

Gilford Steamer

THURSDAY, FEBRUARY 13, 2025

GILFORD, N.H.

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FREE

Alton Winter Carnival returns this weekend

BY ERIN PLUMMER

mnews@salmonpress.news

ALTON — Winter Carnival is returning this Sunday to Alton Bay bringing an afternoon of winter fun, games, food, and more.

Alton's Winter Carnival is returning this Sunday, Feb. 16, from 10 a.m.-2 p.m. with a host of events going on throughout Alton Bay.

The Carnival is put on by the Alton Business Association and is their biggest fundraiser of the year. The ABA will be working with the town, other organizations, and businesses.

Activities will be going on from the old railroad station to Olde Bay Diner with events happening on land and on the ice.



FILE PHOTO

tures.

Some events will take place right on the ice if ice conditions remain safe. The Alton Fire Department will put on an ice rescue demonstration. There will also be a bob house decorating contest and ice skating.

The Prospect Mountain High School Spanish Trip and World Cultures Club will host a scavenger hunt and offer face painting. People can do some hockey shots with Buck-a-Puck.

Starting at 10 a.m., Jeff Day will do an ice sculpture demonstration and there will be a Princess/Prince Parade at the land bandstand.

The Kids Warming Hut will run at the community center from 10 a.m. to 1 p.m.

Local businesses will share their chowder for the Chowder Contest starting at 11 a.m. Shibley's at the Pier, Foster's Tavern, and the American Legion will serve chowder and guests can pick their favorites.

The Crazy Hat Contest will go on at the

SEE CARNIVAL, PAGE A7

Little discussion during Gilford Deliberative Session

BY ERIN PLUMMER

mnews@salmonpress.news

GILFORD — All articles will appear on the ballot unchanged after a brief town deliberative session.

Gilford voters gathered at the Gilford High School Auditorium on Feb. 4 for the town's deliberative session. The session lasted around 48 minutes with only a few comments.

Article 3 would build a new Public Works facility for \$11.2 million. The project resulted from a nearly three year study that determined the current facility posed health and safety risks, has considerable structural issues, and does not meet the department's space needs.

No one commented on the article, and it was placed on the ballot as is.

Article 4, a petitioned article that would raise and appropriate \$500,000 for improvements to different baseball fields, did receive questions and some concerns from residents.

The project would put in a new turf infield at the varsity field, add new bathroom facilities at the Village Field, and put in a new concession stand/press box at Stonewall Park.

Bruce Thurston of the Old Home Day Committee said Gilford Youth Baseball recently made a presentation to the committee about the project. He said one part of the presentation was putting a fence around the diamond to protect the field and expressed concern this would be encroaching into the adjacent soccer field.

Gilford Youth Baseball president Mike Giovanditto said the fence was suggested during the meeting but doesn't have to be done for the plan.

"We are working with many different programs in Gilford including soccer, that's why we were proposing to only do the infield of it where it meets the soccer field," Giovanditto said.

SEE GILFORD DELIBERATIVE, PAGE A10

The Crazy Hat Contest will return to Alton's Winter Carnival this Sunday.

Vendors will display their creations in the parking lot by the bandstand as well as on the ice by Shibley's at the Pier. Visitors can sample from different food tents on the other side of the parking lot by the land bandstand.

Bruce Locke will be offering horsedrawn sleigh rides around the village starting at Alton Bay Christian Conference Center.

There will be a beer and chili bar on the lower deck at Shibley's at the Pier.

Artist Erica Golter will do caricatures throughout the day. There will also be a selfie station.

For those who enjoy time in the air, visitors can take rides with Pine Tree Helicopters and Epic Seaplane Adven-

\$4.2 million operating budget will go before New Durham voters

BY CATHY ALLYN

CONTRIBUTING WRITER

NEW DURHAM — The New Durham Deliberative Session, held on Feb. 4, with approximately 30 residents in attendance, saw the passage of all articles on the 2025 Warrant.

Led by Moderator Linda Callaway, the three-hour meeting covered 25 articles. Most passed with little or no discussion. Only two articles saw amendments, both dealing with the sale of cemetery lots and cemetery maintenance. Neither article impacts the tax rate.

Article 2 deals with an operating budget of \$4,220,038, with an estimated tax rate impact of \$4.669 per \$1,000 of assessed valuation. Should that article be defeated at the voting session, the default budget would be \$4,118,133, with certain



CATHY ALLYN

Maureen Knepp, chairperson of the New Durham Water Quality and Milfoil/Invasive Aquatic Weeds Committee, explains the treatment needed in the town's bodies of water at the Deliberative Session held Feb. 4. All articles on the 2025 Warrant passed at this first meeting of the town's annual meeting. Town election will be held Tues., March 11, from 7 a.m. to 7 p.m. in the New Durham School gymnasium.

adjustments required by previous action of the Town or by law.

An anticipated Highway Block Grant of \$117,428 will defray some of the cost of Article 3's addition of \$560,000 to the

Road Program, with the remainder coming from taxation for an estimated tax rate impact of \$0.693 per \$1,000 assessed valuation.

Additions of various amounts to 10 Capital Re-

serve Funds (CRF) are on the Warrant.

Related to the public works department are: \$350,000 for Highway Trucks, \$20,000 for Vehicle and Equipment Maintenance, and \$150,000 for Road Reconstruction. The entire amount of \$150,000 for Article 6 Road Reconstruction will come from the Town's Unassigned Fund Balance and will therefore not affect the tax rate.

Articles 7-13 call for: \$50,000 to be added to the Municipal Facility Land CRF; \$2,000 to the Fire Department Ancillary Equipment Non-Vehicle CRF; \$25,000 to the Water Quality and Milfoil CRF; \$10,000 to the Smith Ballfield Improvements CRF; \$100,000 to the Public Works Equipment CRF; \$2,000 to the Library Facilities Improvement CRF; and \$25,000 to the 1772 Meetinghouse CRF.

Additions to three Expendable Trust Funds (ETF) are covered in Articles 14-16: \$50,000 to the Computer Systems and Office Equipment Fund; \$5,000 to the Records Management Fund; and \$100,000 to the Town Buildings and Improvements Fund.

Other articles do not affect the tax rate.

Article 17 deals with the disbursement of funds withdrawn from the J.C. Shirley Timber Trust among Cornerstone VNA, CAP of Strafford County, Kingswood Youth Center, CASA, HAVEN, and Strafford Nutrition - Meals on Wheels.

Article 18 calls for the addition of the words

SEE ND DELIBERATIVE, PAGE A10

Sawyer wins Division II championship in 300 meters

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — It was a small group of indoor track Golden Eagles taking part in the Division II State Meet at Plymouth State University on Saturday afternoon, but there was still a state championship that made the trip back to the shores of Lake Winnepesaukee.

The championship was moved from Sunday morning until Saturday afternoon due to the impending snowstorm.

Macy Sawyer ran to the Division II championship in the 300 meters, crossing in a time of 41.25 seconds to edge



JOSHUA SPAULDING

Macy Sawyer runs to the win in the 300 meters in the Division II State Meet at Plymouth State on Saturday.



JOSHUA SPAULDING

Grace Southworth takes the handoff from Catherine Fay during Saturday's Division II State Meet on Saturday.

Alton Parks and Recreation Community Connection

February Vacation trip
The New Durham and Alton Parks and Recreation Departments are sponsoring a Trip to Lego Discovery Center in Somerville, Mass., followed by a stop at Cowabunga in Manchester on Tuesday, Feb. 25. Explore endless creativity and hands-on fun at LEGO Discovery Center then the group is off to Cowabunga- an indoor inflatable playground. Children under 16

must be accompanied by an adult. Bus leaves New Durham Elementary School at 8 a.m. sharp; please arrive by 7:45 a.m. to check in. Bus returns to New Durham Elementary School at 4:30 p.m. \$23 pp, includes transportation and admissions. Bring a bag lunch and be ready for a great day. Register online at New Durham Parks and Recreation Web Site or by mail/in person at the Alton Rec Office by Feb. 17.

Space is limited, sign up early to guarantee a place. Contact parksrec@alton.nh.gov for more information.

Beginner Hatha Yoga with Pamela Mott, 500 YTT certified
The Alton Parks and Recreation Department is sponsoring a Beginner Hatha Yoga: 5-Part Series with Pamela Mott, 500YTT, on Sundays at 9 a.m. at the Alton Bay Community Center starting Sunday, Feb. 23. Each class will be 60 minutes with an introduction to basic poses, sequences and meditation. Dress in comfortable clothing. If you have been curious how yoga can fit into your life try this session and bring a friend. Please bring a mat and/or block if you have them. This is a good opportunity for those recovering from injuries or illness to get back into life. \$45 for all 5 classes or drop in for \$10/class. Pre-registration is preferred, text Pamela Mott at 603-393-0595 for further information. Cash and Venmo accepted.

Alton Bay Winter Carnival-Warming Hut
There will be a

Warming Hut on Sunday, Feb. 16 from 10 a.m.-1 p.m. at the Alton Bay Community Center located at 58 Mt. Major Highway, across from Pop's Clam Shell. Stop by during the Winter Carnival and warm up in the cozy space by playing a game or making a craft. This event is free and all ages are welcome. For more information contact Alton Parks and Recreation at 603-875-0109 or parksrec@alton.nh.gov. Restrooms during Winter Carnival will be available next to Shibley's Drive In. Parking is available along Mt. Major Highway/Route 11.

Holistic Health Workshop Series — Reiki discussion
The Alton Parks and Recreation Department and Gilman Library are sponsoring a Holistic Health Workshop Series in 2025, and the first topic is a Reiki Discussion and the natural benefits of energy healing. Join Reiki Master Teacher, Carol Wallace at the Gilman Library on Thursday, Feb. 20 from 1-2 p.m. in the Agnes Thompson Meeting Room. The discussion will cover an overview of Reiki, and how the

energy healing practice can aid in the promotion of physical, emotional and mental well-being. If you are interested in natural remedies and holistic healthcare, this is a good topic to explore. This program is free. Please RSVP to 603-875-0109 or parkrec@alton.nh.gov by Feb. 18 to reserve your seat. The next topic in the series is March 20 from 1:30-2:30 p.m. featuring a presentation on Holistic Wellness and Nutrition with Wellness Nurse and Functional Nutritionist Sandy Powers, RN.

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

Guided Meditation
The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring Guided Meditation with Karen Kharitonov on Thursdays: Feb. 13 and 27 from 6:30-7:15 p.m. at the Gilman Library, Agnes Thompson Meeting Room. The program is free, drop in and give it a try. For more information contact Alton Parks and Recreation at parksrec@alton.nh.gov or 603-875-0109.

Old Home Week Committee — Volunteers needed
The Town of Alton's Annual Old Home Week Celebration is scheduled for Aug. 8-17, and volunteers are needed to form a committee. If you like participating in Alton Old Home Week events please consider being a volunteer. Applications to be a committee member are on the Town of Alton website: www.alton.nh.gov under "Forms and Applications," and can be submitted to the Selectmen's office. For more information contact Alton Parks and Recreation at parksrec@alton.nh.gov or 603-875-0109.

All New Durham offices uncontested

BY ERIN PLUMMER
mnews@salmonpress.news

NEW DURHAM — All offices for the town and Governor Wentworth School District are uncontested.

New Durham voters will take to the polls for town elections and meeting voting on Tuesday, March 11, from 7 a.m.-7 p.m. in the New Durham School gym.

All offices in New Durham are uncontested.

Rudy Rosiello is running for a three-year term on the board of selectmen.

For the budget committee, Ellen Phillips is running for another three-year term and Kristyn Bernier is running for the other available three-year term.

Kelly Kostick is running for another three-year term as John C. Shirley Cemetery Trustee.

There are two three-year positions on the library trustees, but incumbent Patrice Mitchell was the only one who filed. The second open position will be decided by write-in votes.

For the planning board, Tim Roukey is seeking reelection for the three-year position and Scott Drummey is running for reelection for the two-year posi-

tion. Alicia Housel is running for another three-year term as town clerk.

David Allyn is seeking another three-year term as trustee of the trust funds.

For the zoning board, Ken Fanjoy is running again for a two-year term.

No one filed for the two other open seats on the zoning board that carry three-year terms and those positions will be decided by write-in votes.

New Durham voters will be choosing officers for the Governor Wentworth School District.

Two candidates are running for one three-year position as school board member from Ossipee. Robert Bowie and Danielle Jean Van Dussen are running for the available seat.

The rest of the offices are uncontested.

Brodie Deshaies of Wolfboro is running for another three-year term as school board member-at-large.

Nathanael Williams is running for a three-year term as school board member from Effingham.

Kaitlin Murphy is running for reelection as school district moderator for a one-year term.

New Durham Democratic Committee issues call to get involved

NEW DURHAM — The New Durham Democratic Committee extends an invitation to all registered Democrats in town to turn concerns into something positive, take action to benefit the state, and meet like-minded residents by getting involved with the Committee. Members meet

monthly either in-person, virtually, or in a hybrid meeting, working on ways to support Democratic values and candidates, and to track bills in the state legislature and expand communication in such matters to New Durham residents.

The caucus to nominate and elect a slate of officers will be held

Monday, Feb. 24, at 6 p.m. virtually. Positions open are: chairperson, vice-chairperson, treasurer, secretary, and one delegate to the state and mid-term conventions for two-year terms.

Interested New Durham residents who are registered Democrats are encouraged to submit their name

or have someone in attendance at the virtual meeting nominate them for a position.

All Democrats registered in New Durham are eligible to vote. For additional information and to receive the Zoom invitation, register on Mobilize at <https://www.mobilize.us/mobilize/event/751331/>.

Grace Simensen named to College of Charleston Dean's List

CHARLESTON, S.C. — Grace Simensen of Alton was named to the College of Charleston Fall 2024 Dean's List. Simensen is majoring in International Business.

To qualify for the President's List (Highly Distinguished), stu-

dents must earn a GPA of 3.800 or higher and complete a minimum of 12 semester hours.

To qualify for the Dean's List (Distinguished), students must earn a GPA of 3.500 or higher and complete a minimum of 12 semester hours.

Located in the heart of historic Charleston, South Carolina, the College of Charleston is a nationally recognized public liberal arts and sciences university. Founded in 1770, the College is among the nation's top universities for quality

education, student life and affordability. Its beautiful and historic campus, combined with contemporary facilities, cutting-edge programs and accessible faculty attracts students from across the U.S. and around the world.

Avery Totten named to College of Charleston Dean's List

CHARLESTON, S.C. — Avery Totten of Laconia was named to the College of Charleston Fall 2024 Dean's List.

Totten is majoring in Communication.

To qualify for the President's List (Highly Distinguished), stu-

dents must earn a GPA of 3.800 or higher and complete a minimum of 12 semester hours.

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Dean's List (Distinguished), students must earn a GPA of 3.500 or higher and complete a minimum of 12 semester hours.

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February Hours
Open Daily: 9 am to 4:30 pm
Monday thru Saturday
Open Sundays: 9 am to 2:30 pm



ABA Monthly Member Highlight: Freedom Boat Club of the Lakes Region

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

Q: Tell us about your business?

A: Freedom Boat Club is the world's largest boating community. Members have unlimited access to boats in Weirs Beach and reciprocity benefits to go boating at clubs away from home. With 40 locations in New England and over 400 across the globe, members get to enjoy waterways in North America, Europe, Australia, and New Zealand.

Q: Tell us about

yourself.

A: My wife and I have two boys and spend most of our free time on the water. We find that our personal values are best represented by the time we spend on the water with friends and family, so we're excited to make the boating life more accessible to families in the Lakes Region.

Q: How did your business get started?

A: With a baby on the way, my wife and I decided it was time to make a career change that provided more flexibility. We evaluated several business opportunities to find one that would be a good fit for us. Over the course of several months, we got to know the team at Freedom Boat Club and learned more about the concept. It has been a great fit and we couldn't be more excited to open our first location on Lake Winnepesaukee!

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

A: Although we just recently joined the ABA, our membership has allowed us to quickly build connections throughout the community. We look forward to connecting directly with the community at 2025 Alton Bay Winter Carnival this month, as well as future events.

Q: What do you value most about this community?

A: Our family loves this community for the strong connections between its residents and their ties to the lake. My wife and I met while walking on the ice one winter and many of our lifelong friendships were formed on the water. We feel very fortunate to help our neighbors create these same bonds on Lake Winni.

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

A: Lake Winnepesaukee is a body of water like no other, offering a huge variety of boating opportunities. With 8 towns connected by crystal clear water, we couldn't have

dreamt of a more ideal location for our club.

Q: What business accomplishment are you most proud of?

A: We are most proud of the relationship we've developed with our host marina, North Water Marine. Their team is family-oriented and have all sorts of services to support our members' safety and fun on the water!

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

A: There are over 270 bodies of water throughout the Lakes

Region, so we look forward to opening several more clubs throughout the area. In addition to simplifying the boating experience, our club also addresses two major barriers to boating, cost and availability of marina space. We plan to open clubs on other popular bodies of water so members can explore all that the Lakes Region has to offer.

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

A: Start sooner! There are incredible resources available to new business owners.

Had we known about these before, we would have opened our own business decades ago.

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

A: Our website has all sorts of details on our club and what it means to be a member. You can also call or text us anytime at (603) 217-3898 with specific questions, or visit our Web site at <https://www.freedomboatclub.com/franchises/fbc-nh-lakes/nh-weirs-beach>. You can also stay up to date by following us on Facebook and Instagram.

Multiple snowstorms make for long hours of cleanup

BY ERIN PLUMMER
mnews@salmonpress.news

GILFORD — Back-to-back snowstorms hit the area in a one-week period with highway crews putting in long hours to clean up roads.

The area has been hit with three winter weather events since the beginning of February with another predicted for Thursday.

The Gilford Public Works Department gave updates on its Facebook page on the cleanup progress from each storm.

An overnight storm on Jan. 31-Feb. 1 dropped around four to five inches of snow and brought crews out to treat roads and do plow rounds throughout the overnight hours and were back in the morning.

Another storm with snow and freezing rain came through around

a day later with crews in at 1 a.m. on Feb. 3 to plow and treat roads before the morning commute. Crews were back out around 6:30 p.m. to treat roads following a period of rain and freezing temperatures.

The DPW also thanked Kimberly and Dave Salanitro for bringing wraps from Lakeside Famous Roast Beef, Pizza, and Seafood to feed all the crew members.

The area was hit with a more significant snowstorm on Feb. 6, with around five inches of snow falling hard at times. Town hall and the solid waste center were closed because of the storm.

Public Works put out eight plow trucks with two loaders on the town's roads.

The DPW reminded people that it took around four hours to do each route and it

would be several hours before they could do another pass with the snow coming down as it was. Crews were out all day to get the main roads done before the evening commute and went back out after a short break to scrape and treat before calling it a night.

More now blanketed the area on the night of Feb. 9, with more than seven to nine inches measured across the region.

Gilford crews were out at 3 a.m. to plow, but got some help from some sunshine later in the day.

Gilford also reminded people about its winter parking ban. No one can park on any town street during a snow event from 12-7 a.m. Gilford Public Works also advised people not to push snow from their properties into town roadways.

La Salle University names Gilford's Lily Tierno to Dean's List


PHILADELPHIA, Pa. — Lily Tierno of Gilford has been named to La Salle University's fall 2024 Dean's List in recognition of academic excellence.

Majoring in early education (pre-K-4), Tierno is among the 500 traditional undergraduate students who completed at least 12 credits and earned a semester grade point average of 3.5 or high-

er.

La Salle University is a comprehensive Lasallian Catholic university located in Philadelphia. It is rooted in the tradition of the Brothers of the Christian Schools teaching order founded by St. John Baptist de La Salle, the Patron Saint of Teachers. Chartered in 1863 by the Commonwealth of Pennsylvania, La Salle prepares students

to become known for more through a practical liberal arts and experiential education. By offering a quality, affordable experience; rigorous academics; transferable skills; and exposure to domestic and international partnerships in a safe and caring environment, La Salle is propelling learners into leaders. Learn more at lasalle.edu.



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Opinion

SECTION A, PAGE 4

SALMON PRESS, THURSDAY, FEBRUARY 13, 2025

Reserve your judgment

We see it on Facebook, and other social media accounts — seemingly happy people carrying on about their lives without a care in the world. As we scroll, we tend to pass judgements on what is in reality, a blip in the lives of those who's photos we are currently looking at. A mere moment that perhaps lasted less than a second is captured, and in that moment, we feel that we are free to make a distinction on what that individual is going through in the moments and days prior, or what they may be feeling like in the moments just after. Don't do that.

The best way to find out how a friend, co-worker or family member is, is to simply ask them. With the past year being what it was, mental health issues and rates of suicide are sky rocketing. Is this really a time to pass judgement? Or is this an opportunity to lift those up around us and to make sure that we're all hanging in there?

As humans, some of us can handle any given situation with more grit than others. Some can carry on for just so long until it just becomes too much. Those that have that grit, are those who have the ability to extend their hand, tell someone that they will be ok and that they are not alone. Support for a person overwhelmed, depressed or anxious is paramount to their well-being. Sure, it feels good to act tough, and announce that X, Y, or Z doesn't bother you, but the world is not all about you and it never will be. Be kind, it just feels better.

When a person breaks their leg and can no longer work for a time, they are sent flowers, offered encouraging words of support, given sick time and sent home with casseroles. If a person with a mental health condition takes time off to regroup and to seek the help and therapy that they need to, you know... live...it becomes an issue. Because you can't see the injury. What you might see is a smile that lasted a split second, and you pass judgement — "Oh they aren't really sick." Guess what — you are wrong. Make no mistake, we all go through challenging times, but that doesn't mean that we all handle them in the same way.

Discrimination against a person with any health issue, whether it be physical or mental, is illegal. Furthermore, it is morally wrong. Do we really want to be a society that has stopped supporting one another? We vote no. When we see a neighbor plow the driveway of the house down the street, or three neighbors pulling a stranger's car out of a ditch, we are reminded of how at our cores, we are all kind.

Take note — mental illness is not a character defect. There are many reasons a person may develop an issue, whether it's temporary, brought on by stress, illness or whether it's genetic. Some anxiety may resurface as an adult, due to childhood trauma. Either way, we don't know, unless we know.

When people do not understand mental illness, they tend to exhibit prejudice against those who admit they have an issue. Those people are often treated as though they don't have a real health issue and are then discriminated against. This leads to shame in the person who openly admits that they need help, and so the stigma surrounding mental health is born.

Many workplaces have excellent support systems in place for employees who need help, these to include police and fire departments. These places are to be commended for looking out for one another.

Here are ways to decrease the stigma, be in the know and help your neighbors. Educate yourself, be aware of your attitude towards those who confide in you, pay attention to your judgements and choose your words carefully. When you do educate yourself, spread the word. Treat those around you with respect and offer encouragement, or a slice of pizza; anything goes. We say it often — take care of each other, now more than ever. You will find that it's easy to be kind.



KATHY SUTHERLAND

Knightwolves win

Kingswood-Prospect Mountain captain Jenny Baldwin moves the puck into the zone during her team's 5-4 win over Exeter on Saturday evening at Pop Whalen Arena. The Knightwolves are scheduled to be in action again on Saturday, Feb. 15, at home against Bedford at 5 p.m. and at Keene-Monadnock-Fall Mountain for an 8:25 p.m. game on Wednesday, Feb. 19.

LETTERS FROM EDWIN

Passports

The temperature almost got up to freezing yesterday, so I took the opportunity to check my tire pressures. This is something that I used to do on a regular basis, but since vehicles have become so smart, I can wait till the little yellow light comes on in the instrument cluster. I hate those lights, and am usually able to avoid seeing them by performing my regular routine.

With the temps being so cold lately, I've abstained from putting the compressor through the toil and have just kept driving. It's been irking me for over a week now, so I was glad for the break in the temperature. The truck tires never loose much air so I had attributed the indication as being due to the cold temperatures. As we all should know, warm air expands and cold air contracts. As the temps have lowered, I have regularly needed to add some air. Come spring I'll be letting it back out.

Me, owning such vintage vehicles, I can almost never drive without one of those obnoxious little indicators staring

me in the face. Both cars have ever present ABS lights. My inspector guy says that since we have the ability to disable this feature, that he doesn't consider it an inspection fault. I don't really care; I've been driving with dumb brakes for 50 years. I now just have to put up with the warning lights.

All this smart brake stuff expanded into traction control. When I first bought my truck, I wired in a switch so that I could turn this feature off. It generally works wonderfully, but when it doesn't, it's nice to be able to say: let me try it the old way.

Heading out this morning I knew that the tire light would take a while to go out, but after it was still on after ten miles, I figured that I was stuck with it. A while later when I got on the highway and made it over fifty, I turned ON overdrive which extinguishing the O/D OFF light. I then saw my blacked out gauges and no little yellow indicator lights. Not even a check engine light. One of life's simple pleasures.

All the things that I've taken for granted all these years aren't quite

so anymore. Aches and pains don't disappear overnight. Hang overs happen with hardly any stimulus. I can't find anything when it's been misplaced, and where did I put that whatever it was?

It has been said that a lifespan is good for seventy to eighty years. Then all bets are off. I've surpassed that lower figure by a bit. But I can tell you, that after I did, that things started going downhill. That larger figure is looking like it's getting more out of a reach every day.

When my boys were in school, seeing that their single dad didn't do much other than cooking and taking care of them, told me that when I turned seventy, that they were going to take me to Montreal for a good time. Back then you could go there and back with just your driver's license. It has long since been changed to passports being required. They said that a long time ago, and since then it was never mentioned. I don't really care. Do they even have passports? Besides that, would I now have that much fun going to Mon-

treal? I'm totally content with a good meal and a comfortable couch.

I wonder why they picked Montreal? It may be that when they were small, we all went there so that I could get my eyes Lasic'd. It was quite an adventure. I don't know how much fun we had, but my eyes are still doing pretty good 22 years later. They've since grown up, graduated, and moved on with their lives. I don't see to much of them anymore. That's life in this society.

Looking out my bedroom window, I look down on the roofs of the sheds still covered with snow. The grounds are all white except for the path to the woodshed. My gaze occasionally makes it to the bluebird house that hangs on the side of the shed. Empty and awaiting reoccupation once the weather warms up. After last year's casualty, I wonder if it will remain vacant, or if one of the many offspring will return to occupy it? Only time will tell.

E.Twaste

Correspondence welcome at edwintwaste@gmail.com

Letters to the Editor

We voted for Congressmen and senators, not Rip Van Winkles and Dr. Doolittles

To the Editor:

To me, it was bad enough that our congressman sent official mail offering us free passes to the Inauguration. But then he immediately and without asking our opinion voted to detain and deport people who were neither charged, arrested nor convicted. Now, I read he recently visited north country non-profits and businesses while barely whispering a word, tactic or strategy against the palpable attacks on our federal de-

partments, agencies, civil servants and lawful appropriations.

Well, selected cozy visits are fine when the sun is shining and the roads are clear, but constitutional, assertive leadership, strategy and grassroots organizing are required when lightning flashes, dark clouds loom, the road ahead is blocked by fallen trees, landslides and petty gendarmes flush with moneybags.

At minimum, I want our congressman and his paid professional staff to announce and actively participate in a full schedule of listening sessions this month and next throughout Congressional District 1 at the typical tri-town level, followed by voluntary subject groups urgently working for corrective action, not miasmatic hand-wringing.

A few months ago, we voted for congressmen and senators, not Rip Van Winkles from Sleepy Hollow and Dr. Dolittles in the Kingdom of Pushmi-Pullyu. We voted for front-seat drivers, not back-seat passengers. The federal government is integral to American life, not an optional extra. The United States is a country, not a company. Our elected federal officers need to measure up. Tend to the nation first, neighborhood drop-ins later.

Stuart M. Leiderman
Center Barnstead

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.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	Sunset Lake	N/A	\$820,000	Walter Swanbon 2021 RET	Barbara J. Johnson
Gilmanton	33 Bunker Lane	Single-Family Residence	\$480,000	Jo-Ann B. Shattuck	Charles Plummer and Alexander Czuchra
Gilmanton	N/A	N/A	\$246,666	Walter A. Zanchuk 2000 RET	Thornton Fiscal Trust and Shane E. Thornton
New Durham	Bennett Road	N/A	\$350,000	Peter C. Rhoades	Robert J. Terrazzano and Ashley M. Neven

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium.

GWRSD warrant set for March 11 ballot

BY ELISSA PAQUETTE

Contributing Writer

WOLFEBORO — The annual Deliberative Session of the Governor Wentworth Regional School Board on February 1 in the Kingswood Arts Center ended with the budget and warrant articles unchanged. It now moves forward to be printed for the March 11 Election Day ballot.

The \$ 67,427,393 proposed operating budget for the Governor Wentworth Regional School District (GWRSD) 2025-26 school year survived a proposed amendment by Stefanie King of New Durham to round off the total to \$67 million, and will appear in its original form on the ballot for approval by voters throughout the district. If the article fails, the budget will revert to a \$66,574,504 default budget.

The difference between the proposed and default budgets is \$852,889. According to Chairman Brodie Deshaies, 75 percent of that figure is committed to special education requirements, and "If we don't have it, we will have to shift money away from other students."

State Rep. Susan DeRoy of New Durham and David Bickford, also a New Durham resident, expressed concern about their town's residents' ability to cover an increase in the school's portion of their property tax bills. DeRoy wondered if the increase in the budget was connected to an expansion associated with the receipt of ESSER funds from the federal government during the Covid pandemic.

Deshaies responded that the board had made sure to use the funds for one time expenditures, with the exception of the addition and retention of two math coaches, whose work showed



ELISSA PAQUETTE

Governor Wentworth Regional School District School Board Chairman Brodie Deshaies fields a question, one of many from district residents during the annual Deliberative Session on Feb. 1 in the Kingswood Arts Center on Articles II through IX, including the proposed operating budget for fiscal year 2025-2026.

positive results in student math scores. The increases, he said, were related in part to increased costs in electricity and heating and insurance and also mandated services.

"We don't have a lot of wiggle room...A lot of students have out of district placements and we can't reduce any more staff or sacrifice infrastructure," said Deshaies.

If infrastructure is ignored, he added, the needs remain to be dealt with the next year.

Scott Lounsbury of Wolfeboro asked how the district would be affected by the federal government's restriction of funding related to DEI (Diversity, Equity and Inclusion). The district does not receive any DEI funding, responded GWRSD Superintendent Caroline Arakelian. She added that the board will also update its policies with help from the School Boards Association to assure compliance with any governmental changes.

Wolfboro resident Steve Johnson asked for the board's definition of equity. Deshaies described it as a matter of access to opportunities for academic success, using the example of students with differing reading abilities. One may not need any



ELISSA PAQUETTE

Members of the Governor Wentworth Regional School District School Board present for the Feb. 1 Deliberative Session in the Kingswood Arts Center on Feb. 1: L-R Chairman Brodie Deshaies. At Large member from Wolfboro, Jim Pittman of Effingham, Charlene Seibel of Wolfboro, Dr. Elizabeth Sheckler of New Durham, Mary Pray Schilleriff of Wolfboro, G. Thomas Bickford of Wolfboro and Dana Streeter of Ossipee. Vice Chairman Dr. James B. Manning of Brookfield and Guy Pike II of Tuftonboro were absent.



ELISSA PAQUETTE

Scott Lounsbury of Wolfboro asked the first question of the Deliberative Session. State Rep. Glenn Cordelli, who represents Wolfboro, Tuftonboro and Ossipee, stands in line at his side.

extra help, while another may need more services to increase achievement. They may not end up with the same result, but assistance is offered to reduce the disparity.

Two bargaining agreements, one between the School Board and the administrative team, the other between the Support Staff Association are also on the warrant. The former is for a 4 percent increase, for each of four years, the latter is for increases two years in a row. Both have the full support of the Board. In response to concerns raised about the 4 percent increases, and a comparison offered to Social Security Cost of Living Increases, Deshaies noted that administrators are coming out of the pre-

vious agreement for 3 percent raises, which occurred during rising inflation rates, as high as 9 percent. That is the risk they take. Budgetary stability is of benefit to the school system.

A request for \$150,000 to be added to the Maintenance Capital Reserve Fund to come from the June 30, 2025 fund balance is on the ballot. No amount will be raised from new taxation. Another request for \$150,000 for repairs and improvements of buildings/grounds at the ten schools in the district is also requested.

New this year is a request to allow the GWRSD to raise and appropriate \$250,000 to provide funding for free meals to all students within the newly eligible income brack-

ets. To do so would align the income threshold with the federal poverty level option: 300 percent of the federal poverty rate, broadening eligibility for students from households earning up to three times the poverty rate (details available from multiple online sites).

Kendra Liversidge named to the University of Hartford Dean's and President's Lists

WEST HARTFORD, Conn. — The University of Hartford is pleased to announce that Kendra Liversidge of Alton Bay has been named to the Dean's List and President's List for the fall 2024 semester. The entire UHart community is proud to celebrate Kendra's hard work and academic success.

Spread across seven dynamic schools and colleges, the University of Hartford has been guiding the purpose and passion of students for over six decades. On our 350-acre campus alongside Connecticut's capital city, approximately 4,100 undergraduate and 1,800 graduate students repre-

senting 48 states and 51 countries come together for a common purpose: to collaborate across different disciplines, diversify perspectives, and broaden worldviews. We're a four-year private university focused on advancing the public good through meaningful connections within our communities. Our unique approach to comprehensive education gives us the critical perspectives that lead to impact change, regionally and beyond. With degree programs spanning the arts, humanities, business, engineering and technology, education, and health professions, we focus on doing the work that matters.


Alton Central PTSA sponsoring parenting support series

ALTON — The Alton Central School PTSA would like to invite you to join us for the six-week Spring Parenting Support Series beginning on Friday, March 7, from 9:30-10:30 a.m. at Alton Central School.

We will be starting

off with a discussion about the developmental stages of childhood. Please bring your questions, concerns and topics of interest for the group to discuss.

If interested, please RSVP to Laurie Ekberg at lekberg@sau72.org.



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Automotive painting is an art form at LRTC

BY ELISSA PAQUETTE
Contributing Writer

WOLFEBORO — High school senior Ella Freeman's painting project for her Collision Technology II class took about two weeks to complete.

Automotive painting requires skills in creating and applying colors to metal, and the practice she gained in painting on metal of a hummingbird drawing nectar from flowers on a vine were "a good break" she says. She'll return to working on car doors, but she

appreciates the variety in the course taught by Lakes Region Technology Center Teacher Derek Place.

Freeman is transported to the center from Farmington for afternoon course work each school day, along with

(Right) High school senior Ella Freeman holds a metal sculpture that served as the "canvas" for practicing the automotive painting skills she has been developing in the Collision Technology II class she is enrolled in at the Lakes Region Technology Center in the Kingswood Complex.



other students from outlying towns, who pay tuition for the resources available at the center in Wolfeboro. The metal design was cut by students in teacher Scott Meserve's Precision Machining class, and Freeman took over from there.

She's learned to use the color wheel exhibited on the classroom wall and an air brush to shade and layer color and create lines by controlling the flow of paint and the distance of the nozzle from the

surface. The hummingbird, shaded in green and golds, is color coordinated with the golden brown flowers that are outlined in darker tones and the leaves are shaded as well, creating depth. The metal sculpture is heading soon to her mother's kitchen wall.

White car doors are set up behind her, prepped for painting. Freeman says she enjoys automotive painting and will likely look for employment in a body shop after graduation.

Healthcare & Wellness

Nurturing Cognitive Health in Later Life: 9 Practical Tips

As we progress through life, cognitive health becomes increasingly important for maintaining our overall well-being. Supporting our brain health is essential for preserving memory, focus, mood, and independence. In this article, we will discuss a range of strategies to enhance mental sharpness and promote a vibrant mind during the later stages of life.

1. Mental Stimulation
Engaging in cognitively challenging activities can help stave off age-related cognitive decline and improve overall brain health by keeping the brain engaged, strengthening existing brain connections, and building new ones.

• How to Start: Stay cu-

rious, read books, solve puzzles, or play a game. Continue with activities you love, rediscover old hobbies and skills, learn something new, and get creative.

2. Physical Activity
Exercise is one of the best ways to support brain health. It improves blood flow, reduces inflammation, and stimulates the growth of new brain cells.

• How to Start: Enjoy a walk with a friend or try low-impact exercises, such as tai chi, gentle yoga, dance, water aerobics, or join a class. Even light gardening or household chores can help.

• Always speak with your healthcare provider to determine exercises that are safe for you.

3. Social Engagement

Maintaining strong social connections and meaningful relationships has been linked to reducing cognitive decline, improving mental sharpness, warding off feelings of loneliness, supporting a sense of belonging, and helping to prevent and treat depression.

• How to Stay Engaged: Attend social gatherings (there are many transportation services that can help), join clubs or groups, volunteer, attend church services, consider a pet, and try to stay connected with family and friends.

4. Prioritize Quality Sleep
Sleep is crucial for sorting and storing memories, clearing waste products from the brain, and helping our bodies

and brains heal and repair.

• Tips for Better Sleep: Avoid caffeine late in the day, maintain a consistent sleep schedule, allow yourself to wind down before sleep, avoid naps (if unavoidable, keep them under 20-30 minutes), establish a relaxing sleep routine, and aim for at least 7-9 hours of sleep.

5. Eat a Brain-Healthy Diet
What we eat plays a powerful role in supporting our memory and cognitive health as well as maintaining a healthy mood, reducing inflammation, and preventing illness.

• What to Eat: Consume a variety of foods such as vegetables, fruits, nuts, berries, whole grains, fatty fish (like

salmon), olive or avocado oils, fermented foods, whole grains, and foods high in omega-3 (like walnuts and flaxseed). Do not forget to hydrate.

• What to Avoid: Reduce added sugars, processed foods, unhealthy fats (such as saturated and trans fats), foods high in sodium, refined carbohydrates, and tobacco and alcohol use.

• Make Small Changes: Consider negotiating with yourself to establish slower, more sustainable nutritional changes.

6. Manage Your Stress
Stress can impair our thinking, memory, decision making, and overall cognitive function.

• Tips to Manage Stress: Laugh, engage in calming practices like hobbies, mindfulness meditation,

and deep breathing exercises. Confide in those close to you, get out in nature, focus on things that make you feel grateful (either mentally or written in a journal), review or share old memories (such as photos, videos, or stories), engage in religious and spiritual practices, and seek mental health support for chronic stress management.

7. Protect Your Brain Against Falls

Falls are a leading cause of head injuries, which can harm cognitive function.

• Prevention Tips: Remove tripping hazards, install grab bars, wear comfortable non-slip shoes, ensure good lighting, practice balance exercises to improve stability, and seek additional support from occupational or physical therapy if you struggle with weakness, numbness, or tingling sensations in your body.

8. Monitor and Treat Medical Conditions

Illnesses harm cognitive function from inflammation or direct injury.

• Health Management: Schedule regular check-ups—do not forget dental exams, eye exams, and hearing tests (impaired hearing is a risk factor for cognitive decline). Use tools like medication lists and pill organizers to keep track of your medications, let all your healthcare providers know all the medicines you are on, and assure you know the reasoning and necessity behind each of your treatments.

9. Listen to Music

Listening to music helps to promote new brain connections and has been proven repeatedly in research to prevent and delay the progression of dementia.

• Consider: Listening to music you have always loved (nostalgia helps too) and trying new music, playing it in the background of your home, learning a new instrument, or attending a concert or play.

About the author:

Jennifer Keller is a dedicated Psychiatric Nurse Practitioner with extensive experience in geriatric mental health and cognitive well-being at her private practice, Mountainside Mental Health located in Ossipee, NH.

With decades of experience, Jennifer Keller is committed to empowering individuals in later life by providing strategies and support for maintaining emotional resilience and cognitive health.

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Prospect Mountain takes on Plymouth in first game of "Granite State Challenge"

DURHAM — The Prospect Mountain Timberwolves faced the Bobcats of Plymouth Regional High in the first game of the 43rd season of "Granite State Challenge" on Thursday, Feb. 6 at 8:30 p.m. on New Hampshire PBS.

Prospect Mountain High and Plymouth Regional High, along with teams from 32 other New Hampshire schools, took a qualifying test back in November 2024 to secure one of 14 spots in Round One. Four additional teams competed in two wildcard games in December to secure the two remaining spots in Round One. The Timberwolves defeated Bishop Guertin High in the first wildcard game to secure their spot.

Playing for Prospect Mountain High were captain and 11th grader Loralie Chase, 11th grader Liam Conway, 10th grader Jude Dumond and 9th grader Lucas Lund. The team alternates are 9th graders Kira Campanile and Kaydens Roy-Bennett. The team is coached by social studies teacher Amanda Vanderlinde. Prospect Mountain enrolls 496 students from Alton and Barnstead.

When asked what Prospect Mountain High team's biggest strength was, coach Amanda Vanderlinde stressed their communication.

"They work really well together as a team, they're so respectful of each other, it's not just something they do after school they really care about each other," said Vanderlinde.

The Prospect Mountain High team is stacked with underclassmen; team captain Loralie Chase's specialty is math and history.



"We work together as a team trying to keep that sportsmanship going and be polite, whether we win or lose, we are just trying to really remember that," said Chase. "We're representing our school."

Playing for the Plymouth Regional High were team captain and 12th grader Reagan Sutherland, twelfth graders Norm Sackett and Max Shamansky and 10th grader Yuriy Paul. The team alternates are 12th grader Mason Glew and 10th grader Abe Hankens. The coaches for the team are drafting teacher Jay Fogarty and world languages teacher Troy Harris. Plymouth Regional High School is a three-time Granite State Challenge champion. It enrolls 658 students from Plymouth, Ashland, Holderness, Campton, Rumney, Wentworth, Warren, Ellsworth, Waterville Valley and Thornton.

In the hour-long trip to the New Hampshire studios in Durham, Plymouth team captain Reagan Sutherland said, "We did some practice questions in the van. It was a lot of

VanScoy-Giessler earns NHTA honors for Village Players role

WOLFEBORO — The Village Players were thrilled as one of their own took home a trophy from the New Hampshire Theatre Awards held at the Capitol Center in Concord Feb. 1. Phoebe VanScoy-Giessler won the award for "Outstanding Performance in a Leading Role—Community Production" for her exceptional portrayal of Vivian Bearing, PhD, in the Village Players' production of "Wit." VanScoy-Giessler took on the challenging role of a professor of 17th century poetry battling advanced ovarian cancer. While the subject matter was heavy, she brought moments of humor and insight to the performance, drawing laughter from the audience as Vivian navigated her treatment, life, and reflected on intellectualism and the power of kindness.

The Village Players also had semifinalists in three other categories: Outstanding Community Production of a Play, "Wit," Outstanding Di-



rection of a Community Production of a Play, Michaela Andruzzi, "Wit;" and Outstanding Scenic Design in a Community Production, Jay Sydow, "Wit."

The awards ceremony marked the culmi-

fun, and we just tried to create a positive atmosphere going into every match so we're in a good spot mentally."

Plymouth Regional High coach Jay Fogarty is excited to be coaching his well-seasoned team.

"I know that across-the-board they play well together and they've been playing together for a long time, and I think one of the nice advantages when you've been playing together for a long time is they know their own strikes and weaknesses," said Fogarty.

growth of New Hampshire's theater organizations and celebrating the impact of the local performing arts community.

The Village Players produce three to five full-length shows each year, including a musical in the fall. Scholarships are also offered each year to students who express an interest in theater arts and plan to continue their participation in one form or another. The group welcomes new members and supporters at any time. Onstage, backstage, or in the audience, the Village Players have lots of fun bringing theater to Wolfeboro. Learn more at village-players.com.



FILE PHOTO
Alton's Winter Carnival will also feature an ice sculpture demonstration.

CARNIVAL

(continued from Page A1)

land bandstand at 1 p.m. with categories for kids, adults, and pets.

The bob house decorating contest will start at 1:30 p.m. Participants can preregister for the contest by submitting a photo of the bob house along with its location to berrysbait@yahoo.com.

Raffles will go on through the day at the ABA's table with tickets selling for \$1 for one ticket, \$5 for five, \$10 for 10 tickets, and \$20 for 25 tickets. The winners will be drawn at 2 p.m.

and ticketholders do not need to be present to win.

If the ice conditions won't allow for events on the ice, the events will be moved to land if possible.

There will be limited street parking at the bay. Parking is also available at Alton central School where a shuttle service will run every 20 minutes during the duration of the event.

For more information, updates, and an event brochure visit the ABA website at www.altonbusinessassociation.com.



COURTESY
The following Kingswood Regional Middle School students received the After School AllStars Award for their excellence and dedication to the Alpine Ski Team. In the first picture is Paige Hunt. The second picture is Eleyas Rose. Congratulations!



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SPORTS

Eckhardt, Lofblad lead Golden Eagles in NH Coaches Series race

BY JOSHUA SPAULDING
Sports Editor

NORTH CONWAY — The Gilford Nordic ski team traveled to North Conway on Saturday for the second New Hampshire Coaches Series race, this time a classical race on the trails at Whitaker Woods.

The Coaches Series races include all high school and middle school

Nordic skiers from across the state, with hundreds of skiers taking part.

In the A race for the girls, Georgia Eckhardt led the Golden Eagles with an 11th place finish in a time of 18:48 with teammate Maria Tilley in 14th place in 19:05. Anna Copland finished in 20:37 to place 34th overall and Alana Sawyer finished in a time of 21:18 for

Wood places fourth in shot put at Division II State Meet



JOSHUA SPAULDING

Parker Wood winds up to throw the shot put during action in the Division II State Meet on Saturday.



JOSHUA SPAULDING

Matthew Whalen hands the baton to Blake Snell in the 4X200-meter relay in Plymouth on Saturday evening.

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — It was kind of a weird day for the Prospect Mountain indoor track boys on Saturday. The Division II State Meet was originally scheduled for Sunday morning but had to be moved to Saturday afternoon to the impending snowstorm.

Parker Wood had to throw the shot put in the first event of the day but the only other event that the Timber Wolves were competing in, the 4X200-meter relay, came

at the end of the day. So there was much waiting around.

Wood took care of business early on, as he finished in fourth place in the shot put with a toss of 45 feet, 9.75 inches

At the end of the day, he joined Dante Scarpa, Matthew Whelan and Blake Snell in running the 4X200-meter relay, finishing in 11th place overall in a time of 1:45.01.

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



JOSHUA SPAULDING

Georgia Eckhardt skis in Whitaker Woods in North Conway during Saturday's Coaches Series race.



JOSHUA SPAULDING

Maria Tilley skis during the New Hampshire Coaches Series race on Saturday in Whitaker Woods.

43rd place and Tess Eckhardt was 45th overall with a time of 21:31. Pearl Marvel skied to 47th in a time of 21:49 and Kaitlyn O'Brien was 77th overall in a time of 23:58.

In the boys' A race, Ian Lofblad finished in 13th overall in a time of 16:41 to lead the Gilford boys. Gunnar Marvel finished in 26th place in a time of 17:45 and Clark



JOSHUA SPAULDING

Ian Lofblad led the way for Gilford's boys during the New Hampshire Coaches Series race in North Conway.



JOSHUA SPAULDING

Gunnar Marvel powers through the course in North Conway on Saturday morning.

Blackwelder crossed with a time of 19:32, which placed him in 50th overall. Benjamin Smith crossed in a time of 21:21 to place 69th overall. The Golden Eagles are

slated to compete at Fall Mountain on Wednesday, Feb. 19, at 2:30 p.m.

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

McLean sweeps slalom and giant slalom at Gunstock

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford alpine ski team finished up the regular season with a race at Gunstock on Friday, Feb. 7.

The Golden Eagle boys got the win in both the giant slalom and slalom while the Golden Eagle girls captured the win in the giant slalom.

Bode McLean led the way for the Gilford boys

by winning the morning giant slalom in a time of 1:18. Ben Wolpin was fourth overall in a time of 1:23.82 and Gavin Irons was eighth overall in 1:25.51. Joel Wernig finished out the scoring with a time of 1:30.09 for 15th place overall. Oliver Leandro was 16th in 1:31.16, Kyle Gandini was 25th in 1:34.88 and Elliot Warren finished in 1:47.59 for 35th place to finish out the field of

Golden Eagle boys.

McLean also won the afternoon slalom, finishing in a time of 1:17.64. Wolpin was sixth overall in a time of 1:34.63 and Irons finished in 1:36.67 for eighth place. Wernig finished the scoring again, this time finishing in ninth place in a time of 1:39.62. Warren was 10th in 1:40.14 and Leandro was 11th overall in 1:40.23.

For the Gilford girls, Lily Bishop raced to second in the morning giant slalom with a time of 1:23.1 and McKenna Howard was fifth in 1:25.54. Riley Coutts was sixth overall in a time of 1:25.56 and Emilia Burlock rounded

out the scoring in a time of 1:28.98 for 11th place. Ava Lien was 21st in 1:34.96, Camryn Coutts was 22nd in 1:35.15 and Brooke Baron was 23rd overall in a time of 1:36.85.

In the afternoon slalom, Bishop finished in second place with a time of 1:26.05, Riley Coutts was fifth overall in a time of 1:34.21 and Burlock placed eighth overall with a time of 1:42.49.

The Golden Eagles took part in the Division III State Meets after deadline on Monday and Tuesday at Gunstock.

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

Church Service SCHEDULE

<p>ABUNDANT HARVEST FAMILY CHURCH Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union. Pastors Daniel and Sherrie Williams, 473-8914. For more information, please visit abundantharvestnh.org or e-mail ahf@faith.com.</p> <p>ALTON BAY CHRISTIAN CONFERENCE CENTER Sundays throughout the summer 10 a.m. & 7 p.m., 875-6161.</p> <p>BEEFREE COMMUNITY CHURCH, ALTON Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Ben Ruhl, www.befreechurch.net.</p> <p>CENTER BARNSTEAD CHRISTIAN CHURCH Worship Service 10:00am Bible Study 11:15am Rte 126 next to Town Hall Call or Text (603) 269-8831 centerbarnsteaducc.org</p> <p>CHRISTIAN COMMUNITY OF PRAISE C.O.P. PRAISE GATHERING Gathering Saturdays at 4:00pm The Gilmanston Community Church 1803 NH Route 140, Gilmanston Ironworks, NH ccoppraisegathering@gmail.com</p> <p>COMMUNITY CHURCH OF ALTON Pastor Jared Cassidy 10am Worship service Sunday 20 Church St Alton (603) 875-5561 www.ccaalton.com</p> <p>CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC Sunday School and Worship Services Rev. Kate Kennedy 603-776-1820 Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom, Sundays at 10 a.m., ccnorthernbarnstead.com</p>	<p>FIRST CONGREGATIONAL CHURCH OF FARMINGTON Worship Services: 10:00 AM Sunday School: 10:15 AM Sept. To June 400 Main Street Farmington, NH 05835 www.farmingtonucc.org</p> <p>FIRST BAPTIST CHURCH OF NEW DURHAM NH Sun. School 9:30am; Church 10:30am; Evening Service 6pm; Sun. School 9:30am; Church 10:30am; Evening Service 6pm; Wed. Prayer Meeting 7pm. Depot St., New Durham; Pastor Ryan Blackard</p> <p>PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H. on the Parade in Barnstead Sunday Morning Worship Service for all ages begin at 9:00 a.m. Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings. Pastor Sandy Pierson - 483-2816</p> <p>ST. KATHARINE DREXEL 40 Hidden Springs Rd., Alton, 875-2548 Father Robert F. Cole, Pastor. Mass Saturday 4pm; Sunday 8:30 & 10:30am; Daily Mass Mon., Tues., Wed., Fri. 8:00am.</p> <p>ST. STEPHEN'S EPISCOPAL CHURCH Sunday 9:30, 50 Main St., Pittsfield Rev. Miriam Acevedo with Rev. Stephen Ekerberg www.ststephenspittsfield.com</p> <p>UNITED METHODIST CHURCH Rt. 171 at Highland Corners Sunday services 10:30 a.m. Church 603-539-8058 All are welcome.</p> <p>UNITARIAN UNIVERSALIST SOCIETY OF LACONIA Sunday services and religious education 10:00 a.m. All are welcome. 172 Pleasant St. Laconia • 524 6488 • usd.org</p> <p>MAPLE STREET CHURCH Sunday Service 11am 96 Maple Street, Center Barnstead NH 03225</p>
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SPORTS

Prospect boys edged by Newfound

BY JOSHUA SPAULDING
Sports Editor

ALTON — It was back and forth all night as the Newfound hoop boys visited Prospect Mountain on Friday, Feb. 7. In the end, the Bears got six of the final seven points of the game to hold on for a 60-52 win over the Timber Wolves.

Newfound got on the board first, with Jayden Belyea and Ty Belyea getting a hoop and a basket, respectively, to start the game. Shaun McAneney answered for the Timber Wolves with a hoop and a three-pointer to tie things at five before Jayden Belyea hit two free throws at the other end. Jacob Luscomb put back a rebound for the Timber Wolves to pull them even at seven.

Jayden Belyea hit a hoop and then Calvin Colby connected from downtown to push the Newfound lead to 12-7. After a McAneney hoop, Connor Hemmingway connected for the Bears and Joe Deane drilled a three-pointer for the Timber Wolves. Hemmingway got the final basket of the quarter and Newfound's lead was 16-12 after one.

A pair of McAneney three-pointers started the second quarter for the hosts, sandwiched around a bucket from Brayden Jenkins at the other end of the court. Ty Belyea put back a rebound and drained another hoop as the Bears pushed the lead to 22-18.

Prospect got another basket from Luscomb by Ty Belyea answered for the Bears. An Anthony Zamarripa three-pointer cut the lead to just one. Ty Belyea connected again and a Jenkins three-pointer opened the lead to 29-23 before Colby Whitehouse hit a free throw for the Timber Wolves to close out the quarter and Newfound



JOSHUA SPAULDING

TJ Locke fires off a shot during action on Friday night against Newfound.

had the 29-24 lead at the halftime break.

Jenkins connected on a three-pointer and Colby hit two free throws as the Bears got the first seven points of the second half. McAneney answered with a hoop and then came up with a steal that Whitehouse finished off to cut the lead to 34-28. Colby got a hoop for the Bears but a pair of Luscomb putbacks sandwiched around a Deane three-pointer pulled the Timber Wolves to within one at 36-35.

Jenkins hit a hoop to get the Bears back on the board and Jayden Belyea drilled a three-pointer and a free throw to give Newfound the 42-35 lead. Another Deane three cut the lead to four but Ty Belyea put back a rebound at the other end. Luscomb then hit from downtown to close out the third quarter, cutting the Newfound lead to 44-41 heading to the final eight minutes.

Luscomb got Prospect on the board to start the

fourth quarter but Colby answered for the Bears. Trey Everett drilled a three-pointer for the Timber Wolves, tying the game at 46 less than a minute into the quarter. Jenkins followed with a three-pointer and a hoop as Newfound pushed the lead to 51-46.

McAneney came back with a basket and after Jayden Belyea hit a free throw, Jenkins hit another hoop for the six-point lead. A McAneney three-pointer cut the lead to three again, but that was as close as the Timber Wolves got, as Ty and Jayden Belyea each hit hoops and Daniel Sherkanowski added a hoop to close out the game, with a McAneney free throw mixed in for the 60-52 final score.

Jenkins led the charge for the Bears with 17 points while Ty and Jayden Belyea each finished with 14 points. McAneney led the Timber Wolves with 21 points while Jacob Luscomb added 13 points.

The Bears wrap up the regular season today, Feb. 13, at Inter-Lakes at 6 p.m.

The Timber Wolves also wrap up the regular season today, Feb. 13, at home against White Mountains Regional at 6 p.m.

NRHS 16-13-5-16-60



JOSHUA SPAULDING

Newfound's Nate Arnold looks to move the ball against the defense of Prospect Mountain's Shaun McAneney in action on Friday night.

**PMHS 12-12-18-11-52
Newfound 60**

T. Belyea 7-0-17, Jenkins 7-0-17, Colby 3-2-9, J. Belyea 4-4-14, Sherkanowski 1-0-2, Hemmingway 2-0-4, Totals 24-6-60

Prospect Mountain 52

Whitehouse 1-1-3, Luscomb 6-0-13, Deane 3-0-9, McAneney 8-1-21, Everett 1-0-3, Zamarripa 1-0-3, Totals 20-2-52

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

Golden Eagle swimmers wrap up regular season

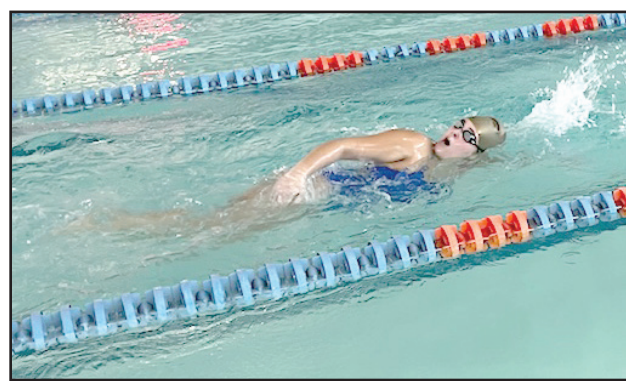


BY JOSHUA SPAULDING
Sports Editor

SALEM — The Gilford swim team wrapped up the regular season with a trip to Salem on Saturday, Feb. 1. The meet was hosted by Windham, with Laconia, Nashua South and Pelham also in attendance.

The meet opened with the 200 medley relay, where the team of Alyssa McKenna, Bailey Juurlink Gagne, Elise Graton and Natalie Clay swam to fourth place overall with a time of 2:52.6. In the 200 freestyle, Juurlink Gagne finished in sixth place with a time of 3:25.49 and Clay swam to seventh place in a time of 3:32.92 in her first time swimming the event. Nate Correira placed second in the event with a time of 2:22.22, which was 23 seconds faster than his previous time swimming the 200.

Three Golden Eagles swam in the 50 freestyle, with Guinevere Freeman dropping 1.5 seconds from her best and Clay and McKenna dropping two seconds from their best times. In the 100 freestyle, Freeman came home 10th while dropping 31 seconds from her



COURTESY PHOTOS

The Gilford swim team wrapped up the regular season with a meet in Salem on Feb. 1.

best time, McKenna was eighth and Graton was second overall.

In the 200 freestyle relay, the team of Graton, McKenna, Clay and Juurlink Gagne finished in fourth place overall with a time of 2:34.97.

Rounding out the meet for the girls, Juurlink Gagne finished in seventh place in the 100 backstroke and Correira swam to the win in the 100 breaststroke, dropping more than sev-

en seconds off his time, continuing his significant time improvements in both of his events.

"All the Eagles swam hard and represented the team well at their last regular season meet," said coach Dave Gingrich, noting that Clay was recognized along with seniors from the other schools.

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

Alpine Timber Wolves wrap up regular season at Gunstock

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Prospect Mountain alpine boys finished up the regular season with a trip to Gunstock on Friday, Feb. 7.

In the morning giant slalom, Charles Bravar led the Timber Wolves in 39th place in 1:54.88, with Evan Fuller in 1:57.78 for 41st place and Brady Glidden in 42nd place in a time of 2:03.3.

Fuller led the Timber Wolves in the afternoon

slalom, with a 30th place finish in a time of 2:19.88. Bravar was 32nd overall in 2:23.37 and Glidden finished in 2:31.82 for 34th place.

The Timber Wolves wrapped up the season at the Division III State Meets, which took place after deadline at Gunstock on Monday and Tuesday.

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

HIGH SCHOOL SLATE

**Friday, Feb. 14
BELMONT**

Boys' Hoops at Conant; 7
Girls' Hoops vs. Conant; 6

GILFORD

Boys' Hoops vs. Kearsarge; 6
Girls' Hoops at Kearsarge; 6:30

WINNISQUAM

Boys' Hoops vs. Fall Mountain; 7
Girls' Hoops at Fall Mountain; 6:30

**Saturday, Feb. 15
BELMONT**

Swimming at UNH; TBD

BELMONT-GILFORD

Boys' Hockey vs. Monadnock; 6:45

WINNISQUAM

Wrestling at Hollis-Brookline; 9:30

**Wednesday, Feb. 19
BELMONT-GILFORD**

Boys' Hockey vs. Kingswood; TBD

GILFORD

Nordic Skiing at Fall Mountain; 2:30

WINNISQUAM

Boys' Hockey at Pembroke-Campbell; 7:30

All schedules are subject to change.

SPORTS CONTINUED,
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ND DELIBERATIVE
(continued from Page A1)

“and/or rehabilitation” in the wording of the purpose of the 1772 Meetinghouse CRF to read: for the purpose of restoration and/or rehabilitation of the 1772 Meetinghouse.

Article 19 would change the Capital Improvement Plan Committee to be under the supervision of the Board of Selectmen, rather than the Planning Committee, as originally authorized in 2007.

With Article 20, the Select Board seeks feedback on exploring bond costs for accelerating Town road repairs, a new public safety and public offices building, and completion of the 1772 Meetinghouse.

Article 21 calls to discontinue the Shirley Cemetery Site Improvement CRF, established in 1994, with those funds of \$1,928.45 and accumulated interest to be transferred to the General Fund. The article is contingent upon Article 22 passing, which calls for those funds to then be placed in the Shirley Cemetery Improvement CRF, established in 2009.

Regarding Articles 23 and 24, Interim Town Administrator Cecile Chase explained that the Department of Revenue Administration (DRA), which reviews all town warrants, instructed the Town to reference RSA 289:2 regarding cemeteries in Article 23 and then provided the Town with Article 24 to limit how funds from the sale of cemetery lots can be used.

An amendment to Article 23, provided by DRA and passed at the deliberative session, calls for monies from cemetery lot sales to be deposited with the Trustees of the Trust Funds, rather than the general fund, for cemetery maintenance.

Article 24 calls to establish a J.C. Shirley Cemetery Expendable Trust Fund for cemetery maintenance. The original wording named the Board of Selectmen as agents to expend from the fund. After residents questioned why the agents to expend would not be the Cemetery Trustees, Town Counsel Shawn Tanguay noted that legally it could be either. An amendment calling for the Cemetery Trustees to be agents to expend passed, along with another amend-

ment changing any references to “cemeteries” in the wording of the article to “cemetery.”

In addition to all of the articles passing, they are recommended by both the Select Board and the budget committee.

Budget Committee Chairperson Terry Jarvis explained that four articles that underwent a change since the pub-

lic hearing on the budget held Jan. 15 are noted on the warrant as being recommended by the budget committee with the terminology “by an A to B vote” rather than a count of individual members’ votes.

Residents are urged to consult the Voters’ Guide, available on the Town website at newdurhamnh.gov, on the docu-

ments page under election information. Jarvis said the guide explains each article “in plain English” that clarifies the required legal wording in the warrant.

Three town officer spots are unfilled and available for write-in candidates: a Library Trustee with a three-year term, and two three-year positions on the Zoning

Board of Adjustment.

Regarding other town officer positions, there are no races.

Running for selectman is Rudy Rosiello; budget committee, Ellen Phillips and Kristyn Bernier; cemetery trustee, Kelli Kostick; library trustee, Patrice Mitchell; planning board for three years, Tim Roukey; planning board for two years,

Scott Drummey; town clerk, Alicia Housel; trustee of the trust funds, David Allyn; and zoning board of adjustment for two years, Ken Fanjoy.

Candidates’ Night will be held at the Community Room on Wed., Feb. 19 at 6:30 p.m. and voting will take place at the New Durham School on Tues., March 11 from 7 a.m. – 7 p.m.

HELP WANTED



ATS Precision specializes in the manufacture/CNC machining of aerospace products, valve components, biotech products, military hydraulics, microwave connectors, and welding. We are currently hiring:

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TRACK
(continued from Page A1)

out Kingswood’s Kylie Rapoza.

Sawyer also finished second in the preliminaries of the 55 meters in a time of 7.56 seconds and then finished third in a Lakes Region sweep of the podium in the finals, finishing in 7.57 seconds behind Belmont’s Ava Lacasse and Rapoza.

Emily Aguiar ran to ninth overall in the 55-meter hurdles in a time of 9.98 while in the 4X400-meter relay, the team of Aguiar, Catherine Fay, Grace Southworth and Sawyer finished in sixth place in a time of 4:37.27.

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

SHAKER REGIONAL SCHOOL DISTRICT BOYS MIDDLE SCHOOL BASEBALL COACH

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

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.

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.

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.



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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.

Masons hosting monthly breakfast Sunday

ALTON — It's President's Day Weekend, and you know what that means. The Alton Bay Winter Carnival will be in full swing on Sunday with all sorts of activities on and off the ice.

On Sunday, Feb. 16, the Masons of Winnipisaukee Lodge in Alton will hold their monthly Breakfast

Local residents named to Clark University Dean's List

WORCESTER, Mass. — Clark University announced students named to the Fall 2024 Dean's List.

Aidan Joseph Conrad of Alton was named to first honors.

Emalee R. Bunker, of Barnstead was named to first honors.

Students must have a GPA of 3.8 or above for first honors or a GPA between 3.50 and 3.79 for second honors.

Founded in 1887, Clark University is a liberal arts-based research university that prepares its students to meet tomorrow's most daunting challenges and embrace its greatest opportunities. Through 33 undergraduate majors, more than 30 advanced degree programs, and nationally recognized community partnerships, Clark fuses rigorous scholarship with authentic world and workplace experiences that empower our students to pursue lives and careers of meaning and consequence.
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Buffet from 7:30 to 11 a.m., open to the public, at the Lodge on Route 28, a quarter mile south of the Alton Circle. With fruit, biscuits and gravy, scrambled eggs, omelets, bacon and sausage, home fries, beans, pancakes, French toast, coffee and juice being served, it is a perfect time for family and friends to sit down and enjoy an all you can eat breakfast buffet. Cost is \$12. They hope to see you there (always on the third Sunday of the month).

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



COURTESY
The following Kingswood Regional Middle School students received the January SuperKnights Award for "Honesty." In the first row are Everett Dupel, Lucy Burr, Olivia Collopy, Logan Thurber, and Ethan Johnson. In the second row are Arianna Wilson, Madi Fahey, Allie George, Finn O'Brien, and Aiden Nisbet. Congratulations!

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