

Winnisquam Echo

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Paddlers encounter unusually warm temps at First Day Franklin

BY DONNA RHODES
Contributing writer

FRANKLIN — The rain subsided and temperatures rose just above the freezing mark on New Year's Day as First Day Franklin activities got underway, headlined by dozens of kayakers making their way down the Winnepesaukee River and the second annual Polar Plunge.

"I'd do it, but it's too warm today," joked one spectator at Franklin's Trestle View Park where activities were held.

He did have a point, however. It was much warmer than it has been over the last 44 years since the kayakers first took to the river on New Year's Day. There were times when temperatures occasionally dipped down to the single



CRAIG RHODES

One by one, dozens of kayakers made their way under the Central Street Bridge in Franklin last Wednesday as part of the 44th annual New Year's Day white watering tradition along the Winnepesaukee River.

numbers or even below, with paddlers emerging from the water with icy beards and frozen gear. With the addition of the Polar Plunge last year,

some Plungers however might have been liked to see the thermometer rise even higher.

As the kayakers started the day by making their way from Northfield to Franklin, many would pause for a few minutes just below the Central Street bridge to swap tales about their

journey down the river. They then would zip over the water feature beside the park where they awaited their turn to have more fun paddling back through the man-made white water it creates.

Jo-Jo from Damariscotta, Maine took part in the daylong kay-

aking event for the first time this year with his friends, Lucas and Toby.

"We all wanted to get out and just splash around in the water," he said. "We've been wanting to come here for New Year's Day and this year it worked out that we could come down. We're all excited now to make

this a tradition!"

In fact, they started the excitement in the afternoon of New Year's Eve by "surfing" in the wave feature before heading to Cross Mill Road in Northfield for a run to downtown Franklin the next morning.

While there were many people who are veterans of First Day kayaking in Franklin, another newcomer this year was Kendall. He said he drove from Boston to take part in the event.

"Why did I come up? A friend of mine has been here in the past and said it was great so I decided I'd come give it a try this year," he said.

On his first run of the day, he discovered that New Year's Day kayaking on the Winnepesaukee River "exceeded" his expectations, and he couldn't wait to go back up river and do it again.

"It was really fun. The

SEE FIRST DAY, PAGE A12

Belmont American Legion Post gives back to community

BELMONT — American Legion Post 58 in Belmont performs service projects, and also donates to a number of local charitable organizations every year.

Post Commander Rich Stanley said, "We feel so much a part of the local community that we want to give back whatever we can, whenever and wherever we can. Legionnaires really do 'continue to serve'."

During the Christmas season, the Post donates to the Belmont Baptist Church and St. Joseph's Church food pantries, the Belmont Police Dept's Santa's Helpers, the NH Veterans Home Resident Benefit Fund, Easter Seals' Veterans Count, PRLI's Camp Resilience, Pease Greeters, Got Lunch - Belmont, Wreaths Across America, Liberty House and other needs that arise. Throughout the year, they also donate scholarships at Belmont High School, donate to the BHS Band, to the Boy and Girl Scouts and to Old Home Day, among others, and organize and conduct the local Memorial Day parade. They also decorate veterans graves at all the town's cemeteries at Christmas and for Memorial Day.

This year, the Post has also donated cases of Girl Scout Cookies to the NH Veterans Home and has donated funds to purchase a metal picnic table and gazebo and to purchase materials for three very large storage cabinets for the Veterans Home. Two of the Legionnaires - Russ Fabian and Mo Gouin - are constructing those cabinets in their woodworking shop at no charge and the Post will install those when they are completed. During the year, the Post also does local projects such as clearing brush in Town parks, along the Tioga River and around the two covered bridges on the Village Spur Rail Trail. They also do maintenance on those bridges - which they helped build.

This American Legion Post has no building or "canteen" and meets in the Belmont Mill. They dedicate themselves to raising funds, supporting veterans and other charities and serving their community - and thoroughly enjoy each other's company as they do so. The Post has a close relationship with their Town government, the Belmont Schools, the local Cemetery Trustees and other civic groups.

Belmont's Charles Kilborn Post 58 is actively seeking new members and welcomes any military veteran who has served or is currently serving, no matter where, when or for how long. Legion membership is no longer limited to war veterans. All those who made the commitment to serve their county are eligible to join and will be warmly received. They meet in the Senior Center on the second floor of the Belmont Mill at 7 p.m. on the fourth Thursday of every month.

A grand night for Keegan Martinez

Belmont senior reaches 1,000-point mark as Raiders roll past Bears



JOSHUA SPAULDING

The Belmont boys' basketball team celebrates senior Keegan Martinez after he reached the 1,000-point plateau on Friday, Dec. 20.

BY JOSHUA SPAULDING
Sports Editor

TILTON — Whenever Belmont and Winnisquam meet in any sport, the neighboring schools will always draw a crowd. However, the crowd that gathered on Friday, Dec. 20, for the boys' basket-

ball game between the two schools was also there to witness a little history, as Belmont senior Keegan Martinez entered the game just 13 points shy of 1,000 for his career.

Martinez reached the plateau with 26 seconds

left in the first half, setting off a celebration and waves of congratulations from fans of both teams and when all was said and done, the Raiders cruised to a 64-32 win.

"Huge credit to his teammates, they've been so good about it," said

Belmont coach Tony Martinez, who is also Keegan's father. "We just wanted to let it happen when it happens and just play our game."

"I made it a point to be really calm with this, but once I process it, I am

SEE BELMONT, PAGE A12

Bulldogs sweep their way through Brady Sullivan Christmas Tournament



JOSHUA SPAULDING

The Belmont-Gilford and Monadnock-Fall Mountain-Conant hockey teams pose for a photo following the conclusion of the Brady Sullivan Tournament in Laconia on Dec. 28.

BY JOSHUA SPAULDING
Sports Editor

LACONIA — The Belmont-Gilford hockey team captured the Brady

Sullivan Christmas Tournament at Merrill Fay Arena in the days following Christmas, cruising to wins over

Kearsarge-Plymouth (5-0) and Laconia-Winnisquam-Inter-Lakes (6-0) before defeating Monadnock-Fall Moun-

tain-Conant in the championship game on Saturday, Dec. 28.

SEE BULLDOGS, PAGE A13

Social issues the focus for Leadership group



Leadership Lakes' Board Member and graduate Nick Trudel (3rd left) is shown with current class members Chelsea Browne, Bryan Fenn, Heather Dominick and Sarah Goodrum at Social Issues Day. Trudel is a Financial Advisor for Edward Jones Financial in Gilford; the sponsor for the Leadership Lakes 'Program Day.

LACONIA — The Leadership Lakes Region class met in early December to spend a day studying social issues at work in the region and visiting local social agencies to hear from practitioners in the field.

Meeting first at Lakes Region Community Services, the group was met and briefed by CEO Becky Bryant, who gave an overview of her Agency and its mission to promote independence, dignity and opportunities for its clients. Bryant then introduced key members of her staff including, Director of the Family Resource Center, Allyssa Tandy and VP of Community Services, Erin Pettengill. All three are Leadership graduates themselves while Bryant is currently on the Leadership Board of Directors. Their presentations were coordinated by Class of 2023 alumna, Cierra Pinkney.

Next up was Shauna Foster, Executive Director of New Beginnings, who explained the mission to protect individuals and families from violence and abuse. Following her was Susan Young, who spoke to a major problem, especially for seniors....Medicare fraud. Young works out of her local office at the Partnership for Public Health in Laconia but covers the northern half of the State. She was introduced by her PPH colleague, Courtney DeVost.

The class was joined by Nick Trudel, a graduate of the program,

Board member and financial advisor with Edward Jones Financial, the corporate sponsor for Social Issues Day. Next stop was the Child Advocacy Center in Laconia; an eye-opening stop on the tour of social agencies. Another class member, Julia Sullivan, joined by co-workers Taylor McNeil and Andrew Wolf, presented their Agency's work helping to heal the victims of child abuse in Belknap County.

The group then departed for the Belknap County Complex for a tour and three presentations. Michelle Wetherbee, Superintendent of the County Jail spoke about the role of the jail in society with an emphasis on rehabilitation. The group then toured the jail with the Superintendent. Leadership graduate and co-planner for the Social Issues Day, Christy Painchaud then spoke about her experience as a teenage sexual assault victim by a stranger. Ms. Painchaud spoke about her professional and personal experiences as a survivor and her healing journey over the past 30 years. She served more than 20 years in the military as Federal Agent/Criminal Investigator and after she retired in 2017, she has spoken publicly about her story as a Consultant/Motivational Speaker in effort to empower and inspire others and raise awareness, education, and prevention on sexual assault. Ms. Painchaud then introduced her husband as the next speaker: Det. Sgt. Adam Painchaud of the Alton Police Department also serves as Commander of the Belknap Regional Special Operations Group (aka SWAT Team). He was joined by Master Patrolman/K-9 Officer Kyle Jepsen of the Laconia PD and his K-9/SWAT dog Abby. Sgt. Painchaud explained the role of the County SWAT Team and how they are the responders when any community law enforcement personnel are in danger or in need of specialized weapons to defuse a situation such as a hostage crisis. The class then got to tour the SWAT vehicle with the officers. Following that, Sergeant Eric Bredbury, the Prosecutor of the Gilford Police Department concluded the Social Issues Day. His presentation spoke to the role of the Prosecutor in the justice system bridging law enforcement with court requirements. All in all, a most informative day for the Class of Leadership Lakes Region.

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NH Boat Museum charting a course for the future

MOULTONBOROUGH — With the 2024 season now behind it, New Hampshire Boat Museum (NHBM) is charting a course for the future with new exhibits, programs, and events at its new campus in Moultonborough in 2025. According to staff, grants from community foundations and local business support have proven instrumental.

"These contributions have been vital during the opening of our Moultonborough campus, and they will continue to play a crucial role as we continue to build our museum," said Development Director Wendy Stocker.

In 2022, a grant from the Putnam Foundation

helped move the collection from Wolfeboro to Moultonborough, while financial support from the Samuel P. Hunt Foundation and Madeline G. Von Weber in 2023 supported new shelving and art racks. NHBM has also received substantial anonymous support.

"We received a \$250,000 anonymous donation to fund facility renovations that include a climate-controlled storage area and rooms for the museum's small object and permanent collections," added Stocker.

In May 2024, NHBM was awarded a Collection Assessment for Preservation (CAP) Program grant through the Institute of Museum and Library Services (IMLS).



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"This is a really important grant for us," explained Stocker. "Assessors study our collection and help facilitate a preservation plan...This

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grant prepares the museum to apply for a multi-year IMLS grant in 2025 that would allow us to hire our first full-time curator."

In 2024, NHBM also received a grant from the Massachusetts Charitable Mechanics Association to buy tools. "Grants like this are crucial because they support our infrastructure," added Stocker.

In addition to grants, Belletetes donated lumber and hardware for multiple projects in Moultonborough. These donations included boat cradles, a collapsible bar,

and a boat house facade that will be displayed in the Mahogany Marvels exhibit once complete.

"Belletetes has been a presenting sponsor for the season, demonstrating a commitment to our mission throughout the year," said Stocker. "We are incredibly grateful for the generosity of local and regional sponsors and funders."

Other donations have included a service kitchen installed by Home Comfort of Center Harbor, new appliances for the kitchen from the Board of Trustees, and a gift of tools from LaVal-

ley Middleton Building Supply in 2023.

Founded in 1992 by antique and classic boating enthusiasts, NHBM offers dynamic exhibits and engaging programs and events tailored to the diverse boating lifestyles and values of people of all ages. NHBM is partly sponsored by Goodhue Boat Company, Eastern Propane and Oil, Kingswood Press and Design Studio, KW Lakes and Mountains, Taylor Community, Belletetes, and North Water Marine. To learn more about NHBM, visit nhbm.org.

National historic landmark designated on NH Heritage Museum Trail

MOULTONBOROUGH — In December, the Lucknow Estate (Castle in the Clouds), a New Hampshire Heritage Museum Trail member, was designated a National Historic Landmark by the U.S. Department of the Interior. This designation is the highest level of Federal recognition for a historic site.

“Having the Lucknow Estate recognized for its exceptional integrity and significance in both architecture and landscape architecture is a testament to the importance of preserving our nation’s history,” said Castle in the Clouds Executive Director Charles Clark. “It is particularly gratifying that our work to preserve, interpret, and share this special place has been recognized.”

Built between 1913 and 1914, the estate initially sat on 6,300 acres and was a retirement retreat for shoe manufacturer Thomas Gustave Plant and his wife, Olive Plant. The recent National Historic Landmark designation includes over 5,300 acres protected by partner or-



ganizations Castle Preservation Society and the Lakes Region Conservation Trust, making the Lucknow Estate the largest geographical Historic Landmark District in the state.

According to Clark, the road to designation

was “an intense process with multiple steps.” The Lucknow Estate is now one of roughly 2,600 National Historic Landmarks in the country and one of 24 in New Hampshire.

“We hope that this designation encourages

even more people to visit the Estate and see firsthand the beauty and integrity that make it one of the most special places in the country,” added Clark. “The Castle Preservation Society will continue to strive for the highest level of historic

preservation, just as we have since taking over the restoration and operation of the property in 2006.”

To learn more about the Lucknow Estate and its history, visit castlein-theclouds.org.

In addition to Castle

in the Clouds in Moultonborough, member institutions on The Trail are located in New Hampshire’s Lakes Region, Merrimack Valley, and Seacoast. To learn more about The Trail, visit nhmuseumtrail.org.

Local community and mental health centers receive operating support from Endowment for Health

REGION — New Hampshire community health centers and community mental health centers will receive a total of \$1,050,000 to provide care and services to Granite Staters. With support from the Endowment for Health, 21 centers will each receive a one-time \$50,000 operating grant.

“These grants come at a time when the financial fragility of community health centers and mental health centers pose significant challenges to our communities,” says Tess Kuenning, President and CEO at Bi-State Primary Care Association. “This infusion of resources will support comprehensive primary care, mental and behavioral health, dental, and other essential primary care services throughout New Hampshire.”

“These grants will support center capacity, particularly in the area

of workforce,” adds Roland Lamy, Executive Director of the New Hampshire Community Behavioral Health Association. “A lack of mental health professionals makes it difficult for patients to access mental health services. These operating grants will help address these pressing needs.”

Grantees include:

- Ammonoosuc Community Health Services - Franconia, Littleton, Warren, Whitefield, Woodsville
- Coos County Family Health Services - Berlin, Gorham, Lancaster, Colebrook
- HealthFirst Family Care Center - Franklin, Laconia, Canaan
- Lakes Region Mental Health Center - Laconia
- Mid-State Health Center - Bristol, Plymouth
- Northern Hu-

man Services - Conway

- White Mountain Community Health Center - Conway

For nearly 60 years, Community Health Centers (CHCs) have provided comprehensive primary and preventive care services in medically underserved regions. CHCs offer services to all in their service areas, regardless of ability to pay. Every CHC is unique, tailoring programs and services to the needs of their communities. Collaborations with community partners allow CHCs to go above and beyond in delivering high-quality primary care. In many communities, CHCs are the only comprehensive, patient-centered medical home open to all patients without restrictions, especially underinsured and Medicaid patients.” CHCs also yield savings to the health care system by helping to keep the population healthy through cost-effective primary care services.

Ten community mental health centers (CM-

HCs) throughout New Hampshire serve individuals in our state who are living with – and recovering from – mental illness and emotional disorders. This network of mental health centers provides ongoing outpatient behavioral health services and emergency behavioral health services in each of their regions to New Hampshire residents, both children and adults.

Both the CHCs and CMHCs play a critical role for underserved populations in New Hampshire.

In 2023, New Hampshire CHCs served more than 100,000 Granite Staters across 94 sites, in every county:

- Over 19,500 Children
- 2,691 Veterans
- 20 percent of patients were older adults
- 28,726 (one in

six) New Hampshire Medicaid enrollees; 31 percent of an FQHC’s payer mix is Medicaid

- 4,982 patients experiencing homelessness

- 13,168 (one in five) NH uninsured patients

- 611 migrant/seasonal agricultural workers and dependents

In 2023, New Hampshire Community Mental Health Centers (CMHCs) served over 57,000 individuals with supportive services in their respective communities across the Granite State. The CMHCs provide a variety of evidence-based practices including but not limited to Assertive Community Treatment and Supportive Employment. The CMHCs provide a wide variety of community-based services including Emergency Services/ Rapid

Response/ Mobile Crisis Response Team; telehealth appointments; in-person care; housing services; and School Aged Children Support Services. The CMHC system is heavily dependent on Medicare revenue, with 68% of revenues in fiscal year 2023 coming from services provided to Medicaid enrollees.

Zavien Whitmore named to Dean’s List at Bob Jones University

GREENVILLE, S.C. — Zavien Whitmore, a Sophomore Biology major from Sanbornton, was among approximately 720 Bob Jones University students named to the Fall 2024 Dean’s List.

The Dean’s List recognizes students who earn a 3.00-3.74 grade point average during the semester.

Located in Greenville, S.C., Bob Jones University provides an outstanding regionally accredited Christian liberal arts education purposely designed to inspire a lifelong pursuit of learning, loving and leading.

BJU offers more than 100 undergraduate and graduate programs in religion, education, fine arts and communication, arts and science, health professions, and business.

BJU has more than 3,000 students from nearly every state and more than 40 countries. We are committed to the truth of Scripture and to pursuing excellence in all we do.



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Opinion

Letter submission policy

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

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

Leave the phone 'til last in the morning

Most weeks, our Editorial space is typically something our staff is curious about. While the subject of cell phone and screen addiction comes up often, this week, there was a noticeable shift in our view on the topic after receiving a wise tip.

That tip was to ignore your phone, don't even look at it, until 30 minutes after you wake up. In that time, sit down, have your morning coffee and read a book. When you start to scroll on your phone just after waking up, you put yourself into what's called a passive scrolling phase, which can derail your entire day and ward off productivity.

A few days into following this new advice, and there is a noticeable sense of comfort and relaxation that can carry you throughout your day. It's like taking 30 minutes every morning to get back to the basics and recall simpler times.

Most people feel like they are in control of their phone use, but are you? How can you determine if you have a phone addiction, or are just part of the modern era grind? We've said it before, and we'll say it again, nothing beats the days of watching Jeopardy uninterrupted, without the pressure of responding to a ding from your phone.

In 2011, only 35 percent of the population owned smartphones, now 81 percent do. It is our main form of communication, so much so that now there is a term called nomophobia, or the fear of going without your phone.

Excessive cell phone use is a huge problem for many. As far as addiction goes, some experts say the dopamine connection the phone offers can be linked to something akin to a drug addiction. The triggering of that chemical in your brain, reinforces compulsive behavior. When we can't predict when we will receive a text or a "like" on social media, we check our phones more often.

Adolescents are more vulnerable to this problem than any other age group. Excessive use in that age group is such an issue that most teenagers never turn off their phones. Experts say that the younger a child has access to a phone, the sooner the problems begin. Problematic cell phone use is linked to low self esteem, low impulse control, depression and anxiety.

Signs you may have a phone addiction could be that you reach for your phone if you're bored, you feel anxious or upset if you can't get to your phone, you wake throughout the night to check it, or your phone has caused you to get into an accident. Other signs could be that you spend most of your waking hours on your phone, and that it interferes with personal relationships or work.

When trying to focus on work, or any task, you are significantly disrupted and your concentration is thrown off.

Ways to break the addiction in order to fix your relationships, your health and other responsibilities include figuring out if there is a larger issue as to why you're using your phone so much. Are you avoiding something else bigger? Resolving the larger issue at hand, could cause a decrease in phone use.

Change your settings to remove notifications and other alerts, set your screen to dark mode at night, keep your phone out of sight and never charge it in your bedroom. After a certain time, set your phone up so that only emergency contacts can get through to you, everyone else can wait. Try replacing games on your phone with real in person games, or develop a hobby you've been wanting to try. Too much cell phone use can develop into a loss of control.

There have been some experiments where people have gone two days without their phones. Some people choose to give up their phones all together, while others make significant changes to reduce use.

The potential risk of depression, insomnia and lack of productivity just isn't worth it. Think back to pre cell phone times. While there are safety benefits to having a phone, we don't need to be connected 24/7, and we don't need to respond or answer our phones just because they ding.

Your responsibility is to yourself and it's wild how much you can get done if you just unplug. Take a breather, shut your phone completely off for 15 minutes and see how you feel. If you do try this trick, send us an email and let us know what you find.

Franklin Savings Bank collects more than 485 toys during WMUR Toys For Tots drive

FRANKLIN — Franklin Savings Bank is excited to announce that it collected more than 485 toys as part of the WMUR Toys For Tots drive. This was the third 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.

"It's always heartwarming seeing members of the community come to our branches with their arms full of toys for the kids," explains Jenn Prince, AVP, Marketing and Community Engagement Officer. "Even after the toys were picked up from our offices, more and more community members continued to drop off donations. The generosity in our communities is truly inspiring."

Toys For Tots, a nonprofit 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 mem-



ories. 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 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.

New Year's victory

After their stunning victory on Christmas morning, 1776, Washington and his army held Trenton, aware that the British would not let the humiliation go unanswered. Just days earlier, they had achieved the impossible. After a daring midnight crossing of the icy Delaware River, Washington's army launched a surprise attack on the Hessians, overwhelming the enemy in a fierce battle. The victory saw over 900 enemy soldiers captured and reignited hope for the revolutionary cause.

But Washington knew the war wasn't over. The British, eager for revenge, sent reinforcements to crush the rebellion. Washington, outnumbered, outgunned, and with no easy escape, prepared his men for the inevitable showdown. Suspense hung in the frigid air as the sound

of marching British troops grew closer each day, setting the stage for a desperate fight to survive.

On Jan. 2, the British arrived in Trenton with 8,000 men under General Cornwallis. "We've got the old fox now!" Cornwallis reportedly exclaimed, convinced there was no escape for the Continental Army. Throughout the day, Washington's men battled fiercely, holding the British at bay in skirmishes that pushed them to the brink. As night fell, the British, certain of their impending victory, settled in to rest, confident they would crush the rebels at dawn.

But Washington wasn't about to wait for defeat. Knowing that holding Trenton was impossible, he devised a bold plan. On New Year's night, under the cover of darkness, he ordered his men to quietly abandon their campfires, leaving them burning brightly

to deceive the British into thinking the army was still there. Then, in a daring maneuver, Washington led his troops on a silent march toward Princeton.

Princeton, about 12 miles away, was strategically vital. It housed a smaller British force and was a key supply and communication hub. Striking Princeton would weaken the British and allow Washington to escape the trap at Trenton and keep the momentum of his campaign alive.

In the early hours of Jan. 3, Washington's army arrived at Princeton under the cover of darkness. The Redcoats caught off guard, scrambled to defend themselves as the Continental troops launched a swift and ferocious attack.

Initially, the element of surprise worked in Washington's favor, but the British quickly regrouped. Their disciplined volleys tore through the smoke-filled air, threatening to break the Continental line.

Amid the chaos, General Hugh Mercer, one of Washington's most trusted officers and a key leader, was surrounded by British soldiers and mortally wounded while leading a daring charge. His fall sent a ripple of panic through the American ranks, and the line began to falter. Soldiers hesitated, their resolve wavering as confusion spread across the battlefield.

At that critical moment, Washington rode to the front, a commanding figure on horseback. With bullets whizzing past him, he placed himself squarely in the line of fire, rallying his men with an unshakable display of courage. "Stand firm, men!" he shouted,

his voice steady and resolute, cutting through the din of battle.

Inspired by their commander's fearless leadership, the troops surged forward with renewed determination.


The tide of the battle turned. The Continental soldiers pressed their advantage, outflanking and overwhelming the British forces. By mid-morning on Jan. 3, 1777, the town of Princeton was firmly in American hands. The victory was hard-fought and costly, but it proved once again that Washington's leadership and the army's tenacity could triumph against all odds.

The back-to-back wins at Trenton and Princeton reinvigorated the revolutionary cause at its darkest hour. Washington's daring maneuvers and ability to outthink and outfight the British proved that the Continental Army was a force to be reckoned with.

Cornwallis, upon discovering Washington's brilliant escape, was stunned. Across the colonies, news of the victory spread like wildfire across the colonies, inspiring hope and a new wave of recruits joining the fight for independence.

General Washington and his band of underdogs had prevailed. His New Year's resolutions were clear: defy the odds, outwit his enemies, and keep the dream of independence alive, no matter the cost.

Let this be the year you face your battles, big or small, with the same fearless resolve—proving that, like Washington and his army, you, too, can achieve greatness against the odds. What will your resolutions be this year?



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GOING OUT OF TOWN

A Merry Boston Christmas



Boston Common became a winter wonderland on Christmas night, and the city's Christmas tree was a popular spot.



The courtyard outside the Prudential Center and 888 Boylston Street was lit up for the holidays.

BY ERIN PLUMMER
mnews@salmonpress.news

If anyone is interested in a little road trip on Christmas to a fun environment with a few open businesses and plenty of holiday lights, I recommend checking out Boston. I have found that Boston becomes a very different city on Christmas night than it usually is, with busy train cars and sidewalks that are a lot less busy matched with a lot of holiday lights everywhere. For a few years I have traveled south after a family gathering to check out Christmas in Boston. This year I was back to experience the empty streets, a holiday dinner in busy Chinatown, and plenty of lights.

The first time I ever went to Boston for Christmas was around 2018, and it was completely on a whim. Usually, I spend Christmas day with my parents opening presents, enjoying a home cooked meal, and just hanging out. By the time I leave their house, it's usually early evening, and I have the choice of going back home or maybe going for a drive. One night, I found myself restless and not ready to go home, deciding to check out what Boston was like on Christmas. I found a normally bustling city that was extremely quiet, which felt weird and fun at the same time. The city had become one big liminal space, and the quiet matched with the colorful lights around the Common to create a fun Christmas atmosphere. I eventually found my way to Copley Place and found an Asian hot pot restaurant called Shabu Maru. This was my first time experiencing hot pot, and

I fell in love with it. Sadly, Shabu Maru closed a few years ago, and the storefront by the Westin is still vacant.

I've done this a few more years. It's not really a tradition, but more of an option that might become a tradition. This year was one of those years where I got out and felt the pull of the city. A couple hours later, I parked at Alewife Station and went downstairs to the trains. There were a few people passing through the lobby, but it was a lot quieter than I was used to even late at night. I walked into an empty train car, which felt nice but weird. A couple people took seats around the car, but it was empty by comparison. I got out at Charles/MGH Station on the Longfellow Bridge and walked to the street to walk down Charles Street in Beacon Hill.

I was now fully reminded how quiet this city gets at Christmas. Charles Street has incredibly narrow sidewalks, and walking becomes a game of when to get off the sidewalk and move your body to the side to avoid crashing into people. This time, however, there was little shuffling around and at time I had the whole sidewalk to myself.

I got to Boston Common and saw a little winter wonderland. A lot of the trees in the Common, especially the ones around the perimeter, have colorful lights and create a very Christmas-y environment. Mother Nature also had a hand in the decoration too because Boston was actually having a white Christmas. The decorated trees mixed with the carpet of

white to create a beautiful environment.

I walked to the other side of the Common by Tremont Street and saw the city's Christmas tree. There is a long tradition that Boston's Christmas tree comes from the province of Nova Scotia to thank the city for its assistance after the Halifax Explosion of 1911. The Christmas tree was a popular spot on Christmas night. It was a festive atmosphere with a lot of families, friends, and couples hanging out by the tree and taking pictures with it. I imagined that a lot of people were doing exactly what I was doing: going for a nice excursion after a family holiday gathering.

My next stop was an area that had only recently dawned on me would have a lot of businesses open, especially those involving a tasty dinner: Chinatown. As I expected, practically every business in Chinatown save for a few were open. Even the bakeries were open, so I had to stop in and get a collection of sweet breads. One thing I should have expected was that I wasn't the only person to have the idea of going to Chinatown for a holiday dinner. I walked into the neighborhood to see it packed with people; I had never seen it so busy before. I guess I figured out where everyone else in Boston went that night. A packed Chinatown obviously meant picked restaurants with long waiting lines. While this was annoying for my now empty stomach, I can only imagine how great this is for all the small, family run restaurants here.

I passed by the famous Empire Garden and saw

it wasn't too busy, so I walked in and was happy to be seated in the wide dining room. The restaurant is in a former theater and the dining room is in the main theater with plenty of gold details on the ceiling and elaborate wallpaper. I've been to Empire Garden a few times, though usually the dining room was hosting different private events, and I was seated in a smaller dining room upstairs. This time, that full dining room was open, and few people were seated around the room.

I was surprised at how few people were here, but I was happy this place was available and a lot quieter. I got some lovely scallion pancakes along with some cashew shrimp with white rice and gleefully chowed down. I walked out with leftovers that gave me dinner for a few nights. I navigated out of the crowds and found the Chinatown Station for my final stop of the night. I went down the Orange Line and exited at Back Bay, walking down the causeway right into the Mall at Copley Place. The Christmas decorations at Copley place are gorgeous with some huge, brightly lit wreaths and some lit reindeer sculptures. Because Copley Place is a mall with a lot of higher end shops, you can walk past Tiffany & Co. and see those "decorations bought at Tiffany."

I went through the upper lobby of the Marriott and crossed the skybridge into the Prudential Center. The tower was lit red and green for Christmas and all the huge ornaments were



A late Christmas dinner at Empire Garden in Chinatown.



Some of the festive decorations inside the Mall at Copley Place.

still in the rafters. I look forward to seeing those glittery golden balls and multipoint stars on the ceilings that are probably the size of a small shed. Quite a few people were walking around the hallways, probably taking a post-Christmas stroll.

I left by the Boylston Street entrance and into the small courtyard in front of the newer building at 888 Boylston St. The trees around the courtyard were covered in bright white lights, creating for one more holiday sight framed by snow.

I walked a little further down Boylston Street, but by now it was getting a little colder and it was close to 9 p.m. I decided to call it a night and walked down to Arlington Station to take the trains back to Alewife. I savored

how quiet the cars were and by the time I got to Alewife I was in fact the last person on the train.

I drove back north, savoring some quiet highways and snowy scenery the whole drive back home. I got home shortly after midnight when Christmas officially came to an end.

If anyone has the time or the energy, I recommend checking out Boston on Christmas if only to see what it's like in the city that day. Granted, this is the largest city I've been to on Christmas, and I'm sure some bigger cities might be grander. Still, experiencing a major city on Christmas is a fascinating experience with quiet streets, a lot of holiday lights, and some fun surprises.



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Double Word Puzzle

Unscramble the words to reveal the sentence.

NULRA

1	2	3	4	

EDAARP

					5

YRAE

6			

OLCROS

					8

		J		
5	2		7	6

T	H	
5		

			T			
1	3	2		5	4	2

						8

Answer: Enjoy the lanterns

THIS DAY IN HISTORY



1759: The first American life insurance company is incorporated in Philadelphia.

1908: Grand Canyon National Monument is created.

1935: Amelia Earhart becomes the first person to fly solo from Hawaii to California.

NEW WORD

LUNAR

determined by the moon

World FACT:



This celebration occurs in many Asian countries and prominently features animals.

Answer: Chinese (lunar) New Year

How they say that in...

English: Snake
Spanish: Serpiente
Italian: Serpente
French: Serpent
German: Schlange

Did You Know?

Chinese New Year is the longest Chinese holiday, as it lasts 16 days. However, only the first seven days are a public holiday.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Dragon puppet

CRYPTO FUN

Solve the code to discover words related to dog training.
Each number corresponds to a letter.
(Hint: 24 = A)

A. 20 13 24 12 1

Clue: Controls pet

B. 26 19 4 4 24 9 10

Clue: Give an order

C. 12 24 7 13 25 2

Clue: Caution

D. 19 3 13 2

Clue: Follow commands

Answers: A. leash B. command C. safety D. obey

SUDOKU

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

Level: Intermediate

Here's How It Works:

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

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

ANSWER:

Powerhouse announces auditions for big spring musical

LACONIA — Powerhouse Theatre Collaborative, the resident theatre company of the Colonial Theatre, is announcing auditions for its spring musical - Disney's "The Hunchback of Notre Dame." This epic musical filled with soaring music and creative staging is one of Powerhouse's most challenging undertakings yet, and auditions are

open to adults 18+ who are experienced and confident choral singers and actors.

Based on the Victor Hugo novel and the Disney movie, the musical features stirring music by the dynamic team of Alan Menken and Stephen Schwartz and a book by Peter Parnell. The cast calls for a troupe of Storytellers as well as a choir. Powerhouse's production is inspired by the 2019 Notre Dame fire, and the choir will represent the 2019 people of Paris, who sang "Ave Maria" while the cathedral burned. They are also looking for a small group of talented dancers to represent the fire.

Auditions will be held on Jan. 9 and 12 at the Colonial Theatre, with callbacks scheduled for Jan. 16. All the details on how to prepare for auditions and to sign up can be found at <https://www.powerhousenh.org/auditions>. Those under 18 who may want to participate should read the info on the auditions page about how to get involved. "Hunchback" is part of the 2025 Colonial Series.

Says Halperin, "This has been one of the titles most requested by our participants and we are excited to tackle this ambitious project. We are looking for talented singers/dancers/movers to come out and join this unique staging of this epic adventure. Our group has a lot of regulars but we are always excited to welcome newcomers to the Powerhouse family too - if you are up for a musical challenge, come get involved!"

The production will be directed by Bryan Halperin, with vocal di-

For all the details on Powerhouse Theatre Collaborative, auditions, and other events in the 2025 season check out powerhousenh.org or email info@powerhousenh.org. There are still opportunities available for businesses to sponsor events in the 2025 season.

Franklin VNA and Hospice receives grant from Meredith Village Savings Bank

FRANKLIN — Franklin VNA and Hospice is pleased to announce that it has been awarded a grant from Meredith Village Savings Bank in the amount of \$5,000 to purchase Piece of Mind Safety Devices. These devices are small handheld tools, which will provide our employees with the ability to contact first responders quickly in the event of an emergency. They are designed to increase the personal safety of our staff, enhance job security and confidence, and decrease the response time of police, fire, and or ambulance services.

Established in 1997, the MVSF Fund awards grant-based contributions to non-profit or-

ganizations that enrich and improve the quality of life for residents living in the Bank's service areas. The grant making process seeks to benefit a wide range of environmental, social, educational, economic development, cultural, arts and historic projects throughout the local region. Over the years, the Fund has supported literacy programs, after-school programs, environmental monitoring as well as education and restoration of historic structures, organizations that provide support for individuals and families in challenging circumstances and equipment that helps save lives.

Financial support through grants and do-

nations plays a crucial role in ensuring that Franklin VNA and Hospice can continue to offer high-quality and personalized physical, emotional, and spiritual support to patients, their family, and loved ones

Franklin VNA & Hospice is a non-profit, 501(c)3, certified home health and hospice care provider. For 79 years, Franklin VNA & Hospice has been providing services to people of all ages in 14 communities in Merrimack and Belknap counties.

For more information about our organization, please visit our Web site at <https://franklinvna.org/> or contact us at (603) 934-3454.

LRAA announces guest speaker for January

TILTON — Join the Lakes Region Art Association for the exciting launch of our 2025 Art-Talks Series! Starting on Jan. 20 at 7 p.m. We're thrilled to feature Guest Artist Speaker Bruce Grubb, sharing his insights and inspirations.

This event is open to everyone, and we warmly invite you to engage with all our Guest & Member speakers. Bring

your curiosity and questions for an enriching experience in a welcoming, art-filled atmosphere. Don't miss this chance to learn, connect, and be inspired!

Bruce Grubb is a landscape artist whose paintings show his love for color, saturation and light. He was born in Pennsylvania and moved up to North Conway in the late '70's. He is

a self-taught artist and willing to try different styles, mediums and effects. His current medium is acrylic although he has also worked in watercolors and oils. He started painting late in life, not actually putting brush to canvas until his early sixties. He was mentored by Margaret Gerding from Kennebunkport, Maine, doing several of her workshop clinics. It was at these clinics that he fell in love with painting salt marshes and ocean landscapes.

Grubb is a member of the Mount Washington Valley Art Association and won "Best of Show" at their 2021 Art in the Park event.

Art and Coffee Club at the Belknap Mill Museum

LACONIA — The Belknap Mill has launched a series of workshops designed to bring out the artist lurking in everyone. For several months, Adrianna Antonopoulos, a local artist and business owner, has been hosting free mixed media drop-in sessions for Laconia locals to explore collage, pastels, watercolors, and more. These free workshops will continue to be held at the Museum on Thursday mornings from 9 to 11 a.m.

Antonopoulos sees herself as more of a muse and facilitator than an expert or teacher.

"I enjoy building a creative space with a community of artists who can inspire each other," she says.

She exudes warmth and enthusiasm that helps participants take some risks, try new media, and most important, have fun expressing themselves.

Antonopoulos's education and experience has prepared her to work with artists of all ages and experience levels. At Maine College of Art, she studied sculpture, painting, 2D design, graphics, photography, and ceramics. She has worked with pre-school and elementary students as well as high school learners and adults. She has created theatrical sets for Lakes Region Theater, and had her sculpture featured in numerous galleries in New England and abroad. She is truly a Renaissance woman!

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Raiders finish as runners-up at Mike Lee Holiday Basketball Bash



The Belmont boys' basketball team finished as the runners-up at the Mike Lee Holiday Basketball Bash. BY JOSHUA SPAULDING

Sports Editor FARMINGTON — The Belmont hoop boys were a little shorthanded going into the finals of the Mike Lee Holiday Basketball Bash, but that didn't stop the Raiders for putting up one heck of a fight.

In the end, Division II Coe-Brown outscored the Raiders 9-7 in the overtime session to claim the 66-64 win and the tournament championship.

Playing without senior star Anakin Underhill, the Raiders battled back and forth with the Bears in the opening frame, with a monster performance from Keegan Martinez in the first eight minutes. After the Bears scored the first hoop of the game, Martinez got things started for Belmont. Martinez scored two more hoops sandwiched around a Coe-Brown basket and after another Bear hoop, Brady Thurber drilled a three-pointer to give Belmont their first lead of

the game at 9-8. Coe-Brown responded with a hoop before Martinez responded with a hoop and after a pair of Bear baskets, Martinez hit two more hoops for the 15-14 lead. Coe-Brown scored another hoop before a Owen Viar basket put the Raiders back in front again. The Bears got a hoop and a free throw before a Treshawn Ray basket put Belmont back on top. Coe-Brown finished out the quarter's scoring with a hoop and took a 21-20 lead after one.

Coe-Brown scored the first two baskets of the second quarter before Ray hit a free throw to start a 7-0 run for the Raiders. Martinez hit two hoops in that run and Ray hit another hoop and Belmont charged to the 27-25 lead. After another Coe-Brown basket, Martinez hit a hoop and Michael Collette drilled a three-pointer, giving Belmont the 32-27 lead.

The Bears came back with a three-pointer and a hoop to tie the game at 32 and Brody Ennis got

Belmont back in front with a hoop. The Bears tied the game with a basket but Thurber connected on a three-pointer and Belmont took the 37-34 lead to the halftime break.

The two teams exchanged hoops throughout the third quarter, with Ray starting the quarter with a three-pointer. After a Bear bucket, Viar hit a hoop and the Bears came back with two hoops. Wyatt Carroll drained a shot from the line and the Bears responded with one of their own.

After a Jack Binder hoop, the Bears got a free throw and a bucket to cut the lead to 45-44. Ennis put back a rebound for the three-point lead for Belmont. Coe-Brown connected on consecutive baskets to take the lead back before Binder hit another hoop and Belmont took the 49-48 lead heading to the final eight minutes.

Ray connected on a pair of baskets to start the fourth quarter only to see Coe-Brown answer

with two hoops of their own. Ray then finished off his own steal and hit another basket to stretch the Raider lead to 57-52.

Coe-Brown hit a hoop and then drained a three-pointer with 1:40 to go to tie the game and neither team was able to score the rest of the way, forcing an overtime session with the game tied at 57.

Martinez started the overtime with a free throw and Coe-Brown came back with a hoop and a pair of free throws with 58 seconds to go in the extra time for the three-point lead. Martinez hit a hoop to cut the lead to one with 45 seconds left only to see the Bears hit their own hoop 10 seconds later. Martinez hit a free throw to cut the lead to two and after Ray came up with a steal, he sunk a free throw to cut the lead to 63-62. However, Coe-Brown hit three free throws to go up by four before Martinez hit the final basket of the game for the 66-64 final score.

Martinez finished



Owen Viar battles for the ball early in action against Coe-Brown in the holiday tournament finals in Farmington.



Brody Ennis drives toward the basket in holiday tournament action against Coe-Brown.

with 24 points on the night and Ray finished with 18 points. Both earned All-Tournament honors for their play throughout the week.

Belmont is slated to be back in action on Friday, Jan. 10, at Somersworth and at Campbell on Monday, Jan. 13, both with 6 p.m. scheduled starts.

BHS 20-12-8-8-7-64
CBNA 21-8-14-9-8-66

Belmont 64

Coe-Brown 66
Grant 6-3-17, James 3-1-7, Ryan 7-0-14, Bruce, 1-2-4, Tyler 0-2-2, Matthew 4-0-8, Jacob 7-1-15, Totals 28-9-66

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

Raider girls earn tournament team sportsmanship award

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BY JOSHUA SPAULDING
Sports Editor FARMINGTON — The Belmont girls' basketball team caught some attention at the Mike Lee Holiday Basketball Bash.

After falling to Coe-Brown in the first game of the tournament on Friday, Dec. 27, the Raiders came back to beat Raymond the next day. And when the tournament came to a close on Monday, Dec. 30, the Raiders were presented with the Bill and Betty Vachon Sportsmanship Award for their actions throughout the tournament.



The Belmont girls' basketball team was honored with the Bill and Betty Vachon Sportsmanship Award at the conclusion of the Mike Lee Holiday Basketball Bash in Farmington.

The game was close in the first quarter, with the Raiders outscoring the Rams by a 17-15 margin before Belmont drained 23 points in the second quarter and held Raymond to just seven points and they took the 40-22 lead at the halftime break. Belmont outscored Raymond 9-4 in the third quarter for the 49-26 lead and closed out the game with an 11-4 advantage in the fourth quarter for the 30-point win.

Perkins led the way for the Raiders with 19 points and Maddie Carrier added 10 points.

The Raiders are slated to return to action on Friday, Jan. 10, at home against Somersworth and Wednesday, Jan. 15, at home against Campbell, both with 6 p.m. scheduled starts.

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

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2023 WINNER

Raiders battle their way to holiday tournament championship game

BY JOSHUA SPAULDING

Sports Editor

FARMINGTON — The Belmont boys' basketball team battled its way through the first few days of the Mike Lee Holiday Basketball Bash, eventually earning a trip to the championship game.

The Raiders kicked off the tournament on Thursday, Dec. 26, picking up a 76-40 win over Raymond. Four Raiders finished in double figures on the day, with Anakin Underhill leading the way with 21 points. Wyatt Carroll finished with 17, Treshawn Ray added 16 and Keegan Martinez added 11.

The Raiders returned to Farmington the next day and knocked off Division II Kennett by a 67-31 score. Martinez led the way with 22 points while Underhill and Ray each added 13 points. The win sent the Raiders into the quarterfinals the next day, this time against Division II Sanborn.

Belmont battled and came through with a 75-62 win over the Indians, but did lose Underhill for the remainder of the tournament as he dealt with an injury. Martinez finished with 30 points in the win and Ray added 26.

The Raiders returned to Farmington on Sunday to take on Ports-



Brody Ennis rises toward the basket in holiday tournament semifinal action in Farmington.

mouth Christian in the semifinals and got out to a 19-14 lead at the end of the first quarter and led 37-33 at the halftime break.

Martinez got the first two hoops of the second half and then Brody Ennis converted a three-point play for the 44-33 lead before the Eagles hit a three-pointer for their first points of the half.

Martinez converted his own three-point play and after another Eagle three, Ray hit a three-pointer and two free throws to open the lead t up 52-39.

Portsmouth Christian got another hoop but Martinez responded with two more hoops sandwiched around and Eagle bucket and after the Eagles converted a three-point play, Martinez



Keegan Martinez looks to the basket during semifinal action in the Mike Lee Holiday Basketball Bash in Farmington.

drained another hoop and Ray finished off his own steal with a bucket. The Eagles got two free throws to close out the quarter and Belmont's lead was 60-48 heading to the final eight minutes of the semifinal game.

Martinez continued his strong play with the first two hoops of the fourth quarter and after a Portsmouth Christian

bucket added another hoop for the 66-50 lead. Ennis added a three-point play and after two free throws from the Eagles, Ray hit a hoop as well.

The Eagles got another free throw before Ray hit a hoop and Martinez drained two from the line for the 75-53 lead. After another PCA free throw, Ray connected for another

er basket and Martinez answered an Eagle hoop with one of his own.

The Eagles then got a three-pointer and a free throw to close out their scoring for the day while Belmont got two hoops from Jack Binder and one from Carroll to close out the 85-60 win.

Martinez finished with 32 points to lead the way for the Raiders while Ray finished with 19 points, Ennis added 12 and Brady Thurber added 11.

The win sent the Raiders into the finals against Division II Coe-Brown on Monday, Dec. 30 (see separate story).

BHS 19-18-23-25-85
PCA 14-19-13-12-60

Belmont 85
Carroll 1-0-2, Viar 1-0-2, Thurber 4-0-11, Collette 1-0-3, Ray 8-2-19, Ennis 4-4-12, Biner 2-0-4, Martinez 14-4-32, Totals 35-10-85

Portsmouth Christian 60

Ludwig 0-1-1, Jackson 2-5-8, Josh 2-1-6, Beal 2-0-4, Marquis 3-5-12, Summers 13-2-30, Totals 22-14-60

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

Takantjas picks up win as Raiders compete over vacation week



David Tripp clears a hurdle during action at Plymouth State University on Saturday, Dec. 28.

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — Members of the Belmont indoor track team took time from the holiday break to compete in a meet at Plymouth State on Saturday, Dec. 28.

In the 55 meters, Belmont put three girls in the finals. Ava Lacasse was third in the preliminaries in 7.91 seconds and finished third in the finals in 7.79 seconds, Hannah Young was fourth in the preliminaries in 7.97 seconds and fifth in the finals in 8.01 seconds and Talia Watson was sixth in the preliminaries in eight seconds and was eighth in the finals in 8.14 seconds. Kyleigh Roe was 26th in 8.78 seconds.

Lacasse was also second in the 300 meters in 44.04 seconds, Adeline Takantjas was eighth in 48.23 seconds, Jaelyn Nialez was 12th in 49.47 seconds, Aleena Nialez was 41st in 1:01.99 and Augusta Alexander Provencal was 44th in 1:03.62. In the 600 meters, Clemence Lhermitte

was sixth in 2:05.79, Hailey Clairmont was eighth in 2:06.81, Rebekah Edgren was 10th in 2:07.63, Devyn VonKadich was 11th in 2:07.96 and Violet Smith was 12th in 2:12.97.

Takantjas won the 55 hurdles in a time of 10.07 seconds after winning the preliminaries in 10.5 seconds. The Raider team of Young, Watson, Edgren and Roe was fourth in the 4X200-meter relay in 2:04.81 and the team of Clairmont, VonKadich, Lhermitte and Smith was fifth in the 4X400-meter relay in 5:17.6.

Young jumped to fourth in the long jump at 13 feet, 9.5 inches with Roe in 11th at 11 feet, 10 inches. Ava Tonkin was seventh in the shot put at 23 feet, 9.5 inches, Madelyn Divers was eighth at 23 feet, 6.5 inches, Harmony Rivera was ninth at 23 feet, five inches, Madelyn Moorehead was 30th at 16 feet, 10.5 inches and Wednesday McCant was 34th at 10 feet.

For the boys in the 55 meters, Derik Matthews was 15th in 7.34 seconds, Brock Smith was 17th in 7.37 seconds, David Tripp was 22nd in 7.45 seconds, Kyle Waldron was 26th in 7.61 seconds and Brennan Geoffrey was 31st in 7.73 seconds. In the 300 meters, Waldron was 11th in 43.13 seconds, Christian Edgren was 18th in 44.46 seconds and David Mahoney was 28th in 50.39 seconds. Jacob Blanchette was 12th in the 600 meters in 2:04.74 and Jasper Sottak was 13th in 2:12.23.

Tripp finished third in the preliminaries for the 55-meter hurdles in 9.52 seconds and finished fifth in the finals in 9.79 seconds. Brodie Henry was ninth in 11.35 seconds and Enes Sagirli was 10th in 11.44 seconds.

Brayden Townsend finished fifth in the 1,500 meters in a time of 4:58.98 and Sean Andrews was 11th in 5:22.12. In the 1,000 meters, Andrew Cryans finished in 19th place with a time of

3:47.43.

The Raider team of Tyler Durand, Geoffrey, Edgren and Sagirli was eighth in the 4X200-meter relay in 1:55.82 and the team of Townsend,

Jake Michaelson, Jack Crockford and Andrews finished sixth in 4:26.28.

Smith jumped to seventh in the long jump at 17 feet, 6.5 inches, Waldron was 12th at 16 feet,

four inches, Edgren was 15th at 15 feet, 4.5 inches, Geoffrey was 16th at 15 feet, 1.5 inches and Daniel Tripp was 18th at 14 feet, 11 inches.

Brady Filteau finished second in the shot put at 43 feet, two inches, Ethan Rivera was third at 40 feet, 6.5 inches, Daniel Tripp was 13th at 26 feet, 8.5 inches and Ryan O'Connor was 15th overall at 26 feet, 4.5 inches.

The Raiders are slated to compete at Plymouth State on Saturday, Jan. 11, at 10 a.m.

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



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Guerin hat trick helps Bulldogs knock off Eagles



Kennett goalie Tucker Laughland peers over teammate Owen Zipf as he battles with Belmont-Gilford's Colton Byars in action prior to the holiday break.

BY JOSHUA SPAULDING

Sports Editor

LACONIA — Prior to the holiday break, two of the traditional play-off teams in Division III hockey met up at the Merrill Fay Arena, with the host Belmont-Gilford Bulldogs getting a pair of late empty-net goals to turn a 2-1 lead into a 4-1 win over the Kennett Eagles.

Kennett got the first few chances of the game, with Connor Wiggin, Spencer Glackin and Richie Vargus putting shots on B-G netminder Carson McGreevy. Colton Byars had a solid defensive stop for the Bulldogs before they went on the power play with 11:47 to go in the first period.

It took just more than a minute of power play time before the Bulldogs got the first goal of the game, with Evan Guerin firing a shot from the point to the back of the net for the 1-0 lead. Wiggin came back with another chance for the

Eagles that McGreevy handled.

Another Kennett penalty put the Bulldogs on the power play with 9:40 to go in the first period. Cam Fusco had a short-handed bid for the Eagles before Guerin scored his second goal of the game with just more than nine minutes to go, with Max Ryder getting the assist and the Bulldogs taking the 2-1 lead.

Kennett answered right back less than a minute later, as Sawyer Hussey fired a shot from the point on an assist from Nolan Proulx with 8:25 to go, cutting the lead to 2-1. Kennett came back with a bid from Owen Zipf that McGreevy stopped and Gabe Shaw made a run that was stopped by Nathan Gerbig in the Belmont-Gilford defense and Gerbig came back with a bid that Kennett goalie Tucker Laughland handled. Aiden Stafford had a bid for the Bulldogs that was

stopped by Zipf while Greyson Witchley had a bid denied by McGreevy and Hussey had a shot blocked.

Brady Parsons had a bid denied by McGreevy and Brayden Mercier and Ryder had shots denied by Laughland before the Bulldogs went on the power play again with 3:39 to go. Adam Lopashanski had a good defensive stop for the Eagles and Guerin had a bid stopped by Laughland. Kennett took another penalty with 2:35 to go, giving the hosts a five-on-three power play for almost a minute. Jaxson Embree had a shot stopped by Laughland and both Wiggin and Proulx had solid defensive stops.

Belmont-Gilford took a penalty with two minutes to go and it was four-on-four for just more than a minute. Fusco got in close for a bid that was stopped by McGreevy and Hussey sent the puck through the crease before Kennett got 35 seconds of power play time. However, the Eagles took a penalty with one second left in the period and Belmont-Gilford began the second period on the power play.

Proulx, Hussey and



Goalie Carson McGreevy makes a save in action prior to the holiday break in Laconia.

Zipf had good defensive penalty kills while Embree had a shot that Laughland stopped before the power play ended. Guerin fired a shot off the post and Embree and Alex Rowley had bids denied by Laughland. Fusco came back with a chance at the other end, with Shaw getting in close after McGreevy made the original save. Lopashanski sent a shot over the top of the net as well.

Kennett went on the power play with 9:45 to go and Lopashanski, Shaw and Hussey had the best chances on the power play, with McGreevy making the stops and Embree getting a shorthanded bid that was stopped by Laughland. Glackin and Fusco had shots stopped for the Eagles while Ryder had a bid denied for the Bulldogs and Witchley had a good defensive stop on a Guerin chance.

Lopashanski had a chance that McGreevy stopped and the Bulldog keeper also stopped the rebound chance from Vargus. Guerin made a run the other way that Zipf stopped and both Glackin and Lopashanski had bids denied. Shaw and Parsons teamed up

on a bid for the Eagles that McGreevy handled.

Ryder was awarded a penalty shot after he was taken down going in on goal, but Laughland was there to make the penalty stop save and keep it a one-goal game. Shaw had a good defensive stop on Ryder and Lopashanski set one off the post before the period ended with the Bulldogs up 2-1.

Embree had an early bid in the third period, with Hussey making a good defensive stop. Vargus had a bid go wide and Ryder had a bid stopped by McGreevy. Zipf made a good defensive stop on Guerin and Proulx had a chance in the zone for the Eagles as well. Lopashanski had a chance blocked and Stafford sent the puck through the crease for the Bulldogs.

Ethan Ellingson had a shot go wide for the hosts and Guerin sent the puck high. Zipf made a defensive stop on Ryder and McGreevy stopped another Vargus chance. Witchley had a bid denied by the Bulldog goalie and Parsons sent the puck through the crease. Guerin had a couple of chances that Laughland denied and Vargus sent another shot wide.

Belmont-Gilford went on the power play with 5:57 to go and Zipf and Shaw had good clears while Embree and Mercier had shots stopped by Laughland before the penalty was killed off. Lopashanski had a centering pass to Vargus that McGreevy stopped and Parsons had a bid blocked.

With Laughland out of the net and just more than a minute on the clock, Jaxen Lien fired the puck into the empty net for the 3-1 lead. Guerin then completed his hat trick with 36 seconds left on the clock, firing the puck the length of the ice for the 4-1 final score.

Kennett will be at Berlin-Gorham on Saturday, Jan. 11, at 6 p.m. and will be at Kearsarge-Plymouth on Wednesday, Jan. 15, at 4 p.m.

Belmont-Gilford is scheduled to be hosting Pembroke-Campbell on Saturday, Jan. 11, at 3:45 p.m. and will take on Laconia-Winnisquam-Inter-Lakes at 5 p.m. on Wednesday, Jan. 15.

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

HIGH SCHOOL SLATE

Friday, Jan. 10

BELMONT
Alpine Skiing at Gunstock; 10
Boys' Hoops at Somersworth; 6
Girls' Hoops vs. Somersworth; 6
GILFORD
Alpine Skiing at Gunstock; 10
WINNISQUAM
Boys' Hoops at Mascoma; 6:30
Girls' Hoops vs. Mascoma; 7

Saturday, Jan. 11

BELMONT
Indoor Track at Plymouth State; 10
BELMONT-GILFORD
Boys' Hockey vs. Pembroke-Campbell; 3:45
GILFORD
Indoor Track at Plymouth State; 10
WINNISQUAM
Indoor Track at Plymouth State; 10
Wrestling Home Match; 9

Sunday, Jan. 12

BELMONT
Swimming at Conant; 9
GILFORD
Swimming at Conant; 9

Monday, Jan. 13

BELMONT
Boys' Hoops at Campbell; 6

Tuesday, Jan. 14

GILFORD
Boys' Hoops vs. Hopkinton; 6
Girls' Hoops at Hopkinton; 6
Nordic Skiing at Kearsarge; 2:30
WINNISQUAM
Boys' Hoops vs. Prospect Mountain; 7
Girls' Hoops at Prospect Mountain; 7

Wednesday, Jan. 15

BELMONT
Girls' Hoops vs. Campbell; 6
BELMONT-GILFORD
Boys' Hockey vs. L-W-I, 5
GILFORD
Indoor Track at UNH; 4
Unified Hoops at Newfound; 3:30
WINNISQUAM
Boys' Hockey at Belmont-Gilford; 5
Wrestling at Newport; 6

Thursday, Jan. 16

BELMONT
Boys' Hoops vs. St. Thomas; 6
Unified Hoops vs. Inter-Lakes; 3
GILFORD
Indoor Track at UNH; 4

All schedules are subject to change.

Bear boys drop a pair in holiday tournament



Brady Colby drives toward the basket during his team's holiday tournament game against Kingswood.

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Winnisquam boys' basketball team dropped a pair of games in the Lakes Region Holiday Hoop Tournament during the holiday break.

On Friday, Dec. 27, the Bears opened the tournament against Di-

vision II Kingswood. The Knights outscored the Bears 16-11 in the first quarter and 12-3 in the second quarter to take a 28-14 lead to the halftime break. Kingswood won the third quarter by a 20-12 margin and then won the final frame by a 10-4 margin to close out the 58-30 win.

At right: Isaac Singleton leaps to put up a shot during action against Kingswood in the opening round of the Lakes Region Holiday Tournament in Gilford.



Bears take on Kingswood, Plymouth in Gilford tourney



RC GREENWOOD

Caidyn Carter moves the ball during her team's game against Kingswood in the Lakes Region Holiday Hoop Tournament.

BY JOSHUA SPAULDING

Sports Editor
GILFORD — The Winnisquam girls' basketball team got in some competition over the holiday break, taking part in the Lakes Region Holiday Hoop Tournament in Gilford on Dec. 27 and 28.

The Bears opened the tournament on Friday,

Dec. 27, against Division II Kingswood and dropped a 53-24 decision to the Knights.

Kingswood got off to a quick start, outscoring the Bears by a 12-2 margin in the first quarter and then outscored the Bears 15-8 in the second quarter for the 27-10 lead at the halftime break. Kingswood won the third

quarter by a 17-9 margin and the final frame by a 9-5 difference to finish out the 53-24 final.

Caidyn Carter led the way for the Bears in the game, finishing with 16 points, including four three-pointers. For her efforts in the tournament, Carter was named to the All-Tournament Team at the conclusion



Sophia Labranche fires off a shot during action against Kingswood during action in Gilford on Dec. 27.

of the tournament.

The Bears returned to Gilford the next day and dropped a 69-41 decision to Plymouth to round out their tournament.

The Bears are back in action on Friday, Jan. 10, at home against Mascoma at 7 p.m. and will be at Prospect Mountain on Tuesday, Jan. 14, at 6 p.m.

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

Bears compete during holiday break in Plymouth

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — The Winnisquam track team

traveled up Interstate 93 to Plymouth State University during the holiday break, competing in

a meet on Saturday, Dec. 28.

The top showing for the Bear boys came in the 1,000 meters, where Winnisquam placed three runners in the top five. Brendan Goodwin finished in second place in 2:59.13, Nolan Abbott was third overall in 2:59.19 and Cullen Desroches was fifth in 3:04.78. Kyren Whitmore rounded out the field of Bears in 3:35.71 for 16th place.

In the 55 meters, Ari Booth was 32nd in 7.73 seconds and Christopher Collins was 47th in 8.64 seconds while in the 300 meters, Collins ran to 26th overall in a time of 49.31 seconds. Whitmore placed 11th overall in the 55-meter hurdles in 11.98 seconds.

The Bear team of Booth, Desroches, Abbott and Goodwin finished in 4:01.67 to place fourth overall in the 4X400-meter relay. Booth finished in 17th in the long jump at 15 feet.

For the Bear girls



JOSHUA SPAULDING

Brendan Goodwin leads the pack early as teammate Nolan Abbott runs behind Plymouth's Tate Hayman during action on Dec. 28 in Plymouth.

in the 55 meters, Zariah Moore was 25th in a time of 8.77 seconds, Sierra Lambert was 41st in 9.67 seconds, Devin Timmons was 42nd in 9.74 seconds and Hayden Rose Moriarty was 46th overall in 9.94 seconds.

Denessa Williams finished sixth overall in the 300 meters in a time of 47.49 seconds, Emily Tripple was 21st in 52.75

seconds, Danica Weymouth was 30th in 56 seconds, Lambert was 33rd in 57.13 seconds and Moriarty was 45th in 1:03.64.

Kaiden Robb was fourth overall in the 600 meters with a time of 2:03.27 and teamed up with Moore, Tripple and Williams to finish in sixth place in the 4X200-meter relay in

2:07.32. Timmons finished in 11th in the shot put with a toss of 22 feet, 11.5 inches.

The Bears are slated to compete at Plymouth State University on Saturday, Jan. 11, at 10 a.m.

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

Bear girls battle with Belmont, Prospect

BY JOSHUA SPAULDING

Sports Editor

BELMONT — Neighboring rivals Belmont and Gilford met up on the basketball court on Friday, Dec. 20, to wrap up the 2024 portion of the regular season, with the Bears dropping the 55-34 decision to the Raiders.

"I really like how we competed today, this group has really been working hard all year and it is really starting to show," said Winnisquam coach Mark

Dawalga. "Give Belmont credit, they played well all night."

Midway through the third quarter, the Raiders led 26-20 and went on a 10-0 run to push the lead to 16 points, which ended up basically being the difference in the game.

"We tried a couple of different things in the fourth quarter but could not close the gap," Dawalga noted.

The Bears returned to regular season action on Friday, Jan. 3, and

dropped a 58-17 decision to Prospect Mountain.

"Prospect's press really gave us trouble all night and we could not get anything going offensively," Dawalga said.

Caidyn Carter finished with nine points to lead the Bears while Averill LaBranche had five points and Jaelynn Trearmer added three points.

The Bears are scheduled to be in action on Friday, Jan. 10, at home against Mascoma at 7 p.m. and will be at Prospect Mountain on Tuesday, Jan. 14, at 6 p.m.

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



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FIRST DAY

CONTINUED FROM PAGE A1

river is up high enough (through the rapids) and I love the white water park, too,” he said. “I’ll tell you, if you love the outdoors, this is the place to come. It’s fantastic!”

Before heading back up to the launch site in Northfield, however, Kendall decided to relax and warm up a bit in a new feature this year- a mobile sauna.

Caleb and his wife Christine moved to Franklin last year and

have been enjoying the river and the Mill City Water Park. This year they brought along the portable sauna Caleb created. The exterior looks like a classic woodland cabin and even has a front porch to sit and relax on. Inside the door however is a traditional Scandinavian Sauna.

“I’ve been inviting people to come in and warm-up after they’ve been out on the river,” he said. “We’ve been traveling with it to different places where people are outside getting cold so of course we had to come here today.”

As he hosted cold kayakers in the morning, his wife Christine was out on the river with Marty Parichand giving people rides down the river in large rafts. Marty is the owner of Outdoor New England (ONE), a retail store on Central St. in Franklin, and was the driving force behind the creation of Mill City Park and the white water feature installed beside Trestle View Park.

Besides the sauna, a tent was set up to host the First Day Franklin Chili Cook-off. For a donation to Mill City Park the public was invited to



Tim Morrill of the Mill City Park Board of Directors garnered extra donations for work on the new waterfront park in Franklin by diving off a ladder into the Winnepesaukee River during a New Year’s Day Polar Plunge.

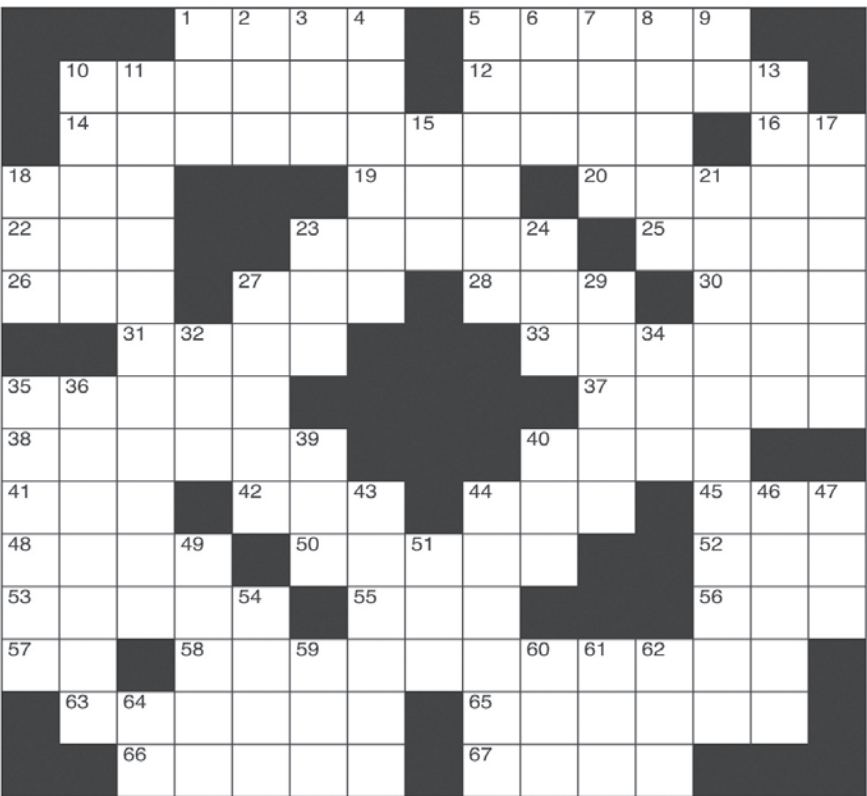
sample the five chili entries, which were made by local businesses and organizations. Everyone then had a chance to vote for the one they liked best. This year’s winner was Downtown Crepes. While there, everyone could also enjoy a cup of the Franklin Rotary’s traditional Hoppin’ John, a Southern dish made of rice, beans and pork that people look forward to on the first day of each new year.

At noon the kayakers cleared the river above the water park for a short time as the Polar Plunge got underway. In the weeks leading up to Jan-

uary, nearly two dozen participants helped raise more than \$6,700 for Mill City Park, with last minute donations still left to be counted. Among those late donations was over \$400, which people contributed just to see Tim Morrill, a member of the Mill City Park Board of Directors, dive into the water from a ladder. For every \$100 donated just minutes before hand, Morrill was asked to climb another rung. That quick fundraiser led him to the very top of the ladder for a crowd-pleasing plunge into the river.

Proceeds from the day benefitted Mill City

Park for future plans on their drawing board. Mill City Park is a community-based project whose goal has been to redevelop a former Industrial Revolution mill site along the Winnepesaukee River into a place that attracts people and businesses to the heart of downtown Franklin. In addition to the already established white water park, their Board of Directors plan to add a community garden, an outdoor event space, a Mountain Bike Pump Track, eco-village camping and more in the coming years.

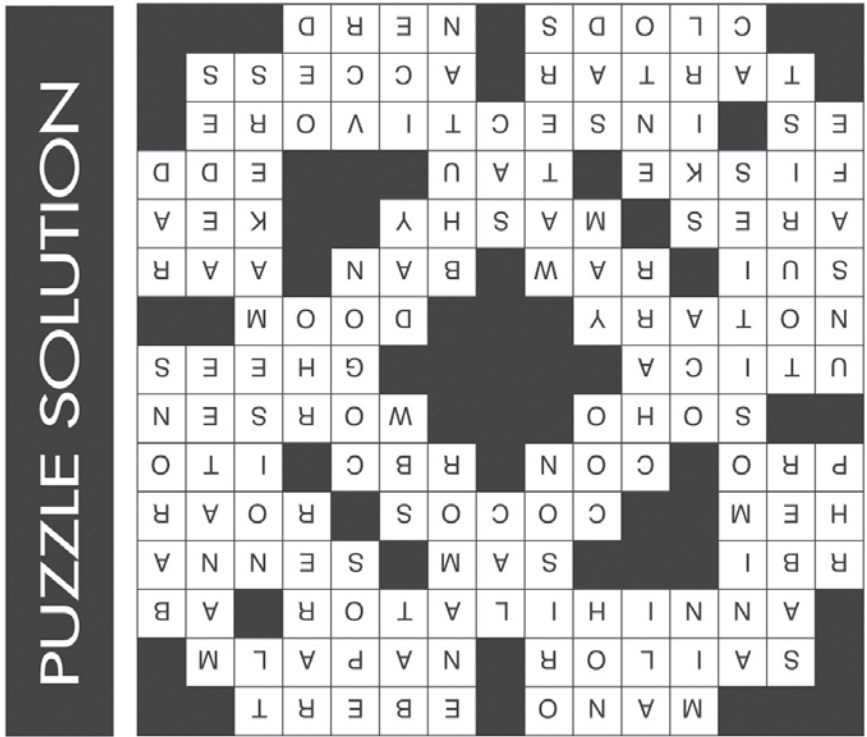


CLUES ACROSS

- 1. Hand (Spanish)
- 5. Siskel and __, critics
- 10. Seaman
- 12. Chemical weapon
- 14. One who eliminates
- 16. They precede C
- 18. Baseball stat
- 19. Americans’ “uncle”
- 20. Cassia tree
- 22. Surround
- 23. Crisp and Pebbles are two
- 25. A sudden very loud sound
- 26. Affirmative
- 27. Disadvantage
- 28. Corpuscle count (abbr.)
- 30. OJ trial judge
- 31. New York art district
- 33. Become more bleak
- 35. Upstate NY city
- 37. Clarified butters
- 38. One who witnesses
- 40. Condemn
- 41. __ juris
- 42. Natural
- 44. Prohibit
- 45. Swiss river
- 48. Greek war god
- 50. 5 iron
- 52. New Zealand mountain parrot
- 53. Scandinavian surname
- 55. Follows sigma
- 56. Doctor of Education
- 57. Spanish be
- 58. One that feeds on bugs
- 63. Tooth issue
- 65. Get into
- 66. Lumps of clay
- 67. Overly studious student

CLUES DOWN

- 1. Variety of Chinese
- 2. Boxing’s GOAT
- 3. Japanese classical theater
- 4. Prayer
- 5. Inspire with love
- 6. Ballplayers’ accessory
- 7. Retailer payment system
- 8. More raw
- 9. Atomic #81
- 10. Fencing sword
- 11. Hostilities
- 13. Sea dweller
- 15. Resinlike substance secreted by certain insects
- 17. Businessmen
- 18. Rest here please (abbr.)
- 21. Loud devices
- 23. Make a soft murmuring sound
- 24. One point west of due south
- 27. Trout
- 29. Type of grass
- 32. South American plant
- 34. Letter of the Greek alphabet
- 35. Not secure
- 36. Traveler
- 39. Sweet potato
- 40. Period after sunrise and before sunset
- 43. Some are choppy
- 44. Asian country
- 46. Genus of mosquitoes
- 47. Cool!
- 49. Shrill, wailing sound
- 51. A baglike structure in a plant or animal
- 54. Within
- 59. Unhappy
- 60. Decorate a cake with frosting
- 61. Videocassette recorder
- 62. Largest English dictionary (abbr.)
- 64. It cools a home



BELMONT

CONTINUED FROM PAGE A1

very proud,” the Raider coach added.

Brady Thurber got the scoring going for the Raiders with a bucket before Dio Kastigiannis answered with a free throw for the Bears. Wyatt Carroll netted a free throw at the other end and Martinez began his final march toward 1,000 with a hoop for the 5-1 lead. Ethan Poole went to the bucket for two for the Bears before Carroll drained a three-pointer for the Raiders for the 8-3 lead.

After Carter Lloyd connected for the Bears, Martinez hit another hoop to start an 8-0 run for the Raiders. Carroll connected on a free throw, Anakin Underhill hit a hoop and then Martinez converted a three-point play for the 16-5 lead for the boys in red. Kastigiannis got the Bears on the board with a hoop and Lloyd drilled a three-pointer to cut the lead to six, but Underhill hit two from the line and drained a bucket while Jack Binder hit two free throws and Belmont took the 22-10 lead after one quarter.’

Binder started the sec-

ond quarter with a bucket and Owen Viar put back a rebound for the Raiders. Underhill connected with a three-pointer and a hoop before Jacob Twombly answered at the other end with Winnisquam’s first bucket of the quarter. Underhill then hit four free throws sandwiched around a hoop and the Raider lead was 37-12.

Isaac Singleton drained a bucket to get the Bears back on the board and after another Martinez hoop, Twombly drained a free throw. Martinez connected again on a bucket, putting him just two points from his milestone and he got it on the very next trip down the court for the Raiders, getting their final points of the quarter. Kastigiannis drained a three-pointer at the other end to finish off the first half and Belmont’s lead was 43-18 at the break.

Kastigiannis opened the second half the way he closed the first, drilling a three-pointer but Belmont responded. Underhill hit a hoop, Thurber connected for a bucket and Underhill hit a free throw and a bucket to open the lead up to 50-21. Kastigiannis drained

a free throw and a hoop for the Bears, sandwiched around buckets rom Treshawn Ray and Martinez at the other end and Belmont had the 54-24 lead heading to the fourth.

Travis Tibbetts drilled a three to start the fourth quarter for Winnisquam and Kastigiannis added a basket. After Viar hit a hoop for Belmont, Tibbetts drained his second three-pointer of the quarter, but that would be the final basket for the Bears. Nate Allard hit a three for Belmont, Binder hit a hoop and Viar drained a basket and a free throw to close out the 64-32 win for the Raiders.

“We have a lot of depth and we’re still trying to establish what works in different situations,” Martinez said. “But we’re keeping everybody engaged.”

Underhill led all scorers with 22 points and Martinez added 15 points while Kastigiannis led the Bears with 14 points.

Belmont is scheduled to be at Somersworth on Friday, Jan. 10, and at Campbell on Monday, Jan. 13, before hosting St. Thomas on Thursday, Jan. 16, all with 6 p.m. scheduled starts.

Winnisquam is scheduled to be at Mascoma on Friday, Jan. 10, at 6:30 p.m. and hosting Prospect Mountain on Tuesday, Jan. 14, at 7 p.m.

BHS 22-21-11-10-64
WRHS 10-8-6-8-32

Belmont 64
Carroll 1-2-5, Viar 3-1-7, Thurber 2-0-4, Ray 1-0-2, Underhill 7-7-22, Binder 2-2-6, Martinez 7-1-15, Totals 23-13-64

Winnisquam 32
Katsigiannis 5-2-14, Twombly 1-1-3, Poole 1-0-2, Singleton 1-0-2, Tibbetts 2-0-6, Lloyd 2-0-5, Totals 12-3-32

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



Belmont’s Anakin Underhill looks to the basket against the defense of Winnisquam’s Dio Kastigiannis.

BULLDOGS

CONTINUED FROM PAGE A1

The Mountaineers entered the tournament late as a replacement for Pembroke-Campbell, who backed out of the tournament, so in the championship game, the Mountaineers were without their normal goalie.

Ben Girard had a couple of early chances that were denied and Cameron McClary had a shot stopped as well. The Bulldogs got on the board with 12:52 to go, with McClary putting the puck home on an assist from Ethan Ellingson for the 1-0 lead.

Less than a minute later, Jaxson Embree

doubled the lead with the team's second goal, with Brayden Mercier and Nathan Gerbig picking up the assists. And just more than a minute later, Aiden Stafford took a feed from Evan Guerin to give the Bulldogs a 3-0 lead with less than five minutes gone in the game.

Mercier and Sean Ellis had bids denied by the Mountaineer goalie and Carson McGreevy made a couple of saves in the Bulldog net as well. McClary and Girard combined on a chance that went wide of the net and Ellingson also had a shot go wide. McGreevy made a nice poke check on a Monadnock chance and then made another save

on a chance.

With 3:43 to go in the first period, Embree picked up his second goal of the game on an assist from Mercier for the 4-0 lead and the Bulldogs took a penalty with 3:20 to go in the period. The Bulldogs got a short-handed goal with 2:41 to go in the first, with Max Ryder delivering the tally for the 5-0 lead. McGreevy made a couple more saves before the power play ended.

The Bulldogs got the final goal of the first period with 1:07 to go, with Embree completing the hat trick with Gerbig getting the assist as the Bulldogs took the 6-0 lead to the second period.

The Mountaineers

had an early chance go wide of the net and then McGreevy made a couple more saves. Alex Rowley and Thomas Murphy combined on a chance and Ethan Girard had a chance denied. Jaxen Lien and Alex Bittle combined on a chance that was denied and Lien had a chance stopped as well.

With 2:45 to go in the first half, the Bulldogs opened the lead up to 7-0, with Andrew Gately lighting the lamp. Ethan Girard had a bid denied and McGreevy made a save before the game went to halftime with the Bulldogs up 7-0.

Nineteen seconds into the second half of the second period, Declan

Hackett got the eighth goal of the game for the Bulldogs on an assist from Colton Byars. McGreevy made a trio of solid saves and Will Hazelton and Murphy combined on a chance at the other end. Ellingson had a couple of bids denied and the game went to the third with Belmont-Gilford up 8-0.

Murphy and Hazelton got in close on another bid and Tyler Mull was stopped on a chance as well. The Bulldogs got a power play with 10:17 to go but took their own penalty a little more than a minute later to nullify the remainder of the power play. McGreevy made a couple of saves in the Bulldog net

and Mull had a chance denied. Belmont-Gilford took another penalty but did a good job killing it off, with Rowley getting a nice clear and McGreevy stopping the Mountaineer chances and the game wrapped up with the Bulldogs taking the tournament title by an 8-0 score.

The Bulldogs are scheduled to host Pembroke-Campbell on Saturday, Jan. 11, at 3:45 p.m. and will take on Laconia-Winnisquam-Inter-Lakes at 5 p.m. on Wednesday, Jan. 15.

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



Max Ryder goes into the corner in holiday tournament action in Laconia on Dec. 28.



Sean Ellis moves the puck during his team's holiday tournament championship game win in Laconia on Dec. 28.

Winnisquam wrestlers battle past Prospect, Kingswood



Aemon Gauthier battles a Kingswood opponent during action prior to the holiday break.



Dylan Griffin battles during action against Kingswood prior to the holiday break.

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam wrestling team welcomed competitors to Tilton to close out the 2024 portion of the season, as Exeter, Kingswood and Prospect Mountain joined the Bears for the Saturday morning action.

Against Kingswood, the match started at 190 pounds and Kingswood's Ryan Greenwaldt got a 16-10 win over Sam Weisman of Winnisquam for the 3-0 lead for the Knights. Kyle Vogt of Winnisquam battled to a pin of Payton LeClair at 215 pounds before Kingswood's Stephen Lawrence got a pin of Louis Soyk of Winnisquam at heavyweight for the 9-6 lead for the Knights.

Lucas Durphey of Winnisquam got a forfeit win at 106 pounds before Kingswood's Royce Morin got a pin of Kane St. Hilaire at 113 pounds to put the Knights back in the lead at 15-12. Aiden Seufert at 120 pounds and Ryan Cormier at 126 pounds both got forfeit wins for the Bears, giving them a 24-15 lead.

Aemon Gauthier of Winnisquam won

by technical fall at 132 pounds over Aaron Sellers of Kingswood and Winnisquam's Dylan Griffin got a pin of Kingswood's Brady Call at 138 pounds. Isaac Gagnon of Kingswood got a pin of Jameson Dunn of Winnisquam at 144 pounds and Jack Propri got a forfeit win for the Bears at 150 pounds for the 41-21 lead.

Kingswood's Reese Fischer got a pin of Cole Thompson at 157 pounds before Victor Pham of Winnisquam got a forfeit win at 165 pounds. Winnisquam's David Jean got a 16-5 win over Caelum Forge of Kingswood to close out the 50-27 win for the Bears.

Against Prospect Mountain, Vogt got things started with a forfeit win for the Bears at 215 pounds. At heavyweight, Prospect Mountain's Robert Prescott got a pin of Soyk to tie the match at six. Prospect got forfeit wins at 106 pounds from Durphey and at 113 pounds from St. Hilaire.

At 126 pounds, Cormier got a forfeit win before Gauthier got a pin of Prospect Mountain's Natalie Cowser for the 30-6

lead. Winnisquam then got forfeit wins from Griffin at 138 pounds and Propri at 144 pounds to increase the lead.

Dunn pinned Skylar Perry of Prospect Mountain at 150 pounds and Thompson got a pin of Logan Moore of Prospect Mountain at 157 pounds. Pham pinned Owen Smith of Prospect Mountain at 165 pounds for the 60-6 lead.

Jean pinned Noah Gagnon of Prospect Mountain at 175 pounds and Weisman got a forfeit win at 190 pounds. The final match of the day came at 120 pounds, where Seufert pinned Andrew Koralski of Prospect Mountain to wrap up the 78-6 win for the Bears.

The Bears took part in the Hubie Wagner Holiday Tournament in Middlebury, Vt. in the days after Christmas. This tournament is set similar to the soccer World Cup, with a group stage and then a bracket stage for those who make it out of the group stage. The Bears had five finalists and scored points in every weight class but one.

"Clearly our strength

is our light weights, who led the way," said coach Tom Osmer. "Our 150 (sophomore Colin Parenteau) and 285 (first-year wrestler Soyk) contributed big to the team score, making the finals with big upset wins in the semifinals."

Durphey finished fourth at 106 pounds, Gaige Buskey-Reed was fourth at 113 pounds, Cormier was second at 120 pounds, Seufert was fourth at 120 pounds, Gauthier won the 126 pound weight class, Griffin was second at 132 pounds and Parenteau and Soyk, as mentioned, were second overall, with the Bears finishing third overall as a team.

Preview
Heading into the new season, seventh-year Winnisquam coach Tom Osmer likes the way the team looks.

"We have the ability, the experience and the character to compete," Osmer said. "The kids want to be successful and they are showing that they are willing to do what it takes to achieve what they are capable of."

"We have enough quality to score tourna-

ments and enough depth and toughness to be good in dual meets," he continued. "I think it will be an exciting season for us."

After finishing fourth at last year's Division III championship, the Bears return six place finishers from championship meets in Cormier at 120 pounds (2023 champion, 2024 runner-up), Gauthier at 126 pounds (2022 champ, 2023 fourth place finisher and 2024 runner-up), Griffin at 132 pounds (2024 third place), Colin Parenteau at 150 pounds (fourth in 2024), Pham at 165 pounds (third in 2022)

and Jean at 175 pounds (third in 2024).

More good news for the Bears is they have 30 wrestlers on the roster, with the lightweights being their strength at the start of the season, but Osmer is excited that they fill every weight class and have someone with experience in nearly every weight class.

The Bears are scheduled to host the Winnisquam Winter Classic on Saturday, Jan. 11, at 9 a.m.

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

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Lakers battle with Brady-Valley in final game of holiday tournament



John Shea goes into the corner during tournament action at Merrill Fay Arena in Laconia on Dec. 28.



Christian Cellupica moves the puck during holiday tournament action on Dec. 28 in Laconia.

BY JOSHUA SPAULDING
Sports Editor

LACONIA — After falling to Kearsarge-Plymouth and Belmont-Gilford on the first two days of the Brady Sullivan Christmas Tournament at the Merrill Fay Arena, the Laconia-Winnisquam-Inter-Lakes Lakers took to the ice to close out the tournament on Saturday, Dec. 28, against Bishop Brady-Merrimack Valley.

While the Lakers did net their first goal of the tournament, it wasn't quite enough to get past their opponents from the capital region, dropping a 2-1 decision.

It was a tough start for the Lakers as they took a penalty just 20 seconds into the game. Goaltender Phillip Hubacher was tested right away and made a save while John Shea had a clear and Aiden Wirth and Levi Hubacher had solid clears.

However, just seconds before the penalty was set to expire, the visitors were able to pounce on a rebound and fire it past Phillip Hubacher for the 1-0 lead. The Laker goalie continued to make the saves in net while Rock Londer had a shot denied by the Brady keeper. Shea had a bid denied as well and Londer had a strong defensive stop.

Phillip Hubacher came through with three more saves as the Kingsmen attacked the net and Lakers got a power play chance with 5:43 to go in the first period. Alex Wilson and Shea had chances in close that were denied and Wilson had a good defensive stop as well in front of Phillip Hubacher, who also turned in another save.

The Lakers got a five-on-three advantage for 42 seconds and Londer set a shot on net that was deflected wide by Shea before one of the penalties was killed off. Wirth

had a shot denied as well before the other power play was killed off.

Phillip Hubacher made a save on a breakaway chance from Bishop Brady and then turned in a couple more saves as they pressured in the zone. Levi Hubacher had a shot denied and the first period ended with the visitors up 1-0.

With the game divided into halves, the teams went right into the first half of the second period and the Lakers took an early penalty. Phillip Hubacher made a couple of saves and Londer had a couple of good clears. Another Laker penalty gave the visitors a short five-on-three advantage that was killed off. And then Levi Hubacher had a good clear and also a shorthanded scoring chance that just missed connecting with Wirth before the power play was over.

The Lakers went on their own power play

with 2:17 to go in the first half and Londer and Shea combined on a chance that was denied and Asher Svindland sent a shot on net as well, as did Wirth, but the penalty was killed off and Phillip Hubacher made a save at the buzzer, sending the game to the halftime break with the Lakers down 1-0.

A good defensive stop from Wilson and another Phillip Hubacher save started the second half and the Lakers took a penalty with 5:53 to go in the second half of the second period. Phillip Hubacher again made a couple of strong saves and Londer had a couple of good clears as the penalty was killed off.

Londer had a bid denied and Mordecai Fernandez had a strong defensive stop in front of a couple more Phillip Hubacher saves. Shea and Levin Hubacher got in on a chance and Wilson sent a shot on net that was denied as the second

period ended with the Lakers down 1-0.

Fernandez had an early bid denied and Phillip Hubacher had a couple more saves as the visitors attacked. The Lakers went on the power play with 10:29 and Londer had a couple of chances denied.

With 8:47 to go in the game, the Lakers pulled even, as Shea sent a shot on net and Wirth was able to tip the puck past the Kingsmen goalie to give the Lakers their first goal of the tournament. However, less than a minute later, Brady-Valley came back with their second goal of the game to take the 2-1 lead. Phillip Hubacher made more saves in the Laker net and Svindland had a good defensive stop

as well. Shea had a centering pass that missed the mark and Londer had a bid denied.

The Lakers had a power play chance in the final few minutes, with Londer getting a couple of chances and Phillip Hubacher making a save on a shorthanded breakaway. Wirth had a late bid denied and Brady-Valley held on for the 2-1 win.

The Lakers are scheduled to be back in action on Saturday, Jan. 11, at home against Kingswood at 5 p.m. and will be taking on Belmont-Gilford at 5 p.m. on Wednesday, Jan. 15.

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

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Public Hearing Notice

Shaker Regional School District

The Public Hearing for the 2025-2026 Shaker Regional School District proposed budget will be held Wednesday, January 15, 2025 at Canterbury Elementary School at 6:00 pm, (inclement weather date of January 21,2025).

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 at 603-267-9223.

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

Chelsea Moreau, 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 Ms. Moreau from 8:00 am - 4:00 pm January 22nd through January 30th, 2025 and 8:00 am - 5:00 pm January 31st, 2025 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 2026 (resident of any three towns). **School Board Members**: Northfield, one member, three-year term ending 2028, Sanbornton, one member, three-year term ending 2028, Tilton, one member, three-year term ending 2028. **Budget Committee Members**: Northfield, one member, three-year term ending 2028, Sanbornton, one member, three-year term ending 2028, Tilton, one member, three-year term ending 2028, and Tilton one member, one-year term ending 2026.

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 11, 2025. 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.

How to determine if the time is right to downsize

The phrase “bigger is better” has endured for quite some time. Though it may be impossible to pinpoint precisely who coined the phrase, its lesson that larger things tend to be more valuable than smaller alternatives is applicable in numerous situations. But no adage is applicable to every situation, and in some instances people may find that bigger is not better.

Downsizing is an approach many individuals consider after turning 50. Parents who are empty nesters and others nearing retirement may wonder if the time is right to downsize from their current homes. Though that’s a strategy millions of people have adopted over time, the decision is not always so simple. Individuals over 50 who are trying to determine if downsizing is right for them can consider a host of factors before making a decision.

• Monthly housing expenses: Before downsizing their homes, individuals should determine just how much they’re currently spend-



ing on housing. Individuals who have fixed rate mortgages likely know the amount of their monthly mortgage payment, but what about maintenance? Home maintenance expenses fluctuate, but a careful examination of the previous 12 months’ expenditures can give homeowners an idea of just how much they’re spending to maintain their

properties. The number may be eye-opening, as Thumbtack’s “Home Care Price Index” released in the third quarter of 2024 revealed that the average annual cost to maintain a single family home reached an all-time high of \$10,433. If such expenses are preventing homeowners from building their retirement nest eggs, then it might be time to seek

alternative housing.

• Real estate prices: Real estate prices have skyrocketed in recent years, which can be both good and bad for current homeowners considering downsizing. Many people who downsize look to move from a single-family home into a condominium, where maintenance tasks are typically handled by a homeowners’

association (HOA). Such communities typically charge HOA fees, which can be minimal or considerable. In addition, the price of condominiums has risen in recent years, with the lender New American Funding reporting in early 2024 that the median sale price of a condo reached \$341,000. So homeowners who want to downsize their homes may end

up taking most of the profit from selling their current properties and reinvesting it in a costly condo. Some may deem that worthwhile, while others may find the cost savings of downsizing in the current market are negligible.

• Emotional attachment: Downsizing may be considered with cost savings in mind, but it’s important to consider your emotional attachment to your current home. Many homeowners over 50 raised their families in their current homes, and letting go of a property where so many memories were made can be difficult. Homeowners who are not prepared to move on from properties that are meaningful to them and their families can consider additional ways to downsize their financial obligations.

Downsizing is something many homeowners over 50 consider. Any decision regarding downsizing is best made after considering a range of variables.



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Audubon announces program on Connecticut River



MOULTONBOROUGH — On Thursday, Jan. 9 at 7 p.m. at the Loon Center in Moultonborough, the Lakes Region Chapter of the New Hampshire Audubon Society will present a program on “The Connecticut: New England’s Greatest River,” presented by Adair Mulligan.

Next, the discussion will shift to how the river has influenced the lives of those who live there, and how they, in turn, have affected the river. Much more than a travelogue, this presentation explores the many issues involved in managing the health of this major river; and how citizens from all walks of life have created a vision for its future.

director of the Connecticut River Joint Commissions.



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Mulligan is the author of multiple books, and is Executive Director of the Hanover Conservancy. She holds an MA degree in environmental biology from Smith College, and served for 20 years as conservation

Please note that this program is on Thursday, Jan. 9, which is the second Thursday of the month. Lakes Region Chapter programs are usually on the third Thursday, and we don’t want you to miss it! This program is made possible by NH Humanities.

The Loon Center is located on Lee’s Mill Road; follow the signs on Blake Road from Route 25 near the Moultonborough Central School, or from Route 109, turn on to Lee Road and turn left on Lee’s Mill Road.



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