



THURSDAY, FEBRUARY 5, 2026

COVERING ALTON, BARNSTEAD, & NEW DURHAM - WWW.SALMONPRESS.COM

FREE

Lakes Region Scholarship Foundation celebrates 70 years



COURTESY

Executive Director, Chris Guilmett and Director Karen Switzer (far right), thanked retiring Trustees, for their 34 (cumulative) years of dedicated service to LRSF! (l to r) Phil Bonaide, Gayle Price (outgoing President), Jim Carroll (outgoing Secretary), Kathy Gilman, Chris, and Karen.



COURTESY

Chris Guilmett and Karen Switzer welcomed new LRSF Trustees at the Annual Board meeting. (left to right) Chris Guilmett, Executive Director, Andrea Besegai, Jessica Beane, Leisa D'Amour, Teresa Mahoney Mullen, and Karen Switzer, Director.

Town and school district candidates

ALTON — With the filing period now closed, the slate of candidates has been set for Alton's annual town and school district elections.

Selectman for three years (elect 2)

Jack Sleeper

Nicholas A. Buonopane

III (Incumbent)

Brock Mitchell

Richard A. Shea (Incumbent)

Town Moderator for two years (elect 1)

Gene Young (Incumbent)

Trustee of Trust Funds for three years (elect 1)

Ruth Arsenault (Incumbent)

Library Trustee for three years (elect 2)

Betty Jane Meulenbroek (Incumbent)

Gabrielle O'Toole (Incumbent)

Budget Committee Members for three years (elect 1)

Thomas Diveny

Planning Board Member for three years (elect 2)

Roger Sample (Incumbent)

Zoning Board Members for three years (elect 2)

Paul LaRochelle (Incumbent)

Joe Mankus (Incumbent)

There were no filings for an open six-year position on the Supervisors of the Checklist.

School Moderator for one year (elect 1)

Cydney Shapleigh (Incumbent)

School Treasurer for three years (elect 1)

Carole Ingham (Incumbent)

School Board Members for three years (elect 1)

Jason English

Loren Ferruccio (Incumbent)

There were no filings for a one-year position as School Clerk.

Voters will make their choices on Tuesday, March 10 from 7 a.m. to 7 p.m. at Prospect Mountain High School.

GILFORD — The Lakes Region Scholarship Foundation celebrates its 70th year since being established by a group of eight civic minded community groups in 1956 who awarded 17 recipients a total of \$2,650.

Lakes Region Scholarship Foundation acts as a clearinghouse for donor funds, using one application which is screened by the Board of Directors. Many of the students receive a combination of scholarship awards. The Trustees, Administrative Directors, staff and volunteers are dedicated to carrying out the mission: "the promotion and encouragement of scholarships and opportunities for higher education among residents of the Lakes Re-

gion...". Through 2025, LRSF has awarded a total of \$10,956,663.00 to 6,270 recipients from 654 donors.

At the Annual Lakes Region Scholarship Foundation Board of Trustees meeting, which was held on Jan. 21, Jessica Beane, Andrea Besegai, Leisa D'Amour and Teresa Mahoney Mullen were welcomed as new Board Trustees.

Beane is active in the community, and is a Banking Office Manager at the Gilford Lakeshore office of BNH. She volunteers at St. Vincent de Paul and has been on the board of Hands Across The Table.

Besegai is a math and science teacher in the Lacoonia School District for the past 24 years.

D'Amour is the Schools Director for Special Olympics New Hampshire working with communities to strengthen student leadership through Unified sports bringing students of all abilities together. She was a fourth grade teacher in the Belmont School District for 14 years, and also served as the secretary for the Cpl. Scott G. Dimond Scholarship Fund.

Mahoney is a partner in Minkow and Mahoney Mullen, P.A., providing legal services. Her concentration is family law, guardianships, mediation, estate planning and probate.

The board also thanked retiring Board Trustees Gayle Price, James Carroll, Phil Bonaide for having

reached their maximum term limits and Kathy Gilman for her years of service to LRSF. Gayle, James, Phil and Kathy have been valued members of the team, sharing their knowledge, time, and expertise over the years. Both Gayle and James served roles on the Executive Committee. Gayle was Board Vice President in 2023 & 2024 and most recently served as Board President in 2025 & 2026. James dedicated the past five years as Board Secretary.

Scholarship Applications for the 2026 – 2027 Academic School Year are now being accepted and are available on the Foundation's Web site at www.lrscholarship.org. The deadline for applications is April 1.

New Durham announces candidates for town offices

NEW DURHAM — With the filing period now closed, the slate of candidates for New Durham's annual town election has been finalized.

The most contested race on this year's ballot will be a three-way competition among Bruce Long, Terry Jarvis, and Susan DeRoy for a pair of three-year seats on the Budget Committee.

Ken Ross-Raymon and Kenneth P. Fanjoy will face off for a three-

year term on the Board of Selectmen, while Linda Callaway and Sophia L. Baca will compete for a two-year term as Town Moderator. The only other contested race on this year's ballot will see Mary Bogart and Angela Pruitt vying for a three-year term as Trustee of the Trust Funds.

Samantha Lessard is the sole candidate for a three-year term as Library Trustee, Anne Ross-Raymond and Bob Craycraft are up for a pair

of three-year terms on the Planning Board, Christopher Baca has filed for a six-year term on the Supervisors of the Checklist, and the race for a pair of three-year terms and one term of two years on the Zoning Board saw only one filing, by Janis Anthes.

Voters will make their choices at the polls on Tuesday, March 10 from 7 a.m. to 7 p.m. at the New Durham School.

Unified Golden Eagles slip past Newfound

Teddy Lewis hits game-winning shot in final 30 seconds

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Gilford and Newfound unified hoop teams engaged in an intense battle on Tuesday, Jan. 27, with the Golden Eagles getting a hoop in the final 30 seconds to secure the 43-42 win.

Gilford's Lance Markievitz and Newfound's Phoenix Morris exchanged hoops to start the game and after Markievitz added another hoop, Newfound's Makenzie Cullen and Morris had back-to-back buckets for the 6-4 lead.

Markievitz then connected on consecutive hoops



JOSHUA SPAULDING

Teddy Lewis fires off a shot during his team's win over Newfound last week.



JOSHUA SPAULDING

Lance Markievitz takes a shot during action against Newfound last Tuesday afternoon.



JOSHUA SPAULDING

Kiley Blanchette launches a shot during action against Newfound last Tuesday afternoon.

and Cullen answered for the Bears to tie the game at eight. Gilford's Hailey Eldridge hit two hoops in a row before Zeke Weiner drained a bucket to close out the first quarter and Gilford had the 12-10 lead after one.

Teddy Lewis of Gilford drained two three-pointers in a row to start the second quarter before Christien Rosetti Coffey hit two hoops in a row for Newfound and the Bears added three more hoops to finish out the first half on a 10-0 run with Fiona Sweeney, Ayden Hutchins and Conrad Deuso connecting on the buckets for the 20-18

Bear lead at the end of the first half.

Lewis tied the game with the first bucket of the second half and after Logan Gilbert hit a hoop for Newfound, Lewis hit another bucket. Sweeney added a basket for the Bears but Gilford got the next three hoops, two from Cody Houle sandwiched around one from Lewis and the Golden Eagles had the 28-24 lead.

Gilbert hit for the Bears and after Houle drained a hoop, Morris added another basket for Newfound. Eldridge then connected with three hoops in a row

SEE **UNIFIED**, PAGE A7

Alton Parks and Recreation

Community Connection

Local, guided snow-shoe hikes

The Alton Parks and Recreation Department is sponsoring free Snowshoe Hikes this winter, weather permitting. All abilities are welcome. If you are new to snowshoeing, we will share tips for participating in this great sport. View wildlife tracks, experience the open sky, and surround yourself in silence. Bring snowshoes to this outdoor experience. For more information and/or to register contact parksrec@alton.nh.gov or 603-875-0109.

Sunshine Hike on Thursday, Feb. 12 at 10 a.m. at Cotton-Hurd

Brook, located on Chestnut Cove Road. Enjoy a scenic snowshoe trek through the woods, including over a small foot bridge for approximately 60 minutes. Register by Feb. 9. Off-road parking is available.

Full Moon Hike on Tuesday, March 3 at 7 p.m. at Morse Preserve/Pine Mountain, located on Avery Hill Road, off Alton Mountain Road. Moderate level, uphill and downhill hike, approximately 60-90 minutes- depending on trails chosen. The moon should be bright enough to light the way but an extra headlamp or flashlight is helpful for each person. Register by Feb.

26. Off-road parking is available at the Mike Burke parking lot. Directions: take Route 11 into Alton Bay, turn on to Rand Hill Road. After three quarters of a mile on Rand Hill Road, take a left onto Alton Mountain Road. After approximately two miles, take a left onto Avery Hill Road. The trail head is located about 500 feet on the left after passing the Mike Burke Trail System.

Guided Meditation

The Alton Parks and Recreation Department and Friends of the Gil-

man Library are sponsoring Guided Meditation with Karen Kharitonov on Thursdays, Feb. 19, March 5, and March 19 from 6:30-7:15 p.m. at the Gilman Library, Agnes Thompson Meeting Room. Meditation is helpful for reducing stress and slowing our bodies down to breathe. The program is free, donations accepted to benefit the food pantry. For more information contact Alton Parks and Recreation at parksrec@alton.nh.gov or 603-875-0109.

Weight Training

classes — Mondays and Wednesdays

The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednesdays, with AFAA Certified Instructor Kellie Troendle, from 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abilities. This program is ongoing. Build strong muscles and bones, increase flexibility and develop better balance. Bring light hand weights, a mat and water. For more information, contact parksrec@alton.nh.gov

or 603-875-0109. Try a class for free. \$20 per month/session or \$5 drop in.

Dungeons and Dragons

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

Community Calendar

February 5-12

Thursday, Feb. 5

Gilford Select Board Meeting – 6:30 p.m.

Gilford Town Hall. Regular meeting of the board.

Alton Budget Committee Meeting – 6:30 p.m.

Alton Town Hall. Continued review of the proposed 2026 town budget.

Barnstead Public Library – Story Time – 10:30 a.m.

Oscar Foss Memorial Library. Weekly children's program.

Friday, Feb. 6

Alton Community Services – Senior Fitness – 9 a.m.

Alton Community Center. Ongoing senior wellness program.

LOW COST SPAY/NEUTER

Rozzie May

Animal Alliance, cats and dogs.

Cat Cab service available.

Military discounts.

Sign up on line

www.rozziemay.org

or call 603-447-1373

Gilford Public Library – Preschool Story Time – 10:30 a.m.

Gilford Public Library. Stories and activities for young children.

Saturday, Feb. 7

Gilford Public Library – Saturday Hours – 9 a.m. to noon

Library open for browsing, borrowing, and study.

Monday, Feb. 9

New Durham Select Board Meeting – 6:30 p.m.

New Durham Town Hall. Regular meeting.

Barnstead Select Board Meeting – 7 p.m.

Barnstead Town Hall. Regular meeting.

Tuesday, Feb. 10

Alton Select Board Meeting – 6:30 p.m.

Alton Town Hall. Regular meeting.

Gilford School Board Meeting – 6:30 p.m.

Gilford High School or SAU location as posted.

Wednesday, Feb. 11

Barnstead Planning Board Meeting – 7 p.m.

Barnstead Town Hall.

Thursday, Feb. 12

Alton Planning Board Meeting – 6 p.m.

Alton Town Hall.

Forest Pump & Filter Co.

Serving The Greater Lakes Region Area for Over 50 Years

WE DO IT ALL

WELL DRILLING

PUMP SYSTEMS

FILTERS

Family Owned Business for 40 Years

CALL FOR SERVICE

FOREST PUMP & FILTER CO., INC.

603-332-9037

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

Justin Ryan Breton, age 36, was arrested on Jan. 16 in connection with a warrant.

Trevor Robert Bond, age 42, was arrested on Jan. 16 for Criminal Trespassing and Contempt.

Judith A. McMahon, age 72, was arrested on Jan. 17 for DUI-Impairment.

Jenny Louise Lang, age 61, was arrested on Jan. 17 in connection with a warrant.

Thomas M. Sanborn, age 37, was arrested on Jan. 20 for DUI-Impair-

ment.

Seth M. Houston, age 44, was arrested on Jan. 20 for Theft By Unauthorized Taking.

Scott D. Sanders, age 39, was arrested on Jan. 21 for operating a vehicle after suspension of registration and Contempt.

Eric V. Lanigan, age 42, and Kara Lee Geletka, age 40, were arrested on Jan. 22 for Criminal Trespassing.

William H. Clement II, age 28, was arrested on Jan. 22 in connection with a warrant.

Jason Richard McDonald, age 50, was arrested on Jan. 23 for Driving After Revoca-

tion or Suspension of license.

Seth M. Gagne, age 40, was arrested on Jan. 23 for Domestic Violence-Simple Assault resulting in Bodily Injury or Physical Contact.

Aiden Eric Jobin-Valentino, age 21, was arrested on Jan. 23 for Driving After Administrative Revocation or Suspension of License.

Riley James Sykes, age 26, was arrested on Jan. 25 for Aggravated DUI, Resisting Arrest or Detention, and Transporting Alcoholic Beverages.

Michael Ryan Carpenter Noucas, age 42, was arrested on Jan. 26 for Contempt, Resisting Arrest or Detention, and in connection with multiple warrants.

Amy E. Wentworth, age 51, was arrested on Jan. 26 in connection with a warrant.

Alex Tony Michael Spaulding, age 34, was arrested on Jan. 28 for Receiving Stolen Property after two prior convictions.

Benjamin L. Mason, age 44, was arrested on Jan. 29 for operating after Suspension of Vehicle Registration and operating an Unregistered Vehicle.

John F. Swain, age 44, was arrested on Jan. 29 in connection with a warrant.



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

Knights Against Hunger announces return of Empty Bowls fundraiser

WOLFEBORO — Knights Against Hunger, the student-led organization at Kingswood Regional High School

dedicated to fighting food insecurity in the Governor Wentworth Regional School District community, is proud to announce Empty Bowls 2026 on Friday, Feb. 13 from 5-7 p.m. at King-

swood Regional High School—a meaningful evening where simple meals carry a powerful message to end hunger.

Knights Against Hunger exists for students, by students, with a mission to ensure every child has enough to eat and every student has an opportunity to make a difference.

Through volunteer service, diaper and formula drives, weekly meal support and community outreach, student leaders are working hand in hand with neighbors to address a problem that affects families right here in New Hampshire.

Since its founding, Knights Against Hun-

ger has made a measurable impact: the club has raised more than \$100,000 in private donations, distributed more than 70,000 meals to students in need, and currently provides between 20-50 food bags weekly to families experiencing food insecurity.

Empty Bowls 2026 is built on that same spir-

it: community members come together to share a meal in handcrafted artisan bowls, symbolizing the reality that too many families in our region experience food insecurity.

The event invites guests to come to help raise awareness and support for those in need. Every donation collected will directly support Knights Against Hunger's year-round efforts.

What makes Knights Against Hunger especially remarkable is that students lead every branch of the organization. From managing inventory and placing food orders to planning outreach initiatives and

packing bags for distribution, student leaders are learning how to run a successful, mission-driven organization while serving their community.

Student leaders themselves say that supporting Knights Against Hunger not only helps families in need, but also helps students grow as civic leaders, learning responsibility, organization and compassion in the process.

Knights Against Hunger welcomes all community members to attend Empty Bowls 2026, enjoy a meaningful meal, and help address food insecurity in our GWRSD community.

Gilford Public Library Classes & Special Events

Feb. 5 – Feb. 12

Thursday, Feb. 5

Senior Sculpt, 9-10 a.m.

Fun and Fitness with Joyce, 10-11 a.m.

Living with Grief, 10-11 a.m.

French, 3-4 p.m.

Valentines Cards, 3-4 p.m.

Whether it's for a loved one or yourself, stop by and create a card to make someone's day sweet!

Graphic Novel Newbies, 3:30-4:30 p.m.

Friday, Feb. 6

Geri Fit, 9-10 a.m.

Bridge, 10 a.m.-noon

The Wintering Body: A Chair Yoga Journey, 10-11 a.m.

Preschool Storytime, 10:30-11:30 a.m.

10 a.m.-noon

Hand & Foot, noon to 2:30 p.m.

Happy Crafters, 1:30-2:30 p.m.

Advanced Conversational German, 2:30-3:30 p.m.

Beginner Line Dancing, 4-5 p.m.

10 a.m.-noon

Tai Chi, 10:15-11 a.m.

Mahjong, noon to 3 p.m.

10 a.m.-noon

Feel Good Fitness with Dottie, 9-10 a.m.

Senior Sculpt, 10-11 a.m.

10 a.m.-noon

Preschool Storytime, 10:30-11:30 a.m.

10 a.m.-noon

Dungeons and Dragons, 3-4:30 p.m.

10 a.m.-noon

Beginner Line Dancing, 4-5 p.m.

10 a.m.-noon

Celebrate Valentine's Day by making beautiful cards for your loved ones!

10 a.m.-noon

Monday, Feb. 9

Fun and Fitness with Joyce, 9-10 a.m.

Baby Storytime, 10-

10 a.m.-noon

Little Math Whiz, 10:30-11:30 a.m.

Paint Group, 1-3 p.m.

Teen Early Release: Nacho Bar, 1-3 p.m.

10 a.m.-noon

This month's teen early release is the highly requested Nacho Bar!

10 a.m.-noon

Early Release: Valentines Gift Making, 1:30-2:30 p.m.

10 a.m.-noon

Make a wonderful gift for someone you love to celebrate Valentine's Day!

10 a.m.-noon

Tuesday, Feb. 10

Feel Good Fitness with Dottie, 9-10 a.m.

10 a.m.-noon

Senior Sculpt, 10-11 a.m.

10 a.m.-noon

Preschool Storytime, 10:30-11:30 a.m.

10 a.m.-noon

Dungeons and Dragons, 3-4:30 p.m.

10 a.m.-noon

Beginner Line Dancing, 4-5 p.m.

10 a.m.-noon

Wednesday, Feb. 11

Geri Fit, 9-10 a.m.

10 a.m.-noon

Senior Stretch Yogaah!, 10-11 a.m.

10 a.m.-noon

Card Games, 10 a.m.-noon

10 a.m.-noon

Check out an Expert,

10 a.m.-noon

Thursday, Feb. 12

Senior Sculpt, 9-10 a.m.

10 a.m.-noon

Fun and Fitness with Joyce, 10-11 a.m.

10 a.m.-noon

French, 4-5 p.m.

10 a.m.-noon

Graphic Novel Newbies, 3:30-4:30 p.m.

10 a.m.-noon

Friday, Feb. 13

Empty Bowls, 5-7 p.m.

10 a.m.-noon

</

Opinion

SECTION A, PAGE 4

SALMON PRESS, THURSDAY, FEBRUARY 5, 2026

Town meeting season deserves more than a passing glance

In New Hampshire, town meeting is often spoken of with a kind of civic pride. It is one of the most direct forms of democracy still in regular use, a system that puts real decision-making power directly in the hands of residents.

But pride alone is not participation.

As town meeting season approaches in communities like Alton, Gilford, Barnstead, and New Durham, it is worth asking whether enough attention is being paid before ballots are cast and motions are made. Too often, the warrant articles that shape a town's finances and priorities for the coming year are skimmed quickly, discussed briefly, and then forgotten until tax bills arrive.

That disconnect is understandable. Warrant articles are not always easy reading. Budget language can feel technical. Capital reserve funds blur together. Yet these articles represent real choices, not abstractions. They determine how roads are maintained, how emergency services are funded, how buildings are cared for, and how prepared a town will be for future needs.

The weeks leading up to town meeting offer residents a chance to do more than show up on voting day. Public hearings, budget committee meetings, and deliberative sessions exist for a reason. They allow questions to be asked, assumptions to be challenged, and priorities to be clarified while there is still time to make changes.

Once town meeting concludes, those opportunities largely disappear.

There is also a shared responsibility on the part of local officials. Clear explanations matter. Transparency matters. When voters understand not only what is being requested but why, trust grows, even when decisions are difficult or taxes increase.

Town meeting works best when it is treated as a process rather than a single night on the calendar. That process requires time, attention, and a willingness to engage with details that may not be exciting but are essential.

The strength of local government has never rested on tradition alone. It rests on informed participation. As another town meeting season approaches, that is worth remembering.

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.

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

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

TO PRINT AN OBITUARY:
E-MAIL:
obituaries@salmonpress.news

CALL: 603-677-9084

TO SUBMIT A LETTER
TO THE EDITOR:
E-MAIL:

E-MAIL: brendan@salmonpress.news

This paper is published weekly by

Salmon Press, P.O. Box 729,

5 Water St., Meredith, NH 03253.

ISSN: 1945-5836. USPS 024921

Periodicals postage paid at Meredith,

NH 03253. POSTMASTER:

Send address changes to Salmon

Press, P.O. Box 729,

Meredith, NH 03253.

USPS 024967

The Gilford Steamer is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253.

POSTMASTER: Send address changes to the Gilford Steamer, P.O. Box 729, Meredith, NH 03253.


Salmon
press
Media

PRESIDENT & PUBLISHER

FRANK G. CHILINSKI

frank@salmonpress.news

BUSINESS MANAGER

RYAN CORNEAU

(603) 677-9082

ryan@salmonpress.news

OPERATIONS DIRECTOR

JIM DiNICOLA

(508) 764-4325

DISTRIBUTION MANAGER

JIM HINCKLEY

(603) 677-9082

EDITOR

JOSHUA SPAULDING

(603) 941-9155

josh@salmonpress.news

PRODUCTION MANAGER

JULIE CLARKE

(603) 677-9092

julie@salmonpress.news



COURTESY PHOTO

Prospect wrestling

The Prospect Mountain wrestling team hosted a tri-meet with White Mountains and John Stark on Saturday, Jan. 24. Pictured wrestling is Bradan Berkins wrestling a White Mountains opponent in a close match. "Saturday night was a great match, very proud of him," said coach Derek Pappaceno. "The entire team was on the edge of their seats for Bradan. It was nice to see." Also pictured is junior Dillon Jalbert who earned his first varsity win in a 16-6 decision over a John Stark wrestler. The Bobcats are slated to wrestle at the Plymouth Invitational on Saturday, Feb. 7, and will be at Mascenic on Tuesday, Feb. 10.

LETTERS FROM EDWIN

Hickory

For as long as I have been living here in New Hampshire, I have been somehow involved with heating my home with wood. It only made sense. There was wood everywhere. Often free. What never gets thrown into that calculation is all the labor involved.

My first place was an old farmhouse. One part was a hundred and fifty years old that was attached to another one two hundred years old. Which part came from across the river I can't quite recall. It had no insulation whatsoever and terribly leaky windows and doors. A glass of water would freeze on my windowsill.

A whole group of us lived there so we had a fairly good supply of labor. All told, I think we burned six to seven cords a winter. The kitchen and living room were comfortable, the furnace was a joke. We all dressed in many layers. It was living in what I have continued to enjoy pretty much since, a time warp.

The next abode was a mobile home that had "Florida" windows. Those

slats of glass with no way to seal them up short of wrapping them in plastic, which would tear off, or just silicone them shut. It was placed on a foundation, so it actually had a cellar. I had a small wood stove that I hooked up down there, cut some holes in the floor and hoped that the heat would rise. Unfortunately, most of it leaked out the seam between the two structures.

Moving on to bigger and better things, the wood heat dispenser became a log home. Everybody seems to have a fondness for them. Originally, they were meant as temporary structures to quickly build so that you had a place to live while building the important structure, the barn. After a few years, the carpenter ants, and termites if down south, would turn the log structure to dust while hopefully a quality structure could be built to live in.

Walking around our new house, we noticed that we could see day light between the logs. That was reminiscent of the awning windows we just got rid of. We ended up building a two by four frame inside the leaky

logs, insulated it, and covered it with sheet rock. It worked wonderfully. After chinking all the logs properly, that two thousand plus square foot double insulated pile of logs keeps comfortable on three cords.

At first, we bought our wood and stacked it outside. It worked alright. Things got much easier after I built the woodshed.

Then one year I looked out at all my trees and thought, I ought to start cutting it up myself. So that I did. In the winter, I'd head out into the woods on snowshoes with my chain saw and cut the trees down. I'd cut them up on top of the snow and let them sit till spring when I'd split them and haul it off to the woodshed.

Cutting and splitting wood may be good for the young fellas, but it tends to diminish in goodness as the years add up. This year I went back to buying it. It took a couple of tries to find "my wood guy," but I'll be all set from now on. At least till he decides he's had enough.

Walking around our new house, we noticed that we could see day light between the logs. That was reminiscent of the awning windows we just got rid of. We ended up building a two by four frame inside the leaky

logs, insulated it, and covered it with sheet rock. It worked wonderfully. After chinking all the logs properly, that two thousand plus square foot double insulated pile of logs keeps comfortable on three cords.

At first, we bought our wood and stacked it outside. It worked alright. Things got much easier after I built the woodshed.

Then one year I looked out at all my trees and thought, I ought to start cutting it up myself. So that I did. In the winter, I'd head out into the woods on snowshoes with my chain saw and cut the trees down. I'd cut them up on top of the snow and let them sit till spring when I'd split them and haul it off to the woodshed.

Cutting and splitting wood may be good for the young fellas, but it tends to diminish in goodness as the years add up. This year I went back to buying it. It took a couple of tries to find "my wood guy," but I'll be all set from now on. At least till he decides he's had enough.

Walking around our new house, we noticed that we could see day light between the logs. That was reminiscent of the awning windows we just got rid of. We ended up building a two by four frame inside the leaky

logs, insulated it, and covered it with sheet rock. It worked wonderfully. After chinking all the logs properly, that two thousand plus square foot double insulated pile of logs keeps comfortable on three cords.

At first, we bought our wood and stacked it outside. It worked alright. Things got much easier after I built the woodshed.

Then one year I looked out at all my trees and thought, I ought to start cutting it up myself. So that I did. In the winter, I'd head out into the woods on snowshoes with my chain saw and cut the trees down. I'd cut them up on top of the snow and let them sit till spring when I'd split them and haul it off to the woodshed.

Cutting and splitting wood may be good for the young fellas, but it tends to diminish in goodness as the years add up. This year I went back to buying it. It took a couple of tries to find "my wood guy," but I'll be all set from now on. At least till he decides he's had enough.

Walking around our new house, we noticed that we could see day light between the logs. That was reminiscent of the awning windows we just got rid of. We ended up building a two by four frame inside the leaky

logs, insulated it, and covered it with sheet rock. It worked wonderfully. After chinking all the logs properly, that two thousand plus square foot double insulated pile of logs keeps comfortable on three cords.

At first, we bought our wood and stacked it outside. It worked alright. Things got much easier after I built the woodshed.

Then one year I looked out at all my trees and thought, I ought to start cutting it up myself. So that I did. In the winter, I'd head out into the woods on snowshoes with my chain saw and cut the trees down. I'd cut them up on top of the snow and let them sit till spring when I'd split them and haul it off to the woodshed.

Cutting and splitting wood may be good for the young fellas, but it tends to diminish in goodness as the years add up. This year I went back to buying it. It took a couple of tries to find "my wood guy," but I'll be all set from now on. At least till he decides he's had enough.

Finding value in life's unburied moments

KIND FOLKS,
COLD WINTERS

By CHIPPIY

The other morning, I caught myself standing at the kitchen window, coffee in hand, watching the world wake up. Not for any important reason. No dramatic sunrise, no big moment. Just a few birds hopping around, a neighbor heading out early, and the quiet hum of another New Hampshire day beginning.

It struck me how rarely we give ourselves permission to be still. Everything these days seems built around motion. Get up, get going, keep moving. Even our free time is often scheduled, tracked, and measured. Somewhere along the line, being busy started to look like being successful.

When I was younger, there was more unplanned time. You sat on the porch because the weather was nice. You talked with neighbors because they happened to walk by. You lingered

whether you want the lesson or not. Winter has a way of slowing everything down. Roads get quieter. Even errands take more planning. You learn to move a little more carefully, a little more deliberately. And in that slower rhythm, there's space to think.

I've started making a small habit of doing nothing on purpose. Not scrolling. Not checking messages. Just sitting.

Sometimes it's five minutes. Sometimes it's ten.

It feels strange at first, like you're breaking some invisible rule. But after a while, it starts to feel like a small gift you give yourself.

My wife laughs when she catches me staring out the window again. She says I look like I'm waiting for something important to happen. Maybe I am. Or maybe

CHHS training and education programs build skills, strengthen communities

CONCORD — From simulation-based learning to innovative college partnerships, Concord Hospital Health System (CHHS) is investing in healthcare professionals and in doing so, strengthening access to high-quality care for communities across New Hampshire.

Expanding skills through education and training centers

A year ago this month, Concord Hospital – Laconia (CHL) Education & Training Center welcomed its first class: the American Heart Association's (AHA) Pediatric Advanced Life Support course. Since then, the center has hosted additional AHA offerings, including basic dysrhythmia training and clinical orientation for new hires.

Designed to enhance clinical confidence and patient safety, the new facility features a spacious classroom, two rooms for low-fidelity simulation or clinical case training, a computer workspace for staff, and educator offices. It serves as a hands-on learning hub for CHHS employees to practice skills, learn specialized techniques, and prepare for real-world patient care scenarios.

Beyond supporting current employees through hands-on training in Laconia, CHHS is also focused on building the future healthcare workforce by introducing students to clinical careers early on. In Concord, students can sample a variety of hospital-based occupations.

"CHHS supports many shadows for the Concord Regional Technical Center in all departments, and they are great students," shared CHHS's Academic-Practice Partner and Student Placement Coordinator Emily Higgins, DNP, MSN, RN, ONC. "We also have a lot of guest speakers that go to the school and talk about healthcare careers."

This collaboration gives students a frontline workforce perspective and the opportunity to speak with providers and staff about their careers.

"I love Concord Hospital and the support they provide to our future healthcare professionals. The partnership has been incredibly meaningful for our program," said Sharon Bean, a health science teacher at Concord High School. "This year, we are proud to serve 118 students who are excited, motivated, and eager to learn as



our patients."

With nearly 5,000 employees serving more than 250,000 residents statewide,

CHHS continues to build a strong foundation for the future of health care in New Hampshire.

Local biking challenge raises money for NH conservation

ALTON — Founded last spring, Alton Trail Chaser challenges hikers to explore all 14 trails in Alton to earn an embroidered patch. Twenty percent of net sales are donated to local conservation organizations. In 2025, the program raised a total of \$41.67 for Lakes Region Conservation Trust, including a bonus donation from a generous patch fin-

isher.

In 2026, Alton Trail Chaser will continue donating 20 percent of net profits from patch and merchandise sales, with this year's

proceeds going to the Society for the Protection of New Hampshire Forests, aka the Forest Society. Like

LRCT, the Forest Society does a significant amount of local conservation work,

including maintaining several properties in Alton.

Pine Mountain in the Morse

Preserve is one such gem.

Check out this and other

beautiful trails in town while

supporting a good cause.

For more information on the ATC challenge, visit

dragonflyhikes.blogspot.com or follow Trail Chaser on Facebook/Instagram @

trailchaserofficial.

Area residents named to Dean's

List at University of New England

BIDDEFORD/PORT-

LAND, Maine — Abigail Argue and Martin Creteau of Alton; Brooke Pepe of Center Barnstead; Haukur Karlsson of Gilford; and Maya Colson of New

Durham have been named to the University of New

England's Dean's List for the fall semester 2025.

Dean's List students have

attained a grade point aver-

age 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 larg-

est independent university,

with two beautiful coastal

campuses in Maine, a one-

of-a-kind study-abroad

campus in Tangier, Moroc-

co, and an array of flexible

online offerings. In an un-

commonly 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 medi-

cal and dental colleges, a

variety of other interprofes-

sionally aligned health care

programs, and nationally

recognized programs in the

marine sciences, the natural

and social sciences, busi-

ness, the humanities, and

the arts. Visit www.une.edu.

Vermont State University

congratulates Rylee Stefan for

earning Dean's List honors!

RANDOLPH CEN-

TER, Vt. — Vermont State

University is pleased to

recognize Rylee Stefan, of

Gilford, for earning a place

on the Dean's List for Fall

2025.

Dean's List designation

is reserved for students who

maintain full-time status

and a semester grade point

average of 3.5 or higher.

Vermont State Univer-

sity provides a high-quali-

Salem Region Chimney Pro

\$244

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

Certified Chimney Sweep

Video Chimney Inspections

603-520-7217

Fully Insured

Local students earn Dean's List recognition at Norwich University

NORTHFIELD, Vt. — Norwich University is pleased to announce that Andrew McDonough of Gilford has earned Dean's List honors for the Fall 2025 semester. Founded in 1819, Norwich University is rec-

ognized for its emphasis on experiential education and leadership development.

Dean's List recognition is awarded to full-time undergraduate students who achieve a semester grade point average of 3.4 or high-

er, acknowledging sustained academic achievement and dedication to scholarly success.

About Norwich University

Norwich University is a diversified academic institution that educates traditional-age students and adults in a Corps of Cadets and as civilians. Norwich offers a broad selection of traditional and distance-learning

programs culminating in baccalaureate and graduate degrees. Norwich University was founded in 1819 by Captain Alden Partridge of the U.S. Army and is the oldest private military college in the United States of America.

Norwich is one of our nation's six senior military colleges and the birthplace of the Reserve Officers' Training Corps (ROTC). www.norwich.edu

NORTH COUNTRY COINS, LLC

BUYING • SELLING • APPRAISALS

Est. 1989

www.NCCNH.COM

TUES. - FRI 10 - 5 • SAT 10 - 3

HIGHEST PRICES PAID

All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.

NORTH COUNTRY COINS

Main St., Plymouth, NH 536-2625.

Founded in 1848,

To be eligible for the Dean's List, Muhlenberg College students must earn a GPA of 3.5 or better while taking three or more course units during a semester.

Founded in 1848,

Muhlenberg is a highly selective, four-year, residential, liberal arts college in the city of Allentown, Pa., with nearly 2,000 bachelor's and master's degree-seeking students and a high return on investment. The college's curriculum and experiences are designed to open doors to new ideas, discoveries, friendships and a lifetime of personal and intellectual growth.

Franklin Savings Bank grants \$5,000 to The Home Possible project

FRANKLIN — recently granted \$5,000 to The Home Possible Project to assess and evaluate a potential

Kingswood student recognized with DAR Good Citizens Award



Jordyn Martineau

WOLFEBORO — The Winnipesaukee Chapter-Daughters of the American Revolution is pleased to announce that Jordyn Martineau, a senior at Kingswood Regional High School, is the Winnipesaukee Chapter 2026 DAR Good Citizens Award winner.

Martineau is a top student athlete committed to volunteering for her school and community. She plays basketball and softball, serving as a captain of both the varsity field hockey and dance teams. Beyond athletics, she volunteers with Knights Against Hunger, serving as a Leadership Intern for Camp Invention,

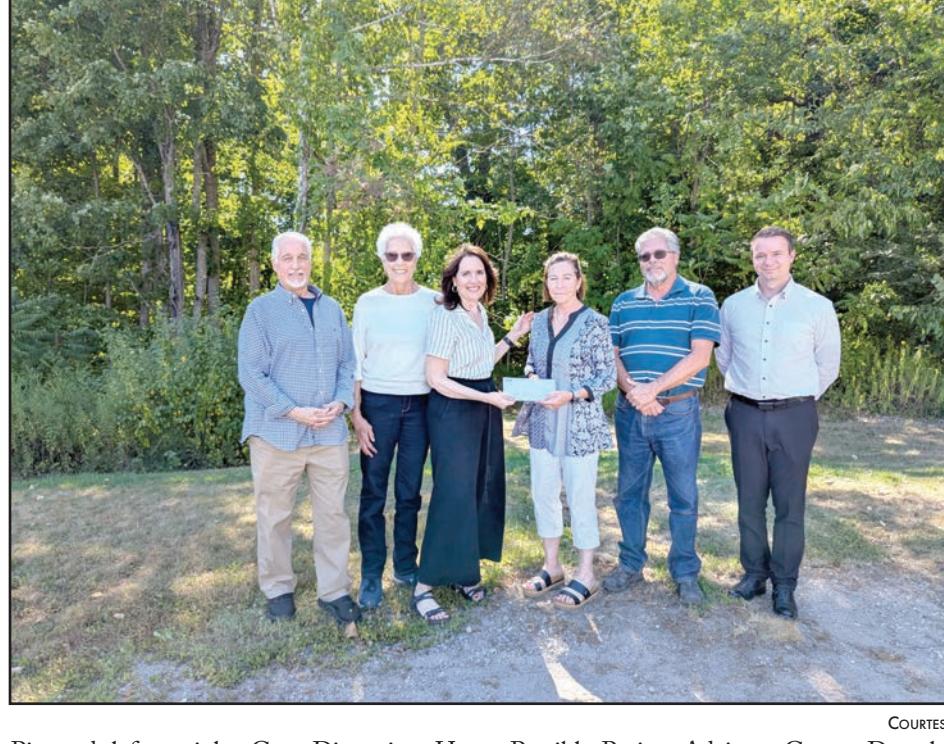
and mentoring younger students through Ossipee Central School's after school program. She is active in the National Honor Society and has earned the Excellence in American Government Award and the prestigious Gold Seal of Biliteracy in Spanish. Martineau plans to pursue a degree in forensic science and aspires to a career as a Crime Investigator.

She will represent the Winnipesaukee Chapter at the New Hampshire State Organization Daughters of the American Revolution Good Citizens competition in March, the winner of which will move on to the regional competition.

The Daughters of the

American Revolution is a non-profit, non-political volunteer women's service organization dedicated to preserving American history and securing America's future through education and promoting patriotism. Any women 18 years or older, regardless of race, religion or ethnic background, who can prove lineage descent from a patriot of the American Revolution is eligible to join.

For more information on becoming a Daughter of the American Revolution, call Chapter Regent Nancy Mershon Black at 603-569-5463 or email WinnipesaukeeDAR@gmail.com.



COURTESY

Pictured, left to right: Gary Dimartino, Home Possible Project Advisory Group; Dorothy Piquado, Board Member, Home Possible Project; Lisa DiMartino, Board Chair, Home Possible Project; Meg Miller, Board Member, Franklin Savings Bank; Joel Fisher, Vice Chair, Home Possible Project; and Brian Bozak, President & CEO, Franklin Savings Bank.

tial supportive housing community in Gilford for adults with developmental disabilities.

"Everyone deserves a safe, supportive place to call home," comments Brian Bozak, President & CEO, Franklin Savings Bank. "We are proud to contribute to The Home Possible Project's mission to create housing for adults with developmental disabilities. Supporting this project aligns perfectly with our mission to uplift lives and invest in our communities."

The Home Possible Project creates and provides residential options, services, and support designed to meet the needs of adults with developmental disabilities and similar disabling conditions. They are dedicated to fostering growth and independence through vocational, social and recreational opportunities.

"We are deeply grateful to Franklin Savings Bank for this generous \$5,000 grant, which

brings us another step closer to building our flagship community residence for adults with developmental disabilities in the Lakes Region.

This one-level, fully accessible home will feature 12 private studio apartments, each with its own ADA-compliant bathroom and kitchenette, along with inviting common areas such as a shared kitchen and dining room, family room for socialization and friendships, and space for 24/7 staff to provide personalized, person-centered support. Our goal is to promote independence, foster a true sense of belonging, and create a warm, inclusive environment where residents can thrive. Franklin Savings Bank's support is an investment in a stronger, more compassionate community, and we are honored to have them as a partner in this important work," said Lisa DiMartino, Board Chair of The Home Possible Project.

Visit The Home Possi-

ble Project online to learn more at <https://www.homepossiblenh.org>.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering an array of commercial lending, personal banking and investment services. The Bank also offers investment and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors. A recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology. Visit [www.fsbnh.bank](http://fsbnh.bank) to learn more or follow the bank on Facebook, LinkedIn, Instagram, and YouTube.

Interlakes Children's & Summer Theatre announce local auditions

WOLFEBORO — The Interlakes Summer Theatre and The Interlakes Children's Theatre will hold local auditions at the Inter-Lakes Auditorium, One Laker Lane in Meredith on Sundays, Feb. 15 and Feb. 22

from 10 a.m.-4 p.m.

The auditions will be open for adult actors who wish to be considered for any size roles in Hello, Dolly, Cabaret, and Annie in the 2026 Summer Season.

We will also be seeing children for our Youth Series. This program is completely free for local youth who wish to participate in any of the three musicals, including Princess K.I.M., Oliver, Jr. and Cats Youth Edition.

You only need to attend one of the days and you will be taken in the order of arrival. Once your audition is complete, you may leave.

If you cannot attend in person, please send pix/resume/reels to interlakestheatre@gmail.com.

Also address any questions to this email.

invisalign®
TouchUp!

Are your teeth out of alignment and need a Touch-Up?
Need a new set of Retainers?

KENNELL
ORTHODONTICS

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

invisalign®
The Clear Alternative to Braces

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

HAPPY BIRTHDAY!

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

CAR INSPECTED

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

2/28/26

RELIABLE
AUTO SERVICE

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

316 COURT ST.
LACONIA, N.H.

PHONE
(603) 524-9798

Stay Safe! Stay Healthy!
Wash your hands!



Happy Valentine's Day!

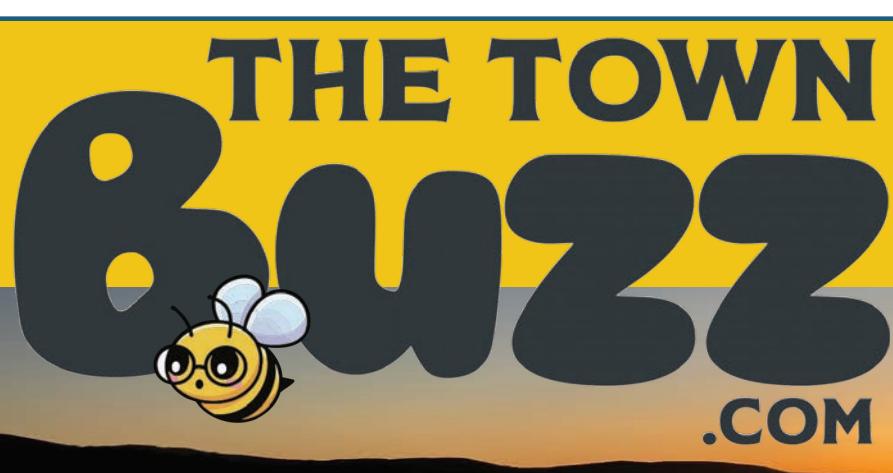
Patrick's
IRISH ROOTS - AMERICAN SPIRIT

Weekdays Open @ 4pm
Weekends Open @ Noon
Closed Tuesdays

OPEN MIC
MONDAY NIGHTS
6PM - 8PM

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

18 Weirs Rd. Gilford • (603) 293-0841 • PatricksPub.com



Constructive opinions, from local New Durham and Alton residents.

New Hampshire is Facing One Big Dam Problem!...

While Missing a Dam Big Opportunity!

The New Hampshire Department of Environmental Services (NHDES) is facing repairs, replacements or possible elimination of about 2,600 active dams statewide. 68 of those Dams are “classified” as high risk. Three of those dams are right here in Alton and New Durham, (Merrymeeting Lake and two along Merrymeeting River) draining into Lake Winnipesaukee at Alton bay.

The Problem....

It started when NHDES made the decision to create a 1,000 year storm level requirement for high risk dams. (That is 10 times greater than the 100 year storm level issued by the Federal Government, FEMA).

Why not build the best and safest dams in the country, right? It's only money! The problem is these Dam repairs are NOT funded. Legislation was passed without the the thought of the half a Billion dollars it would take to put just the 68 high risk dams into upgraded condition.

To off set the costs, NHDES now wants to eliminate two dams on Merrymeeting river.

The department's opinion? It's costly removal and remediation is, in their opinion, is worth destroying up to 8,000 acres of the Merrymeeting watershed!

Think about the repercussions. An “Environmental Service Department” that is willing to and will eradicate a habitat for Eagles, Fish, Deer, Turtles... and so much more. 8,000 acres of recreational area used by Hunters, Hikers, Birdwatchers, Kayakers, Swimmers and Fishermen directly affected.

There are over 60 homes in Alton and New Durham (as of late) that boarder calm water, scenic views and recreation. This is the very reason why residents of this community bought these houses and enjoy this corner of the majestic Lakes Region. A move like this will dramatically drop property values, resulting in lower town revenues in both Alton and New Durham

This environment devastation! All to save a few dollars... By a department named specifically to care for the welfare of the environment?

The Real Irony.

The two dams they want to remove were originally built and operated as Hydro-electric generating dams. 6 million gallons of free energy flows every day out of Merrymeeting lake. At once creating free energy that NH electric co-op would buy or can even partner in to actually pay for the dams. Best of all, today's new hydro generators carry water over the dam not through it making it even safer. Hydro produces all year long rain or shine, even the middle of the night, and requires no operators.

The DAM OPPORTUNITY is right in front of our eyes.

To our Governor, Ms. Kelly Ayotte, can you look into this opportunity to;

- Save our environment,
- Protect public recreational use.
- Save a wildlife habitat.
- Create a green sustainable energy program.

We would like to hear your thoughts on this matter.

Please share your thoughts with us at; www.thetownbuzz.com. And enter to win a “Save the Dams” sweatshirt.

Tell us what you think... www.thetownbuzz.com

Join The Sponsors. Visit Us At www.theTownBuzz.com

MERRIMEETING
Market & Marina

Trailsider Powersports



Tilley skis to third in New Hampshire Coaches Series race



JOSHUA SPAULDING

Maria Tilley skis through the course at Waterville Valley on Saturday during the New Hampshire Coaches Series race.



JOSHUA SPAULDING

Gunnar Marvel skis for Gilford during the New Hampshire Coaches Series race on Saturday morning.



JOSHUA SPAULDING

Oskar Karlsson races through the Waterville Valley classical course during action in the New Hampshire Coaches Series race on Saturday.

Golden Eagle girls battle through cold to win slalom at Gunstock



JOSHUA SPAULDING

Mckenna Howard races for Gilford on Friday morning at Gunstock.



JOSHUA SPAULDING

Bode Badger won the giant slalom on Friday morning at Gunstock.



JOSHUA SPAULDING

Gunstock Nordic Association's Connor Termorshuizen skis during the New Hampshire Coaches Series race on Saturday.



JOSHUA SPAULDING

Emilia Burlock cruises through the giant slalom course at Gunstock on Friday morning.



JOSHUA SPAULDING

Joel Wernig races through the giant slalom course on Friday morning at Gunstock.



JOSHUA SPAULDING

Gunstock Nordic Association's Connor Termorshuizen skis during the New Hampshire Coaches Series race on Saturday.

BY JOSHUA SPAULDING

Sports Editor

GILFORD — In quite possibly one of the coldest alpine races in a few years, the Gilford skiers took to the slopes at Gunstock on Friday, Jan. 30. Due to conditions, athletes were required to race in jackets and ski pants and the race was limited to one run of giant slalom and one run of slalom.

In the giant slalom, the Gilford girls finished second to Kingswood with Lily Bishop leading the way with a second place finish in 26.86 seconds. Mckenna Howard finished in fourth place in 27.57 seconds, Riley Coutts finished in ninth place in 28.49 seconds and Emilia Burlock finished out the scoring in 10th place in 29.21 seconds.

Natalia Villareal was 13th overall in 29.56 seconds, Brooke Baron finished in 22nd place in 31.61 seconds and Madison Thompson rounded out the field of Golden Eagles in 38.3 seconds for 33rd place.

The Golden Eagle girls battled back and beat the Knights in the afternoon slalom with Bishop again leading the way in second place in 24.44 seconds. Howard finished in fourth place in 25.53 seconds, Coutts was fifth in 26.46 seconds and Burlock skied to eighth place in 28.85 seconds.

Baron finished in 18th place with a time of 32.26 seconds and Thompson placed 34th overall in a time of 45.93 seconds.

The Gilford boys finished in third place in the morning giant slalom behind Kingswood and host St. Thomas. Bode Badger won the giant slalom with a time of 26.12 seconds and Joel Wernig was 11th overall in 29.1 seconds. Gabriel Bates was 18th in 31.02 seconds and Kyle Johnson finished the scoring in 26th place in 32.8 seconds.

Cooper Hale was 33rd overall in a time of 34.47 seconds and Brady Alessandro finished in 35th place in 34.75 seconds.

Gilford was also third in the afternoon slalom, with Kingswood and St. Thomas again taking the top two spots. Wernig led the Golden Eagles in ninth place in 28.09 seconds and Bates

was 15th overall in 32.08 seconds. Zachary Arenstam was 24th in 34.77 seconds and Johnson finished in 32nd place in 38.02 seconds to finish out the scoring.

Alessandro was 34th in a time of 40.71 seconds and Hale finished out the field of Golden Eagles in 41.12 seconds for 36th place.

The Golden Eagles are slated to host the final race of the regular season on Friday, Feb. 6, at Gunstock. The girls' State Meet is set for Monday, Feb. 9, at Sunapee and the boys' State Meet will take place at Pat's Peak on Tuesday, Feb. 10.

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

BY JOSHUA SPAULDING

Sports Editor

WATERVILLE VALLEY — The Gilford Nordic skiers joined the rest of the cross country skiers from around the state, both public and private schools, for the New Hampshire Coaches Series classical race in Waterville Valley on Saturday.

Maria Tilley came through with a strong performance for the Gilford girls, finishing in third place with a time of 17:55.

In the boys' race, Gunnar Marvel led the way for Gilford with a 43rd place finish in a time of 21:11 with Oskar Karlsson in 65th place

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

Timber Wolf girls get back on track with win in Claremont

BY JOSHUA SPAULDING

Sports Editor

CLAREMONT — After dropping two games in a row, the Prospect Mountain girls' basketball team got back to its winning ways on Friday, picking up a 56-47 win on the road at Stevens.

The defense led the way in the first half, forcing turnovers and recording eight steals in the first two quarters and the offense, without the services of Ava Foster, the team's second-leading scorer, still built a strong 25-9 lead at the halftime break behind patient ball movement, good shot selection and the relentless defense.

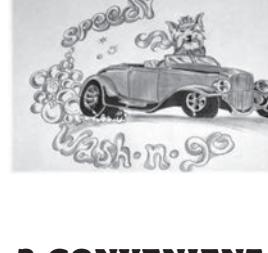
Stevens made a good run in the fourth quarter, capitalizing on the Timber Wolves getting in foul trouble, as the hosts scored 24 points in the final eight minutes, but the Prospect girls maintained composure and held tight for the nine-point win.

Kourtney Kaplan again led the offense for the Tim-

Church Service Schedule

ABUNDANT HARVEST FAMILY CHURCH Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union. Pastors Daniel and Sherrie Williams, 473-8914. For more information, please visit abundantharvestnh.org or e-mail aht@faith.com .	ALTON BAY CHRISTIAN CONFERENCE CENTER Sunday through the summer 10 a.m. & 7 p.m.; 675-6161. School. Pastor Ben Ruhl, www.befreecurch.net .
CENTER BARNSTEAD CHRISTIAN CHURCH Worship Service 10:00 a.m. Bible Study 11:15 a.m. Rte 126 next to Town Hall. Call or Text (603) 269-8831 centerbarnsteaddcc.org	CHRISTIAN COMMUNITY OF PRAISE C.C.O.P. PRAISE GATHERING Every Saturday @ 5:30 p.m. at the Iron Works church, 1802 NH Route 140, Gilmanton Ironworks, NH ccoppraisegathering@gmail.com
CENTER CHURCH OF ALTON Pastor Jared Cassidy 10am Worship service Sunday 20 Church St Alton (603) 575-5561 www.ccoaalon.com	BARNSTEAD, UCC Sunday School and Worship Services Rev. Kate Kennedy 603-776-1820 Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom, Sundays at 10 a.m. ccnorthbarnstead.com
FIRST CONGREGATIONAL CHURCH OF FARMINGTON Worship Services 10:00 a.m. 400 Main Street Farmington, NH 03835 www.farmingtonghucc.org	FIRST BAPTIST CHURCH OF NEW DURHAM NH Sun. School 9:30 a.m.; Church 10:30 a.m.; Evening Service 6 p.m.; Wed. Prayer Meeting 7 p.m., Depot St., New Durham; www.fbcnd.org

Speedy Wash n Go Laundromats



ALSO OFFERING
WASH-DRY-FOLD
 By appointment
DROP OFF AND PICK UP

3 CONVENIENT LOCATIONS

7 School Street, Alton
Open Daily 7 am to 9 pm

8 Church St, Belmont
Open Daily 7 am to 9 pm

46 Center Street, Wolfeboro
Open 24/7

603-498-7427

Business Account Discounts
CALL 603-948-5070 FOR DETAILS

AIR-CONDITIONED

Clean - Bright - Friendly
! From Single load machines
to 60 pound machines !

Accepting: Cash, Credit, Debit and Loyalty Cards
Website: Speedywashng.com
E-Mail: Speedywashng@gmail.com
All laundromats have 24 hour video surveillance.

Like Us On 

Golden Eagle boys edged by Raiders in double overtime

BY JOSHUA SPAULDING

Sports Editor

BELMONT — If you wanted a pretty game, last Tuesday evening's battle between the Belmont and Gilford boys' basketball teams wasn't for you.

But if you wanted a knock-down, drag out, double-overtime dog-fight between Lakes Region rivals who have played some intense games over the last few years, then this was your kind of night.

Wyatt Carroll drained a three with 10 seconds left in regulation to pull the defending champs even with Gilford at the end of regulation and then Owen Hawkins drove to the basket for a layup in the final seconds of the first overtime, forcing a second overtime, where the Raiders outscored the visiting Golden Eagles 8-2 for the 65-59 win.

Owen Harkins for Gilford and Owen Viar for Belmont got the scoring started for their respective teams while Mark Uicker for Gilford and Evan Martinez for Belmont kept the back and forth going. Uicker hit another shot and after Wyatt Divers drained a free throw for the Raiders, Emmett Hughes hit two for Gilford for the 8-5 lead.

Viar drained a hoop for the hosts and Martinez converted a three-point play to put the Raiders on top and after Ryan Folan hit a free throw for Gilford, Wyatt Bamford put back a rebound for Belmont and added two free throws after a Uicker hoop and Belmont had the 14-11 lead after one quarter.

Folan got the first hoop of the second quarter, Martinez answered with a free throw and then Harkins sunk a three-pointer to put Gilford in the lead. Brady Fysh connected on a bucket for the Raiders and Carroll added a hoop.

Folan sunk a free throw and a Hawkins basket tied the game at 19. A pair of Martinez buckets sandwiched around two free throws from Bamford upped the Belmont lead to six before a Uicker got the final basket of the first half and Belmont had the 25-21 lead at the halftime break.

Bryce Cook got the opening basket of the second half and after Fysh hit a free throw at the other end, Uicker had a hoop and Henry Sleeper drained a three-pointer to give Gilford the 28-26 lead.

Carroll answered with a three for the Raiders to put them back and front and then Brady Ennis finished off his own steal with a dunk to up the lead to three. Uicker hit a hoop and a three-pointer and Gavin Forest connected with a bucket to close out the third quarter and Gilford had the 35-31 lead heading to the fourth quarter.

Baskets from Carroll and Ennis tied the score at 35 early in the fourth quarter and then Uicker and Carroll exchanged baskets. A Hawkins three-pointer and hoop sandwiched around a Carroll free throw gave Gilford the 42-38 lead.

Martinez got the



JOSHUA SPAULDING

Belmont's Evan Martinez goes to the basket against the defense of Gilford's Emmett Hughes in action last Tuesday.

Raiders on the board with a hoop but Hawkins answered at the other end with a basket to keep the lead at four. Viar connected from the charity stripe before Gilford's Owen Wolpin drained a hoop for the five-point Gilford lead. Martinez then hit a free throw and Carroll hit a three-pointer to cut the lead to one. Hawkins hit two free throws with 25 seconds to go to up the lead to three but Carroll's three-pointer with 10 seconds to go and the game went to overtime tied at 48.

Divers hit two free throws to start the overtime but Sleeper answered with a three-pointer and Hawkins hit a free throw to give Gilford the 52-50 lead. Fysh and Martinez each hit from the line and the game was tied with 1:30 to go. Forest hit a free throw for the Golden Eagles but a Martinez three-point play gave the Raiders a two-point lead.

Hawkins had two free throws sandwiched around a Martinez free throw and an Ennis free throw with seven seconds to go gave Belmont the 57-55 lead. Hawkins then drove hard to the hoop in the final seconds and drained the layup, sending the game to a second overtime period.

Viar started the overtime with a hoop and Martinez finished off his own steal with a bucket and hit two free throws.

After Carroll hit a free throw, Cook connected with Gilford's lone basket of the second overtime and Ennis finished off the scoring with a free throw for the 65-59 final score.

The Raiders were led by 22 points from Martinez while Carroll added 17 points. Hawkins led the way for the Golden Eagles with 21 points and Uicker finished with 17 points.

Belmont is back in action on Friday, Feb. 6, at home against Raymond, will be hosting Berlin on Monday, Feb. 9, both at 6 p.m. and will be at Winnisquam on Wednesday, Feb. 11, at 7 p.m.

Gilford will be back at it on Friday, Feb. 6, at home against Conant and will be hosting Newfound on Tuesday, Feb. 10, both at 6 p.m.



JOSHUA SPAULDING

(Left) Mark Uicker goes up to the basket in action last Tuesday evening in Belmont.

**BHS 14-11-6-16-16-65
GHS 11-10-14-13-12-59**

Belmont 65

Carroll 7-2-17, Viar 3-1-7, Martinez 7-8-22, Ennis 2-3-7, Divers 0-3-3, Fysh 1-1-3, Bamford 1-4-6, Totals 20-22-65

Gilford 59

Uicker 8-0-17, Forest 1-1-3, Hughes 0-2-2, Sleeper 2-0-6, Hawkins 7-5-21, Cook 2-0-4, Wolpin 1-0-2, Folan 1-2-4, Totals 21-10-59

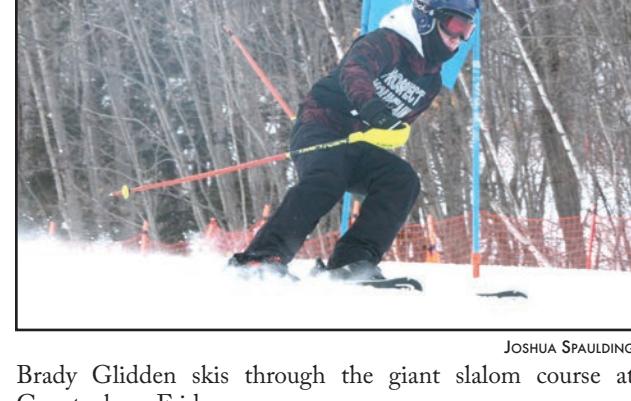
Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

Timber Wolves race through winds at Gunstock



JOSHUA SPAULDING

Anna Sanders skis for Prospect Mountain during action at Gunstock on Friday morning.



JOSHUA SPAULDING

Brady Glidden skis through the giant slalom course at Gunstock on Friday.



JOSHUA SPAULDING

Violet Page races in the giant slalom on Friday morning at Gunstock.



JOSHUA SPAULDING

Charles Bravar races for Prospect Mountain during the giant slalom at Gunstock on Friday.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Prospect Mountain alpine ski team took to the slopes at Gunstock on Friday morning amidst frigid temperatures and winds. Due to conditions, the skiers raced just one run of giant slalom and one run of slalom.

The Prospect boys finished in sixth in the morning giant slalom with Kingswood, St. Thomas, Gilford, Lebanon and Bishop Brady finishing ahead of them. Evan Fuller was 27th overall in 33.08 seconds with Charles Bravar in 29th place in 33.56 seconds. Brady Glidden was 34th in 34.65 seconds and Michael Perry was 37th overall in a time of 35.41 seconds.

Isaac Casale skied to 40th place overall in a time of 38.34 seconds and Ayden Porter finished out the field of Timber Wolves in 51.21 seconds for 50th place.

Alexis Briggs was 36th

The Timber Wolves were also sixth in the slalom, behind the same five teams and again led by Fuller in 22nd place in 34.08 seconds. Bravar was 27th overall in 36.79 seconds, Glidden was 31st overall in 37.8 seconds and Porter was 33rd overall in 39.91 seconds.

Perry was 37th in 41.42 seconds and Casale finished out the field of Timber Wolves in 38th place in 41.94 seconds.

The Prospect Mountain girls were fifth in the morning giant slalom behind Kingswood, Gilford, St. Thomas and Bishop Brady. Erin Goyette led the Timber Wolves in 24th place in 32.92 seconds and Sydney Grasso was 26th in 33.72 seconds. Violet Page placed 30th in 35.71 seconds and Anna Sanders finished out the scoring in 31st place in 36.63 seconds.

Briggs was 36th in 49.03 seconds and Howard was

39th in 1:07.75.

The Timber Wolves are slated to wrap up the season at Gunstock on Friday, Feb. 6, before heading to the Division III State Meet. The girls' State Meet is set for Monday, Feb. 9, at Sunapee and the boys' State Meet will take place at Pat's Peak on Tuesday, Feb. 10.

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

Alton Senior Center

is a great way to stretch your food budget!

Meals are a \$3 donation

Anyone 55 and up or disabled is eligible

Eat at the center or take home!

603-875-7102

Meals on Wheels also available

PETS OF THE WEEK

Meet Boudreaux!

Meet Boudreaux, or as we like to call him BooBoo, BooBoo Bear, or Mr. Lanky. He is a very tall puppy who is ready for anything. He has super smell and a bark that reminds you of a sea lion. He needs a forever home that can teach him all about potty training and how to be the best dog he can be. He uses his words to get your attention and then will crawl into your lap for a snooze. He enjoys playing with anyone willing, and would love to join you on life's adventures.

NH Humane Society
Over a century of love for those without a voice.

1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539



Meet Lolo!

safe. Lolo is a little extra special though because he has a birth defect that impacted his leg, he's lived with it for his whole life. It doesn't slow him down a bit—he's still active and curious—but he moves a bit differently, often with an adorable "army crawl". His leg looks a little wonky but so was Nemo's fin! Our orange and white boy is a little insecure about it and doesn't like to show it to just anybody so he really needs that special person to build up his confidence and let him see that it's okay to be weird.

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	Old Wolfeboro Road	N/A	\$43,000	Dana W. Freese	Gregory and Amy Vachon
Alton	Stage Run Road	N/A	\$43,000	Dana W. Freese	Gregory and Amy Vachon
Barnstead	Pinkham Pond	N/A	\$711,000	Anna-Lisa C. Cousins	Edward and Kelly Morbey
Barnstead	21 Shelburne Lane	Single-Family Residence	\$405,000	Tiffany E. Ortiz	John E. and Autumn Moran
Gilford	Cumberland Road	N/A	\$145,000	James T. and Margaret A. Sciarappa	Robbins RE Development Corp.
Gilford	49 Foxglove Rd.	Single-Family Residence	\$197,000	Kelsey L. and Matthew S. Dudek	Kelsey L. Dudek and Martin A. Smock-Joyal
Gilford	31 Henderson Rd., Unit 17	Condominium	\$600,000	Matthew T. and Jodie M. Gallant	Kelly D. and Steven P. Shiring
Gilford	22 Silver St.	Multi-Family Residence	\$455,000	Brian D. Carney LT and Joanne M. Revelli	Kent M. and Darcy Beirne
Gilford	N/A	N/A	\$222,000	Dorian W. and Maryanne Rousseau	Walter S. and Franca Santoro
Gilmanton	Sawtooth Road	N/A	\$425,000	Rip Construction LLC	Allegretti-Noyes Fiscal Trust and Daniel W. Alligretti
New Durham	171 Berry Rd.	Single-Family Residence	\$440,000	Patricia Nolden	John H. and Michelle M. Legault

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

PMHS Hall of Fame induction set for Feb. 13 1974-77 Alton girls' hoop team to be honored

ALTON — The Prospect Mountain Hall of Fame will be inducting the newest member before

Bruins alumni return to Wolfeboro on Saturday

WOLFEBORO — The Friends of Pop Whalen and the Friends of Kingswood Hockey are proud to once again welcome the Boston Bruins Alumni to town for a game against a group of local hockey legends.

The game will take place on Saturday, Feb. 7, at 4 p.m. at the Pop Whalen Arena in Wolfeboro with the after party taking place the same night at 7 p.m. at the Pickering House Barn on Main Street in Wolfeboro. Tickets for both events can be found at friendsofkingswoodhockey.org and the after party is restricted to those ages 21 and over.

The after party will also include an auction for many different items. The list of auction items waiting for your bid include: Premium hearing aids with fitting from The Hearing Aid Shop, a two-hour charter on the Mail Boat, a full-

day boat rental from North Water Marine, a private 2-3 hour flight over local landscapes, a Bobby Hull authentic autographed 1964 Sports Illustrated, four tickets to the March 28 Bruins game against the Minnesota Wild, an Elias Lindholm signed jersey and much more.

The Kingswood All-Star roster includes Matt Anctil, Bart Rogers, Brett Rogers, Marc Fitzpatrick, Matt Fitzpatrick, Vic Drouin, John Duplinsky, Kevin Haslam, Chris McKay, Dave Sykes, Bob Hughes, Andy Contrade, Kyle Drouin, Alex Lapar, Cam Lovering, Tyrel MacDonald, Brian Meanley, Mark Chick, Alex Moulton, Paul Glynn, Mike Merchant and Jeff McGuinness.

Visit friendsofkingswoodhockey.org to get your tickets to see the former Bruins lace up against your local favorites.

The Prospect Mountain Hall of Fame will be inducting the 1974-1977 Alton High School girls' basketball teams. Alton High School was the state's first small-school girls' basketball power in the 1970s. They won three state championships in

four years, amassing at one stretch a 64-game winning streak. This group of Alton pioneers will be honored on the 50th anniversary of Title IX — the 1972 federal anti-discrimination, civil rights law, which helped to close the athletic gender gap and led to a considerable increase in the number of females participating in organized sports in high schools and universities.

Those 1970s Alton teams, coached by Frank Weeks, ran the court, pressed and played at a pace that was ahead of its time. They had size, speed, played tenacious defense and could score. The Apaches altered the perception of girls' basketball in New Hampshire. They proved that the girls' game could be every bit as exciting as the boys' game.

Check out a story by legendary sports writer Mike Whaley on Ball603.com/article/the-aura-of-alton-pioneer-program-helped-change-perception-of-girls-hoop.

The Hall of Fame induction will take place before the 6:30 p.m. home game against White Mountains Regional on Friday, Feb. 13.

HIGH SCHOOL SLATE

Friday, Feb. 6

BELMONT

Alpine Skiing at Gunstock; 10

Boys' Hoops vs. Berlin; 6

Girls' Hoops at Berlin; 6

GILFORD

Alpine Skiing at Gunstock; 10

Boys' Hoops vs. Conant; 6

Girls' Hoops at Conant; 6:30

WINNISQUAM

Boys' Hoops at Stevens; 7

Girls' Hoops vs. Stevens; 7

Saturday, Feb. 7

BELMONT-GILFORD

Hockey vs. Kearsarge-Plymouth; 5

WINNISQUAM

Hockey vs. Berlin-Gorham; 3

Wrestling at Exeter; 10

Sunday, Feb. 8

BELMONT

Indoor Track at Plymouth State; 9

GILFORD

Indoor Track at Plymouth State; 9

WINNISQUAM

Indoor Track at Plymouth State; 9

Monday, Feb. 9

BELMONT

Alpine Skiing at Sunapee (Girls'

State Meet); 10

Boys' Hoops vs. Berlin; 6

Girls' Hoops at Berlin; 6

GILFORD

Alpine Skiing at Sunapee (Girls'

State Meet); 10

Tuesday, Feb. 10

BELMONT

Alpine Skiing at Pat's Peak (Boys'

State Meet); 10

GILFORD

Alpine Skiing at Pat's Peak (Boys'

State Meet); 10

Boys' Hoops vs. Newfound; 6

Girls' Hoops at Newfound; 6

Wednesday, Feb. 11

BELMONT

Boys' Hoops at Winnisquam; 7

Girls' Hoops vs. Winnisquam; 6

BELMONT-GILFORD

Hockey at Pembroke-Campbell; 7:30

WINNISQUAM

Boys' Hoops vs. Belmont; 7

Girls' Hoops at Belmont; 6

Hockey at John Stark-Hopkinton; 8

Thursday, Feb. 12

WINNISQUAM

Wrestling vs. ConVal, Franklin; 6

All schedules are subject to change.

REAL ESTATE



Equal Housing Opportunity

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

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

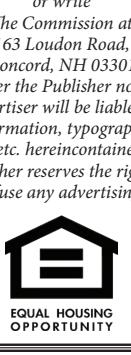
This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call HUD toll free at 1-800-927-9275.

You may also call The New Hampshire Commission for Human Rights at 603-271-2276 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.



Camelot Home Center

ALWAYS OPEN DAILY • 10 TO 6 SATURDAYS & 10 TO 5 SUNDAYS

NEW 14' WIDES

List Price: \$86,995 **\$77,995***

66' 3 Bed, 2 Bath

List Price: \$89,995 **\$86,995***

68' 2 Bed, 2 Bath

DOUBLE WIDES

List Price: \$119,995 **\$115,995***

56' 3 Bed, 2 Bath

List Price: \$130,995 **\$127,995***

48' 3 Bed, 2 Bath

*PRICES SUBJECT TO CHANGE

Homes From COLONY, MARLETT, NEW ERA & TITAN

MODULAR

List Price: \$131,995 **\$119,995***

2 Bed, 1 Bath

List Price: \$179,995*

1,568 sq ft, 2 Bed, 2 Bath

Visit Our Website: WWW.CM-H.COM

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?

Rt. 3, Tilton NH, exit 20 on Rt. 1-93 across from Lakes Region Factory Mall

MEREDITH LANDING

285 Daniel Webster Highway

(603) 677-7007 • www.MeredithLanding.com



MEREDITH: VACANT LAND!

Private 4.38 +/- acre building lot abutting the Association's recreational lot for added privacy. Great location on a loop road to minimize through traffic. Just minutes to downtown Meredith and Weirs beach! Bring your plans!

\$239,000 (5068525)



MEREDITH: LAND WITH NEW PRICE!

This 6.47 +/- acre lot will offer 360-degree views of the White Mountains and Ossipee range with some additional clearing. An expired 4BR septic design available. Located in the heart of the Lakes Region! NOW \$169,900 (5034379)



97 Daniel Webster Highway
Meredith, New Hampshire

Call us at:
(603) 279-7046

Find us @rocherealty
www.rocherealty.com
[Facebook](http://www.facebook.com/rocherealty) [Instagram](http://www.instagram.com/rocherealty) [LinkedIn](http://www.linkedin.com/company/rocherealty) <a href="http://www.youtube.com/ro

PSU volleyball announces dates for clinics and camps

PLYMOUTH — Plymouth State University women's volleyball head coach Joan Forge announced the dates of the program's spring clinics and summer camps.

Middle School Spring Clinic

Open to girls in sixth – eighth grades, the Middle School Spring Clinic is an opportunity for players to improve their volleyball skills. Players will have the opportunity to train with PSU coaches and athletes as they focus on progressing their fundamental skills. The three-hour session is scheduled for March 28 from 9 a.m. – 12 p.m. at Foley Gymnasium.

Cost: \$90

ID-Specialty Clinic

Open to girls in 9th – 12th grades, the ID-Specialty Clinic offers specialized volleyball training (setting, hitting or defense) with focused training from the program's coaches and athletes. The three-hour clinic is scheduled for Mar. 28 from 1 to 4 p.m. at Foley Gymnasium. Additionally, an optional campus tour and question and answer session with PSU volleyball players and coaches will provide participants with insight into Plymouth State, the volleyball program, the recruiting process, and what it takes to succeed physically, emo-

tionally, and tactically as a collegiate-level athlete. Cost is \$90.

Panther Volleyball

Camp: Middle School

The Panther Volleyball Camp: Middle School is designed for girls who will be entering the sixth – eighth grades in the fall of 2026. Campers will receive individual attention from collegiate and high school coaches and collegiate athletes. The three-day camp will run from July 27 to 29 from 9 a.m. to 12 p.m. at Foley Gymnasium. Cost is \$225.

Panther Volleyball

Camp: High School

The Panther Volleyball

Camp: High School is for girls who will be entering the ninth – 12th grades in the fall of 2026. The camp is designed for beginner, intermediate and advanced players who want to play and excel at the high school level. Players will be challenged to improve their fundamental skills and will learn more advanced strategies, position-specific skills, and concepts of team play. The four-day camp will run from July 27 to 30 from 1 to 5 p.m. at Foley Gymnasium. Cost is \$300.

Online registration is required for all Plymouth State Athletics camps and clinics. Registration and waiver links can be found

on the department website at athletics.plymouth.edu/ camps. All questions can be directed to assistant coach Kathryn Labrie at kjlabrie1@plymouth.edu.

HIGH SCHOOL SLATE

Friday, Feb. 6

KENNEDD

Alpine Skiing at Cranmore (Girls' State Meet); 10

Boys' Hoops at John

Stark; 6

Girls' Hoops vs. John

Stark; 6

KINGSWOOD

Alpine Skiing at Cranmore (Girls' State Meet); 10

Boys' Hoops vs. Hol-

lis-Brookline; 6

Girls' Hockey at Pinker-

ton; 5:40

Girls' Hoops at Hol-

lis-Brookline; 6

KINGSWOOD

Alpine Skiing at Cranmore (Girls' State Meet); 10

Boys' Hoops vs. Hol-

lis-Brookline; 6:30

Girls' Hoops at Hol-

lis-Brookline; 6

PROSPECT MOUNTAIN

Alpine Skiing at Pat's

Peak (Boys' State Meet); 10

Boys' Hoops vs. Berlin; 6

Wrestling at Mascenic; 5

Wednesday, Feb. 11

KENNEDD

Boys' Hockey vs. King-

wood; 6

Girls' Hockey at Exeter;

7:30

Nordic Skiing at Whita-

ker Woods; 2:30

KINGSWOOD

Boys' Hockey at Ken-

nett; 6:10

Wrestling vs. Merri-

mack; 6

KINGSWOOD-

PROSPECT MOUNTAIN

Girls' Hockey vs. St.

Thomas; 7:10

PROSPECT MOUNTAIN

Boys' Hoops at Berlin; 6

Thursday, Feb. 12

KENNEDD

Ski Jumping at Proctor

(State Meet); 5

PROSPECT MOUNTAIN

Boys' Hoops at White

Mountains; 6

All schedules are

subject to change.

Genakos breaks his own PSU diving record

BRIDGEWATER, Mass. — Sophomore Karson Genakos (Gifford) reset his own school record on the 1-meter board and senior Brendan Lee (Dover) secured a pair of top five finishes to pace the Plymouth State University men's swim team in a triple dual meet at Dr. Mary Jo Moriarty Pool on Saturday.

Genakos placed second in 1-meter diving with his record score

of 155.45, while also swimming a leg of the Panthers' 200-yard freestyle relay that finished third.

Lee posted a second-place finish in the 200-yard freestyle in 1:59.62 and added a fifth-place showing in the 100-yard breaststroke with a time of 1:06.91.

Senior Cory Boisselle (Methuen, Mass.) registered a season-best time in the 100-yard

freestyle for the second straight meet, touching the wall in 53.82 seconds to finish fourth. He added a fifth-place finish in the 50-yard freestyle with a time of 24.41.

Junior Marco D'Addona (Torrington, Conn.) also had a pair of top five performances, finishing just ahead of Boisselle in the 50-yard freestyle in 24.23 for a fourth place showing, while closing out

the 100-yard freestyle just 0.03 seconds behind Boisselle to place fifth.

PSU's 200-yard freestyle relay team of D'Addona, Boisselle, Genakos, and Lee teamed up to place third in 1:40.56.

The Panthers have a weekend off to prepare for the Little East Conference (LEC) Championships, which run Feb. 13 – 15 at the Boston Sports Institute.

PSU women's lax Prospect Clinic is Feb. 28

PLYMOUTH — Plymouth State University women's lacrosse head coach Becky Dale announced the program will hold a Prospect Clinic for high school players this next month.

The clinic designed for girls in grades 9-12 interested in playing collegiate lacrosse will take place on Feb. 28 at Pan-

ther Field. An optional team question and answer session will be offered from 11:30 a.m. to 12 p.m., with the hands-on clinic scheduled from noon to 2 p.m. The clinic will conclude with an athletics facilities tour from 2 to 2:30 p.m.

On-site registration will open 30 minutes prior to the session. Players

should register for specific positions – draw specialist, midfield, attack, defense, or goalie. The clinic will be outdoors on Panther Field, so attendees should bring weather-appropriate clothing, along with lacrosse protective equipment – goggles, mouth guards, goalie equipment – sticks, cleats, and wa-

ter bottles.

The clinic rate is \$50

per player. To expedite the check-in process,

athletes should also bring printed, signed waivers.

Online registration is

required for all Plymouth State Athletics

camps and clinics. Registration and waiver links are available at athletics.plymouth.edu/camps.



JOSHUA SPAULDING

Hailey Eldridge drives toward the basket during action last week against Newfound.

UNIFIED

(continued from Page A1)

to extend the Gilford lead to eight before Weiner hit a hoop for the Bears to close out the third quarter and Gilford's lead was 36-30 heading to the fourth.

Kiley Blanchette got the first basket of the fourth quarter for Gilford before Newfound got three consecutive baskets from Robert Sanborn, Cullen and Rossetti Coffey to cut the lead to 38-36.

Markievitz drained a three-pointer for the Golden Eagles to stretch the lead to five before Newfound got baskets from Sweeney, Hutchins and Morris to give the Bears the 42-41 lead.



JOSHUA SPAULDING

Cody Houle looks to the net during action against Newfound last week.

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

BUSINESS DIRECTORY

FLOORING

ALTON FLOORING AND TILE

Office: 603-875-3507

Residential/Commercial

Carpet, Tile, Hardwood, Laminate, Vinyl,

Island work, Boats, RV's/Campers, Etc.

alton_flooring.tile@yahoo.com

18 Depot St. Alton, NH 03809

GENERAL SERVICES

FIX IT!

Handy Dad
fixes things.

Leave a
message
and play
telephone tag.

Gunnar
269-3616

HELP WANTED

Energysavers Inc.

Full-Time Installers Apprentice

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

LEARN WHILE YOU EARN!

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

Stop in to fill out an application:

ENERGYSAVERS INC.

163 Daniel Webster Hwy., Meredith NH

SHAKER REGIONAL SCHOOL DISTRICT GIRLS MS SOFTBALL COACH

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

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

Gilford Community Church recognizes members at Annual Meeting



COURTESY

Pictured, left to right —seated front row, "Lifetime Achievement" recipients: Susan Allen and Doris MacHaffie. Standing back row, "Outstanding Volunteer" recipients: Lynne DeVivo, Penny Franciosi, Judy Cook, Michael, Robert Souter, Joyce Collins, Barbara Stinson and Amber McLane.



COURTESY

Left to right — "Angel Award" recipients Rebecca Walkley, Eston Ross, Penny Franciosi, Judy Cook, Billy McLane, Kathy Meierjungen, Janet Haley, Nan Fay, Jane Rollins and Ron Dudley.

GILFORD — At its recent Annual Meeting, the Gilford Community Church recognized a handful of members with their "Outstanding Volunteer Award." The 2025 award recipients are Joyce Collins, Judy Cook, Lynne DeVivo, Penny Franciosi, Amber McLane, Bob Souter and Barb Stinson.

GCC also recognized three longtime members

with a "Lifetime Achievement Award." Those recipients are Susan Allen, Ginny Littlefield and Doris MacHaffie.

"We are so grateful for each of their contributions to the church, our membership is the church's greatest asset," said Pastor Michael Graham.

The GCC Youth acknowledged some members with their special

"Angel Award." Those award winners are Stu Boysen, Judy Cook, Ron Dudley, Nan Fay, Penny Franciosi, Janet Haley, Diane Lyons, Jim Marcum, Billy McLane, Kathy Meierjungen, Jane Rollins, Eston Ross, Peter Sawyer and Rebecca Walkley.

"These individuals have demonstrated exceptional kindness, support, and service towards others and truly encompass what it means to be a messenger of God," added Youth Director, Amber McLane.

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

MVSB branch offices collect more than 1,700 winter essentials for local families

REGION — With the support and generosity of local community members, MVSB (Meredith Village Savings Bank) collected 1,712 mittens, hats, gloves and scarves during their 2025 Mitten Tree Drive. The Bank has matched the contribution with \$2 per item — a total of \$3,424 that will be split between 11 local nonprofits addressing childhood food insufficiency.

Each year since 1979, between Thanksgiving and New Year's Day, the Bank collects donations that are displayed on "Mitten Trees" at every MVSB branch office. At the end of the drive, the items are distributed by the branches to local schools, early learning centers and other organizations that support families in need in their local communities.

The recipients for this year's matching donation included 11 organizations working to mitigate childhood food insufficiency. These include the End 68 Hours of Hunger programs in Alton, Exeter, North Conway, Portsmouth, Rochester and Wolfeboro, along with local Got Lunch! programs in Gilford, Ashland & Holderness, Inter-Lakes, Laconia and Plymouth.

Each MVSB branch selected local organizations to receive warm winter items collected. This year's donations supported a wide range of schools, daycares,



COURTESY

Susannah Perron, MVSB Branch & Business Development Manager at the Meredith Route 104 Branch Office, poses with members of the Wicwas Lake Grange #292 during their drop off of Mitten Tree items.

and community resource centers across the region.

Receiving organizations, included:

Schools and childcare programs

- Ashland Elementary School, Holderness Central School, Imaginations A Children's Place, Inter-Lakes Day Care Center & Nursery School, Inter-Lakes Elementary School, Inter-Lakes Middle High School, Kenneth A. Brett Elementary School, Kidworks Learning Center, Moultonborough Central School, Sandwich Central

Community resource centers and nonprofits

- Alton Community Services, Belknap House, The Carey House, Bridge House, Crossroads, Hope on Haven Hill, Isaiah 61 Café, LIFE Ministries Food Pantry, Pemi Youth Center, Seacoast Family Promise, SHARE Fund, Voices Against Violence, and Waypoint Family Resource Center.

Each branch's selections reflect the unique needs of their local area and MVSB's

ongoing commitment to supporting neighbors throughout the communities it serves.

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 build-

ing 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

HAYES

Maintenance and Repair

603-651-9185

*Ask about my
Special Winter Pricing!*

Bill Hayes the original handyman

45 years experience

Interior and exterior remodeling

**Always the best prices and the
best workmanship for your
hard earned money.**

- Free estimates
- Painting interior and exterior
- Replacement doors and windows
- Deck replacement and repair
- Bathroom remodels
- Vinyl siding and more.

One call does it all.



Can your furnace keep up?

MITSUBISHI
ELECTRIC
HEATING & AIR CONDITIONING



Enjoy 0% financing for 18 months.*

*Offer through Synchrony Financial. Balance must be paid in 18 months or interest will be applied. \$29 account activation fee will apply.

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

DIAMOND
CONTRACTOR
ELITE

Your Local HVAC Experts
for 35 Years!

HOME
ENERGY
PRODUCTS