

# Raider girls turn up the heat, cruise past Inter-Lakes

BY JOSHUA SPAULDING  
Sports Editor

BELMONT — Entering their game last Tuesday, Jan. 21 in the Division III standings, the Inter-Lakes and Belmont hoop girls were not separated by much.

By the time the game ended, the host Raiders took control and rolled off a 65-26 win in front of their home fans, hopefully showing they are ready to take the next step toward a Division III tournament bid.

Megan Divers got the Raiders on the board first but Riley Anderson answered for the Lakers. Madelyn Besegai connected on a pair of free throws, Bailey Perkins finished off her own steal and Mia Ellis added a hoop to give the Raiders an 8-2 lead.

Anderson connected on another bucket for the Lakers only to see Jenna Laramie put back a rebound for Belmont. Anderson drained a free throw to close out the first quarter and Belmont's lead was 10-5 after eight minutes of play.

Besegai got the first hoop of the second quarter and Madison Carrier drained a three-pointer to stretch the lead out to 10 only to see Anderson hit a hoop and convert



Belmont's Sami O'Connor puts on the defensive pressure against Riley Anderson of Inter-Lakes in action last Tuesday.

a three-point play to get the deficit down to five.

Perkins finished off a steal by Divers and Carrier connected on another three-pointer to push the lead back to 10 before Anderson put back another rebound for the Lakers. Ellis hit a pair of hoops, sandwiched around a Carrier bucket and Laramie hit consec-

utive baskets, the second coming off a Carrier steal to give Belmont the 30-12 lead. After Anderson hit two free throws to get the Lakers on the board, Carrier hit a shot at the buzzer and Belmont took the 32-14 lead to the halftime break.

Gracie Stephens connected on a hoop for the Lakers to start the third quarter but Carrier answered at the other end. Bella Kimball drained



Madison Carrier rises to the hoop for two points during her team's win over Inter-Lakes last Tuesday.

a bucket for Inter-Lakes and Anderson hit two free throws but the Raiders went on a 12-0 run to squelch the Laker comeback. Ellis started the run with a three-pointer and then Divers hit a hoop and Ellis and Laramie each connected on baskets. Laramie also drained a three-pointer before an Anderson hoop got the Lakers back on the board.

Perkins converted a three-point play for the

Raiders and after Divers put back a rebound for two points, Perkins finished off her own steal and Belmont took the 53-22 lead to the end of the third quarter.

An Anderson free throw and an Emily MacLean basket got the Lakers the first three points of the fourth quarter, but Belmont answered with hoops from Besegai and Amelia Smith. Anderson connected on another free throw be-

fore Belmont finished off the scoring with a three from Laramie and buckets from Molly Reposa and Perkins to close out the 65-26 win.

Laramie led the Raiders with 14 points on the evening while Carrier and Perkins each finished with 12 and Ellis added 11. Anderson led the charge for the Lakers with 20 points.

The two teams are scheduled for a rematch on Tuesday, Jan. 4, at 6 p.m. in Meredith.

Belmont is scheduled to be in action on Friday, Jan. 31, at Newfound at 6 p.m.

Inter-Lakes is scheduled to host Gilford on Friday, Jan. 31, at 6 p.m.

BHS 10-22-21-12-65  
ILHS 5-9-8-4-26

Belmont 65  
Reposa 1-0-2, Carrier 5-0-12, Ellis 5-0-11, Laramie 6-0-14, Besegai 2-2-6, Perkins 5-2-12, Divers 3-0-6, Smith 1-0-2, Totals 28-4-65

Inter-Lakes 26  
Kimball 1-0-2, MacLean 1-0-2, Stephens 1-0-2, Anderson 6-8-20, Totals 9-8-26

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

## Tanger Outlets Tilton announces 2024 TangerKids grant winners, celebrates TangerKids Day

TILTON — As part of a continued commitment to support education and invest in the local community, Tanger Outlets Tilton announces its 2024 TangerKids Grants recipients. Local winners include Belmont High School's robotics program, Rundlett Middle School's CPR training and Hillside Middle School's new recess equipment.

Tanger will donate more than \$190,000 across SEE **TANGER**, PAGE A9

## Franklin Opera House sponsoring annual murder mystery dinner March 14 & 15

FRANKLIN — The Franklin Opera House, in cooperation with Franklin Footlight Theatre Co., is proud to present its annual murder mystery dessert show, "Murder at the Pie Auction."

March 14 is not only International "Pi Day"; it is also the opening night of this hysterically funny who-dunnit. In this production, members of the audience will visit the small town of Mynute, Alaska. Residents are excited their sleepy town will finally show up on GPS with the famous "Mother Mable's Pie Baking Competition" to be held there. However, someone mistyped, and Mynute was supposed to be Minot. So, there will be no publicity from remote Alaska for Ma Mable. Add the mysterious murder of one of the pie judges during the auction, and you have all the ingredients needed for an evening full of big laughs and outrageous characters.

Two shows only, March 14 & 15 at Franklin Elks Lodge #1280, 125 South Main St., Franklin, NH 03235.

Your ticket price includes snacks, water, and

of course, pie! When you purchase your ticket you will select from Blueberry, Boston Cream, Sugar Free Apple, or Gluten Free Apple. Be sure to bring your wallet as there will also be an actual pie Auction, with pies donated by Zeke's Sweets and local bakers! A cash bar will be open as well for those who wish to partake. Visit [www.FOHNH.org](http://www.FOHNH.org) to purchase your tickets. Adults \$30, Seniors \$25, and if you purchase eight or more tickets, you will receive a 10% discount off your total purchase! Now that is something sweet.

Now in its 11th year, the Murder Mystery dessert theatre show has been a very successful fundraiser for Franklin Opera House. Our resident community theatre company, Franklin Footlight, lend their many talents every year to bring to life rousing comedic mysteries. One hundred percent of dollars raised go right back into Franklin Opera House operations. Events like this one make it possible for Franklin Opera House to continue bringing quality affordable entertainment to Franklin and the surrounding area.

## Winnisquam Regional Teachers Association recognizes School Board



Pictured above are WRSD School Board members Sean Goodwin (Chair), Dr. Christina Flanders, David Honeman, John Cormier, Lance Turgeon and Dr. Ernie Roy, WTA members Jessie Heath, Jackie Blake, Rene Bartley, and Lisa Ober, and several WRSD teachers and staff who also wanted to show their appreciation during this special event. (Not pictured: School Board member Jennifer Tupeck.)

TILTON — In recognition of the invaluable contributions of school board members across the nation, January has been designated as National School Board Appreciation Month. This month-long observance provides an opportunity to express gratitude for the tireless efforts of these dedicated individuals who serve their communities by guiding and supporting public education.

School board members play a critical role in shaping the future of our children. They volunteer their time and expertise

to address complex challenges, make important decisions about budgets and school policies, and advocate for the needs of students and educators. Their commitment to ensuring access to a high-quality education for all students is truly commendable.

During National School Board Appreciation Month, we encourage everyone to take a moment to thank their local school board members for their service. Whether through a simple "thank you" note, a SEE **SCHOOL BOARD**, PAGE A9



# LRAA announces January Artists of the Month

TILTON — LRAA members have the opportunity to enter a piece of artwork into the Artist of the Month Program at each monthly Member Meeting. Winners are able to display and sell a single work for a month in various public venues throughout the Lakes Region in participating Banks and Libraries or Local Businesses.

January Artists of the Month, pictured above, were: Back Right: Sally Hibberd, Sherwood Frazier, Gail Brunt. Front Row: Wendy Oellers-Fulmer, Martha AuCoin

The Winning artists' artwork will be on display in locations in the Lakes Region until Feb. 17.

Wendy Oellers-Ful-



mer, this month's First Place winner has the distinct honor of displaying several pieces of her artwork at Annie's Cafe & Catering in Laconia NH. Warm up with some scrumptious homemade soup and sandwiches and enjoy the art while you eat!

The art pieces for the Honorable Mention artist will be on display through the third week of February in the following locations:

Sally Hibberd - Franklin Bank, Tilton

Sherwood Frazier - Northway Bank, Meredith

Martha AuCoin - Gilford Library

Gail Brunt - Franklin Saving Bank, Gilford

## Alexandra Pelletier promoted to Senior Vice President – Retail Banking Administration Officer for Bank of New Hampshire

LACONIA — Bank of New Hampshire is proud to announce the promotion of Alexandra Pelletier to Senior Vice President – Retail Banking Administration Officer. She has been an integral part of the Bank's growth and success, contributing to both its operations and community involvement since joining in 2006.

Pelletier started her career at Bank of New Hampshire as a Bank Services Representative and has since held various leadership roles

within the Bank. In 2017, she was promoted to Assistant Vice President – Banking Office Manager at the Gilford Village Office. Her success in this role, along with her strong leadership and operational skills, led to her promotion to Vice President – Retail Banking Operations Officer in 2020. In her new role, she will continue to drive the Bank's retail banking operations, overseeing its administration, optimizing processes and supporting ongoing projects aimed

at enhancing operational efficiency and customer service.

"Ali's deep understanding of retail banking and her leadership in streamlining processes have been instrumental to the success of our operations," said Michael Seymour, Executive Vice President – Chief Retail Banking & Marketing Officer for Bank of New Hampshire. "Her promotion to Senior Vice President is a testament to her dedication, commitment to excellence and ability to lead and inspire her

team. We look forward to her continued leadership in advancing our retail banking initiatives."

Pelletier is a graduate of the Northern New England School of Banking and has completed the UNH Next Level Leadership and Leadership Lakes Region programs. Throughout her career, she has shown a passion for service and professional development. She is a strong advocate for community engagement, and serves as a current board member for Belknap Economic

Development Council.

Bank of New Hampshire is happy to have Pelletier in this role on our team as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and

businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2.5 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit BNH.Bank.

# Lake Winnepesaukee Alliance announces new slate of directors for 2025

REGION — The Lake Winnepesaukee Alliance (LWA) is excited to announce the election of Mark Ishkanian as the new chairman of its Board of Directors and

the addition of Lynn Photiades as a new Board member.

Mark Ishkanian succeeds Peter Glick, who successfully led the organization for five years. A

resident of Moultonborough, Ishkanian brings a wealth of experience as a retired public relations and communications executive. Over a 36-year career, he worked with

Maine's largest environmental group, its biggest electric utility, and various healthcare organizations. Ishkanian has also served on numerous nonprofit boards in Maine and was honored with the Bernays Award for outstanding achievement in public relations in 1998.

Lynn Photiades, also a Moultonborough resident, brings extensive experience in nonprofit volunteering to her new role. Photiades has dedicated her time to various causes, starting with the Nashua Catholic schools her daughters attended, and later Trinity High School. She volunteered for CASA of NH for nine years, contributing to events, fundraising, and serving on its board. Additionally, she supported the American Heart Association's annual luncheon fundraiser and spent 27 years working with her church's senior high youth group. Photiades is now eager to use her skills and experience to help protect the

health of Lake Winnepesaukee.

"For 49 years, LWA has led the effort to protect Lake Winnepesaukee against threats to its water quality and our science-based work has never been more important," said Ishkanian. "The cyanobacteria blooms of the past few summers should serve as a wakeup call that much more needs to be done to protect the clear, clean waters of our lake for this and future generations," Ishkanian continued.

The Lake Winnepesaukee Alliance Board represents a mix of longstanding and new Board members. The Board provides strategic direction and oversight to the organization in its mission to protect the water quality and natural resources of the Lake Winnepesaukee watershed. The 2025 Board of Directors, effective Jan. 1, includes: Mark Ishkanian, Chair; Peter Glick, Vice-Chair; Ann Quandt, Treasurer; Larry Gree-

ley, Secretary; and Directors Ron Buell and Lynn Photiades.

About the Lake Winnepesaukee Alliance

The Lake Winnepesaukee Alliance (LWA) is a non-profit organization dedicated to protecting the water quality and natural resources of Lake Winnepesaukee and its watershed. Through monitoring, education, stewardship, and using science-guided approaches for lake management, LWA works to ensure Winnepesaukee's scenic beauty, wildlife habitat, water quality and recreational potential continues to provide enjoyment long into the future.

Do you have an interest, passion, skill, or knowledge to share that would benefit the mission of LWA? To learn more about the organization and what we do please visit our Web site at [www.winnepesaukee.org](http://www.winnepesaukee.org) or contact us at 581-6632.

### BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Jan. 13-20.

Daniel W. Sorrell, age 46, of Laconia was arrested on Jan. 13 in connection with multiple bench warrants.

A 59-year-old male from Tilton received a summons in lieu of arrest on Jan. 13 for Criminal Trespassing.

Bradley Arthur Perreault, age 52, of Laconia was arrested on Jan. 16 for Operating after being designated a habitual offender and Loitering or Prowling. A 55-year-old female from Laconia received a summons in lieu of arrest during the same incident for Loitering or Prowling and operation of a motor vehicle by an improper person.



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Pictured above Ava Bagley successfully spells her final word; contestants wait for the competition to begin; Pronouncer Mr. Craig Olson, Emcee Mr. Daniel Kirby prepare for the day's event.

COURTESY

## Winnisquam Regional Middle School students participate in spelling bee

TILTON — Six WRMS students eagerly awaited their turn in the school spelling bee as their classmates filled the gymnasium. Aaron Fruci, Ava Bagley, Dagney Roberts, Kian Beal, Audriana Constant, and Caroline Dubord were the 2025 competitors. Lucas Chase and Hunter Mulinski also qualified but were unable to attend.

Spelling Bee emcee Mr. Daniel Kirby welcomed the audience, introduced the competitors and judges, and explained the rules. He encouraged the students to “emulate the pros in D.C. – slow down, ask questions, think positively – and you will be ready to meet the challenge.”

Sixth-grader Eva Bagley emerged victorious and will represent WRMS in the next level of competition.

## Winnepesaukee Playhouse holding auditions for all divisions

MEREDITH — Since its inception 21 years ago, what has set the Winnepesaukee Playhouse apart from all other local theatres – and indeed most theatres around the country – has been its dedication to producing high quality theatre across three equally important but distinct divisions: professional theatre, community theatre, and educational theatre.

In the upcoming weeks, the Playhouse will be holding auditions for all three divisions, allowing performers at all levels the opportunity get involved in a production at the Playhouse. Information about all

of the auditions can be found under the “Get Involved” tab of the Winnepesaukee Playhouse’s Web site.

The Education Department is auditioning for two upcoming productions on Feb. 2 and 4. Students ages eight to 14 have the opportunity to audition for “The Boxcar Children,” an imaginative adaptation of Gertrude Chandler Warner’s children’s book series. It will be directed by Patte Sarausky, a retired elementary school teacher who has helmed many productions for this age group at the Winnepesaukee Playhouse. Students 13-19 can audition for “Heathers the Mu-

sical,” a cultural phenomenon based on the cult classic ‘80s movie. The edgy show contains mature content and language. “Heathers the Musical” will be directed by Debbi Finkelstein. Students ages 13 and 14 may opt to audition for both or choose the show they feel they are more interested in getting involved with.

The Winni Players, the Playhouse’s resident community theatre group, is holding audition for two productions as well.

“Treasure Island” will be this year’s live radio drama. A yearly highlight of the Winni

Players season, the radio drama allows actors the opportunity to let their voice acting shine. Set in a radio studio, actors will read from scripts as they reenact the process of producing a radio play from a bygone era – including live Foley sound. The annual radio play is a great way for those less experienced to get themselves onstage, as it has a shorter rehearsal process and there is no memorization required.

Local adults who want to delve deeper may want to consider auditioning for the acclaimed drama “August: Osage County.” Winner of both the Pulitzer Prize and the Tony Award for Best

Play, this modern take on the classic American family drama is a look at household dynamics and familial discord.

Auditioners can opt to audition for both “Treasure Island,” which will be directed by Brendan Berube, and “August: Osage County,” directed by Cory Lawson, if they choose. Auditions are being held on Feb. 16 and 18.

The Playhouse will also be holding local auditions for its professional season on Feb. 9. Local adults who are looking to get more involved in full-time theatre are welcome to audition. They are also looking for fe-

male-presenting Black student ages seven to 11 to audition for the role of Little Ti Moune in the acclaimed Broadway musical “Once on This Island.” This is a great opportunity for a local young person to work with a distinguished professional company on a masterpiece of a musical.

More information about all auditions can be found at [www.winnepesaukeeplayhouse.org](http://www.winnepesaukeeplayhouse.org) and questions can be answered by calling (603) 279-0333. The 2025 season at the Winnepesaukee Playhouse is generously sponsored by Northeast Mill Services in Plymouth.

## Tilton veterinarian settles allegations of Controlled Substances Act violations

CONCORD — The Tilton Veterinarian Hospital in Tilton, and its owner, Sara Laroux, D.V.M., agreed to pay the United States \$53,500 to resolve allegations that they violated the Controlled Substances Act (CSA) by failing to keep accurate records of controlled substances, including opioids, Acting U.S. Attorney Jay McCormack announces.

The CSA deters the illegal distribution, possession, dispensing, and improper use of controlled substances. The CSA requires the accurate inventorying, tracking and recordkeeping of each controlled substances to prevent misuse.

“Particularly amid an opioid crisis, compliance with the CSA’s prescription-writing and recordkeeping requirements is essential in ensuring that opioids and other addictive drugs are not diverted and abused,” said Acting U.S. Attorney Jay McCormack. “With the help of our partners, the U.S. Attorney’s Office will continue to priori-

tize enforcement of this vital statute using all available tools at our disposal.”

“DEA registrants are responsible for handling controlled substances responsibly and ensuring that complete and accurate records are being properly kept and accounted for in compliance with the Controlled Substance Act,” said Acting DEA Special Agent in Charge Stephen Belleau, New England Field Division. “We are committed to working with our law enforcement and regulatory partners to ensure that these rules and regulations are followed.”

Beginning in January 2024, the DEA conducted an investigation into allegations that Dr. Laroux’ controlled substance records at the hospital were incorrect and that controlled substances were missing. The investigation included an on-site inspection of records, and an accountability audit of controlled substance inventories and record-keeping processes at the hospital. The

investigation revealed numerous violations of the CSA: including, Dr. Laroux’s failure to maintain complete and accurate records of the controlled substances she received, dispensed, or destroyed, her failure to conduct proper inventories of controlled substances on hand, received by the hospital, and that she had altered pages of her records and forged signatures. The investigation also revealed

significant shortages of various controlled substances received by the hospital, as well as that Dr. Laroux failed to provide effective controls and procedures to guard against theft and diversion of controlled substances and was not present at the hospital for large periods of time

while leaving controlled substances unmonitored and unsecured.

The Drug Enforcement Administration led the investigation leading to the settlement agreement. The case was handled by Assistant U.S. Attorney Raphael Katz.

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# Opinion

## Letter submission policy

Letters to the Editor must include the author's name, address, and a day-time 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.

## Keeping it local—why our community matters most

Big stories from far away dominate our feeds, leaving little room for the stories that directly impact our daily lives. But here in New England, we have something special, a culture of pragmatism, resilience, and a commitment to our neighbors that deserves more of our attention than any distant drama.

When you know what's happening in your town, you can make better decisions, participate in meaningful ways, and strengthen your community. From town meetings and school board decisions to the opening of a new business or a neighbor organizing a food drive, these are the stories that impact our daily lives.

Local news reminds us that what happens right outside our door often affects us far more than what's unfolding hundreds of miles away. Sure, keeping an eye on national or global events is important, but the real opportunities for change and impact start right here.

Living in New England is a badge of honor. This isn't an easy place to call home, and we like it that way. The winters are brutal, the terrain is rugged, and the people. We're straightforward, skeptical of nonsense, and fiercely independent. But beneath that no-nonsense exterior is a deep sense of loyalty and community.

We might argue about who makes the best chowder or complain about tourists clogging the roads in leaf-peeping season, but when someone in our community needs help, we show up.

Social media and national headlines are filled with division and negativity, but we know better. We've built a culture where actions matter more than words and where we measure people not by their politics, but by how they treat others.

Ask yourself, how can I make an impact here? Can you volunteer at a local food pantry? Mentor a student? Organize a block party to bring people together? These small, tangible actions might not make national news, but they'll make a world of difference to the people around you.

At the end of the day, we're New Englanders. We don't fall for the fluff or the fearmongering. We know life is about the relationships we build and the community we create. It's about showing up, speaking truth, and taking care of the people around us.



COURTESY

## Winnisquam Regional High School FFA students participate In Leader Camp

Seven Winnisquam Regional High School students, along with a 2023 graduate, recently attended Winter Leader Camp at Camp Brookwood in Alton. This event is sponsored by the Granite State FFA, and provided opportunities for the students to participate in workshops led by facilitators and state officers. These workshops focus on developing various leadership qualities. When not in workshops, students enjoyed recreational activities, allowing them to interact with other students from across the state and step outside their comfort zones. FFA is a student-led organization that helps students develop leadership and career skills. It is one of three components of agricultural education, along with classroom instruction and supervised agricultural experience (SAE). Pictured above are Logan Mulhern, Emma Davidson, Ryan Johnson, Charleigh Kimball, Watt Cushing, Sydney Olson, Haven Reardon and Dominique Yasharian (2023 WRHS graduated, former WRSH FFA Chapter President and now State Officer).

## Walt Disney

Many people feel they can't have the life they want because of their past limitations or failures.

POSITIVELY  
SPEAKING

TOBY  
MOORE

Maybe your family wasn't there for you, you didn't get the proper education, or you've been fired from multiple jobs or mistreated in relationships.

Many things aren't fair and can cause a chain reaction of events that can take us far off course. Sometimes, we make bad choices and miss out on the life we want, but that doesn't mean it has to stay that way

"All our dreams can come true, if we have the courage to pursue them." – Walt Disney.

But what gives a person the courage to pursue their dreams? One factor is a positive vision of what's possible.

The problem isn't that people lack vision—it's that their vision of the future is often shaped by the failures and limitations of their past. In other words, they do have a vision—but it's a negative one.

One trait of a successful person is they don't allow themselves to be defined by their failures or their present unfavor-

able circumstances.

Instead, they define themselves by a positive vision of their future.

That seems odd when you think about it. They define themselves by something that hasn't even happened yet.

It's easy to look at a great person and assume they had everything handed to them or that somehow life was much easier on them than it was on you.

I have many fond memories of my parents taking me to Disney World. I've been on the rides, seen the movies, and heard about the man who built it all, Walt Disney. I've driven past the Disney skyscraper in Burbank, Calif., hundreds of times; I've auditioned at Walt Disney Studios dozens of times.

When surrounded by all that accomplishment, it's hard to imagine that Walt ever faced any hardship.

Most don't know that Walt Disney was fired from his job at the Kansas City Star after his newspaper editor told him that he didn't have enough imagination or creativity!

What if Walt Disney allowed himself to be defined by that moment,

and for the next 20 years, he wandered from job to job, telling himself, "I'm not creative, I don't have a good enough imagination...."

Instead, imagine Walt in Kansas City after Laugh-O-Gram failed, sitting alone in his office, staring at empty walls. He had no money, no plan, and no clear way forward. Perhaps he wondered if his editor had been right all along—maybe he didn't have what it takes. It would've been so easy to give up then, to let the weight of failure convince him to settle for less.

But he didn't.

He sold his camera, scraped together enough for a one-way train ticket to Hollywood, and took a leap of faith. That train ride wasn't just a change of scenery—it was a statement of hope.

Walt was choosing to believe in a future that hadn't been written yet, even when his circumstances told him otherwise. The rest is history.

I often wonder how many potentially great people never accomplish their vision because they believe in their failures more than in their dreams. They accept what their present circumstances are telling

them instead of what their future vision could create.

If Walt Disney had been one of those people, we'd have missed out on one of the most creative minds of the 20th century.

He wouldn't have created Mickey Mouse, one of the most beloved characters of all time. There'd be no Snow White, no Cinderella, no Fantasia—classics that redefined animation forever.

He wouldn't have built Disneyland, the first-ever theme park of its kind, or Epcot, a visionary concept of a utopian community.

The Disney legacy wouldn't have touched billions of lives through films, theme parks, and innovations that continue to inspire the generations.

Walt Disney refused to let his failures or limitations define his future, so he became one of the most influential people of all time.

Like all great people, he focused on what could be instead of what had been.

We have the same choice—focus on what could be and take the first step toward your vision.

## Winnisquam Echo

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BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

Knowing the limits  
Caring for others is often  
driven by motivations of  
love and understanding.  
It's not uncommon for

family caregivers to initially feel that their capacity for helping those they love is nearly limitless. From taking care of finances and managing medications to preparing meals and cleaning, there's certainly a sense

of fulfillment that comes along with assisting a loved one. But many find themselves going through the motions of caring without taking time out to focus on their own needs – often to the point of physical

and emotional exhaustion. As a result, family caregivers may feel something they've never experienced before: decreased empathy. This condition is known as

SEE COMFORT, PAGE A9

## Comfort Keepers Compassion fatigue



GOING OUT OF TOWN

Saying goodbye to a cold snap with a Portland excursion

After several days of below zero temperatures, what’s a great way to spend a day where it’s a lot warmer? A fun road trip that’s what! After driving east with a few destinations in mind, I stopped in Portland, Maine, for an afternoon of walking, taking in holiday lights, and sampling some donuts and a tasty burger. For the past few years, I had only been to Portland in the summer, but this place is also fun in the winter.

It was early January when we got that bad cold snap with temperatures plunging below zero. I tend to have a high tolerance for cold, but this was too ridiculous for me. Aside from going out for work, I barely left my apartment for about a week. Naturally, cabin fever reared its ugly head, and I was practically climbing the walls. Then a miracle: the cold gave way to much more habitable temperatures in the mid 30s and the wind took it easy for a while. The day this happened I thankfully had a clear schedule and bolted out of the house for some place beside my living room.

I headed toward the coast with an open mind for wherever I felt like stopping. If I didn’t feel like a big adventure, I’d hang out in Portsmouth and check out at least one of many Portsmouth restaurants previously graced by Guy Fieri. If I felt adventurous, I’d go to Augusta and finally explore one of the two New England state capitals I have yet to visit. I found myself on I-95 northbound and speeding across the Maine state line, but I realized quick I had little desire to go all the way to Augusta today. (I’m coming for you later, Augusta.) I decided on the best middle option: a nice walk around Portland.

I hadn’t been to Portland since September, when I stopped downtown after my trip to the Portland Head Lighthouse. I used to go to Portland a lot but hadn’t been in a while and that needed to change. I finally pulled into downtown Portland, found a parking spot, and embarked on my journey. As expected, it was chilly but nothing like the freeze-your-you-know-what-



PHOTOS BY ERIN PLUMMER

Downtown Portland at night, including art displays as part of the Winter City Lights.

off cold of the previous week.

I got there in the early afternoon, which meant some donut shops I wanted to explore were still open. My first stop was Eighty 8 Donuts, which serves made-to-order mini doughnuts. You order one flavor and how many you want in a package, and it is all made for you right in the back. I ordered half a dozen lemon raspberry doughnuts, and about 10 minutes later, a little pink box of warm donuts glazed in lemon with a jelly filling arrived in front of me. They were so good, I had one right there and devoured the rest when I got home.

My next stop was HiFi Donuts in Monument Square, a shop I had been to before and just had to get some of their lovely fried creations. I walked through Monument Square first and saw the city’s Christmas tree was still up.

I got to HiFi Donuts about an hour before they closed, plenty of time to get some sugary goodness in different delicious flavors. This could have been considered a donut tour, but unfortunately, I didn’t make it to the other Portland doughnut destination, The Holy Donut. Their famous potato donuts are certainly on my list for next time.

I took some time to wander around downtown and check out some shops, including the wonderful Longfellow Books, Simply Scandinavian selling various

goods from the Scandinavian and Nordic countries, all the fun art supplies in The Art Mart, and the ever-amazing Stonewall Kitchen.

I have always loved how Portland is shaped. The city is located on a hill and each different neighborhood is located on a different part of the hill. The Old Port is at the bottom right against the water and you can climb all the way to the Arts District at the top. It certainly makes for some great exercise while checking out some great architecture and neighborhoods. I made it to the top where there are so many little restaurants, cute shops, and plenty of fun locals.

As the sun set, I noticed that Portland had some pretty holiday lights in some fun displays, all of which are in green and purple. These are Portland’s Winter City Lights, displays across the city that have been created by Pandora LaCasse for the past 25 years along with other artists. I especially loved the lights in the shape of ornaments on the buildings on Commercial Street and the swirling displays in different parks.

Eventually, night fell

on the city, and I needed to move out of my parking space, so I made my way to the bottom of the hill in The Old Port. I found a new parking space and decided to wander around the waterfront for a while. I noticed on this visit and on my last that The Old Port is absolutely bustling after dark with a lot of people cruising between the different bars and restaurants.

As soon as my car was reparked, I made a beeline for a place I passed earlier that caught my eye. I had been meaning

to check out some more downtown restaurants and seeing Butcher Burger and its menu of different creative burgers had me planning my dinner there. I walked in to find a small dining room, then went to the bar and looked over the menu. I had the “Bacon Bacon” burger that featured a nicely cooked patty with bacon and bacon jam. It was so delectable, I tried to find a happy medium between savoring it and scarfing it down. I also ordered their fries with it and they were so well done.



A part of Portland Harbor had some ice chunks on the surface after a bitter cold snap.



A great road trip to Portland was nicely capped off with a great burger from Butcher Burger.



Portland’s Christmas tree still stood in Monument Square as of early January.



A lovely collection of sugary goodness from Eighty 8 Donuts.



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# World’s best hit the snow in Waterville Valley

*Toyota Waterville Freestyle Cup brings freestyle world to New Hampshire*



Jaelin Kauf picked up a pair of podium finishes over the weekend at Waterville Valley.

JOSHUA SPAULDING



Nick Page earned a second place finish in Friday’s moguls competition at Waterville Valley’s World Cup event.



Dylan Walczyk competes during Friday’s World Cup moguls competition at Waterville Valley Resort.



Lower Bobby’s Run at Waterville Valley was packed with spectators, athletes, media and vendors as the FIS World Cup came to town this weekend.

BY JOSHUA SPAULDING  
Sports Editor

WATERVILLE VALLEY — The best freestyle skiers in the world descended on the Birthplace of Freestyle Skiing over the weekend, as the Toyota Waterville Freestyle Cup took to Lower Bobby’s Run for two days of moguls competition.

And Team USA had a pretty solid weekend as well, earning four podium finishes across the two days, including three on the opening day mogul competition.

After a bone-chilling week, temperatures on Friday and Saturday warmed up a little, much to the pleasure of the crowds gathered at the bottom of the trail to watch the best skiers in the world tackle the bumps.

In qualification for Friday’s action, five U.S. athletes made their World Cup debuts. Reese Chapdelaine, Jack Petrone, Gavin Tobey, Nate Gendron, and Camden Lewis all suited up in World Cup bibs for the first time and gave strong showings.

Dylan Marcellini of the Stifel U.S. Ski Team finished 22nd, followed by Asher Michel in 24th and Charlie Mickel in 34th. On the women’s side in qualifying, Alli Macuga landed in 20th, and Kylie Kariotis in 21st. Seven athletes advanced to finals, Nick Page, Dylan Walczyk, Jaelin Kauf, Olivia Giaccio, Tess Johnson, Kasey Hogg and Kai Owens.

In the finals, Walczyk put down two great runs to start the day but missed out on super finals, finishing ninth on the day. Johnson ended 13th, Hogg was 14th, and Owens was 15th.

The day’s competition finished in an exciting super finals battle with three Stifel U.S. Ski Team athletes looking to get on the podium. Kauf and Giaccio each put down their best runs of the day, and Kauf had one of the fastest times of the day, putting herself into second place just behind Perrine Laf-

font of France. Giaccio finished third, earning her third podium of the season and 15th in her career.

“I made a couple mistakes in my finals run and cleaned it up and did exactly what I wanted to do for that super finals run, so, [I’m] stoked with the run I was able to put down and stoked to share the podium with Olivia,” said Kauf. “We obviously have such a strong women’s team, I don’t think everyone was able to put it together exactly how they wanted to today, there is definitely a lot more that this team is capable of, so hopefully we see that tomorrow.”

“It was really fun to be on the podium with Jae, [it is] always fun to share it with a U.S. teammate, and quite a lot of the time it has been Jaelin so it’s awesome to see her shredding as well and to do that on home soil is incredible,” said Giaccio. “I was excited with my times today so I’m going to look to keep pushing that a little bit more and see what tomorrow will bring.”

As for the men, Page qualified in the top spot, making him the last competitor on course, following Canadian great Mikael Kingsbury. The men had trouble in the super finals with multiple crashes, but Page handled everything just fine. With one of the largest air packages of the day, Page skied into second place just behind Kingsbury, earning his first-ever podium on U.S. soil.

“That first run that I skied today wasn’t my favorite in qualifying, I knew I needed to step it up and so I was talking to my coaches and said that the rest of the day, I was going to drop the hammer,” said Page.

The skiers returned to the course the next day for the second dual moguls event of the season.

The action started in qualification, where 10 U.S. athletes won at least one dual to advance to the finals. Michel, Marcellini, Mickel, Walczyk and Page advanced for the men. On the women’s side, Kauf, Johnson, Giaccio, Hogg and Macuga advanced. Owens finished 24th and Kylie Kariotis landed in 30th place.

In the round of 16, Giaccio and Johnson had to go head-to-head. Giaccio lost control and had to ski out to slow her speed, finishing 16th. Johnson put down a beautiful run to advance to the quarterfinals alongside Kauf. Hogg earned another top 10 finish, and Macuga ended the day 11th. Johnson took on Maia Schwinghammer of Canada and despite not moving on, finished seventh on the day.

The men had a slew of tough duals, but Mickel, Walczyk and Page advanced to the quarters, where they fin-



# Stevens wins giant slalom at Gunstock

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Belmont alpine ski team competed in a meet at Gunstock on Friday, Jan. 24, racing two runs of giant slalom in the morning and two slalom runs

in the afternoon. The Raider boys and girls both finished second in both races.

Ella Stevens came home first in the giant slalom with a time of 55.35 seconds with Riley Degange in ninth place

in 1:04.75 and Anna McDonald in 14th place in 1:14.02. Sarah Cribbie finished out the scoring for the Raiders in 20th place in 1:19.36.

Stevens finished second overall in the slalom with a time of 55.29 seconds.

Degange was seventh overall in 1:12.07, McDonald was 10th overall in 1:29.79 and Cribbie finished in 16th place in a time of 1:42.35.

Mathias Krauchunas led the Raider boys in the morning giant

slalom in a time of 57.07 seconds for third place. Ryan Cribbie was eighth overall in 1:01.21, Landon Bormes skied to 10th in 1:02.31 and Henry Ashworth was 21st in a time of 1:29.

Krauchunas was fourth overall in the afternoon slalom in 1:03.4, Ashworth skied to seventh in 1:07.27 and

Bormes was ninth in 1:09.3. Cribbie finished out the scoring with a 10th place finish in a time of 1:11.21.

The Raiders return to action on Feb. 7 at Gunstock.

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

## Winnisquam girls bounce back to beat Bears

BY JOSHUA SPAULDING

Sports Editor

TILTON — The Winnisquam hoop girls fell behind Gilford early on Tuesday, Jan. 21, and they could never get back on track to catch up with the Golden Eagles, who took the 50-30 win.

The Golden Eagles came out of the gate and scored the first 12 points of the game to take control early and never looked back.

“Gilford is a very good team and well-coached,”

said Winnisquam coach Mark Dawalga. “To beat them, you have to do all the little things correctly and tonight we did not do that.”

Caidyn Carter led the way for the Bears with 17 points while Averill Labranche chipped in with six points and nine rebounds.

The Bears returned to action at Newfound on Friday night and came home with a 53-39 win in their battle with the Bears of the green and

white variety.

“This was a very, very good team win on the road tonight,” said Dawalga. “This team works hard every day and I am very happy to see the team continue to grow and get some positive results.”

Carter led the way with 29 points, six rebounds and two steals while Jaelynn Treamer had a strong game with 15 points, all from beyond the arc. Averill Labranche had 11 re-

bounds, three steals and five blocks while Sophia Labranche had 10 rebounds and Bella Soucy added six rebounds and five steals.

The Bears are slated to be in action again on Friday, Jan. 31, at Somersworth at 6 p.m. and will be hosting Raymond on Tuesday, Feb. 4, at 7 p.m.

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

## Tough third quarter sinks Winnisquam in battle of the Bears

BY JOSHUA SPAULDING

Sports Editor

TILTON — In the battle of the Bears on Friday, Jan. 24, the Newfound boys used a strong third quarter to pull ahead of Winnisquam and left town with a hard-fought 55-48 win.

Winnisquam got the jump in the first quarter, outscoring the visitors by a 14-11 advantage before Newfound came back and edged the hosts by one point in the second quarter, 19-18, cutting Winnisquam's advantage to 32-30 heading

to the halftime break.

Newfound then came out of the gate strong in the second half, holding Winnisquam to just four points in the third quarter while scoring 15 of their own and they took a 45-36 lead to the final quarter. The host Bears outscored the visiting Bears 12-10 in the final eight minutes, but it wasn't quite enough to catch up and Newfound took the seven-point win.

Ty Belyea had a big game for Newfound, pouring in 16 points while Calvin Colby add-

ed 11. Ethan Poole was the leading scorer for Winnisquam with 10 points while Travis Tibbetts, Carter Lloyd and Jacob Twombly each finished with nine points.

Winnisquam is slated to be in action again on Friday, Jan. 31, at home against Somersworth at 7 p.m. and will be at Raymond for a 6:30 p.m. game on Tuesday, Feb. 4.

Newfound is slated to be in action on Friday, Jan. 31, at Belmont at 6 p.m. and will be hosting Kearsarge at 6 p.m. on Tuesday, Feb. 4

### BEST

CONTINUED FROM PAGE A6

ished sixth, seventh and eighth, respectively.

Kauf was the sole American to advance to the final rounds, where she competed against Schwinghammer in the semis to advance to the big final, where she met Laffont, the previous day's winner who was celebrating her 100th World Cup start. The big final against Laffont was about as tight as it gets,

with Perrine edging out 20-15.

The result marked Kauf's 40th career podium, all in front of her friends and family. With her win last month in Bakuriani, Georgia at the first dual moguls event of the season and her second place Sunday, Kauf holds on to the coveted yellow leader bib.

“Really stoked with today, the course is super fun, I'm really happy with my skiing, I feel like I was really consistent

and did what I wanted to do out there as far as my runs,” said Kauf. “I was really hoping for that top spot but [I'm] stoked to walk away with another podium and to keep the yellow bib.”

US Ski and Snowboard Association contributed to this report.

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



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# Sea Scouts Lakes Region learns ice safety in Sunday training

GILFORD — Sea Scouts Lakes Region Scouts trained last Sunday with Gilford Fire & Rescue at the Glendale town docks, learning how to protect themselves when venturing on the ice, how to safely attempt shore-based rope and reach rescues. Uneven ice conditions around the state were responsible for a number of incidents around the state, including a drown-

ing death in Kingston. “Sea Scouts have water adventures year round, and we hope to train our youth to stay out of danger in the first place by taking the proper precautions, get them-

selves out of trouble if they fall through, and safely assist others without being put themselves in jeopardy,” said Tom Ceniglio, skipper of the new Sea Scout Ship 72.

Among the preventative skills taught by firefighters Lachlan Plache and Tyler Emond were checking ice thickness, use of personal flotation devices, or PFDs, in uncertain conditions, the importance of whistles, and not going out alone. Should an emergency occur, Scouts learned the use of emergency ice picks to claw onto the ice and rolling away from bad ice. When assisting others, Scouts were reminded to call 911 first,

then assist with reach poles, ropes or other means of pulling out a victim, then taking steps to treat hypothermia until help arrives.

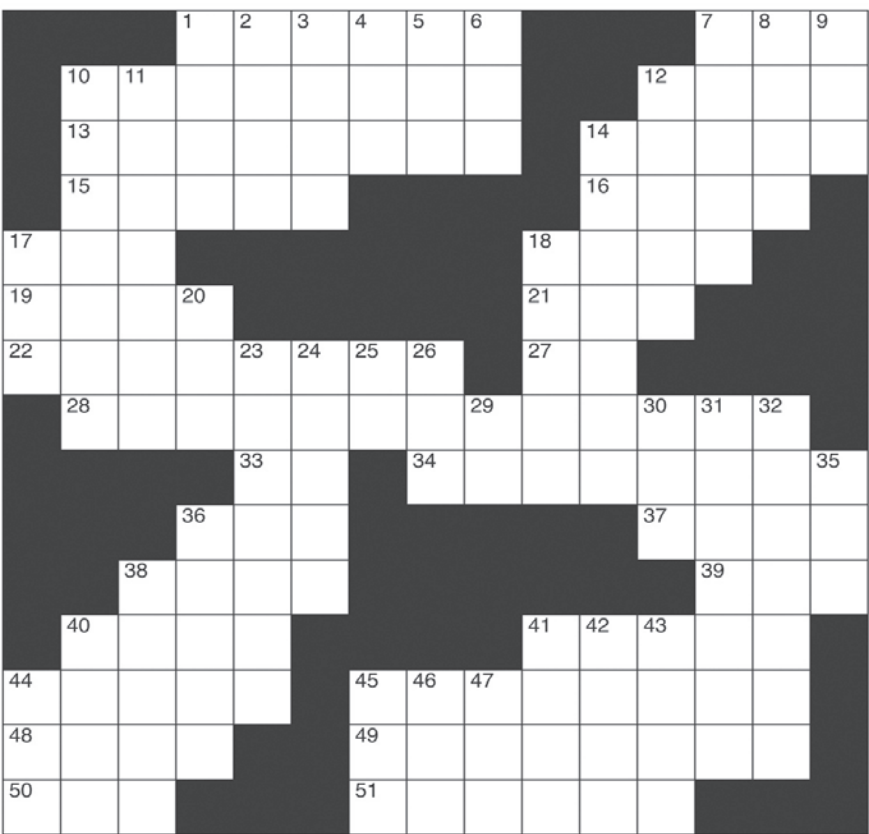
Sea Scouts Lakes Region had thirteen youth and participating adults for the training Sunday, and hopes to take what they’ve learned and present those skills at the Alton Winter Carnival on February 16 in Alton Bay.

Brian Beihl, organizer and now committee member of the new group, added that the generosity of local organizations like Gilford Fire - Rescue helps not only the Scouts, but the community, too.

“A significant percentage of first responders nationally were Scouts as youth, as well as becoming leaders in their communities. That’s a great return on investment, and we’re grateful for the help of the Gilford Fire - Rescue team,” he said.

For youth interested in participating with Sea Scout Ship 72, information is available at SeaScoutsLakesRegion.org.

For more information, visit facebook.com/seascoutslakesregion or email seascoutslakesregion@gmail.com.



### CLUES ACROSS

1. Where entertainers perform

7. Miller beer variety

10. Ageless

12. River in SE Europe

13. Able to be repaired

14. Type of wrap

15. Atomic #54

16. Type of tent

17. U.S. Treasury position

18. Opposed to

19. Protective covering

21. Bridge building degree

22. Clouding of the lens

27. Priestess of Hera loved by Zeus

28. Unacceptable

33. Mr. T's “The A-Team” character
34. American national park

36. One point south of due east

37. Assist in a crime

38. Greek mythological personification of Earth

39. A major division of geological time

40. German courtesy title

41. English family dating back to Norman times

44. Discounts

45. South American nation

48. Former Milwaukee Buck Michael

49. Hostile

50. Passports and drivers licenses are two

51. Discourages from doing

### CLUES DOWN

1. Supreme god of ancient Egyptians

2. Nevada city

3. Energy, style and enthusiasm

4. Bird’s beak

5. Language

6. Midway between south and southeast

7. Punjab village

8. Small biting flies

9. Sportscaster Patrick

10. A way to get around

11. Repeat

12. A way to cook with fat

14. Temporary loss of consciousness

17. Reciprocal of a sine

18. Fir tree genus

20. “Transformers” director Michael
23. Criminals who steal

24. Genus of leaf-footed bug

25. Music product

26. “Talk to you”

29. Santa says it three times

30. Doctors’ group

31. African nation

32. Ageless

35. When you hope to get somewhere

36. Worn

38. Deprives of vigor

40. Used to have (Scottish)

41. Where you live

42. Muslim ruler title

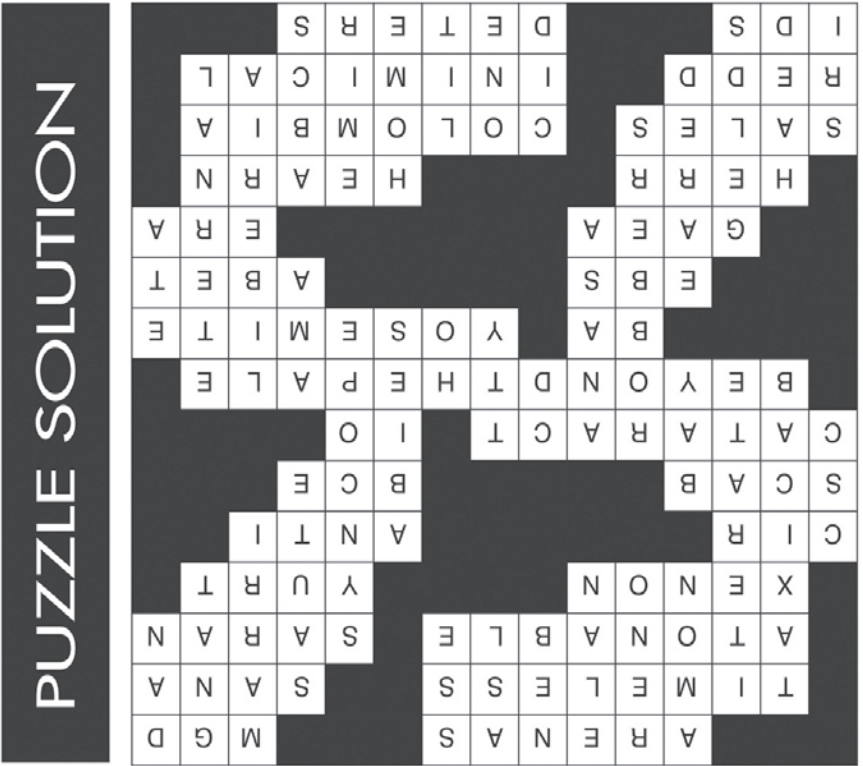
43. Basics

44. Type of drug (abbr.)

45. Spanish soldier

46. It precedes two

47. Illuminated



## HIGH SCHOOL SLATE

<b>Thursday, Jan. 30</b> GILFORD Nordic Skiing at Gunstock; 2:30	Indoor Track at UNH; 10 Wrestling at Concord; 9
<b>Friday, Jan. 31</b> BELMONT Boys’ Hoops vs. Newfound; 6 Girls’ Hoops at Newfound; 6 GILFORD Alpine Skiing at Gunstock; 10 Boys’ Hoops vs. Inter-Lakes; 6 Girls’ Hoops at Inter-Lakes; 6 WINNISQUAM Boys’ Hoops vs. Somersworth; 7 Girls’ Hoops at Somersworth; 6	<b>Tuesday, Feb. 4</b> BELMONT Boys’ Hoops vs. Inter-Lakes; 9 Girls’ Hoops at Inter-Lakes; 6 Unified Hoops at Gilford; 3 GILFORD Boys’ Hoops at St. Thomas; 6:30 Girls’ Hoops vs. St. Thomas; 6:30 Unified Hoops vs. Belmont; 3 WINNISQUAM Boys’ Hoops at Raymond; 6:30 Girls’ Hoops vs. Raymond; 7
<b>Saturday, Feb. 1</b> BELMONT Indoor Track at UNH; 10 BELMONT-GILFORD Boys’ Hockey vs. Kearsarge-Plymouth; 12 GILFORD Indoor Track at UNH; 10 Swimming at Salem; 1 WINNISQUAM Boys’ Hockey vs. John Stark-Hopkinton; 10	<b>Wednesday, Feb. 5</b> BELMONT Swimming at UNH; TBD BELMONT-GILFORD Boys’ Hockey at Pembroke-Campbell; 7:30 WINNISQUAM Boys’ Hockey at Kennett; 6:10 Wrestling vs. Bow; 7
<i>All schedules are subject to change.</i>	

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TOWN OF TILTON

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The office will remain open until 5:00 p.m. on January 31st.

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COMFORT

CONTINUED FROM PAGE A4

compassion fatigue.

In decades past, compassion fatigue was seen primarily in health-care professionals. This should hardly come as a surprise considering the profession involves constantly helping patients who are suffering or experiencing diminished quality of life. But as the country's aging population continues to grow, there are many family caregivers who are left feeling much the same way.

In addition to the lower threshold of empathy, family caregivers experiencing compassion fatigue may feel the following:

- Exhaustion (physical and/or emotional)
- Feelings of dread or guilt
- Irritability, anxiety, or anger
- Difficulty sleeping
- Difficulty making decisions
- Feeling disconnected
- Trouble finding meaning in caregiving
- Self-isolation

The Compassion Fatigue Awareness Project notes that the worst symptom of compassion fatigue is denial because it prohibits family caregivers from examining the feelings associated with their caregiving situation.

And if ignored for an extended period of time, family caregivers may begin to feel resentment toward their loved one, ultimately leading to a communication breakdown and strained relationship.

Outside relationships suffer as well. In a collaborative research study with the Stanford Center on Longevity, Comfort Keepers, and ClearCare, it was indicated that those responsible for a loved one with a severe illness experience poor emotional wellbeing because of their inability to properly maintain their social lives. The results of the study highlight the increasing need for family caregivers to not only acknowledge their compassion fatigue, but also take steps toward self-care. Doing so can certainly help the family caregiver, but it will also help mend the relationship with their loved one.

What to do next Below are a few steps that family caregivers can take to combat compassion fatigue and get back to feeling positive about caring for their loved ones.

Understand the common signs of compassion fatigue (listed above) and acknowledge them if they occur.

Practice a self-care

regimen that includes a balanced diet, regular exercise, and consistent sleep.

Carve out time to spend with friends and maintain social connections.

Find a caregiver support program, either in the community or online.

Document your thoughts and feelings related to caregiving in a journal.

Choose healthy activities during your downtime (e.g., go for a walk, meditate, or practice a favorite hobby).

Discuss your feelings with a counselor or therapist

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AARP. "Caregiving in the U.S." Web. 2015.

SCHOOL BOARD

CONTINUED FROM PAGE A1

phone call, or attending a school board meeting, let them know that their hard work is appreciated.

WRSD Superintendent Dr. Shannon Bartlett said, "The collaborative efforts of the Board and Winnisquam Regional Teachers Association have resulted in a new teacher agreement that will help us attract and retain the high quality educators our students deserve. I am grateful to both groups for focusing their collective energy in a way that lifts up our entire learning community."

At the January WRSD School Board meeting, WRTA President Jessie Heath and Vice-Presi-

dent Jackie Blake presented the school board members with a letter of thanks along with a lovely dessert bar.

The letter included the WRTA's heartfelt appreciation for the members of the WRSD School Board: "We see you endless volunteering your time. The job of a school board member is accompanied with so many tasks and obligations. You must constantly be considering the needs of many including students, teachers, administration, families, and taxpayers. That is all done while holding down jobs and taking care of your own family. Thank you so much for all you are doing. We appreciate each of you very much."

TANGER

CONTINUED FROM PAGE A1

the country to fund classroom investments through the TangerKids 2024 Grants program. Title 1 schools represent more than 60% of the recipients selected by Tanger centers.

"Tanger Tilton is proud to support families in our community by investing in student success," said Tanger Tilton General Manager/Marketing Director Eric Proulx. "Each year, we listen closely to the specific needs of our local educators and provide funding for projects that make a real difference. Over the years, we've seen firsthand how these grants help create more inclusive and productive learning environments, equipping students with

the tools they need to thrive both inside and outside the classroom."

Throughout the program's history spanning nearly 30 years, Tanger has contributed more than \$3.7 million to school-focused initiatives in the communities it serves. The annual program is eligible for public and private schools from pre-K to grade 12. Applications were open from August 12 – October 18, and winners were chosen from numerous applicants within the Lakes Region area.

Tanger Tilton will celebrate TangerKids Day on Jan. 31 with check presentations to schools.

To learn more about TangerKids Grants, please visit grants.tanger.com.

# Children's Auction earns four-star rating from Charity Navigator

LA CONIA — The Greater Lakes Region Children's Auction has been evaluated by Charity Navigator, the nation's largest charity evaluator, and earned a four-star rating, the highest

possible assessment. Charity Navigator's impartial, third-party evaluation validates that the organization is effective and reliable.

"This milestone

achievement for the Children's Auction couldn't have happened without the community's support," said Jennifer Kelley, the auction's executive director. "Thank you for being part of our family as contributors, funders, donors of items, sponsors, bidders, challenge teams and volunteers. Your trust and support help us make a difference for the local children and families in need that we serve."

To learn more about Charity Navigator and the auction's rating, visit [charitynavigator.org/ein/473815882](http://charitynavigator.org/ein/473815882).

For more information, to donate or volunteer, visit [childrensauction.org](http://childrensauction.org) or call 603-527-0999.

About the Greater Lakes Region Children's Auction

Numerous fundraising events in the Lakes Region throughout the year support the Greater Lakes Region Children's Auction, including our four-day signature event every December. In the past four decades we have distributed more than \$8.6 million to over 80 nonprofits that serve low-income families and children in the Lakes Region, all through volunteer efforts, community donations and corporate sponsorship. The Auction falls under the umbrella of the Greater Lakes Region Charitable Fund for Children, a 501(c)(3) nonprofit organization that helps local community organizations that serve children and families in need. For more information about the Auction, the nonprofits it supports and how you can help, visit [ChildrensAuction.org](http://ChildrensAuction.org).

## PUBLIC HEARING NOTICE TOWN OF NORTHFIELD

The Northfield Budget Committee will hold a public hearing on the proposed 2025 budget at 5:00 pm on Thursday, February 6th, 2025, at Town Hall, 21 Summer St. Immediately following the Board of Selectmen will hold a joint meeting with the Budget Committee on the proposed 2025 Warrant Articles. The proposed budget and warrant will be available at Town Hall and [www.northfieldnh.org](http://www.northfieldnh.org)

## PUBLIC NOTICE INTER-LAKES SCHOOL DISTRICT

The filing period for vacancies for School District officer positions will begin January 22, 2025, and run through 5:00 p.m. on January 31, 2025.

The following positions are open for filing:

- School Board Member from Sandwich .....3-year term
- School Board Member from Center Harbor .....3-year term
- School Board Member from Meredith .....3-year term
- Moderator (1) .....1-year term

Filing forms are available at the Superintendent of School's Office at 103 Main Street, Suite 2, Meredith. The office is open from 7:30 a.m. - 4:00 p.m. with an exception on January 31, the office will remain open until 5:00 p.m.

Submitted by:

SAU #2 Superintendent's Office

## PETS OF THE WEEK



Meet Billy!

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

Please email [adoptions@nhhumane.org](mailto:adoptions@nhhumane.org) with additional questions or to make an appointment to meet Billy!



NH Humane Society

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



Meet Baby!

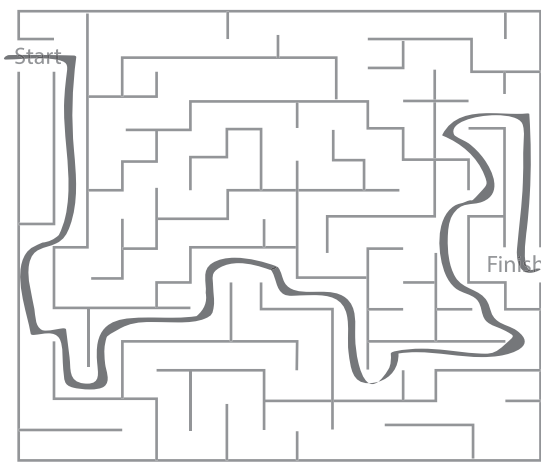
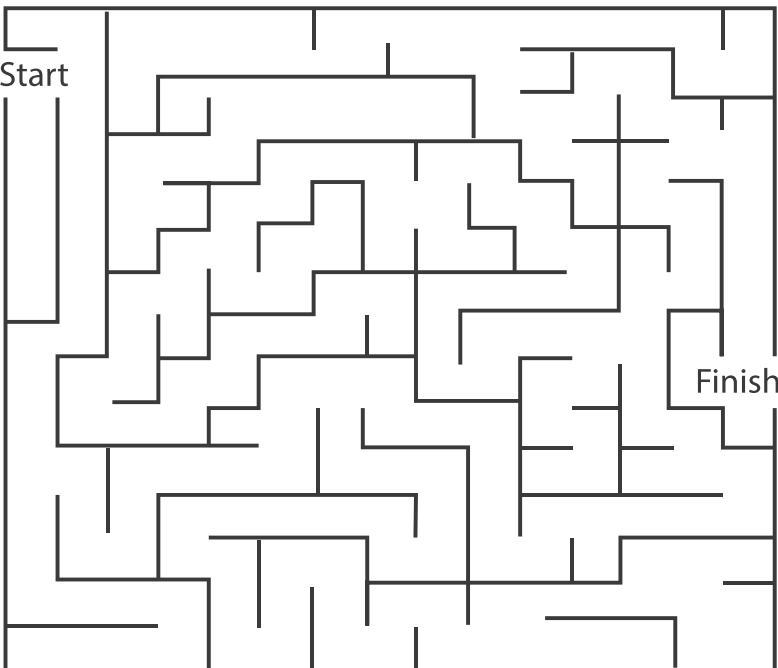
Baby is a lovely lady who would do best in a home where she can get some adventures. She loves to lay in the sun and hang out with her people, but she won't say no to a romp in the woods either! She'd do best in a home where she's the only animal - she deserves to be the star of the show! Come meet Baby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



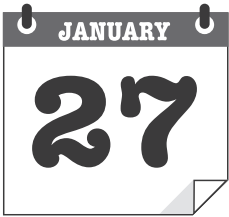


Maze Craze

Find the way through the maze to the finish line.



THIS DAY IN HISTORY



**1785:** The University of Georgia is founded, becoming the first state-chartered public university in the United States.

**1880:** Thomas Edison receives a patent for his incandescent lamp.

**2010:** Apple announces the iPad.

Book FACT:



Having sold more than 600 million copies worldwide, this book series is the best-selling in history.

Answer: Harry Potter

NEW WORD

APTITUDE

a natural ability to do something

How they say that in...

**English:** Page  
**Spanish:** Página  
**Italian:** Pagina  
**French:** Page  
**German:** Seite

Did You Know?

Reading a book in bed before going to sleep can promote a better night's rest.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Library card catalog

CRYPTO FUN

Solve the code to discover words related to slow cooking.  
Each number corresponds to slow cooking.  
(Hint: 22 = E)

A. 24 26 11 9 26 20

Clue: Not quickly

B. 14 10 11 14 6

Clue: Ceramic vessel

C. 15 18 17 10 22 23 15 22 18 16 24

Clue: Parts of a recipe

D. 14 11 5 22 10 22 23

Clue: With the top on

Answers: A. slowly B. crock C. ingredients D. covered

SUDOKU

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

Level: Advanced

Here's How It Works:

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

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

ANSWER:



Local students named to President's List at Plymouth State University

PLYMOUTH — 922 students have been named to the Plymouth State University President's List for the Fall 2024 semester. To be named to the President's List, a student must achieve a grade point average of 3.70 or better for the Fall 2024 semester and must have completed at least 12 credit hours during the semester; at least nine of which must confer grade points, at the time the lists are finalized.

Brittney Frederick, Commun. and Media Studies major of Sanbornton

Ian Manning, Biology major of Tilton

Ava Hall, Forensic Science major of Belmont

John Licata, Cell and Molecular Biology major of Tilton

Nathan Lavoie, Computer Science major of Sanbornton

Brooke Nelson, Allied Health Sciences major of Belmont

Klemens Berberich, Psychology major of Northfield

Ryder Dutton, Social Work major of Belmont

Emma Haddock, Marketing major of Belmont

Caleb Longval, Business Administration major of Sanbornton

University of New England announces fall Dean's List

BIDDEFORD and PORTLAND, MAINE — Savannah Perkins of Belmont; Jessica Gannon of Gilmanton Iron Works; Eveline Auger, Emma Griffin, and Henry Osmer of Sanbornton; and Liv Arvidson and Lauren MacDonald of Tilton have been named to the Dean's List for the 2024 fall semester at the University of New England.

Dean's List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

The University of New England is Maine's largest independent university, with two beautiful coastal campuses in Maine, a one-of-a-kind study-abroad campus in Tangier, Morocco, and an array of flexible on-line offerings. In an uncommonly welcoming and supportive community, we offer hands-on learning, empowering students to make a positive impact in a world full of challenges. We are the state's top provider of health professionals and home to Maine's only medical and dental colleges, a variety of other interprofessionally aligned health care programs, and nationally recognized programs in the marine sciences, the natural and social sciences, business, the humanities, and the arts. Visit [www.une.edu](http://www.une.edu).



Hannah Laughy, Business Administration major of Sanbornton

Madison Heitz, Criminal Justice major of Sanbornton

Lucas Robdau, Environmental Science & Policy major of Sanbornton

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates, and by providing graduate

education that deepens and advances knowledge and enhances professional development. The Plymouth State Cluster Learning Model emphasizes open, integrative, and project-based experiences. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. To learn more about Plymouth State University, visit [www.plymouth.edu](http://www.plymouth.edu).

Plymouth State University announces Fall 2024 Dean's List

PLYMOUTH — Plymouth State University recognizes 376 students who made the Dean's List for the Fall 2024 semester. To be named to the Dean's List, a student must achieve a grade point average between 3.50 and 3.69 during the Fall 2024 semester and must have completed at least 12 credit hours during the semester; at least nine of which must confer grade points, at the time the lists are finalized.

Alexander Dubiel, a English major of Tilton

Abigail Clark, a Public Health major of Belmont

Zackari Lepicier, a Allied Health Sciences major of Tilton

Liam Hanks, a Business Administration major of Lochmere

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Laconia: 2BR/2BA, mid-level condo with plenty of rental capabilities. This fully furnished condo has an open concept living area, wood accent walls, and sliders leading to your own balcony. Call learn about the amenities.

\$698,000  
MLS# 5013382

Laconia: 4BR/2BA well cared for cape with lake views in South Down Shores on Winnepesaukee. Featuring vaulted ceilings, fireplace with woodstove insert, and an attached 2-car garage. Call to learn about the amenities

\$4,475,000  
MLS# 5016060

Laconia: The Grand View Resort with 24 units and gorgeous Lake Winnepesaukee views. All cottages and motel units are either new, completely new, replaced new or upgraded new with repeat customers throughout summer.

\$479,000  
MLS# 5027117

Laconia: Lake Winnepesaukee water access with 25' dock! 2BR/2BA fully furnished tri-level townhouse with stunning water views. Well appointed kitchen, gas fireplace, hardwood floors, screened porch with water views and more. Close to Weirs Beach, shopping, dining, and more!

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(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))  
This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.  
To complain of discrimination call HUD toll free at 1-800-669-9777  
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You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write  
The Commission at 163 Loudon Road, Concord, NH 03301  
Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

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Badger Peabody & Smith Realty: [www.peabodysmith.com](http://www.peabodysmith.com)

Bean Group: [www.beangroup.com](http://www.beangroup.com)

Century 21 Country Lakes Realty: [www.countrylakesrealty.com](http://www.countrylakesrealty.com)

Century 21 Twin Rivers Realty: [www.nhreal21.com](http://www.nhreal21.com)

Coldwell Banker: [www.cbldmill.com](http://www.cbldmill.com)

Coldwell Banker Residential Brokerage  
[www.newenglandmoves.com](http://www.newenglandmoves.com)

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Exit Lakeside Realty Group: [www.exitlakeside.com](http://www.exitlakeside.com)

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# MVSB Fund awards grants to 42 local nonprofits

MEREDITH — The MVSB (Meredith Village Savings Bank) Fund at New Hampshire Charitable Foundation has awarded \$114,933 to 42 local nonprofit organizations. This includes \$96,183 granted to 27 local agencies and \$18,750 distributed to 15 local food pantries to help address food insufficiency in the Bank’s communities. The grants are in addition to MVSB’s contributions throughout the year in the form of donations, sponsorships, scholarships and volunteer efforts by employees.

Since 1997, the MVSB Fund has awarded annual grant-based contributions to nonprofit organizations that enrich and improve the quality of lives of residents in the Bank’s service areas. In that time, the program has awarded 568 grants totaling over \$2.1 million dollars to a wide range of environmental, social, educational and historic projects throughout the Greater Lakes Region, Plymouth, Mount Washington Valley and Seacoast regions.

“Caring for our community is at the heart of everything we do, and it is an honor to help support these wonderful local nonprofits with this grant funding,” said Marcus Weeks, MVSB President. “These organizations are doing such incredible work to support our communities, and we are excited to see the continued positive impact they will make.”

This year’s MVSB Fund grant recipients include:

Camp Resilience, Gilford  
Awarded \$5,383 to



From left, MVSB Fund Committee members Michael O’Leary, Marcus Weeks, Carmen Lorentz and Charley Hanson stand inside the MVSB Main Office in Meredith (not pictured: Michael Kilfoyle and Scott Weden).

fund a four-day mental and physical wellness retreat for first responders. Camp Resilience offers retreats in the Lakes Region to improve the physical, social, mental and emotional well-being of military service members, military veterans, first responders and their families.

Central NH Medical Reserve Corps & Community Emergency Response Team, Plymouth  
Awarded \$5,000 to help cover maintenance expenses for its emergency response vehicle. This program is an initiative of the Central New Hampshire Health Partnership and has a mission to improve the health and safety of communities within the Central NH Public Health Region by orga-

nizing and utilizing volunteers during major emergencies.

Children Unlimited, Conway  
Awarded \$5,000 to support the move to an Electronic Health Record (EHR) system and electronic billing. Children Unlimited specializes in early intervention and inclusive childcare in the Mount Washington Valley.

Eastern Slope Aviation Academy, North Conway  
Awarded \$2,500 to support a scholarship for a student for flight lessons. Eastern Slope Aviation Academy offers focused, affordable education and guidance in aviation.

Gibson Center for

Senior Services, North Conway

Awarded \$2,500 to support the non-food essentials pantry program, which benefits recipients of Meals on Wheels. The Gibson Center offers a variety of programs and services to senior citizens in Northern Carroll County.

Got Lunch! Laconia  
Awarded \$5,000 to support the summer lunch program for Laconia’s school children. Got Lunch! Laconia is a community-based effort that supports children in need by delivering healthy groceries to their home during the summer.

Greater Lakes Child Advocacy Center, Laconia

Awarded \$4,300 to add an enhanced security system to enhance staff and visitor safety, deter criminal activity and ensure preparedness for crisis response. The Greater Lakes Child Advocacy Center, an accredited member of the Granite State Children’s Alliance, coordinates child abuse investigations with local law enforcement and the Division of Children Youth and Families.

The Home Possible Project, Laconia

Awarded \$5,000 to help fund the development of their first community residence in Gilford. The Home Possible Project works to create supportive housing opportunities for adults with developmental disabilities in the Lakes Region.

Interlakes Community Caregivers, Center Harbor

Awarded \$1,000 to support volunteer services. Interlakes Community Caregivers is a volunteer-based nonprofit that helps clients meet basic needs by providing rides to local adults who need assistance for appointments and other errands

Lakes Region Santa Fund, Laconia

Awarded \$5,000 to support the organization’s annual winter clothing distribution and scholarship program, which helps local children attend outdoor activities such as summer camp and ski programs. The Lakes Region Santa Fund provides year-round assistance to children while also offering new cold-weather outer wear in winter.

Mount Washington Valley Housing Coalition, Conway

Awarded \$5,000 to support operational expenses and educational programs. The Mount Washington Valley Housing Coalition works to ensure residents have access to an adequate supply of affordable rental and sale housing.

New Beginnings - Without Violence & Abuse, Laconia

Awarded \$5,000 to support the organization’s efforts to reduce violence and promote health in Laconia and Belknap County. New Beginnings - Without Violence and Abuse serves throughout Belknap County and is dedicated to ending sexual, domestic and stalking violence through a variety of services, emergency refuge, support and social change.

The Pass Along Project, Effingham

Awarded \$1,500 to aid in the hiring of a part-time employee. The Pass Along Project supports children placed in foster care with clothing throughout New Hampshire.

Restoration Acres Farm, Meredith

Awarded \$2,500 to help purchase a riding lawnmower and pull behind trailer to manage farming and property needs. Restoration Acres Farm offers a free dry goods pantry, ready-to-heat-and-eat meals, as

well as frozen and refrigerated items.

Transport Central, Plymouth

Awarded \$2,000 to purchase vinyl decals to identify the organization’s bus as a local nonprofit transportation service. Transport Central provides door-to-door volunteer transportation to residents within 19 towns within Speare Memorial’s service area.

Visiting Nurse Association of Franklin, Franklin

Awarded \$5,000 to provide POM (Peace of Mind) handheld safety devices for employees, which allow them to contact first responders instantly in the event of an emergency. Visiting Nurse Association of Franklin (Franklin VNA & Hospice) provides quality home health care, hospice and education to individuals and families.

Way Station, North Conway

Awarded \$5,000 to grow its services, outreach and awareness programs. Way Station provides safe, welcoming, non-judgmental space and supportive services for homeless & housing insecure residents of Mt Washington Valley.

WinnAero, Gilford

Awarded \$2,500 to assist with the purchase of a wind tunnel. WinnAero promotes an interest in STEM through aviation- and aerospace-based programs and experiences for young people.

Winnepesaukee Skating Club, Laconia

Awarded \$2,000 to purchase of an electric ice edger. The Winnepesaukee Skating club owns and operates the Merrill Fay Arena and offers affordable opportunities for skaters of all ages and abilities to enjoy the facility.

MVSB has been serving the essential banking needs of people, businesses, nonprofits 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.



# THANK YOU!

**The Gilford Rotary Club wishes to thank the hundreds of residents in the Laconia/Gilford area who purchased a Christmas tree or a wreath during our club’s annual holiday fundraiser held this year at the Fireside Inn. Your support resulted in the sale of approximately 550 trees and 110 wreaths - the profits of which will be reinvested in worthy programs in the local community. And your purchases aided the environment as well. Live trees are a renewable resource!**

**We also wish to thank the following firms who provided logistical, product or financial support to our endeavor:**







**Your generosity helps The Gilford Rotary Club spread holiday cheer year round & make a difference in Gilford and Beyond!**

**Organaztions Gilford Rotary has donated to:**

Prescott Farm • Neighbor's In Need • Isaiah 61 • Big Brothers Big Sisters • Camp Resilience  
Gilford Community Church • Gilford Youth Center • Gilford School Fund • New Beginnings  
Lake Winnepesaukee Association • New England Wolves • Cheryl Walsh Scholarship Fund • Got Lunch