

Winnisquam Echo

THURSDAY, FEBRUARY 26, 2026

FREE

SERVING TILTON, NORTHFIELD, BELMONT & SANBORNTON, N.H

Winnisquam Career Center announces 2026 enrollment

Modernized \$11 million facility offers tuition-free career paths for local high school students



COURTESY

Pictured above are Cosmetology students Neveah Jackson and Kailynn Roig-Nieves; Animal Care Management students Piper Keith, Isabelle Walton, Gracie Maltais and patient Trooper Hibner; and Outdoor Resources and Recreation students Charlie Larter and Noah Bassett.

TILTON — The Winnisquam Career Center (WiCC), a cornerstone of regional vocational excellence since 1972, is officially accepting applications for the 2026-2027 academic year. High school sophomores, juniors, and seniors are invited to apply by April 1 to secure their spot in one of the region's most advanced technical

environments. Following a landmark \$11 million renovation and expansion completed in 2025, WiCC students now learn in state-of-the-art classrooms, labs, and shop spaces. The center bridges the gap between traditional academics and real-world ambitions, providing a competitive "leg up" for students heading into the

workforce or postsecondary education. The WiCC offers five distinct, hands-on areas of study designed to align with modern industry demands. They are Animal Care and Management, Cosmetology, Design Create and Fabricate (Featuring Machining and Welding), Outdoor Resources and Recreation, and Busi-

ness Enterprises and Entrepreneurship Through Agriculture. Current students have expressed the impact the WiCC has already had on their lives. Animal Care Management student Lila Green said, "This class has taught me that I do truly want to work with animals for the rest of my life," while Cosmetology student Brooklyn Burke said, "It has been amazing learning new things and meeting new people. I feel like this has set me up for the future."

The WiCC is committed to removing barriers to professional education. There is no cost to students for tuition or transportation. The center welcomes students from across the region, including those enrolled at Winnisquam Regional, Belmont, Franklin, Gilford, Inter-Lakes, Laco-

nia, Merrimack Valley, and Newfound Regional High Schools. Students who attend local private schools and public charter schools as well as home schooled students are also encouraged to apply. Interested students should submit their applications by the priority deadline of April 1, 2026. While applications will be accepted after this date, they will be processed on a space-available basis only.

The WiCC will hold a Parent/Student Open House on March 18 from 6 to 7:30 p.m. for families to explore the center, meet the staff and learn more about the areas of study. Additional information, including a virtual tour, is found on the WiCC Website (www.WiCC-ED.org). Originally opened in 1972 as the Winnisquam Ag Center, the WiCC has evolved into a premier career and technical education hub. By blending tradition with cutting-edge technology, the WiCC empowers students to turn their interests into sustainable, high-growth careers.

Belmont man charged with assaulting and unlawfully restraining elderly parents

CONCORD — Attorney General John M. Formella announces that Nathaniel Kay, age 42, of Belmont has been indicted by the Belknap County Grand Jury on one class B felony count of second-degree assault and two class B felony counts of criminal restraint. The indictments allege that Mr. Kay com-

mitted these offenses on Oct. 14 against his elderly mother, V.W.K., and his elderly father, R.K. The second-degree assault indictment alleges that Mr. Kay recklessly caused serious bodily injury, a traumatic brain injury, to V.W.K., by striking her in the head. The criminal restraint

indictments allege that Mr. Kay knowingly and unlawfully confined V.W.K. and R.K. with a rope under circumstances exposing them to a risk of serious bodily injury. Kay has also been charged by information with three class A misdemeanor charges of simple

SEE KAY PAGE A9



JOE SOUZA

Belmont's Brady Fysh (20) takes the ball to the hoop strong against Kearsarge's Carter Wheeler during the NHIAA Division III boys' basketball quarterfinal contest in Belmont.

Cougars upset champs in quarterfinal battle

BY JOE SOUZA
Contributing Writer

BELMONT — It was a championship rematch that lived up to its billing, and maybe a little bit more. Number one and unbeat-

en Belmont battled to the final buzzer but couldn't slow down Eli Whipple and Kearsarge in a rematch of the 2025 NHIAA Division III boys' basketball championship contest. Whipple, de-

termined to not be denied, poured in 39 points to power the ninth-seeded Cougars to a solid 71-62 triumph in front of a standing room only crowd here Saturday. SEE COUGARS PAGE A8

Sanbornton Historical Society seeks support for snow roller project

SANBORNTON — Sanbornton's March 11 Town Meeting will have a voting opportunity for the town to lease Sanbornton Historical Society a small patch of land by the fire pond with the life-safety buildings nearby. The SHS will then have the historic snow roller available for public viewing at no cost to the town. The SHS and

volunteers will bear all costs to exhibit the snow roller in a sheltering shed with cement pad - a great representative piece of our town's history just in time for 250th Celebration of America. In 2004, Nancy Andrews Adams gave Sanbornton Historical Society "all there was to get," says member Ralph Sellars, "of

an old snow roller: seat, the rolls, the whippetree, the rotted stub of a wooden poll." Adams' father, Henry Andrews, Jr., in the mid-to-late 1950s, had brought it from the former Town Shed, where it had deteriorated due to exposure, and parked it up at his family's home on the Old Range Road. Henry SEE PROJECT PAGE A9

Comfort Keepers

Help seniors with dementia stay engaged with activities

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Hearing loss is the third most common chronic condition affecting older adults today. Approximately one third of seniors aged 65 to 74 and one half of seniors 75 and over experience a decline in hearing. Despite these numbers, it is still one of the conditions for which very few older adults seek medical help, and it is a condition that is greatly underdiagnosed and undertreated by medical professionals. While it is not unusual for many people to experience a decline in hearing as they age, there are some underlying causes of hearing loss that can be either treated or prevented. The advantages of early treatment are extensive and can have a significant impact on seniors' health, quality of life, and independence.

Age-related hearing loss can stem from physical changes in the inner ear, medical conditions, and medications. Aside from age, many other factors can

contribute to a decline in hearing. Included in these are genetics, exposure to high noise levels, and chronic conditions, such as kidney disease, high blood pressure, or diabetes. Sudden deafness, which is a rapid, unexplained loss of hearing, can be caused by medications, illness, trauma, or injury.

Early medical intervention for certain types of hearing loss has been shown to produce good outcomes for the patient. For example, in the case of sudden deafness, treatment by an otolaryngologist (an ear, nose, and throat doctor) result in recovery of all or most of the hearing for 85 percent of those treated. Sometimes it is as simple as changing or stopping a medication that is known to cause deafness (ototoxic medications), and there are hundreds that are prescribed or bought over the counter every day. Medical intervention for all types of hearing loss is beneficial as well. Hearing loss can be an indicator of other health problems, so seeking medical attention for hearing problems can help

doctors identify and treat other health issues. Medical professionals can also help seniors with hearing difficulties by prescribing certain treatments or hearing aids.

Often, seniors delay seeking help for hearing problems because of the negative stigma associated with losing their hearing. They may consider it a marker that they are growing old, even though they feel perfectly young. However, left untreated, hearing loss causes a heavy toll emotionally and socially since it can impede the person's ability to communicate and function. A number of studies have shown that untreated hearing loss results in significantly higher levels of depression, anxiety, other psychosocial problems, and social isolation. It can also affect seniors' ability to live independently as they may not hear doorbells, ringing telephones, or fire and smoke alarms, and hearing loss can be associated with cognitive decline.

Older adults can take measures against hearing loss by first avoiding

risk factors to protecting the hearing they currently have. One of the easiest protective measures for people of all ages is to protect themselves against exposure to loud noise (at or above 85 decibels, which is the sound of heavy traffic), one of the most common causes of hearing loss. Even if individuals have already experienced some hearing loss induced by noise, they can protect themselves from further decline by wearing protective devices. They can also be screened for auditory problems regularly to identify a problem early on so they can take action before it becomes a problem that interferes with daily living.

If you would like more information on senior topics, or to find out how in-home care can help seniors continue to live independently, contact your nearest Comfort Keepers® office today.

About Comfort Keepers
Comfort Keepers is a trusted provider of both medical and non-medical in-home care services, dedicated to helping se-

niors and adults live safely, independently, and with dignity. Our comprehensive services include companionship, transportation, housekeeping, meal preparation, personal care, mobility assistance, private duty nursing, and other support services. We also offer Safety Choice Personal Emergency Response Units, providing an added layer of security and peace of mind for clients and families. Proudly serving New Hampshire residents since 2005, Comfort Keepers is committed to thinking outside the box—exploring innovative solutions to meet the evolving needs of our community. To learn more, call 603-536-6060 or visit NHComfortKeepers.com.

References
National Institute on Deafness and Other Communication Disorders. (November 2013). Age-related hearing loss. Retrieved from <http://www.nidcd.nih.gov/health/hearing/Pages/Age-Related-Hearing-Loss.aspx>.
National Institute on Deafness and Other Com-

munication Disorders. (November 2013). Hearing loss and older adults. Retrieved from <http://www.nidcd.nih.gov/health/hearing/pages/older.aspx>.

National Institute on Deafness and Other Communication Disorders. (November 2013). Sudden deafness. Retrieved from <http://www.nidcd.nih.gov/health/hearing/Pages/sudden.aspx>.

Oyler, A.L. (n.d.). Untreated hearing loss in adults—A growing national epidemic. American Speech-Language-Hearing Association. Retrieved from <http://www.asha.org/Aud/Articles/Untreated-Hearing-Loss-in-Adults/>.

Walling, A.D. and Dickson, G.M. (June 15, 2012). Hearing loss in older adults. *Am Fam Physician*, 85(12), pp. 1150-1156. Retrieved from <http://www.aafp.org/afp/2012/0615/p1150.html>.

Online version: <http://www.comfortkeepers.com/home/info-center/senior-health-wellbeing/early-treatment-can-save-hearing>

Granite VNA offers Caregiver Connection in Belmont

BELMONT — Granite VNA offers Caregiver Connection on Wednesday, March 18 from 9:30 to 11 a.m. at Tilly Market Café at the Belknap Marketplace at 96 Daniel Webster Highway.

Join us and connect with other family caregivers, while enjoying an opportunity to unwind and have discussions rich in empathy and resources.

Pre-registration is not required. For more information,

call (603) 224-4093 or (800) 924-8620, ext. 85664 or visit www.granitevna.org. This program is offered at no charge.

About Granite VNA
Granite VNA is a not-

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

pediatric and maternal child health services, and wellness programming. The agency has offices in Concord, Laconia and Wolfeboro. Formed through the merger of Concord Regional VNA and Central New Hampshire

VNA & Hospice, Granite VNA has served New Hampshire since 1899. For more information about Granite VNA, visit www.granitevna.org.

Valley Improv brings evening of spontaneous comedy to Franklin

FRANKLIN — Franklin Opera House is pleased to present an evening of high-energy improvisational comedy by Valley Improv. This hilarious night of spontaneous comedy will be held at Franklin Public Library. The performance will run from 7 to 9 p.m. on March 28, offering a night of audience-driven humor that entertains both children and

adults. Founded in 2008, Valley Improv has toured northern New England, delivering fast-paced, interactive comedy that hinges on the creativity of its performers and the audience's imagination. Using a series of "games" and on-paced, interactive comedy that hinges on the creativity of its performers and the imagi-

nation of the audience. Using a series of "games" and on-the-spot storytelling, the troupe crafts unique plots, characters, and dialogue from suggestions supplied by the crowd. The result is a dynamic, inclusive experience that guarantees laughter for everyone in attendance. This wonderful group has built a reputation across northern New England for its quick wit, collaborative spirit, and ability to turn any suggestion into a memorable theatrical moment. Their performances blend humor, heart, and spontaneity, creating an unforgettable experience for audiences of all ages.

No scripts. No rehearsals. Every moment is cre-

ated live, and audience members become part of the show through their suggestions.

Tickets for this show

are available in advance at www.FOHNH.org or at the door. Adults \$14, Seniors \$12, Students \$10. Seating is limited; early purchase is recommended.

Special thanks to Franklin businesses Peabody Place and Beck & Bellucci for sponsoring this event.



Harman's Cheese & Country Store
1400 Route 117 ~ Sugar Hill, NH 03586

Available April 14th
Our Older Really Aged-Cheddars
Vintage 2016, 2021 and 2024

Store Hours
Feb 12-March 2: Open Daily
9 am – 4:30 pm
Sundays, Close at 3 pm

Phone: 603-823-8000
www.HarmansCheese.com

LOW COST SPAY/NEUTER

Rozzie May
Animal Alliance,
cats and dogs.

Cat Cab service available.
Military discounts.

Sign up on line
www.rozziemay.org
or call 603-447-1373



Move over, Reading Buddies – make way for the Math Buddies

NORTHFIELD — Valentine’s Day in elementary school usually conjures up images of desk-side mailboxes overflowing with paper cards and a predictable sugar rush from heart-shaped cupcakes. This year, however, third-grade team at Southwick School decided to break the mold. The teachers launched Math Buddies—a collaborative, cross-grade event that proved numbers can be just as sweet as chocolate.

While Reading Buddies is a staple in many schools, the Southwick staff saw an excellent opportunity to apply that same mentorship model to mathematics. On Valentine’s Day, they invited the first-grade classes to join them for a morning of themed challenges where the third graders stepped into a new role as the teachers.

To keep the energy high and the learning purposeful, there were several stations that turned standard math curriculum into fes-



Pictured top left are Cian McCormack, Luke Gregory, and Elijah Gregory; Top right are Scarlett Johnson, Alexandria Ernst, and Piper Jewett; Bottom are Theresa Woods and Kali Hibbard.

ive games such as Cupid’s Number Line, The Chocolate Box Match, Jeweled Necklaces, Love Monster Comparisons, Sweet Data and Conversation Heart Geometry.

The magic of Math Buddies was not just in the worksheets or the manipulatives; it was in the peer-to-peer connection. For the first graders, having a “big kid” guide them through a challenge reduced the “math anxiety” that can sometimes creep in. They were not just doing schoolwork; they were playing a game with a role model.

For the third graders, the benefits were even more profound. Acting as hosts and teachers required them to master the concepts well enough to explain them. We watched as students who sometimes struggle with their own confidence blossomed while helping a younger peer navigate a number line. They practiced patience, clear communication, and leadership.

Singer-songwriter duo to perform in Franklin



FRANKLIN — The Franklin Opera House, in partnership with the NH Music Collective, proudly presents acoustic duo and independent singer-songwriters Tyler Levs & Joliet4. Together, they are

MUTU4L, performing at Franklin Public Library Saturday, March 14 at 7 p.m.

Songwriters Tyler Levs and Joliet4 first met during the final round of an online vocal competition in 2019,

where Joliet emerged as the winner. Their mutual admiration quickly turned into a supportive friendship, with frequent exchanges of praise on social media—often ending with the phrase “It’s mutual.”

The pair’s first in-person encounter occurred at TwitchCon in San Diego, where they improvised a hallway jam using a guitar and a nearby door as a makeshift drum. Though the impromptu performance landed them in a bit of trouble, it cemented their creative chemistry.

Carefully balancing family responsibilities and solo careers, the two artists spent nearly four years cultivating a collaborative space. A road trip to SXSW in 2023 revealed how much more fluid and enjoyable songwriting could be when done face-to-face. Since then, they have committed to writing their debut album together, splitting time between New England and the Midwest while staying connected via Zoom.

nied by original video content on YouTube. A trip to SXSW in 2023 revealed how much more fluid and enjoyable songwriting could be when done face-to-face. Since then, they have committed to writing their debut album together, splitting time between New England and the Midwest while staying connected via Zoom.

MUTU4L will be performing at the Franklin Public Library in Franklin. This historic Carnegie library offers a warm, acoustically friendly environment ideal for an up-close musical experience. Attendees can expect a relaxed atmosphere that encourages interaction with the artists. Attendees can expect a relaxed atmosphere that encourages interaction with the artists.

Advanced tickets are

available on the Franklin Opera House Web site, www.FOHNH.org. Seniors & Students – \$16. Adults – \$18. All tickets at the door will be \$20.

Special thanks to Franklin-based businesses, Seufert Law and Beck & Bellucci, for sponsoring this event.

Wonderful Things Come In Small Packages...

Old Man Pendant from \$35

especially if they're from

Alan F. Soule Jewelers
286-8649
422 W. Main St. Tilton, NH
(across from Winnisquam HS)

Gold • Sterling • Diamonds
Colored Stones • Repairs
Custom & Handcrafted Items
Wedding & Family Jewelry

Historic night in freeskiing Big Air in Italy

Vermont’s Mac Forehand wins silver on an impressive night in Livigno

BY JOSHUA SPAULDING
Sports Editor

LIVIGNO, Italy — Vermont’s Mac Forehand saved his best for last in the freeski Big Air competition in Livigno on Tuesday, Feb. 17, but so did seemingly everyone else.

After posting a pair of 95.00 scores on his first two runs, Forehand went for broke and scored 98.25 on his third run, giving him a total score of 193.25 as the second to last skier of the night, which put him into the lead at the time. The last skier of the night, Norway’s Tormod Frostad, answered Forehand’s challenge and nailed a 98.50 to improve his overall score to 195.50, edging out Forehand by 1.75 points. Matej Svancer of Austria won the bronze, scoring 191.25.

“I’ve never been in that position with two 95s before. I usually always mess up on my first or second jump and have to play it

safe in my last two, but I landed the first two perfectly,” Forehand said. “I knew I had to one-up one of the tricks and I deliberated with my coaches for like five minutes at the top about what I should do. We talked about that trick for a while, and I just had to finally ski away and be OK and be alive.”

That trick that he was talking about wasn’t exactly on the list of things he expected to do on that night.

“It was a nose butter triple cork 2160. I think it’s the world’s first,” Forehand said. “I don’t think anyone’s done it before. I learned the nose butter 1980 in training on the second day of training for big air.

“Honestly, I didn’t think I’d be doing that trick today, but the moments aligned and it all worked out,” he added.

He also noted that it was

the quality of the competition that led him to have to pull out something he’d never done before.

“The level of tricks I’ve been doing tonight were insane, and not everybody was on. People were crashing, too, but the top five guys all landed insane tricks that would win any other contest day, he said. “I’m hyped to share the podium with those two guys, Matej and Tormod, good friends of mine. Tormod skied away from me tonight too, and it was cool to see him win that with those tricks.”

Team USA claimed three of the top five spots, with Troy Podnalsak finishing fourth (184.50) and Konnor Ralph fifth (178.00).

Frostad and Forehand both improved their placement from the Olympic Winter Games Beijing 2022 by six spots: Frostad was seventh and Forehand was eighth.

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

NORTH COUNTRY COINS, LLC
BUYING • SELLING • APPRAISALS
EST. 1989
WWW.NCCNH.COM
TUES - FRI 10-5 • SAT 10-3

HIGHEST PRICES PAID
All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.
NORTH COUNTRY COINS.
Main St., Plymouth, NH 536-2625.

Forest Pump & Filter Co.

Serving The Greater Lakes Region Area for Over 50 Years

WE DO IT ALL

WELL DRILLING

PUMP SYSTEMS

FILTERS

Family Owned Business for 40 Years

CALL FOR SERVICE

FOREST PUMP & FILTER CO., INC.

603-332-9037

SEND US YOUR NEWS!!!

Email Us @

news@
salmonpress.news

Opinion

Letter submission policy

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

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

The value of knowing each other

There is something quietly powerful about living in a place where people recognize one another.

In Belmont, Northfield, Sanbornton and Tilton, it is still possible to walk into a town office, a local market or a school event and be greeted by name. That familiarity is not accidental. It is built over years of shared experiences — serving on committees, cheering from the sidelines, volunteering at fundraisers, or standing in line at the transfer station on a Saturday morning.

In larger communities, anonymity can be convenient. In small towns, connection is an asset.

When we know one another, we tend to look out for one another. A neighbor notices when a driveway hasn't been plowed. A teacher recognizes when a student is having a hard week. A local officer understands the rhythms of a neighborhood because he or she has patrolled the same streets for years.

That kind of awareness cannot be replicated by policy alone. It grows from familiarity.

Our schools reflect this dynamic every day. Teachers and staff members often know not only their students but their siblings, and sometimes their parents. Coaches see athletes mature from middle school through graduation. Guidance counselors understand family histories and community context in ways that help them support students more effectively.

The same holds true in town government. Select board members, planning board volunteers and budget committee participants are not distant figures. They are neighbors. Disagreements happen, as they should in any healthy community, but they occur among people who are likely to see each other again at the grocery store or at a local event.

That proximity encourages civility.

It also reminds us that decisions made in meeting rooms affect real people — people we know.

As communities across the state grow and change, maintaining that sense of familiarity takes effort. New residents move in. Longtime families move out. Businesses open and close. Schools welcome new faces each fall.

Integration matters. A town remains strong when newcomers feel invited into the life of the community and when longtime residents remain open to fresh ideas and energy. It is not about preserving the past unchanged. It is about preserving the culture of knowing and caring.

There are simple ways to reinforce that culture. Attend a school concert or a youth sports game. Stop by a local board meeting, even when no issue directly affects you. Introduce yourself to a new neighbor. Volunteer for a committee, even if only for a short term.

These are small actions, but in aggregate they shape the character of a town.

In an era when many people feel disconnected from institutions and from one another, small towns offer a reminder that community is not an abstract concept. It is built person by person, handshake by handshake, conversation by conversation.

The value of knowing each other cannot be measured on a balance sheet. Yet it may be one of the greatest strengths our towns possess.

Protecting that strength is not complicated. It simply requires that we continue to show up, to engage, and to remember that in a small town, we are not strangers passing through. We are neighbors sharing a place — and a future.

COURTESY
Please join the Belmont Fire Department in congratulating our new Fire Chief, Donald Pickowicz (pictured here with his family)! With more than 17 years of dedicated service in the fire industry, including the past two years proudly serving the Town of Belmont as the Assistant Fire Chief, Chief Pickowicz brings a deep commitment to our community and to the growth of our department. We are excited for this next chapter and confident that Belmont Fire is in great hands. Congratulations, Chief Pickowicz! Photo courtesy of the department's Facebook page.



The sound of a snowplow at dawn

There are certain sounds that tell you exactly where you are.

A Loon call across a summer lake. The hollow thump of a screen door closing in July. And in this time of year, before the sun has even considered rising, the steady scrape and rumble of a snowplow moving down your road.

I heard it the other morning, long before my alarm. That low diesel growl, the metallic rhythm of blade against pavement, the soft hiss as sand and salt hit the frozen surface. I lay there for a minute and listened. I did not need to look out the window. I knew what was happening.

Someone was out there making the day possible.

We do not often see the plow drivers. By the time most of us pour our first cup of coffee, the road is passable and the work is done. We back out of our drive-

KIND FOLKS, COLD WINTERS

By CHIPPY

ways, maybe grumble about the ridge of snow at the end, and head off to work, to school, to wherever we are needed.

But someone was awake when we were not.

I have always thought there is something uniquely New Hampshire about that arrangement. We understand weather here. We do not panic at the first forecast. We stock up, we check the shovel, and we go about our business. And when the snow comes, we trust that the people responsible for clearing it will do their part.

It is a quiet trust.

I have spoken to plow drivers over the years, usually in the warmer months when the urgency has faded. They do not romanticize the job. It is long hours, unpredictable sleep, constant focus. The roads they know so well in daylight look

entirely different at 2 a.m. in a storm. Every mailbox, every curve, every narrow stretch between stone walls demands attention.

Yet they show up.

There is a discipline to that kind of work. You cannot decide you are not in the mood for it. You cannot put it off until morning. Snow has its own schedule, and so do the people who move it.

When I hear that first pass down our road, I feel a kind of reassurance. Not because I enjoy being woken up early, but because it signals that the machinery of community is in motion. The town crews are out. The contractors are out. Neighbors are already brushing off trucks and warming up engines.

Before long, the sound shifts. A second pass, smoothing what the first one cleared. Then the distant whine of a snowblower somewhere up the street. A shovel scraping a walkway. The thud of snow sliding off

a roof.

By mid-morning, the world looks calm again, as if it all happened effortlessly. Fresh banks line the roads. Driveways are carved out like neat little corridors. Life resumes.

I think about that sometimes when we talk about self-reliance. We prize it here, and rightly so. But even self-reliance has help behind it. The cleared road. The sanded hill. The unseen driver who made sure you could get where you needed to go.

We may not wave as the plow goes by in the dark, but we notice when it does not. And that tells you something.

The sound of a snowplow at dawn is not poetic in the traditional sense. It is loud. It rattles the windows. It interrupts sleep. But it carries with it a promise: you are not on your own.

In a place where winters still mean something, that promise matters.

LETTER TO THE EDITOR

Lakes Region Community College: Your college on the rise

To the Editor:

Community colleges play a powerful role in strengthening the regions they serve. According to the American Association of Community Colleges, areas with higher community college enrollment experience increased income levels and lower unemployment. That's especially encouraging for our community, where Lakes Region Community College (LRCC) continues to grow. We are, without question, a college on the rise.

Recently, I had the opportunity to share some updates with local leaders and our faculty and staff. I think it's important to share this information with our broader community since accessible education doesn't just support students; it strengthens the entire region.

Student enrollment has increased.

Over the last four spring semesters, LRCC's unique student enrollment in credit-based programs increased 14.2 percent. LRCC serves over 2,200 learners annually across degree programs, Early College, and non-credit workforce training. Over the past five years, that represents more than 900 additional students. That is not a minor shift.

Getting students to their personal finish line is even more important. At LRCC,

75 percent of full-time students re-enroll year-to-year; a full 5 percentage points above the national average. When students persist at this level, they have the structure and support to reach their goals, even with the realities of childcare, transportation issues, and financial pressures.

We remain an affordable option.

Since 2011, CPI inflation has risen by roughly 37 percent. Over that same period, LRCC tuition increased only 6.25 percent. This reflects a commitment to keep higher education and workforce training within reach. But affordability requires stewardship. Through careful management and operational efficiencies, LRCC's total expenses are lower today than they were in 2019. While our impact grows, we remain disciplined about cost.

More than 70 degree and certificate programs are available.

We offer more than 70 degree and certificate programs aligned with the needs of our region and state. Our most in-demand pathways include nursing, fire science, automotive technology, culinary, electrical systems, and business. Our workforce development has also expanded significantly, with 15 training programs that deliver

faster entry into good jobs, stronger retention for employers, and greater stability for families.

We are proud members of our community.

LRCC is part of the region's civic and economic infrastructure. We partner with local organizations, participate in community events, and help convene employers and educators around shared challenges. When LRCC is strong, the Lakes Region is stronger. I cannot be prouder of the success of our college and our community. But we are mindful that we must address the constraints that can slow progress.

Capacity in high-demand programs is limited. Some programs require specialized labs, equipment, clinical placements, and faculty that require investment and planning.

Recruiting and retaining qualified faculty and trainers is increasingly competitive. We ask skilled professionals to teach in a labor market where their expertise is in high demand.

Many students face barriers with transportation, childcare, housing instability, and the rising cost of living. These challenges are often the difference between a student completing a credential or dropping out. We need your help. If you are an employer,

we need your partnership through advisory engagements, internships, apprenticeships, financial support, and direct feedback about the skills you need most. Reach out to discuss how we can build the workforce pipeline together by emailing lrcinfo@lrcc.edu or calling 603-524-3207.

If you are a community leader or policymaker, we need continued investments to expand capacity and remove barriers. Supporting community colleges is one of the most direct, measurable investments for workforce readiness and economic stability.

And if you have the ability, please consider a gift that will support LRCC and its students. Visit <https://www.lrcc.edu/about/donate-to-lrcc>.

LRCC's momentum is inspiring and the data is clear. But what matters most is what that momentum represents for all of us: more residents learning new skills, more families accessing opportunities, and more employers finding the workforce they need.

I invite you all to help us continue our work and become part of our college on the rise.

Patrick Cate
President, Lakes Region
Community College
Laconia



Winnisquam Echo

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

SUBSCRIPTION SERVICES:
KERRI PETERSON
(603) 279-4516 x303
kerrip@salmonpress.news

TO PRINT AN OBITUARY:
E-MAIL: obituaries@salmonpress.news
CALL: 603-677-9084

TO SUBMIT A LETTER TO THE EDITOR:
E-MAIL: brendan@salmonpress.news

USPS 024-975
The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253.
POSTMASTER:
Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.

THE WINNISQUAM ECHO
PUBLISHED BY
SALMON PRESS

PRESIDENT & PUBLISHER
FRANK C. CHILINSKI
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DINICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

MANAGING EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

League of NH Craftsmen Gallery celebrates maple sugaring season



MEREDITH — The League of New Hampshire Craftsmen, Meredith Fine Craft Gallery recognizes that as winter slowly gives way to spring, maple sugaring season arrives with one of New England's sweetest traditions. To celebrate this cherished time of year, the Meredith Gallery is delighted to showcase a collection of handmade maple syrup pitchers that are beautiful, functional pieces crafted to bring warmth and artistry to your table.

Each pitcher is thoughtfully handmade by skilled, juried artisans Michael Gibbons, Jennie Blair, and Laurel MacDuffie, featuring rich glazes, comfortable handles, and formed spouts designed for a smooth, steady pour. From rustic earth tones to classic wintery scenes, every piece reflects the natural beauty of the season and the craftsmanship behind it. No two pitchers are exactly alike, making each one as spe-

cial as the syrup it holds.

Maple syrup time is more than a season — it's a ritual. It's early mornings, stacks of pancakes, and gathering around the table with family and friends. These handcrafted pottery pitchers elevate that experience, transforming a simple breakfast into something memorable. Durable stoneware construction ensures they're made to last for many syrup seasons to come.

Whether you're hosting a weekend brunch, gifting a maple syrup lover, or simply embracing the sweetness of the season, these pitchers are a timeless addition to any kitchen. Celebrate maple syrup season with art you can use, cherish, and pass down one sweet pour at a time.

The Meredith Fine Craft Gallery invites you to come in to find your special maple syrup pitcher. For more information, please call the Gallery at 603-279-7920 or visit our website meredith.nhcrafts.org. The League of NH Craftsmen Gallery is located at 279 DW Highway, Meredith.

The League of NH Craftsmen is a non-profit organization that encourages and promotes the creation, use and preservation of fine contemporary and traditional hand crafts. The League represents the signature of excellence in fine craft, through the work of its juried members and its rigorous standards for self-expression, vision, and quality craftsmanship. Top of Form

Leadership Lakes Region convenes local experts to examine economic realities, housing needs



FRANKLIN/LA-CONIA — On Feb. 11, Leadership Lakes Region (LLR) held its Economic Issues Day, an intensive dive into the fiscal forces shaping New Hampshire's Lakes Region.

The program began in Franklin with Marty Parichand, (Outdoor New England) detailing the city's downtown revitalization. A panel facilitated by Kim Sperry (LLR 09) followed, featuring Amy Landers, Lakes Region Tourism (LLR 00), Karmen Gifford, Lakes Region Chamber of Commerce (LLR 09), and Danielle Scadova-Vose, Lakes Region Planning Commission, focusing on the intersection of tourism and local business.

Heather Shank, (Leadership Greater Concord), Senior Planner, Department of Business and Eco-

nomics Affairs addressed the critical shortage of affordable housing and childcare, illustrating how these "twin pillars" dictate workforce retention.

In the afternoon, the class transitioned to WORK Lakes Region in Laconia for a lunch sponsored by Grappone Auto Group. Owner Jodie Gallant (LLR 12) shared her entrepreneurial journey and strategies for growth. The session continued with Chris Logan, President & CEO of Bank of New Hampshire, who provided insights into the economy, changing banking trends and impact of community banking.

Participants then tackled "The Impossible Pie," a budget simulation facilitated by Dona Murray (LLR 12) regarding public sector trade-offs. The day concluded with a housing

impact panel facilitated by John Beland (LLR 05), featuring experts Joia Hughes, City of Laconia, Kim Lesniewski, Meredith Village Savings Bank (LLR 18), Carmen Lorentz, LR Community Developers (LLR 12), Scott Knowles, and Chris Adams, Re/Max Bayside (LLR 15).

The heavy involvement of alumni—ranging from LLR 00 to LLR 18—underscored the program's long-term impact on community leadership.

"Today was about understanding how a mortgage rate in Laconia and a school budget meeting are all connected," noted one participant.

LLR is a 501(c)(3) non-profit dedicated to developing informed community leaders. To learn more, visit www.leadershiplakesregion.org.

Northfield resident named to Simmons University Dean's List

BOSTON, Mass. — Lizzy Boucher of Northfield has been named to the 2025 fall semester dean's list at Simmons University in Boston.

To qualify for dean's list status, undergraduate students must obtain a grade point average of 3.5 or higher, based on 12 or more credit hours of work in classes using the letter grade system.

About Simmons University

Located in the heart of Boston, Simmons is a respected private university offering nearly 50 majors and programs for undergraduate women and graduate programs open to all on campus, in blended formats or entirely online, in nursing and health sciences, business, communications, social work, public health, library and information science, and more. Founded in 1899, Simmons inspires a culture of education, connection, and action through high-impact learning with engaged faculty, an immersive community that forges lifelong networks, and career-centered programs that accelerate professional success. The result is a Simmons experience that prepares graduates to thrive as they launch and advance in their careers. For more information, please visit www.simmons.edu.

Early childhood developmental screening appointments available March 13

TILTON — Do you have a child aged three, four, or five who is not yet kindergarten aged? Do you have any concerns regarding their progress in early academics, communication, fine motor, or gross motor skills? The Winnisquam Early Learning Center has screening appointments available on Friday, March 13.

Please contact Jessie Heath, WRSD preschool coordinator, to schedule an appointment for your child. She can be reached at jheath@wrsdsau59.org or 603-286-2034. Winnisquam Early Learning Center (WELC) - part of the Winnisquam Regional School District- is staffed with early childhood special educators, a speech and language pathologist, occupational therapist, and physical therapist. WELC is a special education preschool program that provides specially designed instruction and therapy for children who are found eligible for special education services through an evaluation process.

The qualified staff at WELC can screen your child and make recommendations for further evaluations, if necessary, that could qualify your child for support and services at Winnisquam Early Learning Center if they are found eligible! Contact Jessie Heath to schedule your appointment!

Northfield town election takes on a new look

NORTHFIELD — The town of Northfield is excited to be using a ballot tabulator for the first time during this year's annual town election on March 10.

The machine will help streamline the end of election process and provide us with the most accurate results.

What hasn't changed? You will need to bring identification; you will need to check in with our ballot clerks to receive your ballot and then proceed to the booths to mark your ballot.

What has changed? The ballots will look different, instead of placing your ballots into a wooden ballot box, they will be inserted into the tabulator, which will scan the ballot and drop it into the box attached. You will also not have to check out with a ballot clerk. Place your marked ballot into the scanner and be on your way!

We look forward to seeing everyone on Election Day!



- Residential Site Work
- Commercial Site Work
- Septic Systems Installed
- Driveway & Road Construction
- Sand - Gravel - Loam

Route 3 • Meredith, NH • 03253
279-4444

Comfort Keepers
Elevating the Human Spirit

A helping hand through winter's chill

Comfort Keepers® high-quality in-home care helps seniors live safe and independent lives in the comfort of their own homes.

- Personal care
- Companionship
- Meal preparation
- Medication management
- Alzheimer's and Dementia care
- Medical alert systems
- Private duty nursing
- Respite care

Contact us for a consultation:
(603) 536-6060
NHComfortKeepers.com

© 2025 CK Franchising, Inc. Most offices independently owned and operated. 1125

Taking some turns in the mountains of northern Italy



JOSHUA SPAULDING

Standing at the top of the ski slope near my hotel in northern Italy, about to make my first ever descent on foreign snow.

I guess I'll go skiing. Those are words that Gilford alpine coach and band director Lyvie Beyrent, a college friend, uses all the time when she puts on her skis for another day on the slopes.

For me, I decided to take those words and put

them into action, even half a world away.

Last Monday was a day without a lot on the schedule that was easy to get to and/or I needed to cover. One of the Chinese journalists staying in the same hotel had noted he had gone skiing at Kronplatz,

a large ski area that hosts World Cup events near the Anterselva Valley. He also said he had gone skiing just up the road from the hotel at a small local hill.

Not wanting to take my chances with buses, given the luck I was having across my two weeks in

the mountains, I decided on the small hill just up the road from the hotel, which would also be a much cheaper option. I originally planned on going on Saturday, but when I walked up there was a large race going on, which was taking up most of the slope, so I decided against skiing that day.

But Monday morning, it was fairly quiet and the freshly-fallen snow called out as I walked up the hill. I went into one of the most fully-stocked ski rental areas I have ever seen, particularly for a tiny little ski area with one lift and one real slope. I filled out some paperwork on a computer screen and the helpful woman outfitted me with skis, boots and poles and even had a helmet and goggles, since I didn't have either (it is a law that you have to wear a helmet skiing in Italy). The grand cost? A whole 40 euros.

I then walked upstairs to the ticket window and

SPORTING CHANCE

By JOSHUA SPAULDING



bought a two-hour ticket for 19 euros. I figured two hours would be about what I could handle without ski pants or gloves and I was basically right. The snow that was falling when I got there eventually stopped and I was left with a few inches of fresh powder on top of the groomed track.

The lift was essentially a t-bar, at least it worked the same way. And from the bottom it didn't seem like it was all that long. But truth be told, it was further up than I realized and once I got to the top, it took me a bit longer to get down the hill than I expected.

But man, the conditions were fantastic. It was about as perfect as I could have asked for as the sun came out for a while and you could look up and down the valley as you made

your way down the slope.

Just about the time my ticket was going to expire, a group of students showed up for ski lessons, making the line for the lift a bit longer (there were only maybe 10 people there before the group showed up), so it was basically perfect timing.

I turned in my rental gear and walked back to the hotel satisfied that I had done something I didn't think I'd ever do... Ski in the mountains of Italy. And it was pretty cool.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meriden News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Coos County Democrat and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meriden, NH 03253.

Historic day for US cross-country skiers

Vermont's Ben Ogden wins his second medal of the Olympics



JOSHUA SPAULDING

Skiers take off from the start of the sprint relay at the Tesero Cross Country Stadium on Wednesday, Feb. 18.

BY JOSHUA SPAULDING
Sports Editor

TESERO, Italy — It was a historic day for the

US cross-country skiing team at the Tesero Cross Country Stadium on Wednesday, Feb. 18.

The US team of Vermont's Ben Ogden and Gus Schumacher finished with the silver medal,



Cross-country skiing competition at the Milan-Cortina Winter Olympics took place at the Tesero Cross Country Stadium.

Team USA's first ever medal for the men in the cross-country team sprint freestyle event.

Ogden and Schumacher battled through a tight pack in the early exchanges, keeping close to the leaders. Ogden's 3:14.3 first leg set a strong pace, and Schumacher maintained it, giving the team a cumulative 6:28.6. As the race progressed, Ogden's third leg moved the team up the standings, and Schumacher's powerful anchor of 2:43.25 brought the final total to 18:30.35, earning them second place overall.

The medal marked Ogden's second medal of the Milan-Cortina Olympics, making him the most decorated cross-country ski athlete in Team USA history. Team USA men had only won one cross-country skiing medal prior to the Milan-Cortina Olympics.

"It's pretty crazy. It's huge," Ogden said. "Every good result, be it an Olympic medal or a podium at the World Cup or junior worlds or whatever, gives you and the whole team a boost, because we all train together and race together.

"The others know that when we have success they can have success, and I think it's just going to snowball, which is going to be awesome," he con-

tinued.

"The whole of the Olympics have been a development in my mental state, believing in myself, bouncing back from things that could shake me a little bit, and just keep going forward, keep fighting," Schumacher said. "Today, my issue was that I was pretty nervous in the morning. To be able to get out there and forget about it, race instinctually and just be ready to go hard and give it everything I've got is something I'm proud of in terms of development."

And Schumacher had nothing but praise for his teammate's historic Olympic Games

"It wasn't a fluke that Ben got a medal," Schumacher said. "You saw him race every heat just like crazy and that's been going on all season."

Ogden and Schumacher placed first in the qualifying rounds of the men's cross-country team sprint event to secure a place in the finals. Ogden completed the red course in 2:52.91, placing fourth in the heat, while Schumacher finished the blue course in 2:52.81, the third best time in the heat, for a combined time of 5:45.72. This was the first time in Olympic history that any U.S. man or men's team had led

a phase of cross-country skiing competition.

Prior to the men's competition, the US women took to the course, with arguably the best American cross-country skier ever, Jessie Diggins teaming with Julia Kern.

Diggins and Kern bounced between second and fifth through the first five exchanges and were just 2.3 seconds off the lead after the third exchange. Diggins' first two legs were the second best behind eventual gold medalist Sweden, but the final two legs saw the Americans fall 11.54 seconds back to finish fifth.

The duo finished seventh in the qualifying round to secure a place in the finals. Diggins completed the red course in 3:17.48, the second best time in the heat, while Kern finished the blue course in 3:31.95, placing 26th, for a combined time of 6:49.43. The Americans were 19.49 seconds behind Sweden, which led the field.

Diggins and Kikkan Randall won this event in PyeongChang in 2018, the first-ever American medal in the event.

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

penny pitou Travel

WELCOMES YOU TO

Passport to the World Travel Show

THE MARGATE RESORT, 76 LAKE STREET, LACONIA NH

Saturday March 28th 10am-2pm

ADMISSION IS FREE

Celebrating 50 Years of Exploring Our World!

WIN A TRIP FOR 2

"SPOTLIGHT ON SOUTH DAKOTA"

PRESENTATION SCHEDULE

10:30 - SILVERSEA, BOB TOLSTER

11:00 - ROCKY MOUNTAINEER & CANYON SPIRIT, JOHN RAICHE

11:30 - SAGRES VACATIONS, MARCO FERNANDES

12:00 - AMERICAN CRUISE LINE, APRIL PIAZZA

12:30 - COLLETTE, ANDREW LEIGHTON

1:00 - LINDBLAD/NATGEO, JERILYN GIACONE

1:30 - AMA WATERWAYS, STEPHEN BATJIKA

We've Invited All The Experts:
Show Sponsored By Penny Pitou Travel

Collette, American Cruise Lines, Rocky Mountaineer, Canyon Spirit, Lindblad Expeditions/Nat Geo, Trafalgar, Viking, CIE Tours, Holland America, Globus Journeys, Avalon Waterways, Silversea, AMA Waterways, Tauck Tours, Scenic & Emerald River Cruises, Abercrombie & Kent, Princess Cruise Line, Royal Caribbean Cruises, Paul Gaugin, Marriott Hotels, Uniworld Boutique River Cruises, Jamaica Tourist Board, Quest Adventures, Ciao Italy and Grace Bay, Travel Insured, Villas of Distinction, Sagres Vacations, Star Clippers, Sagres Vacations.

Jack Hughes nets overtime winner as US men's hockey wins gold



JOSHUA SPAULDING

The ice is littered with all manner of hockey equipment as Team USA celebrates the gold medal in Milan on Sunday.

BY JOSHUA SPAULDING
Sports Editor

MILAN, Italy — Last time it was a miracle. This time, it may have been a bit more expected.

The US men's ice hockey team battled its way through the Olympic tournament before meeting up with rival Canada in the gold medal round on Sunday, Feb. 22.

The Canadians gave the US men everything they could handle before Team USA captured its first Olympic men's hockey gold since the Miracle on Ice team in the 1980 Olympics in Lake Placid, N.Y.

The match started well for Team USA when Matt Boldy took a pass from Auston Matthews in the neutral zone and charged down the ice. He split two Canadian defenders and deftly slipped the puck past goalkeeper Jordan Binnington's stick to give Team USA an early 1-0 six minutes into the contest.

Canada mounted tremendous offensive pressure throughout the second period, testing Team USA goalkeeper Connor Hellebuyck multiple times. They finally broke through for the equalizer when Cale Makar found the net from the right wing 1:45 before the second intermission.

The Canadians continued to pressure Hellebuyck at the start of the third period, sending in 10 shots in the first five minutes. Hellebuyck was able to withstand the onslaught,

leading to a 1-1 score at the end of regulation.

The game advanced to the sudden-death overtime, where it took Team USA only 1:41 to close it out. Jack Hughes took a pass from Zach Werenski and rifled it under Binnington's pads from the left side, giving Team USA the win.

"It doesn't matter about the goal. Just an unbelievable team win," Hughes said. "And we're just so proud to be American and win. We're so proud to win for our country, and you know, just win for the USA Hockey brotherhood."

"The best experiences I have are playing for my country, playing to break the golden drought with this group of guys and for us to win gold here at the Olympics, just an unbelievable moment," he added. "Listen, they probably outplayed us a little bit tonight. Our goalie stood on his head though, and then overtime we both have skilled players, so anything can happen."

"I'm proud of the resilience. I'm proud of how we handle adversity, and just how that belief never wandered and never wavered to the death," said Brady Tkachuk. "I knew that was a belief that we had, but for it to be reality, this is an insane feeling."

This was the eighth meeting between Team USA and Canada in the Olympic gold medal game.

The only other time Team USA won was at the Olympic Winter Games Squaw Valley 1960.

It is the third time Team USA has won the Olympic gold medal in men's ice hockey. The other two were in 1960 and Lake Placid 1980.

Team USA's medal count in men's hockey now stands at three gold, eight silver, and one bronze.

Semifinals
Team USA advanced to the men's ice hockey gold medal game with a 6-2 victory over Slovakia in semifinal action Friday night at the Milano Santagiulia Ice Hockey Arena.

Dylan Larkin connected on a lightning strike goal at 4:19 that ticked off Samuel Hlavaj's stick, giving the US the early advantage. Tage Thompson scored a power play goal with 41 seconds left in the period, taking a feed from Jack Eichel on the left side and one-timing it off Hlavaj's shoulder and into the net. That made gave Team USA a 2-0 lead at the first intermission.

The US broke the game open in the second period when Jack Hughes and Eichel scored back-to-back goals within 19 seconds of each other, making the score 4-0 at the 32:33

mark. That prompted Slovakia head coach Vladimir Orszagh to bench Hlavaj in favor of Stanislav Skorvanek. It took less than six minutes for Skorvanek to surrender a goal, as Hughes picked up his second of the period at 38:24.

Slovakia finally got on the scoreboard at 44:55 when Juraj Slafkovsky caught Hellebuyck flat-footed and slipped it past him into the lower right corner for a 5-1 score. Neither team let up in their intensity, as Brady Tkachuk scored on a break-away with nine minutes remaining and Pavol Rengenda answered at 53:17

to trim the margin back to 6-2.

Zach Werenski led all scorers with three points from three assists. Jack Hughes earned two points with his two goals, while Thompson, Eichel and Brady Tkachuk each had two points from a goal and an assist.

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



NOW
HIRING

CREW MEMBERS

Check Out Our Benefits

- Startup Bonus
- Monthly Profit Bonuses
- Boot Allowance
- Paid Holidays
- Minimal Weekends
- 401K
- Health Insurance
- Paid Dental
- Aflac

Reach Out To Join Our Team
(603) 279-1499
sales@bryantpaving.com

Care with purpose, work with heart.

DO YOU WANT TO MAKE A DIFFERENCE IN SOMEONE'S DAY? HOW ABOUT SOMEONE'S LIFE?

We are hiring compassionate Care Professionals to provide care for aging adults in their homes!

We offer:

- | | |
|-------------------------------|-----------------------------|
| PAID TRAINING | PAID TIME OFF |
| OFFICE SUPPORT AVAILABLE 24/7 | 401K |
| PART & FULL TIME POSITIONS | 16 HOUR PER WEEK MINIMUM |
| FLEXIBLE SCHEDULING | \$19 AND UP WITH EXPERIENCE |

(603) 569-7733
homeinstead.com/796



Each Home Instead® office is an independently owned and operated franchise of Home Instead, Inc., an Honor company. ©2025 Home Instead, Inc.



CAN'T-MISS MUST-HAVES



\$5.99

WD-40® Specialist Silicone Lubricant

6465934



\$109.00

Shop-Vac Vacuum Wet/Dry 5.5Php 12Ga Blk

1936277



\$34.99

1/4-In. x 100-Ft. Polypropylene Air Hose

2556587



\$12.99

O-Cedar Broom Pet W/ Step On Dust Pan

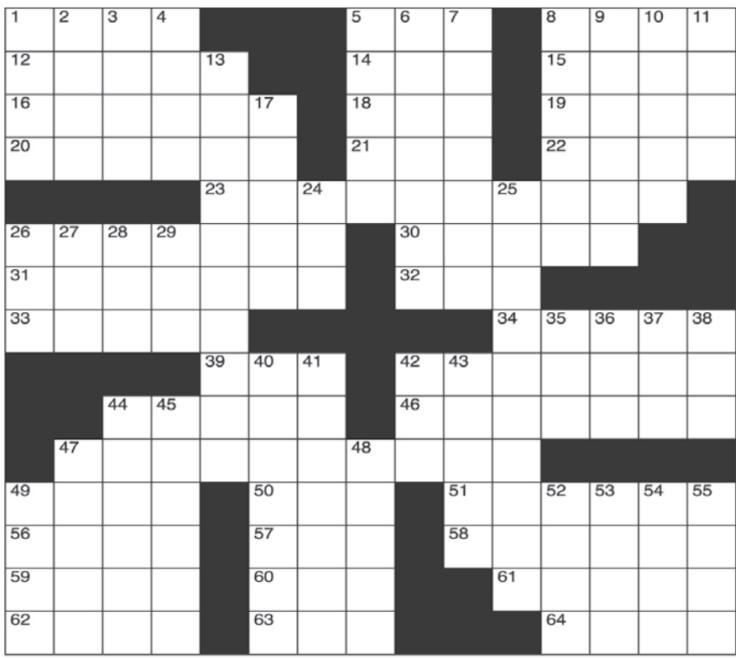
4173803



14 Retail Locations Throughout NH & VT
Visit Us Online at LaValleys.com

Sale Prices Valid February 16th - February 28th. While Supplies Last



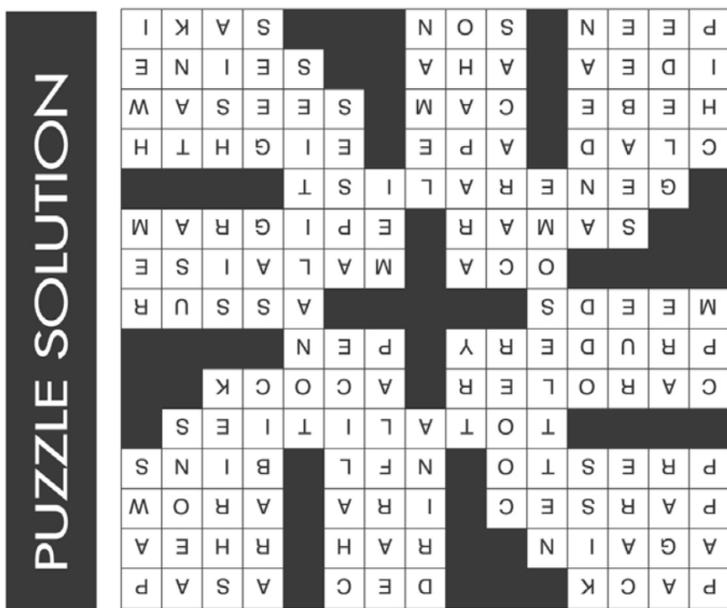


CLUES ACROSS

- 1. What travelers must do
- 5. Calendar month
- 8. Hopefully quickly
- 12. Once more
- 14. Bravo! Bravo! Bravo!
- 15. "Cheers" actress Perlman
- 16. Astronomy unit
- 18. Savings vehicle
- 19. Get your ducks in this
- 20. Right away
- 21. Popular sports league
- 22. Containers
- 23. Entireties
- 26. One who wassails
- 30. Turned-up position
- 31. Extreme modesty
- 32. Writing utensil
- 33. Rewards (archaic)
- 34. Ancient capital
- 39. S. American wood sorrel
- 42. General discomfort
- 44. Philippine island
- 46. A witty saying
- 47. One who summarizes
- 49. Covered in
- 50. Mimic
- 51. Henry was a notable one
- 56. Daughter of Hera and Zeus
- 57. Retired NFLer Newton
- 58. Playground equipment
- 59. Concept
- 60. Satisfaction
- 61. Fishing net
- 62. Hammer end
- 63. A father's male child
- 64. Japanese drink

CLUES DOWN

- 1. Off-Broadway figure
- 2. Gelatinous substance
- 3. Concern
- 4. "Lick It Up" rockers
- 5. Serbian river
- 6. Part of a hat
- 7. Bowl-shaped drinking vessel
- 8. Semitic language
- 9. Utter a shrill cry
- 10. Long times
- 11. Animal parts
- 13. Causing annoyance
- 17. Amorous talker
- 24. Attempt
- 25. Harmonic effects
- 26. Cost per mile
- 27. They ___
- 28. Bitterly regret
- 29. Not even
- 35. A way to drop
- 36. Title of respect
- 37. World leader
- 38. Georgia rockers
- 40. National capital
- 41. Great Plains people
- 42. Duck-sized dinosaur genus
- 43. Architectural recesses
- 44. Member of U.S. Navy
- 45. Mountainous
- 47. Kite bird
- 48. Sweetheart (archaic)
- 49. Popular snack made of potato
- 52. 70s songsters The Bee ___
- 53. SE China port ___-men
- 54. Something to fill up
- 55. League of Legends character



COUGARS

CONTINUED FROM PAGE A1

afternoon. The win avenged last year's tough 49-43 loss in the finals.

"They had an excellent game for what they wanted to do, but it wasn't the Xs and Os that was the difference," Belmont coach Tony Martinez said after his Red Raiders had their unbeaten season come to an end at 18-1. "They just executed better than us. They really just made more plays than we did."

That is how it unfolded. After going toe to toe with the Cougars (14-6) in the opening minutes, things slowly got away from Belmont. The Red Raiders had some untimely turnovers, and missed open looks they usually knock down. The home team also hit just 7 of 17 free-throws (5 of 13 in the pivotal second half).

Kearsarge, meanwhile, knocked down 20 of 28 of its free-throws (15-21 in the final two frames).

"It really came down to us not executing shots down the stretch," coach Martinez said. "We had the looks and opportunities. We just didn't execute. And ultimately foul trouble hurt us, losing those types of players down the stretch didn't help, but I give them all the credit."

It had the makings of a classic from the opening tip as both teams came out hard, flying up and down the court. The lead exchanged hands eight times in the opening eight minutes. Brody Ennis knocked down a three to give the hosts a 14-13 lead with 2:29 left in the opening frame.

Whipple answered on the other end with a pull up jumper at the free-throw line and made a steal and finish to make it 17-14 Kearsarge on the next Belmont possession. Evan Martinez scored the next five Belmont points, two free throws and a three-pointer sandwiched around a Kearsarge bucket to pull the Red Raiders even at 19-19. Whipple though scored the next four points to give the Cougars the lead at the end of one, 23-19.

It would be a lead the

visitors would not give up.

Whipple helped set the tone with 13 points in the opening quarter, while Martinez had 10 for Belmont.

The offensive fireworks slowed down in the second quarter as both teams scored just nine points apiece. Martinez drained a three to pull Belmont within one (23-22), but the Cougars would run off the next nine points. A Blake LaMonthe offensive put back capped the run, giving the visitors a 32-22 lead and coach Martinez called a timeout to settle his team down with 3:17 left in the opening half. It cooled off Kearsarge, allowing the Red Raiders to cut their deficit to 32-28 at the half.

The Belmont run would extend into the third quarter as Wyatt Bamford knocked down a three-pointer in the first minute of the second half, extending the run to 9-0 and trimming Kearsarge lead to 32-31.

That though would be as close as the hosts would get the rest of the way.

Blake Grieco and Whipple knocked down back-to-back three-pointers, getting the Cougars back on track. Kearsarge would extend its lead to 10 again. Despite missed layups and other opportunities, the Red Raiders wouldn't go away. A Wyatt Divers bucket followed by a Martinez conventional three-point play would bring the Red Raiders within three (44-41).

Kearsarge though had an answer and took a 51-45 edge after three quarters.

In the final eight minutes, the Red Raiders climbed within four points three times. Down four with just under two minutes to go, Belmont came up with a steal and had a chance to climb closer. A three-point attempt though came up short, and the Red Raiders had to foul. The last came with 1:24 left when Ennis knocked down a jumper. The Cougars though took care of the ball and knocked down their free throws to hold off Belmont down the stretch.

"We got into a situation where we had to foul and the kid who I believe is the Player of the Year in Divi-

sion III (Whipple) did what he's supposed to do, hit his free-throws," coach Martinez said.

Whipple did it all for the Cougars. The junior guard knocked down three three-pointers and knocked down 16 of 19 attempts at the free-throw line (9-11 in the final quarter).

"We prepared for him," coach Martinez pointed out. "I think we were so prepared for his outside shot that we backed off his driving ability, and we were late with our weakside help defensively."

While Whipple was a force that powered the Cougars, the talented junior had solid support around him. Carter Wheeler, Blake Grieco, and Blake LaMothe all finished with 10 points.

"I think we had a hard path to get back there," said coach Martinez. "Obviously, we were playing Kearsarge, a team we beat for the championship last year. They were coming in here motivated. If we beat them we would have likely faced Gilford and you know they would come in motivated. The rankings really didn't mean much 1 through 9. Any one of those teams could win it all."

Evan Martinez led the Red Raiders with 25 points. The 15-year-old freshman hit four three-pointers and went a perfect 5 for 5 at the free-throw line. Ennis poured in 22 points. Bamford netted five off the bench, while Brady Fysh and Wyatt Carroll had three apiece. Owen Viar and Wyatt Divers had two apiece.

While the season came to a disappointing end, it was still an outstanding campaign for the Red Raiders that coach Martinez hopes his squad can build on.

"Let's be honest, we didn't return a lot of experience from that championship team, and those guys had a lot of experience," he said. "This team had a great season. This wasn't a failure. We now return with this experience. But this was my first group for four years so to see these guys go out like this is heartbreaking."



Belmont's Wyatt Bamford, right, and Kearsarge junior Eli Whipple battle for a rebound during the third quarter of Saturday's NHIAA Division III boys' basketball quarterfinal clash in Belmont.

PETS OF THE WEEK

Meet Woody!

Woody is a small terrier mix with BIG puppy energy and an even bigger personality! At around 6 months old, this bouncy boy loves to jump, pounce, prance, and generally keep life exciting ne can be a bit shy at first, but once he decides you're his person, get ready—his silly side comes out in full force!

Woody is equal parts sweet and spunky. One minute he's gentle and affectionate, the next he's showing off his zoomies and expressive eyebrows like he's starring in his own cartoon. His tall, floppy ears only add to the comedy.

There's truly never a dull moment



with Woody! He's looking for a home that's ready for puppy fun, playful antics, and helping a shy guy build confidence while he grows into the awesome dog he's meant to be.

Meet Duke!

his recall command daily. With a low to medium energy level, he's the definition of mellow and laid-back. Duke keeps his kennel tidy and shows his smart, curious personality through his gentle and playful nature. He's cuddly, independent, and loves bouncing around while playing. On a slow, relaxed walk, Duke is the perfect companion, staying right by your side. If you're looking for a friendly and affectionate dog who thrives in a calm environment, Duke is ready to fill your life with love.



Meet Duke of Love, an adult dog who's looking for his forever home. Duke gets along well with female dogs and is a quick learner—he's already mastered "sit" and "down" and is improving

NH Humane Society
Over a century of love for those without a voice.
1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539

Lakes Region Chimney Pro

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

CERTIFIED CHIMNEY SWEEP

Video Chimney Inspections

603-520-7217

Fully Insured

Barnes earns another Olympic gold medal

New Hampton School graduate helps Team USA women's hockey to victory



JOSHUA SPAULDING

New Hampton School graduate Cayla Barnes earned her second gold medal and third Olympic medal overall as Team USA beat Canada 2-1 in overtime last Thursday.

BY JOSHUA SPAULDING
Sports Editor

MILAN, Italy — The United States women's hockey team had cruised through the Olympic tournament like nothing was standing in the way of standing on top of the podium.

Rival Canada had other ideas when the two met on Thursday, Feb. 19, in the gold medal game at the Santagiulia Ice Arena in Milan.

The Canadians scored the first goal of the game in the second period, only the second goal given up by the United States in the entire Olympic tournament and the defending Olympic champions held that lead to the final few minutes, when the United States pulled their goalie and got the tying goal before winning the program's third gold medal in the three-on-three overtime by a 2-1 score.

It was the seventh meeting between Team USA and Canada, the only two teams to win Olympic gold since women's hockey was added to the Olympic program, with the women's Olympic

ice hockey gold medal on the line.

It was a defender Megan Keller who provided the difference and put Team USA on the top step of the podium.

After a scoreless first 20 minutes, Canada broke through less than a minute into the second period. Working a penalty kill, they turned the tables, scoring when Kristin O'Neill finished off a shorthanded breakaway on a Laura Stacey pass.

Canada goalkeeper Ann-Renee Desbiens was stout throughout the game, as the US kept testing her and she kept answering. Down 1-0 with 2:23 left in the contest, Team USA coach John Wroblewski opted to roll the dice and pulled his goalkeeper, Aerin Frankel. The move paid off 19 seconds later when Hilary Knight redirected Laila Edwards' blue line shot over Desbiens' glove to level the game at 1-1.

That set the stage for the three-on-three overtime. Both teams came out trading opportunities, but it was Keller who cashed

in her chance at 4:07 into overtime. She took a two-line pass from Taylor Heise and angled in from the left wing with a defender on her hip. Her backhanded shot slipped past Desbiens for the goal that ended the match and was golden for Team USA.

"It's like invigorating every part of your mind, body and soul. It's the best way to describe it," coach Wroblewski said. "A sense of accomplishment through the players, that's where you feel it - watching their elation, their victory.

"It touches every part of you as a human being - to be involved in the Olympics, to see the group that you work with persevere. It's a great moment," he added.

"I was just trying to make a move, take a chance. I was trying to win, not play to not lose. That's what we talked about in the locker room," Keller said of her winning goal. "We wanted to go out and take it. Heise made a great pass and I was just trying to get to the net."

For Knight, who ended



Team USA women's hockey earned its third gold medal on Thursday, Feb. 19, at the Milan-Cortina Olympics.

her historic Olympic career as the leading scorer in Team USA history with 15 goals, there wasn't a better way to go out.

"I love this group. It's so special to be able to play at this level. I feel a lot of gratitude. It's such a magical moment and I'm just trying to soak it all in," Knight said. "I think about all the people that helped me get here, keep us healthy at this level. It's really special. I can't wait to share this with some people."

Team USA had 33 shots on goal to Canada's 31. Keller led all scorers with two points from a goal and an assist.

The gold medal is the third for Team USA, added to those won at the Olympic Winter Games Nagano 1998 and PyeongChang 2018. This made a two-time gold medal winner and three-time medal winner out of New Hampton School graduate Cayla Barnes and gave Salem's

Caroline Harvey a gold medal to go with the silver she won in Beijing.

Semis

The US continued the high offensive pressure it has employed throughout the tournament, outshooting Sweden by a 13-2 margin in the first period of the Olympic semifinals on Feb. 16. Barnes scored first for Team USA, blasting a long-distance shot from the right side past Sweden's goalkeeper, Ebba Svensson Traff, just 5:09 into the game.

Heisse made the score 2-0 midway through the second period, taking a feed from Hannah Bilka on a breakaway. Traff got her glove on Heisse's shot but couldn't control the puck, which slipped under her arm and into the goal. Then Abbey Murphy squeezed in a shot from a narrow angle along the right goal line at 35:12.

Kendall Coyne redirect-

ed Laila Edwards' blast from the middle of the rink 58 seconds later for a 4-0 lead, prompting Sweden to swap Traff for Emma Soderberg.

It didn't take long for the US to test Soderberg, as Hayley Scamurra took a feed from Britta Curl to beat Soderberg from point-blank range at 37:59, leading to a 5-0 US lead at the second intermission.

Sweden stepped up their offensive play as they tried to match Team USA's physicality, matching the US in shots the remainder of the game (21-21). They were unable to get the puck past Frankel, who picked up the shutout.

Murphy (one goal, one assist) and Bilka (two assists) led Team USA with two points each. After Team USA built a 13-2 advantage in shots in the first period, the two teams matched each other, 21-21, during the final two periods.

PROJECT

CONTINUED FROM PAGE A1
built a three-sided shed around it where he restored parts of it.

Henry, a former historical society president, wished for it to belong to the historical society, but only if it could be stored and/or displayed in a covered structure. Thus, it was delivered to Currier Building by Matt Swain's dump truck after David Adams and Swain worked on pulling together the remains, tenderly. Ralph and others restored it. Steve Ober blacksmithed a new tongue. The mammoth equipment-piece once helped make our roads passable in winter — for horse and sleigh use! It was decided to the Historical Society. All these years, it's been in the dark back end of Currier Building, where restoration happened.

SHS members Marion Kent and weather reporter Don Kent, remembers Ralph Sellars, "were strong promoters of the snow roller project." She regularly viewed the progress and insisted the seat paint be baby-blue color, because, she said, "that was the color of the one I watched as a child!" Nancy's father Henry painted the seat, designed to have the added weight of men besides the driver, sitting on it. It would be pulled by various horse teams from farms along the town roads. Sellars has snow roller photos taken in 1908 and 1919.

Sellars shares that on Aug. 3, 2007, Gov. John Lynch came to Sanborn to christen the restored piece of equipment. Farmers Market out back of Currier Building was just underway. Tobey Shoemaker, at 10 years old, was

awed by the snow roller when he and Charlie Burke set up the Farmers' Market and ventured into Currier for market set-up supplies.

A 1940 newspaper article, clipped by Millie Shaw, shared now by her son Andy Sanborn, reports that in 1918 Sanborn had 3 snow rollers, in 1921 "4 snow rollers valued at \$224." In 1923 Sanborn had 5. All roads then were town roads! State roads, by designation, didn't start until after WWII. The snow rollers made traveling about doable!

The goal is to the snow roller in 2026's Old Home Day parade on a flat-bed truck, then homed in its shed, for viewing. The SHS and all those involved would be grateful for voter support. Please email the SHS at info@lanetavern.org with any questions.

KAY

CONTINUED FROM PAGE A1

assault. These charges allege that on Oct. 14, Kay knowingly caused unprivileged physical contact to V.W.K. by pushing her, and to R.K. by pushing him and striking him in the head.

Class B felonies are punishable by up to three and a half to seven years in the New Hampshire State Prison and a fine of up to \$4,000.00. Class A misdemeanors are punishable by up to 12 months in the House of Corrections and a

fine of up to \$2,000.

The charges and allegations against Kay are merely accusations, and he is presumed innocent unless and until proven guilty.

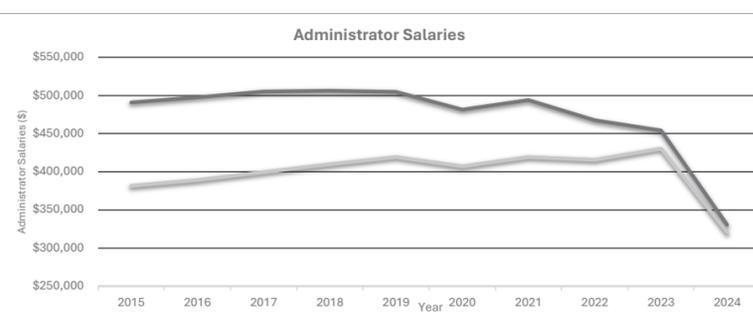
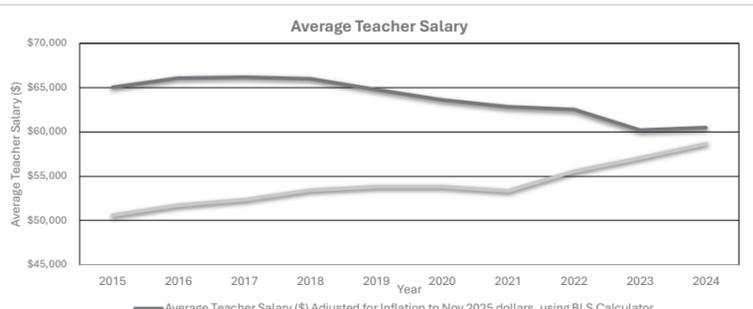
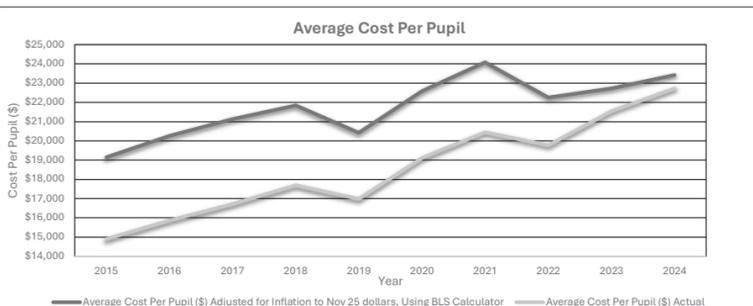
An arraignment is scheduled in Belknap County Superior Court on Feb. 27 at 8:30 a.m.

This matter is being investigated by the New Hampshire State Police Major Crimes Unit and the Belmont Police Department. The case is being prosecuted by Senior As-

sistant Attorney General Bryan J. Townsend II, and Assistant Attorney General Nancy A. DeAngelis, both of the Attorney General's Elder Abuse and Financial Exploitation Unit.

If you or someone you know has been the victim of elder abuse, please contact your local police department and file a report with the Department of Health and Human Services, Bureau of Adult and Aging Services at 1-800-949-0470 or nheasy.nh.gov/#/aps/start.

Newfound Area School District MANDATORY REPORT TO VOTERS ON SCHOOL EXPENSES



Top Administrator Salaries

Administrator Title	Current Salary
Superintendent	\$135,200
Business Administrator	\$113,300
Student Services Administrator	\$93,000
Curriculum Administrator	\$87,550

Doherty helps Team USA to best biathlon relay Olympic finish ever

Fifth place finish betters sixth place results from PyeongChang



JOSHUA SPAULDING

Competitors take off in the biathlon 4X7.5K relay at the Antholz Biathlon Stadium last Tuesday. Kennett graduate Sean Doherty is in the second row in the middle with bib five.

BY JOSHUA SPAULDING
Sports Editor

ANTHOLZ/ANTERSELVA, Italy — Sean Doherty was part of Team USA's biathlon 4X7.5K relay team that recorded the best Olympic finish ever in PyeongChang, South Korea in 2018, placing sixth overall.

Now, with three new teammates, he has etched his name in the Team USA biathlon record books again as they finished in fifth place at the Antholz Biathlon Arena on Tuesday, Feb. 18, to give the team its best finish ever.

Racing through steady snowfall, the Americans

showed composure and resilience on both the range and the course, crossing the line 2:27.4 behind the victorious French team, with Norway in second and Sweden in third. Maxime Guerne delivered a flawless performance on the range, shooting a perfect 10 for 10, while Doherty, Paul

Schommer and Campbell Wright used a combined eight spare rounds to keep the team firmly in contention. Overall, the U.S. posted the fifth best shooting performance of the day, a testament to their precision under pressure.

The relay (4 x 7.5 km) runs four legs with the distance based on gender (each men's leg is 3X2.5 km with prone and standing shooting stages). In each shooting stage, the competitor is allowed to use three spare rounds if needed to close their five targets. A 150-meter penalty loop is run for any unclosed targets after the eighth shot is fired. Exchanges between each leg are a tap of the shoulder from the incoming athlete to the outgoing athlete. The first team across the finish line is the winner.

"The vibe is good," said Wright in a post-race interview. "I think as a men's team, we've struggled a bit

at these Olympics. So, I'm really happy that we can get fifth as a team here and that everyone can get a win before the Games finish."

Doherty kicked off the relay for Team USA, using three spare bullets in his shooting stages with Germain following with his perfect shooting stages. Schommer was next and then Wright took control, moving Team USA from around 10th place all the way up to the fifth place finish that they recorded.

"We should be pretty close to the lead positions, this race is staying close, it's looking good," said Doherty after finishing his leg and watching Germain clear his first five targets. "That was some good shooting in standing to use those spares effectively and avoid the loop, that's key."

"Pretty good work done for me, the race stayed close and Maxime was able to be in striking distance,"

Doherty continued. "I have confidence the team is in good hands with their (Schommer and Wright) capable skill and we'll see what they can do."

Wright, for his part, praised Doherty for the leadership that he has provided over the last year as the team worked toward the Olympics.

"Sean is like Yoda a little bit, it's great having him on the team," Wright said. "I don't even know how many times he's raced at Antholz or in an Olympic Games, so no shortage of points from him, particularly with me and Max being a bit younger and Paul coming into the sport late."

"Sean's just a (expletive removed) legend," Wright said.

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



ROCHE REALTY GROUP

**97 Daniel Webster Highway
Meredith, New Hampshire**

**Call us at:
(603) 279-7046**

Find us @[rocherealty](#)

Search New Hampshire properties at www.rocherealty.com

\$1,649,000



MLS# 5057094

Laconia: Secure this newer, fully-occupied rental facility positioned for seasonal & contractor storage needs. With 100% occupancy and significant expansion potential, it offers a rare, turn-key investment opportunity.

\$699,000



MLS# 5076305

Tilton: Restored in 2021, this 3BR Cape features cathedral ceilings, a brick fireplace, and granite kitchen on 2.75 private acres abutting a golf course. Includes a detached two-car garage, central AC, and an enclosed porch.

\$2,485,000



MLS# 5046786

Laconia: This 3-level masterpiece offers 86' of shoreline, a boat slip, and a chef's kitchen with expansive lake views. Highlights include a whole-house generator, and a separate 2BR guest apartment for potential rental income.

\$799,000



MLS# 5077114

Laconia: Iconic Tamarack Drive-In Business Opportunity. Own a Lakes Region landmark at the gateway to Weirs Beach, featuring high visibility and a turnkey seasonal restaurant operation. This prime corner lot sees up to 14,000 cars daily, offering massive potential for expansion or a fresh new concept.

11,000 Success Stories Strong. Start Yours Today!

When it comes to the New Hampshire market, experience is the difference. Roche Realty Group has closed over 11,000 transactions and \$3.4 Billion in sales earning the title of "#1 BEST REAL Estate Company in NH's Lakes Region" six years in a row

Best
2025 WINNER



R
E
A
L
E
S
T
A
T
E

Feeling a little Crowded?

Look for that new home in our real estate section.



Equal Housing Opportunity

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

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c)) This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call HUD toll free at 1-800-669-9777

For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographically errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.



EQUAL HOUSING OPPORTUNITY

TO VIEW THESE AND OTHER PROPERTIES, VISIT:

Alpine Lakes Real Estate: www.alpinelakes.com

Badger Peabody & Smith Realty: www.peabodysmith.com

Bean Group: www.beangroup.com

Century 21 Country Lakes Realty: www.countrylakesrealty.com

Century 21 Twin Rivers Realty: www.nhreal21.com

Coldwell Banker: www.cboldmill.com

Coldwell Banker Residential Brokerage
www.newenglandmoves.com

ERA Masiello: www.masiello.com

Exit Lakeside Realty Group: www.exitlakeside.com

Granite Group Realty Services:
www.granitegrouprealtyservices.com

Gowen Realty: www.gowenrealty.com

Kressy Real Estate: www.kressy.com

Lakes Region Realty: www.lakesregionrealestate.com

Lamprey & Lamprey Realtors: www.lampreyandlamprey.com

Maxfield Real Estate: www.maxfieldrealestate.com

McLane Realty: www.mclanerealtyplymouth.com

Mountain Country Realty: www.mountaincountryrealestate.com

Nash Realty: www.nashrealty.com

New Hampshire Colonials Real Estate: www.squamlake.com

Noseworthy Real Estate: www.noseworthyrealestate.com

Old Mill Properties: www.oldmillprops.com

Pine Shores Real Estate: www.pineshoresllc.com

Preferred Vacation Rentals: www.preferredrentals.com

Remax Bayside: www.baysidenh.net

Roche Realty: www.rocherealty.com

Strawberry Lane Real Estate: www.strawberrylane.com

Town & Forest Realty: www.townandforest.com

Camelot Home Center

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

NEW 14' WIDES

List Price: \$86,995
\$77,995*
66' 3 Bed, 2 Bath

List Price: \$89,995
\$86,995*
68' 2 Bed, 2 Bath

DOUBLE WIDES

List Price: \$119,995
\$115,995*
56' 3 Bed, 2 Bath

List Price: \$130,995
\$127,995*
48' 3 Bed, 2 Bath

*PRICES SUBJECT TO CHANGE
Homes From COLONY, MARLETTE, NEW ERA & TITAN

MODULARS

\$119,995*
2 Bed, 1 Bath

\$179,995*
1,568sq ft. 2 story,
3 Bed, 2.5 Bath.

Visit Our Website: WWW.CM-H.COM

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?
Rt. 3, Tilton NH, exit 20 on Rt. 1-93 across from Lakes Region Factory Mall



MEREDITH LANDING
REAL ESTATE, LLC

285 Daniel Webster Highway
(603) 677-7007 • www.MeredithLanding.com



**TUFTONBORO:
Charming Cape!**

Great location for this 3BR, 1 1/2 bath cape in the low tax town of Tuftonboro. Features 5.14 acres with Commercial zoning offering many possibilities plus a nice 2 car garage, and a new boiler. Don't miss this opportunity! **\$489,000 (5071240)**



**MOULTONBOROUGH:
Land Listing!**

New 5.13 acre parcel of land featuring 856' along Moultonboro Neck Rd, 446' of watershed on Pickering Pond, snowmobile trail access from your dream home front door, plus potential views across the pond. **\$199,000 (5072893)**

Shiffrin makes history in Cortina

Slalom gold comes 12 years after she first won Olympic gold

BY JOSHUA SPAULDING
Sports Editor

CORTINA D'AMPEZ-ZO, Italy — Heading into Milan-Cortina, the enduring Olympic image of Mikaela Shiffrin, the winningest alpine skier of all time, just may have been her sitting on the side of the course in Beijing four years ago, collecting her thoughts after skiing out of the course in the slalom.

That image is a thing of the past now, as the Olympic image of Shiffrin will be one of celebration after she dominated the field at the Tofane Alpine Center on Wednesday, Feb. 18, to win the Olympic slalom for the second time in her career, earning her third gold medal and fourth medal overall.

With the win, Shiffrin became the oldest American woman to win an alpine skiing gold medal and in a weird plot twist, she is also the youngest American woman to win an alpine skiing gold med-

al, which she achieved as an 18-year-old in Sochi in 2014. That also marks the longest gap between Olympic gold medals in the same discipline.

Shiffrin spent her younger years in the Upper Valley of New Hampshire and attended Burke Mountain Academy just across the state line in upstate Vermont.

Shiffrin crossed the line in a combined time of 1:39.10, winning the women's slalom by 1.50 seconds, the largest margin in any Olympic alpine skiing event since 1998. Her U.S. teammates also delivered strong performances, with Paula Moltzan posting a 1:41.29, with the fastest time of the second run and AJ Hurt finishing 19th.

With her fourth Olympic medal and two golds 12 years apart, Shiffrin becomes only the second American woman to win four alpine skiing medals, joining Julia Mancuso in that distinction while also

becoming the first American to win three alpine gold medals.

"Today I showed up for the skiing. I wanted to have two runs with really strong slalom skiing," Shiffrin said. "Now to be through that is a little bit challenging to process.

"I wanted to thank my team and I wanted to send love to my family who's back home, and my brother and sister-in-law who are having a baby in the next month or so," she continued. "To see my mum and talk to my dad (Shiffrin's father, Jeff, died in February 2020), it's a lot. It's too much to process and express at the same time.

"I wanted to be free, I wanted to unleash. It's not easy to do that, but I've been so focused every single day," Shiffrin added. "Through a lot of discussions with my psychologist and my mom and my team, everything we said was that, despite pressure or nerves, I want to feel this



JOSHUA SPAULDING

Mikaela Shiffrin talks to the media after the giant slalom just a couple of days before winning the slalom in Cortina, Italy.

"Everybody is experiencing something different, and I think I appreciate that, because I've been on the other side of it, too," she said. "Ski racing is the most incredible sport, because we the athletes stand together through heartbreak and defeat and victory.

"We're a family, and I

feel that with my competitors, with my teammates, with my peers," Shiffrin continued. "Every single athlete who was on the hill today showed courage just by being here."

With the departure of only one senior, Sami O'Connor, who Carroll says took the role of "team den mother," it means the Red Raiders will have all five starters returning, and with a promising crop of incoming freshmen, Carroll sees a bright future for the team.

"We've got a huge class of eighth graders coming up...It's like a big funnel, the more you put in at the top, the better you're going to get at the bottom," Carroll said.

The Red Raiders finished the regular season at 10-8 to earn the 11th seed in the Division III tournament.

While no team wants its season to end, Carroll was extremely proud of his

we expected, and we knew containing her would be a challenge," Carroll said. Two free throws from Ellis made it 37-32 as the teams entered the fourth quarter, with Belmont knowing that they had eight minutes to try to extend their season.

A three-pointer from Hopkinton's Madi Belanger and two free throws from Johnson gave the Hawks just enough cushion that the Red Raiders simply weren't able to overcome, and as the buzzer sounded, the team found itself with a first-round exit by a final score of 53-40.

While no team wants its season to end, Carroll was extremely proud of his

we expected, and we knew containing her would be a challenge," Carroll said.

Two free throws from Ellis made it 37-32 as the teams entered the fourth quarter, with Belmont knowing that they had eight minutes to try to extend their season.

A three-pointer from Hopkinton's Madi Belanger and two free throws from Johnson gave the Hawks just enough cushion that the Red Raiders simply weren't able to overcome, and as the buzzer sounded, the team found itself with a first-round exit by a final score of 53-40.

While no team wants its season to end, Carroll was extremely proud of his

we expected, and we knew containing her would be a challenge," Carroll said.

Two free throws from Ellis made it 37-32 as the teams entered the fourth quarter, with Belmont knowing that they had eight minutes to try to extend their season.

A three-pointer from Hopkinton's Madi Belanger and two free throws from Johnson gave the Hawks just enough cushion that the Red Raiders simply weren't able to overcome, and as the buzzer sounded, the team found itself with a first-round exit by a final score of 53-40.

While no team wants its season to end, Carroll was extremely proud of his

we expected, and we knew containing her would be a challenge," Carroll said.

Two free throws from Ellis made it 37-32 as the teams entered the fourth quarter, with Belmont knowing that they had eight minutes to try to extend their season.

A three-pointer from Hopkinton's Madi Belanger and two free throws from Johnson gave the Hawks just enough cushion that the Red Raiders simply weren't able to overcome, and as the buzzer sounded, the team found itself with a first-round exit by a final score of 53-40.

While no team wants its season to end, Carroll was extremely proud of his

we expected, and we knew containing her would be a challenge," Carroll said.

Two free throws from Ellis made it 37-32 as the teams entered the fourth quarter, with Belmont knowing that they had eight minutes to try to extend their season.

A three-pointer from Hopkinton's Madi Belanger and two free throws from Johnson gave the Hawks just enough cushion that the Red Raiders simply weren't able to overcome, and as the buzzer sounded, the team found itself with a first-round exit by a final score of 53-40.

While no team wants its season to end, Carroll was extremely proud of his

Raider girls fall to Hawks in postseason opener

BY MILTON WOOLFENDEN
Contributing Writer

HOPKINTON — On Wednesday, Feb. 18, the 11th-seeded Belmont girls' basketball team was dealt an opening round defeat by the sixth-seeded Hopkinton Hawks by a final of 53-40 in the Division III postseason tournament.

Off the opening tip, both teams struggled to get into an early offensive groove, trading possessions up and down the court. Ultimately, it was Belmont's Bailey Perkins recording the game's first point from the free throw line.

After a basket by junior Lyla McSheffrey made it a three-point Red Raiders lead, Belmont head coach Mike Mahoney used his first timeout less than two minutes into the game.

Out of the timeout, the Red Raiders continued to control the early flow of play, which saw them get out to a 9-0 lead.

"It gave us a bit of confidence, which never hurts," Belmont head coach Roger Carroll said. "But we also knew there was a lot of game left."

The Hawks would get on the board just over halfway into the quarter as freshman Ella-Mia Johnson converted on two free throws.

At the ensuing inbound, the Hawks began running a full-court press, trying to pressure the Red Raiders into costly errors. However, the team, including four freshmen, didn't panic and adjusted accordingly.

While Belmont got off to the hot start, Hopkinton found its footing and dominated the rest of the quarter, led by Lexi Korbet and Ellie Collins, who combined for 11 points.

With 16.7 seconds remaining in the quarter, while trying to defend Hopkinton's Ellie Collins, Belmont's Payton Ellis caught an elbow up high as she was forced to leave the floor to be assessed by the trainer. The first quarter would end with the Red Raiders trailing 15-13.

Starting the second quarter, Ellis returned and was right back out on the court. "She has a bright future," Carroll said. "She defended really well...once they stopped the bleeding, she immediately came back in."

Perhaps it was adrenaline from getting hit, perhaps it was realizing the task the team had in front of them, but regardless, Ellis

made her presence known on both ends of the floor. Ellis would be responsible for seven of Belmont's nine points in the second quarter while also battling down low for rebounds against bigger defenders.

The theme of the second quarter was fighting down low and earning your points the hard way. While the Red Raiders sometimes weren't able to convert on the chances, they never shied away from driving to the hoop.

"(Hopkinton) made us work for everything," Carroll said. "The fact we were getting shots at the rim says we were running a good offense even if it wasn't always pretty."

As a result of their relentless work down low, the team, or rather Perkins, earned three trips to the free throw line where she'd register five points of the team's nine points in the quarter, ultimately finishing the game with a team-leading 12 points.

As the teams went into halftime, the Red Raiders were still trailing, now by a score of 26-22. Despite trailing, Carroll was proud of his team's defense.

"Whenever (Hopkinton) tried to get to the hoop, we had someone in the gap showing themselves and letting the on-ball defender get back in position," Carroll said. "That was just good team man-to-man defense."

ADVERTISING WORKS.
Call 1-877-766-6891
salmonpress.com

ENERGYSAVERS INC.
163 Daniel Webster Hwy., Meredith NH

Full-Time Installers Apprentice

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

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

Stop in to fill out an application:
ENERGYSAVERS INC.
163 Daniel Webster Hwy., Meredith NH

For Advertising Information
Call 603-279-4516
email: Tracy@salmonpress.news

SUMMER JOBS AVAILABLE

Beach Monitor: \$20. Per hour
Swim Lesson Instructor: \$25. Per hour

Tuftonboro Parks & Recreation
Contact:

Dennis Zilembo, Director
1-603-569-4539 X125

or email
parksandrec@tuftonboronh.gov

Loon Mountain Resort
Are you ready for a new career?
We offer a great work environment, unique benefits, and generous discounts. The only thing that would make it better — is you!

Immediate Full Time Year Round Position Available:
Executive Administrative Assistant

Apply Online at www.loonmtn.com/jobs

Benefits include: Medical, Dental, Vision, HSA, FSA, 401k, PTO, Retail and Food & Beverage discounts, Seasonal Passes for the employee and their dependents, OT after 40, and competitive wages.
Equal Opportunity Employer

SHAKER REGIONAL SCHOOL DISTRICT

PAYROLL & BENEFITS COORDINATOR

Shaker Regional School District is seeking a Payroll & Benefits Coordinator. This position routinely handles highly sensitive and/or confidential information and will have extensive contact with internal staff members and outside agencies. Prior experience in a school district central office is preferred. Please visit the Human Resources tab on the District website, www.sau80.org, for the complete job posting and to apply. Shaker Regional School District is an equal opportunity provider, employer, and lender.

HIGH SCHOOL SLATE

Saturday, Feb. 28
BELMONT-GILFORD
Hockey at Somersworth; 7
WINNISQUAM
Hockey at Berlin-Gorham; 6

All schedules are subject to change.

SEND US YOUR NEWS!!!



news@salmonpress.news



Carter, Soucy honored as Bears wrap up their season

BY JOSHUA SPAULDING

Sports Editor

TILTON — As a veteran coach, Mark Dawalga knows that senior nights can be tough, as the team says goodbye to players who have been part of the program for multiple years.

But they are also special nights as the team gets to celebrate kids who have done so much for the program.

“Senior nights are always special and tonight was no different,” Dawalga said of his team’s final game last week. “Senior Caidyn Carter (12 points, six rebounds) and senior Bella Soucy (six points, seven rebounds) led the way on the offense side and both will be missed next year.”

Ninth grader Alissa Jean had eight points and four rebounds, sophomore Kaylynn Reagan had four points and three rebounds and ninth grader Claire Hart had 10 rebounds.

“I believe we took a step forward this year. Replacing Caidyn and Bella’s leadership on and off the court is going to be tough next season,” Dawalga said. “I believe we have a young core group that will continue to grow together and look to take their game to the next level.”



Millwork Field Service Technician

If you have experience in construction, carpentry, window and door installation, or building materials - and enjoy solving problems and working independently - this is a great opportunity to join a stable, growing building materials company.

This position can be conveniently located from one of our New Hampshire branch locations (Andover, Ashland, Brookline, Jaffrey, or Pembroke) offering flexibility and reduced commute time depending on where you live.

What You'll Do

- Travel to job sites to diagnose and repair issues with windows and doors
- Specify replacement parts, materials and/or other solutions
- Maintain timely and accurate service documentation
- Communicate with homeowners, contractors, and Belletetes internal teams

What We're Looking For

- Strong mechanical aptitude and creative problem-solving skills
- Ability to safely lift and handle windows and doors
- Valid driver's license with clean driving record
- Professional appearance and strong customer service skills
- Ability to work independently representing the company on job sites

You may apply in person or download an application from our website: www.belletetes.com. Submit applications to:

Matt Keenan, Millwork Sales Director
Email: mkeen@belletetes.com

Belletetes is a 5th-generation, family-owned building materials supplier with over 125 years in business. With 10 locations throughout NH and MA, we believe our employees are our greatest asset and invest in long-term career development.

- Competitive Wages
- Health Insurance
- Paid Vacations
- Profit Sharing
- Paid Holidays
- Store Discounts
- Paid Time Off
- Much More!
- E.O.E.



**A HOME IS MORE THAN AN INVESTMENT
A simple will may no longer be enough.**

Our attorneys at Schwartzberg Law also may be able to assist in protecting your assets or the inherited or gifted assets you provide for your children from creditors or divorce. Also, sophisticated estate planning can limit your exposure to government taxation and help protect your children.



I have been practicing law since 1985, after graduating from Vermont Law School. Before starting my legal career, I earned a Master's Degree in counseling from SUNY, Plattsburgh, and completed my undergraduate studies in education at Temple University in Philadelphia. Before entering the legal field, I worked as an inner-city high school teacher and ran a cactus business, selling plants as a street vendor in downtown Philadelphia. My legal career began in Saranac Lake and Lake Placid, New York, where I practiced law until 2002. In that year, I passed the New Hampshire Bar and relocated to New Hampshire to continue my practice. I am an active member of the New Hampshire Bar Association. Over the years, I have served as President of the Grafton County Bar Association and as Chair of the Alternative Dispute Resolution Section. I also served on the New Hampshire Bar Association Board of Governors for 2 terms. Currently, I am a member of the New Hampshire Bar Legislative Committee and a Fellow of the New Hampshire Bar Foundation.

I also hosted a weekly radio show called "Family Law Talk Radio," which featured professionals with expertise in various related subjects. In recent years, I have focused my practice on Estate Planning and administration. This includes drafting wills and trusts, as well as probate and trust administration.

ESTATE PLANNING

WILLS AND TRUSTS • LEGACY PLANNING



572 Tenney Mountain Hwy, Plymouth, NH 03264
oralaw@gmail.com www.nhlawyer.net



NH PREMIER CREMATION PROVIDER

603Cremations.com

Caring For Your 603 Family Is Our Family Business



- Family Owned & Operated
- Caring and compassionate staff
- No membership fees
- Complete arrangements online within 30 minutes
- Choose and pay for only the services that you and your family need
- Servicing families throughout New Hampshire

LOW-COST CREMATION OPTIONS

Packages starting as low as \$1,450*

*Price based off Complete Online Cremation package

As a family-owned and operated business, we take pride in providing compassionate, personalized care. All cremations are performed with dignity and respect in our own facility, Winnepesaukee River Crematorium, conveniently located in Northfield, NH (off Exit 20 in Tilton).

Available 24/7 • 603.524.1425