. Ricker Achievement Award to Lauren Noether.

Noether attended and graduated from Franklin Pierce Law Center (now UNH Law) in 1982

Her work as a prosecutor began at the Laco-

SEE **NOETHER**, PAGE A9

Lacasse, Smith, Filteau all earn wins in opening meet

BY JOSHUA SPAULDING
Sports Editor

DURHAM — The Belmont indoor track team opened the season on Saturday, Dec. 13, competing in a meet at UNH, which featured athletes from many of the larger schools in the state, including Bishop Guertin, Nashua North and Coe-Brown.



Brock Smith jumped to first place in the long jump at the University of New Hampshire on Saturday.



Ava Lacasse won the 55 meters at her team’s meet at the University of New Hampshire on Saturday morning.

Smith was also fifth in the preliminaries in the 55 meters in 7.02 seconds and finished fifth in the finals in 7.08 seconds. Derik Matthews was 13th in 7.18 seconds, Geoffrey was 28th in 7.52 seconds, Gabriel Sarquis was 36th in 7.67 seconds, Nick Wright was 38th in 7.72 seconds, Trey Schnelle was 45th in 7.91 seconds, Devlin McPherson was 48th in 8.02 seconds and Dane Smith was 51st in 8.11 seconds.

The Raider 4X160-meter team finished in fifth

SEE **MEET**, PAGE A8



Holidays make for early deadlines

With Christmas and New Year’s Day both falling on Thursday, when our latest edition would ordinarily be arriving in subscribers’ mail boxes, the submission deadlines for our Dec. 25 and Jan. 1 editions will also be moved up to ensure that readers have their papers in hand prior to the holiday.

Any press releases or letters to the Editor intended for publication the week of Dec. 25 should be submitted no later than 4 p.m. on Thursday, Dec. 18.

The submission deadline for our Jan. 1 edition will be Friday, Dec. 26 at 4 p.m.

Submissions can be sent to the Editor at brendan@salmonpress.news.

Franklin Savings Bank welcomes Sean Skabo as VP, Commercial Loan Officer

FRANKLIN — Franklin Savings Bank is pleased to welcome Sean Skabo to the role of VP, Commercial Loan Officer within its commercial lending group. Sean will be based out of FSB's Boscawen location at 139 King Street.

Skabo comes to FSB with a B.S. in Financial Management from Franklin Pierce University, and over 36 years of banking industry experience. Most recently, Sean held the position of VP, Commercial Banking Officer at Camden National Bank. In his role, he helped businesses obtain the required financing they need in order to grow and succeed. Sean is an experienced SBA lender and

has worked with a number of economic development centers to find the right financing options for customers.

Skabo will focus on developing relationships with businesses throughout New Hampshire.

"Sean brings an exceptional amount of small business lending experience to FSB's commercial lending team," explains Jon Jones, SVP, Senior Loan Officer. "It's critical that we provide essential guidance to businesses interested in expanding, growing, or even venturing into new project developments. Sean is the perfect fit, and we are excited to have him join our growing commercial



Sean Skabo

team." Outside the office, Skabo is an avid outdoors person, rock climber, ice climber, skier and mountain biker.

"Throughout my banking career, I have worked for many different types of financial institutions from small to large," explains Skabo. "My greatest enjoyment has been working with Mutual Savings Banks, where the focus is on the customer and the community. Being passionate about giving back to my community and having the ability to truly be responsive to my customers is what excites me. Franklin Savings Bank checks all the boxes."

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering an array of commercial lending, per-

sonal banking and investment services. The Bank also offers investment and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors. A recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains 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.fsbnh.bank to learn more or follow the bank on Facebook, LinkedIn, Instagram, and YouTube.

Prescott Farm announces winter programs

Two new staff members join the team

LACONIA — Prescott Farm Environmental Education Center is pleased to announce the release of its January–April 2026 Program Guide, offering a diverse range of opportunities for people of all ages to learn, explore, and connect with the natural world year-round.

From hands-on workshops like cheesemak-

ing and soap-making to seasonal favorites such as maple tapping, winter birding, and salamander ganders, Prescott Farm's winter programs invite participants to engage with nature in meaningful ways. Guests can also enjoy guided snowshoe hikes, craft-based classes, and a wide range of outdoor adventures designed to spark curiosity and build community.

In addition to adult programs, Prescott Farm offers year-round educational experiences for



preschool, school-aged, and homeschool learners. Spring WildQuest Camps is also open, providing Registration for Winter & children with immersive

outdoor learning during school breaks.

New staff join the Prescott Farm team

This past summer and fall, Prescott Farm welcomed two new staff members to support its mission and growing programs.

as Volunteer & Administrative Coordinator. A New Hampshire native, she brings valuable expertise in volunteer management and is eager to connect community members with Prescott Farm's many volunteer opportunities.

Tanger Outlets Tilton extends holiday shopping hours for last-minute gifting

TILTON — The countdown is on, and **Tanger Outlets Tilton** is making it easy for last-minute shoppers to check off their holiday lists with extended hours and daily deals during the final week of the season, including Super Saturday and Christmas Eve. Featuring trending styles, cozy favorites and top brands such as Banana Republic Factory, Carter's, Old Navy, and Under Armour. Tanger Tilton is the destination for thoughtful holiday gifts at unbeatable prices.

WHEN: Thursday, Dec. 18 10 a.m. – 9 p.m.
Friday, Dec. 19 10 a.m. – 9 p.m.
Saturday, Dec. 20 9 a.m. – 9 p.m.
Sunday, Dec. 21 10 a.m. – 6 p.m.
Monday, Dec. 22 10 a.m. – 9 p.m.
Tuesday, Dec. 23 10 a.m. – 9 p.m.
Christmas Eve, Dec. 24 8 a.m. – 6 p.m.
Christmas Day, Dec. 25 CLOSED
Friday, Dec. 26 10 a.m. – 9 p.m.

Sophie Acampora joined in July as Communications & Events Director. Moving here from Colorado, she brings experience in nonprofit marketing, youth programming, and community engagement.

Miranda Benson came on board in late October

About Prescott Farm Environmental Education Center

Prescott Farm is a 501(c)(3) nonprofit organization dedicated to providing nature-based learning experiences for children and adults to cultivate connection to our natural world.



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NHBM’s record-breaking 2025 signals new era of community impact, regional leadership



COURTESY

The 2025 Wolfeboro Vintage Race Boat Regatta put on by NHBM.

MOULTONBOROUGH — As 2025 draws to a close, the New Hampshire Boat Museum (NHBM) is celebrating a transformative year that redefined its role in the Lakes Region and established new benchmarks for community engagement and cultural tourism.

NHBM experienced a 40 percent increase in visitors this year, with guest engagement deepening significantly throughout the season.

“When we first opened in May, people stayed about 40-45 minutes,” said NHBM Executive Director Devon Kurtz. “By the end of the season, an hour to an hour and a half was the average visit. It’s exciting that it’s becoming

more of a destination than a pass-through—it’s now becoming part of people’s itinerary when they are visiting.”

This shift reflects NHBM’s strategic positioning into what Kurtz referred to as “a year-round economic engine and educational powerhouse” in New Hampshire.

“People who have become members are coming multiple times a season and bringing guests, making the most of their membership and attending all programs and events,” added Development Director Wendy Stocker. “We’re seeing families and individuals truly invest in what we’re building here.”

NHBM has also

emerged as a vital resource for specialty boating communities across New England. Organizations, including the Antique and Classic Boat Society and the New England Lyman Group, have made NHBM their location for regional gatherings and knowledge-sharing.

“They definitely feel like they’re part of the family and part of the story,” noted Kurtz. “They’re seeing us as a resource—a home away from home in a big way.”

This community-building approach peaked during NHBM’s biannual Regatta, attracting more than 1,000 visitors over two days and selling out of merchandise at their offsite gift shop.

“The Regatta is such a well-oiled machine put together by a very passionate group of volunteers,” said Stocker. “They basically pitch our regatta to different race participants at other regattas across the country, as well as Canada,

to draw people into Wolfeboro for our event.”

The year’s programming success featured standout events, including a presentation by Geoff Jones, a professional for-ester and U.S. Coast Guard veteran.

“It was one of the most moving events I’ve seen in a very long time,” said Kurtz, who noted the strong year positions NHBM for its upcoming Phase 2 renovation project, beginning in January 2026.

The \$500,000 project, funded in part by a Northern Borders Regional Catalyst program grant, will create additional programming space to meet growing community demand.

According to Kurtz, a key objective throughout all NHBM’s programming has been increased engagement.

“This year proved that when you create authentic experiences and build genuine community connections, people respond,” he said. “We’re not just displaying boats—we’re preserving New Hampshire’s fresh water boating heritage while building the foundation for future economic and educational impact across the region.”

Founded in 1992 by antique and classic boating enthusiasts, NHBM offers dynamic exhibits, engaging programs, and events tailored to the diverse boating lifestyles and values of people of all ages. For more information about NHBM and the renovation project, visit nhbm.org.

Community Calendar December 18-25

Thursday, Dec. 18
Tilton
Art in the Community (Lakes Region Art Association), 7 a.m.–2 p.m., Holiday Inn lobby (Route 140), Tilton.
Holiday Happenings (Lakes Region Art Association Gallery), 10 a.m.–8 p.m., Tanger Outlets, 120 Laconia Road, Suite 300, Tilton.
Just Maple Gift Shop (holiday shopping), 9 a.m.–5 p.m., 475 School St., Tilton.
Live music at DOX on Winnisquam, 6–10 p.m., 927 Laconia Road, Tilton.
Northfield
Budget Committee meeting, 5 p.m., Northfield Town Hall, 21 Summer St., Northfield.
Sanbornton

Planning Board meeting, 7 p.m., Sanbornton (town calendar listing).
Friday, Dec. 19
Tilton
Festive Live Music at The Lake Estate, 3–6 p.m., The Lake Estate, 725 Laconia Road, Tilton.
Monday, Dec. 22
Northfield
Zoning Board of Adjustment meeting, 7 p.m., 21 Summer St., Northfield.
Tuesday, Dec. 23
Sanbornton
ZBA (tentative), 7 p.m., Old Town Hall, 19 Meeting House Hill Road, Sanbornton.
Thursday, Dec. 25
Northfield
Town Offices closed (all day).

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Opinion

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.

The week when winter shows its teeth

In most years, the week leading up to Christmas carries a soft focus. Lights glow a little brighter, errands feel a little slower, and even disagreements tend to pause under the weight of tradition. But in towns like Tilton, Belmont, Sanbornton, and Northfield, this particular week often delivers a sharper reminder of where we live. Winter does not take a holiday.

Plows roll before dawn. Highway crews keep watch on hills and curves that locals know all too well. Police, firefighters, dispatchers, and EMTs settle in for shifts that will not end early, even as families gather elsewhere. These are not abstract services. They are the reason someone makes it home safely on a slick road, the reason a power outage does not become a crisis, the reason help arrives when a holiday emergency strikes.

It is easy to overlook this work because it is so consistent. Snowstorms come and go. Roads get cleared. Life moves on. That reliability is precisely what makes it invisible. But this week, more than most, is shaped by people whose names rarely appear in headlines and whose work does not pause for celebration.

Winter also has a way of tightening the margins for many households. Heating bills arrive at the same time as holiday expenses. Older residents weigh whether to turn the thermostat up or put on another sweater. Families quietly help one another, often without announcing it. A neighbor drops off a meal. A church opens its doors. A volunteer group fills a gap that no budget line ever fully captures. These acts are not seasonal gestures. They are part of the year-round infrastructure of small towns.

There is something grounding about this reality. It reminds us that community is not defined by decorations or calendars, but by preparation, responsibility, and mutual reliance. When a storm rolls through or temperatures plunge, we are reminded that none of us navigates winter alone, no matter how independent we like to believe we are.

As Christmas approaches, there will be moments of warmth and joy, as there should be. But there is also value in acknowledging the harder edge of this season. Winter tests systems and people alike. It asks whether roads are ready, whether neighbors are paying attention, whether we still know how to look out for one another when conditions are less than ideal.

In the end, that may be the quiet lesson of this week. Long after the lights come down and the decorations are packed away, winter remains. And so does the steady work of keeping these towns moving, safe, and connected. That effort deserves recognition, not just in words, but in patience, respect, and a little extra care for one another as the cold settles in.



COURTESY

Members of the Belmont Police Department had an amazing time participating in the Annual Greater Lakes Region Children’s Auction! Our crew jumped behind the phones, took calls like champs, and even helped showcase items – channeling our inner Vanna White for a great cause! We’re grateful to be part of such a wonderful community tradition that helps bring joy and support to local kids and families during the holiday season. Thank you to everyone who donated, volunteered, and tuned in – together, we make the season a little brighter. Photo courtesy of the department’s Facebook page.

Tilton Island and the mills that built a river town

TILTON — Long before Tilton became a gateway town at Exit 20, the bend in the Winnepesaukee River at what is now Tilton Island defined the community’s identity. For more than a century, this narrow island and its surrounding riverbanks powered mills that shaped Tilton’s economy, workforce, and physical landscape, influencing nearby Northfield and Belmont as well.

The Winnepesaukee River drops sharply as it flows south from Lake Winnisquam toward Franklin, creating one of the strongest waterpower sites in the region. By the late 1700s, settlers recognized the value of this location. Early sawmills and gristmills appeared along the riverbanks, serving farmers from Tilton, Sanbornton, and Northfield who needed lumber cut and grain processed close to home.

By the early 19th century, Tilton Island had become the industrial heart

of the village. Textile manufacturing arrived in the 1820s, part of a broader shift throughout central New Hampshire as water-powered mills expanded beyond simple agricultural uses. Cotton mills were constructed on both sides of the island, with dams controlling river flow and canals directing water to large wooden waterwheels.

The mills drew workers from surrounding towns, including Belmont and Sanbornton, and later from Quebec and Ireland. Housing grew nearby, along with stores, boardinghouses, and churches. What had once been a rural river crossing evolved into a dense mill village, connected to regional markets by turnpikes and, later, by the railroad line that followed the river valley.

Tilton Island’s largest mills went through several ownership changes during the 19th century, reflecting the boom-and-bust cycles

common to New England textiles. Fires, floods, and economic downturns repeatedly tested the village. Still, the mills endured, rebuilt, and expanded, particularly during periods of national demand such as the Civil War, when textile production surged.

By the early 20th century, however, the same forces that reshaped mill towns across New England reached Tilton. Southern textile mills, newer machinery, and cheaper labor undercut production along the Winnepesaukee. One by one, Tilton Island’s mills closed or scaled back operations. By mid-century, large-scale textile manufacturing on the island had ended.

What followed was not immediate renewal, but gradual change. Industrial buildings were dismantled or repurposed, and the dams that once drove mill machinery took on new roles in flood control and hydroelectric generation.

The island itself shifted from an industrial zone to a recreational and civic space.

Today, Tilton Island Park occupies ground once dominated by brick mills and spinning frames. Visitors walking the paths or attending summer events may not realize they are standing on one of the most important industrial sites in the Winnisquam watershed. Yet the river’s flow, the island’s shape, and the nearby mill housing all remain physical reminders of the era when waterpower defined daily life here.

For Tilton and its neighboring towns, the story of Tilton Island is not just about factories. It is about how geography shaped opportunity, how industry drew communities together, and how small river towns adapted as economic tides shifted. The mills are gone, but the river still runs, carrying with it the legacy of the people who built a town around its power.

Comfort Keepers

Universal home design for senior independence

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

As more and more older adults are choosing to age in place, the need for home modifications to accommodate physical changes in people is growing. Most homes today are designed using military specs that match the physical abilities and stature of the typical 18-year-old male. While these designs may be ideal for younger, taller people, they may not be ideal for older individuals or those dealing with physical and height limitations. Ideally, homes for aging adults would meet universal design standards, which make structures inherently accessible to older people and those with disabilities. Many homeowners, however, hesitate to upgrade existing homes because of the cost.

In most cases, however, homeowners can make some simple modifications that will allow seniors and adults with disabilities to live more comfortably and independently in their homes. Below are just some minimal cost suggestions:

Provide railings on both sides of all exterior and interior staircases.

Ensure exterior walkways and driveways, interior hallways, and rooms are well lit and free of debris, obstructions, and clutter.

Make sure each room has a sufficient number of outlets. This will prevent the senior from using extension cords that may run across a room and cause falls.

Switch round door knobs for lever handles. Lever handles are easier to open when a person is managing arthritis. They are also easier to open with full hands.

Install grab bars next to toilets and in showers and tubs.

Change out faucets with round knobs to ones with lever handles.

Add non-slip surfaces to tubs and shower floors.

Provide a shower seat for bathing.

Raise electrical outlets and lower light switches so they can be easily reached, even from a sitting position.

The following items may cost more, but their

investment may be worth that cost to enable the senior or disabled adult to live in the home:

Modify at least one entrance so that it is step free and wheelchair and walker accessible. This also allows for easy passage of wheeled luggage and other items you may be bringing into the home.

Modify interior door widths so that they are wheelchair and walker accessible.

Replace the toilet with one that is taller, 17 to 19 inches high, to make it easier to use.

Replace flooring with non-slip flooring or low-pile carpet that is easy for walkers and wheelchairs to roll over.

Ensure the home’s main level has a full bedroom, bathroom, laundry room, kitchen, and living area.

Replace bathtubs with a walk-in or roll-in showers to accommodate older individuals who have difficulty walking.

Lower kitchen cabinets so they can be easily reached.

Younger seniors, or any homeowner, can also start planning early to slowly

incorporate universal design in their homes. Rather than trying to quickly renovate a home to accommodate various needs as those needs arise, homeowners can take a proactive approach with needed home maintenance and repairs. The advantage is that as the home needs repair, universal design elements can be incorporated into the existing repair job without a significant increase in cost. For more information on accommodating homes for seniors, check out The AARP Home Fit Guide, referenced below.

About Comfort Keepers Comfort Keepers is a leader in providing non-medical in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, medication reminder, bathing, mobility assistance, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 603-536-6060 or visit our

Web site at NHComfortKeepers.com for more information.

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Belknap Mill awarded LCHIP grant to support historic preservation



L-R: Belknap Mill Board Member Kevin Switala, Belknap Mill Digital Marketing Coordinator Fabiana McLeod, LCHIP Executive Director Paula Bellemore, LCHIP Board Chair Richard Lewis, Governor Ayotte, Belknap Mill Acting Executive Director Dr. Katherine Switala Elmhurst. photo credit Cheryl Senter

LACONIA — The Belknap Mill is honored to announce that it has been awarded a \$37,498 grant from the New Hampshire Land and Community Heritage Investment Program (LCHIP). On Dec. 9, Gov. Ayotte joined LCHIP in announcing more than \$3.5 million in matching grants to support 31 land conservation and historic preservation projects across the state.

These awards will help communities restore historic landmarks, conserve working forests, and protect the natural and cultural resources that define New Hampshire's character.

The Belknap Mill—one of the nation's oldest surviving textile mills and a

cornerstone of Laconia's cultural identity—is proud to be among this year's recipients. This grant will support structural repairs that will preserve the Mill's integrity.

"LCHIP's support is essential to preserving the Belknap Mill for future generations," said Dr. Katherine Switala Elmhurst, Acting Executive Director.

"These repairs will strengthen the building's foundation and safeguard the stories it holds. We are proud to be part of this statewide effort to protect New Hampshire's historic treasures."

These critical improvements will directly enhance the Mill's ability to



Belknap Mill
Laconia NH

offer year-round educational programs, arts workshops, cultural events, and community gatherings. Strengthening the structure not only safeguards the building's historic character but also expands the Mill's capacity to serve residents, students, and visitors through dynamic programming that celebrates creativity, history, and community connection.

LCHIP is a statewide program that provides matching grants to help municipalities and non-profits protect the natural, cultural, and historic resources that define New Hampshire's character.

Since its creation, LCHIP has supported hundreds of projects, conserving land and rehabilitating historic buildings across the Granite State.

The Belknap Mill is deeply grateful for LCHIP's continued commitment to preserving New Hampshire's heritage. This investment strengthens not only the Mill's future but the vitality of the entire Laconia community.

For more about LCHIP, visit lchip.org. For information on Belknap Mill programs, visit belknap-mill.org.

Leadership development program connects State Capital with Lakes Region governance



LACONIA — A dynamic, full-day leadership program successfully bridged the gap between state and local government for participants, offering a rare, integrated look at policy, governance, and civic engagement across New Hampshire.

The day began in Con-

cord with a private tour of the NH State House led by Virginia Drew, Director of the Visitors Center. This was followed by a high-level briefing on policy and leadership featuring an exclusive visit with Gov. Kelly Ayotte and insights from Assistant Secretary of State, Paula Penney. These

sessions provided a crucial understanding of state-level policy development and executive leadership.

Following lunch, the program shifted its focus to local governance with a trip to the Lakes Region. The delegation was welcomed to the City of Laconia by Interim Mayor

Charlie St. Clair at the Laconia Fire Department. Discussions centered on the future of the city, featuring City Manager Kirk Beattie who addressed Laconia's history, challenges, and vision. Mayor-Elect Mike Bordes provided further insight into the unique challenges and opportu-

nities facing the broader Lakes Region.

The day concluded with an inspiring Granite State Challenge session led by Donna Kuethe, a board member and program alumna, emphasizing the importance of continued civic participation. The program successfully met

its goal of showcasing the interconnectedness of governance, from the historic State House to the practical challenges of municipal leadership, fostering a deeper commitment to civic engagement among attendees.

Franklin Savings Bank grants \$5,000 to Belknap House yard project



FRANKLIN — Franklin Savings Bank recently granted \$5,000 to Belknap House to support Phase Three of the yard improvement plan at its second location on Pine Street in Laconia. The grant will be used to secure the backyard area so that families have a safer spot to meet and spend time together outside, which will complement the health and wellness portion of the organization’s mission.

“Belknap House plays an essential role in providing stability, safety, and hope for families in need,” comments Brian Bozak, President & CEO, Franklin Savings Bank. “By supporting the yard improvement plan, we are helping them create a secure out-

door space for individual wellness, while fostering a sense of community for their residents. We are honored to support Belknap House on this project.”

The mission of Belknap House is to provide families in Belknap County safe shelter when children are especially at-risk during homelessness; to empower families to become self-sufficient and independent by providing them with opportunities for education and access to community resources.

Visit them online: <https://www.belknap-house.org/>.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering an array of commercial lending, personal banking and investment services. The Bank also offers investment and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors. A recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains 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.fsbnh.bank to learn more or follow the bank on Facebook, LinkedIn, Instagram, and YouTube.

COURTESY Pictured, left to right: Brian Bozak, President & CEO, Franklin Savings Bank; Meg Miller, Board Member, Franklin Savings Bank; and Shawna Zechman, Executive Director, Belknap House.



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Concord Hospital Laconia & Franklin Regional Council hosts donor reception

LACONIA — The Concord Hospital Laconia and Franklin Regional Council welcomed current and prospective members of the Lakes Region Giving Society of the Concord Hospital Trust on Nov. 18 for an evening reception and behind-the-scenes tour highlighting the region’s growing healthcare capabilities, philanthropic momentum, and future priorities.

The event brought together community members, local partners, and hospital leadership for remarks, demonstrations, and guided tours that showcased the many ways donor support is strengthening access to high-quality care throughout the Lakes Region.

“Our commitment to the Lakes Region has always been about meeting community needs,” said President and CEO of Concord Hospital Health System Robert P. Steigmeyer. “When we joined this community in 2021, we made a promise to preserve and strengthen more than a century of local health care. Today, we stand proudly behind that promise—with expanded services, sustainable operations, and a deep belief that care delivered by local people, for local people, must remain close to home.”

In his remarks, Steigmeyer highlighted the system’s significant investments since 2021, including:

More than \$45 million invested to return the region to financial stability within three years;
More than \$77 million in charitable activities were



COURTESY

Dr. Matthew Gibb discusses Concord Hospital – Laconia resources and community patient care with Dr. Paul Racicot. Providers were on hand during a donor orientation on Nov. 18 to speak with current and prospective members of the Lakes Region Giving Society.

delivered, impacting more than 70,000 residents;
Growth to 110 local providers, including 33 in primary care;
Restored and expanded services such as interventional radiology, mammography, rheumatology, and multispecialty care;
The launch of Concord Hospital Orthopaedics – Laconia and the expansion of skilled & restorative care in Franklin.

These milestones emphasize the hospital’s mission to preserve local jobs, protect essential healthcare access for nearly 75,000 residents, and sustain a regional system that continues to evolve with community needs.

“Your community deserves safe, high-quality health care, close to home,” Steigmeyer said. “We take that responsibility seriously.”

Guests also learned about major upcoming initiatives, including:
A planned \$20 million renovation of the Laconia Medical Office Building;
Expansion of skilled nursing and restorative care in Franklin;
Introduction of infusion and ambulatory cancer care services in Laconia.

“These projects are part of a forward-looking approach centered on quality, safety, and whole-person care,” Steigmeyer added. “Together, we are building a strong, NH-based, locally led, independent, charitable, not-for-profit, regional health system that will stand the test of time.”

Following the CEO’s remarks, Concord Hospital Chief Advancement

remained a fixture in this region. This giving society is about honoring that commitment and building the future together.”

Along with guided tours led by clinical leaders, Dr. William Santis demonstrated robot-assisted surgery using the advanced technology currently used for prostate and other surgeries at Concord Hospital – Laconia. Participants were able to try using the robot themselves and experience firsthand the innovation that Concord Hospital Health System is among the first in northern New England to offer—underscoring the health system’s continued growth and unwavering dedication to the Lakes Region.

“As we look ahead, our mission remains constant: to provide compassionate, high-quality care to the people who call this region home,” Steigmeyer said. “We are grateful to share this journey with our community.”

For more information about the Lakes Region Giving Society or to learn how to support Concord Hospital Laconia and Franklin, visit giveto.concordhospital.org.

Officer Veronica Rosa welcomed guests and introduced the Lakes Region Giving Society of the Concord Hospital Trust, which recognizes donors who support charitable healthcare initiatives across Franklin and Laconia.

“Our donors are true partners in advancing health and wellness across the Lakes Region,” Rosa said. “Their generosity ensures that essential services

remain accessible here in our community—now and for generations to come.”

Rosa emphasized that philanthropy plays an essential role in sustaining care locally.

“Every contribution makes a direct and meaningful impact by strengthening programs, expanding services, and helping ensure that high-quality health care remains a per-

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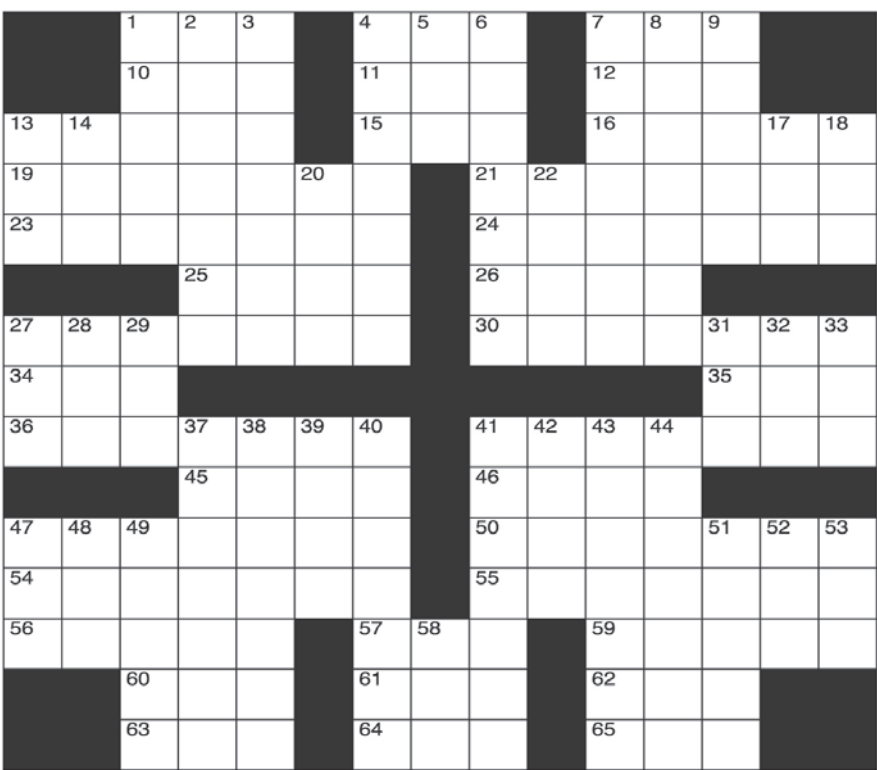
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CLUES ACROSS

1. American automotive titan

4. Tire term

7. Two-year-old sheep

10. Indigenous people of Thailand

11. Anti-Soviet Cold War group

12. Actress de Armas

13. Not moving

15. Cool!

16. Plants of the arum family

19. Connected with touch

21. Pen stain

23. Monetary units

24. School kids’ art project

25. Early Bell Canada executive

26. Sword

27. Hates

30. Fixed in one place

34. Pie ___ mode
35. Moved swiftly on foot

36. Carrier on vehicle

41. A path to get through

45. “Rule, Britannia” composer

46. Spiritual leader

47. Flowing

50. Respectful compliments

54. Cure

55. Soft, lightweight fabric

56. Building material

57. Japanese delicacy

59. A way to cause to be swollen

60. One and only

61. You might get one in summer

62. Wreath

63. Thus far

64. They ___

65. Employee reference number

CLUES DOWN

1. Policemen (French)

2. Toy dog

3. Intestinal condition

4. Muscular weaknesses

5. Helps little firms

6. Alphabetical lists

7. Takes down

8. Facilitates

9. Ethnic people of Ethiopia

13. Engine additive

14. Explorers group

17. Written account

18. Consumed

20. Opposite of first

22. No (slang)

27. Government lawyers

28. NY Giants great

29. Small amount

31. A way to save for your future
32. Fall behind

33. Midway between northeast and east

37. Head pain

38. Wildly popular sport

39. “Princess Diaries” actress Hathaway

40. Boat race

41. About fish

42. Nursemaid

43. Able to be marketed

44. Not as large

47. Parts per billion (abbr.)

48. Paddle

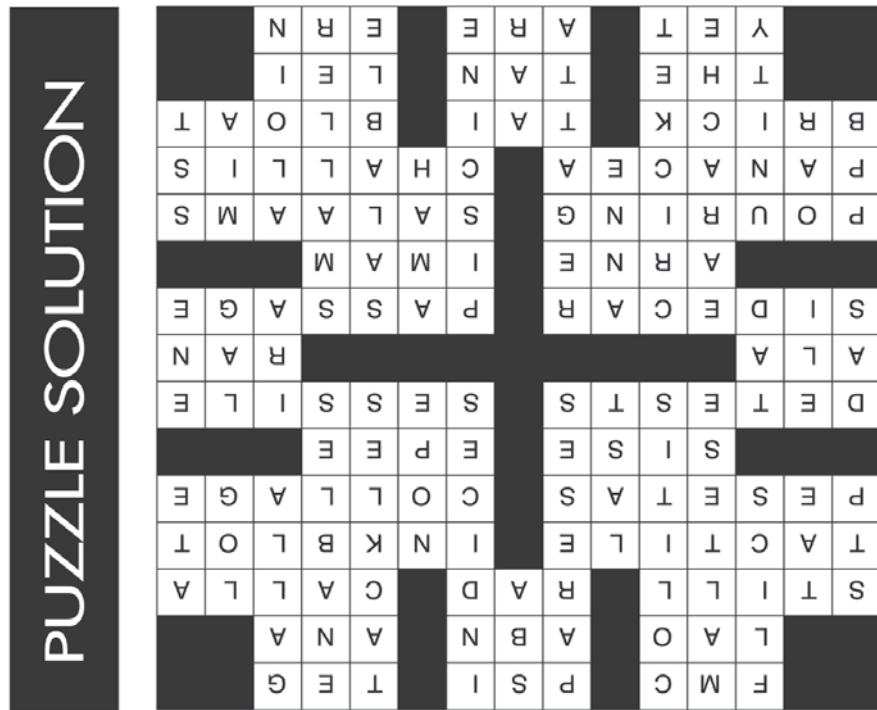
49. Oneness

51. Bitter chemical

52. Not around

53. Very fast airplane

58. Main tributary of the Rhine



DINNER

CONTINUED FROM PAGE A1

Blaisdell Foundation. Santa Claus stopped for photos with the guests. Craft tables were set up and the children enjoyed creating their holiday souvenirs.

Some Winnisquam Career Center students provided festive services such as hair tinsel weaving for participants. Others managed small businesses, selling floral centerpieces,

homemade dog treats and bandanas, and manufactured Christmas tree ornaments.

WRSD parent and PTO member Abby Howe said, “We love coming to the Community Dinner each year. It’s such a special chance to reconnect with neighbors and friends while enjoying a great meal. My girls especially loved the WICC items for sale and the tinsel station. Santa and the Christmas

carols really filled the night with joy and a wonderful way to celebrate the season!”

The WRSD Community Holiday Dinner supporters included Coca-Cola, Fantini Bakery, Surowiec Farm, Christina Langly from Alan’s Restaurant of Boscawen, Sysco Northern New England, Mix 94.1, Home Depot, Lowes, and BJ’s Wholesale Club.

WOODSTOVES

CONTINUED FROM PAGE A1

covered in a residence at 255 Cross Mill Road on the morning of Dec. 12.

It was a Franklin Police officer driving in the area who first called in an advisory of that fire. After the officer quickly notified 911 dispatchers, he alerted the occupants and assisted in their evacuation of the building as fire departments were racing to the scene.

Valovanie reported that it was at 7:42 a.m. that day when both his department and others were summoned to the fire, and the first responding company from Franklin Fire Department verified a smoke condition in the rear of the single-wide mobile home. Through a quick visual investigation, they were able to discover that fire was sourced around a woodstove pipe in the area of the home’s wall and ceiling. Tilton-Northfield crews soon arrived on the scene as well and, after assessing the situation, quickly called for a first alarm.

As crews armed with hoses first entered the home, Valovanie said they encountered heavy fire between the open void space of the ceiling and roof. Both areas were inaccessible to firefighters yet were allowing the fire to spread rapidly along the roofline.

After opening the ceilings up however, they were able to bring the fire under control. It was then they were able to verify that the flames did originally come from the wall where the stove pipe exited the building.

In addition to Tilton-Northfield and Frank-

lin fire companies, others responding to the scene through Lakes Region Mutual Aid were Sanborn-ton, Laconia, and Belmont with engines and tankers, along with an ambulance from New Hampton. A Concord engine initially provided station coverage for the community but was later requested to lend assistance at the scene while Gilmanton Fire Department assumed the cover assignment in Tilton.

Unfortunately, the residence received heavy damage throughout the walls and ceilings and Valovanie said the home was deemed a total loss.

Red Cross was notified of the situation and responded to the scene to assist the three residents and their dogs with whatever needs they may have at this time. Fortunately, none of

them, and none of the first responders, were injured in the tragic incident.

Tilton-Northfield Fire & EMS would like to remind residents of how important the proper installation and maintenance of wood burning alliances can be when it comes to their safety.

“Solid fuel heat is a great resource for New Englanders, however wood and pellet stoves must be installed and maintained per manufacturers’ specifications and fire codes to prevent fires,” the chief said.

With the winter months here, that warning goes along with the proper maintenance of all other types of heating units along with cautions for the use of generators and other backup power sources.



COURTESY — TILTON-NORTHFIELD FIRE & EMS

A woodstove fire on Cross Mill Road in Northfield last week not only destroyed a residence but bears warnings for others to keep safety in mind when it comes to winter heating and back-up power sources.

MEET

CONTINUED FROM PAGE A1

place in a time of 1:22.72 and the 4X400-meter team finished in eighth place in 4:34.52. Sean Andrews ran to 11th place in the 1,500 meters in a time of 5:02.97 and Jasper Sottak was 21st in the 600 meters in 2:12.78.

In the 300 meters, Matthews was 22nd in 43.05 seconds, Mahoney was 39th in 47.36 seconds,

McPherson was 31st in 47.67 seconds, Jacob Blanchette was 35th in 50.52 seconds and Connor Brunelle was 38th in 54.65 seconds. In the 1,000 meters, Jack Crockford was 20th in 3:23.81, Andrew Cryans was 22nd in 3:27.93 and Jack Foster placed 26th in 4:38.64.

For the Raider girls, Ava Lacasse was first in the 55-meter preliminaries in 7.53 seconds and Mia Ellis was fourth in 7.91 seconds. In the finals, Lacasse was first in 7.64 seconds and Ellis was sixth in 7.99 seconds. Sadie Sturgeon was 22nd in 8.4 seconds and Kyleigh Roe was 28th in 8.64 seconds.

Ellis was also fourth in the 55-meter hurdles preliminaries in 10.10 seconds with Cora Takantjas

in sixth place in 10.32 seconds. In the finals, Ellis was third in 9.97 seconds and Takantjas was sixth in 10.5 seconds. Neala Murphy finished in 17th place in 13.5 seconds.

In the 300 meters, Aleena Nialetz was 27th in 55.66 seconds and Murphy was 30th in 59.05 seconds. Takantjas took 11th in the long jump at 13 feet, three inches. Haven Rivera added a 12th place finish in the shot put at 20 feet, 2.75 inches.

The Raiders are slated to compete at UNH again on Sunday, Dec. 21, at 10 a.m.

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

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PETS OF THE WEEK

Meet Odin!

This handsome boy is Odin, a soft-spoken sweetheart looking for a calm, loving home. Quiet and a bit shy at first, he’s the kind of cat who likes to take his time getting comfortable. A cozy hiding spot is his idea of heaven—somewhere he can curl up, feel safe, and peek out when he’s ready for affection. Once he trusts you, though? He melts. His favorite place to be is tucked right into the



crook of your elbow, where he can bury himself and feel secure. It’s his way of saying, “You’re my person.”

He’s shown gentle curiosity toward other cats and may enjoy a feline friend who’s as kind and patient as he is.

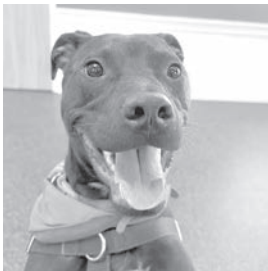
If you’re looking for a tenderhearted companion who will bond deeply and quietly adore you, this sweet boy just might be your perfect match.

Meet Simi!

Simi is the total package — handsome, loyal, and full of energy! This athletic boy loves to run, jump, and show off his playful spirit, so a home that can give him plenty of exercise and adventure is a must. Whether it’s a long walk, a backyard sprint, or a good game of fetch, Simi is always ready to move.

Once his zoomies are out of the way, though, he’s all about snuggles.

True to his velcro-dog nature, Simi loves nothing more than being right by your side, soaking up all the love he can get. When he gets excited, he proudly picks



up his favorite toy to show it off — and yes, he insists his harness goes around both him and his toy. Simi would prefer to be the only dog in the home without other

pets- he loves to chase and hunt smaller animals for fun.

A man knows what he wants, after all!

Simi always looks dashing in his signature bandana and is ready to steal hearts (and maybe a few squeaky toys) wherever he goes. If you’re looking for a loyal best friend with energy, style, and endless affection, Simi is your guy.



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NOETHER

CONTINUED FROM PAGE A1

nia Police Department. Her career as a prosecutor spanned more than 30 years, including being the first woman in NH to serve a term as County Attorney. She served in that role for almost 14 years, having been elected by the citizens of Belknap County six times. She left Belknap County to serve as a Senior Assistant Attorney General with the New Hampshire Department of Justice in their Environmental, and Consumer Protection, bureaus. Noether was known as a formidable litigator having personally tried over 175 felony jury trials, and also as a staunch defender and advocate of the rights of victims, especially women and children.

Noether played a lead role in the effort to establish the Child Advocacy Center of Belknap County which is dedicated to pursuing the truth in child abuse cases and coordinating social services for child victims through com-

munity partnerships and collaboration. She was also a founding mother of New Beginnings Without Violence and Abuse, which provides 24/7 supports to victims of domestic and sexual violence. Both organizations have pioneered efforts to lessen the impact of trauma for women and children, particularly those victimized by criminal acts. She has also served as a foster parent, and tutor for refugee elementary school students.

The award was presented at the NH Women’s Bar Associations 28th annual fall reception in front of 150 attorneys, judges and guests. Former Belknap County Victim Witness Coordinator Barbara Belmont was joined by Cornerstone Family Resources Social Worker Linda Juranty and NH Women’s Bar Association President Katherine Hedges in presenting the Marilla M. Ricker Achievement Award to Attorney Noether. In accepting the award, Lauren stated she was deeply honored to receive this recognition.

Her remarks emphasized unity and purpose in the profession and in communities.

“We find ourselves in the most polarized times I have ever witnessed,” she said. “Yet the humanity we share outweighs our

differences. We have common goals and aspirations at the most basic levels. When we work toward these goals together, we achieve amazing things.”

Noether concluded her remarks by calling on attendees to engage mean-

ingfully in their communities.

“Find a way to contribute to building community and connectedness. Don’t be deterred by seemingly concrete obstacles – they’re all illusions that can be lifted by through

relationships and connected,” she said.

Noether resides in Tilton with her husband Ken.

For more information about the NH Women’s Bar Association, go to www.nhwba.org.



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Crossword Puzzle

1				2			3
4							
5				6			
	7						

ACROSS

- 1. Chocolate powder
- 4. Fruit growing areas
- 5. Outside of a place
- 7. Eats

DOWN

- 1. Handheld desserts
- 2. Not at home
- 3. Sweet treats
- 6. Fish eggs

Answers:
Across
1. Cocoa 4. Orchards 5. Exterior 7. Ingests
Down
1. Cookies 2. Away 3. Desserts 6. Roe

THIS DAY IN HISTORY



1777: The Continental Army goes into winter quarters at Valley Forge.

1924: The last Rolls-Royce Silver Ghost is sold in London, England.

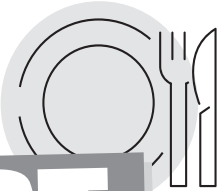
1941: Adolf Hitler appoints himself as head of the Oberkommando des Heeres.

NEW WORD

CHIP

a small piece of solid chocolate

Food FACT:

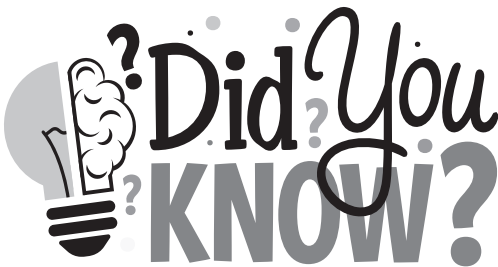


This dessert is made from dough that is either rolled, cut or pressed into shape.

Answer: Cookie

How they say that in...

- English: Dough
- Spanish: Masa
- Italian: Impasto
- French: Pâte
- German: Teig



Twisting the cookie cutter when cutting out the cookie dough can prevent the dough from rising properly and create inconsistent shapes.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Rolling pin



How much home can I afford?

By the third quarter of 2025, the tide seemingly began to turn in regard to a housing market that had been marked by limited inventory since the onset of the COVID-19 pandemic in 2020. According to market indicators from Redfin, the National Association of REALTORS® and Homes for Heroes, by the summer of 2025 things began to shift in regard to inventory (9.4 percent increase year-over-year). Prices also began to level off, as the median existing home price in the United States was \$435,300 in June 2025, which marked a 2 percent increase from the previous year. Price reductions also became more common compared to 2024, signalling a cooldown in some segments.

Although affordability concerns still persist, many people may finally be ready to enter the home-buying arena. When doing so, it's essential prospective home buyers recognize how much they can comfortably spend on a home. Most experts suggest buyers combine lender affordability guidelines with an assessment of one's personal budget. These factors can help individuals determine a reliable budget when shopping for homes.

- **Debt-to-income ratio:** Lenders use various parameters to identify a borrower's creditworthiness. That includes figuring out a person's debt-to-income ratio (DTI). Wells Fargo says DTI can be calculated by adding up all of a person's monthly debt payments and dividing them by gross monthly income. That number is multiplied by 100 to get a percentage. The lower the DTI, the less risky one is to lenders.

- **The 28/36 rule:** Part of the DTI equation may include the 28/36 rule utilized by many mortgage lenders. This is a standard guideline that can help one see if it's possible to afford a home loan. The 28 percent is allotted housing costs. The monthly housing expenses (principal, interest, taxes, homeowners insurance, private mortgage insurance, and homeowners association fees) should be no more than 28 percent of one's gross monthly income. One's total monthly debt payments, including housing, car, loans, student loans, and credit cards, should be no more than 36 percent of the gross monthly income. So if a prospective home buyer earns \$10,000 per month, or \$120,000 per year, the housing costs should not exceed \$2,800. Total debt payments, including housing, should not exceed \$3,600 per month.

- **Personal budget considerations:** Lenders may allow borrowers to borrow a certain amount of money, and buyers then go out and spend that much on a home. But to avoid living paycheck to paycheck and having all of one's money go toward a home, it is best to account for personal spending habits and savings goals. It's important to have an emergency funds account to pay for unexpected things like home repairs, or to account for instances when income may decline. Ongoing costs to manage the home also merit consideration, as do utilities and future renovations.

- **Income-to-home price ratio:** Some people abide by another general guideline to shop for a home that costs no more than three to five times their annual household income. That means with an annual income of \$100,000, one should aim for a home priced between \$300,000 and \$500,000. The specific range will also depend on a person's existing debt.

- **Interest rates and other factors:** The interest rate on home mortgages as well as down payment also must be considered. Resources like Bankrate and Zillow provide home affordability calculators that will factor in interest rates, terms of a loan, down payment, and property taxes. Buying a home when interest rates are high means spending more over the life of the loan. Also, how much one puts toward a down payment has a big impact. Aiming for 20 percent means avoiding paying for private mortgage insurance (PMI).

There is no fail-safe way to determine how much home you can afford. Many factors are in play and are exclusive to buyers in the market for a new home. MM25C389



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Coldwell Banker Residential Brokerage
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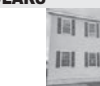
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Bear girls battle with defending champs in season opener

BY JOSHUA SPAULDING
Sports Editor

DOVER — The Winnisquam hoop girls had a tough task in the opening game of the season, heading south to Dover to take on the defending champions from St. Thomas Aquinas.

While the young Bears put up a fight, the defending champs got the win by a score of 61-35.

“I was really proud of our team effort tonight,”

said coach Mark Dawalga. “Opening night is always exciting for everyone, having three freshmen start adds to that excitement.

“It was an eight-point game at halftime (34-26) and I thought in the second half we gave them too many second chances and we went cold in the fourth, which led to the final score,” the Bear coach added.

Senior Caidyn Carter led the way for the Bears

with 22 points, four rebounds and two steals while ninth grader Alyssa Jean had six points and five rebounds. Classmate Ella Cohen had two points, two rebounds and two steals and fellow ninth grader Claire Hart had two points and three rebounds.

Dawalga noted that Bella Soucy (two points, three rebounds, two steals), Kaylynn Reagan (two points) and Abby Meunier (two steals) played well on the

defensive side of the ball.

The Bears will be in action again on Friday, Dec. 19, at Prospect Mountain at 6 p.m. and will be at Hopkinton for a 5:30 p.m. game on Monday, Dec. 22, in the final regular season game of 2025.

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

PSU soccer ID clinics slated for March 8

PLYMOUTH — The Plymouth State University men’s and women’s soccer programs have released the details of the sixth annual spring Panther Soccer ID Clinic.

The half-day clinics are geared toward high school players aged 16-and-up with an interest in playing at the collegiate level. Both clinics are scheduled for Sunday, March 8, with the

boys’ clinic running from 9:30 a.m. to 12:45 p.m., and the girls’ from 2:15 to 5:30 p.m. An optional, joint admissions tour for both groups is scheduled for 1 to 2 p.m.

The Panther Soccer ID Clinics offer high school players the opportunity to train and play in the Plymouth State environment while gaining insight into the college recruitment

process. Participants will also learn what it takes to succeed physically, emotionally, technically, and tactically at the collegiate level. Attendees will receive a PSU soccer tee shirt and post-clinic access to video footage from the two technical/tactical training sessions.

The clinics are run by head coaches Rob Wright and Sammy Blizzard Bo-

gardus and their staffs and are limited to 28 participants. The registration fee is \$85, and a multi-child discount is available.

Registration links, waiver forms, and the camp brochure can be found on the department website at athletics.plymouth.edu/camps.

HIGH SCHOOL SLATE

Friday, Dec. 19
BELMONT
Boys’ Hoops at Campbell; 6
Girls’ Hoops vs. Campbell; 6
GILFORD
Boys’ Hoops vs. Stevens; 6
Girls’ Hoops at Stevens; 7
Swimming at Salem; 4
Unified Hoops at Inter-Lakes; 3:30
WINNISQUAM
Boys’ Hoops vs. Prospect Mountain; 7
Girls’ Hoops at Prospect Mountain; 6
Saturday, Dec. 20
BELMONT-GILFORD
Hockey at Monadnock; 5
WINNISQUAM
Hockey at Kingswood; 7:10
Wrestling vs. Kingswood, Exeter; 10
Sunday, Dec. 21
BELMONT
Indoor Track at UNH; 10
WINNISQUAM
Indoor Track at UNH; 2:30
Monday, Dec. 22
BELMONT
Boys’ Hoops vs. Campbell; 6
Girls’ Hoops at Campbell; 6
BELMONT-GILFORD
Hockey vs. Dover; 5
Volleyball vs. Campbell; 5:45
WINNISQUAM
Boys’ Hoops vs. Hopkinton; 7
Girls’ Hoops at Hopkinton; 5:30
Tuesday, Dec. 23
GILFORD
Boys’ Hoops at Conant; 6
Girls’ Hoops vs. Conant; 6:30

All schedules are subject to change.

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To Apply: Please go to www.mvccnh.org/apply

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Track Bears kick off the season at UNH

BY JOSHUA SPAULDING
Sports Editor

DURHAM — The Winnisquam indoor track team opened the new season with strong numbers at the University of New Hampshire on Saturday, Dec. 13.

The lone win on the day for the Bears came in the 3,000 meters, where Katherine Allen finished in a time of 14:34.99 and Bella Dalzell finished in second place in 14:35.57.

Denessa Williams finished in fifth place in the 300 meters in a time of 47.12 seconds, with Alexandria Myers in 16th place in 49.07 seconds and Eliza Allen was 24th in 53.2 seconds. Myers was also 13th in the 55 meters in 8.19 seconds, Danica Weymouth was 34th in 8.82 seconds and Milan Pham was 46th in 9.86 seconds.

Kaiden Robb took 11th in the 600 meters in a time of 1:58.16 and Emily Tripple was 17th in a time of 2:13.83. Eliza Allen was 19th in the long jump at 11 feet, two inches and Pham



JOSHUA SPAULDING

Cullen Desrochers runs in the 3,000 meters during the opening meet of the season at UNH on Saturday.

was 20th at 10 feet, 1.5 seconds. Weymouth finished in 13th in the shot put at 17 feet, 11.5 inches.

ter relay team finished in a time of 1:36.46 to place fifth overall.

Nolan Abbott had the top performance for the



Danica Weymouth fires the shot put during her team's opening meet on Saturday at UNH.

Winnisquam boys, finishing in third place in the 600 meters in a time of 1:32.64 and Simon Ahlgren was 15th in 1:44.36.

Cullen Desrochers

added a fifth place finish in the 3,000 meters in a time of 10:20.93 and Lazar Arbutina was eighth in 12:11.67. In the 1,500 meters, Kyren Whitmore

was 14th in 5:30.12, Solomon Shartar-Howe was 16th in 5:46.2 and Andrew Paquette was 17th in 6:39.7.

The Bear 4X160-meter team finished in 1:42.13 and the 4X400-meter Bears finished in 4:09.56. In the 300 meters, Jesse Vienneau was 36th in 50.89 seconds, Christopher Collins was 37th in 51.55 seconds and Chase Tripple was 39th in 57.45 seconds. Khongr Vitalyevich was 60th in the 55 meters in 10.51 seconds.

Tristan Honeman was 24th in the 1,000 meters in 3:36.56 and Kamdyn Reagan was 35th in 3:53.25. Tripple finished in 24th in the long jump at 11 feet, 3.75 inches.

The Bears are slated to be back in action at UNH on Sunday, Dec. 21, at 2:30 p.m.

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

Winnisquam Regional School District cheerleaders bring joy to community

TILTON — Members of the Winnisquam middle school and high school cheer programs proudly took part in the annual Tilton Christmas Parade, bringing spirited energy and festive smiles to the crowd. The high school team also spent an afternoon at the NH Veterans Home, building gingerbread houses and sharing holiday joy with residents. It was a wonderful opportunity for our athletes to give back, connect with the community, and brighten the season for others.

Cheer Coach Tiffany Mayo said, "I am incredibly proud of how our athletes truly enjoy being involved in our community. From marching in the parade to the spending time at the NH Veterans Home, they represented our program with gratitude and genuine kindness for the holiday season!"



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