

The Baysider

THURSDAY, APRIL 2, 2026

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FREE

Ryder, Byars earn All-State honors

Jason Parent named Division III Coach of the Year

BY JOSHUA SPAULDING
Sports Editor

REGION — After successful seasons on the ice, numerous local hockey players and one local hockey coach earned All-State honors when the Division III boys' hockey All-State teams were announced at the conclusion of the season.

Berlin-Gorham's Boyd Poulin capped off a stellar career by earning the Division III Player of the Year honors while Belmont-Gil-

ford coach Jason Parent was named Division III Coach of the Year.

Joining Poulin in earning First Team All-State honors were Belmont-Gilford's Max Ryder, Berlin-Gorham's Dillon Boucher and Kingswood's Jake Dubuc and Nate Cloos. Locals earning Second Team All-State honors were Berlin-Gorham's Hudson Goulet, Kennett's Aiden Lane, Owen Zipf and Brady Parsons and Belmont-Gilford's Colton Byars. Third Team



JOSHUA SPAULDING

Belmont-Gilford's Max Ryder was named Division III First Team All-State for his junior season.

honors were earned by Kearsarge-Plymouth's Landon Custance, Evan Hill of Berlin-Gorham, Keller Peacock of Kingswood and Tucker Laughland of Kennett.

Joining the locals in earning First Team All-State honors was Kip Hedquist of John Stark-Hopkinton-Hillsboro-Deering while Second Team honors also went to Kaden Kirby of Monadnock-Fall Mountain-Conant.

Also earning Third Team honors were Thomas Hanson of Pembroke-Campbell and Finan Murphy of John Stark-Hopkinton-Hillsboro-Deering.

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

Community dinner to support Old Home Day fireworks

GILFORD — Residents are invited to enjoy an Italian-style community dinner later this month while helping support one of Gilford's most anticipated summer traditions.

The Gilford Old Home Day Committee is hosting a fundraising Italian feast on Saturday, April 18, at 6:30 p.m. in the downstairs hall at Gilford Community Church, 19 Potter Hill Rd. Proceeds from the event will support the fireworks display planned for this year's Gilford Old Home Day celebration.

The dinner will feature baked jumbo stuffed shells, Italian meatballs and sweet sausage, tossed salad, rolls, and a chef's choice dessert. The meal will be prepared by Chef

Dan Barnhart of The Plate Lunch. Attendees are welcome to bring their own beverages.

Tickets are available for a \$20 donation per person, and advance reservations are required by Friday, April 10. Reservations may be made by bringing cash or a check payable to Gilford Old Home Day to the Gilford Parks and Recreation Department, located next to the town clerk's office at Gilford Town Hall, 47 Cherry Valley Rd.

Organizers said the fundraiser will help ensure the continuation of the community's annual fireworks display, a long-standing highlight of Old Home Day festivities.

For more information, contact the Gilford Parks and Recreation Department at 603-527-4722.

Professor of Theology and Global Studies to speak in Alton

ALTON — The public is invited to come and hear Dr. Chris Gnanakan, Professor of Theology and Global Studies at Liberty University, speak at New Hope Chapel (formerly Community Church of Alton) in Alton on Saturday evening, April 18 from 5:30 to 8 p.m. All are welcome!

Gnanakan's journey has taken him from the streets of Bangalore, India, to renowned Professor of Global Theology at Liberty University, and Director of Leadership Development for Christar. He travels the world extensively to places such as India, Pakistan, Nepal, and other restricted access countries, to train ministry leaders with the



COURTESY PHOTO

Dr. Chris Gnanakan

Christian message. He goes where most others cannot. His recent trip took him to Malta Island where the Apostle Paul was shipwrecked and famously preached in 59 AD.

Gnanakan now comes to Alton to share his message and provide you with hope. He is a wonderful and engaging speaker; you won't want to miss it! The event will include a pot luck dinner and an opening presentation from our own Camp Sentinel in Tuftonboro.

A potluck dinner will be served at 5:30 p.m., with the presentation to begin promptly at 6 p.m.

For questions and RSVPs, contact the church at 603-875-5561.

Kingswood seniors elected to leadership roles in YMCA Youth & Government Program

WOLFEBORO — Two seniors from Kingswood Regional High School have been elected to leadership positions in the New Hampshire YMCA Youth & Government program, marking a first for the school.

Youth & Government is a national YMCA program that engages thousands of teens each year in state-organized model government programs. At Kingswood, the program is led by advisors Ken Joy (18 years) and Michael Abraham (11 years), who guide students as they learn about the legislative, executive and judicial branches of government and develop skills in parliamentary procedure, bill writing, debate, and public policy.

Kingswood Regional High School has participated in Youth & Government since the early 1990's under the leadership of the fondly remembered Mr. David Knox. Students in the Kingswood delegation meet throughout the school year



COURTESY

Left to right: Evan Thurston, Thomas Benker, and Bryce Sandlin.

to study the legislative process and draft proposed legislation. Their bills are compiled into a statewide bill book and debated by student-run House and Senate committees; if passed, bills are then considered by a stu-

dent governor and executive council, while a student Supreme Court reviews legislation for constitutionality. Each March, students attend a pre-legislative session where statewide student leaders are elected to run

the program's culminating event—the two-day Model Legislative Session held at the State Capitol in Concord each April, where students sit in the seats of the Executive Council, House and Senate chambers, and the

Supreme Court to debate legislation and experience the democratic process firsthand.

This year, two Kingswood seniors were elected to those statewide leadership roles.

Thomas Benker was elected to serve as the program's Chief Justice of the Supreme Court, where he will review student-written legislation for constitutionality and guide judicial proceedings. Evan Thurston was elected Speaker of the House, a leadership position responsible for overseeing debate, maintaining decorum and parliamentary procedure, and guiding the work of the student House of Representatives during the legislative session.

Their selection reflects not only individual achievement, but also the strength of the Kingswood program and the impact of sustained student engagement in civic learning. As advisor Ken Joy noted, the program has

long provided meaningful opportunities for students to grow both academically and personally.

"This program has been a gift to the students and faculty of KRHS for many years," Joy said. "Actively participating in the democratic process, practicing politics, learning about New Hampshire's unique approach to government, making friends with students around the state, and watching our students learn from failure and find success has been so rewarding. Tommy and Evan have grown through all of these experiences over the last four years. Mr. Abraham and I couldn't be prouder or more excited to watch them serve as leaders of the 2026 YMCA Youth & Government model legislature. Their excitement and enthusiasm this year has been a great encouragement to all of us, and the future of our republic looks bright with students like these."

Alton Parks and Recreation Community Connection

Alton Egg Hunt

The Alton Parks and Recreation Department and the Gilman Library are sponsoring a community event for ages 0-10 years old on Saturday, April 4 at the Gilman Library. Join the fun as we hunt for colorful plastic eggs hidden throughout the Library, then make a ladybug or butterfly craft to take home. A special guest is also planning to be there for selfies, and family photos so

plan to bring your camera. Bring a container to collect your eggs in and arrive at the following times: Ages infant to four years — 9 a.m. start time for Egg Hunt-craft to follow; Ages five to 10- 10 a.m.-start time for Egg Hunt-craft to follow. The event is free to Alton residents. Parking is on Main Street and B&M Park. Please use the rear entrance of the Library to enter for the event. For more information

contact Alton Parks and Recreation at 603-875-0109, parksrec-asst@alton.nh.gov.

Guided Meditation

The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring Guided Meditation with Karen Kharitonov on Thursdays April 2, 16, May 7 and May 21 from 6:30-7:15 p.m. at the Gilman Library, Agnes Thompson Meet-

ing Room. Meditation is helpful for reducing stress and slowing our bodies down to breathe. The program is free, donations accepted to benefit the food pantry. For more information, contact Alton Parks and Recreation at parksrec@alton.nh.gov or 603-875-0109.

Hit the Trail!

Hiking programs offered for all levels

Join hiker, Bonnie Dodge, for beginner focused hikes on Fridays starting April 3 or progressive hikes on Wednesdays starting April 15. Hikes start at 10 a.m. at the trail head in Alton and surrounding Towns.

Beginner Friday hikes are a great opportunity for hesitant folks to discover the wonderful world of hiking and learn about the best trails in the area—the program is focused on hikes for beginners. Sign up at parksrec-asst@alton.nh.gov or 603-875-0109 the Wednesday before the hike day.

Progressive Wednesday hikes are for those that are looking for a hiking challenge. The hikes will gradually increase in difficulty each week—making this a great way to be outside and exercise. Sign up at parksrec-asst@alton.nh.gov or 603-875-0109 the Monday before the hike day.

Alton Town Wide Yard Sale

The Alton Parks and Recreation Department is sponsoring its Annual Town Wide Yard Sale on Saturday, June 6, rain or shine from 8 a.m.-2 p.m. If you would like to participate by having a Yard Sale at your house contact the Parks and Recreation Department at 603-875-0109 or parksrec-asst@alton.nh.gov before May 18, 2026 with your Yard Sale address location. When signing up please include your name, phone number and com-

plete physical address. Free Yard Sale maps will be available after May 27.

USTA Spring Tennis Lessons — Adults

The Alton Parks and Recreation Department is sponsoring Tennis in the Parks for adults on Wednesdays at the Liberty Tree Park Tennis Courts from May 6-June 10 from 6-7:30 p.m. Registration is \$75, includes instruction with a USTA New England certified instructor. Basic tennis skills will be taught: forehand, backhand, serve, overhand and volley. Register by April 17, class size is limited to seven. Registration forms are available at www.alton.nh.gov or stop by the Parks and Recreation Kiosk at 328 Main St. to sign up. Contact parksrec@alton.nh.gov or 603-875-0109 for more information.

Start your own edible garden seedlings — warm season seedlings

The Alton Parks and Recreation Department is sponsoring a gardening class with Lisa Hynes, Gardenary Certified Consultant and Kitchen Garden Coach on Saturday, April 18 from 1-2:30 p.m. at the Alton Bay Community Center, \$35 per person, plus \$20 materials fee. Lisa will give a lesson on Seed Starting 101, with instructions on setting up a seedling tray. Plant a 10-by-20-inch tray of warm season seeds- tomatoes, basil, kale, Swiss Chard, calendula, etc. Receive instructions on how to get the baby seedlings off to a good start and growing well indoors for the next four to six weeks, as well as hardening the seedlings to plant outdoors at the right time. Register at the Parks and Recreation Department by April 13. For more information and to register, contact parksrec-asst@alton.nh.gov or call 603-875-0109.

Weight Training classes — Mondays and Wednesdays

The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednes-

days, with AFAA Certified Instructor Kellie Troendle, from 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abilities. This program is ongoing. 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.

Pilates Classes in Alton Bay — Tuesdays and Thursdays

The Alton Parks and Recreation Department is sponsoring Pilates classes at the Alton Bay Community Center on Tuesdays and Thursdays, 9:30-10:30 a.m. with certified instructor Donna Lee. All level adults are welcome for a full body, low impact class that will improve muscle tone, flexibility, balance and strength. Pre-registration is \$10 per class or \$15 drop in. Bring a mat and water. For more information/register contact Donna at breathepilates1@yahoo.com or parksrec@alton.nh.gov.

Dungeons and Dragons

Alton Parks and Recreation is sponsoring a weekly Dungeons and Dragons adventure on Wednesdays at the Alton Bay Community Center from 6-8 p.m. The program is free for ages 18 and up. Sign up at parksrec-asst@alton.nh.gov or 603-875-0109 to secure your game slot. Join in the fun with friends or plan on meeting new people.

Alton Parks and Recreation Department podcasts

For people that want a quick summary of the programs, events and activities going on at the Parks and Recreation Department, check out the Alton Parks and Recreation Department “Community Connection” podcasts which are available on the Town of Alton Web site: www.alton.nh.gov under Parks and Recreation.

Gilford Public Library Classes & Special Events April 2 - April 9

Thursday, April 2

Senior Sculpt, 9-10 a.m.
Fun and Fitness with Joyce, 10-11 a.m.
Jelly Bean Bracelets, 3-4 p.m.
Kicking off April we are making Jelly Bean Bracelets! Fun, easy and delicious!
French, 3-4 p.m.
Beginner Line Dancing, 4-5 p.m.

Friday, April 3

Geri Fit, 9-10 a.m.
Bridge, 10 a.m.-noon
Rooted & Rising Chair Yoga, 10-11 a.m.
Preschool Storytime, 10:30-11:30 a.m.
Hand & Foot, noon to 2:30 p.m.
Happy Crafters, 1:30-2:30 p.m.
Advanced Conversational German, 2:30-3:30 p.m.
Bunny Hop Storywalk, 3:30-5 p.m.
Gilford Parks-Recreation Department have teamed up with us to celebrate Easter with an adventurous storywalk that includes an egg hunt! *Sign-up is required* Call Gilford Parks-Recreation Department: (603) 527-4722. The deadline to sign-up is March 27. This event is for fourth graders and under, accompanied by parents/

guardians.

Saturday, April 4

Beginner Line Dancing, 10:15-11:15 a.m.

Monday, April 6

Fun and Fitness with Joyce, 9-10 a.m.
Baby Storytime, 10-11 a.m.
Tai Chi, 10:15-11 a.m.
Bits & Bytes, 11 a.m.-noon

This month's topic will be on photo organization as well as the creation of albums.

Tuesday, April 7

Feel Good Fitness with Dottie, 9-10 a.m.
Senior Sculpt, 10-11 a.m.
Preschool Storytime, 10:30-11:30 a.m.
Adult Craft Wooden Mushrooms, 1-2 p.m.
Death Cafe, 1-2 p.m.
Dungeons and Dragons, 3-4:30 p.m.
Beginner Line Dancing, 4-5 p.m.

Wednesday, April 8

Geri Fit, 9-10 a.m.
Senior Stretch Yogaah!, 10-11 a.m.
Card Games, 10 a.m.-noon
Check out an Expert,

10 a.m.-noon

Paint Group, 1-3 p.m.

Early Release: Wooden Magnets, 1:30-2:30 p.m.

Paint your own wooden magnets!

Tween Early Release: Egg Hunt, 3-4 p.m.

Older kids join us for your very own classic egg hunt!

Thursday, April 9

Senior Sculpt, 9-10 a.m.
Fun and Fitness with Joyce, 10-11 a.m.
French, 3-4 p.m.
Decluttering and Organizing Seminar, 5:30-6:30 p.m.

Join Bank of NH: Prestige Plus for a practical and uplifting seminar designed especially for individuals who are ready to simplify their spaces and create more ease in their daily life. Learn helpful tips for downsizing, organizing cherished belongings, and making your home feel lighter. Whether you're preparing for a move, looking to reduce clutter, or simply want your home to feel more organized, this session will provide strategies, inspiration, and confidence to help you take the next step.



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Gilford Community Church serves as year-round hub for Scouts near and far

GILFORD — The Gilford Community Church (GCC) continues to establish itself as a welcoming, year-round hub for scouting groups from across the region. From weekly meetings to special events and overnight stays, GCC offers a versatile space that supports the growth, learning, and connection that scouting is all about.

Local Boy Scout and Girl Scout troops regularly gather at GCC for their weekly meetings, taking advantage of the church's accessible location and community-focused environment. These consistent meet-ups provide scouts with a reliable place to build skills, foster friendships, and engage in meaningful activities.

Recently, a Cub Scout pack from Gilmanton brought energy and excitement to GCC as they hosted their Pinewood Derby at the facility. The event brought together scouts and families for a day of creativity, competition, and fun!

Beyond local use, GCC also attracts Boy Scouts from farther



Pictured: Gilmanton Cub Scout Pack #242 hosting their Pinewood Derby.

COURTESY

away. Some out-of-state troops travel to the area for weekend trips, staying overnight at the church while spending the day skiing at Gunstock Mountain Resort.

Through its continued support of scouting programs, GCC plays an important role in bringing together young people from different towns and backgrounds. Whether for a weekly meeting or a weekend getaway, the church remains a valued resource

for scouts near and far.

Located in Gilford at 19 Potter Hill Rd., the Gilford Community Church (GCC) is an inclusive, open community that welcomes believers and doubters, seekers and skeptics, young and old. Viewable live on Facebook and available on YouTube, Sunday service at GCC takes place at 10 a.m. To learn more, or virtually attend service, visit www.gilfordcommunitychurch.org.

Granite VNA offers Caregiver Connection in Wolfeboro

WOLFEBORO — Granite VNA offers Caregiver Connection on Monday, April 13 from 10 to 11:30 a.m. at Harmony Coffee House, 21 Central Ave. in Wolfeboro.

Join us and connect with other family caregivers, while enjoying an opportunity to unwind and have discussions rich in empathy and resources.

Pre-registration is not required. For more information, call (603) 224-

4093 or (800) 924-8620, ext. 85664 or visit www.granitevna.org. This program is offered at no charge.

About Granite VNA

Granite VNA is a not-for-profit licensed and certified home health and hospice care provider. The agency serves people of all ages in 72 communities across the Greater Capital Region and Central New Hampshire by providing

home care, hospice care, pediatric and maternal child health services, and wellness programming. The agency has offices in Concord, Laconia and Wolfeboro. Formed through the merger of Concord Regional VNA and Central New Hampshire VNA & Hospice, Granite VNA has served New Hampshire since 1899. For more information about Granite VNA, visit www.granitevna.org.

Fernald, Genakos earn All-Academic honors at Plymouth State

PLYMOUTH — The Little East Conference (LEC) announced a league-high 77 Plymouth State University student-athletes competing in the league's winter championship sports have been named to the 2025-26 LEC Winter All-Academic Team on Thursday.

To be named to the LEC All-Academic Team, a student-athlete must be at least in sophomore standing in the classroom, have a cumulative GPA of 3.30 or higher through the previous semester, and have been at their current institution for at least one full academic year.

A total of 586 student-athletes league-wide were recognized in the sports of men's and women's basketball, men's and women's ice hockey, men's and women's indoor track and field, and men's and women's swim-

ming and diving.

The LEC's All-Academic Teams are announced following the conclusion of their respective championship seasons and there were numerous local athletes included.

From the women's basketball team, honorees include Sophie George of Meredith, Kaley Goodhart of Conway and Kayley Merrifield of Meredith.

For the men's hockey team, the local honoree was

Matt Hale of Center Harbor.

The local honoree from the men's indoor track and field team was Noah Francis of Bethlehem and for the women's indoor track team, Amber Fernald of Alton and Molly Glew of Plymouth were honored.

Karson Genakos of Gilford was honored for his season with the men's swimming and diving team.

Plymouth State's 77 honorees was the most in the Little East Conference.

Restaurant Week returns April 17 to April 25!

WOLFEBORO — Mary DeVries. Wolfeboro Area Restaurant Week begins April 17 offering residents and visitors a variety of delicious dining experiences all around the community. Creative menus will showcase the local flavor.

"We are thrilled to announce the 2026 Presenting Sponsor is Amoskeag Beverages, proudly supporting local businesses," expresses Wolfeboro Area Chamber of Commerce Executive Director

Amoskeag is a leading beer and alcohol distributor.

"The key to making this culinary event happen is of course participation by local area restaurants and specialty food shops. If your business has not already joined the event, there is still time to be a part of the celebration," invites DeVries.

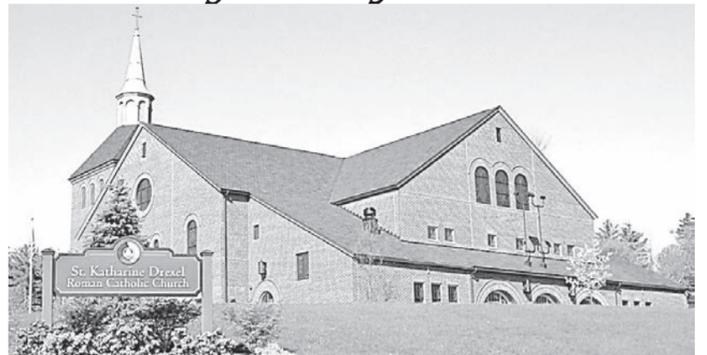
Sponsorships are also available and vendors who work with local businesses are en-

couraged to consider a partnership during the event.

Restaurant Week is a Community Event organized by the Chamber of Commerce to celebrate and showcase local businesses, highlighting restaurants and specialty shops.

For more information, please reach out to DeVries via mary@wolfeborochamber.com or telephone the Chamber of Commerce at 569-2200.

You're invited to God's family reunion!



Saint Katharine Drexel Church on Route 28 between Alton and Wolfeboro..



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

- April 2: Holy Thursday Mass, 7:00 p.m.
- April 3: Good Friday, The Passion of Our Lord, 7:00 p.m. (Ecumenical Service: All Saints Church in Wolfeboro at Noon)
- April 4: Holy Saturday, Easter Vigil Mass, 7:00 p.m.
- April 5: Easter Sunday Masses, 8:30 and 10:30 a.m.



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Opinion

SECTION A, PAGE 4

SALMON PRESS, THURSDAY, APRIL 2, 2026

Keeping the spark alive for Old Home Day

There are certain traditions in a town that feel bigger than any one event on the calendar. In Gilford, Old Home Day is one of them. It is the kind of celebration that brings neighbors together across generations, welcomes back families who moved away years ago, and reminds everyone why they chose to live here in the first place. And for many people, the fireworks display is the moment that captures that spirit most clearly.

That is why efforts like the upcoming Italian dinner fundraiser on April 18 matter so much.

Community celebrations do not happen on their own. They depend on volunteers, donations, planning committees, and residents who are willing to show up and support something that benefits everyone. The Gilford Old Home Day Committee's dinner at Gilford Community Church is a simple example of how a town keeps its traditions alive through shared effort.

The fireworks at Old Home Day are not a small undertaking. They require funding, coordination, and months of preparation. Yet they are also one of the most anticipated parts of the celebration. Families gather on blankets. Children stay up later than usual. Neighbors who may not have seen each other since last summer find themselves side by side again, watching the sky together.

Those moments do not appear by accident. They are built one fundraiser at a time.

There is something especially fitting about a community dinner serving as the vehicle for that support. A shared meal has always been one of the most natural ways for people to connect. Sitting down together reminds us that Old Home Day itself is not only about entertainment. It is about belonging.

Events like this also give residents a chance to participate in the celebration before the summer even begins. Supporting the fireworks display in April helps shape what the town will experience in the warmer months ahead. It turns Old Home Day from something people attend into something they help create.

Gilford has always been fortunate to have strong volunteer organizations and civic groups willing to take on projects like this. The Old Home Day Committee is part of that tradition. So are the many residents who attend fundraisers, donate supplies, and lend their time each year. Without that steady support, even longstanding events can begin to fade.

Instead, Gilford continues to show that traditions remain strong when the community takes ownership of them.

The April 18 dinner offers a chance to do exactly that. It is a modest commitment that carries a larger meaning. Buying a ticket helps ensure that when Old Home Day arrives, the evening will still end with families gathered under the same familiar bursts of light over town.

Those fireworks are not only a spectacle. They are a signal that Gilford still values the traditions that bring people together.

Supporting them is one small way to keep that signal shining for another year.



COURTESY PHOTO

Sunshine and spring breezes invite colorful flags flying. Shown here are the national flags of USA and Ukraine. As part of Stuart Leiderman's Ukraine Victory Garden Project, schools and master gardeners can write for free packets for research and education c/o leiderman@mindspring.com.

LETTERS FROM EDWIN

Rejuvenated

Since the kids were small, I have been cooking pancakes every Sunday morning. Once I figured out that I could freeze them and have them for breakfast throughout the week, it's been ongoing. Being a gluten free guy since the nineties, I had to learn to make some kind of bread thing. The options off the shelf were totally marginal, and quite expensive. I'd have three burners for me and one for the boys.

Recently, there have come available some really good gluten free breads. But I have continued with my weekly pancake tradition. Today, knowing that I had enough for next week in the freezer, and a new loaf of bread, I went off tradition and made myself French toast. Another food item that I haven't enjoyed in years. To make it extra special, I cooked up a couple pieces of bacon on the side. After listening for decades now that such foods were bad for me, I avoided such delightful items, butter included. It's refreshing to hear that these fears I was harboring are not necessarily so.

Let me tell you, I totally enjoyed my meal thoroughly. Included

was my homemade maple syrup. I'll be hard pressed not to repeat it. Sometimes my mother would make me French toast for lunch so I could easily see myself broaden my menu accordingly.

The snow looked the same as yesterday, so when I got home from church, I had a quick peanut butter and banana on Wasa snack, then headed out to enjoy the snow while it's still here. There's not enough coverage left to head down to the swamp, so I had to keep it more local, which is a good thing, I disgustingly admit that I barely have the gumption to keep going for an hour. I did better than yesterday but I hoped that the snack would have helped more. Hopefully next year I won't be ill for two months.

After romping around the woods, much more than I did yesterday, I remembered crossing a neighboring open area yesterday that was actually skateable. Heading homeward to try it again before I was totally exhausted, I realized that my back yard was similar, so I skated all around there. And around and around. Wide open ar-

reas of natural snow are getting hard to find. After doing a few circles, I switched to figure eights to equalize left and right turns. Tomorrow morning after sunrise, when I look down from my bathroom window, I'll get to see all my tracks contrasting in the shadows.

Tomorrow it's forecast to be warm with heavy rain. Not a good outlook for the snow. It's supposed to get cold again Tuesday night, but that may be too late. I'm supposed to work up at the mountain on Thursday, so I'll keep hoping. Warm rain is death to ski trails. My yard will probably end up snowless.

There are three weeks left before the mountain is scheduled to close down skiing for the season. It's been years since the Nordic Center has been open since opening day like it was this year. Wouldn't it be amazing if it could likewise remain open till closing day. Another miracle waiting to happen. That would be historic.

That tomorrow morning has arrived. It's all overcast so there's no sun or shadows, the back yard just appears a monotone white. The rain has already start-

ed dancing off the skylights. The twenty hours of heavy rain aren't supposed to start for a couple of hours. I think I'll be staying inside today.

I was given this digital bathroom scale that didn't work. People know that I can fix things so I get blessed. Provided I accept. I have this heavy old metal spring scale that continues to work fine, but I thought that I could upgrade to "digital accuracy". One of the batteries needed it's little insulating sticker peeled off. It worked. That was too easy.

Unfortunately it only displayed the weight in kilograms. I tried taking it apart but that turned into a major deal. That's the problem with these new throw away gadgets. There was a mode switch on the bottom that had no effect on the scale's readout. I reached up and grabbed the can of magic contact rejuvenating stuff, gave it a good squirt, then flipped the switch a few times, leaving it in the pounds position. Yahoo, it now reads what I understand.

E.Twaste

Correspondence welcome at edwintwaste@gmail.com

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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Letters to the Editor

Did you know we have an Easter Bunny?

To the Editor:

For almost 10 years, Connie Fellows has been making Easter Baskets for the local surrounding communities. She makes baskets for kids from local schools like Epsom, Concord, Alton, Pittsfield, Barnstead, End 68 Hours of Hunger, and Pine Haven Boys Center. And by the way, anyone else who asks.

Her baskets are amazing. They are filled with candy, chocolate, toys, stuffed animals and just so much stuff! Every year, she reaches out to the community on social media pages and ask for donations. Oh boy, does the community respond! She receives so much!

However, she does spend some of her own money to buy special things. Especially when she has a child with special needs like autism or allergies to wheat etc. She goes out of her way to make a basket special for that one kid.

thought it was important to take the time to recognize this special and amazing person who gives of herself unconditionally to bring joy to the families who need it the most. Without folks like connie, we would not be able to put a smile on kids faces on this

special day like Easter which celebrates the resurrection of Jesus and the hope of eternal life.

Recently, Connie shared with us publicly that she was facing some health challenges. We all were concerned and offered to help, but she said, "No, I got it! This is my joy!" We did however, let her know, that we are for her, meal train, shopping, whatever we can do for her. Your community is here for you!

This is what community is all about! People helping people. Caring, concern and support. No questions, no judgement, just pure love of community and its people.

Thank you to all our community people who take the time to make someone smile, you are appreciated!

I encourage all of our communities to use kindness in your life and do not be afraid to help someone less fortunate. It really does, make you feel warm inside, it is an amazing feeling.

God Bless, and Happy Easter!

Lori Mahar

Program Coordinator

End 68 Hours of Hunger Alton/Barnstead/Pittsfield

Easter looks a little different, but also the same

There's something about Easter in New Hampshire that feels different from Easter anywhere else.

Maybe it's because spring doesn't arrive all at once here. It comes slowly. Carefully. One muddy boot at a time. One patch of brown grass turning green along a stone wall. One stubborn snowbank shrinking behind the town garage while the rest of us pretend not to notice it anymore.

When I was younger, Easter always seemed like a promise. Not a loud promise. A quiet one. The kind you didn't talk about too much because you didn't want to scare it away.

Even now, I still look for the same signs each year. The sound of water running under the ice along the roadside. The smell of damp earth when the sun finally

gets strong enough to mean business. Folks standing a little longer outside the post office or the general store because suddenly it feels good to be there.

And somewhere in the middle of all that, Easter shows up.

Around here, Easter morning doesn't usually arrive with flowers already blooming and lawns already green. More often than not, it arrives with jackets still hanging by the door and maybe even a crust of frost on the windshield. But that never seemed to bother anyone I knew growing up.

People still dressed up a little. Not fancy, exactly. Just enough to mark the day as different.

I can still picture the church parking lots filling earlier than usual, families stepping carefully around puddles

from melting snow. Kids holding baskets they were trying very hard not

to peek into before the right moment. Someone always carrying a tray covered with foil.

And afterward, the slow drifting home.

That might be my favorite part.

Cars pulling into driveways. Doors opening and closing. Kitchens warming up again. The smell of ham or potatoes or something sweet already waiting on the counter. Maybe a neighbor waving from across the road because they were doing the exact same thing you were doing at the exact same time.

It wasn't a big production. It was steady. Familiar. Reliable in the way small-town life so

KIND HEARTS, COLD WINTERS By CHIPPY

often is. These days, Easter looks a little different in each family. Some people travel. Some gather three generations around the same table. Some keep things quiet and simple. Some head out to egg hunts on town greens or library lawns if the weather cooperates.

And some years, Easter feels less like an event and more like a moment.

A moment when the air changes.

A moment when you realize the sun is still out after supper.

A moment when you catch yourself thinking about planting something again, even if it's only in a small patch by the steps.

I've noticed that folks around here don't make

a lot of noise about hope. We're not the sort to put big words on it. But we believe in it all the same. You can see it in the way people check on neighbors after a long winter. In the way someone clears the last bit of snow from the end of a shared driveway without being asked. In the way towns begin planning their spring events before the frost is even fully gone.

That feels like Easter to me.

Not something you announce.

Something you notice.

Even now, after all these years, I still find myself stepping outside around Easter morning just to take a look at things. Nothing dramatic. Just the trees, the sky, the road, the fields that are beginning to wake up again.

Every year, they look a little different.

And every year, they look exactly the same.

Gilford police log

GILFORD — The Gilford Police Department reported the following arrests from March 16-29.

Jeremiah W. Hunter, age 28, was arrested on March 16 in connection with a warrant.

Trevor Robert Bond, age 42, was arrested on March 17 for Criminal Trespassing.

Bruce L. Terrio, Jr., age 43, was arrested on March 17 for Driving After Revocation or Suspension of license.

Kevin M. Crowe II, age 48, was arrested on March 19 for Driving After Revocation or Suspension of license and operating a vehicle after Suspension of Vehicle Registration.

Matthew Dian Gamble, age 21, was arrested on March 21 in connection with a warrant.

A 42-year-old male was taken into protective custody for intoxication on March 21.

Rocco A. Dipietro, age 36, was arrested on March 21 for DUI-Impairment and in con-

nection with a warrant. A 36-year-old female was taken into protective custody for intoxication during the same incident.

Scott Ramsay, age 65, was arrested on March 21 for Violation of a Protective Order.

Alysia M. Baker, age 35, was arrested on March 22 for Theft By Deception after two prior theft charges.

Joshua A. Cheney, age 44, was arrested on March 24 in connection with a warrant.

Rebecca Ann Chatsowsky, age 60, was arrested on March 26 for Driving After Revocation or Suspension of license.

Nathan Lloyd, age 38, was arrested on March 29 for operating a motor vehicle after Suspension of Vehicle Registration and in connection with a warrant.

Tyler Joseph Sinclair, age 28, was arrested on March 29 for DUI-Impairment.

Alton Central School to hold Kindergarten screenings April 23 & 24

ALTON — Alton Central School will conduct Kindergarten screenings for the 2026-27 school year on April 23 and April 24.

Families with children who will turn five years old by Sept. 30, 2026 are encouraged to contact the school to schedule a screening appointment.

Parents and guardians can arrange a date and time by contacting Traci Cameron at tcameron@sau72.org.

School officials note that families whose children are not currently enrolled in the

Alton Central School pre-Kindergarten program will need to provide several documents at the time of registration. Required paperwork includes a copy of the child's birth certificate, immunization record, most recent physical examination record, and proof of residency.

Kindergarten screening appointments help school staff prepare for the upcoming academic year and ensure incoming students are ready for the transition into the classroom.

Comfort Keepers

When in-home care is a great option for seniors

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

As we age, maintaining independence while staying safe and comfortable becomes increasingly important. For many older adults, in-home care provides the ideal solution, offering personalized support that helps them thrive in familiar surroundings. This type of care, delivered by trained caregivers, focuses on assisting with daily activities, providing companionship, and enhancing quality of life.

In-home care is especially beneficial for individuals who need support with daily activities but do not require medical intervention. The goal is to enhance quality of life by addressing personal and emotional needs while promoting independence. This type of care can be short-term—such as during recovery from surgery—or long-term for older adults who need continued assistance. Examples of in-home care services include:

- Assistance with bathing, dressing, and grooming
 - Meal preparation
 - Light housekeeping
 - Companionship
- Seniors benefit from care at home**

As healthcare professionals, you understand the critical role that individualized care plays in maintaining a high quality of life for older adults. Home-based care offers a valuable opportunity for seniors to receive essential support while remaining in the comfort of their own environment. This approach respects their independence and provides tailored care that adapts to each individual's unique needs and preferences. From personal care and meal preparation to companionship, home care encompasses a wide array of services designed to enhance both physical health and emotional well-being. By opting for care at home, old-

er adults can continue living life on their own terms, supported by compassionate care that helps them thrive. Below are some of the key benefits of home-based care for seniors:

Provides safety, comfort, and convenience at home

Creating a safe, comfortable, and convenient home environment is essential for the well-being of older adults. By putting the right measures in place, seniors feel more secure and improve their quality of life. Home-based care providers play a crucial role in supporting safety through fall prevention, medication reminders, and maintaining a clean, organized living space. Comfort is enhanced by allowing seniors to stay in familiar surroundings, surrounded by their cherished belongings and memories. Also, incorporating convenient features like smart home technology and ergonomic adjustments can make daily activities easier and more efficient. By focusing on safety, comfort, and convenience, home-based care creates an environment where seniors can truly relax, maintain their independence, and enjoy an improved sense of well-being.

Assist in preventing hospital readmittance

Hospital readmission can occur due to challenges like insufficient follow-up care, medication issues, or a worsening of the initial condition. This experience can be difficult for patients and their families and puts additional strain on the healthcare system. To help prevent readmissions, comprehensive discharge planning and patient education are key. By working closely with patients and their caregivers—ensuring effective medication management, timely follow-up appointments, and understanding the signs of potential complications—we can reduce the risk of readmission. These proactive

measures enhance the health and well-being of patients, allowing them to recover more confidently at home.

Personalized care for seniors

For many seniors and individuals with chronic health conditions, aging at home is an important aspect of maintaining their quality of life. Advances in telemedicine and remote health monitoring have made it easier to integrate a mix of home health and in-home care services. This personalized approach not only offers a convenient care experience but also helps patients stay in control of their health journey.

Family members benefit from a dedicated caregiver

Having a dedicated professional caregiver can greatly benefit not just the individual in need of care, but also their family members. A dedicated professional caregiver provides a sense of relief and comfort to family members who may have been feeling overwhelmed and stressed by taking care of their loved one alone. With a professional caregiver's support, family members can take a much-needed break from their caregiving responsibilities and focus on their own well-being and personal needs.

An NIH – National Library of Medicine study reports that 86.5% of caregivers found that helping care for a loved one gave them the satisfaction that their loved one is well cared for. However, it is essential to also take care of oneself so one can take care of others. One of the key benefits of respite care is that it helps prevent caregiver burnout. Respite care allows family caregivers to step away temporarily and recharge and enabling them to provide better care for a loved one in the long run.

Comfort Keepers® can help
Comfort Keepers®

provides uplifting in-home care that helps seniors thrive. Our specially trained caregivers focus on developing genuine relationships with clients, keeping them physically and mentally engaged while ensuring they experience joy in their daily activities. If you know a patient or family that could benefit from Comfort Keepers' services, they can reach out for a free consultation. Let's work together to help individuals age comfortably and confidently at home.

About Comfort Keepers

Comfort Keepers is a trusted provider of both medical and non-medical in-home care services, dedicated to helping seniors and adults live safely, independently, and with dignity. Our comprehensive services include companionship, transportation, housekeeping, meal preparation, personal care, mobility assistance, private duty nursing, and other support services. We also offer Safety Choice Personal Emergency Response Units, providing an added layer of security and peace of mind for clients and families. Proudly serving New Hampshire residents since 2005, Comfort Keepers is committed to thinking outside the box—exploring innovative solutions to meet the evolving needs of our community. To learn more, call 603-536-6060 or visit NHComfortKeepers.com.

References:

NCO, National Council on Aging: What is In-Home Care?

NIH National Institute on Aging: Aging in Place: Growing Older at Home

NIH National Center for Biotechnology Information: Reducing Hospital Readmissions

Comfort Keepers. com: Respite Care and Relief for Family Caregivers

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Senior Life



Free Three-Part Caregiver Education Series Coming to Chocorua This April

Visiting Nurse Home Care and Hospice and Tamworth Community Nurse Association Co-Present "Becoming a Caregiver" on Three Thursday Evenings in April

CHOCORUA, NH — Visiting Nurse Home Care and Hospice (VNHCH) and Tamworth Community Nurse Association (TCNA) are pleased to announce a free, three-part educational series designed to support and inform current and future caregivers in the region. "Becoming a Caregiver" will take place on three consecutive Thursday evenings in April at Runnells Hall, 25 Deer Hill Rd, Chocorua, NH 03817, from 5:30 to 6:30 PM.

The series is free and open to the public. Each session will feature expert speakers from VNHCH, TCNA, and Memorial Hospital addressing the topics families most need to understand as they navigate caregiving for a loved one.

Session Details
Session 1 — Thursday, April 2: Medicare & Medicaid

Time: 5:30 – 6:30 PM
Speakers: Jennifer Robinson, Community Liaison; Melissa Taylor, Memorial Hospital

This session will clarify the key differences between Medicare and Medicaid, explain what each program covers, and guide attendees through the process of applying for CFI (Choices for Independence) long-term Medicaid — before a crisis makes the need urgent.

Session 2 — Thursday, April 9: Making Order Out of Chaos



Jennifer Robinson (center) is one of the speakers at the Becoming a Caregiver event series, shown here demonstrating how to complete Advance Care Directives.

Time: 5:30 – 6:30 PM
Speakers: Lindsay Kafka, RN, TCN; Julie Lanoie, Director, TCNA

Caregiving often arrives suddenly, leaving families scrambling to manage finances, coordinate medical appointments, and navigate unfamiliar systems. This practical session offers concrete tools and frameworks for getting organized in advance — including guidance on advance directives — so families are prepared before they're in the middle of a crisis.

Session 3 — Thursday, April 16: When Is It Time? Understanding Hospice
Time: 5:30 – 6:30 PM

Speakers: Kim DeSanctis, Hospice Director, VNHCH; Dr. Rachel Hamilton, Hospice Medical Director and Memorial Hospital Primary Care Physician

"When is it time for

hospice?" is one of the most difficult questions families face. This compassionate session covers hospice medical eligibility criteria, what hospice care pays for, and the full scope of physical, emotional, and

family support that hospice provides — offering clarity and reassurance to those who may be approaching this decision.

Event At a Glance

Dates: Thursdays, April 2, 9, and 16, 2026

Time: 5:30 – 6:30 PM each evening

Location: Runnells Hall, 25 Deer Hill Rd, Chocorua, NH 03817

Cost: Free.
Registration: Register online at TinyUrl.com/BecomingACaregiver

More Information: www.VNHCH.org or call 603-356-7006 and ask for Jennifer Robinson

About the Co-Presenting Organizations

Visiting Nurse Home Care and Hospice (VNHCH) provides compassionate, professional home health, hospice, and community health services to residents across the region. www.VNHCH.org

Tamworth Community Nurse Association (TCNA) is a local non-profit organization dedicated to supporting the health and well-being of residents in the Tamworth area through home nursing care, wellness programs, and community education.

How seniors can build their social networks in retirement

Social isolation and loneliness can have a notably adverse effect on a person's overall health. According to the World Health Organization, roughly 12 percent of older individuals experience loneliness, which can have a negative impact on their physical and mental health, quality of life, and even their life expectancy.

Seniors have much to gain when they take successful steps to avoid social isolation. Seniors who are concerned about the prospect of social isolation or loneliness or those already experiencing such feelings can try these strategies to build their social networks in retirement.

- Reconnect with old friends. It's easy for adults to lose touch with old friends. By the time many adults reach mid-

dle age, professional and personal obligations can leave little time for a thriving social life. Successful professionals may be preoccupied with work projects, and while parents may be juggling their own hectic schedules with their children's obligations. Come retirement, much of those responsibilities have ended, making this a perfect time to reconnect with old friends who also might have extra free time on their hands. Reach out through social media, text message or even a phone call, and let the situation unfold organically from there.

- Take advantage of community offerings. Many communities sponsor events for seniors, like bus trips to local museums or stadiums, in an effort to encourage seniors to get out of the

house. Retirees can take advantage of these opportunities, which tend to attract like-minded individuals with the same interests. A bus trip to a theater production will attract fellow arts lovers, and shared interests are a solid foundation for friendship.

- Start a local club or group. Starting a local club based on a particular activity is another great way for seniors to build a social network in retirement. Take to social media and express your interest in starting a local book club or walking group. Like community-sponsored bus trips, clubs and groups tend to attract like-minded individuals, providing a built-in pathway to friendship.

- Reconnect with your faith. Houses of worship also offer a great way

to meet locals and build relationships based on a shared identity. Faith-based communities provide a sense of belonging that can help retirees overcome social isolation and loneliness.

- Open yourself to new experiences. Trying something new is another great way to make new friends. Many local agencies like parks departments or community recreation offices offer seniors in-person workshops covering a wide range of activities. These offerings are a great way to discover a new pastime and meet new people along the way.

Social isolation and loneliness poses a significant threat to millions of seniors. But there are many ways for seniors to build their social networks in retirement.

Heading south for a little baseball and softball

SPORTING CHANCE



By JOSHUA SPAULDING

I freely admit that I am not a fan of the heat. I prefer colder (or at least cool) weather, but at the end of the winter, I am usually ready for the cold and snow to be gone to move on to a bit warmer temperatures.

And for more than a decade now, I have been looking for the opportunity to travel south sometime near the end of March and for me, it's usually easier to do that if I combine it with some sort of work. That way, I don't have to use vacation time, though I do need to rework my schedule at my second job, which is what allows me to take these trips in the first place.

The trips started following Kingswood baseball to Florida. I went to Bradenton a few times when the Knights teamed with the Souhegan Sabers and played and practiced at Pirate City, the spring



JOSHUA SPAULDING

For the second year in a row I made a trip to Myrtle Beach, S.C. for some spring training action at the Ripken Experience last week.

training home of the Pittsburgh Pirates.

The Knights then made the move across the state of Florida to play some games and practice

at the Jackie Robinson Training Center (formerly Dodgertown) in Vero Beach, which they did for a few years.

Eventually, the Ken-

nett baseball team followed them down and the Kingswood softball team also did a year at Vero Beach.

Last year, the Ken-

nett baseball and softball teams and the Kingswood baseball team all made a different trip, heading to Myrtle Beach, S.C.'s Ripken Experience to compete in a few days of games and practices. This year, both Kennett teams returned to South Carolina and I saw it as a chance to get out of town for a couple of days.

Normally, I would've stayed in the sun for a few more days, probably returning on Saturday night so I could be at the bakery on Sunday morning. However, I was working backstage for the Village Players spring production and we had a show on Friday night, so I had to make a shorter trip than normal.

I took a flight from Manchester to Baltimore-Washington International on Wednesday afternoon. There I ended up on the same flight with the Kennett teams on our way to Myrtle Beach, landing a little after 9

p.m. I got my rental car and found the Air BnB I was staying at.

After breakfast on Thursday morning, I headed to the Ripken Experience where both the Kennett teams were practicing. The softball Eagles had the first game of the trip and played back to back games on Thursday and after a short break, I returned to the park for the Kennett baseball team's first game of the trip.

Unfortunately, because I had to be back in Wolfeboro on Friday afternoon, those were the only three games I had the chance to see, as I boarded a flight out of Myrtle Beach on Friday morning on the way back to Manchester (through BWI again).

After heading to Los Angeles two weeks earlier (on top of the Olympic travel in February), there's been a lot of travel in the last few months.

I love going different places and seeing different things and am always looking for the opportunity to go somewhere, particularly if I can tie it into work or seeing another Major League Baseball park (still weighing those options for summer travel). While there's a short New York City trip on the docket after deadline, the next work trip will most likely be to Cooperstown, N.Y. at the end of April as I have a few teams playing at Doubleday Field over the April vacation.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Coos County Democrat and The Bay-Sider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.

Erica deVries to address Tri-Town Democrats

ALTON — The Tri-Town Democrats of Barnstead, Gilmanston, and Alton will be meeting on Monday, April 6 at the Pearson Road Community Center (6 Pearson Rd.) in Alton. The gathering will start at 5:30 p.m. with time for socializing and light refreshments before State Rep. Erica deVries, the speaker, begins at 6 p.m. All are welcome to attend, and it is a family friendly event, with arts and craft supplies available for children.

Does the campaign slogan "Vote for the childless cat lady" ring a bell? It was in 2024, and Erica deVries, of Hampton was running for state representative in Rockingham District 29. The slogan was a way to poke fun at J.D. Vance, then running for Vice President, based on his attacks



COURTESY PHOTO

Rep. Erica deVries

against childless women. The gentle humor in Ms. deVries' campaign earned her a spot on the national news and in the hearts of Rockingham

County voters. She won election and has been serving as a state representative since then.

By way of background, deVries attended

the University of Maine, where she majored in Political Science, and she then went to Vanderbilt Law School, graduating in 2001. She later made her home in New Hampshire, living in an old farmhouse in Hampton. She owns a consulting company providing fundraising and grant guidance to nonprofits such as the Nature Conservancy, the NHSP-CA, and others. She has also served on the local zoning board, using her legal skills to help the town avoid litigation and encourage policies to reduce the housing crisis.

DeVries' priorities as state representative include reproductive rights, housing issues, and better funding of our local schools.

Come join us on April 6! Please RSVP at tri-towndems@gmail.com.

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2nd Annual

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May 31st, 2026

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Kids Fun Run: 8:00am

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to register or sponsor

Register Here!

Bank of New Hampshire sponsors Winnepesaukee Playhouse Community and Education Season

MEREDITH — Bank of New Hampshire is proud to sponsor the Winnepesaukee Playhouse's 2026 Community and Education Season.

Located in the Lakes Region, the Winnepesaukee Playhouse is a non-profit organization that develops and stages professional and community-based theatrical productions, while providing opportunities in theatre and the performing arts for the community.

"We are proud to support the Winnepesaukee Playhouse and their commitment to ensuring that young people have access to high-quality theatrical performances," said Windy Carnes, VP – Retail Banking Regional Manager at Bank of New Hampshire. "Organizations like the Playhouse enrich our communities by inspiring creativity, fostering empathy and providing meaningful opportunities for young people to engage with the arts."

"We are grateful for Bank of New Hampshire's support of our theatre as we embark on another season," commented Cory Lawson, Director of Education and Community Engagement at the Winnepesaukee Playhouse. "We believe the arts are an essential public good that is critical to a vibrant society. We appreciate the bank's support with helping us fulfill our mission to advance our work."

Founded in 1831, Bank of New Hampshire is proud to be celebrating 195 years of supporting its customers and communities across the state. With assets exceeding \$2.7 billion and 21 banking offices across New Hampshire and southern Maine, the bank provides comprehensive deposit, lending and wealth management solutions for families and businesses. As a mutual organization, Bank of New Hampshire is focused on the success of its customers, communities and employees—rather than stockholders. With a legacy of strength and stability, the bank combines local decision-making and trusted guidance with modern technology to deliver a seamless banking experience. For more information, call 1-800-832-0912 or visit BNH.Bank.



Pictured from left: Janna Thompson, AVP – Laconia Banking Officer Manager; Annie Jenkins, Director of Development at Winnepesaukee Playhouse; Cory Lawson, Winnepesaukee Playhouse Director of Education and Community Engagement; Windy Carnes, VP – Retail Banking Regional Manager.

MVSB names SBA Leading Rural Lender of the Year

MEREDITH — Meredith Village Savings Bank (MVSB) was named Leading Rural Lender of the Year by the U.S. Small Business Administration (SBA) New Hampshire District Office, recognizing the Bank's commitment to expanding access to capital for small businesses in communities across New Hampshire.

The award highlights MVSB's leadership in SBA 7(a) lending and its focus on supporting entrepreneurs in areas where financing options can be more limited. In the past year, 92% of MVSB's SBA lending supported businesses located in rural communities, reinforcing the Bank's mission to strengthen local economies and help businesses grow.

"Small businesses are the backbone of our communities, but for those in rural areas, getting access to financing isn't always easy," said Dan Osetek, Senior Vice President and Senior Commercial Loan Officer at Meredith Village Savings Bank. "Being



From left, Peter A. Steele, SBA New England Regional Administrator, Katelyn LaBonte, MVSB Senior Credit Analyst, Tina Simpson, MVSB VP Commercial Loan Officer, Tate Miller, MVSB Commercial Loan Officer, Dan Osetek, MVSB SVP Senior Commercial Lending Officer, Lori Cote, MVSB VP Commercial Loan Officer, and Amy Bassett, SBA NH District Director.

named the SBA's Leading Rural Lender of the Year really reflects our team's commitment to support local business owners. We're proud to work with entrepreneurs

who are creating jobs, reinvesting locally, and helping keep New Hampshire's rural communities strong."

MVSB leadership and members of the

Commercial Lending team accepted the award during the SBA's Lender Appreciation Ceremony at the historic Millyard Museum in Manchester on March 2.

MVSB's Commercial Lending team partners with businesses throughout the Lakes Region, Seacoast and Mount Washington Valley, helping them start, expand and adapt through every stage of growth. Combining local expertise, SBA programs, and advanced technology, the Bank delivers a modern lending experience that supports long-term economic vitality in New Hampshire.

The U.S. Small Business Administration (SBA) helps small business owners and entrepreneurs pursue the American dream. The SBA's 7(a) Loan Program is its primary program for providing financial assistance to small businesses and offers government guarantees on loans of up to \$5 million. Learn more about the SBA

New Hampshire District at sba.gov/district/new-hampshire.

MVSB has been serving the essential banking needs of people, businesses, non-profits and municipalities for more than 150 years. As a mutual savings bank, MVSB has no stockholders but rather operates for the benefit of its customers, employees and community. Since our founding, one thing has always remained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Exeter, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, North Conway, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Church Service SCHEDULE

ABUNDANT HARVEST FAMILY CHURCH
Pastor Ryan Blackard
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 abundant.harvestnh.org or e-mail ahfc@faith.com.

ALTON BAY CHRISTIAN CONFERENCE CENTER
Sundays throughout the summer 10am & 7pm 875-6161.

BEFREE COMMUNITY CHURCH, ALTON
Alton 9:30a.m. Sun. Meeting at Prospect Mountain High School. Pastor Ben Ruhl, www.befreechurch.net.

CENTER BARNSTEAD CHRISTIAN CHURCH
Worship Service 10:00am
Bible Study 11:15am
Rte 126 Next to Town Hall
Call or Text (603) 269-8831
centerbarnsteadcc.org

CHRISTIAN COMMUNITY OF PRAISE C.C.O.P
PRAISE GATHERING
Every Saturday @ 5:30pm at the Iron Works church, 1802 NH Route 140, Gilmanton Ironworks, NH
ccoppraisegathering@gmail.com

COMMUNITY CHURCH OF ALTON
Pastor Jared Cassidy
10am Worship service Sunday
20 Church St. Alton
(603) 875-5561
www.ccoalton.com

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.
ccnorthbarnstead.com

FIRST CONGREGATIONAL CHURCH OF FARMINGTON
Worship Services: 10:00 AM
400 Main Street
Farmington, NH 03835
www.farmingtonnhucc.org

FIRST BAPTIST CHURCH OF NEW DURHAM NH
Sun. School 9:30am; Church 10:30am; Evening Service 6pm; Wed. Prayer Meeting 7pm, Depot St., New Durham;

JOY CHURCH
55 Barnstead Road
Pittsfield, NH 03263
Sunday Celebration 9:30 am
Prayer Night- 1st Wed of every month 6:30 pm
Pastors Mike & Kathy Mavity
joychurchnh.com

PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H.
on the Parade in Barnstead
Sunday Morning Worship Service for all ages begins at 9:00am.
Prayer Meeting- April through November at 7:00pm on Wednesdays Evenings.
Pastor Sandy Pierson - 483-2846

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.

ST. STEPHEN'S EPISCOPAL CHURCH
Sunday 9:30. 50 Main St., Pittsfield
Rev. Miriam Acevedo with Rev. Stephen Ekerberg
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Rt. 171 at Tuftonboro Corner.
Sunday services 10:30 am. Church 603-539-8058

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Gunstock gearing up for Snowmobile Mountain Madness

GILFORD — While many parts of the country are experiencing record-shattering heat and humidity, northern New England is still hanging on to winter. The calendar may say it's Spring, but Mother Nature has had other ideas as April looms just around the corner.

Thanks to a sizable snowfall last Sunday that dumped 6-8 inches of powder across much of the White Mountains and surrounding areas, conditions are looking ideal for X Racing's upcoming Snowmobile Mountain Madness event at Gunstock Mountain Resort on Saturday and Sunday, April 11-12.

Admission is \$25 per day for adults, or \$40 for a weekend pass. Children age 10 and under will be admitted free with a paying adult. Spectator gates open at 10:30 a.m. on Saturday, with Hillcross racing getting under way at 11 a.m. On Sunday, gates open at 10:30 with Snowcross racing starting at 11 a.m.

"It's encouraging to see it still snowing like that in New Hampshire," X Racing's Joe Duncan said. "The team at Gunstock had an ample stockpile of snow for us anyway, but this natural snow is just ic-

ing on the cake. We'll have plenty of it to create great tracks for Hillcross, Snowcross and Sunday Funday.

"Holding onto a large amount of snow for a race like this can be a challenge, but it sure helps when the temperatures stay cool and natural snow continues to fall. I'm excited to see all of the racers out there come enjoy what we're planning at Gunstock. It'll be a great way to close out their winter season."

Vintage Snow Ovals have been added to Sunday's schedule, with racing from 1 to 4 p.m. Racers will compete on a flat, snow-filled track, with semi-banked corners. Preregistration is mandatory, and any class with less than three racers will be eliminated from the program. As always, they can add any class that brings in five or more riders.

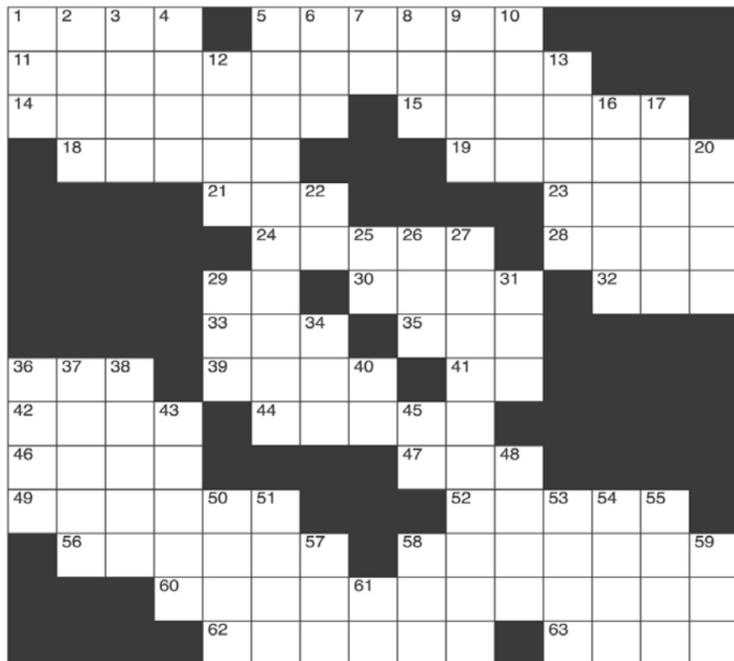
Plans are also well under way for another exciting season of sanctioned sled racing in New England for 2027 and beyond. X Racing is looking at long-term deals with quality venues; evidenced by the fact that both Gunstock and Wheeler Spring MX in Maine are wanting multi-year plans for race dates.

"To do it right in any part of the country, you need a high-quality site and a three-year period at least to build the event to see if it has long-term potential," Duncan added. "You can't really judge it from the results of one year alone. It takes time and effort to build it up and get an event established."

Gunstock is a four-season mountain resort that offers year-round fun and adventure, with skiing and snowboarding on 227 skiable acres and 49 trails. The Gunstock initiative started in 1935 when members of the Winnepesaukee Ski Club cut some cross-country trails through the Belknap Mountains.

X Racing is a sanctioning body for snowmobile racing based in Elk River, Minn. X Racing strives to maintain regional race circuits in the upper Midwest and Northeast to keep the sport thriving. It operates on a philosophy of affordable racing, keeping costs to a minimum for families who love sleds.

For more information about historic Gunstock Mountain Resort, go to www.gunstock.com. To learn more about X Racing, please go to www.SundayFundayX.com.



CLUES ACROSS

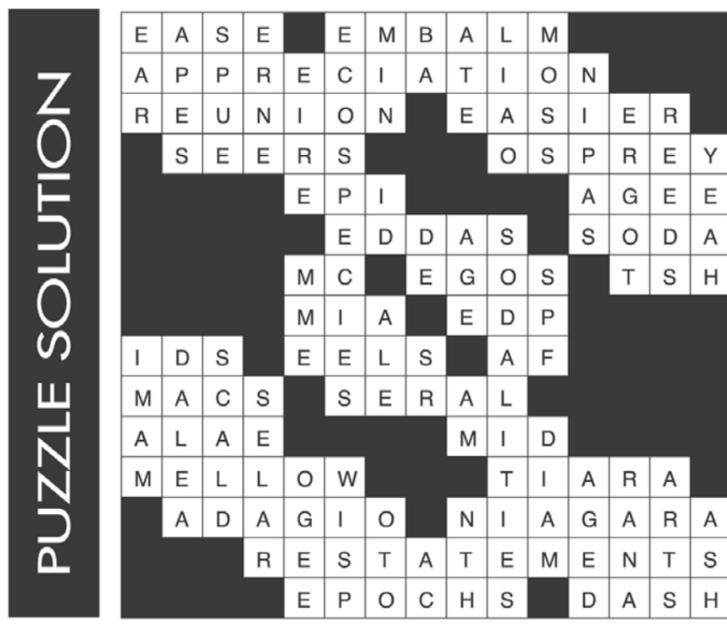
- 1. Absence of difficulty
- 5. Preserve a dead body
- 11. Gratitude
- 14. The act of coming together again
- 15. More cushy
- 18. Visionaries
- 19. Large fish-eating bird
- 21. Indicates near
- 23. Former CIA and CIA critic
- 24. Icelandic poems
- 28. Pop
- 29. Hammer is one
- 30. Selfs
- 32. Thyroid-stimulating hormone
- 33. Nowhere to be found
- 35. Electronic data processing
- 36. Drivers' licenses and passports are two
- 39. Snake-like fishes
- 41. Air Force
- 42. Popular personal computers
- 44. Stages in ecological succession
- 46. Wings
- 47. In the center
- 49. Pleasantly smooth
- 52. Jeweled headdress
- 56. In slow tempo
- 58. ___ Falls
- 60. Reiterations
- 62. Eras
- 63. Hyphen

CLUES DOWN

- 1. Body part
- 2. Mimics
- 3. Expel or eject (variant sp.)
- 4. Sea eagle
- 5. Taxonomic category
- 6. Chinese languages
- 7. Mr. T's "A-Team" character
- 8. Consumed
- 9. Chinese dynasty
- 10. NFL legend Randy
- 12. Ireland
- 13. Palm trees with creeping roots
- 16. Fungal disease
- 17. Tall, slender-leaved plants
- 20. Affirmative! (slang)
- 22. It says who you are
- 25. Atlantic coast state
- 26. Grow older
- 27. Associations
- 29. Woman (French)
- 31. Sunscreen rating
- 34. Brew
- 36. Leader
- 37. Indigo bush genus
- 38. Burn with a hot liquid
- 40. Junior's father
- 43. Mackerel genus
- 45. Morning
- 48. Straight line from side to side (abbr.)
- 50. Type of molding
- 51. Small, thin or twisted bunch
- 53. Worn by exposure to the weather
- 54. Mars crater
- 55. Humanities
- 57. Relating to the ears
- 58. "To the ___ degree"
- 59. Residue when something is burned
- 61. It cools a home

Gilford Public Library Top Ten Requests (Plus Two)

- 1. "Judge Stone" by Viola Davis
- 2. "The Crossroads" by C.J. Box
- 3. "Theo of Golden" by Allen Levi
- 4. "More Than Enough" by Anna Quindlen
- 5. "Cross and Sampson" by James Patterson
- 6. "The Frozen River" by Ariel Lawhon
- 7. "Bloodlust" by Sandra Brown
- 8. "The Correspondent" by Virginia Evans
- 9. "Heir of Whitestone" by Catherine Coulter
- 10. "The Irish Goodbye" by Heather Aimee O'Neill
- 11. "Mule Boy" by Andrew Krivak
- 12. "Stolen in Death" by J.D. Robb

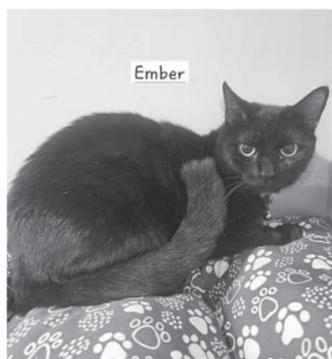


PETS OF THE WEEK

Meet Ember!

Ember is a sleek all-black beauty with glowing orange eyes that seem to shine in the dark. She carries herself with a quiet, calm presence and prefers to observe the world before jumping in.

Of the two sisters, Ember is the more chilled-out one. She moves at her own pace, taking everything in with steady confidence. You'll often find her in cozy, dimly lit spots, keeping watch and minding her very important business.



We're still getting to know Ember, as she tends to keep a little mystery about her — but that just makes earning her trust all the more special. She would thrive in a patient home that appreciates a calm, shadowy companion with mesmerizing eyes and a gentle spirit.

If you're drawn to quiet elegance and midnight magic, Ember may just be your perfect girl.



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Wood solid in first collegiate outdoor meet

HOOKSETT — Junior Cooper O'Neil (Millbury, Mass.), freshman Cam Lee (Northwood) and the Plymouth State University men's 4x400-meter relay squad all posted wins as the Panthers opened the outdoor track and field season at the SNHU Spring Open at Mark A. Ouellette Stadium on Thursday.

Lee topped the field in the 400-meter hurdles in a school-record time, while O'Neil edged out

junior Ben Colby (Manchester) to claim victory in the 3,000-meter steeplechase. Senior Zach Hodge (Springfield), sophomore Isaias Aguasvivas Pena (Marblehead, Mass.), senior Luke Cloutier (Limerick, Maine) and junior Connor Phillips (Yorktown Heights, N.Y.) joined forces to win the 4x400-meter relay, and PSU's 4x100-meter relay narrowly missed a school record by 0.20 seconds.

Lee demolished the

400-meter hurdles record by 1.85 seconds to win the event. Junior Shea McLaughlin (Byfield, Mass.) placed third in 1:00.72, just ahead of sophomore CJ Lytle (Merrimack), who finished fourth in 1:01.06. O'Neil won the 3,000-meter steeplechase in 10:33.67, with Colby placing second in 10:35.45.

Hodge, Aguasvivas Pena, Cloutier and Phillips teamed up to win the 4x400-meter relay in 3:32.87.

Sophomore Ty Shipmon (Yonkers, N.Y.), freshmen Khalid Vicks (Kingston, Mass.) and Griffin Massahos (Londonderry), and sophomore Gabe Kean (Thornton) approached the program record in the 4x100-meter relay. The foursome crossed the line in 43.34 seconds, just 0.20 seconds off the mark.

Hodge placed third in the 400 meters in 51.41 seconds, while Aguasvivas Pena clocked a 53.60 to place sixth. McLaughlin was fourth in the 110-meter hurdles in 15.79 seconds.

Massahos led a trio of Panthers in the 200 meters, finishing fourth in 22.35

seconds. Kean edged out Lee by 0.008 seconds to finish ninth in 23.04.

Senior Max Goodman (South Salem, N.Y.) clocked a 15:54.61 in the 5,000-meter invitational to place eighth. Massahos finished ninth in the 100 meters in 11.12 seconds, just 0.05 seconds shy of the school record. Shipmon placed eighth in the long jump with a distance of 6.12 meters.

In the throws, freshman Enzo Valenti (Montville, Conn.) qualified first in the shot put with a heave of 12.29 meters before placing eighth in the finals (11.77). He was fifth in the discus finals with a throw of 41.51

meters and also reached 36.43 meters in the hammer throw.

Freshman Owen Arias (Madison) was fourth in the shot put qualifying round with a throw of 11.59 meters and placed ninth in the hammer throw qualifying round (36.05). Freshman Parker Wood (Alton) qualified fifth in the discus with a throw of 36.44 meters and sixth in the shot put (11.28 meters). Senior Austin Cornish (Milan) placed seventh in the javelin with a throw of 43.61 meters.

Plymouth State heads to the University of New Hampshire for the Jim Boulanger Invitational on Saturday, April 4.

Ducks Unlimited annual dinner set for April 11

FRANKLIN — The Daniel Webster Chapter of Ducks Unlimited will hold its 37th annual dinner banquet auction on Saturday, April 11, at 4:30 p.m. at The Franklin Lodge of Elks on 125 South Main St. in Franklin. James Cropsey is Area Chairman this year. Nearly 6,200 local Ducks Unlimited fundraising events throughout the country contribute towards Ducks Unlimited's national fundraising effort achieving 88 percent efficiency, resulting in 88 cents of each dollar raised being spent on wetland acquisition or improvement.

Each year the United States loses some 140,000 acres of wetland habitat. Since its inception, Ducks Unlimited has raised more than one billion dollars and enhanced and restored nearly 15 million habitat acres, encompassing more than 15,000 wetland projects, in an effort to reverse this destructive trend. Prime wetlands sequester more carbon than any other habitat with .39 metric tons on average per acre each year. DU's projects provide habitat for more than 600 wildlife species, including ducks, geese, and endangered or threatened species like the whooping crane and bald eagle.

While Ducks Unlimited has accomplished a great deal since its founding in 1937, the rapid draining of our wetlands demands that the organization continue to accelerate its work. Efforts like those of the Daniel Webster Chapter are a vital part of Ducks Unlimited's efforts.

Order your tickets for cash or check today. Dinner tickets cost \$100 for an individual and \$120 for a couple

while youths under 18 years of age are \$65. All attending youths win prizes. Sponsor tickets are \$325 for an individual ticket. Sponsors will have a one in eight chance of winning a gun of their choice from a vast selection. Sponsors need not be present to win. Buy a table of eight for \$900 and receive the choice of a Traditions scoped muz-

zle loading rifle or a Traditions 1851 Colt Navy Revolver Reproduction. To purchase tickets or for information on how you can support Ducks Unlimited's program of wetlands conservation, contact Steve Saulten at 603-289-2109 or Jim Cropsey at 603-286-9633. You may also order online at www.ducks.org.

Center Barnstead Christian

Church announces Easter services

BARNSTEAD — Center Barnstead Christian Church will observe the Easter season with two upcoming worship services open to the community.

A Good Friday service is scheduled for Friday, April 3, from 6 to 7 p.m. The service will focus on reflection on the sacrifice of Jesus Christ and the significance of the day in the

Christian calendar.

The church will also host an Easter Sunday worship service on April 5 from 10 to 11 a.m., celebrating the resurrection of Jesus Christ. Community members and families are invited to attend.

Both services will take place at Center Barnstead Christian Church in Center Barnstead.

GENERAL SERVICES

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Prospect Mountain High School is launching its first-ever varsity football program and is looking for a passionate, motivated, and dedicated leader as the inaugural Varsity Head Football Coach. This is an opportunity to build a program from the ground up, shape its culture, and mentor student-athletes both on and off the field.

As the first head coach in school history, you will lead and develop athletes while establishing a legacy of teamwork, pride, and excellence.

Expectations:

- Lead and organize daily practices and game preparation
- Create a positive, inclusive, and educational team environment
- Collaborate closely with assistant coaches and the athletic department
- Uphold school, district, and NHIAA standards while shaping a strong program culture
- Set the foundation for a football program that will impact generations of athletes

What we are looking for:

- Passionate about coaching and student-athlete development
- Motivated to build something new and meaningful
- Experienced in playing/coaching football and building a program
- Committed to fostering growth, teamwork, and pride in every athlete

This is more than a coaching position; it's a chance to make history at Prospect Mountain. Lead the first team, create traditions, and leave your mark.

Please submit your application, cover letter, resume, and three current letters of recommendation

<https://www.pmsau.org/o/pmsau/page/employment-district-wide>

LEGALS

TOWN OF NEW DURHAM PUBLIC MEETING NOTICE

Supervisors will hold a Session For the Verification of the Checklist

Friday April 10, 2026
New Durham Town Hall
9:00am-10:00am

BARNSTEAD ELEMENTARY SCHOOL
91 Maple Street
Center Barnstead, NH 03225
(603) 269-5161

BARNSTEAD ELEMENTARY SCHOOL KINDERGARTEN REGISTRATION

Children may enter kindergarten if their chronological age will be five before September 30th of the year entering school.

Please contact us at 269-5161 Ext. 4300 for a registration packet or stop by the school office. Orientation/Screening will take place April 23rd and 24th

Makers Mill offers week of creative April vacation workshops for youth

WOLFEBORO — Families looking for creative activities during April school vacation will find a full week of hands-on arts programming at Makers Mill. The nonprofit makerspace will host five youth workshops for ages eight to 13 from Monday, April 27 through Friday, May 1, giving young makers the chance to explore painting, mixed media, printmaking, leatherworking, and more.

Each workshop runs 10 a.m. to 1:30 p.m. and includes a lunch break. Students may attend a single class or sign up for multiple days. Class sizes are intentionally small, limited to six students, to provide plenty of individual attention and hands-on learning.

The week begins Monday, April 27 with Fine Arts & Mixed Media, where students experiment with paint on canvas and add layered textures and materials to create dimensional artwork.

On Tuesday, April 28, the Decoupage Creations workshop introduces the art of layering paper cutouts, paint effects, and decorative elements such as gold leaf to create imaginative



COURTESY

Beckett shows off his colorful mixed-media artwork created during a recent youth art class at Makers Mill. Similar hands-on projects will be part of the April Vacation Arts & Crafts Camp for youth ages eight to 13, running April 27 through May 1.

scenes sealed with Mod Podge.

The Wednesday, April 29 class, Printmaking Fun, teaches students how to carve their own design into a block and transform it into a reusable stamp, printing their artwork onto different surfaces.

On Thursday, April 30, Leatherworking Adventures invites students to craft a small leather pouch and create a decorative backpack charm using dyes and stamping tools.

The week concludes on Friday, May 1 with Paint Your Pet, where

students bring a photo of a favorite animal and learn how to recreate it on glass with their own creative flair.

All workshops are taught by Jennifer MacLean, a Makers Mill instructor known for her engaging and inclusive teaching style. MacLean leads the Leather Circle at Makers Mill and teaches a variety of youth art programs. Her background as an

occupational therapist and speech-language pathologist informs her thoughtful, adaptive approach to working with young learners.

Each workshop costs \$40, plus a \$5 materials fee. Students should bring a lunch, snack, and drink in a sealable container. Makers Mill also participates in the ClassWallet program for K-12 students. If you plan to register using

ClassWallet please call Makers Mill directly to register as the process is different.

To learn more and register, visit makersmill.org/aprilkids or call 603-569-1500. Makers Mill is a nonprofit community makerspace located at 23 Bay St. in Wolfeboro. Free tours are offered every Friday and the first Saturday of each month at 10 a.m.



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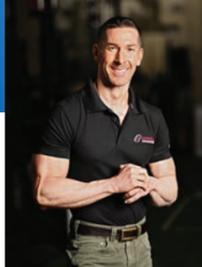


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I have been practicing law since 1985, after graduating from Vermont Law School. Before starting my legal career, I earned a Master's Degree in counseling from SUNY, Plattsburgh, and completed my undergraduate studies in education at Temple University in Philadelphia. Before entering the legal field, I worked as an inner-city high school teacher and ran a cactus business, selling plants as a street vendor in downtown Philadelphia. My legal career began in Saranac Lake and Lake Placid, New York, where I practiced law until 2002. In that year, I passed the New Hampshire Bar and relocated to New Hampshire to continue my practice. I am an active member of the New Hampshire Bar Association. Over the years, I have served as President of the Grafton County Bar Association and as Chair of the Alternative Dispute Resolution Section. I also served on the New Hampshire Bar Association Board of Governors for 2 terms. Currently, I am a member of the New Hampshire Bar Legislative Committee and a Fellow of the New Hampshire Bar Foundation.

I also hosted a weekly radio show called "Family Law Talk Radio," which featured professionals with expertise in various related subjects. In recent years, I have focused my practice on Estate Planning and administration. This includes drafting wills and trusts, as well as probate and trust administration.

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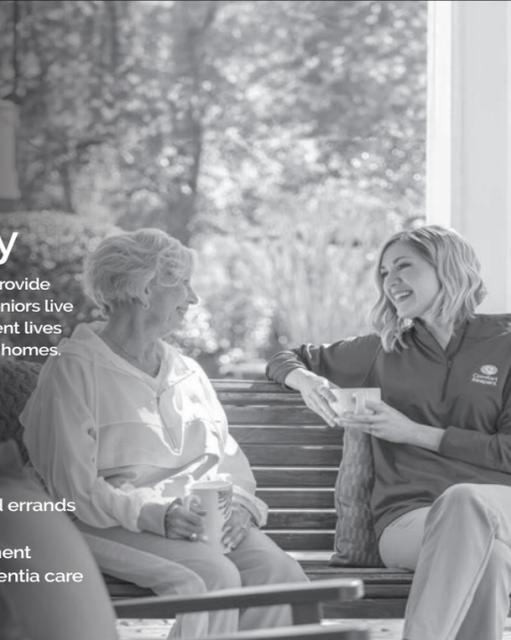


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