

Winnisquam Echo

THURSDAY, JANUARY 15, 2026

FREE

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McQuade Fine Arts announces new watercolor classes

TILTON — McQuade Fine Arts is excited to announce the launch of two engaging watercolor painting courses designed to inspire creativity and build skills in a supportive, in-person environment. Classes will be held at the Lakes Region Art Gallery in the Tanger Outlets, located at 120 Laconia Rd., Suite #300, Tilton.

Led by juried artist Stephanie C. McQuade, these hands-on sessions offer aspiring and continuing artists the opportunity to explore the vibrant world of watercolor in a fun and welcoming setting.

Watercolor for Beginners: This five-week course is perfect for absolute beginners with no prior experience needed. Participants will receive step-by-step guidance to master foundational techniques. Sessions run Tuesdays from 10 a.m. to noon, starting Jan. 20.

Watercolor Workout (New!): Ideal for those who have completed a beginner course or equivalent practice, this class focuses on building confidence through guided exercises, live demonstrations, real-time feedback, and pre-drawn paintings on high-quality watercolor paper. Sessions run Tuesdays from 1 to 3 p.m., starting Jan. 20.

Both courses are priced at \$200 for the five-week series.

“Ready to explore the vibrant world of watercolor?” says Stephanie C. McQuade. “These classes provide plenty of painting time in a supportive atmosphere, helping students strengthen their skills and gain confidence.”

Space is limited, and interested participants are encouraged to register early. The McQuade Fine Arts Web site for registration details and syllabus information.

For more information, visit <https://www.mcquadefinearts.com/art-classes> or email Stephanie@mcquadefinearts.com.

About McQuade Fine Arts

McQuade Fine Arts, founded by artist Stephanie C. McQuade and photographer Mike McQuade, specializes in original fine art paintings, photographic prints, and custom works. Based in the Lakes Region Art Gallery in Tilton, the studio is dedicated to sharing the joy of art through creations and educational opportunities.

From recovery to purpose

Recovery Clinic coaches give back



Tarah Morel-Taylor and Nicole Schneider are both Certified Recovery Support Workers (CRSW) who serve as coaches for patients undergoing substance abuse treatment at Concord Hospital – Franklin and Gilford Recovery Clinics. They both reached sobriety through the program and continue to help others by relating on a personal level.

FRANKLIN — In a quiet exam room at the Recovery Clinic in Franklin, a recovery coach sits with a patient who is nervous, unsure, and overwhelmed by what lies ahead. There is no rush. No judgment. Just a shared understanding—one that comes not only from training, but from lived experience.

Concord Hospital's Re-

covery Clinics in Franklin and Gilford provide evidence-based treatment for substance use disorders through an integrated model that includes medical care, behavioral health services, and peer recovery support. Recovery coaches are a vital part of that team,

SEE RECOVERY, PAGE A9

Bears take second at Winnisquam Winter Classic

Parenteau, Griffin win their weight classes in annual event



Kane St. Hilaire wrestles for Winnisquam during the annual Winnisquam Winter Classic on Saturday.

JOSHUA SPAULDING

BY JOSHUA SPAULDING

Sports Editor

TILTON — The Winnisquam wrestling team played host to the annual Winnisquam Winter Classic on Saturday, welcoming hundreds of wrestlers from around the state.

The Bears picked up a pair of wins on the day, with Collin Parenteau winning at 157 pounds and Dylan Griffin at 132

pounds and the team finished second on the day.

Parenteau started his day with pins of Prospect Mountain, Conant and Kearsarge wrestlers to advance to the finals where he got a pin of a White

Mountains opponent to capture the title. Griffin

pinned a Kingswood opponent to start, got a technical fall win over Plymouth then a 6-3 win over Manchester West to advance to the finals, where he earned

a pin of an Alvirne wrestler to win the title.

Noah Bassett came through with a second place finish at 190 pounds. He got a technical fall win

SEE BEARS, PAGE A9

Franklin Savings Bank collects more than 640 toys during WMUR Toys For Tots Drive



FRANKLIN — Franklin Savings Bank is excited to announce that it collected over 640 toys as part of the WMUR Toys for Tots drive. This was the fifth year in a row that the bank sponsored the fundraiser, which is managed by The Marines Toys for Tots Foundation. The goal of this program is to bring joy to children in our area. All eight FSB offices were drop-off locations for unwrapped children's toys.

“We are incredibly grateful for the generosity of our community,” says Jenn Prince, AVP, Marketing and Community Engagement Officer. “Being the lead sponsor of the Toys for Tots drive for the fifth year in a row is only possible because our neighbors continue to show an outpouring of support for local kids in need. Every donation truly makes a difference during the holiday season.”

Toys for Tots, a non-profit organization, has been providing gifts and toys to underprivileged children coast to coast since 1947. The program brings communities and businesses together to gather and distribute new toys to children in

need, bringing smiles and creating lasting memories. Franklin Savings Bank understands the importance of giving back and firmly believes in supporting initiatives that directly benefit the local community. This sponsorship is in alignment with the bank's mission to be a community leader in all of its markets, and throughout the state.

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

Powerhouse teens to perform during February break around the Lakes Region!

LACONIA — Powerhouse Theatre Collaborative, the resident theatre company of the Colonial Theatre in Laconia, is taking some talented teens on a tour of the Lakes Region with a theatre experience to celebrate the 100th Birthday of Winnie The Pooh!

“Pooh’s Birthday Surprise” is a new play adapted from the original Winnie the Pooh stories by AA Milne, and written by Jaydie Halperin. Halperin’s plays are familiar to Powerhouse audiences, as she wrote “Montague and Capulet” and “The Boys in the Tower,” which were featured in prior Powerhouse seasons. This will be the first production in Powerhouse’s 2026 Spark Series sponsored by the Laconia Daily Sun and Taylor Community.

Says Halperin, “Like many people, I grew up with Winnie the Pooh. Now that Pooh and friends have entered the public domain, I was excited for the chance to adapt some of the stories I remember from my childhood to make them accessible to a new generation.”

In this funny and sweet play that is appropriate for families with kids of all ages, Christopher Robin tells Pooh that he’ll come back to the 100 Acre Wood for “someone’s birthday” that evening and Pooh doesn’t realize the someone he is referring to is Pooh himself! So Pooh sets off to figure out whose birthday it is and ends up planning his own party with help from Piglet, Owl, Kanga and Roo, Rabbit, Eeyore and, of course, Tigger!



Jaydie Halperin, writer of “Pooh’s Birthday Surprise.”

Roo, and Jacoby Spaulding as Owl/Rabbit. The production will be directed by Courtney Palmer and sponsored by The Stonewood School and Northeast Delta Dental.

Says Halperin, “Bringing Powerhouse to the West End Museum is also a joy as I can bring my love of theatre to my career in museums.”

Performances will be held Feb. 25-27 at the public libraries in Gilford, Laconia, Meredith and Plymouth and at the Belknap Mill in Laconia. Admission is free and most performances will be followed by a snack or craft provided by the host. Please check out <https://www.powerhousenh.org/pooh> for all the details on the schedule.

And Powerhouse will be hitting the road and performing out of state for the first time. Playwright Halperin is also the Interpretation Manager at The West End Museum in

League of NH Craftsmen Gallery welcomes new juried artist

MEREDITH — The League of New Hampshire Craftsmen, Meredith Fine Craft Gallery is thrilled to introduce newly juried mixed media collage artist Peter Anderson, and invites viewers into a richly layered exploration of texture, process, and mark-making.

Drawing from a diverse range of Portuguese graphite materials and fine art papers from around the world, Anderson creates compositions that balance precision with spontaneity.

At the core of Anderson’s work is an extensive use of Portuguese graphite, including traditional graphite bars, water-soluble colored graphite squares, and kneadable graphite balls. These varied forms allow

him to build subtle tonal shifts, expressive gestures, and unexpected surface interactions. Graphite is applied, erased, reworked, and layered, becoming both drawing medium and structural element within each piece.

Equally important to the work is the selection of paper. Anderson combines classic printmakers’ papers with thick Japanese Washi, Thai mulberry, and other handmade papers, chosen for their unique weights, fibers, and absorbency. These surfaces interact differently with graphite and monoprint techniques, creating depth and visual tension throughout the collages.

Anderson’s monoprints

incorporate foundational layers or focal points, adding traces of movement and chance to the compositions. Through cutting, assembling, and recontextualizing these elements, he constructs “combines” that feel at once intimate and expansive, inviting close inspection while suggesting broader narratives of time, process, and material memory. This mixed media collage work reflects a deep engagement with both traditional and experimental materials, resulting in pieces that are tactile, nuanced, and quietly powerful.

The Meredith Fine Craft Gallery invites you to come see Peter Anderson’s exquisite body of work



that explores the creative process of materiality and mark-making. For more information, please call the Gallery at 603-279-7920 or visit our website meredithnhcrafts.org. The League of NH Craftsmen Gallery

is located at 279 DW Highway, Meredith.

The League of NH Craftsmen is a non-profit organization that encourages and promotes the creation, use and preservation of fine contemporary and

traditional hand crafts. The League represents the signature of excellence in fine craft, through the work of its juried members and its rigorous standards for self-expression, vision, and quality craftsmanship.

NH Boat Museum receives Volunteer NH grant to enhance volunteer management technology

Moultonborough — The New Hampshire Boat Museum (NHB) has received a \$2,234 mini-grant from Volunteer NH to implement new volunteer management technology for its corps of more than 200 volunteers who support programs, events, and daily operations.

The grant will fund the Bloomerang Volunteer Engagement Platform, creating NHB’s first centralized digital system for recruiting, scheduling, tracking, and communicating with volunteers. The system will maintain accurate volunteer records, ensure consistent onboarding workflows including training requirements, and improve reporting for grant compliance and impact evaluation.

“This technology in-

vestment ensures we can continue supporting our volunteers as effectively as they support us,” said NHB Executive Director Devon Kurtz. “With more than 200 volunteers supporting everything from our biannual Regatta to daily operations, we need systems that can match volunteer skills to organizational needs and streamline communication.”

The grant will also fund the purchase of two iPads to provide on-site volunteer check-in and real-time hour tracking during NHB programs. The mobile devices will also enable staff and volunteer leads to manage volunteers efficiently on high-traffic days without relying on fixed office workstations.

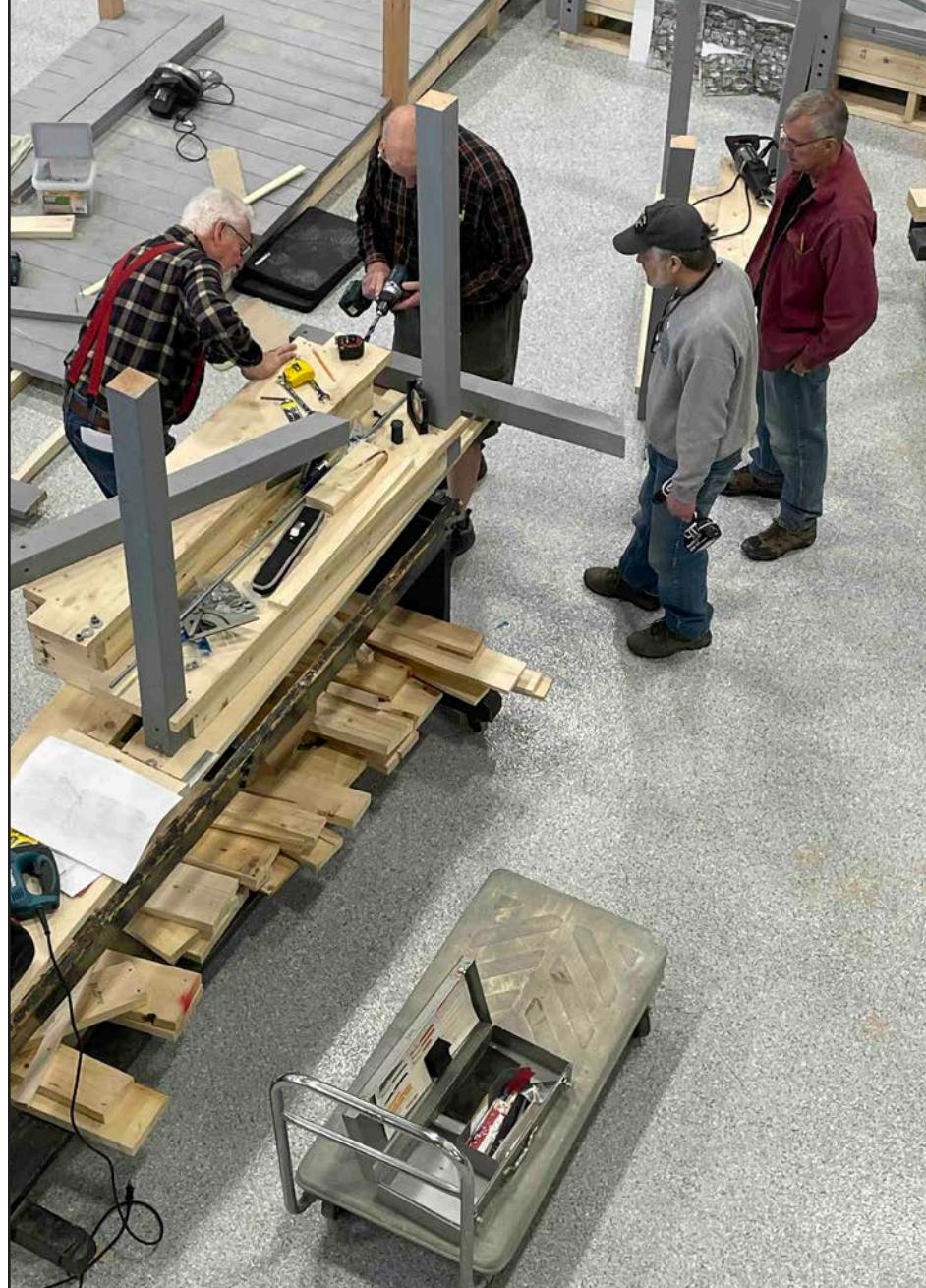
The technology investment comes as NHB continues to build on re-

cord-breaking community engagement, with a 40 percent increase in visitors in 2025.

“As we continue to expand our role in the Lakes Region, our volunteers remain at the heart of everything we accomplish,” added Kurtz.

This NH Volunteer Engagement project is made possible through a generous grant from Volunteer NH.

Founded in 1992 by antique and classic boating enthusiasts, NHB offers dynamic exhibits, engaging programs, and events tailored to the diverse boating lifestyles and values of people of all ages. For more information about NHB and the renovation project, visit nhb.org.



Randy Roos & Urethane bring neo jazz fusion to The Loft at Hermit Woods

MEREDITH — Hermit Woods Winery is proud to present Randy Roos & Urethane on Thursday, Jan. 15, for an evening of groove-driven Neo Jazz Fusion in the intimate listening-room setting of The Loft at Hermit Woods.

Led by Emmy-nominated composer and guitarist Randy Roos, Urethane delivers a deeply rhythmic, improvisation-forward sound shaped by decades of collaboration at the highest levels of contemporary jazz. Roos is a longtime member of the guitar faculty at Berklee College of Music and a Grammy-winning recording engineer, with credits alongside artists including Mike Stern, Bill Frisell, Steve Swallow, and Victor Bailey.

Joining Roos is an exceptional lineup of seasoned musicians:

Steve Hunt (keyboards) — a master of modern jazz keyboards, longtime collaborator with Allan Holdsworth, and



Berklee faculty member, heard on classic recordings such as Secrets and Wardenclyffe Tower.

Tim Gilmore (drums & percussion) — whose career includes work with Richie Cole, Lester Bowie,

Sheila Jordan, and Tower of Power, as well as extensive educational leadership.

Mike Rossi (bass) — a versatile and deeply experienced bassist with nearly three decades of live and

studio performance across genres and continents.

Together, Urethane creates music that is tightly grooving, harmonically rich, and alive with spontaneous interaction—perfectly suited to The Loft's

up-close, attentive atmosphere.

A Listening Room experience

Hermit Woods invites guests to enjoy this performance as a true listening experience. Audience

members are asked to remain quiet during the featured set, allowing both artists and listeners to fully immerse themselves in the music—an experience rarely possible in larger or noisier venues.

Event schedule

5:30–6 p.m.: Complimentary wine tasting

6 p.m.: Doors open & dinner service begins

7 p.m.: Dinner service concludes & show begins (Drinks and dessert available during the performance)

Guests are encouraged to arrive early to enjoy fine wine, thoughtfully prepared food, and the relaxed, welcoming setting that defines The Loft at Hermit Woods Winery.

Tickets are available at www.hermittwoods.com/music

An evening of world-class musicianship, exceptional hospitality, and unforgettable sound awaits.

Laconia Historical & Museum Society announces new program at The Archives!



COURTESY

Pamela Clark will lead the first LHMS Sunday Series, featuring an interactive exhibit, "Winter Scene: A Community Mural," on Sunday, Jan. 18 from 11 a.m.-1 p.m. at The Archives at 61-65 Water St., Laconia. The exhibit will feature the work of the participants.

LACONIA — We're excited to introduce the Sunday Series, a new monthly program held on the third Sunday of each month at The Archives, the LHMS Museum. Designed to complement our regular offerings, the Sunday Series features special programming and events with a rotating focus—ranging from family-friendly experiences to adult and specialty programs throughout the year.

The first Sunday Series program will take place on Jan. 18 from 11 a.m. to 1 p.m. at The Archives, located at 61-65 Water St., Laconia.

The January Sunday Series will be family-focused and will feature "Winter Scene: A Community Mural," an interactive exhibit where children can create a winter-themed craft and add it to a growing mural inspired by winter in Laconia.

Led by Pam Clark, a former Laconia elementary teacher, this kid-friendly Sunday Series offers children a familiar and welcoming learning experience. With years of experience and a passion for hands-on learning, Pam's deep ties to the Laconia community help children feel comfortable, curious, and excited to explore our local history.

This free program requires advanced registration, as space is limited. For details and registration, visit laconiahistory.com or follow LHMS on Facebook and Instagram.

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Opinion

Why January is a civic season, too

January rarely gets much credit.

After the holidays fade and before spring offers any real promise, the middle of winter can feel like a pause button on community life. Roads are quieter. Calendars look thinner. It is easy to assume that civic engagement belongs to warmer months, when town greens are full and meeting rooms feel less distant.

But January is, in many ways, one of the most important civic seasons of the year.

This is when boards and committees settle into the heart of their work. Budget discussions move from draft numbers to real consequences. Planning boards review proposals that will shape the look and feel of our towns for years to come. Select boards wrestle with balancing fiscal responsibility against community needs. None of this work is flashy, but all of it matters.

Winter meetings can be harder to attend. Darkness falls early. Snowstorms and cold nights test everyone's patience. Still, those who show up in January often have a deeper stake in their communities. They are the residents who understand that local government does not hibernate when the temperature drops.

For towns like Belmont, Northfield, Sanbornton, and Tilton, civic participation has always been part of the local identity. Generations before us trudged through snow to attend town meetings in unheated halls because they believed decisions should be made in public, with neighbors listening and speaking in turn. That tradition is worth preserving.

January is also when new voices can find their footing. Committee vacancies are filled. Residents begin thinking about whether to run for office or volunteer. Questions asked now, early in the year, often shape the answers we live with in December.

Local government works best when it reflects the people it serves, and that reflection only happens when residents are willing to engage, even when it is inconvenient. Showing up to a meeting, reading an agenda, or simply paying attention to town business may seem small, but those small acts add up to stronger, more responsive communities.

As the winter stretches on, it is tempting to retreat inward and wait for spring. But January reminds us that civic life does not pause for the seasons. In fact, it often depends most on the people willing to step forward when the roads are icy and the nights are long.

If there is a quiet strength in our towns, it is found in moments like these.



JOSHUA SPAULDING

Laker hockey

Laconia-Winnisquam-Inter-Lakes goalie Sawyer Evert makes a save during his team's loss to John Stark-Hopkinton on Saturday at the Merrill Fay Arena in Laconia. The Lakers are slated to be in action on Saturday, Jan. 17, at Pembroke-Campbell and will be at Monadnock on Wednesday, Jan. 21, at 6:25 p.m.

When the quiet gets loud

Some of the best moments in life are the ones nobody schedules. They slip in quietly between the bigger, louder parts of our days. You are standing at the kitchen sink, waiting for the kettle to boil. You are sitting in the car while the windshield warms up. You are walking across a parking lot with your hands shoved into your pockets because winter is not quite done with us yet. Nothing important is supposed to happen in those moments. And yet, that is often when the important things do.

I have noticed lately that the world has grown very noisy. Not just in the obvious ways, with televisions turned up too loud or phones chiming every few minutes, but in the way we fill every empty space with something. Music in our ears while we shop. Podcasts while we drive. A screen in front of us even when we are sitting with people we care about. Silence has become something to be avoided, as if it were an awkward guest at the table.

I grew up in a time when silence was just part of the day. It was there early in the morning before anyone else was awake. It was there on

long car rides when the radio faded out. It was there in the evenings when you could hear nothing but the ticking of a clock and maybe the wind against the house. N o b o d y thought much about it. It was simply the space where your own thoughts could stretch out a little.

These days, I sometimes have to work a bit to find that kind of quiet. When I do, I am always surprised by how much it has to say. In a quiet moment, I remember things I had forgotten. A conversation with my daughter from years ago. The sound of my son laughing when he was younger. A neighbor who once did me a small kindness I never properly thanked him for. None of those thoughts arrive when I am rushing from one thing to the next. They seem to need a little room.

There is something honest about quiet. When the noise drops away, there is nothing to distract you from how you really feel. You notice when you are tired. You notice when something has been weighing on you. You also no-

tice when you are content, which is something we do not always take time to recognize. Contentment is not flashy. It does not announce itself. It sits there patiently, waiting for you to notice.

I have also found that quiet makes me more grateful. When I am not being pulled in a dozen directions, I can appreciate the simple fact that my wife and I are sitting in the same room, each of us doing our own small thing. I can be thankful for a warm cup of coffee, for a roof that keeps the snow out, for a phone call from one of the kids that lasts longer than I expected. None of that feels ordinary when you are really paying attention.

Of course, life cannot be quiet all the time, and it should not be. There is joy in busy kitchens, in crowded rooms, in voices overlapping as people tell stories. Noise can mean life is happening. But when noise becomes constant, it wears you down in ways you do not always notice right away. You become restless. You become distracted. You forget how to sit with yourself.

So every now and then, I try to give myself a small gift. I turn something off. The radio. The television. The phone. I sit there for a few minutes and let the world be as it is. At first it can feel strange, even uncomfortable. Then something settles. The day slows down. My thoughts line up in a more sensible way. I come back to myself.

I do not think we need to make a big production out of it. Quiet does not require a retreat or a special cushion on the floor. It can happen in a parked car, in a living room, or on a back step looking out at the yard. It just asks that we stop, even briefly, and listen.

In a place like New Hampshire, we are lucky. We have long stretches of road, wide skies, and winters that insist you stay inside once in a while. We are given plenty of chances to be still if we are willing to take them. In that stillness, you may hear things you have been missing.

And if you listen closely, you might find that the quiet, far from being empty, is full of everything that really matters.

~ Comfort Keepers ~

Can you think yourself young?

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Well, technically, no. However, there is a growing body of evidence that shows how you perceive aging, and your perception of how old you feel, can affect your general overall health and wellbeing and how old you seem to yourself and others.

Many people may scoff at the idea that you can change your physiology by thinking differently about yourself, but a famous unconventional experiment conducted by Harvard researcher, Ellen Langer, in 1981 has gained prominence over the last several

years. In this experiment, Langer invited two groups of men in their 70s on a "reminiscing retreat," without telling them that they were part of a study. All these men had physical difficulties or memory issues that caused them to rely on others for help.

One group of men spent the week reminiscing about life in 1959 while surrounded by present-day familiarities. The other group of men was actually "dropped" into the year 1959, so to speak. This group was immersed in mementos from that era, from newspaper articles to radios and black-and-white televisions that played shows from the time and

told to pretend they were back in 1959. This latter group of men engaged in debates about world events of 1959 as if they were occurring in the present day. Of additional interest is that the men were not given any assistance at the retreat at any time. There were no handrails or ramps to help with walking, and they were not given any assistance bringing their luggage to their rooms. They needed to find a way to transport their belongings and get around the retreat grounds on their own.

By the end of the retreat period, both groups of men showed significant, positive changes in every aspect, but the second group

that was immersed in 1959 showed the greatest improvement, to the extent that this group of once-frail men were playing touch football at the end of the retreat. Further, these positive cognitive and physiological changes were confirmed by laboratory tests that showed improvement in the men's memory and other cognitive abilities, flexibility, gait, arthritis, speed of movement, and dexterity. What was more surprising was that the men also had lower blood pressure, better hearing, and better eyesight. It appeared as though by thinking they were younger, these men had physically become

SEE COMFORT PAGE A5

Winnisquam Echo

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Lakes Region Mutual Fire Aid celebrates 75th anniversary

LACONIA — Lakes Region Mutual Fire Aid provides 24x7 Fire/EMS Emergency Communications Dispatch services, mutual aid coordination, training and Hazardous Materials Response to 35 communities in the Lakes Region of NH and dispatched and coordinated a little more than 25,000 calls for emergency services in 2025.

The Lakes Region Mutual Fire Aid Association (LRMFA) is proud to celebrate its 75th anniversary this year, marking

three-quarters of a century of cooperation, coordination, and commitment to public safety across the Lakes Region of New Hampshire.

Established in 1951, the Lakes Region Mutual Fire Aid Association was formed by area fire departments with a shared mission: to promote cooperation among member agencies in the extinguishment of fires and the protection of life and property throughout the region. What began as a fire mutual aid agreement has

grown into a vital regional organization supporting fire, EMS,

and emergency communications and response services for member communities.

Over the past 75 years, LRMFA has evolved to meet the changing demands of emergency response. Today, the Association provides coordinated mutual aid, regional communications services, and leadership support that strengthens preparedness and response capabilities across 35 member com-

munities within the Lakes Region. Through planning, large-scale incidents, natural

and weather disasters, everyday emergencies, and special events, LRMFA has remained a cornerstone of regional collaboration.

"LRMFA exists because no single department or community can do this vital, lifesaving work alone," said Chief Jon Goldman, the LRMFA Chief Coordinator. "For 75 years, our member agencies have come together to share re-

sources, expertise, and responsibility to better serve the public. That spirit of cooperation remains just as critical today as it was in 1951."

As a municipal corporation within the State of New Hampshire, LRMFA continues to focus on governance, accountability, and service to its member communities. The Association's success is rooted in the dedication of generations of firefighters, EMTs, dispatchers, and municipal leaders who have support-

ed its mission.

Throughout its 75th anniversary year, LRMFA will recognize its history, honor past and present members, and highlight the ongoing importance of regional mutual aid in protecting lives and property across the Lakes Region.

For more information about the Lakes Region Mutual Fire Aid Association and its 75th anniversary, visit www.lrmfa.org or follow us on Facebook.

SNHU announces Fall Dean's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Fall 2025 Dean's List. The fall terms run from September to December.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the Dean's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Tyler Thomas of Tilton
Taylor Jakobsson of Belmont
Jace Collins of Belmont

Southern New Hampshire University (SNHU) is a private, nonprofit, accredited institution with a 93-year history of educating traditional-aged students and working adults. Now serving more than 200,000 learners worldwide, SNHU offers approximately 200 undergraduate, graduate, and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as one of the "Most Innovative" regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner.

SNHU announces Fall President's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Fall 2025 President's List. The fall terms run from September to December.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Cordelia Larivee-Ambrose of Tilton
Sydney Bixby of Tilton
Hunter Hinxman of Northfield
Kaydence Ward of Tilton
Justin Gargano of Tilton
Austin Dow of Northfield
Benjamin Wood of Tilton
Allison Grabowski of Tilton
Madison House of Sanbornton
Thomas Shampney of Sanbornton
Jennifer Dykstra of Sanbornton
Gabe Knowlton of Sanbornton

Nicole Hodgman of Belmont
Emilie DeFrancesco of Belmont
Daniel McNulty of Belmont

Victoria Ribeiro of Belmont
Kaden Jewell of Belmont
Kailey Gerbig of Belmont
Cassandra Haile of Belmont
Alexis Gregory of Belmont
Destany Berrocales of Belmont
Southern New Hampshire University (SNHU) is a private, nonprofit, accredited institution with a 93-year history of educating traditional-aged students and working adults. Now serving more than 200,000 learners worldwide, SNHU offers approximately 200 undergraduate, graduate, and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as one of the "Most Innovative" regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner.

portation, housekeeping, meal preparation, medication reminder, bathing, mobility assistance, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 603-536-6060 or visit our Web site at NHComfortKeepers.com for more information.

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Online version: <http://www.comfortkeepers.com/home/info-center/articles/5489D4C-F45263?group=0>

Local residents named to Dean's List at Saint Anselm

MANCHESTER — Saint Anselm College has released the Dean's List of high academic achievers for the first semester of the 2025-2026 school year. To be eligible for this honor, a student must have achieved a grade point average of 3.4 or better in the semester with at least 12 credits of study which award a letter grade. This semester there were a total of 702 students from 25 states, the District of Columbia, and 3 countries.

Mark W. Cronin, Dean of the College, announced that Madyson Haskins and Evan Smith of Northfield and Sophia Braun of Sanbornton have been named to the Dean's List for the fall 2025 semester at Saint Anselm College in Manchester, New Hampshire.

About Saint Anselm College

Founded in 1889, Saint Anselm College is a four-year liberal arts college providing a 21st century education in the Catholic, Benedictine tradition. Located in southern New Hampshire near Boston and the seacoast, Saint Anselm is well known for its strong liberal arts curriculum, the New Hampshire Institute of Politics, a highly successful nursing program, a legacy of community service and a commitment to the arts.

COMMUNITY CALENDAR

January 15-22

THURSDAY, JAN. 15

Belmont

Heritage Commission Meeting — 3 p.m., Belmont Municipal Offices. (Confirmed on town calendar)

MONDAY, JAN. 19

Sanbornton

Martin Luther King Jr. / Civil Rights Day — Town Offices Closed (All day; municipal offices observe the holiday)

TUESDAY, JAN. 20

Northfield

Selectboard Meeting — 5 p.m., Town Hall, 21 Summer St.

Sanbornton

Planning Board Meeting (Snow Date) — 7-9 p.m., Old Town Hall, 19 Meeting House Hill Rd.

WEDNESDAY, JAN. 21

Sanbornton

Buildings, Grounds & Maintenance Committee — 6 p.m., Old Town Hall, 19 Meeting House Hill Rd.

All Coverage Towns

First day for candidates to file declarations of candidacy for town offices (statewide notice; applicable to Belmont, Northfield, Sanbornton & Tilton) — Begins 7 a.m. (State election calendar)

THURSDAY, JAN. 22

Northfield

Planning Board Applications Due by 4 p.m. — Town Hall.

Parks Commission Meeting — 5:30 p.m., Town Hall,

21 Summer St.

Sanbornton

Budget Public Hearing — 7 p.m., Old Town Hall, 19 Meeting House Hill Rd.

Sanbornton's Isabelle Camerato named to UConn Dean's List

STORRS, Conn.

— The University of Connecticut congratulates Isabelle Camerato of Sanbornton on being named to the Dean's List for the fall semester of 2025.

Sanbornton

Planning Board Meeting (Snow Date) — 7-9 p.m., Old Town Hall, 19 Meeting House Hill Rd.

WEDNESDAY, JAN. 21

Sanbornton

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Rowley nets pair as Bulldogs beat Pembroke-Campbell



Max Ryder looks to dish the puck in the zone during action against Pembroke-Campbell on Saturday

JOSHUA SPAULDING



Alex Rowley had a pair of goals in Belmont-Gilford's win over Pembroke-Campbell Saturday afternoon.

BY JOSHUA SPAULDING

Sports Editor

LACONIA — The Belmont-Gilford hockey team celebrated Jake Deware in the best way possible, coming through with a 5-3 win over visiting Pembroke-Campbell on Saturday, Jan. 10. The game was the annual Jake Deware

Kindness Game, honoring the late former Belmont student and the Bulldogs wore special jerseys to celebrate the occasion.

Max Ryder had an early shot denied by the PAC goalie and the visitors came back with a chance that went through the crease and another that went wide

of the net. The Bulldogs took a penalty less than a minute into the game and Ben Girard had a solid penalty kill before the visitors scored the first goal of the game with 12:24 to go in the first period.

Thomas Murphy sent a shot over the top of the net and Ryder had another

shot go wide. Sean Ellis had a chance denied, as did Ryder and Murphy got in close on a bid. Goalie Jacob Drouin stopped a PAC chance and Brayden Drew and Ryder had chances denied by the PAC goalie.

With eight minutes to go in the first period, the Bulldogs tied things up

with Drew sending the puck up to Ryder, who buried the shot for the tying goal. Ryder had another shot denied and also had a chance stopped by the PAC defense. Alex Rowley found Drew for another chance as well.

The Bulldogs took the lead with 4:43 to go in the first period, as Rowley got in close and finished the shot on assists from William Hazelton and Ellis for the 2-1 advantage. Murphy had another shot denied and Drouin stopped another PAC chance. Cam McClary sent a shot wide of the net and Ryder and Colton Byars had chances denied by the PAC keeper.

The Bulldogs took a penalty with 2:30 to go and Drouin stopped a couple of good chances while Ethan Girard and Ellis both had good clears before the penalty was killed off. Tyler Mull had a shot denied by the Pembroke-Campbell goalie to close out the first period and the Bulldogs led 2-1 at the first intermission.

Drouin stopped a couple of bids early in the second period and Mull and Ryder teamed up on a chance that was denied. Murphy and Byars had bids stopped by the PAC goalie and Drouin stopped a couple more Pembroke-Campbell chances.

The visitors sent a shot over the top of the net and Drouin stopped a few more bids. Ryder and Drew had chances and Ellis fired a shot off the post as the Bulldogs pressured.

With 7:49 to go, the pressure paid off, as Murphy sent a shot on net that was saved but Rowley was there to put the puck home for the 3-1 lead. Jack Rodrigue picked up the secondary assist on the goal.

The Bulldogs upped the lead to 4-1 just one minutes later, as Drew got in all alone and beat the PAC goalie on assists from Ellis and Ryder. PAC sent a couple shots wide of the net and Ben Girard and Rowley had chances that

missed the mark for the Bulldogs.

The visitors scored off a faceoff with 4:22 to go, cutting the lead to 4-2. Belmont-Gilford went on the power play with 3:42 to go in the period and Murphy sent a shot wide and Byars sent the puck through the crease. Ryder and Ethan Girard teamed up on a chance that was denied and Ryder sent a shot high before the power play was killed off. Ryder and Ellis had bids denied and Ethan Girard had a shot from the point stopped. Drouin held off a late PAC shot and the game went to the third with the Bulldogs up 4-2.

After early PAC pressure in the third, Ellis sent a shot wide of the net and Mull had a nice centering pass that missed the mark in front. Rodrigue had a shot go wide of the net and Ryder had a bid stopped by the goalie. Drew and Ryder teamed up on a chance that went wide of the net and Drouin stopped another Pembroke-Campbell chance.

The visitors sent a shot wide of the net and Ryder sent a shot wide at the other end of the ice. Belmont-Gilford went on the power play with 2:51 to go and Drew had a couple of chances but it was PAC who got on the board, scoring with 1:33 to go to cut the lead to 4-3.

The visitors pulled their goalie in the final minute and Byars finished off the scoring with a shot that went almost the entire length of the ice into the net for the empty net goal and the 5-3 win for the Bulldogs.

Belmont-Gilford is slated to take on Berlin-Gorham in Berlin on Wednesday, Jan. 21, at 6 p.m.

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

Smith, Filteau pick up wins across the border in Maine

BY JOSHUA SPAULDING

Sports Editor

GORHAM, Maine — The Belmont indoor track team crossed state lines to Gorham, Maine on Sunday for a meet hosted at the University of Southern Maine.

One of the two wins on the day came in the long jump where Brock Smith jumped 19 feet, 4.25 inches to earn the win. Sacha Artis was ninth at 17 feet, 6.25 inches, Trey Schnelle was 13th at 16 feet, 6.5 inches, Devlin McPherson was 18th at 15 feet, 4.75 inches and David Mahoney was 28th at 13 feet, 6.75 inches.

The other win came from Brady Filteau in the shot put at 43 feet, 5 inches with Ethan Rivera in fourth at 37 feet, 10.5 inches, Ryan O'Connor in eighth at 36 feet, 11.5 inches, Daniel Tripp in 21st at 31 feet, six inches and Josh Marsh in 24th at 27 feet, seven inches.

In the 55 meters prelim-

inaries, Smith ran to eighth place in 7.06 seconds and finished the finals in 7.1 seconds for eighth place.

Nick Wright was 24th in 7.5 seconds, Artis was 32nd in 7.67 seconds, Gabriel Sarquis was 35th in 7.72 seconds, Brennen Geoffrey was 38th in 7.75 inches, Dane Smith was 43rd in 7.82 seconds and McPherson was 52nd in 8.04 seconds.

Artis finished in ninth place in the 55-meter hurdles in 10.2 seconds.

Sean Andrews finished in seventh place in the 3,000 meters in 10:54.29 while in the 1,000 meters, Aiden Milmore was 15th in 3:13.85 and Jack Crockford was 17th in 3:16.8. In the 600 meters, Jacob Blanchette was 26th in 1:56.79, Connor Brunelle was 28th in 2:05.73 and Jasper Sotak was 29th in 2:05.79. Nick Wright was 29th in the 300 meters in 44.37 seconds, Smith was 34th in 44.79 seconds and Mahoney was 42nd in 48.65

seconds.

The Raider 4X200-meter relay boys finished in ninth in 1:52.4 and the 4X400-meter relay boys were seventh in 4:14.93 while the 4X200-meter relay girls were fourth in 1:58.18.

Ava Lacasse finished in third place in the 55 meters preliminaries in 7.74 seconds and was third in the finals in 7.6 seconds. Hannah Young was ninth in eight seconds, Sadie Sturgeon was 18th in 8.32 seconds and Cora Takantjas was 33rd in 8.83 seconds.

In the 55-meter hurdles preliminaries, Mia Ellis was eighth in 10.09 seconds with Takantjas in ninth in 10.16 seconds. Ellis was third in the finals with a time of 9.76 seconds. Takantjas was also 21st in the 300 meters in 49.84 seconds.

Young finished in third in the long jump at 14 feet, 10.75 inches and Takantjas was 12th at 13 feet, 10.75

inches. Isabelle Hoitt was 17th in the shot put at 18 feet, 2.5 inches.

In the 600 meters, Haley Clairmont was 17th in 2:02.4, Devyn VonKadich was 22nd in 2:13.08, Violet

Smith was 24th in 2:19.41, Zoe Perlot was 25th in 2:24.86 and Augusta Alexander-Provencal was 28th in a time of 2:29.41.

The Raiders will be back in action on Sunday,

Jan. 18, at the University of New Hampshire at 2:30 p.m.

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

HIGH SCHOOL SLATE

Friday, Jan. 16

BELMONT

Alpine Skiing at Gunstock; 10

Boys' Hoops vs. White Mountains; 6

Girls' Hoops at White Mountains; 6

Unified Hoops at Inter-Lakes; 3

GILFORD

Alpine Skiing at Gunstock; 10

Boys' Hoops vs. Inter-Lakes; 6

Girls' Hoops at Inter-Lakes; 6

Swimming at Keene; 6

WINNISQUAM

Boys' Hoops at Newfound; 6

Girls' Hoops vs. Newfound; 7

Saturday, Jan. 17

GILFORD

Cross Country at Hopkinton; 10

WINNISQUAM

Hockey at Pembroke-Campbell; 6:30

Wrestling at Merrimack; 9

Sunday, Jan. 18

BELMONT

Indoor Track at UNH; 2:30

GILFORD

Indoor Track at UNH; 2:30

WINNISQUAM

Indoor Track at UNH; 10

Tuesday, Jan. 20

GILFORD

Boys' Hoops at Hopkinton; 7

Girls' Hoops vs. Hopkinton; 6:30

WINNISQUAM

Boys' Hoops at Prospect Mountain; 6

Girls' Hoops vs. Prospect Mountain; 7

Wednesday, Jan. 21

BELMONT-GILFORD

Hockey at Berlin-Gorham; 6

GILFORD

Unified Hoops at Kingswood; 3:30

WINNISQUAM

Hockey at Monadnock; 6:25

Wrestling at Prospect Mountain; 6

Wrestling

Alpine Raiders kick off 2026 at Gunstock

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Belmont alpine team kicked off 2026 hosting a meet at Gunstock on Friday, Jan. 9.

In the morning giant slalom, the Raider girls finished in sixth place, led by a 10th place finish from Riley DeGange in 1:01.44. Meg Soucie was 17th overall in 1:04.07 and Anna McDonald finished in 25th place in a time of 1:11.93.

The Raiders moved up to fourth place in the afternoon slalom with DeGange again leading the way with an 11th place finish in 1:08.77. Soucie was 14th in 1:13.78, McDonald skied to 23rd in 1:21.69 and Eva Ashworth was 35th overall in a time of 1:52.72.

Henry Ashworth was the lone Raider boy to finish both runs of the morning giant slalom, putting up a time of 1:01.28 for eighth place overall.

Ryan Cribbie led the Raiders in the afternoon slalom with a time of 1:05.98 for ninth place and Ashworth was 33rd in 1:54.08.

The Raiders are scheduled to compete again at Gunstock on Friday, Jan. 16.

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

Tough third quarter sinks Bears in return to regular season

BY JOSHUA SPAULDING

Sports Editor

TILTON — The Winnisquam hoop girls got back to regular season action with a home game against Gilford on Tuesday, Jan. 6.

The Bears led by one point at the halftime break, 23-22, before the Golden Eagles took control in the second half on the way to a 59-36 win. Gilford out-scored the Bears 16-5 in the third quarter.

"Tonight I thought we took a big step forward," said coach Mark Dawalga. "We came out really slow in the third quarter and I thought that was the difference in the game."

"Good effort on the road tonight against a very good Mascoma team," Dawalga said.

Carter had a huge game for the Bears, finishing with 30 points while Jean had 13 points, all in the second half and ninth grader Claire Hart pulled down 12 rebounds.

Winnisquam is back in action on Friday, Jan. 16, at home against Newfound and will be hosting Prospect Mountain on Tuesday, Jan. 20, both with 7 p.m. scheduled starts.

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

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Powerhouse to hold auditions for first musical of 2026!

LACONIA — Powerhouse Theatre Collaborative, the resident theatre company of the Colonial Theatre in Laconia is excited to announce auditions for its first musical of 2026. Powerhouse will be producing the New Hampshire premiere and one of the first community theatre productions of a brand new musical, "The Magician's Elephant" by Nancy Harris and Marc Teitler. If the title sounds familiar it may be because it is a musical adaptation of Kate DiCamillo's award-winning novel which was also recently adapted into an animated film on Netflix.

In the town of Baltese, nothing exciting ever happens. But one day a magician summons an elephant which crash lands through the roof of the Opera House and sets off a chain of events too impossible to believe, including helping Peter, a teen boy, search for his long lost younger sister.

Powerhouse has engaged Sherry Gardner to build an (almost!) life-sized elephant puppet to be operated by three puppeteers and bring an elephant through the Colonial's elephant door on Canal Street for the first time in many years! Auditions will be open to kids and adults 10 and up and the show includes leading roles, supporting roles, roles for dancers, and of course puppeteers! Check out <https://www.powerhousenh.org/> auditions for all the information on available roles and how to sign up and prepare for auditions.

Auditions for the leading teen/pre-teen roles of Peter and Adele will be held on Sunday, Jan. 18 at 6:30 p.m. and auditions for all other roles will be held Saturday, Jan. 24 at 1 p.m. and Sunday, Jan. 25 at 6:30 p.m. Performances will be May 1-3 at the Colonial Theatre.

The production will be directed by Powerhouse's Bryan Halperin, who says, "When we were looking for an exciting musical for the May slot, I got an email from one of the licensing agents that this new show was now available. I like magic and love elephants so I read it and immediately knew this was a perfect, unique show for Powerhouse to produce. I can't wait to bring this theatre magic to the community in May!"

For all the details on Powerhouse Theatre Collaborative, auditions, and other events in the 2026 season check out powerhousenh.org or email info@powerhousenh.org. There are still opportunities available for businesses to sponsor events in the 2026 season including to sponsor the New Hampshire premiere of "The Magician's Elephant."



Courtesy

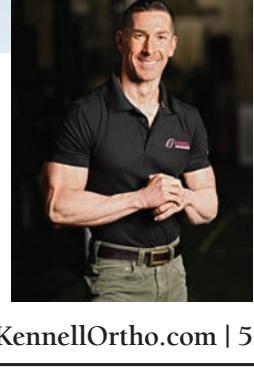
Assistant director/choreographer Meg King shows off a prototype of the elephant puppet head built by Sherry Gardner at Powerhouse's October season announcement party.



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BEARS

CONTINUED FROM PAGE A1

over Kingswood and a pin of Raymond to earn his spot in the finals, where he dropped a 4-2 decision to Alvirne. Romain Bergmans finished in third place at 144 pounds. He started with pins over Plymouth and Manchester West foes, was pinned by a Kearsarge wrestler but came back to pin a Raymond opponent and got a forfeit win over Monadnock to take third place.

The Bears had a pair of podium finishes at 113 pounds. Lucas Durphey dropped a 20-15 decision

to an Alvirne foe to start then pinned teammates Brandon Ponder and Anna Drinkwine before being pinned by a Timberlane wrestler to finish fourth. Drinkwine pinned wrestlers from Kingswood and Portsmouth before being pinned by a Mascenic wrestler and Durphey. She came back to get a forfeit win over Alvirne to place fifth.

At 138 pounds, Nate Tassey got a pin of a Timberlane wrestler to start and was pinned by opponents from Plymouth and Raymond. In the same weight class, Jack McGranahan was pinned in

his first match, came back to get a technical fall win over a Plymouth opponent and then pinned foes from Dover and Alvirne before being pinned by a Kearsarge athlete. Also at 138 pounds, Kaito Tamaru pinned an Alvirne opponent to start, was pinned by a wrestler from Kearsarge and then came back to pin wrestlers from Lebanon and Prospect Mountain before being pinned by a Manchester West athlete to end his day. At 144 pounds, Kyra Russell pinned a Plymouth wrestler to start her day and was then pinned by foes from Kingswood and Conant.

At 120 pounds, Kane St. Hilaire got a technical fall win over Kingswood and fell 8-2 to a Timberlane foe before coming back to pin a Prospect wrestler. He was pinned by a Plymouth wrestler to end his day. At 113 pounds, Brandon Ponder was pinned by a Timberlane foe, came back to pin a Kingswood opponent before being pinned by Durphey. At 132 pounds, Bennett Ponder was pinned by a Manchester West foe, came back to pin a Mascenic athlete and was pinned by a Lebanon foe to close his day.

At 165 pounds, Lazar

Arbutina pinned an Alvirne opponent to start the day, was pinned by a Timberlane wrestler and came back to get a technical fall win over a Mascenic wrestler. He was pinned by a foe from Manchester West to end his day.

Isaac Timmons pinned an Alvirne opponent to start his day at 175 pounds but was pinned by Plymouth and Dover wrestlers to close out his day. Phoebe Timmons was pinned by opponents from Portsmouth and Timberlane in her two matches at 150 pounds, Andrew Field won 4-3 against Alvirne to

start the day at 215 pounds before being pinned by a Newport wrestler and dropping a 9-3 decision to a Kingswood foe to close his day. Hunter Mulinski was pinned by Alvirne and Franklin opponents in his two matches at 285 pounds.

The Bears are slated to be in action on Saturday, Jan. 17, at Merrimack High School at 9 a.m. and will be at Prospect Mountain on Wednesday, Jan. 21.

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



Kaito Tamaru grapples for the host Bears during Saturday's Winnisquam Winter Classic.



Former Winnisquam state champion wrestler Henry Osmer served as one of the officials at Saturday's Winnisquam Winter Classic.

RECOVERY

CONTINUED FROM PAGE A1

as mentors who bring both professional training and firsthand experience to their work.

"Recovery isn't a one-time event," said Morel-Taylor. "It's a journey, and having people who walk alongside you makes all the difference."

Before recovery, Morel-Taylor describes her life as "complete chaos." She was trying to manage being a wife and a stay-at-home mother of four while battling addiction. Her marriage fell apart, she lost her home, and her parents took custody of her children. Eventually, she became homeless and gravely ill.

"I overdosed twice," she said. "The last one was really severe. I shouldn't even be here right now."

That moment became her turning point. After moving back in with her parents and children, Morel-Taylor came to the Recovery Clinic, where she felt hope almost immediately.

"At my very first visit, they told me they believed in me," she said. "They treated me like an equal, not less than. They gave me confidence and the tools to succeed."

Morel-Taylor credits the clinic's stigma-free approach and individualized support for helping her rebuild stability, confidence, and purpose. Today, she has celebrated 10 years of sobriety and works as a Certified Recovery Support Worker (CRSW) and

smoking cessation counselor.

"Being a Recovery Clinic graduate means everything to me," she said. "It showed me I could get through anything—and now I want others to know they can too."

Nicole Schneider's path to recovery began in 2017 after a series of arrests and the realization that she was pregnant.

"That's when I threw my hands up and said I needed help," Schneider said.

After entering rehab, she was introduced to the Recovery Clinic as a patient, continuing her treatment through incarceration and pregnancy. She vividly remembers coming to appointments while pregnant and in shackles.

"And now I work here," she said. "That's an amazing testament to change."

Schneider has been sober since May 2, 2017, and now serves as a patient care coordinator and CRSW at the Recovery Clinic. Her role includes helping patients feel comfortable, connecting them to resources, and offering support rooted in shared experience.

"When you've been there, you understand things other people might never think about," she said. "Even small things like the freedom to open doors after being incarcerated or relearning how to do everyday tasks that couldn't be done in jail."

Both Morel-Taylor and Schneider say the transition from patient to coach felt like a natural next step.

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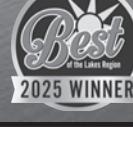
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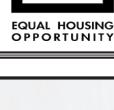


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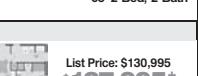
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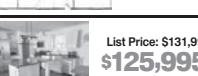


List Price: \$86,995
\$77,995*
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\$86,995*
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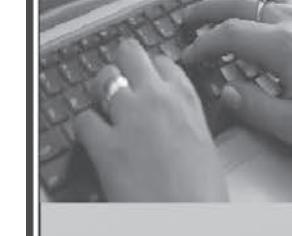
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Century 21 Country Lakes Realty: www.countrylakesrealty.com

Century 21 Twin Rivers Ralty: www.nhreal21.com

Coldwell Banker: www.cboldmill.com

Coldwell Banker Residential Brokerage

www.newenglandmoves.com

ERA Masiello: www.masiello.com

Exit Lakeside Realty Group: www.exitlakeside.com

Granite Group Realty Services:

www.granitegrouprealtyservices.com

Gowen Realty: www.gowenrealty.com

Kressy Real Estate: www.kressy.com

Lakes Region Realty: www.lakesregionrealestate.com

Lamprey & Lamprey Realtors: www.lampreyandlamprey.com

Maxfield Real Estate: www.maxfieldrealestate.com

McLane Realty: www.mclanerealtyplymouth.com

Mountain Country Realty: www.mountaincountryrealestate.com

Nash Realty: www.nashrealty.com

New Hampshire Colonials Real Estate: www.squamlake.com

Noseworthy Real Estate: www.noseworthyrealestate.com

Old Mill Properties: www.oldmillprops.com

Pine Shores Real Estate: www.pineshoresllc.com

Preferred Vacation Rentals: www.preferredrentals.com

Remax Bayside: www.baysidenh.net

Roche Realty: www.rocherealty.com

Strawberry Lane Real Estate: www.strawberrylane.com

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Tips to protect your personal financial information



Simple ways to stay on top of your finances



"A fool and his money are soon parted" is an adage that notes the ease with which money can be lost if not managed responsibly. Monitoring expenses and understanding the nuances of personal finance can help people grow their wealth.

Budgeting helps people take control of their money. Individuals have to track their expenses to avoid overspending and stay on budget. Only by monitoring where money is going and how much one has left can a person avoid spending beyond their means. People hoping to manage money more effectively can monitor their spending in various ways.

- Categorize your spending. Place expenses into categories so you can see exactly where money is going. Categories may include utilities, dining out, education, home improvements, etc.

- Choose a method to track spending. Keeping a ledger is the easiest way to write down monthly (or daily) expenditures. Certain expense tracking apps and software are designed to automate and optimize tracking and managing expenses. Financify, an online accounting software, says credit cards and bank accounts can be linked to these types of software to easily record every transaction.

- Set up spending alerts. Transaction limit capabilities and alerts are features of expense-tracking and credit card apps. Users set a defined amount beyond which you don't want to spend. When you get close to that amount, an alert is issued and you can take the necessary steps to curtail spending.

- Monitor your credit. There are many different credit monitoring services that send a text or an email when credit scores change or new credit inquiries are made. This helps you understand if your identity has been compromised and if unauthorized payments have been made. Taking prompt action to reconcile unauthorized credit usage can help consumers avoid credit score drops and other pitfalls.

- Monitor statements regularly. It's important to periodically review bank statements. This helps ensure that everything is correct. Some banks and credit cards even offer their own, free expense tracking services that can be integrated with your financial tracking method of choice.

Tracking expenses is an important component of money management, and a step everyone should take as they seek to secure their financial futures.

providing access to all of the accounts. People can use a password manager to help create and store these unique passwords. The U.S. Cybersecurity & Infrastructure Security Agency says that strong passwords should be at least 16 characters; feature a random string of mixed-case letters, numbers and symbols; or comprised of a memorable phrase of four to seven unrelated words, known as a passphrase.

- Use two-factor authentication. Enable two-factor authentication (2FA) on all accounts to add an extra layer of security. This second form of verification often comes by the way of a texted or emailed code that must be entered to log into an account.

- Consider extra security for your credit report. Individuals can contact the three major credit bureaus and bolster their credit-related security. A fraud alert tells businesses to check with the person before opening a new account to verify if it is really him or her. An initial fraud alert or active duty fraud alert expires in a year, while an extended fraud alert lasts seven years, but requires an FTC identity theft report. A credit freeze is a greater measure of security that keeps others from getting into the credit report at all (with a fraud alert the credit report can still be accessed). That means no one can open a new credit account while the freeze is in place. It must be lifted each time a person wants to open a new account.

- Protect your identification numbers. Individuals should not carry a Social

Security card in a wallet or give out their Social Security Number (Social Insurance Number in Canada) unnecessarily.

- Exercise caution on the phone and when answering emails. Scammers can mislead others by using seemingly legitimate phone numbers or email addresses to solicit information. Always verify the validity of requests before sharing personal information.

- Use a secured internet connection. To reduce the risk of data being stolen, only review financial information when utilizing a secured (password locked) internet network.

Taking strides to protect personal data is important to safeguard one's financial security.

TOWN OF TILTON 2026 FILING NOTICE

Declarations of Candidacy for elected Town Office positions will begin on Wednesday, January 21 and expire on Friday, January 30. You may file at the office of the Town Clerk at Town Hall, 257 Main St, during regular business hours.

The office will remain open until 5:00 p.m. on January 30th.

SELECTBOARD	2 (3) year terms
BUDGET COMMITTEE	2 (3) year terms
TOWN CLERK TAX COLLECTOR	1 (3) year term
MODERATOR	1 (2) year term
SEWER COMMISSION	1 (3) year term
SUPERVISORS OF THE CHECKLIST	1 (6) year term
TRUSTEES OF THE TRUST FUNDS	1 (3) year term

Public Hearing Notice

Shaker Regional School District

The Public Hearing for the 2026-2027 Shaker Regional School District proposed budget will be held Thursday, January 15, 2026 at Belmont Middle School at 6:00 pm, (inclement weather date of January 20, 2026).

Live broadcast available on the Shaker Regional School District YouTube Channel

To access the YouTube channel visit <https://www.SAU80.org>

A Public Hearing Book containing information about the proposed budget will be available on the district website, www.sau80.org or by contacting Kim Haley

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news



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

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Full benefits package, including health insurance, dental insurance, life insurance, paid leave, retirement, and more!

For more information visit: <https://www.interlakes.org/jobs>

EOE

Notice to Citizens of the Winnisquam Regional School District Filing for School District Office

Chelsea Bourdeau, Clerk of the Winnisquam Regional School District, announces the time limits for filing declaration of candidacy for school district officers. In order for the name of the candidates to appear on the ballot, a written declaration of candidacy must be filed with Mrs. Bourdeau from 8:00 am - 4:00 pm January 21st through January 29th, 2026 and 8:00 am - 5:00 pm January 30th, 2026 at Southwick School, 50 Zion Hill, Northfield.

The Winnisquam Regional School District Officers to be elected this year are as follows: Moderator, one moderator, one-year term, ending 2027 (resident of any three towns). School Board Members: Northfield, one member, three-year term ending 2029, Sanbornton, one member, three-year term ending 2029, Tilton, one member, three-year term ending 2029. Budget Committee Members: Northfield, one member, three-year term ending 2029, Sanbornton, one member, three-year term ending 2029, Tilton, one member, three-year term ending 2029, and Tilton one member, one-year term ending 2027. All members shall be elected at-large, and all members representing each of the three towns must be residents of that town. Any qualified voter in the school district is eligible to file. The elections will take place on Tuesday, March 10, 2026. Residents of each town will vote at the same time and place as the election for town offices. Although the voting will take place at the regular town elections, voting for school district offices will be by separate ballots.

Castle in the Clouds has something for everyone this winter

**M O U L T O N B O R-
O U G H** — Although Lucknow Mansion will be closed until Memorial Day Weekend, Castle in the Clouds still has plenty of programming on its grounds and at the Carriage House throughout the winter.

Winter Hikes have already started, and will continue through April, every other Saturday. These hikes are volunteer led and guests can choose from various hikes in the Castle in the Clouds Conservation Area, including the popular Brook Walk and Mt. Roberts Trails. Hikes start at either 10:30 or 11 a.m., depending on the date. Check the Castle in the Clouds website for more information.

In addition, for those who enjoy spending time outdoors, the Third Annual Winter Fest will be held on Saturday, Feb. 21 from 10 a.m. to 2 p.m. This fun event includes sledding

(snow permitting), winter tracking, and hot cocoa and crafts at the Carriage House. The cost is \$5/sign up (rather than per person).

On Sunday, Feb. 15 from 11 a.m. to 12:30 p.m., guests can join Bewitched Acres for a Candle Making Workshop. Participants will make rolled and dipped beeswax candles to take home, all while learning about the candle-making process and bees from beekeeper Samantha Stevens.

Starting in March, Castle in the Clouds will be offering Winter Yoga with Pam Swanick from Yoga4Life every other Saturday from 11 a.m.-noon in the Winnipesaukee Room of the Carriage House. Participants will be able to enjoy the spectacular view while keeping in shape! Winter Yoga runs throughout both March and April.

Winter Lunch is being offered every weekend in the Carriage House Restau-

rant as well. The \$40 fixed price includes an appetizer, main dish, and non-alcoholic beverages, as well as tax and tip. Dessert and alcoholic beverage service is available for an additional fee. Reservations are required and can be made through the Castle in the Clouds Web site.

To learn more about any of these programs, and to register, please visit <https://www.castleintheclouds.org/calendar-of-events/month/>. For more information, please contact programs@castleintheclouds.org.

or visit www.castleintheclouds.org

About Castle in the Clouds

As the premier historical museum in the beautiful Lakes Region of New Hampshire, Castle in the Clouds provides each visitor with a look into the past while providing contemporary comforts to make every visit memorable. Originally called Lucknow, this breathtaking 6,300-acre property was developed in 1913 by Tomas G. Plant, a wealthy shoe manufac-

turer, to create a luxurious lifestyle with state-of-the-art amenities, beautiful hand-made furnishings, and a large staff to run the estate. These days, visitors come from all around the world to tour the mansion and exhibit gallery, dine in the Carriage House Restaurant or Café in the Clouds, explore miles of hiking and walking trails maintained by partner organization the Lakes Region Conservation Trust, or enjoy one of our many programs and events. Operated by the Castle Preservation Society, a 501(c)(3) nonprofit organization, Castle in the Clouds is revered as a cultural and educational resource. The Lucknow Estate was designated a National Historic Landmark in 2024, recognizing its national significance in architecture and landscape architecture. Castle in the Clouds is also available as a fairytale wedding location and versatile private event rental venue. For more information about Castle in the Clouds, visit www.castleintheclouds.org.



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