



THURSDAY, FEBRUARY 5, 2026

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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! (1 to r) Phil Bonafide, 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 Arseneault (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 Diveney

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 Region..."

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 Laco-

nobia 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 Bonafide 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 his team's win last Tuesday afternoon against Newfound.



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 Rossetti 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

Alton Parks and Recreation Community Connection

Local, guided snowshoe 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 Burk 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.

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.

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Kate Sullivan named to Flagler College President's List

ST. AUGUSTINE, Fla. — Kate Sullivan of Gilford was among a distinguished group of students who were recognized for their academic excellence earlier this month.

The President's List is compiled in recognition of students achieving a high standard of academic excellence and is distributed by the Office of Academic Affairs. To qualify for this award, Sullivan had to earn at least a 4.0 GPA with at least 12 semester hours of graded credit.

President John Delaney acknowledged the rigor of qualifying for the award, noting that maintaining an untarnished GPA reflects an exceptional level of academic discipline and sustained effort. "Earning a 4.0 GPA is not just about academic ability. It takes determi-

nation and real strength of will," Delaney said. "Many of these students are balancing part-time jobs, competing as student-athletes, or supporting their families outside the classroom, and that makes this achievement even more impressive."

In his ceremonial remarks, the Dean of Academic Life, Dr. Craig Woelfel, congratulated Sullivan and the other recipients on what he considers a remarkably hard-earned accomplishment.

"While this is of course a tremendous individual accomplishment for each student, I'm always struck by how much the whole campus benefits from their efforts. When students bring their 'A' game, it lets faculty to do the same; and the conversation that en-

sues raises up the entire classroom and, ultimately, the entire academic community," said Dr. Woelfel.

He also pointed out the friends, family, peers, and professors who attended the ceremony in support that afternoon, taking a moment to acknowledge the dedication of Flagler's professors and the bar he encourages them to set in the classroom.

About Flagler College

Flagler College is a private, nonprofit, accredited institution located in the heart of St. Augustine, Florida-the nation's oldest city. With 44 majors, 47 minors, and two master's degree programs, Flagler offers students a dynamic and personalized academic experience shaped by small class sizes and world-class faculty who

are dedicated to teaching, connecting, and supporting students.

Home to approximately 2,200 students, Flagler fosters a close-knit community where curiosity is encouraged, leadership is cultivated, and purpose is pursued. The College is consistently ranked among the top regional institutions by U.S. News & World Report and is nationally recognized for its distinctive historic campus, which has earned recognition as one of the "10 Most Beautiful Universities in the World" and one of the "12 Most Beautiful College Campuses Around the World."

At Flagler, students are inspired to think boldly, turn ideas into reality, and make history. For more information about Flagler College, visit www.flagler.edu.

Gilford police log

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 Nocas, 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.



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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.

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.

Saturday, Feb. 7
Beginner Line Dancing, 10:30-11:30 a.m.
Drop-In Craft: Valentine’s Day Cards, 10:30 a.m.-noon
Celebrate Valentine’s Day by making beautiful cards for your loved ones!

Monday, Feb. 9
Fun and Fitness with Joyce, 9-10 a.m.
Baby Storytime, 10-

10:30 a.m.
Tai Chi, 10:15-11 a.m.
Mahjong, noon to 3 p.m.

Tuesday, Feb. 10
Feel Good Fitness with Dottie, 9-10 a.m.
Senior Sculpt, 10-11 a.m.
Preschool Storytime, 10:30-11:30 a.m.
Dungeons and Dragons, 3-4:30 p.m.
Beginner Line Dancing, 4-5 p.m.

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

10 a.m.-noon
Little Math Whiz, 10:30-11:30 a.m.
Paint Group, 1-3 p.m.
Teen Early Release: Nacho Bar, 1-3 p.m.
This month’s teen early release is the highly requested Nacho Bar!
Early Release: Valentines Gift Making, 1:30-2:30 p.m.
Make a wonderful gift for someone you love to celebrate Valentine’s Day!

Thursday, Feb. 12
Senior Sculpt, 9-10 a.m.
Fun and Fitness with Joyce, 10-11 a.m.
French, 4-5 p.m.
Graphic Novel Newbies, 3:30-4:30 p.m.

Alton Bay Winter Carnival offers a full day of seasonal fun

ALTON — The Alton Bay Winter Carnival 2026 returns to Alton Bay on Lake Winnepesaukee on Feb. 15 from 10 a.m.- 2 p.m., welcoming the community for a lively winter celebration featuring food trucks, local vendors, and a full lineup of family-friendly activities. Hosted by the Alton Business Association, the Alton Bay Winter Carnival makes it easy for everyone to attend with free parking and shuttle service from Alton Central School, offering convenient access to all the day’s events in Alton Bay. Throughout the day, attendees can enjoy a variety of favorites, including:

- Live broadcast on 103.3 The Moose FM
- Ice House Decorating and Chowder Contests
- Ice Sculpting Demonstration
- Horse drawn Sleigh Rides (ticket needed)
- Ice Skating rink (ice

willing)

- Warming Hut sponsored by Bricks at the Lake
- Caricature Artist
- Raffle Fundraiser with great items – one free raffle ticket with the donation of a self-care or nonperishable food item

With favorable winter conditions—and ice willing—the Alton Bay Seaplane Base and Ice Runway is expected to be open during the event, adding to the unique winter atmosphere that makes the Alton Bay Winter Carnival a regional tradition. The Alton Business Association invites residents and visitors alike to come out, support local businesses, and enjoy a fun-filled winter day in Alton Bay on Lake Winnepesaukee! Additional event details and updates will be shared on the Alton Business Association Facebook Page. See you there!

Granite VNA offers Caregiver Connection in Wolfeboro

WOLFEBORO — Granite VNA offers Caregiver Connection on Monday, Feb. 9 from 10 to 11:30 a.m. at Harmony Coffee House, 21 Central Ave. in Wolfeboro. Join us and connect with other family caregivers, while enjoying an opportunity to unwind and have discussions

rich in empathy and resources. Pre-registration is not required. For more information, call (603) 224-4093 or (800) 924-8620, ext. 85664 or visit www.granitevna.org. This program is offered at no charge.

About Granite VNA
Granite VNA is a not-

for-profit licensed and certified home health and hospice care provider. The agency serves people of all ages in 72 communities across the Greater Capital Region and Central New Hampshire by providing home care, hospice care, pediatric and maternal child health services, and wellness programming.

The agency has offices in Concord, Laconia and Wolfeboro. Formed through the merger of Concord Regional VNA and Central New Hampshire VNA & Hospice, Granite VNA has served New Hampshire since 1899. For more information about Granite VNA, visit www.granitevna.org.

Rise and shine with Alton Centennial Rotary Club

ALTON — The Alton Centennial Rotary Club, serving the communities of Alton, Barnstead, and New Durham, has announced a change to its regular meeting schedule. Beginning Monday, Feb. 2, the club will return to morning breakfast meetings at

the Pearson Community Center on Pearson Road in Alton. Under the new schedule, the club will meet on the first and third Mondays of each month, unless otherwise noted. Breakfast will be served at 6:45 a.m., followed by the club meet-

ing from 7–8:15 a.m. Club President Duane Hammond invites community members to join Rotary for breakfast and learn about current projects, service initiatives, and upcoming events. Breakfast is \$15 per person, and advance registration is need-

ed to ensure adequate food for all attendees. Those wishing to attend are asked to register by Thursday, Jan. 29 by calling Duane Hammond at 603-569-3745. The Alton Centennial Rotary Club looks forward to welcoming you.

DES announces drawdown of Jones Dam

NEW DURHAM — The New Hampshire Department of Environmental Services (NHDES), Dam Bureau is planning to change the water level in Jones Pond in New Durham after ice out occurs in the spring of 2026. In accordance with RSA 482:13, the NHDES Engineering and Construction Section of the Dam Bureau is notifying the local governing bodies and the NHDES Dam Safety and Inspection Section of the Dam Bureau that the stoplogs in Jones Pond Dam will be removed resulting in a water surface decrease of approximately four to

five feet from its current elevation. The removal of stoplogs will assist with ongoing engineering and wetland studies within Jones Pond. Jones Pond will remain in a lowered state until the dam is removed. Also in accordance with RSA 482:13, we are holding a public informational meeting to discuss the details and answer questions concerning the change. This meeting is to take place at the New Durham Select Board meeting on Tuesday, Feb. 10 at 5:30 p.m. at the New Durham Town Hall, located at 4 Main St., New Durham.

For more information, please contact Charlie Krautmann, NHDES Dam Bureau, at charles.s.krautmann@des.nh.gov or 603-419-0894.

Madison Nash earns Dean’s List honors at Roger Williams University.

BRISTOL, R.I. — Madison Nash of Gilford has been named to the Fall 2025 Dean’s List at Roger Williams University, in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a grade point average of 3.4 or higher are placed on the Dean’s List that semester.

About RWU
Roger Williams University offers professional studies and liberal arts programs, with campuses in Bristol and Providence, Rhode Island. We provide real-world learning that empowers students to become the changemakers and leaders our world needs next.

Gilford Public Library Top Ten requests (plus two)

1. “The Invisible Woman” by James Patterson
2. “Private Rome” by James Patterson
3. “Return of the Spider” by James Patterson
4. “My Friends” by Fredrik Backman
5. “Buckeye” by Patrick Ryan
6. “Pendergast: The Beginning” by Douglas J. Preston
7. “The Correspondent” by Virginia Evans
8. “The Frozen River” by Ariel Lawhon
9. “Theo of Golden” by Allen Levi
10. “The World at Home” by Ginny Kubitz Moyer
11. “Secret of Secrets” by Dan Brown
12. “Buried New Hampshire” by Rick Davidson



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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.



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 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.

One of the cords came from a guy who said that he had me a load of twen-

ty inches as requested. I looked at the truck and the pieces looked alright, but after it was dumped, underneath were nothing but 16 inches and shorter. He was gone. I had me a pile of short wood, he'd never hear from me again. It all got stacked and not thought of much till heating season.

All my years heating with wood, what I have burned has been mostly oak, maple, birch and beech. Good burning hard wood. Mixed within these short piles are pieces of wood that I've never seen before. It's incredibly hard, and burns for a wicked long time. It's hickory. It's supposed to be native to these parts, but like I said, I've never seen a tree with that kind of bark.

I've had to learn a whole new procedure to utilize this wood in my wood stove. It's like nothing else. I keep thinking that I should be selling it for hammer handles or something.

Who uses hammers anymore?

E.Twaste
Correspondence welcome at edwintwaste@gmail.com

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.

Finding value in life's unhurried moments

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

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to be. It wasn't glamorous, but it was grounding.

Now, if there's a quiet moment, we rush to fill it. A phone comes out. A screen lights up. A notification demands attention. Silence feels awkward, as if it needs an explanation.

But here's the thing. Stillness has its own kind of value. It's in those slower moments that you notice how tired you really are, or how much you've been carrying around in your head. It's where gratitude sneaks in. You realize the coffee tastes good. The house is warm. The people you love are doing OK.

Living in New Hampshire teaches you this,

KIND FOLKS, COLD WINTERS By CHIPPY

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

I'm just reminding myself that life doesn't always need to be rushed to be meaningful.

We don't need to turn our backs on modern life to reclaim these moments. We just need to be a little more intentional. Leave the phone in the other room. Take the long way through the grocery store. Sit in the car for an extra minute before going inside.

In a world that keeps getting louder and faster, choosing quiet feels almost rebellious. But it's a gentle rebellion. The kind that doesn't make headlines. The kind that simply makes life feel steadier.

So if you find yourself with a few spare minutes today, don't rush to fill them. Stand by the window. Sit on the porch. Watch the snow fall or the clouds drift by. You might be surprised at how much peace fits into a small, quiet moment.

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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



COURTESY

Nurses from Concord, Franklin, and Laconia participated in the ED/OBS Fellowship, which ran from July 10 to Nov. 14 of last year. The students came together weekly to learn about emergency and observation medicine and nursing through didactic classes, followed by simulation laboratory time with scenario-based training and hands-on experience with equipment.

they prepare for careers in health care.”

Specialized life-saving training

Concord Hospital (CH) recently became a formal training center for Cardiac Surgical Unit Advanced Life Support (CSU-ALS) certification. This specialized program equips providers with unique skills to respond to cardiac arrests following open-heart surgery — a process that differs from standard Advanced Cardiovascular Life Support (ACLS). Developed by Cardiac Advanced Resuscitation Education (CARE, LLC), and recognized globally by organizations like the AHA, CSU-ALS training will help CHHS achieve its goal of becoming a “Center of Excellence” within two years. Granted by CARE, LLC, this designation would enable CH to expand training from internal candidates to other healthcare professionals statewide.

Immersive fellowship in emergency and observation (ED/OBS) Unit Medicine

Last year’s ED/OBS summer/fall fellowship launched on July 10, and graduated on November 14, 2025, welcoming CHHS’s largest group of new graduate registered nurses to date. The 19-week comprehensive program brought together nurses from Concord, Franklin, and Laconia for weekly sessions combining didactic instruction with simulation-based training.

Core topics included medication safety, triage, cardiac dysrhythmia and emergencies, respiratory emergencies, trauma, pediatrics, behavioral health crises, diabetic ketoacidosis and sepsis, and OB/GYN emergencies. By the end of the program, fellows are prepared with the critical-thinking skills, proce-

dural expertise, and clinical confidence needed to excel in fast-paced, high-acuity care environments.

Building the workforce through college partnerships

CHHS’s commitment to workforce development extends well beyond its walls. The health system maintains close partnerships with local colleges, creating career pathways that address staffing shortages and improve patient access to care.

One standout collaboration with New England College earned CHHS the Presidents’ Community Partner Award. The Cooperative Bachelor of Science in Nursing program offers an accelerated three-year degree that blends classroom learning with nine months of clinical training. Students work as licensed nursing assistants while completing rotations across CHHS, guided by experienced mentors.

This year’s cohort of 18 students completed a 14-week summer rotation alongside registered nurses, experiencing multiple departments and gaining a comprehensive view of nursing practice. All their student nurse training was in Concord, but two students completed their LNA training and LNA hours in Laconia. Those two Laconia students still work at CHL in LNA co-op roles.

CHHS also partners with Manchester Community College (MCC) to prepare Licensed Nursing Assistants (LNAs). The winter and summer 2025 LNA classes were trained at Havenwood Heritage Heights and CHHS facilities under the guidance of MCC faculty. All the graduates joined CHHS, beginning their careers in patient care. One of those graduates, Skyelar Baillargeon, LNA, credits

the program with developing the soft skills essential in health care.

“Working with patients during my training prepared me better because instead of just doing book work and stuff in class, I got to get the hang of doing things and talking with them, even if they just needed to talk to us,” said Baillargeon.

Investing in community health

These initiatives, along with CHHS’s medical assistant residency, nursing residencies, pharmacy technician training, behavioral health education programs, and other professional development opportunities, are supported in part by Community Benefits funding.

For participants like Baillargeon, beginning a healthcare career by serving patients in their community provides additional value.

“It means everything to me. Helping people has always been something I wanted to do, and it has inspired me to go for my registered nurse license,” Baillargeon said.

By developing a highly trained, locally rooted workforce, CHHS strengthens the health system’s mission of delivering care close to home — ensuring that patients receive expert, compassionate treatment from providers who understand their community.

“Throughout these programs, students and staff gain invaluable experience that advances their education while deepening their commitment to the nursing and healthcare professions,” said Erin Collins, RN, CHHS vice president of nursing professional practice and development. “These opportunities not only prepare individuals for successful careers but also improve access to care for

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 hiking 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 finisher.

If you have a New Year’s resolution to get out and exercise or hike more, the Alton Trail Chaser challenge is a perfect opportunity. You can explore trails locally while enjoying the physical and mental benefits of spending time in nature. Alton offers hiking trails of all levels, from gentle wooded paths to more advanced mountain hikes. Many trails offer rewarding views of lakes or wetlands, mountains near and far, diverse flora, and peaceful forests. For goal oriented people, hiking challenges

provide motivation and direction, with the tangible bragging right of earning a hiking patch after completion. As of Dec. 31, a total of 21 people and three dogs had earned their ATC patch. Will you be next?

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/PORTLAND, 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 average of 3.3 or better out of a possible 4.0 at the end of the semester.

The University of New England is Maine’s largest independent university, with two beautiful coastal campuses in Maine, a one-of-a-kind study-abroad

campus in Tangier, Morocco, and an array of flexible online offerings. In an uncommonly welcoming and supportive community, we offer hands-on learning, empowering students to make a positive impact in a world full of challenges. We are the state’s top provider of health professionals and home to Maine’s only medical and dental colleges, a variety of other interprofessionally aligned health care programs, and nationally recognized programs in the marine sciences, the natural and social sciences, business, the humanities, and the arts. Visit www.une.edu.

Vermont State University congratulates Rylee Stefan for earning Dean’s List honors!

RANDOLPH CENTER, 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 University provides a high-quality,

flexible, and affordable education for students seeking associate, bachelor’s, and master’s degrees, certificates, and in-demand professional credentials. The university builds upon a history of public higher education in Vermont dating back to 1787. More information about Vermont State University can be found at: VermontState.edu

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 recognized 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 higher,

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

Meghan Stodden named to Muhlenberg College Dean’s List

ALLENTOWN, Pa. — A graduate of Holderness School, Meghan Stodden of Laconia, has been named to the fall 2025 Dean’s List while studying at Muhlenberg College.

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 opens doors to new ideas, discoveries, friendships and a lifetime of personal and intellectual growth.



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

FRANKLIN — recently granted \$5,000 ble Project to assess Franklin Savings Bank to The Home Possi- and evaluate a poten-

Kingswood student recognized with DAR Good Citizens Award



Jordyn Martineau

WOLFEBORO — The Winnepesaukee Chapter-Daughters of the American Revolution is pleased to announce that Jordyn Martineau, a senior at Kingswood Regional High School, is the Winnepesaukee 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 Winnepesaukee 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 lineal 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 WinnepesaukeeDAR@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. 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 Pos-

sible Project online to learn more at <https://www.homepossibleh.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 to learn more or follow the bank on Facebook, LinkedIn, Instagram, and YouTube.

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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.

We will also be casting between 10 & 12 young girls (Ages eight to 15) to play Annie and the Orphans in the professional production of "Annie". This Production will star "Ileana Kirven" as Miss Han-

nigan, currently touring the country in the Broadway Company of "Chicago" as Mama Morton.

All auditionees should bring a song to sing. We will provide sides/scripts to read. Callbacks for Annie and orphan will be by invitation and will be at a later date.

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.

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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 Winnepesaukee 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.

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



Tilley skis to third in New Hampshire Coaches Series race



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



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



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



Mckenna Howard races for Gilford on Friday morning at Gunstock.



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



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

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.

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

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.



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

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

overall in a time of 35:38. Gunstock Nordic Association also had a couple of skiers competing. Connor Termorshuizen finished in 24th place in a time of 27:34 and Ethan Cathey was 39th in a time of 23:34. Gilford also had a skier in the middle school girls' race, as Lila Sydorwicz finished in 64th place in 32:44. The Golden Eagles are slated to be in action again on Wednesday, Feb. 11, at Proctor Academy.

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 half-time 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-

ber Wolves, finishing with 24 points and six steals while Paige Harding provided steady leadership at the point and made her mark with on-the-ball defense, particularly in the closing moments of the game as the Cardinals rallied. Maddy Howlett chipped in with nine points and four steals while Maddie Miller and Emma Foster each had six points and combined for 10 rebounds. Kylee Guptill grabbed five rebounds to go with five points and Delaney Drolet had a couple of key blocks to go along with her four points. The Timber Wolves will be back in action on Friday, Feb. 6, at home against Newfound at 6 p.m., will be at St. Thomas for a rematch with the Saints on Monday, Feb. 9, at 6:30 p.m. and will be at Berlin for a 6 p.m. game on Wednesday, Feb. 11. Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

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 Sherie Williams, 473-8914. For more information, please visit abundantharvestnh.org or e-mail ahfc@faith.com.

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

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

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

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

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

CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC
Sunday School and Worship Services
Rev. Kate Kennedy
603-776-1820
Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom.
Sundays at 10 a.m.
ccnorthbarnstead.com

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

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

Pastor Ryan Blackard

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

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

ST. KATHARINE DREXEL
40 Hidden Springs Rd., Alton, 875-2548.
Father Robert F. Cole, Pastor.
Mass Saturday 4pm;
Sunday 8:30 & 10:30am;
Daily Mass Mon., Tues., Wed., Fri. 8:00am.

ST. STEPHEN'S EPISCOPAL CHURCH
Sunday 9:30, 50 Main St., Pittsfield
Rev. Miriam Acevedo with Rev. Stephen Ekerberg
www.ststephenspittsfield.com

UNITED METHODIST CHURCH
Rt. 171 at Tuftonboro Corner.
Sunday services 10:30 am. Church 603-539-8058
All are welcome.

UNITARIAN UNIVERSALIST SOCIETY OF LACONIA
Sunday services and religious education 10:00 a.m.
All are welcome.
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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 dogfight 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 Brody 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

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

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.

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.

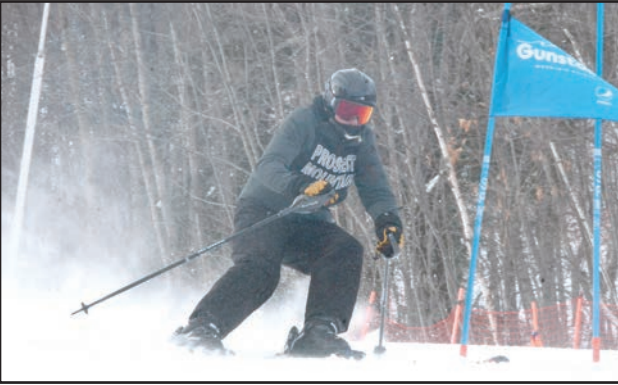
The Prospect Mountain girls were fifth in the morning giant slalom behind Kingswood, Gilford, St. Thomas and Bishop Brady. Erin Goyette led the Timber Wolves in 24th place in 32.92 seconds and Sydney Grasso was 26th in 33.72 seconds. Violet Page placed 30th in 35.71 seconds and Anna Sanders finished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

Alexis Briggs was 36th



JOSHUA SPAULDING

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



JOSHUA SPAULDING

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

in 41.5 seconds, Johanne Foley was 40th in 48.65 seconds and Leah Howard was 41st in 3:02.05.

Prospect was also fifth in the afternoon slalom behind the same four teams with Sanders leading the Timber Wolves in 25th place in 34.62 seconds. Grasso was 26th overall in 34.64 seconds, Goyette was 27th in 36.61 seconds and Page finished out the scoring in 32nd place in 41.02 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.

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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.

Meet Lolo!

Lolo is a sweet, handsome boy with a heart full of love. He’s a little wary at first—understandably, after so much change—but his gentle, affectionate nature always shines through once he feels

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 its okay to be weird

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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 girls' basketball team's game against White Mountains Regional on Friday, Feb. 13.

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 at <https://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 published 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))

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You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write

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MLS# 5061015

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\$439,900
MLS# 5056686

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MLS# 5054634

Belmont: Built in 2007, this 3BR/2BA Cape blends "old-world" charm with modern efficiency on 1.8 acres. Highlights include wide pine floors, custom cabinetry, and a heated barn currently generating \$400/month in storage income.

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MLS# 5057094

Laconia: Secure this newer, rental facility in the heart of the Lakes Region. Offering prime proximity to local amenities, it's ideal for seasonal or contractor storage with significant potential for future expansion. The strategic location and current 100% occupancy make this an exceptional find.

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* Statistics obtained from PrimeMLS since 1997 for all real estate firms reporting sales in the entire state of NH during that time.

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 KENNETT

Alpine Skiing at King Pine; 10
Boys’ Hoops vs. Hollis-Brookline; 6
Girls’ Hockey at Pinkerton; 5:40
Girls’ Hoops at Hollis-Brookline; 6

KINGSWOOD

Alpine Skiing at King Pine; 10
Boys’ Hoops at Haver; 6:30
Girls’ Hoops vs. Haver; 6

PROSPECT MOUNTAIN

Alpine Skiing at Gunstock; 10
Boys’ Hoops at Newfound; 6
Girls’ Hoops vs. Newfound; 6

Saturday, Feb. 7 KENNETT

Boys’ Hockey at Pembroke-Campbell; TBD
Girls’ Hockey at Oyster River; 3

KINGSWOOD

Wrestling at Plymouth; 9

PROSPECT MOUNTAIN

Wrestling at Plymouth; 9

Monday, Feb. 9 KENNETT

Alpine Skiing at Cranmore (Boys’ State Meet); 10

KINGSWOOD

Alpine Skiing at Cranmore (Boys’ State Meet); 10
Boys’ Hockey at Monadnock; TBD

PROSPECT MOUNTAIN

Alpine Skiing at Sunapee (Girls’ State Meet); 10
Girls’ Hoops at St. Thomas; 6:30

Tuesday, Feb. 10

KENNETT

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. Hollis-Brookline; 6:30

PROSPECT MOUNTAIN

Alpine Skiing at Pat’s Peak (Boys’ State Meet); 10
Boys’ Hoops vs. Berlin; 6
Wrestling at Mascenic; 5

Wednesday, Feb. 11 KENNETT

Boys’ Hockey vs. Kingswood; 6:10
Girls’ Hockey at Exeter; 7:30
Nordic Skiing at Whitaker Woods; 2:30

KINGSWOOD

Boys’ Hockey at Kennett; 6:10
Wrestling vs. Merrimack; 6

KINGSWOOD-PROSPECT MOUNTAIN

Girls’ Hockey vs. St. Thomas; 7:10

PROSPECT MOUNTAIN

Girls’ Hoops at Berlin; 6

Thursday, Feb. 12 KENNETT

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 (Gilford) 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.

However, Lewis drained a hoop with 20 seconds to go and Gilford had the 43-42 win.



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.

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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



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.



Left to right — "Angel Award" recipients Rebecca Walkley, Eston Ross, Penny Franciosi, Judy Cook, Billy McLane, Kathy Meierjurgan, 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

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,



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 School, and Sandwich Children's Center.
- 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

"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 Meierjurgan, 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.

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