

Winnisquam Echo

THURSDAY, FEBRUARY 6, 2025

FREE

SERVING TILTON, NORTHFIELD, BELMONT & SANBORNTON, N.H.

New Winnisquam Career Center now recruiting for fall classes

Students from eight regional high schools are eligible to attend



TILTON — While construction on the \$10.9 million Winnisquam Career Center expansion continues, recruitment for the five new career pathway programs that will be offered this fall has already begun. Regional students and their parents can get more information, including a virtual tour of the updated career center, by checking out the center's new Web site at www.WiCC-Ed.org.

"We are excited to be offering regional high school students both a brand new facility and five new career and technical education programs designed to help them to explore differ-

ent career choices and gain some on-the-job experience that will better prepared them for the choices they'll need to make after graduation," said Winnisquam Superintendent Dr. Shannon Bartlett.

The Winnisquam Career Center (The WiCC) has a 30 year tradition of connecting high school students to their career interests, passions and ambitions, and now has more than ever to offer high school students interested in a career-focused education that will give them a leg up on their postsecondary plans.

High school freshmen, sophomores and juniors

are encouraged to apply by the end of February in order to secure a seat in their first-choice program, but applications will be accepted up to the start of the new school year on a space-available basis.

New WiCC programs include:

- Animal Care & Management
- Cosmetology
- Design, Create & Fabricate (including machining and welding)
- Outdoor Resources & Recreation
- Plant Science & Agriculture

Students from Winnisquam Regional, Belmont, Franklin, Gilford, Inter-Lakes, Laconia,

Merrimack Valley and Newfound Regional high schools, as well as home schooled, private school and public charter school students are eligible to attend. There is no cost to students for tuition or transportation.

Regional students and their families can get more information by:

Going to The WiCC website: www.WiCC-ED.org

Talking to their school counselor

Attending a WiCC informational presentation at their home school this January/February

Emailing questions to: info@WiCC-ED.org

Winnisquam Career Center

The Winnisquam Career Center (The WiCC) has been connecting students to their career passions and ambitions

since first opening its doors as the Winnisquam Ag Center in 1972. An \$11 million renovation and expansion project completed in 2025 has modernized classroom, lab and shop spaces, and the five new targeted CTE programs being offered provide students with a career-focused education designed to prepare them for college, career and life success.

Bear girls storm past Hilltoppers

BY JOSHUA SPAULDING

Sports Editor

SOMERSWORTH — The Winnisquam girls' basketball team went on the road last Friday night and came home with a 50-29 win over Somersworth.

"Tonight was a good team win on the road with everyone contributing," said coach Mark Dawalga. "We really stayed connected on the defensive end, which led to our offense getting

some easy baskets."

Caidyn Carter led the way for the Bears with 24 points, six assists and four steals while Averill LaBranche chipped in with nine points and five rebounds. Sophia LaBranche pulled down 14 rebounds to go with her six points while Bella Soucy had six points and six rebounds.

"The kids have been really working hard on defense and we are starting to see some results,"

Dawalga said. "We still have lots to work on as the season winds down."

The Bear coach praised the defensive work of Natalie Wolfe, Iris Viera, Abby Meunier and Kaylynn Reagan.

The Bears are slated to be at Stevens on Friday, Feb. 7, at 7 p.m. and will host Belmont on Tuesday, Feb. 11, at 7 p.m.

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

FRANKLIN — A Franklin man is facing charges related to sales of suspected fentanyl and crack cocaine following a monthslong investigation by the New Hampshire State Police Narcotics Investigations Unit (NIU).

During the investigation, approximately 1,300 grams of suspected fentanyl, approximately 500 grams of suspected methamphetamine, two firearms and approximately \$5,000 of U.S. currency were seized.

On Thursday, Jan. 23, State Troopers arrested Michael Brownell, 39, of Franklin, on five counts of sale of controlled drugs in excess of 5 ounces, two counts of possession of controlled drugs, transporting drugs in a motor vehicle and two counts of felon in possession of a dangerous weapon. Brownell was held at the Merrimack County Department of Corrections and arraigned in Laconia Circuit Court on Jan. 24. He remains held on preventative detention.

During the arrest of Brownell, Kaitlyn Blake (Woodbury), 32, of Belmont, was also taken into custody on outstanding electronic bench warrants out of the Plymouth Circuit Court and Laconia Circuit Court for motor vehicle related charges. Blake was booked and processed at the Franklin Police

Department. She was held at the Merrimack County Department of Corrections pending appearances in Plymouth Circuit Court and Laconia Circuit Court.

The New Hampshire State Police Special Weapons and Tactics (SWAT) team provided assistance during the investigation. This case is being prosecuted by the New Hampshire Attorney General's Office.

Anyone with information that may assist the investigation is asked to contact Lt. Shane W. Larkin of the Narcotics Investigations Unit at (603) 234-0707. Anonymous tips can be sent to nabdope@dos.nh.gov.

Bulldogs hang on for hard-fought win over Kearsarge-Plymouth

BY JOSHUA SPAULDING

Sports Editor

LACONIA — Things got a little chippy in the final period, but in the end, a scoreless third period led to a 2-1 win for the Belmont-Gilford hockey team over a scrappy Kearsarge-Plymouth squad at Merrill Fay Arena on Saturday afternoon.

Jaxson Embree and Alex Rowley had early chances for the Bulldogs that were turned aside by Kearsarge-Plymouth goalie Liam Duchesne.

Shea Curley and Jake Moreau got in close for the Cats while Ben Girard made a good defensive stop for the Bulldogs on a Moreau run. Rowley got in close for another chance.

Ryder Francis and Trenton Judkins had shots turned aside by Bulldog goalie Carson McGreevy and Embree sent a shot off the

post at the other end. Judkins made another run in that was turned back by Colton Byars and Evan Guerin had a centering pass for the hosts that missed sticks in front. Nathan Gerbig sent a shot wide for the Bulldogs and Duchesne made stops on bids from Sean Ellis and Max Ryder.

SEE BULLDOGS, PAGE A8



Kearsarge-Plymouth's Derek Swanson (15) and Nolan Johnson go after the puck with Belmont-Gilford's Aiden Stafford in action on Saturday.

JOSHUA SPAULDING

Bank of New Hampshire installs historic style chime clock at Laconia headquarters



COURTESY

From left to right: A historic black-and-white photograph of the original O.B. McClintock chime clock, a blueprint of the new clock design and an image of the installation of the McClintock-style timepiece at Bank of New Hampshire's Laconia headquarters.

LACONIA — Bank of New Hampshire is proud to announce the installation of a custom, McClintock-style chime clock at its new Laconia headquarters on Pleasant Street, a fitting tribute to the Bank's deep historic roots in the community.

The origins of the Bank date back to 1831, and it is believed that the original chime clock was installed at the 513 Main St. location around the year 1900. This original clock, built by the renowned O.B. McClintock Company of Minneapolis, became an iconic symbol of the Bank. While the original clock was tragically destroyed during the demolition of the Main Street building in

1969 under the Urban Renewal Program, its legacy continued throughout the years.

Last month, Bank of New Hampshire partnered with Electric Time Company, a respected clockmaker from Medfield, Massachusetts, to install a faithful reproduction of the McClintock chime clock. The new timepiece, affixed to the Pleasant Street side of its headquarters, features a logo panel, clock face and thermometer, all enhanced with modern technology, including GPS synchronization to ensure precision within one microsecond. This project, not only restored the tradition of a prominent timepiece in the heart of Laconia, but

it also serves as a visual reminder of the Bank's rich history and its lasting ties to the community it calls home.

"This clock is more than just a timekeeper—it is a piece of our past that connects our history with the present," said Chris Logan, President and CEO for Bank of New Hampshire. "As we enter our 194th year, we are proud to honor the legacy of our original clock and ensure that it remains a central part of the Laconia landscape for generations to come."

Electric Time Company, Inc. is a leading manufacturer of custom-designed tower and street clocks and control systems. Founded in the

late 1920s, Electric Time is renowned for its precision and reliability, blending classic design with innovative technology to create timeless pieces.

Bank of New Hampshire, founded in 1831, offers a wide range of financial services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2.5 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. For more information, visit BNH.Bank or call 1-800-832-0912.

Playwright John Cariani comes to New Hampshire with new play

LACONIA — One of the most produced playwrights in the world will be in Laconia for an exciting weekend of events Feb. 14-16. John Cariani, Tony Award nominee and writer of the hit play "Almost, Maine," will be working with Powerhouse Theatre Collaborative, the resident theatre company of the Colonial Theatre, to celebrate his body of work.

Powerhouse will be producing a full scale production of Cariani's "LOVE/SICK," and partnering with the Plymouth State University theatre department on a staged reading of his newest play. Cariani will also be giving a playwriting workshop to participants in Powerhouse's winter playwriting class.

Set to have its world premiere this spring in Maine, Cariani's play "Darker the Night, Brighter the Stars" will be performed by PSU students at 2 p.m. on Feb. 15 at the Colonial. Cariani will be in attendance to watch the reading and participate in a talkback where audiences will have a chance to ask questions and give feedback on this work in progress. This feedback will help Cariani put the finishing touches on the script for its premiere.

Cariani's new play is written especially for high schools and college theatres to perform. "Almost, Maine" became a big international hit when high schools and colleges began to produce it, but the characters in those plays were

all in the late 20's to early 30's age range. This new collection of short plays has characters mostly in the 18-early 20's range and tackle many issues facing this age group today. It is sure to become a future staple of educational and youth theatre companies and this reading will be the first chance for New Hampshire theatre-goers to see the material brought to life.

"LOVE/SICK" is an "unromantic comedy for the romantic in all of us" and is a perfect comedy to see over Valentine's Day weekend. It will be performed Friday, Feb. 14 and Saturday, Feb. 15 at 7:30 p.m. and Sunday, Feb. 16 at 2 p.m. "Darker the Night, Brighter the Stars" will only have one public performance.



John Cariani

Tickets for "LOVE/SICK" are \$18-\$24 and all tickets for DNBS are \$10. Check out <https://www.powerhousenh.org/showtickets> for all the details and to purchase tickets. Do not use third party ticket sellers who inflate the price.

Powerhouse's Producer Bryan Halperin says, "We are so excit-

ed to welcome John to our community for the weekend and to have a chance to participate in the developmental process of this new and exciting work. We hope the community will join us in coming out to the theatre and giving John a warm New Hampshire welcome."

For all the details on

Powerhouse Theatre Collaborative, auditions, and other events in the 2025 season check out powerhousenh.org or email info@powerhousenh.org. There are still opportunities available for businesses to sponsor events in the 2025 season.

Endicott College announces local Dean's List students

BEVERLY, Mass. — Endicott College, the first college in the U.S. to require internships of its students, is pleased to announce its Fall 2024 Dean's List students. In order to qualify for the Dean's List, a student must obtain a minimum grade point average of 3.5, receive no letter grade below "C," have no withdrawal grades, and be enrolled in a minimum of 12 credits for the semester.

Mackenzie Philippy, daughter of Chris Philippy of Northfield, an Interior Architecture major, has met these requirements.

Endicott College offers doctorate, master's, bachelor's, and associate degree programs at its campus on the scenic coast of Beverly, Mass., with additional sites online and at U.S. and international locations. Endicott remains true to its founding principle of integrating professional and liberal arts education with internship opportunities across disciplines. Through the Endicott Experiential Edge, students gain unparalleled hands-on learning experiences that prepare them for career success and lifelong personal growth. For more, visit endicott.edu.

Summer camp scholarships available

GILFORD — WinnAero, the STEM education for youth non-profit, is pleased to announce receipt of a unique grant.

A generous donor company, Watson-Marlow Fluid Technologies of Wilmington, Mass.) has awarded WinnAero several thousand dollars for the express purpose of attracting more young students, especially young women, to study STEM applications in aviation and aerospace. WinnAero's plan to implement the grant requirements is to offer from partial up to full tuition scholarships for girls Middle and High School aged to attend their one week summer day camps called ACE Academies.

The camps will run in the second and third weeks of July and are



COURTESY

Midshipman Soleil Lamar, a proud ACE Academy graduate and now enrolled at the US Naval Academy as an Engineering student. Midshipman Lamar is from the US Commonwealth Territory of the Northern Mariana Islands in the Pacific and found WinnAero's ACE Academies while researching STEM summer camps a few years ago.

held at the Laconia Airport under the sponsorship of the Laconia Airport Authority and the FAA. A full sched-

ule of activities and the themes for the individual sessions are available at the Web site, www.winnAero.org, along with contact information for more details.

WinnAero Education Director, Dan Caron, said "This generous grant enables us to offer a unique STEM-learning experience to young women similar to what we did for Midshipman Lamar a few years ago. We are deeply grateful for Watson-Marlow's corporate vision to increase the number of women pursuing STEM-related aviation and aerospace careers."

He added that the individual amounts awarded will depend upon how many young women apply so interested girls should download an application soon.



SEEKING CDL A DRIVERS

(603) 279-4444 or email tracy@ambrosebros.com

Route 3 • Meredith, NH 03253

Powerhouse wins best musical at 2025 NH Theatre Awards

LACONIA — More than 40 Powerhouse Theatre Collaborative members were on hand in Concord on Saturday night to attend the New Hampshire Theatre Awards, presented by the New Hampshire Theatre Alliance. Each year, this organization oversees an adjudication process that sends volunteer adjudicators all over the state all year long to attend theatre productions of participating companies resulting in the equivalent of the NH Tony Awards.

Powerhouse went into the evening with 23 semi-finalists in all community division categories from the two productions it entered into the competition this year, “Tuck Everlasting” and “Fiddler on the Roof.” Its production of “Tuck Everlasting” came away with the night’s top prize - Outstanding Production of a Musical in the community division. “Tuck” was also recog-

nized with Outstanding Performance by a Leading Actor (Maci Johnson as Winnie Foster) and Outstanding Direction (Bryan Halperin). Other finalists from “Tuck” included Samantha Tutasi’s Set Design, Tyler Soucy’s Sound Design, and Caity Hicks’ performance as Mae Tuck.

“Fiddler on the Roof” was one of the two runners up to “Tuck” for Outstanding Production. Other finalists included Melissa Shakun’s set design, Joel Iwaskiewicz’s performance as Tevye, Emma Molloy’s performance as Chava, and Olivia Martinson’s performance as Tzeitel.

Another Power Player, Phoebe VanScoy-Giessler, was recognized for outstanding performance in a community play for her role in WIT for the Village Players. She plays Mrs. Dilber in Powerhouse’s annual “A Christmas Carol” production.

Says Powerhouse Producer Bryan Halperin, “While of course it is lovely to be recognized by our peers around the state, the main prize is getting our theatre family together throughout the year to share stories with our Lakes Region community. The Colonial Theatre is a Lakes Region gem, and we are so lucky to do our part to support it by creating high quality productions on its beautiful stage!”

Powerhouse’s 2025 season gets underway the weekend of February 14-16 with two events at the Colonial Theatre. John Cariani, Tony Award nominee and writer of the hit play “Almost, Maine” will be on hand to see a full scale production of his play “LOVE/SICK,” and a staged reading of his newest play.

For all the details on Powerhouse Theatre Col-



COURTESY
Director Bryan Halperin, Maci Johnson, and Assistant Director/Choreographer Meg King show off their NH Theatre Awards.

laborative, auditions, and other events in the 2025 season check out pow-

erhouseh.org or email info@powerhouseh.org. There are still opportu-

nities available for businesses to sponsor events in the 2025 season.

Two opportunities to dive into the world of watercolor on canvas!

REGION — Imagine spending two delightful hours fully immersed in the luminous world of watercolor—with a

unique twist—painting on canvas! Whether you’re a beginner or an experienced artist looking to explore this dis-

tinctive medium, this class offers an inspiring and accessible experience for all skill levels.

Join us for an evening session at the Lakes Region Artists Gallery in the Tilton Tanger Outlets or an afternoon session at Laconia’s historic Belknap Mill. Guided by expert instruction, you’ll learn techniques tailored for watercolor on canvas, unlocking new creative possibilities in a fun and relaxed setting.

Reserve your spot today and discover the joy of watercolor like never before!

Here’s why you should join:

No experience required: You don’t need any drawing or painting skills to start. It’s all about having fun and let-

ting your creativity flow.

All-inclusive experience: We provide you with prepped, high-quality canvas and a drawing ready to be brought to life with color. You’re welcome to bring your favorite brushes and watercolors (tube or pan), but don’t worry if you don’t have them - we’ve got you covered with supplies on site!

Creative exploration: Watercolor on canvas offers unique techniques, allowing for some magical effects not possible on paper. This class will guide you through techniques to make your artwork stand out.

Limited spots, big fun: Space is limited to en-

sure a personalized experience, so secure your spot early.

Details:

Feb. 19, 6- 8 p.m., Evening Location: Lakes Region Artist Association, 120 Laconia Rd, Tanger Outlets Suite 300, Tilton, NH <https://www.mcquadefinearts.com/art-classes>

Feb. 26, 1-3 p.m., Afternoon Location: 25 Beacon St. East, Laconia, NH 03246 <https://www.belknapmill.org/classes>

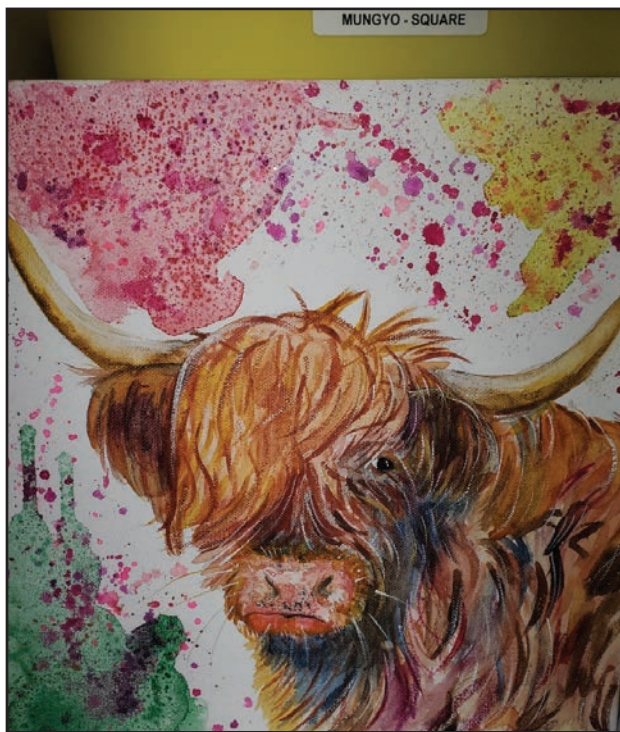
Price: \$50, payable in advance

Time: Two hours of pure artistic joy

Policy: First come, first served

Don’t miss this opportunity to create some-

thing beautiful, learn new skills, and maybe even discover a new hobby or passion. Sign up today and let’s paint the town with color!



BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Jan. 20-27.

Jessica Lynn Marie Switter, age 50, of Belmont was arrested on Jan. 20 for Criminal Trespassing.

Ashley Goyette, age 33, of Laconia was arrested on Jan. 22 for Theft by Willful Concealment.

Claudia Silva, age 47, of Woburn, Mass. was arrested on Jan. 23 for Operating a Motor Vehicle Without a Valid License.

Amy E. Wentworth,

age 50, of Gilmanton was arrested on Jan. 24 in connection with a warrant.

Logan Michael Posey, age 21, of Alton Bay was arrested on Jan. 27 in connection with multiple bench warrants.



SCHWARTZBERG LAW

EXPERIENCE THAT MATTERS

We provide the tools to pass on your property and your wisdom to the ones you love.

Wills... Trusts... Family Law... Probate


572 Tenney Mountain Hwy, Plymouth, NH 03264
603-536-2700 | www.NHLAWYER.NET
oralaw@gmail.com

sat. 2.15.25 7pm

Wolfeboro FRIENDS OF MUSIC



first congregational church main st. wolfeboro, nh

TAPESTRY in 'Postcards from France'



Rich vocal blend of Impressionism, Folk Tunes, and a touch of Jazz, takes a spirited journey through France.

TICKETS
VISIT OUR WEBSITE
wfriendsofmusic.org
info@wfriendsofmusic.org

Special THANKS to our 2024-25 Season Sponsors:
Paul Zimmerman  Diana & Greg Jonas 

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.

Slow down—technology is stealing your time

We live in a time where technology promises to make life easier, yet somehow, we have less time than ever. Every advancement, faster Internet, instant messaging, smart devices, claims to free up space in our schedules, but instead, we're drowning in notifications, endless emails, and a to-do list that never seems to go away. Life has become a constant cycle of "work, work, work," and the simplicity many of us grew up with feels like a distant memory.

Think about it: technology was supposed to cut down on the time we spend working. Instead of making things easier, it has made us always available, always connected, always doing something. The lines between work and personal time are blurred, and instead of freeing us up to enjoy life, our devices keep us tethered to obligations. We're answering emails at dinner, checking texts before bed, and scrolling through social media when we could be outside, catching up with friends, or just doing nothing for a change.

Somehow, we've been tricked into believing that productivity equals worth, that every spare moment should be filled with checking off tasks. Half the time we spend responding to "urgent" messages, organizing digital clutter, or trying to keep up with the latest trends is time wasted. The hours we lose staring at screens, overthinking schedules, and squeezing in one more thing could be spent actually living.

Remember when life was simpler? When fun wasn't something we had to "schedule," but something that just happened? As kids, we didn't check emails or try to multitask joy. We just had fun riding bikes, playing outside, having actual conversations without checking our phones every five minutes.

It's time to reclaim some of that simplicity. Give yourself permission to step away. Carve out time not just to cross things off your to-do list, but to breathe, to laugh, to enjoy. Be deliberate about setting boundaries with work and technology. Put the phone down. Close the laptop. Go outside. Call a friend instead of sending a text. Spend an afternoon doing something just because it makes you happy.

Life isn't just about being productive. It's about being present. The world won't fall apart if you take a break. And when you do, you might just realize how much time you've been wasting trying to keep up with a pace that was never meant to be sustainable in the first place.

COURTESY

Members and friends of the Unitarian Universalist Congregation of Franklin were busy again decorating their "Warming Tree" with handmade and purchased items to keep others warm this winter. Twenty-five hats, 22 pairs of socks, 17 pairs of mittens and gloves, 12 scarves, and one winter coat were collected and will be given to the Twin Rivers Food Pantry for distribution to those in need. The Twin Rivers Food Pantry is currently located at the Franklin Baptist Church, 21 Church St. (entrance is off of School Street). Their hours are Tuesdays 9-11 a.m., Wednesdays 5 to 7 p.m. and Thursdays 9 to 11 a.m. For more information call 603-934-2662. Pictured are Theo Chapple and Pat Sleeper, UUCF members.



Control yourself

Life doesn't always give us the outcomes we hope for. In those moments, it's easy to let your emotions take control. But as history shows us, cooler heads prevail. Let these stories remind you of the power of keeping your composure, even in the most trying times.

Alexander Hamilton was a brilliant statesman and one of America's Founding Fathers, but he had a knack for making enemies. His sharp tongue and political writings made him no stranger to conflict, and one of his fiercest foes was Aaron Burr.

When Hamilton's private remarks about Burr being "despicable" were published, Burr demanded satisfaction through a duel. Instead of defusing the situation, Hamilton, bound by honor and societal expectations, reluctantly agreed to face Burr on the dueling grounds.

The duel, which took place in 1804, ended with Hamilton fatally shot. Burr, though victorious in the duel, saw his political career spiral into ruin due to public outrage. Hamilton's decision to defend his honor cost him everything, while Burr's inability to let go of his anger ensured his own downfall. Sometimes, swallowing your pride is better than risking everything to defend it.

POSITIVELY
SPEAKING
TOBY
MOORE

"When anger rises, think of the consequences," wrote Confucius.

But pride isn't the only emotion that can cloud judgment—despair can be just as destructive.

Cleopatra, Queen of Egypt, was known for her intelligence and cunning, but her love for Mark Antony led her to make a devastating mistake.

After Antony's forces were defeated at the Battle of Actium, he received false news that Cleopatra had died. Overcome with despair, Antony took his own life. Cleopatra, stricken with grief and unwilling to be paraded as a trophy in Rome, ended her life soon after.

Her death marked the end of Egypt's independence, as the kingdom was annexed by Rome under Octavian.

While Cleopatra's love and despair were deeply human, her fate also underscores the political stakes of her choices. Despair, unchecked, can lead even the most powerful to their knees.

"Do not let your emotions overpower your intelligence," wrote Marcus Aurelius.

Confidence is a valuable trait, but unchecked arrogance can lead to ruin.

General George Armstrong Custer, who famously led the 7th Cav-

alry, was known for his boldness but also for his tendency to overestimate his abilities.

In 1876, tasked with confronting a coalition of Sioux and Cheyenne warriors led by Sitting Bull, Custer dismissed advice to exercise caution. Underestimating the size and coordination of the Native forces, he divided his already small command and advanced with only 200 men. Outnumbered nearly 10 to 1, Custer and his men were overwhelmed at the Battle of the Little Bighorn, known as "Custer's Last Stand."

Had Custer listened to his subordinates and taken the time to assess the situation, the outcome might have been different. His arrogance turned a preventable defeat into a tragic cautionary tale of hubris.

He reportedly said, "There are not enough Indians in the world to defeat the Seventh Cavalry"—a chilling testament to his overconfidence.

Anne Boleyn, King Henry VIII's second wife, was known for her intelligence and charm, but her fiery nature often made her enemies.

After rising to power and captivating Henry, Anne's outspoken nature and unwillingness to defer to him created tension in their marriage. When she failed to produce a male heir, Henry's affections

turned to Jane Seymour, and Anne's enemies at court seized the opportunity to act against her.

Charged with adultery, treason, and even witchcraft, Anne was arrested and executed in 1536.

Historians agree the charges were fabricated, but her sharp tongue and ambition made her an easy target in a court where enemies were always watching.

Her story shows that unchecked emotions, no matter how justified, can erode even the strongest positions. Tempered words and actions often yield far greater power than fiery outbursts.

"If you can't control your temper, how can you hope to control your fate?" – Anonymous

Each of these stories—from Hamilton's pride to Cleopatra's despair, Custer's arrogance, and Anne Boleyn's fiery temper—reminds us that emotions can be powerful, but unchecked, they're destructive.

Losing your cool doesn't just impact the moment—it can change the course of your life.

Cooler heads prevail because they see the bigger picture, weigh the consequences, and act with clarity instead of impulse.

Staying in control isn't about suppressing emotions—it's about mastering them.

Is your estate plan current and properly funded?

BY ATTORNEY ORA SCHWARTZBERG
Plymouth

Life can change rapidly, sometimes without your noticing. Your Will, Trust or "No Plan" might have been perfect back then, but laws, people and relationships can evolve, in ways that matter.

People die and people are born. Laws change frequently.

Another thing to take into consideration is

how your assets have grown or changed in form. Some of these events could cause you to want to make changes to your estate plan, whether it be, "ever so small" or major reconstructions.

Most estate plans include the following primary documents: Revocable Living Trust, Pour-over Will, Financial Power of Attorney, Health Care Directives and HIPAA authorizations.

It is important that all your real estate, bank and investment accounts, are either owned by your Trust or name your Trust as a beneficiary. Retirement Accounts cannot be owned by your Trust but they can name your Trust as the beneficiary.

Once all these primary documents have been

signed by you, it is your responsibility to make sure your Trust is properly funded, and that it continues to be properly funded, for the rest of your life.

The purpose of having a properly funded trust is to avoid the expense and inconvenience for your heirs to have to probate your estate.



SCHWARTZBERG LAW
EXPERIENCE THAT MATTERS
SINCE 1985



TO PLACE AN AD:
ADVERTISING EXECUTIVE
Tracy Lewis
(603) 575-9127
tracy@salmonpress.news

SUBSCRIPTION SERVICES:
KERRI PETERSON
(603) 279-4516 x303
kerri@salmonpress.news

TO PRINT AN OBITUARY:
E-MAIL: obituaries@salmonpress.news
CALL: 603-677-9084

TO SUBMIT A LETTER
TO THE EDITOR:
E-MAIL: brendan@salmonpress.news

USPS 024-975
The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253.
POSTMASTER:
Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.

THE WINNISQUAM ECHO
PUBLISHED BY
SALMON PRESS

PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DINICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

MANAGING EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

POSTMASTER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

theatre Kapow returns to Winnepesaukee Playhouse

MEREDITH — The award-winning NH-based theatre KAPOW (tKAPOW) continues its 17th season with Duncan Macmillan's profoundly beautiful and surprisingly immersive theatrical experience "Every Brilliant Thing," which will be in residence at the Winnepesaukee Playhouse in Meredith from Feb. 21-23.

"'Every Brilliant Thing' is more than a play; it's a community event," says the play's director, Emma Cahoon.

While the play is performed by one actor who has learned the lines written in the script, the audience participates in the storytelling in a way that makes each performance unique from the one before it or the one after it.

"Macmillan is brilliant for writing it this way," Cahoon says. "The play and the story it tells cannot be done with only one person, and I think this is a great metaphor for what he's trying to



Carey Cahoon and Peter Josephson will take turns performing in theatre Kapow's production of "Every Brilliant Thing" at the Winnepesaukee Playhouse.

say about how and why we wake up every day and continue telling the story that is life."

In an often isolating and lonely world, the play's format with direct audience participation

emphasizes shared vulnerability and collective healing. This dovetails perfectly with tKAPOW's season theme—conversation. Macmillan brilliantly breaks down barriers between performer and audience

member reminding both of the power of community. The play's central idea is a list of 'brilliant things' that make life worth living, started by a child as a gift for their mother struggling with depression. By focus-

ing on small, everyday joys, the play offers a reminder that even in difficult times, there are reasons to hope and appreciate life. Time Out London called the play "gloriously funny and exceptionally warm."

Two actors will take turns performing this solo show. tKAPOW veterans Peter Josephson and Carey Cahoon will engage with audience members as the storyteller. Josephson will perform on February 22nd and Cahoon on February 21st and 23rd. The show is directed by Emma Cahoon and Intimacy Direction is provided by Kyrie Ellison-Keller, and the show is stage-managed by tKAPOW newcomer Kate Dugas. Frequent tKAPOW collaborator Barbara Holbrook is the costume designer.

Performances of "Every Brilliant Thing" are Feb. 21 and 22 at 7:30 p.m. and Feb. 23 at 2 p.m. at the Winnepesaukee Playhouse. tKAPOW's series sponsor is Saint Mary's Bank and the Winnepesaukee Playhouse's 2025 season sponsor is Northeast Mill Services. Tickets are available at www.winnepesaukeeplayhouse.org.

St. Joseph Church to become columbarium, chapel

LACONIA — The Diocese of Manchester, the Roman Catholic Church in New Hampshire, will

move forward with a plan to repair and renovate St. Joseph Church in Laconia for use as a

columbarium, a structure for the reposition of funeral urns within niches, and a chapel.

The Diocese, which now owns the St. Joseph Church building, is working closely with the St. Joseph Church Preservation Society and the Pastoral and Finance Councils of St. André Bessette Parish to ensure its preservation. The cost of building repairs is estimated at \$2 million, which the St. Joseph Church Preservation Society has committed to raise. St. André Bessette Parish and the Diocese of Manchester have agreed to assist, according to their capacities. Currently, the St. Joseph Church Preser-

vation Society has raised \$450,000. As a result, the Diocese has rescinded the demolition application with the City of Laconia.

The Diocese will cover the additional estimated \$650,000 to \$750,000 in costs to convert the church building into a combined columbarium and chapel. It has already assumed responsibility for its operating costs.

Once the project is complete, hours of visitation will be offered for the columbarium. Catholic cemeteries in the Diocese of Manchester, including the Mount Calvary Cemeteries in Manchester and Somer-

sworth, currently feature columbaria.

"St. Joseph Church has been an important part of the lives of the faithful in Laconia for generations, and this new use as a columbarium and chapel will continue to serve them for generations to come as a monument to our Catholic belief in the resurrection of the dead and as a place of prayer and reverence for loved ones who have died," said the Most Rev. Peter A. Libasci, D.D., Bishop of Manchester.

"We are pleased that St. Joseph Church will be restored and renovated for ongoing use by the community," said Linda

Normandin, President and Secretary, St. Joseph Church Preservation Society. "Our gratitude extends to all who are supporting this effort with their generous donations and dedicated prayers."

Donations to the restoration project may be mailed to the St. Joseph Church Preservation Society, PO Box 145, Laconia, NH 03247 or through its website, restorestjoes.org.

For more information about the Diocese of Manchester, visit www.catholicnh.org. St. André Bessette Parish is online at www.standre-bessette.org.

Lakes Region Chamber invites you to ribbon cutting for Winnepesaukee Self Storage LLC

GILFORD — The Lakes Region Chamber is excited to invite the community to a special Ribbon Cutting Ceremony celebrating the grand opening of Winnepesaukee Self Storage LLC's brand-new facility, located at 1477 Lake Shore Rd., Gilford, NH 03249. This exciting event will take place on Friday, Feb. 7 from 8:30-10:30 a.m., and admission is free for all attendees.

The event will feature an official ribbon-cutting moment, opportunities to explore the state-of-the-art self-storage facility, and the chance to connect with local business professionals and community members. Guests will also enjoy light refreshments as they learn more about the services offered by Winnepesaukee Self Storage and how the facility supports the growing needs of the Lakes Region.

"The Lakes Region Chamber is proud to welcome Winnepesaukee Self Storage LLC as a valuable addition to our business community," said Karmen Gifford, President of the Lakes Region Chamber. "This event is a fantastic opportunity to celebrate local business growth, network with community members, and explore a facility that offers essential services to our region."

Whether you're a local business owner, resident, or just curious to see the new storage facility, we encourage you to join us in celebrating this milestone. Come network, explore, and be part of this special occasion!

For more information, please contact the Lakes Region Chamber at 603.524.5531 or visit LakesRegionChamber.org. Join us for an exciting day of celebration and community connection. We can't wait to see you there!

About Winnepesaukee Self Storage LLC
Winnepesaukee Self Storage LLC provides secure, convenient, and modern storage solutions for residents and businesses in the Lakes Region. With a commitment to quality service and customer satisfaction, the facility offers a variety of storage unit sizes and features designed to meet the needs of the growing community. Learn more at WinniSelfStorage.com.


Local student earns Dean's List recognition at Norwich University

NORTHFIELD, Vt. — Emily Max of Sanbornton has been recognized on the Dean's List at Norwich University for the Fall 2024 semester.

Full-time undergraduate students, who earned a semester grade point average of at least 3.40 are awarded Dean's List honors.

About Norwich University

Norwich University is a diversified academic institution that educates traditional-age students and adults in a Corps of Cadets and as civilians. Norwich offers a broad selection of traditional and distance-learning programs culminating in baccalaureate and graduate degrees. Norwich University was founded in 1819 by Captain Alden Partridge of the U.S. Army and is the oldest private military college in the United States of America. Norwich is one of our nation's six senior military colleges and the birthplace of the Reserve Officers' Training Corps (ROTC). www.norwich.edu



NORTH COUNTRY COINS, LLC
BUYING • SELLING • APPRAISALS
Est. 1989
WWW.NCCNH.COM
TUES - FRI 10 - 5 • SAT 10 - 3

HIGHEST PRICES PAID
All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.
NORTH COUNTRY COINS.
Main St., Plymouth, NH 536-2625.

For Advertising Information
Call 603-279-4516
email: Tracy@salmonpress.news

Forest Pump & Filter Co.

Serving The Greater Lakes Region Area for Over 50 Years

WE DO IT ALL

WELL DRILLING

PUMP SYSTEMS

FILTERS

Family Owned Business for 40 Years

CALL FOR SERVICE

FOREST PUMP & FILTER CO., INC.

603-332-9037

Belmont boys rally past Newfound



JOSHUA SPAULDING

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

BY JOSHUA SPAULDING

Sports Editor

BELMONT — The Newfound boys' basketball team visited Belmont on Thursday, Jan. 30, and the Raiders needed a strong second half in order to come away with a win on a night when they played in honor of former Belmont student Jake Deware and raised funds for the Jake Deware Kindness Project.

Newfound took an 18-17 lead over the host

Raiders after one quarter of play and won the second quarter by a 21-16 score to take the 39-33 lead at the halftime break. Jayden Belyea had a big first half, pouring in 13 points in the frame, including three three-pointers.

It was the Raiders who controlled the second half, outscoring the Bears 15-7 in the third quarter to take a 48-46 lead heading to the fourth quarter and they



Anakin Underhill looks to pass the ball during a win over Gilford last week.

outscored the Bears 16-9 in the final eight minutes for the 64-55 win. Wyatt Carroll drained a pair of huge three-pointers in the fourth quarter to help the Raiders close out the win.

Keegan Martinez led the way for the Raiders with 24 points on the evening, Anakin Underhill finished with 14 points and Treshawn Ray finished with 10 points. Belyea finished with 20 points to lead Newfound while Landon Sargent had 12 points and Calvin Colby finished with 11

points. Belmont is scheduled to be in action again on Friday, Feb. 7, at Raymond at 6:30 p.m. and will be hosting Winnisquam at 6 p.m. on Tuesday, Feb. 11.

Newfound is scheduled to be at Prospect Mountain on Friday, Feb. 7, at 6 p.m. and will be hosting Gilford at 6 p.m. on Tuesday, Feb. 11.

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

HIGH SCHOOL SLATE

Friday, Feb. 7

BELMONT
Alpine Skiing vs. Gunstock; 10
Boys' Hoops at Raymond; 6:30
Girls' Hoops vs. Raymond; 5

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

WINNISQUAM
Boys' Hoops vs. Stevens; 7
Girls' Hoops at Stevens; 7

Saturday, Feb. 8

GILFORD
Nordic Skiing at Kennett; 10
WINNISQUAM
Boys' Hockey vs. Kearsarge-Plymouth; 12
Wrestling at Exeter; 10

Sunday, Feb. 9

BELMONT
Indoor Track at Plymouth State; 10
GILFORD
Indoor Track at Plymouth State; 10

WINNISQUAM
Indoor Track at Plymouth State; 10

Monday, Feb. 10

BELMONT
Alpine Skiing at Gunstock (Girls' State Meet); 10
GILFORD
Alpine Skiing at Gunstock (Girls' State Meet); 10

Tuesday, Feb. 11

BELMONT
Alpine Skiing at Gunstock (Boys' State Meet); 10
Boys' Hoops vs. Winnisquam; 6
Girls' Hoops at Winnisquam; 7
GILFORD
Alpine Skiing at Gunstock (Boys' State Meet); 10

Boys' Hoops at Newfound; 6
Girls' Hoops vs. Newfound; 6
WINNISQUAM
Boys' Hoops at Belmont; 6
Girls' Hoops vs. Belmont; 7

Wednesday, Feb. 12

BELMONT-GILFORD
Hockey at John Stark-Hopkinton; 8
GILFORD
Nordic Skiing at Hanover; 3

WINNISQUAM
Boys' Hockey vs. Kennett; 5
Wrestling at Franklin; 6

All schedules are subject to change.

NON-CDL BOX TRUCK DELIVERY DRIVER

We have an immediate opening in our Ashland location for a box truck delivery driver. CDL license not required. Must have a valid driver's license with a clear driving record. As part of the job requirement, a DOT medical card is required (employer will assist candidate in obtaining medical card). Join a team of delivery drivers that enjoy coming into work every day! Heavy lifting involved, loading and unloading of millwork items, doors, window, cabinets and other misc. building materials. No prior experience needed. Willing to train the right candidate.

Belletetes is a 5th generation, family-owned building materials supply company that has been in business for over 125 years. With 10 locations throughout NH and MA, we believe our employees are our biggest asset!

When you join our team, you will be working in a family-friendly atmosphere where career growth is important, and we try to promote from within. We offer an industry leading benefits package that includes competitive wages, health insurance, life insurance, paid vacation, paid time-off, paid holidays, paid bereavement leave, profit sharing, 401k and store discounts.

You may apply in person or download a **driver application** from our website. All applications should be submitted to:

Dan Uhlman, Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com

E.O.E.

NON-CDL FLAT BED DELIVERY DRIVER

We have an immediate opening in our Ashland location for a flat bed delivery driver. CDL license not required. Must have a valid driver's license with a clear driving record. As part of the job requirement, a DOT medical card is required (employer will assist candidate in obtaining medical card). Join a team of delivery drivers that enjoy coming into work every day! Heavy lifting involved, loading and unloading of misc. building materials. No prior experience needed. Willing to train the right candidate.

Belletetes is a 5th generation, family-owned building materials supply company that has been in business for over 125 years. With 10 locations throughout NH and MA, we believe our employees are our biggest asset!

When you join our team, you will be working in a family-friendly atmosphere where career growth is important, and we try to promote from within. We offer an industry leading benefits package that includes competitive wages, health insurance, life insurance, paid vacation, paid time-off, paid holidays, paid bereavement leave, profit sharing, 401k and store discounts.

You may apply in person or download a **driver application** from our website. All applications should be submitted to:

Dan Uhlman, Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com

E.O.E.

Log Homes • Interior - Exterior • Wallpaper Removal • Pressure Washing

Bruce Thibeault Painting
Quality Work
Fully Insured
BruceThibeaultpainting.com 603-364-2435
Free Estimates BruceThibeaultpainting@hotmail.com Gilmanton Ironworks NH 03837

Weekdays Open @ 4pm
Weekends Open @ Noon
Closed Tuesdays

MONDAY NIGHTS
6PM - 8PM

LIVE MUSIC!
FRIDAY & SATURDAY NIGHTS
6PM - 9PM

18 Weirs Rd. Gilford • (603) 293-0841 • Patrick'sPub.com

HAPPY BIRTHDAY!

Don't forget... it's time to have your

CAR INSPECTED

If your birthday is in February
your car inspection is due by:

2/28/25

Sanborn Auto Repair
HOME OF SPARKY AND BUSTER
TUNE-UPS - EXHAUST - BRAKES
ROAD SERVICE - STATE INSPECTION

316 COURT ST. LACONIA, N.H. PHONE (603) 524-9798

Happy Valentine's Day!

Stay Safe! Stay Healthy!

Wash your hands!

Receiver

This is a full time position in our Ashland store. Duties include performing a variety of shipping and receiving tasks. Loads and unloads materials as well as verifying materials received are as ordered and route incoming items to appropriate Departments / locations. Marking special orders and labeling correct products. Heavy lifting is necessary (millwork, doors, windows, cabinets, metal roofing trims, etc.). Minimum 2 years experience in the building industry. Excellent customer service skills a must. Full-time year-round Monday - Friday, must be able to work in different weather conditions. When not receiving, person must help with other yard duties where needed.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com

E.O.E.

▶Competitive Wages
▶Paid Vacation
▶Paid Holidays
▶Paid Time Off

▶Health Insurance
▶Profit Sharing
▶Store Discounts
▶Much More!

SEND US YOUR NEWS!!!

Email Us

news@salmonpress.news

Bears can't close the gap, fall to Cougars

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam boys' basketball team made a couple of good runs on Tuesday, Jan. 28, against Derryfield, but the Cougars finished strong and walked off the court with a 50-43 win.

Derryfield got the first two baskets of the game before Ethan Poole got the Bears on the board. After another Derryfield bucket, Isaac Singleton hit a hoop for the Bears. The visitors added another bucket before Travis Tibbetts got the final basket of the first quarter for Winnisquam. The Cougars added a late basket and took the 10-6 lead after one quarter.

The Cougars got the first basket of the second quarter and added two more free throws for the 14-6 lead before Singleton and Dio Kastigiannis connected on buckets and Singleton hit two free throws to cut the lead to 14-12. Derryfield then went on a 9-0 run to open the lead to 23-12.

Winnisquam closed out the quarter with a three from Tibbetts and a hoop from Carter Lloyd



Isaac Singleton rises toward the basket during action against Derryfield last week.

sandwiched around a Derryfield hoop and the Cougar lead was 25-17 heading to the halftime break.

Kastigiannis and Jacob Twombly hit baskets to start the third quarter for the Bears and after another Derryfield hoop,

Twombly connected for another basket to cut the lead to 27-23. However, the Cougars ran off a 12-0 run to open the lead back up to 39-23.

Singleton hit a hoop and Tibbetts drained another three-pointer to get the Bears back on



Jacob Twombly lays the ball up and into the net during action last week against Derryfield.

the board, however, Derryfield closed out the third quarter with three consecutive baskets and they took the 45-28 lead heading to the final eight minutes.

Kastigiannis hit a pair of baskets to start the fourth quarter and

after another Derryfield basket, Lloyd hit a hoop. The Cougars hit another hoop before Twombly got a free throw and a bucket and Singleton finished off a steal to cut the lead to 10 with two minutes to go.

Lloyd finished off

his own steal with 38 seconds to go to cut the lead to eight and then Twombly added a basket with 10 seconds to go to cut the lead to six. However, the Cougars got a free throw to seal the 50-43 win.

Singleton finished with 10 points to lead the way for the Bears.

Winnisquam is slated to be in action again on Friday, Feb. 7, at 7 p.m. at home against Stevens and will be at Belmont for a 6 p.m. game on Tuesday, Feb. 11.

WRHS 6-11-11-15-43
DS 10-15-20-5-50

Winnisquam 43
Kastigiannis 4-0-8,
Twombly 4-1-9, Poole 1-0-2,
Singleton 4-2-10, Tibbetts 3-0-8, Lloyd 3-0-6,
Totals 19-3-43

Derryfield 50
Jake 4-0-8, Keith, 3-1-7,
Blake 2-0-6, Nate 4-2-10,
Liam 2-0-4, Sam 6-3-15,
Totals 21-6-50

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

Bears come up just short against Plymouth



Carl Edwardson works for a pin during action against Plymouth last Thursday.

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — In what is surely going to go down as the best Division III match of the regular season, the host Plymouth wrestling team was able to edge visiting Winnisquam on Thursday, Jan. 30 by a 38-33 score.

Both teams had wrestlers in every weight class, meaning there were no forfeits and the match came down to the final two matches before a winner was decided.

The meet started at 120 pounds, where Plymouth's Robbie Phipps edged Ryan Cormier

of Winnisquam by a 10-5 score but the Bears evened the score at 126 pounds, where Carl Edwardson beat Gabe Sargent by a 6-1 score.

At 132 pounds, Winnisquam's Dylan Griffin got a 4-1 win over Plymouth's Kody Sawyer and the Bears upped the lead to 12-3 when Aemon Gauthier pinned Plymouth's Sebastian Sargent at 138 pounds. A pin by Winnisquam's Jameson Dunn of Plymouth's Aiden Patridge at 144 pounds gave the Bears a 15-3 lead.

Plymouth began its comeback at 150 pounds,



Gaige Buskey-Reed picked up a win for Winnisquam in last Thursday's match in Plymouth.

where Jaxon Rineer came out with a major decision win over Lazar Arbutina and then in one of the best bouts of the night, Plymouth's Dom Ciotti came through with a pin late in the match to beat Winnisquam's Noah Bassett at 157 pounds, cutting the Winnisquam lead to just one at 15-14.

Plymouth's Grant Wenhart got a pin of Winnisquam's Victor Pham at 165 pounds to give the Bobcats the 20-15 lead only to see David Jean of the Bears get his team the lead back with a pin of Nolan Galvin at

175 pounds.

Plymouth's Emmitt Nossaman got a pin of Andrew Field of Winnisquam at 190 pounds in just 18 seconds to give the Bobcats a 26-21 lead. Hussein Osseiran upped the lead to 32-21 with a pin of Sam Weisman at 215 pounds before Winnisquam's Louis Soyk got a pin of Drake Tautenhahn at 285 pounds to cut the lead to 32-27 with just two weight classes left.

At 106 pounds, Plymouth's Jayden Payne came up with a pin of Kane St. Hilaire of Winnisquam to give the Bobcats the 38-27 lead,

clinching the match. Winnisquam's Gaige Buskey-Reed finished out the match with a pin of Plymouth's Casey Pi-etroniro for the 38-33 final score.

Earlier in the night, the Bobcats cruised to a 68-12 win over Mascenic, with wins from Payne (106), Ciotti (157), Wenhart (165) and Osseiran (215). The rest of the wins were forfeit wins for the Bobcats.

Plymouth is scheduled to be in action on Saturday, Feb. 8, hosting

the Plymouth Invitational and will be at Bow on Wednesday, Feb. 12, at 6 p.m.

Winnisquam is slated to be at the Exeter Quad on Saturday, Feb. 8, at 10 a.m. and will be hosting ConVal and Franklin on Wednesday, Feb. 12, at 6 p.m.

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

PSU women's lacrosse clinics set for March 16

PLYMOUTH — The Plymouth State University women's lacrosse program will host its annual Play Like a Panther spring clinic on March 16, head coach Becky Dale announced last Wednesday.

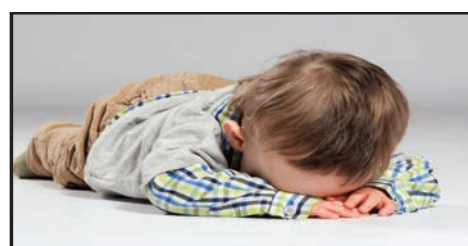
The program is designed for players in grades 9-12 and will take place from 10 a.m. to 1 p.m. on Sunday, March 16. On-site registration and check-in will begin at 9:30 a.m.

Designed for players to freshen up their skills in advance of their school seasons, attendees will work closely with the back-to-back Little East Conference (LEC) champions and coach-

ing staff.

The clinic rate is \$50 per player. Athletes should bring lacrosse protective equipment including goggles, mouth guards, sticks, goalie equipment (if necessary), a water bottle, sneakers, and cleats. The clinic will include time in the Bank of New Hampshire Field House and on Panther Field, the team's game turf field.

Online registration and clinic waiver forms are required for all Plymouth State Athletics camps and clinics. Registration and waiver links are available at athletics.plymouth.edu/camps.



Not getting enough attention?
Call your Sales Representative Today
Tracy Lewis: 603.616.7103

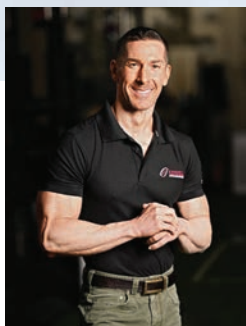


TouchUp!

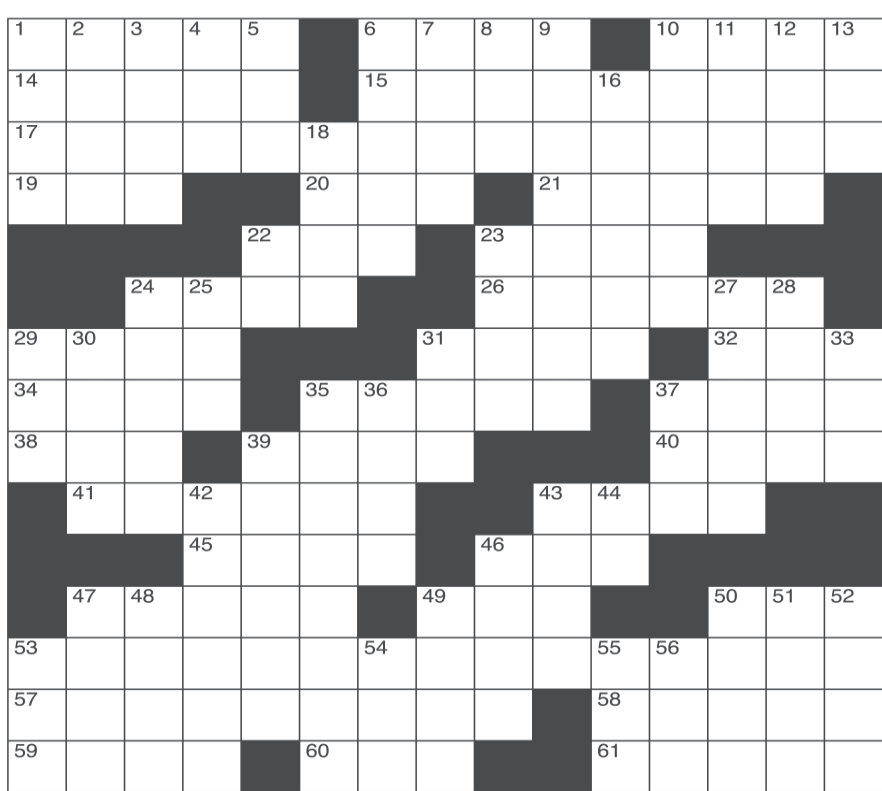
Are your teeth out of alignment and need a Touch-Up?

Need a new set of Retainers?

Give Dr. Kennell a Call Today!
Dr. Alan F. Kennell



KennellOrtho.com | 524-7404 Laconia | 536-7404 Plymouth | 444-7403 Littleton



CLUES ACROSS

- 1. "The Las Vegas of the East"
- 6. Cook
- 10. Manning and Wallach are two
- 14. Chameleon
- 15. A way to fill up
- 17. What MLBers hope to play in
- 19. Unhappy
- 20. Indefinite period of time
- 21. Excites
- 22. Males
- 23. Mongol leader Genghis
- 24. Turfs
- 26. Soda comes in them
- 29. Not nice
- 31. Professional organization
- 32. Part of a play
- 34. Sea eagle
- 35. Emily Blunt's character in "Sicario"
- 37. Beige
- 38. Mental sharpness
- 39. Valley
- 40. Alcyone's husband
- 41. A place to gamble
- 43. Flightless Australian birds
- 45. Call out somebody's name over a P.A. system
- 46. US spy group
- 47. Pancakes from buckwheat flour
- 49. Swiss river
- 50. Disfigure
- 53. Have surgery
- 57. Formal withdrawal
- 58. Early English council
- 59. Square measures
- 60. 2,000 lbs.
- 61. Siskel and __, critics

CLUES DOWN

- 1. Mouths
- 2. Buffalo
- 3. You plug it in
- 4. Each
- 5. Largest English dictionary (abbr.)
- 6. King of Thebes
- 7. English name meaning "mythical hunter"
- 8. Indicates near
- 9. More herbaceous
- 10. Gas-powered cars need one
- 11. Dishonest individual
- 12. Systems, doctrines, theories
- 13. The woman
- 16. The whole of one's holdings
- 18. Witnesses
- 22. Doctor
- 23. Paul __, Swiss painter
- 24. Kids look for him on December 24
- 25. Single
- 27. Competitions
- 28. Predict the future
- 29. Cage for trained hawks
- 30. Musician Clapton
- 31. Frozen water
- 33. Semiformal men's evening attire
- 35. Most worn
- 36. Common soap ingredient
- 37. Former EU monetary unit
- 39. Provisions
- 42. Book parts
- 43. Republic of Ireland
- 44. Partner to "Pa"
- 46. Sammy __, songwriter
- 47. Dutch colonist
- 48. Clare Booth __, American writer
- 49. Solar disk in Egyptian mythology
- 50. Minute arachnid
- 51. From a distance
- 52. Monthly apartment cost
- 53. Young women's association
- 54. Tourist destination
- 55. "Woman" in Ojibwe language
- 56. Pointed end of a pen

BULLDOGS

CONTINUED FROM PAGE A1

With 5:44 to go in the first period, Embree got open in the slot and fired the puck into the net on assists from Rowley and Ryder for the 1-0 lead. Ellis had a bid handled by the defense of Gunnar Benedict before the Cats went on the power play with 5:13 to go. Moreau sent a shot wide of the net and Guerin had a shorthanded bid denied by Duchesne.

Curley sent a shot wide of the net and then had another blocked before the Cats got a penalty and evened things up at four-on-four for 40 seconds. Byars had a shot denied by Dufresne before the Bulldogs went on the power play for 1:20. Guerin had a centering pass in front and then Magnus Nordhausen and William Spanos had good clears. Nolan Johnson made a good defensive stop on Guerin and the penalty was killed off as the first period ended with the Bulldogs up 1-0.

Corrigan Fleury sent a shot wide for the Cats to start the second and Guerin, Embree, Aiden Stafford, Rowley and Gerbig all had shots denied by Duchesne in the K-P net.

With 11:48 to go in the second period, the Cats were able to tie the game at one, as Francis found the back of the net on assists from Curley and Moreau. Embree came back with a chance that

was denied by Dufresne and had another chance go through the crease. Johnson had a nice defensive stop on an Embree bid and Duchesne stopped another Embree bid.

Belmont-Gilford went on the power play with 6:48 to go and Byars had a bid denied by Duchesne. Benedict had a good clear for the Cats and when the Bulldogs took a penalty with 6:11 to go, the teams skated four-on-four.

In that stretch, the Bulldogs were able to take the 2-1 lead as Embree fired a shot from the top of the circle, with assists going to Guerin and McGreevy. The Cats went on the power play a few moments later but the Bulldogs killed it off. Embree had a bid denied by Duchesne and Jaxen Lien made a nice defensive play on a chance from Francis, who also had a shot stopped by McGreevy. Ryder had a couple of late chances in the second period and Kearsarge-Plymouth went on the power play with 43 seconds to go. The period ended with the Cats on the power play with 1:26 left when the third period began.

Benedict had a chance denied by McGreevy to start the third period but the Bulldogs were able to kill off the power play. Judkins had a chance denied by McGreevy and Gerbig made a nice defensive stop on a Nordhausen bid. Moreau had a couple of chances for the Cats but could not find the back of the net. Ethan Ellingson had a

shot go wide for the Bulldogs and Isaac Son had a bid go wide at the other end. Landon Custance fired a shot on net that McGreevy stopped and Guerin made a run that was stopped by Johnson. Embree had a bid denied by Duchesne and Tyler Mull sent a shot wide for Belmont-Gilford.

Kearsarge-Plymouth went on the power play with 5:27 to go in the game and Embree had a shorthanded chance stopped while Francis had a chance the other way. Another Belmont-Gilford penalty with 3:31 gave the Cats a short two-player advantage, with one quickly killed off and an Ellis clear did a job helping to keep the Bulldogs ahead.

A Cat penalty with 3:01 to go made it four-on-four for 1:31 and Nordhausen had a shot denied by McGreevy before the penalty was killed off. Guerin and Brayden Mercier had late chances for the Bobcats and McGreevy stopped a shot from Benedict as time ran out on the 2-1 win for the hosts.

The Bulldogs will be at John Stark-Hopkinton on Wednesday, Feb. 12, at 8 p.m.

The Cats will be at Laconia-Winnisquam-Inter-Lakes on Saturday, Feb. 8, at 10:15 a.m. and will host Pembroke-Campbell on Wednesday, Feb. 12, at 5:30 p.m. at Proctor Academy.

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



Jaxen Lien moves the puck in the corner during his team's game with Kearsarge-Plymouth on Saturday.

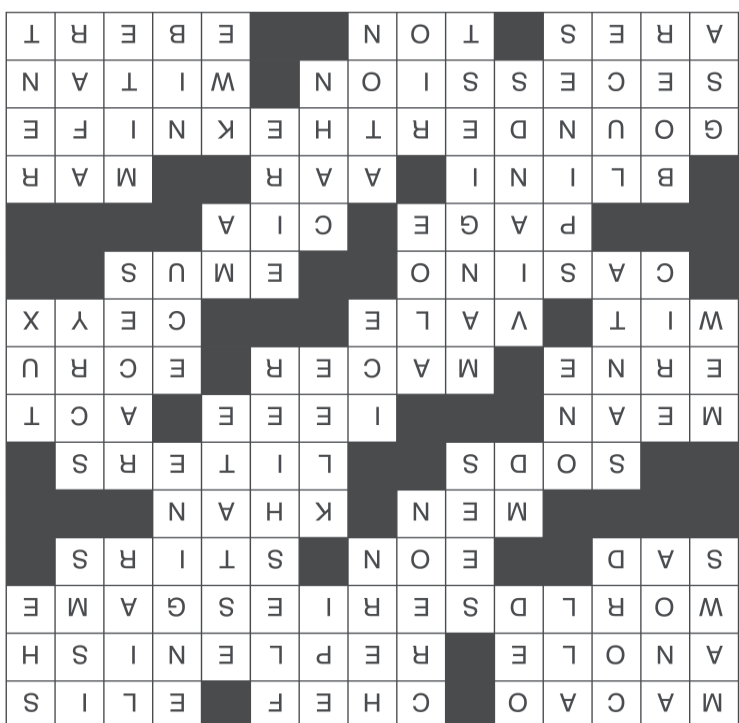
Anestis earns All-Tournament honors after NEWA Duels

PLYMOUTH — Following an unbeaten day with three pins at the New England Wrestling Association (NEWA) Dual Meet Championships, senior Chase Anestis (Belmont) was selected as Plymouth State University's representative on the All-Tournament Team, the organization announced on Wednesday.

Anestis has been outstanding this season, running his record to 23-2 with 12 pins and zero pins against. He hasn't lost a bout since the finals of the Ted Reese Invitational on Dec. 7, a streak of 13 straight matches that included a title at the Williams Open.

At the NEWA Dual Championships, Anestis won by fall in 1:34 in PSU's opening match against number six VTSU Castleton, then followed with a pin in 2:20 against Trinity. He needed exactly one minute to pin his competition against New England College, then closed the day without surrendering a single point in a 9-0 major decision win against Norwich.

PUZZLE SOLUTION



PETS OF THE WEEK



Meet Billy!

Billy is a handsome boy with so much love! He would do best in a home where he's the only animal, as he deserves to get all the love possible! He loves to get belly rubs, play ball, and cuddle up with his person.

Please email adoptions@nhhumane.org with additional questions or to make an appointment to meet Billy!



Meet Baby!

Baby is a lovely lady who would do best in a home where she can get some adventures. She loves to lay in the sun and hang out with her people, but she won't say no to a romp in the woods either! She'd do best in a home where she's the only animal - she deserves to be the star of the show! Come meet Baby and fall for her smile today!



Over a century of love for those without a voice. 1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539

Sakes Region
Chimney Pro

Sweeps • Stonework
Brick Repairs • Liners
Caps • Installations
Fire Place Makeovers

CERTIFIED CHIMNEY SWEEP

Video Chimney Inspections

603-520-7217

BBB Fully Insured

Special Olympics Penguin Plunge is this weekend

HAMPTON — The Special Olympics New Hampshire (SONH) Plunge weekend is this Saturday and Sunday, Feb. 8 and 9. The Penguin Plunge is the single largest fundraiser for SONH each year. This year's theme is "Alice in Wonderland," so spectators and participants

PSU volleyball announces spring and summer clinics

PLYMOUTH — The Plymouth State University women's volleyball program released the dates of its summer camps and announced it will hold two clinics this spring.

ID-Specialty Clinic
Open to girls in ninth – 12th grades, the ID-Specialty Clinic is an opportunity for players to focus on their specialties (setting, hitting or defense) with focused training from the program's coaches and athletes. The three-hour clinic is scheduled for March 29 from 11 a.m. to 2 p.m. at Foley Gymnasium. Additionally, an optional campus tour and question and answer session with PSU volleyball players and coaches will provide participants with insight into Plymouth State, the volleyball program, the recruiting process, and what it takes to succeed physically, emotionally, and tactically as a collegiate-level athlete. Cost is \$90.

Middle school spring clinic
Open to girls in sixth – eighth grades, the Middle School Spring Clinic is an opportunity for players to improve their volleyball skills. Players will have the opportunity to train with PSU coaches and athletes as they focus on progressing their fundamental skills. The three-hour session is scheduled for April 5 from 9 a.m. to 12 p.m. at Foley Gymnasium. Cost is \$90.

Panther Volleyball Camp: Middle School
The Panther Volleyball Camp: Middle School is designed for girls who will be entering the sixth – eighth grades in the fall of 2025. Campers will receive individual attention from college and high school coaches and collegiate athletes. The three-day camp will run from July 28 – 30 from 9 a.m. to 12 p.m. at Foley Gymnasium. Cost is \$225.

Panther Volleyball Camp: High School
The Panther Volleyball Camp: High School is designed for girls who will be entering the ninth – 12th grades in the fall of 2025. The camp is designed for beginner, intermediate and advanced players who want to play and excel at the high school level. Players will be challenged to improve their fundamental skills and will learn more advanced strategies, position-specific skills, and concepts of team play. The four-day camp will run from July 28 – 31 from 1 to 5 p.m. at Foley Gymnasium. Cost is \$300.

Registration links can be found on the department website at athletics.plymouth.edu/camps.

can expect to see plenty of top hats and rabbits checking their watches. The Hampton Beach Casino Ballroom hosts plungers and volunteers for the event with an Alice-themed party. While the "Do-It-Yourself" plunge option that was created during the pandemic still exists, most participants opt for the in-person event that includes costume contests and comfort food following the plunge.

The Saturday High School Plunge will mark the 17th time that students from all over the state will converge on Hampton Beach to raise funds for the athletes and programs of SONH.

Competition among schools for bragging rights about the most fundraising and the best costumes is fierce and fun.

Sunday will bring Coca-Cola Beverages Northeast's Penguin Plunge to Hampton Beach. Now in its 26th year, SONH President and CEO Mary Conroy still marvels at the energy of those involved saying, "This is a huge undertaking for not only our incredible plungers, but for the volunteers and sponsors. During the day on Saturday and Sunday the Ballroom, boulevard and beach are transformed, and hundreds of people will be

supporting us by plunging." Traffic on a portion of Ocean Boulevard will be re-routed between 9 a.m. and 3 p.m. both days this weekend. "We couldn't do this without the support and cooperation that we get from the town of Hampton and the police and fire departments," Conroy continued.

While the Casino Ballroom will be holding plunger-only events before and after plunging, spectators are welcome on Hampton Beach. The plunging is done in several waves that will start promptly at noon each day.

Special Olympics New Hampshire is still

in need of volunteers to assist with the weekend festivities. While some volunteer positions are outside, there are many inside tasks available in both the Ashworth Hotel and the Hampton Beach Casino Ballroom. Information about volunteer opportunities can be found here.

Anyone interested in plunging can still sign up here. Most fundraising is done online, and most participants hit their minimums in less than 72 hours.

Those making donations can donate to a specific plunger or group of plungers (called "flocks") with an easy-to-use search function.

All proceeds from the High School Plunge and the Penguin Plunge stay in the Granite State and are used to support the 2,700 athletes served by SONH in every region of the state. Donations can be made here.

The 2025 High School Plunge and Penguin Plunge are presented by Coca-Cola Beverages Northeast and hosted by Eversource. More info about all events can be found at www.SONH.org. Media inquiries can be directed to SONH Senior Manager, Multimedia Mark Ericson at MarkE@sonh.org or 603-498-5186.



Feeling a little Crowded?
Look for that new home in our real estate section.

ROCHE REALTY GROUP 97 Daniel Webster Highway | Call us at: (603) 279-7046 | Find us @rocherealty

Search New Hampshire properties at www.rocherealty.com

| | | | |
|---|--|---|---|
| <p>\$1,300,000 MLS# 4991710</p> <p>Sandwich: 3BR/4BA 2,755 sf. gentleman's farm. Boasting breathtaking views, stone walls, and a bonus room above the 3-car attached garage with a kitchenette and 3/4 bath. Seller is a licensed Realtor in NH</p> | <p>\$338,000 MLS# 5027636</p> <p>Laconia: 3BR/1BA move-in ready energy efficient ranch. Nestled in a quiet neighborhood, this updated home offers single-floor living, a practical layout, new flooring, new oil tank, a new shed, and updated appliances.</p> | <p>\$525,000 MLS# 5027736</p> <p>Laconia: 3BR/2BA updated ranch within walking distance to swim area on Lake Winnisquam and Lake Opechee! Nestled on a dead-end road this home features brand new floors, new windows, a spacious layout, and more.</p> | <p>\$305,000 MLS# 5027910</p> <p>Plymouth: 2BR/2BA beautifully remodeled slope-side condo at Tenney Mountain Ski Area. Enjoy views of the sledding hill from your private patio, open concept living, large windows that bring in natural light, and stunning mountain scenery. This is the perfect getaway or investment property.</p> |
|---|--|---|---|

Over 10,000 CLOSED transactions in New Hampshire!
Voted #1 BEST Real Estate Company in NH's Lakes Region six years in a row, and #1 BEST Commercial Real Estate Broker!

MEREDITH LANDING REAL ESTATE, LLC 285 Daniel Webster Highway | (603) 677-7007 • www.MeredithLanding.com

Enjoy Fishing Derby Weekend!

| | |
|--|--|
| <p>NEW HAMPTON: Two lots of record totaling 184+/- acres in a great location along 193 and Rte 132N. Incredible potential with many permitted uses in this zoning district. Developers, don't miss this opportunity! \$995,000 #4900572</p> | <p>GILFORD: Many possibilities with this 4BR/4BTH Antique Cape with a 2 BR guest home & large barn all on 4.31 SUBDIVIDABLE acres. Includes deeded access to Lake Winnepesaukee. Great income potential! \$1,695,000 #5023718</p> |
|--|--|

Equal Housing Opportunity

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

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))
This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll free at 1-800-669-9777

For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write:
The Commission at 163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

EQUAL HOUSING OPPORTUNITY

Camelot Home Center
ALWAYS OPEN DAILY • 10 TO 6 SATURDAYS & 10 TO 5 SUNDAYS

NEW 14' WIDES

| | |
|---|---|
| List Price: \$86,995 \$77,995* 66' 3 Bed, 2 Bath | List Price: \$89,995 \$86,995* 68' 2 Bed, 2 Bath |
|---|---|

DOUBLE WIDES

| | |
|---|---|
| List Price: \$119,995 \$115,995* 56' 3 Bed, 2 Bath | List Price: \$130,995 \$127,995* 48' 3 Bed, 2 Bath |
|---|---|

***PRICES SUBJECT TO CHANGE**
Homes From COLONY, MARLETTE, NEW ERA & TITAN

MODULARS

| | |
|-----------------------------|---|
| \$119,995* 2 Bed, 1 Bath | \$179,995* 1,568sq ft. 2 story, 3 Bed, 2.5 Bath. |
|-----------------------------|---|

Visit Our Website: www.CM-H.COM
WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?
Rt. 3, Tilton NH, exit 20 on Rt. 1-93 across from Lakes Region Factory Mall

Belmont Village Apts, Belmont, NH
NOW AVAILABLE!
Accepting applications:

Subsidized two bedroom town house style apartment.
On-site laundry, parking, 24-hr maintenance, close to center of town, No Pets, NO SMOKING.

Must meet income limit guidelines; rent starting at \$1,135.00, plus utilities; security deposit required.

Download application at <https://www.sterling-management.net> or call office at 603 267 6787

TO VIEW THESE AND OTHER PROPERTIES, VISIT:

- Alpine Lakes Real Estate: www.alpinelakes.com
- Badger Peabody & Smith Realty: www.peabodysmith.com
- Bean Group: www.beangroup.com
- Century 21 Country Lakes Realty: www.countrylakesrealty.com
- Century 21 Twin Rivers Realty: www.nhreal21.com
- Coldwell Banker: www.cboldmill.com
- Coldwell Banker Residential Brokerage: www.newenglandmoves.com
- ERA Masiello: www.masiello.com
- Exit Lakeside Realty Group: www.exitlakeside.com
- Granite Group Realty Services: www.granitegrouprealtyservices.com
- Gowen Realty: www.gowenrealty.com
- Kressy Real Estate: www.kressy.com
- Lakes Region Realty: www.lakesregionrealestate.com
- Lamprey & Lamprey Realtors: www.lampreyandlamprey.com
- Maxfield Real Estate: www.maxfieldrealestate.com
- McLane Realty: www.mclanerealtyplymouth.com
- Mountain Country Realty: www.mountaincountryrealestate.com
- Nash Realty: www.nashrealty.com
- New Hampshire Colonials Real Estate: www.squamlake.com
- Noseworthy Real Estate: www.noseworthyrealestate.com
- Old Mill Properties: www.oldmillprops.com
- Pine Shores Real Estate: www.pineshoresllc.com
- Preferred Vacation Rentals: www.preferredrentals.com
- Remax Bayside: www.baysidenh.net
- Roche Realty: www.rocherealty.com
- Strawberry Lane Real Estate: www.strawberrylane.com
- Town & Forest Realty: www.townandforest.com

Winnisquam Regional School District celebrates National School Counseling Week



COURTESY
National School Counseling Week is an initiative of the American School Counselor Association (ASCA). The week aims to increase awareness of the unique contributions of school counselors to their school communities. Pictured above are Southwick School Counselors Spencer Benoit and Ann MacDonald; WRHS School Counselors Jordan Durand and Laura Varon with Director of School Counseling Amanda Santoro; Sanbornton Central School Counselor Ashley Davis with Jaxon Huntoon, Hunter Cotter, Kylah Brady, Bryson Bolduc and Lindsay Johnson; WRMS School Counselors Shauna Stuart and Peter Sawitsky.

TILTON — Winnisquam Regional School District joins schools nationwide in celebrating National School Counseling Week (NSCW), Feb. 3-7. This week highlights the invaluable contributions of school counselors in supporting students' academic, social, and emotional development.

School counselors are essential members of the education team, providing comprehensive support to students, families, and school staff. They help students navigate academic challenges, develop social-emotional skills, and plan for future careers. This week, WRSD recognizes and appreciates the dedication and expertise of our school counselors.



Math Blocks
Fill in the missing blocks with numbers between 0-20. The numbers in each row add up to the totals on the right. The numbers in each column add up to the totals on the bottom.

| | | | |
|----|----|----|----|
| 14 | | | 23 |
| 1 | | 5 | 15 |
| | 12 | 2 | 22 |
| 23 | 24 | 13 | |

Solution

| | | |
|---|----|----|
| 2 | 12 | 8 |
| 5 | 6 | 1 |
| 6 | 3 | 14 |

Get Scrambled
Unscramble the words to determine the phrase.
B NSELIB NO DSEES

Answer: Nibbles on seeds



62: An earthquake strikes in Pompeii, Italy.

1852: The New Hermitage Museum in Saint Petersburg, Russia, opens to the public.

1924: The Royal Greenwich Observatory begins broadcasting the hourly time signals.

NEW WORD
FLEDGLING

a young bird that is learning to fly

Animal FACT!

This activity is a popular hobby that enables people to interact with and observe wildlife.

Answer: Bird feeding

How they say that in...

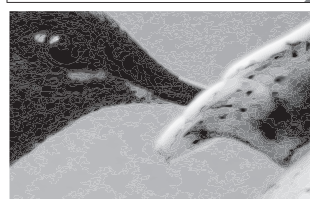
- English:** Seed
- Spanish:** Semilla
- Italian:** Seme
- French:** Graine
- German:** Samen

Did You Know?

Bird feeders can be placed at different levels, including on the ground, on a table top or higher. This allows various birds to enjoy a meal.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Hummingbird

CRYPTO FUN

Solve the code to discover words related to low vision. Each number corresponds to a letter. (Hint: 5 = S)

A. 7 19 6 20 26 20 25 5 5

Clue: Not being able to see

B. 25 3 25 5

Clue: Enable sight

C. 16 6 5 6 2 20

Clue: State of being able to see

D. 4 19 8 5 5 25 5

Clue: Help with sight

Answers: A. blindness B. eyes C. vision D. glasses

SUDOKU

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

Level: Advanced

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

ANSWER:

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



Break out of the same monotonous routine and find an exciting new job.

See the classifieds today!

LRSF welcomes new Board Trustees



COURTESY

Left to right: Gayle Price, President, Calise House, Trustee, Christopher Banks, Trustee and Chris Guillmet, Executive Director.



Left to right: Gayle Price, President, Rebecca Beane, Retiring Trustee, Joana Frates, Retiring Trustee, and Chris Guillmet, Executive Director.

REGION — At the Annual Lakes Region Scholarship Foundation Board of Trustees meeting, held on Jan. 22, Calise Houle and Christopher Banks were welcomed as new Board Trustees.

Houle is an active member of the community and owner and manager of Happy Cow Ice Cream Shop in Laconia. Christopher Banks is a retired combat operations program manager/MQ-9 Sensor Instructor from the USAF and currently a mission program manager at Rogue Space Systems in Gilford.

The board also thanked Rebecca Beane and Joan Frates as retiring Board Trustees, both of whom have been with LRSF for nine years and having reached their term limits. Beane and Frates are both valued members of the team, sharing their knowledge, time, and expertise over the years. Joan also serving as Board President in 2022 & 2023.

These are not the only changes taking place this year. Chris Guillmet will now fill the role of Executive Director. Karen Switzer has retired from the position of Executive Director and will continue with the Foundation on a more part-time basis, as a Director. As with the previous Executive Directors, Joan Cormier and Paulette Loughlin, Switzer will still have an active role with LRSF.

Scholarship Applications for the 2025 – 2026 Academic School Year are now being accepted and are available on the Foundation's Web site at www.lrscholarship.org. The deadline for applications is April 1.

FRIENDLY & RELIABLE

NIGHT CASHIERS

needed at the Following Location:

Bosco Bell

on Route 28
Barnstead

Please apply in person.

HELP WANTED

salmonpress.com



Full-Time Installers Apprentice

Energysavers Inc, a 50 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. Starting pay, \$18-\$20 hour based on experience.

LEARN WHILE YOU EARN!

No prior experience required. Must have a valid driver's license and pass the pre-employment drug screening.

Stop in to fill out an application:

ENERGYSAVERS INC.

163 Daniel Webster Hwy., Meredith NH

SHAKER REGIONAL SCHOOL DISTRICT GIRLS VARSITY VOLLEYBALL COACH

Shaker Regional School District is seeking a coach for the 2025-2026 season for Girls Varsity Volleyball.

Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at cbelyea@sau80.org. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.

PUBLIC HEARING NOTICE Inter-Lakes SCHOOL DISTRICT

A Public Hearing will be held for public input regarding the acceptance of donations, in accordance with School Board Policy KCD - Public Gifts and Donations.

The Public Hearing will be held:

February 11, 2025 @ 6:00 p.m.
Humiston Building –
Conference Room
103 Main St.
Meredith, NH

NOTICE OF PUBLIC HEARING

The Winnisquam Regional Budget Committee will conduct a public hearing on the proposed school budget for 2025-2026 on Tuesday, February 11, 2025 at the Winnisquam Regional Middle School in the school cafeteria at 7:00 PM.

Shaker Regional School District FULL-TIME YEAR-ROUND CUSTODIAN

Shaker Regional School District has an immediate opening for a full-time, year-round, custodian at Belmont Middle to perform cleaning according to an established schedule. Hours are 3:00 pm – 11:30 pm, with a half-hour lunch during the school year and 6:30 am – 3:00 pm, with a half-hour lunch during school vacations. Starting pay is \$16.50/hour. Must be reliable, have the ability to work independently and follow written and verbal instructions. Our full time positions qualify for our comprehensive benefit package including health, dental, life, long-term disability and paid sick, personal and holidays. Please submit an application and 3 letters of reference to Steve Dalzell, 58 School Street, Belmont, NH 03220. You may contact Mr. Dalzell at 603-267-9223 ext. 5309 to obtain an application or visit the Human Resources section of our website: www.sau80.org. Successful completion, with satisfactory results, of a post-offer pre-employment physical and criminal background check, including fingerprinting, are required. Shaker Regional School District serves the communities of Belmont and Canterbury, NH and is an equal opportunity employer.

SHAKER REGIONAL SCHOOL DISTRICT BOYS LACROSSE COACH

Shaker Regional School District is seeking a coach for the 2024-2025 season for Boys Lacrosse.

Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at cbelyea@sau80.org. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.

SEND US YOUR NEWS!!!

Email Us @



news@
[salmonpress.news](mailto:news@salmonpress.news)



Laconia Historical & Museum Society hosting program on local rail stations



Frank Judge

LACONIA — A presentation on the evolution of rail service in the Lakes Region, including the Laconia stations, will be held on Thursday, Feb. 6, at 6:30 p.m. in the Woodside building at Taylor Community. This free program is open to the community and is part of the Laconia Historical & Museum Society's 'Our Yesterdays 2025 Presentation Series.'

The Laconia Passenger Station has played a significant role in our community, historically serving as a vital hub for transportation and the movement of goods. The completion of the Lake Shore Railroad in 1890 connected Alton to Laconia and linked with the Boston, Concord, and Montreal lines. This development opened up routes to the Seacoast, Boston, and Montreal,

transforming Laconia into a railroad crossroads. However, what was missing was a grand structure to symbolize its importance. Plans were quickly set in motion to replace the original station with "the best structure of the kind," as noted in the Illustrated Laconian in 1899. The presentation will trace the historical timeline from the railroad's inception and the con-

struction of the passenger station in the mid-to-late 1800s to present-day operations. Frank Judge's passion for railroading began while watching his grandfather's steam engine-driven commuter train arrive at the station in the early 1950s. He became captivated by the railroad during

an April 1976 tourist excursion from Laconia to Lincoln. Judge has since purchased, restored, and operated a wooden 1914 Bangor & Aroostook Railroad caboose on the Wolfeboro Railroad until he relocated to Memphis in 1980 for his career. After returning to New Hampshire in 1986 and

acquiring another caboose, his passion for railroading continued to grow. For additional information about this program, or to learn more about LHMS and upcoming events, please visit laconiahistory.com or LHMS on Facebook and Instagram.

Local student earns President's List recognition at Norwich University

NORTHFIELD, Vt. — Lindsey Duggan of Belmont has been recognized on the President's List at Norwich University for the Fall 2024 semester. Full-time undergraduate students, who earned a semester grade point average of 4.0 are awarded President's List honors.

About Norwich University
Norwich University is a diversified academic institution that educates traditional-age students and adults in a Corps of Cadets and as civilians. Norwich offers a broad selection of traditional and distance-learning programs culminating in baccalaureate and graduate degrees. Norwich University was founded in 1819 by Captain Alden Partridge of the U.S. Army and is the oldest private military college in the United States of America. Norwich is one of our nation's six senior military colleges and the birthplace of the Reserve Officers' Training Corps (ROTC). www.norwich.edu

Caring For Your 603 Family Is Our Family Business

Compassionately serving families of:

- Andover • Belmont • Boscawen • Canterbury • Franklin
- Laconia • Northfield • Salisbury • Sanbornton • Tilton and Beyond

603Cremations.com

Locally owned and operated by the Beane family of Wilkinson-Beane
Not affiliated with any other cremation groups.

CREMATIONS FROM \$1,350*

*Price based on Complete Online Cremation package. Additional charges may apply.

603.524.1425 ~ Available 24/7

As a family-owned and operated business, we take pride in providing compassionate, personalized care. All cremations are performed with dignity and respect in our own facility, Winnepesaukee River Crematorium, conveniently located in Northfield, NH.

Enjoy 0% interest for 18 months.*

Efficient heating and cooling

*Offer through Synchrony Financial. Balance must be paid in 18 months or interest will be applied.

MITSUBISHI ELECTRIC
HEATING & AIR CONDITIONING

DIAMOND CONTRACTOR
ELITE

170 Daniel Webster Highway
Belmont, NH 03220
603-524-2308
www.homeenergyproducts.net

HOME ENERGY PRODUCTS
Your Local HVAC Experts for 35 Years!

DIY VINYL FLOORING

| | | |
|--|--|--|
| LVP Incredible Light Oak 525-204 | LVP Incredible Toasted Barnboard 525-211 | LVP Incredible Silver Rustic 525-203 |
|--|--|--|

EXPLORE 12 DIFFERENT STYLES

LaValley BUILDING SUPPLY

13 Locations Throughout NH & VT
Visit Us Online at LaValleys.com

