

Gilford Steamer

THURSDAY, JANUARY 1, 2026 GILFORD, N.H.

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PMHS students get front-row seat to professional world



Jacob Bobby from Warrior Welding, Aubrey Taylor from Speedy Sparky LLC, and Jared Fox Hanselman of Red Fox Carpentry recently shared insights into their respective professions with the students in Prospect Mountain High School's "How Stuff Works" class.

BY OLIVER KINGSBURY
PROSPECT MOUNTAIN HIGH SCHOOL
ALTON — The students in Mr. Pappaceno's

"How Stuff Works" class at Prospect Mountain High School have once again been given a front-row seat to the professional world.

Over the last three weeks, our class welcomed three local business owners who shared not only their technical expertise but also the realities of running a successful trade business. On Wednesday, Oct. 29, we welcomed Aubrey Taylor from Speedy Sparky LLC. As the first electrician to visit our class, Mr. Taylor provided a fascinating introduction to the trade. He emphasized the physical demands of the job—from hauling heavy tools to the precision of material handling and hole

cutting—before the electrical work even begins. We are grateful for his optimistic viewpoint and his guidance on the various schooling options available to us. The following week, on Nov. 5, Jacob Bobby from Warrior Welding LLC shared his insights. While we have studied welding previously, Mr. Bobby highlighted the unique challenges of being a mobile welder. He showcased his welding truck and trailer, explaining how he manages his resources while working in adverse weather



er conditions. His visit taught us about the importance of resilience and the safety measures necessary to mitigate the inherent risks of the craft. Finally, on Nov. 12, Jared Fox Hanselman of Red Fox Carpentry joined us. Mr. Hanselman specializes in barn building, and he walked us through the entire construction lifecycle: clearing the site, setting the foundation, and completing the framework. He offered a fresh perspective on entrepreneurship, teaching us that in the world of carpentry, the pride of completing a project is a significant form of payment in itself. The students at PMHS would like to thank these three professionals for their time and mentorship. Their visits have provided us with a roadmap for our potential careers and a deeper appreciation for the skilled trades that build our community.

Nominations sought for Gordon Preston Community Service Award

BARNSTEAD — Please join the Preston family in nominating a well-deserving member of our community who gives their all to benefit The Town of Barnstead! Please send in nominations by Jan. 25th for the Gordon Preston Outstanding Community Service Award!

Anne Frank wrote, "How wonderful it is that nobody need wait a single moment before starting to improve the world." Gordon Preston's life epitomized this quote. He was devoted to serving the community for the benefit of all. When Gordon arrived in Barnstead many years ago, he immediately immersed himself into volunteering within the community. He continued to generously serve this town for the rest of his life. Gordon was welcoming of all newcomers to Barnstead and inspired others to get involved and change our small town for the better. He believed that one person could make a difference and his life's work exemplified that.

In the Spirit of Gordon Preston's unwavering service to our community, The Gordon Preston Outstanding Community Service Award is presented to a person who embodies the same type of dedication to The Town of Barnstead. This award recognizes the unsung hero or heroine who continually gives their precious time to benefit our community as a

whole.

Criteria for nominees:

- Any volunteer and/or Barnstead town employee who serves our community to benefit our town and Barnstead residents
- Nominee does not have to be a resident of Barnstead
- Consistently demonstrates the quality of outstanding service to the Town of Barnstead
- Has made a meaningful contribution to the community through their time, actions, talents and/or service
- Someone who is not normally recognized for their unyielding efforts that benefit our town... the unsung hero/heroine

We encourage you to nominate someone, whose commitment to and service in the Town of Barnstead has made a positive impact on the lives of the residents and the local community. We will be accepting nominees until Jan. 25.

Please Include:

- The name and contact information of the person you are nominating
- Your name and contact information
- Specific reasons why this person deserves to be recognized
- Any anecdotal information or quotes from those who were touched by the nominee would be helpful
- All nominations must be submitted via email no later than Jan. 25.

SEE **PRESTON AWARD**, PAGE **A11**

New Durham Historical Society hosting program on local elections

NEW DURHAM — The New Durham Historical Society, in partnership with Linda Callaway, Town Moderator, and Alicia Housel, Town Clerk, is proud to announce the upcoming Jan. 15 program entitled "The Importance of Our Town Elections."

The program will be held in the New Durham Community Room from 6:30-9 p.m., and will focus on learning the importance of local elections, and especially on how budgetary allocations impact each of us.

As one may know, New Hampshire has a rich history of town centered public engagement as it relates to governance and budgeting. Yet, what exactly is a deliberative session? Why are warrant articles so numerous on the local ballot? How can my participation make any difference? These questions are often asked, and we are pleased to have our esteemed volunteer presenters lead us to a better understanding of how vital it is to participate in the local elections process.

In the event of severe winter weather conditions, the event is subject to cancellation.

Golden Eagle girls push past Plymouth to start tourney

Gilford girls advance to tournament championship game

JOSHUA SPAULDING
Plymouth's Eva Delacruz looks for a way around the defense of Gilford's Skye Maltas in holiday tournament action on Dec. 27.

BY JOSHUA SPAULDING
Sports Editor
GILFORD — The Gilford hoop girls welcomed Plymouth to town for the Lakes Region Holiday Basketball Tournament opening game on Saturday, Dec. 27, with the Golden Eagles jumping out to an 11-2 lead on the way to a 44-26 win over the Bobcats.

Gilford got a pair of hoops from Abby Watson in the first quarter while Addison Hods-

JOSHUA SPAULDING
Abby Watson dishes the ball during holiday tournament action Dec. 27 against Plymouth.

don added a hoop and a free throw and Penelope Flanders and Taylor Marsh each added a bucket while Plymouth got its lone hoop of the quarter from Libby Oldenburg as Gilford took the 11-2 lead after one

SEE **HOOPS**, PAGE **A11**

Alton Parks and Recreation Community Connection

Gilman Museum — Open House
The Town of Alton is sponsoring an Open House at the Gilman Museum, located at 123 Main St., on Thursday, Jan. 29 from 1-3 p.m. Take a self-guided tour of the Gilman Museum, and see antiques collected by the Gilman family. The museum collection features furniture, toys, dinnerware, and other fine displays. For more information, contact parksrec-asst@alton.nh.gov or 603-875-0109.

Reiki Gathering
The Alton Parks and Recreation Department is sponsoring a Reiki Gathering with Reiki Master Teacher, Carol Wallace at the Gilman Library on Saturday, Jan. 31 from 10-11:30 a.m. in the Agnes Thompson Meeting Room. Join us for a relaxed Reiki meet-up to refresh the basics of Reiki One and Reiki Two. Share experiences, ask questions and reconnect with Reiki energy and each other. The gathering is geared toward Reiki practitioners with at least Reiki One training. This program is free. Please RSVP to 603-875-0109 or parkrec@alton.nh.gov by Jan. 23 to reserve your seat.

HIGH SCHOOL SLATE

- Saturday, Jan. 3 BELMONT**
Indoor Track at Phillips Exeter; 11
- GILFORD**
Indoor Track at Plymouth State; 2:30
- BELMONT-GILFORD**
Hockey vs. Kennett; 5:45
- WINNISQUAM**
Hockey vs. Kearsarge-Plymouth; 3:45
Indoor Track at Phillips Exeter; 11
Wrestling at Merrimack; 9
- Monday, Jan. 5 GILFORD**
Boys' Hoops at Monadnock; 5:30
Girls' Hoops vs. Monadnock; 5:30
- Tuesday, Jan. 6 GILFORD**
Boys' Hoops vs. Winnisquam; 6
Girls' Hoops at Winnisquam; 7
- WINNISQUAM**
Boys' Hoops at Gilford; 6
Girls' Hoops vs. Gilford; 7
- Wednesday, Jan. 7 BELMONT**
Boys' Hoops at Derryfield; 6
Unified Hoops at Gilford; 3:30
- BELMONT-GILFORD**
Hockey vs. Kingswood; 5
- GILFORD**
Unified Hoops vs. Belmont; 3:30
- WINNISQUAM**
Wrestling vs. Pelham; 6
- All schedules are subject to change.

tor 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@ya-

hoo.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 older. 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.

Happy retirement to Holly Brown
The Alton Parks and Recreation Department would like to thank and acknowledge Holly Brown, Director of the Gilman Library, for thirty years of service to the Town of Alton. Holly has done so much to make the library a wonderful place to visit for books and social activities, and her great efforts will continue on. Best wishes to you Holly- we will miss you.

Sawyer wins 55-meter dash at UNH meet

BY JOSHUA SPAULDING
Sports Editor
DURHAM — The Gilford indoor track team got back to work during the holiday break, competing at the University of New Hampshire on Saturday, Dec. 27. Macy Sawyer won the 55-meter preliminaries in a time of 7.69 seconds and won the finals in a time of 7.67 seconds. Grace Southworth was seventh in 8.35 seconds, tied with teammate

Emily Aguiar while Zevy Donovan finished in 11th in 8.39 seconds. Pearl Marvel finished in second place in the 300 meters in 47.56 seconds with Southworth in third in 47.79 seconds, Donovan in seventh in 49.39 seconds and Amanda Schaffnit in 30th in 1:00.36. Marvel was also second in the long jump with a distance of 16 feet, eight inches with Sawyer in fourth at 14

feet, 4.25 inches, Aguiar in 12th at 12 feet, seven inches and Southworth in 15th at 12 feet, four inches. The Golden Eagle 4X160-meter relay team finished with a win in a time of 1:32.19 while in the 1,000 meters, Catherine Fay was ninth in 3:49.51 and Schaffnit was 16th in 4:23.32. William Reinhardt finished in fifth place for the boys in the 1,500 meters in 4:59.31 and also added an

eighth place in the 1,000 meters in 3:06.62. John LaValley finished in sixth place in the shot put at 38 feet, 4.5 inches. Gilford is slated to compete at Plymouth State on Saturday, Jan. 3, at 2:30 p.m.

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

Toss or keep? How to sort items when organizing

Getting organized routinely tops people's lists of New Year's resolutions. After many months of accumulating an assortment of things, starting fresh in January with goals to organize such acquisitions can be a healthy endeavor. One of the obstacles of getting organized is sorting through belongings and identifying what to get rid of and what to keep. In fact, uncertainty about what's worthy of donation or trash is a common problem that can create clutter. These organizational tips can help people figure out what to toss and what to keep.

Determine if items are useful
Ask yourself if you have used the item in the last month to 90 days, or if you see yourself needing it in the next month. If not, this item likely can be put aside. An

easy way to identify items that won't be useful is to check for duplicates or if anything is expired. Duplicate items can immediately be moved to the toss pile.

"Why do I want this item?"
Consider each item you come across and ask yourself how it serves a purpose. If it looks great in the home or is a cherished memento, then it likely can be kept. But if you can't say why you want it, it needs to find a new home, particularly if you already own something else that does the same thing but might also have other uses.

Does it fit?
One of the biggest culprits to clutter and overflowing closets is holding on to clothes with the hope that you'll once again fit into them. Keeping a collection of multi-sized shirts and

pants with the intention of dropping or gaining weight so that they fit once more only leads to hangers and bins full of useless items. Although clothes can be expensive, should you fluctuate in weight, it's likely that you'll want to get new clothes instead of wearing outdated styles. When assessing shoes, figure out which ones are uncomfortable or seldom used (a collection of sandals might not be appropriate if you live in a cold climate). Donate items in good condition.

Do you still feel the same about collectibles?
People often collect figurines, shot glasses or other items through the years out of habit. Over time, items that once were popular fall out of favor. If your interest in porcelain pigs has waned, it may be time to clear out collectibles to make room

for other things.

Assess your paper files
Major financial records and/or business documents can be kept indefinitely, but other files likely can be shredded. The Internal Revenue Service generally has up to six years to audit a return, so it is helpful to keep tax returns and supporting documents for around seven years. Most people have pivoted to online bank statements and pay stubs, but the general consensus is to keep bank and credit card statements, pay stubs, paid medical bills, and such for a year before discarding them. Going digital by scanning files or documents and storing them securely might be an alternative to bulky files.

Getting organized means figuring out what to keep and what needs to go, a process that differs for each person.

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PETS OF THE WEEK

Meet Simi!

Simi is the total package — handsome, loyal, and full of energy! This athletic boy loves to run, jump, and show off his playful spirit, so a home that can give him plenty of exercise and adventure is a must. Whether it's a long walk, a backyard sprint, or a good game of fetch, Simi is always ready to move. Once his zoomies are out of the way, though, he's all about snuggles. True to his velcro-dog



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nature, Simi loves nothing more than being right by your side, soaking up all the love he can get. When he gets excited, he proudly picks up his favorite toy to show it off — and yes, he insists

his harness goes around both him and his toy. Simi would prefer to be the only dog in the home without other pets- he loves to chase and hunt smaller animals for fun. A man knows what he wants, after all! Simi always looks dashing in his signature bandana and is ready to steal hearts (and maybe a few squeaky toys) wherever he goes. If you're looking for a loyal best friend with energy, style, and endless affection, Simi is your guy.

Prospect girls dominate in final regular season games of 2025

BY JOSHUA SPAULDING
Sports Editor

ALTON — The Prospect Mountain girls’ basketball team wrapped up the 2025 portion of the regular season with a couple of dominating wins over Inter-Lakes and Winnisquam.

On Wednesday, Dec. 17, the Timber Wolves

got out to a 41-2 lead after one quarter and rolled to a 91-6 win over Inter-Lakes in Meredith.

The Timber Wolves came out with strong ball pressure and forced turnover after turnover to set the tone early. The lead was 54-14 at the half and the Timber Wolves allowed just one

basket in the second half and closed out the 91-16 win.

Kourtney Kaplan led the way with 28 points, four assists, seven steals and a block, Leah Gard finished with 14 points, four assists and three steals, Emma Foster added 13 points, four assists and four steals

and Maddy Howlett and Ava Foster each added eighth points while Ava Foster grabbed 10 rebounds. Maddie Miller added seven points and four steals.

The Timber Wolves played on their home court for the first time on Friday, Dec. 19, and cruised to a 65-24 win over the Bears.

The Bears held tight through the first quarter, with Prospect just up by a 13-8 score after eight minutes. However, senior captain Paige Harding sparked the Timber Wolves on both ends of the floor in the second

quarter, scoring seven points and grabbing three steals and the Timber Wolves allowed just two points in the frame to take a 32-10 lead at the break.

The Prospect defense limited the Bears to just 14 points in the second half on the way to the 65-24 win.

Kaplan finished with 21 points, six steals and one block in limited minutes, Harding had nine points, five assists, five rebounds and 10 steals, Delaney Drolet added eight points, seven rebounds, three assists and one steal, Howlett

added seven points and six assists and Ava Foster and Gard each scored six points with Foster adding seven rebounds, three steals and three blocks. Ashlynn Roberts scorer her first varsity points and also added an assist.

The Timber Wolves return to regular season action on Tuesday, Jan. 6, at Somersworth at 5:30 p.m.

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

Alton Central School announces honor roll

ALTON — Alton Central School has released its honor roll for the first trimester of the 2025-2026 school year.

Honors

Grade 5: Brody Burke, Scarlett Cogswell, Layla Folger, Piper Fortier, Alexa Gavill, McKenzie Hawthorne, Phillip Hunter, Morgan Maynarde, Emma Nealon, Benjamin Neveu, Dagny Nielson, Liam Rose, Dallas Simmonds, Olivia Sleeper.

Grade 6: Hailey Andres, Zoe Blier, Oliver Bravar, Kinley Brown, McKinley Coran, Mackenzie Couture, Guiliana Dewey, Ella Dickinson, Brandon Fencer, Rylee Frederick, Charlotte Heald, Colin Howard, Charlie Kumm, Allison Lambert, Dylan O’Ro-

urke, Vanessa Stanley

Grade 7: Arianna Biron, Julia Boulay, Cody Brock, Evan Collins, Parker Cully, Abel Dominick, Austin Douglas, Grace Ferraro, Adam Fuller, James Marcotte, Kennedy McKnight, Zaya Parker, Carline Quirk, Eden Soucy, Kadence Stratton

Grade 8: Harper Boles, Kristina Chadbourne, John Chase, Tanner Chinyanga, Chase Couture, Augustine Gauvreau, Miah Gonzalez, Lyla Griffin, Baylee Locke, McKenzie Nealon, Gabrielle Neveu, Harrison Parker, Everett Shea, Brynn Slayton, Devan Stanley

High Honors

Grade 5: Cadence Adler, Roselyn Bozek, Brandon Douglas, Ryan

Ferruccio, Jaylin Jordan, Alexis Kenerson, Mad-dyn McGilvray, Willow Ouhrabka, Gwendolyn Senter

Grade 6: Elizabeth Beaton, Adelaide Bemis, Jude Benedetto, River Ellis, Isabelle Fencer, Hannah Hawthorne, Hudson Kellar, Sawyer levasseur

Grade 7: Sophia Goncalves, Brooklyn Gorton, Emma Holloway, Annabel Jacques, Rowan Kimball, Emma Letendre, Tristan Levasseur, Kendall Osmer, Skylar Pauley

Grade 8: Cameron Casale, Logan Daniels, Evan Ferruccio, Ewan Gauvreau, Amelia Grasso, Adam Hann, Winston Kellar, Tilba Nielsen, Kaylin O’Connell, Jacen Sanborn, Gaige Silberdick, Treyson Whitehouse, Jacob Wood



COURTESY

The Gilford Police Department is pleased to announce the promotion of Officer Richard Brewer to the rank of Patrol Sergeant. Sgt. Brewer has been with the Gilford Police Department since 2020, and during this time has served in various capacities including Field Training Officer, Taser Instructor, Gilford Police Relief Association President, Union Steward and as a member of the Belknap Region Special Operations Group. Photo courtesy of the department’s Facebook page.

HIGH SCHOOL SLATE

KINGSWOOD Boys’ Hoops at Oyster River; 6:30 Girls’ Hoops vs. Oyster River; 6	Girls’ Hoops vs. Kingswood; 6 Unified Hoops vs. Gorham; 3
Saturday, Jan. 3 KENNETT Boys’ Hockey at Belmont-Gilford; 5:45 Girls’ Hockey vs. Souhegan (Notre Dame); 5 Indoor Track at Plymouth State; 10	KINGSWOOD Boys’ Hoops vs. Kennett; 6 Girls’ Hoops at Kennett; 6
KINGSWOOD Boys’ Hockey vs. Berlin-Gorham; 7:10 Wrestling at Hollis-Brookline; 9:30	PROSPECT MOUNTAIN Boys’ Hoops vs. Somersworth; 6 Girls’ Hoops at Somersworth; 6
KINGSWOOD-PROSPECT MOUNTAIN Girls’ Hockey vs. Manchester Central; 5	Wednesday, Jan. 7 KENNETT Boys’ Hockey at Kearsarge-Plymouth (PSU); 4 Girls’ Hockey vs. Keene (Notre Dame); 6
PROSPECT MOUNTAIN Indoor Track at Phillips Exeter; 11	KINGSWOOD Boys’ Hockey at Belmont-Gilford; 5 Wrestling vs. Bishop Guertin; 6
Sunday, Jan. 4 KINGSWOOD Indoor Track at UNH; 2:30	KINGSWOOD-PROSPECT MOUNTAIN Girls’ Hockey vs. Bedford; 7
Tuesday, Jan. 6 KENNETT Boys’ Hoops at Kingswood; 6:30	Thursday, Jan. 8 KINGSWOOD Unified Hoops at Somersworth; 3:30
	PROSPECT MOUNTAIN Wrestling at White Mountain; 6 All schedules are subject to change.



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A new year, and the same work that matters

The calendar turns another page this week, as it always does, quietly and without much ceremony. One day looks very much like the last, yet we insist, year after year, on treating the New Year as something more. Perhaps that is because we need it to be. In small towns like ours, the idea of a fresh start carries real weight.

The New Year does not arrive with fireworks for everyone. In places like Gilford, Alton, and the surrounding communities, it often comes with snowbanks, budget binders, meeting agendas, and long lists of things that still need attention. Roads still need plowing. Seniors still need checking in on. Students still need guidance. Town boards still have difficult decisions ahead of them.

That may be precisely why the New Year matters here.

There is something grounding about the way local communities move from one year to the next. There is no dramatic reset button. Instead, progress is incremental. One vote at a town meeting. One volunteer signing up for another year. One business owner deciding to keep the lights on through another winter. One family choosing to stay.

As the year turns, many residents will take stock privately. Some will resolve to do more. Others to worry less. Some will simply hope for steadier ground than the year just passed. Not all resolutions are spoken aloud, and not all of them need to be. In a town, quiet commitments often matter more than bold declarations.

The months ahead will bring familiar challenges. Rising costs will continue to test municipal budgets. Housing pressures will remain unresolved. Schools will balance enrollment shifts, staffing needs, and community expectations. Emergency services will continue to do more with limited resources. None of these issues disappear with a new calendar.

What does carry forward, year after year, is the steady willingness of local people to engage anyway.

It shows up in select board meetings that stretch late into the evening. In school events that draw parents out on cold nights. In volunteer fire departments where the pager still matters. In library programs, food pantries, and local fundraisers that quietly fill gaps no one else can.

These are not headline-making efforts, but they are the work that holds a town together.

The New Year is also a reminder that communities are living things. They change slowly, sometimes unevenly, but always through people. New residents arrive. Others move on. Children grow into adults. Longtime fixtures step back, making room for new voices. Each year reshapes the place just a little.

The challenge for the year ahead is not to chase perfection or nostalgia, but to remain attentive. To listen more than assume. To disagree without dismissing. To remember that shared ground still exists, even when opinions differ.

If the New Year offers anything of value, it is permission to recommit. Not to grand promises, but to showing up. To caring about decisions that affect neighbors. To paying attention to the small signals that tell us when someone or something needs help.

When next year's calendar turns, few will remember the specific resolutions made this week. What will be remembered are the choices made quietly along the way. The meetings attended. The conversations had. The work done when no one was watching.

That is how years add up. And that is how towns endure.

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.



COURTESY PHOTO

The Gilford Police Department and Gilford Fire-Rescue teamed up to host the annual holiday buffet at Gilford Elementary School on Dec. 18. Photo courtesy of the police department's Facebook page.

LETTERS FROM EDWIN

Remains

Yesterday being the winter solstice, I tried to catch the sunrise out the back yard at it's right most extreme position. I knew from experience that it should be between two close pine trees at the edge of the forest. It's my druid kind of time measurement.

I hadn't been paying close attention to the sunrise lately, but I knew that it was around quarter past seven-ish. So I was at my window looking. There was a band of clouds in the east that looked pretty obstructing, but that's not been an issue in the past. From so far away, the sunlight could sneak under all the clouds as it peeked over the horizon and under the whole ominous cloud cover.

Not yesterday, though. I would see bright spots in other places, so it appeared like it was coming up, or even be up, but I had no sighting of its direct penetration through the prescribed location point.

As I was straining my eyes, looking through the morning dusk, I noticed some kind of animal moving. It might have been a snow leopard, but it was just the

cat. She was on the prowl for some soft food after having eaten her morning portion of industrial feline sustenance.

She was huntingly walking across the exposed mouse tunnels that were previously secure under the recently melted snow cover. I praised her just the other day for catching one, but today she was coming up short. Statistically speaking, the lower the quantity of rodents outside the house, the lesser the possibility of rodents getting into the house or the cars. She knows her job.

This morning, I gave it another go. I actually thought to check for the sunrise time, and it said seven twelve. I knew it certainly wouldn't be that early as it takes time for the sun to rise up behind the facing hills. The clouds were more cooperative today, and at around 7:24, that tiny beam of sunlight came shooting out between the two trees as expected. Tomorrow it's march to the left will ensue. At least I certainly hope it does.

Looking out back from my room, you see sparse patches of snow,

exposing not only the mouse tunnels, but the tracks of the broccoli broaching buck along with the thick pair of parallel lines set by some Nordic Skiing person. Me, of course.

So today I got back to the mountain to see how much snow the warm rain took with it to the stream. Quite substantial. Pretty much like my house, all the natural snow is gone. Lucky for us, the manmade snow that was spread has been ground up by the groomer and should be fairly decent. I'll find out better during my upcoming lesson.

It's now eleven thirty, I'd chance to gather that the people who signed up for the lesson felt that fifteen degrees is a little bit cold, or that there just wouldn't be much snow, because so far, they just didn't show. The second person has been here since quarter till, and we're both hanging around with our ski shoes on, and no reason to determine who takes the lesson.

New policy: Don't take reservations without payment. We've just been too nice. Being nice costs more. I try to be nice. Like being lazy

and not clocking time spent on the internet sourcing parts or getting familiar via YouTube videos. I've spent hours of unbilled time sitting in my rocking chair doing such things. Maybe I could upgrade my procedures.

I would buy a full box of something and only charge proportionally for what I used. That shorted my cash and filled up my stash of assorted stuff. My van is a testimonial to this. My furnace room and under my porch testify also. Did I mention not remembering to charge for all my materials? I can't remember all that crap. I now try to write it down. If I remember.

Wouldn't you expect that as soon as the new rule was given, that I got a call to book a multiple person lesson and after getting all the normal stuff entered in the computer, I hit a stone wall about getting paid. It took multiple calls to IT to get the reservation entered in the first place, then more calls to try to get it paid for. I signed up to be a ski instructor.

E.Twaste

Correspondence welcome at edwintwaste@gmail.com

Notes from Windy Hollow

Cherish every moment together

BY VIVIAN LEE DION

Contributing Writer

I was invited to a small Christmas party at the Red Jacket in Concord. Because of ice, snow, and freezing temperatures I decided not to attend. Those three women lived in the Concord area and were understanding of my decision. I own a 2002 Buick, and it really is on its last legs. In fact my mechanic warned me last time I had my oil changed and antifreeze added that the car could break down at any time. However we have only had to have the driveway plowed once thus far so my pocketbook hasn't felt the sting of the cold yet One thing we won't

skimp on is bird seed, suet and nectar for our feathered friends though.

One time my husband Ray thought the littlest bird at our feeder, a hummingbird, was a big bumble bee. In making every moment count, I have to say the birds flying about that we like the most are the woodpeckers. His favorite bird is the red bellied woodpecker. The red cap on its head belies that fact that its name comes from its belly. "The Red-bellied Woodpecker's name is confusing because its most obvious red feature is on its head and neck, not its belly, which only has a faint, hard-to-see reddish wash. The name came from a histori-

cal specimen collection where the belly red was more apparent, but it's a poor descriptor for the common bird, leading many to mistakenly call it the Red-headed Woodpecker (a different species entirely) or suggest names like "Red-capped" or "Red-hooded" instead.

Also I have used my binoculars more for waterfowl in the pond this year. With the water levels so low there have been some Canadian geese in formation in the sky above as well as appearing along the shoreline. This never has happened before. Unexpectedly large numbers of mallards have shown up also. What used to

be known as isolated loon country has become more attractive to them. Its nice to have habitat available for these creatures. Even the shoreline on the Merrimack river has become wider this year.

The Christmas gift swap with the ladies was a big success. In fact there must have been a real bird lover there because one of the gifts was a bag of bird seed. We are all in this together and anything we can do to help our feathered friends, I'm all in favor to that.

Vivian Lee Dion of New Durham is a writer and speaker.

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Minimal rate increases ahead for Co-op members

PLYMOUTH — The New Hampshire Electric Cooperative Board of Directors has approved two rate changes that will raise the average residential member’s bill by less than 1 percent.

For the average residential member of the Co-op who uses 573 kilowatt-hours per month, the combined impact of both changes will be about \$1.37 per month or approximately nine tenths of a percent more than they currently pay.

“With big cost increases for wires and transformers in recent years, and significant electric rate increases all around us, this is a spectacular result for our members. The board worked closely with staff to sharpen our pencils and achieve the lowest possible cost while maintaining reliability,” said Co-op Board Chair Bill Darcy.

“We understand that many of our members are facing higher costs for everyday necessities, which is why we worked hard to keep electric bill increases as low as possible,” said Michael Jennings, Co-op President & CEO. “Affordability and reliability remain our top priorities, and we will continue to take a strategic, thoughtful approach to rate setting.”

Beginning Jan. 1, the Distribution kWh Charge will increase from 4.7 cents per kilowatt-hour to 5.9 cents. This will be largely offset by a \$5.66 reduction in the monthly Member Service Charge.

On Feb. 1, the Co-op Power Charge will decrease from 11.5 cents per kilowatt-hour to 11.1 cents, while the Regional Access Charge will rise from 3.9 cents per kilowatt-hour to 4.3 cents.

The Co-op Power Charge represents the actual cost of electricity purchased for members, while the Regional Access Charge reflects the cost to the Co-op of accessing the regional transmission grid.

For more details, including the current schedule of rates, visit <https://www.nhec.com/schedule-of-fees-rates/>.

Timber Wolves hit the track at the University of New Hampshire

BY JOSHUA SPAULDING
Sports Editor

DURHAM — The Prospect Mountain indoor track team took part in a meet at the University of New Hampshire on Saturday, Dec. 27.

The top individual performance for the Timber Wolves came from Hunter Witham in the 55-meter hurdles, as he finished in sixth place in the preliminaries in 10.45 seconds and ran to fourth in the finals in 10.88 seconds. He was also 13th in the 1,000 meters in 3:48.22.

Dawson Meehan added a fifth place in the 600 meters in a time of 1:41.72 while Trew Reed finished in sixth place in the 3,000 meters with a time of 14:13.81.

In the 300 meters, Matthew Whelan was 11th in 42.62 seconds and Ayden Carignan was 27th in a time of 1:00.49 while in the 55 meters, Whelan was 15th in 7.46 seconds and Carignan was 37th in 9.45 seconds.

Carignan was 11th in the shot put at 33 feet, 1.5 inches, Cam Drollet was 15th at 24 feet, three inches and Dylan Conway was 17th at 23 feet, 5.75 inches. Liam Conway finished in 18th place in the 1,500 meters in 6:38.41.

The Timber Wolf 4X160-meter boys finished in sixth place in a time of 1:36.99.

The top individual finish for the Prospect girls came from Madison Morris in the 600 meters, where she placed fifth overall in 1:56.26. Layla Baker ran to 12th in the 1,000 meters in a time of 4:21.32.

Jazmine Witham tossed her way to eighth place in the shot put with a toss of 25 feet, 4.25 inches while in the 55 meters, Madelyn Briggs was 23rd in 8.63 seconds and Kora MacKenzie was 28th in 9.01 seconds. MacKenzie was also 20th in the 300 meters in 53.99 seconds.

Natalie Cowser placed 14th in the 55-meter hurdles in a time of 13.42 seconds and the 4x160-meter girls placed fourth overall in 1:39.66.

The Timber Wolves are scheduled to compete at Phillips Exeter Academy on Saturday, Jan. 3, at 11 a.m.

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



COURTESY

The Gilford Police Department congratulates Special Officer Wesley J. de Sousa in his retirement. Officer de Sousa has served the Gilford Police Department in both full and part-time capacities since 1995, and has been an asset to the Gilford community having served as a motorcycle operator, Field Training Officer, member of the Honor Guard and Gilford Police Relief Association President. His colleagues wish him nothing but the best in his retirement, and thank him for his service to this department and the town. Photo courtesy of the department’s Facebook page.

Did you know?

Regular physical activity is often associated with immediate effects, and rightfully so. According to the Centers for Disease Control and Prevention, physical activity can improve cognition and thinking, reduce short-term feelings of anxiety, and make it easier for people to manage their weight. But physical activity also boasts some notable long-term benefits, particularly in regard to disease prevention. The CDC notes that regular exercise can reduce risk for cardiovascular disease, type 2 diabetes and metabolic syndrome, infectious diseases like COVID-19 and pneumonia, and various forms of cancer, including cancers of the breast, colon, kidneys, and lungs.

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MVSB Fund invests in community with more than \$116,000 in local grants

MEREDITH — The MVSB (Meredith Village Savings Bank) Fund at New Hampshire Charitable Foundation has awarded \$116,539 in grants to 53 local nonprofit organizations. Of this total, \$100,539 was granted to 37 local agencies and \$16,000 was distributed to 16 local food pantries to help combat food insecurity in the Bank’s service area. These grants are part of MVSB’s ongoing commitment to supporting organizations that strengthen the communities where its customers and employees live and work.

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 621 grants totaling more than \$2.2 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.

“Our communities thrive because of the dedication and compassion of local nonprofits,” said Marcus Weeks, MVSB President. “Through the MVSB Fund, we’re proud to help these organizations continue to provide essential services, expand their reach, and make a lasting difference for the people and places we all care about. Their efforts inspire us every day and remind us of the power of coming together to build stronger, more vibrant communities.”

This year’s MVSB Fund grant recipients include:

Circle Program, Plymouth

Awarded \$2,500 to support school-year mentoring and enrichment programs. Circle Program empowers, transforms and enriches girls’ lives through



From left, MVSB Fund Committee members Charley Hanson, Carmen Lorentz, Marcus Weeks, Patrick Cate and Andy Hartmann stand inside the MVSB Main Office in Meredith.

community, connection, camp and mentorship.

Community Food Center – Tamworth & Sandwich

Awarded \$2,500 to purchase non-food essentials such as toiletries, paper goods and cleaning supplies. The Center provides food and household necessities to local residents in need.

Family Promise of the Lakes Region, Laconia

Awarded \$2,500 to expand support services for families in crisis. Family Promise of the Lakes Region is dedicated to supporting families with minor children in Belknap County who are facing housing challenges.

Friends of Carroll County Adult Tutorial Program, Tamworth

Awarded \$2,500 to support adult education programs. The organization provides literacy and learning opportunities to help adults

achieve personal and professional goals.

Got Lunch! Plymouth, Plymouth

Awarded \$4,000 to provide nutritious food to children during the summer months. Got Lunch! Plymouth partners with the community to ensure local children have access to healthy meals when school is not in session.

Hidden Battles Foundation

Awarded \$2,750 to support a Comedy Class program that promotes mental wellness for first responders and veterans. Hidden Battles offers programs that strengthen emotional resilience and reduce stigma around mental health for first responders, dispatch, correctional officers and nurses.

Interlakes Community Caregivers, Center Harbor

Awarded \$3,500 to support mileage reimbursement for volun-

teers. The organization connects volunteers with neighbors in need of transportation and assistance to support independent living.

Kidneys for Kindness, Alton

Awarded \$3,000 to expand its donor assistance program. Kidneys for Kindness provides support to kidney donors and raises awareness around kidney disease.

Lakes Region Partnership for Public Health, Laconia

Awarded \$3,000 to provide Community Emergency Response Team (CERT) training for youth. The organization is dedicated to leading and collaborating on public health strategies for safer and healthier communities.

Mid-State Health Center – Feed the Need Program, Plymouth

Awarded \$4,000 to support the Feed the Need Program, which

provides healthy, nourishing food to patients and families experiencing food insecurity.

New Hampton GOT LUNCH, New Hampton

Awarded \$2,500 to provide healthy groceries to children and families during the summer months. The program ensures local students have access to nutritious food when school is not in session.

Ossipee Concerned Citizens, Center Ossipee

Awarded \$3,000 to upgrade kitchen cold storage capacity by replacing an aging freezer and improving the dry storage area. The organization provides meals and services to local residents.

Sandwich Community Nurse Association, Center Sandwich

Awarded \$2,500 to support staffing for their Community Nurse position. The Association provides in-home health care, wellness checks and education to residents in need.

Speare Memorial Hospital, Plymouth

Awarded \$2,420 to outfit two patient care rooms for pediatric services at its Meredith location. Speare Memorial Hospital provides compassionate, community-based health care.

Starting Point, Conway

Awarded \$2,000 to provide emergency assistance for victims when shelter space is unavailable. Starting Point offers advocacy, shelter and prevention programs for survivors of domestic violence and sexual abuse in Carroll County.

Visiting Nurse Home Care and Hospice of Carroll County and Western Maine, North Conway

Awarded \$3,000 to support the palliative

care program. The organization provides exceptional care that enables independent living and enhances quality of life for clients and their families.

White Mountain Community Health Center, Conway

Awarded \$4,247 to purchase 120 blood pressure cuffs for patients who need to monitor their blood pressure at home. The Center provides the community with affordable access to high-quality, compassionate, individualized healthcare and support services needed to achieve wellness.

Wolfeboro Nursery School, Wolfeboro Falls

Awarded \$3,000 to support tuition assistance, teacher development and capital improvements. The cooperative preschool offers a developmentally appropriate education experience for all children ages 3 to 6.

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 visitmvsb.com.

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Happy NEW YEAR!

Timber Wolves battle with Bears, Knights and Blue Hawks



JOSHUA SPAULDING

Robert Prescott had a good day for the Prospect wrestling team on Dec. 20 at Winnisquam, winning all three of his matches.

BY JOSHUA SPAULDING
Sports Editor

TILTON — Prior to the holiday break, the Prospect Mountain wrestling team hit the mats at Winnisquam Regional High School for a quad meet featuring the host Bears, Kingswood and Exeter.

Prospect kicked off the day against Winnisquam with Eyan Roberge getting things started at 144 pounds, where he was pinned. The Timber Wolves took a forfeit at 150 pounds and Skylar Perry was pinned at 157 pounds. Bradan Berkins dropped a 24-7 decision at 165 pounds, Noah Gagnon was pinned at 175 pounds and Logan Moore was pinned at 190 pounds.

Robert Prescott got the Timber Wolves on the board at the heavy-

weight position, getting a pin. The Timber Wolves took a forfeit at 113 pounds and Brody Koralski was pinned at 120 pounds. Colt Trombly was pinned at 126 pounds, Aidyn McGranaghan was pinned at 132 pounds and Owen Peterson was pinned at 138 pounds to close out the 65-6 win for the Bears.

Prospect took on Division I Exeter next and dropped a 60-6 decision, with Prescott again taking the lone win for the Timber Wolves.

Prospect wrapped up the day against neighboring Kingswood. Perry fell by pin at 157 pounds to start the meet, Berkins was pinned at 165 pounds, Gagnon was pinned at 175 pounds and Moore was pinned at 190 pounds.

Kingswood got a forfeit win t 215 pounds.

Prescott picked up the pin at heavyweight to get the Timber Wolves on the board and Trombly was awarded a forfeit win at 120 pounds. Koralski was pinned at 126 pounds, McGranaghan was pinned at 132 pounds, Peterson dropped a 15-0 decision at 138 pounds, Roberge fell by a 19-2 score at 144 pounds and the Timber Wolves forfeited at 150 pounds for the 58-12 final score.

Prospect will be in action again on Thursday, Jan. 8, at White Mountains Regional.

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



JOSHUA SPAULDING

Skylar Perry battles a Kingswood opponent during his team's match on Dec. 20 at Winnisquam.

Prospect girls roll into tournament semifinals



KJ CARDINAL - BALL 603

Paige Harding dribbles into the Epping defense during Prospect's opening day win at the Mike Lee Holiday Basketball Bash in Farmington.

BY JOSHUA SPAULDING
Sports Editor

FARMINGTON — The offensive juggernaut that is the Prospect Mountain girls' basketball team continued its domination in the first game of the Mike Lee Holiday Basketball Bash on Friday, Dec. 26.

The Timber Wolves scored 30 points in the first quarter and cruised to a 95-10 win over Division IV Epping at Henry Wilson School.

Once again, Kourt-

ney Kaplan was the driving force for the Timber Wolves, as she poured in 23 points and ninth grader Leah Gard added 10 points.

The Timber Wolves had a close battle with Kingswood the next day in the first round of the bracket play, as Prospect led by a slim 28-25 score at the halftime break before pulling away in the second half for the 56-37 win. Ava Foster finished with 13 points for the Timber Wolves in the win.

The Timber Wolves won their quarterfinal game on Sunday, defeating Portsmouth Christian by a 41-27 score. Delaney Drolet and Kaplan led the way for the Timber Wolves, each putting in 12 points on the afternoon.

Prospect Mountain returns to regular season action on Tuesday, Jan. 6, at Somersworth at 6 p.m.

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

Timber Wolves fall to Epping to kick off holiday action

BY JOSHUA SPAULDING
Sports Editor

FARMINGTON — A huge game from Epping's Blake Snyder proved too much for the Prospect Mountain boys' hoop team in the opening game of the Mike Lee Holiday Basketball Bash in Farmington on Friday, Dec. 26.

The game was a two-point affair at halftime before the Blue Devils outscored the Timber Wolves 17-6 in the third quarter on the way to the 62-55 win with Snyder pouring in 39 of those points.

Prospect Mountain trailed 19-14 after one quarter of play and came back to outscore Epping by a 20-17 margin in the second quarter and trailed 36-34 at the break. The big third quarter from the Blue Devils put them up 53-40 after three quarters and despite Prospect winning the fourth quarter by a 15-9 score, Epping still took the seven-point win.

Colby Whitehouse led the way for the Timber Wolves with 18 points on the morning and Colby Hall added 11 points.

The Timber Wolves opened bracket play the next day and dropped a 61-43 decision to Ports-



KJ CARDINAL - BALL 603

Colby Whitehouse charges toward the basket during action in the Mike Lee Holiday Basketball Bash last week.

mouth Christian. Whitehouse led the way for the Timber Wolves with 20 points and Hall finished with 11 points.

In their final tournament game on Sunday, Prospect beat Holy Family by a 60-38 score. Hall led the way with 16 points while Whitehouse and Bryce Lounsbury each finished with 14

points.

Prospect Mountain is scheduled to return to regular season action on Tuesday, Jan. 6, at home against Somersworth at 6 p.m.

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

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Tips to ensure a better night’s sleep

A state of sleep is necessary to give the body and mind time to recharge and prepare for the next day. Though such benefits are widely recognized, a significant percentage of individuals across the globe are failing to get sufficient rest, a dangerous reality that could be putting people at risk for various diseases and conditions.

Lack of sleep is such a prominent problem that the research team behind a 2024 study published in the journal *The Lancet: Diabetes & Endocrinology* dubbed insufficient sleep as a "neglected public health issue." That study surveyed 2,000 adults in the United Kingdom and found that 90 percent of respondents reported current sleep problems, with two-thirds of those individuals indicating they had experienced their issues for more than six years. And it's not just adults suffering from sleep issues, as a 2023 peer-reviewed editorial written for the Centers for Disease Control and Prevention found that the modern 24-hour lifestyle and pervasive utilization of electronics and social media is normalizing insufficient sleep among children and adolescents.

Sleeping problems are not to be taken lightly, as the National Institutes of Health notes sleep deficiency has been linked to heart disease, kidney disease, high blood pressure, diabetes, stroke, obesity, and depression. Chil-



dren who are not getting enough sleep may experience difficulty paying attention, which could adversely affect their academic performance, and might be prone to misbehavior. Of course, many of these side effects can be avoided by getting sufficient sleep. With that in mind, adults, parents, children, and adolescents can consider these strategies to get a better night's sleep, courtesy of the Sleep Foundation.

- Replace an old mattress. Old mattresses can be uncomfortable and thus make it harder to fall asleep.

- Block out light. Light exposure adversely affects circadian rhythm, so keep external light out of your bedroom and dim lights as bedtime approaches. Avoiding bright light as you transition to bed-

time can contribute to the production of the hormone melatonin, which facilitates sleep.

- Set an appropriate temperature. The Sleep Foundation advises setting a bedroom temperature thermostat to between 65 and 68 degrees Fahrenheit to prevent feelings of being too hot or too cold when going to bed.

- Wake up at the same time each day. A routine that includes the same wake-up time each day can acclimate the body to a healthy sleep routine.

- Begin to relax 30 minutes before bed. A pre-bedtime routine focused on relaxation can facilitate sleep. The Sleep Foundation notes activities like quiet reading, low-impact stretching, listening to soothing music, and mindfulness meditation can help you ease into sleep.

- Avoid devices an hour before bed. The light emitted by tablets,

Beat exercise boredom

Exercise is essential for good health. But it can be challenging to find the motivation to get moving. It is easy to cite a lack of time for a failure to exercise, but boredom also might be to blame. Harvard Health says any activity can become tedious psychologically, even if a person knows it will benefit them physically.

Boredom may not just lead to lack of exercise, it could be a cause of injury while exercising. The Mayo Clinic says as a person gets bored with a fitness routine, it is easier to skip, take shortcuts with stretching or use poor form. Doing any of these things can increase the risk of injury.

Combating exercise boredom may need to be part of managing fitness regimens, and the following are some ways to stay engaged with your routine.

- Change your environment. Adding variety to an exercise routine may come down to moving the activity to a new location. If you're used to the gym or a workout room in your garage, try moving outdoors. If you've grown tired of a particular fitness machine at the gym, move to a new one.

- Try a new activity. Swap out a typical activity for a new one. For example, if you're accustomed to running on the treadmill, opt for cycling instead.

- Consider a "10-10-10" workout. A 10-10-10 workout involves swapping out activities every 10 minutes. This brief change of scenery can help the minutes fly by.

- Alter your fitness schedule. Sometimes changing when your exercise schedule can be as effective as changing the activities. If you typical-

ly work out in the evening, wake up early and do a morning workout for a change of pace.

- Exercise each day, but avoid intense activity close to bedtime. Daily exercise has been found to promote sleep, but intense exercise right before bed can make it hard for the body to settle down.

Insufficient sleep is an emerging issue for people of all ages across the globe. Some simple strategies can be employed to facilitate a better night's rest.

ly work out in the evening, wake up early and do a morning workout for a change of pace.

- Get a buddy. A workout partner can make it easier to stay accountable and transform working out into a social activity that is more fun. You may look forward to your time spent together and forget that exercise is involved.

- Shorten the workout. You may not have to work out hours on end to see results. In fact, most health experts say all that's needed is 150 minutes of moderate-intensity aerobic exercise and two days of strength training per week to stay healthy. That comes down to 30 minutes a day, five days a week, plus extra time to build strength.

Mixing up a routine can help to stem the boredom that can set in.

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Tips to stay the course with a New Year's resolution

The holiday season is steeped in tradition. Many of those traditions are rooted in celebrants' faith, but one of the last customs people embrace each year is largely secular.

The tradition of making New Year's resolutions is older than many people may realize. According to History.com, the ancient Babylonians are believed to be the first people to make New Year's resolutions when they began doing so roughly 4,000 years ago during a 12-day festival known as Akitu. That festival was religious in nature, but many people now make resolutions with a goal toward self-improvement unrelated to their faith.

As people ponder their resolutions for the year ahead, the following strategies might help them stay the course over the next 12 months.

- Give serious thought to a prospective resolution. Statistics regarding New Year's resolutions vary, but a 2024 survey from the Pew Research Center found that 13 percent of adults polled indicated they kept none of their resolutions. Numerous variables can affect whether or not a person keeps a resolution, but giving a potential resolution little thought ahead of time can make achieving a goal unlikely. Give any potential change ample thought



sure incremental progress that will ultimately make achieving a larger goal more likely.

- Be realistic. Realistic goals are more likely to be achieved than ones that seem good on the surface but are too difficult to keep. For example, if you aspire to exercise for an hour each day but obligations to work and family leave little time for physical activity, then you may need to reduce those expectations in favor of a more realistic, achievable goal. Taking on too much will only discourage you when hurdles inevitably appear, and that is likely to compel you to abandon the resolution entirely. If your initial goal is realistic, then any challenges that arise are less likely to derail your efforts.

- Don't go it alone. Many people employ the buddy system as a means to stay motivated with fitness-related resolutions, and that approach can be applied to any goal you set at the beginning of the year. Having someone there to hold you accountable, and doing the same for a partner, increases the chances you'll stay the course.

New Year's resolutions are an ancient tradition, even if the majority tend to be abandoned rather quickly. But anyone can buck that trend and stay the course by employing a few simple, yet effective strategies.

before committing to a resolution. If you aspire to lose weight, identify the ways you're going to go about that. Find a local gym to join, identify ways to eat a more nutritious diet and, perhaps most importantly, study how you can make time to stay the course. A little legwork in advance of declaring a resolution can pay off in the long run.

- Set periodic goals. Small goals along the way to the larger goal can serve as motivation to keep going. If you aspire to watch less television and read more, resolve to read 100 pages per week and then gradually increase that total if you so desire. Small goals can provide a great means to mea-

Tips when traveling with pets

Traveling with pets can be a rewarding experience that enables individuals to share new adventures with their companion animals. Bringing pets along on vacation has become quite popular. According to Top Dog Pet Travel, a central Florida agency specializing in pet-friendly bookings, there has been an uptick in people traveling with their pets since 2024. A report from the American Pet Products Association indicates 22 percent of both cat and dog owners reported taking their animals on at least three flights in 2024.

Although traveling with pets can be fun and cuts down on costs for pet boarding or alternative care, it also requires careful planing to keep pets safe, comfortable and free from stress throughout the trip. These practical tips can make traveling with pets a smooth experience, whether one is traveling by car, plane or just off on a weekend getaway.

- Plan ahead. Research any pet regulations and restrictions prior to traveling. Some hotels, airlines and rental properties have specific rules or fees for pets. Always confirm if companion animals are allowed, and determine if there are restrictions on size, breed or the number of pets. Every airline has different rules for in-cabin versus cargo travel for pets. International travel may require certain vaccinations or quarantine periods, so it pays to start planning well in advance.

- Visit the vet. A check-up with the pet's vet is a good step prior to any trip. The vet will make sure the



animal is current on vaccinations and well enough to travel. Getting a copy of the pet's medical records and vaccination schedule is helpful, as some airlines or destinations may require it. Also inquire about medication for motion sickness or anxiety, if necessary.

- Bring familiar items. Animals like consistency and routine. Keeping familiar items nearby can help reduce anxiety in unfamiliar environments. Bring along food, bowls, leashes, and preferred toys or bedding.

- Stick to routine. Give the pet time to adjust to the new surroundings and adhere to the same meal, walk and play schedules the animal is accustomed to at home. Regular feeding helps avoid stomach upset, as does bringing bottled water or water from home.

- Pack some patience. Even the most well-behaved pet may act out a little when in unfamiliar territory. Also, it's possible to encounter individuals who may not be as amenable to sharing surroundings with pets. Pets will take emotional cues from their

owners, so projecting calm can be beneficial.

Traveling with pets is becoming increasingly popular. Planning

ahead and working with pet-friendly venues can ensure that everyone in the family enjoys some time away.

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RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	Alton Mountain Road	N/A	\$460,000	Laura A. Gass	Calisi Fiscal Trust and Christopher Calisi
Alton	679 Stockbridge Comer Rd.	Single-Family Residence	\$475,000	Donald C. and Lisa M. Fields	Stephanie and Vincent McAdam
Alton	N/A (Lot 2)	N/A	\$425,000	Keith J. Demers	Hayden Beaulieu and Cassandra Stover
Barnstead	8 Brookwood Dr.	Single-Family Residence	\$330,000	Andrew R. Dearborn	Robert R. and Gretchen E. Weatherbee
Barnstead	10 Glen Dr.	Single-Family Residence	\$155,000	Patricia M. Davidson	Second Story Homes LLC
Barnstead	N. Barnstead Road	N/A	\$45,000	Town of Barnstead	Wind Spring Development Inc.
Barnstead	Suncook Valley Road	N/A	\$45,000	Town of Barnstead	Wind Spring Development Inc.
Barnstead	N/A	N/A	\$540,000	Bernard Fitzmorris	Lisa J. and Albert E. Frenette
Barnstead	N/A (Lot 51)	N/A	\$65,000	Doris J. Halpeny	Peter Pflanz and Cecile Leblanc
Barnstead	N/A (Lot 52)	N/A	\$65,000	Doris J. Halpeny	Peter Pflanz and Cecile Leblanc
Gilford	233 Stark St.	Single-Family Residence	\$610,000	Michael J. and Denise L. Normandin	Craig D. Howland
Gilford	60 Weirs Rd., Unit 2	Condominium	\$442,000	Susan M. Caruso	Lawrence Movsessian
Gilford	N/A (Lot 6-109)	N/A	\$14,800	Lvl Holdings LLC	Fernando M. and Joanne L. Martins
Gilmanton	493 Province Rd.	Multi-Family Residence	\$360,000	Christine L. Walter	James K. Kinhan
New Durham	Garmish Drive	N/A	\$13,500	Steven Longo and Blue Light Land LLC	Illerex LLC
New Durham	109 Mountain Dr.	Single-Family Residence	\$460,000	Jeffrey M. Marchese	Meghan E. Raiche
New Durham	Ridge Road	N/A	\$239,000	Matthew J. Wingate	Matthew York
New Durham	N/A	N/A	\$650,000	Wendy Kasper and David Deese	David Deese

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column “Type”: land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

Gilford police log

GILFORD — The Gilford Police Department reported the following arrests from Dec. 15-25.

A juvenile, age 17, was arrested on Dec. 15 for undisclosed reasons.

Joseph D. Pratte, age 32, was arrested on Dec. 17 for Domestic Violence-Obstructing a Report of a Crime or Injury and Domestic Violence-Simple Assault resulting in Bodily Injury or Physical Contact.

Ryann L. Johnson, age 44, was arrested on Dec. 18 for Contempt.

Francis J. Defosses, age 35, was arrested on Dec. 18 for driving after Suspension of Vehicle Registration, Driving After Revocation or Suspension of license, and Criminal Threatening with a Deadly Weapon.

Coen Robert Albert, age 18, was arrested on Dec. 20 for operating a motor vehicle after Suspension of Vehicle Registration.

Peter Michael Desbins, age 73, was arrested on Dec. 20 in connection with a warrant.

Aiden Eric Jobin-Valentino, age 21, was arrested on Dec. 20 for DUI-Impairment. A 23-year-old female was taken into protective custody for intoxication during the same incident.

Mackenzie J. Corneau, age 26, was arrested on Dec. 21 in connection with multiple warrants.



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Golden Eagles pull away from Bobcats to open tourney play

Gilford boys advance to tournament finals

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Plymouth hoop boys put up a fight against host Gilford, but the Golden Eagles were too much in the opening round of the Lakes Region Holiday Basketball Tournament on Saturday, Dec. 27.

The Golden Eagles got out to a small lead after one but broke things open in the second quarter and pulled away for a 62-45 win.

Owen Hawkins had a good first quarter for the Golden Eagles, putting in a hoop, a three-pointer and three free throws while Mark Uicker had a three-pointer and Henry Sleeper and Bryce Cook each added baskets. Plymouth had two three-pointers and a hoop from Turner Oldenburg and two hoops and a free throw from Lucas Perkins in the frame.

In the second quarter, Gilford got three hoops and a three-pointer from Hawkins, Uicker had a three-pointer and a bucket and Emmett Hughes and Sleeper



JOSHUA SPAULDING

Plymouth's Isaac Benton tries to go under the defense of Gilford's Emmett Hughes in holiday tournament action on Dec. 27.

each had a hoop and two free throws. Plymouth got hoops from Perkins and Isaac Benton in the frame and Gilford led 37-17 heading to the halftime break.

Hawkins opened the second half with a hoop and Perkins answered for the Bobcats. Gilford got a hoop from Gavin Forest and two free throws from Haw-



JOSHUA SPAULDING

kins for the 43-19 lead before Oldenburg hit a free throw and Amitai Metwaly drilled a three-pointer for the Bobcats.

Uicker had a pair of hoops sandwiched around a Hawkins free throw before Plymouth got consecutive baskets from Perkins and Metwaly. Sleeper finished out the scoring in the third quarter with two free throws and a hoop and Gilford took the 52-27 lead to the final quarter of action.

Benton got a free throw and a hoop to start the fourth quarter for Plymouth and Metwaly put back a rebound. Hawkins drilled a three-pointer to get Gilford on the board, but Oldenburg answered with a three-pointer at the other end.

Perkins put back a rebound for the Bobcats and after Forest drained a free throw for the Golden Eagles, Metwaly put back a rebound at the other end. Cook and Lucas Raleigh each added baskets for Gilford be-

fore Metwaly connected on a three-pointer for Plymouth. Bryce Carroll got two free throws for Gilford and Robert Sawyer connected from downtown to close out the scoring for the Bobcats, with Gilford taking the 62-45 win.

Hawkins led the way for the Golden Eagles with 25 points while Uicker added 12 points and Sleeper finished with 10 points. The Bobcats were led by Perkins with 13 points and Oldenburg and Metwaly with 12 points each.

Gilford moved on to face White Mountains in the tournament semifinals while Plymouth moved on to play Newport in the consolation round. In the semifinals, the Golden Eagles defeated White Mountains 69-56 to earn a bid to the finals, which took place after deadline on Monday.

Gilford returns to regular season action on Monday, Jan. 5, at Monadnock at 5:30 p.m. and will be hosting Winnisquam on Tuesday, Jan. 6, at 6 p.m.

Plymouth is back at it on Friday, Jan. 2, at home against Hollis-Brookline at 6 p.m. and will host John Stark on Tuesday, Jan. 6, at 6 p.m.

GHS 15-22-15-10-62

PRHS 13-4-10-18-45

Gilford 62

Uicker 5-0-12, Forest 1-1-3, Hughes 1-2-4, Sleeper 3-4-10, Raleigh 1-0-2, Hawkins 8-6-25, Cook 2-0-4, Carroll 0-2-2, Totals 21-15-62

Plymouth 45

Metwaly 5-0-12, Perkins 6-1-13, Sawyer 1-0-3, Benton 2-1-5, Oldenburg 4-1-12, Totals 18-3-45

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



COURTESY

The International Cooking class at Prospect Mountain High School spent the last few weeks creating their own food tour as they learned about how different countries celebrate this time of year. The students made truffles from Norway, Yorkshire pudding from England, Cinnamon spiced Jollof rice from West Africa and Pierniczki swiateczne, cookies from Poland!

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