

Bulldogs blow by Kingswood and back into finals

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Belmont-Gilford Bulldogs have plenty of experience playing in the semifinals, something the Kingswood Knights are hoping will become a regular experience as they continue.

The Knights, making their first appearance in the semifinals since they made the Division II Final Four in 2018, were unable to get anything going against the playoff-tested Bulldogs, who picked up the 5-0 win to advance to a championship game rematch with Berlin-Gorham.

“We had 13 days off, so we knew the first period was going to be a struggle to get back in rhythm,” said B-G coach Jason Parent, who saw his team turn a 1-0 first intermission lead to a 4-0 second intermission lead. “The second period is kind of our period. You can lock them out a little and put a little pressure on them.”

“They looked like they were still a little



Belmont-Gilford's Jackson Collins and Kingswood's Cam Kean battle in action in the Division III semifinals.



The Belmont-Gilford Bulldogs celebrate their win over Kingswood in the Division III semifinals.

gassed from Sunday (double-overtime quarterfinal win over Hollis-Brookline-Derryfield), we just didn't have it today,” said Kingswood coach Mike



Kingswood's Austin Emerson does his best to separate Aidan McKenzie from the puck in action last week in Plymouth.



Evan Guerin skates into the zone in semifinal action against Kingswood last week.

Potenza. “There’s no reason to hang their heads, we had a good year, now

we move forward to next year.”

Belmont-Gilford wasted little time getting on the board, as Rory Doris scored on an assist from Sean Ellis just 1:43 into the game and the Bulldogs carried that lead to the first intermission, with Kingswood keeper Wyatt Brown and B-G keeper Carson McGreevy turning away the remainder of the chances throughout the period.

Evan Guerin, Jaxson Embree and Owen Guerin all had early chances in the second period for the Bulldogs, with Brown making a couple of good saves. Ben Libby had a shot go high at the other end and Keller Peacock and Austin Emerson had solid defensive plays for the Knights on B-G's Aidan McKenzie.

The Knights took a penalty with 12:22 to go in the second period and the Bulldogs needed just 30 seconds to double the lead, as Embree fired a shot on net and McKenzie was able to tip the puck past Brown for the 2-0 lead. Evan Guerin had the secondary assist.

McKenzie had another bid that Brown stopped and Nate Cloos made a nice defensive stop on a bid from Adam Ribeiro, but the Bulldogs were able to capitalize less than four minutes into the frame as Brayden Mercier fired a shot from the side of the net that eluded Brown and gave the Bulldogs the 3-0 lead.

Jackson Collins had a bid denied by Brown and Cloos made a solid defensive stop on Owen Guerin, while Evan Guerin and Emerson exchanged chances that missed the net. Kingswood took another penalty with 7:39 to go, with Owen and Evan Guerin both getting chances that Brown stopped. Cloos had a good clear, as did Shaw Swinerton, while Evan Guerin and Nathan Gerbig combined on a chance that was denied

by Brown. James Rogers had a shorthanded bid as the Knights killed off the penalty.

Parker Aucoin, Cam Kean and Emerson had chances for the Knights, but Kingswood took another penalty with 4:58 to go in the period. Just 10 seconds later, Owen Guerin buried the puck on a shot from the point for the 4-0 lead. Embree and Ribeiro had bids and Grayson Gilpatrick had a chance stopped by McGreevy at the other end.

Kingswood took another penalty with 2:13 to go and Emerson had a couple of good clears. Gerbig had a shot stopped by Brown and Collins had a pair of bids denied as the penalty was killed off and the game went to the second intermission with the Bulldogs up 4-0.

Owen Guerin and McKenzie had early chances for the Bulldogs in the third, while Jackson O’Keefe had a chance for the Knights that was turned away. Belmont-Gilford took a penalty with 12:18 to go and Will Danaïs and Swinerton had chances blocked while Ribeiro made a good defensive play on another Danaïs chance.

Another Bulldog penalty with 10:52 gave Kingswood a five-on-three advantage for 34 seconds and Danaïs had three chances, one going wide and two stopped by McGreevy as the first penalty was killed off.

With 9:42 to go in the game, Belmont-Gilford took another penalty and Kingswood had another five-on-three advantage, with Gilpatrick coming through with a good centering pass, while Evan Guerin had a good clear before the first penalty was killed. Owen Guerin had a breakaway shorthanded bid that Brown stopped.

The Bulldogs scored the final goal of the game with 8:20 to go, as Owen Guerin netted the shorthanded tally on an assist from Ribeiro to make it 5-0. Kean had a bid denied by McGreevy and Emerson ripped a shot off the post. Ryker Booth and Devin McEvoy teamed up on a bid for the Knights as well. Sophia Gilbert and Evan Guerin also combined on a chance for the Bulldogs and Embree had a shot denied by Brown. Kean, Evan Guerin and Embree finished up the chances as the clock ran out on B-G's 5-0 win.

“Last year when we lost in the finals, we set a goal that we were going to get back and finish what we started,” Parent said. “We earned the opportunity to be back there and hopefully we get the opportunity to finish it.”

“We had a pretty good season, we got to the Final Four, we’re only losing three guys, they are three big ones, but we’re only losing three,” said Potenza. “We’re not in a bad spot going forward.”

“In 20 years, there’s only been two Kingswood teams that have made it this far,” Potenza added.

The Bulldogs moved on to take on Berlin-Gorham in the Division III finals on Saturday in Manchester.

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

Opechee Garden welcomes horticulturist Martina Howe

GILFORD — Opechee Garden Club is pleased to announce that Horticulturist, Martina Howe will provide information on container gardening on April 3 at 1 p.m., The presentation will take place at the Gilford Community Church, Potter Hill Road, Gilford. The public is invited to attend free of charge.

Have you ever wondered what to plant?



What type of container and soil to use? How to keep the plants happy all summer? Join us as Howe guides us through the process of Container gardening. Howe will bring examples of various planting mediums, containers and plants. She will explain how the various combinations, combined with the environment they are in, will impact watering and maintenance. She is happy to answer any questions you may

have including what's new and different and how to create the container you desire.

Howe, and her husband Andy owned Beans and Greens for 33 years. They sold the retail portion of the business two years ago. They continue to raise the vegetables, which are sold wholesale to various businesses including Beans and Greens. It is there that you will find Martina in the Greenhouses and her flower garden.

To learn more about the Opechee Garden Club, please visit our website <https://www.opecheegardenclub.com> or our Facebook Page <https://www.facebook.com/Opecheegardenclub> If you are interested in joining the Opechee Garden Club, please send an email to: Opecheegardenclub2012@gmail.com.



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“Extremities” opens March 31 at Village Players Theater



MARJORIE (Jeannie LeGrow, back to camera), Terry (Toni Urquhart) and Patricia (Emily Judkins) debate what to do with Raul (Lawrence Goodrow) during a scene from Extremities, opening March 31 at the Village Players Theater in Wolfeboro.

WOLFEBORO — Things are moving in a serious direction at the Village Players Theater in Wolfeboro this spring, as the local theater group tackles the intense drama by William Mastrosimone, “Extremities.” “Extremities” is a serious exploration of sexual assault. Marjorie, played by Jeannie LeGrow, is assaulted in her home by Raul (Lawrence Goodrow), a man who seemed to appear from thin air. However, Marjorie fights back and is able to capture her assailant

and tie him up. When her two roommates (Toni Urquhart and Emily Judkins) return, they argue about what to do. Should they punish Raul themselves? Should they call the police? They have control over the rapist and they must consider the extremes of human behavior; mercy, hatred, torture, compassion, and violence. Audience members are challenged to explore their own feelings, prejudices and fears regarding sexual assault in present-day culture.

“Extremities” is set to open on Friday, March 31, and continues on Saturday, April 1, both at 7:30 p.m., Sunday, April 2, at 2 p.m. and Friday, April 7, and Saturday, April 8, both at 7:30 p.m. All performances will take place at the Village Players Theater at 51 Glendon St. in downtown Wolfeboro. Tickets are available at village-players.com, at Black’s Paper and Gifts in Wolfeboro and at the door. “Extremities” is generously sponsored by Linda’s Flowers,



PATRICIA (Emily Judkins), Marjorie (Jeannie LeGrow) and Terry (Toni Urquhart) are faced with a serious situation during Extremities, taking to the Village Players Theater stage starting on March 31.

91 Center St. in Wolfeboro. Due to the serious

nature of the subject matter and the adult language and situa-

tions, Extremities is not suitable for children.

GILFORD PARKS AND RECREATION NEWS

BY HERB GREENE
Director
Gilford Parks and Recreation
Senior Moment-um Ice Cream Buffet and Show "Arsenic and Old Lace" on March 29 (Wednesday)

Gilford Parks and Recreation in conjunction with the Gilford High School Performing Arts, and the Gilford High School's National Honor Society is sponsoring an evening at the Theatre for participants of the Senior Moment-um Program. This activity is scheduled for Wednesday, March 29. Participants will meet in the Gilford High School cafeteria at 6 p.m. to enjoy an Ice Cream Buffet put on by the National Honor Society before heading to the Auditorium at 7 p.m. to watch the High School Performing Arts performance of "Arsenic and Old Lace." There is no fee for this program,

but space is limited, and reservations will be accepted on a first come basis. RSVP no later than Wednesday, March 22. For more information or to RSVP please call the Parks and Recreation Office at 527-4722.

Senior Strides Weekly Walking Program starts back bp on Wednesday, March 22

The Gilford Parks and Recreation Department is sponsoring a weekly drop-in walking program for senior adults on Wednesday mornings from 9-10 a.m. at the Gilford Youth Center, that will start back-up on March 22. Participants can track their progress or just walk for fun. Participants are also encouraged to bring their own water bottle, as water will not be provided. There will be chairs avail-

able for participants to take a break as needed. There is no fee for this program and participants can register their first day. For more information, please contact the Parks and Recreation Department at (603) 527-4722.

Coed Adult Volleyball continues on Tuesday evenings

The Gilford Parks and Recreation Department is sponsoring a pick-up co-ed volleyball program for adults ages 18 and up, to be held every Tuesday evening from 7 - 9 p.m. in the Gilford Middle School Gymnasium through the spring. There is a \$1 fee per participant, per evening. No pre-registration is required. For more information, please contact the Parks and Recreation Department at 527-4722.

Lakes Region Mental Health Center launches free mental health library at Goodnatured

LACONIA — Lakes Region Mental Health Center (LRMHC) has partnered with GoodNatured Juice and Smoothie Bar in Laconia to provide a free Mental Health Resource Library. A list of resources and books was composed by LRMHC staff members with a wide variety of topics related to mental health. You may purchase a book through our Amazon Wish List and ship directly to our office in Laconia by visiting https://www.amazon.com/hz/wishlist/ls/285RVIWZT8WUA/ref=hz_ls_biz_ex. For any questions about this program or suggestions on resources that you would like to see, please contact our office at 603-524-1100, ext. 219.

About Lakes Region Mental Health Center
Lakes Region Men-

tal Health Center is the NH-designated community mental health center serving 24 towns in Belknap and Southern Grafton Counties. A non-profit, private corporation founded in 1966, LRMHC provides integrated care to children, adults, elders and their families who are living with- and recovering from- mental illness and/or emotional distress. LRMHC professionals provide the highest quality of care, and by working in partnership with other health care providers, hospitals, law enforcement, corrections, courts, school districts, social workers and public health officials, LRMHC is able to provide a continuum of care for patients and improve the quality of life in the Lakes Region. In Fiscal Year 2022, LRMHC's 200-plus employees

served 3,512 children, adults and families and provided over \$372,000 of charity care. For more information, visit lrnhc.org or call 603-524-1100.

About GoodNatured Juice and Smoothie Bar

Locally owned and community driven, GoodNatured provides a variety of nutrient-dense and healthy meal options. In addition to menu items, GoodNatured works to support farmers, producers, and artists in getting their brand and names out into the community. Through monthly artist highlights and stocking some of their favorite local products, they love to see other local businesses thrive! Visit GoodNatured at 569 Main St. in Laconia or online at goodnatured-nh.com.



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Governor Wentworth Continuing Education SPRING 2023 Class Schedule

The Governor Wentworth Continuing Education program is pleased to offer the following adult education classes to the community for the upcoming Spring. The **Spring 2023 class schedule** can be found on the GWRSD website at www.gwrsd.org or pick up a printed flyer from any one of our community partners who allow us to display the class schedule at their place of business, or email adulteducation@sau49.org or call KRHS at 603-569-2055 #1007 for more information. The classes will be held at the Kingswood High School Complex unless otherwise noted. Be sure to sign up soon because some of the classes have limited numbers.

- | | |
|--|---|
| • Mah Jongg for Beginners | • Adult & Junior Golf Lessons |
| • Creative Writing: Inside There are Secrets & Surprises | • Early Bird Yoga |
| • Eggshell Mosaic Art | • Meditation |
| • Tying Crucial Knots | • Balance, Stability, and Strengthening |
| • Introduction to Fly Tying | • Barre Fusion |
| • How to Play Guitar, Mandolin, or Violin | • Introduction to Tai Chi |
| • Financial Plan Workshop | • Beginner Yoga |
| • Introducing “Seriously Social” Bridge | • Chair Exercise |
| • How Democracies Die | • Heated 80* Yoga |
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Let's end Daylight Savings Time once and for all

Last year, United States Senators voted unanimously to nix daylight savings. The plan is to make daylight savings time permanent. If the bill passes, it will go into effect in November of 2023 to avoid a scheduling nightmare with the travel industry.

The bill is called the Sunshine Protection Act. Florida Senator Marco Rubio noted that most people despise the changes, and he questioned why the practice of turning our clocks back or forward one hour at the onset of winter and spring is still, as the younger generations say, a 'thing.' The time change first became known to Americans in 1918.

Rhode Island Democrat Sheldon Whitehouse noted that the change places New England in complete darkness during afternoon hours, affecting youth sports and leads to depression. A sunset of 4:15 p.m. is not conducive to daily life. Some experts relayed that year-round daylight savings will make people happier and more productive.

We are all always happier when it's lighter longer. Most of us. If the bill passes, the rest of the country will join the likes of Arizona, Australia and Hawaii who opt not to spring forward and fall back. Daylight savings time is used in roughly 70 countries across the globe. Here we compiled a list of pro's and con's so you can determine your own thoughts.

The idea of DST is to utilize activity during daylight hours. Some benefits include decreased electricity consumption, a decrease in the number of traffic accidents and crime. DST also increases recreational time, hence boosting the economy.

According to studies the changes cost \$60 billion. Interesting is the fact that the barbecue industry and small convenience stores increase sales by \$135 billion.

As for energy consumption a study in 1997 revealed that no significant effects occurred when DST was observed all year. In all, energy demands were reduced by just 2.6 percent.

Another pro is the decrease in traffic accidents. When more people drive during daylight the risk of accidents decreases due to the simple fact that driving in the dark is typically more dangerous.

Pedestrian accidents would also significantly drop. A reduction in crime has also landed on the pro list. When folks finish work, and run errands while it's still light out, the exposure to crime becomes less since more crimes take place at night.

The increase in recreational time is a no brainer. The longer it's lighter out, the more time there is to have fun outdoors. As stated above this is also an economy booster. When more people are out and about, they spend more money. The exposure to more vitamin D that the sun provides also proves as a health benefit.

On the flip side of the coin, the change may disrupt sleep schedules. The transition can be rough especially for those who don't get more than five hours per night as it is. However, after the initial adjustments no long-term adverse effects on circadian rhythms were noted.

The longer the day, the more fuel consumption takes place in the atmosphere. The increase in evening traffic emits more pollution in the air.

It's clear the pros outweigh the cons. In our opinion, the natural cadence of the sun should not be altered. If we stick with longer days and leave it at that, we think a much more positive population would ensue.

Letter submission policy

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

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

TO PLACE AN AD:

ADVERTISING EXECUTIVE

Tracy Lewis

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SUBSCRIPTION SERVICES:

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TO PRINT AN OBITUARY:

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TO SUBMIT A LETTER

TO THE EDITOR:

E-MAIL:

E-MAIL: brendan@salmonpress.news

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PRESIDENT & PUBLISHER

FRANK G. CHILINSKI

(603) 677-9083

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

EDITOR

JOSHUA SPAULDING

(603) 941-9155

josh@salmonpress.news

MANAGING EDITOR

BRENDAN BERUBE

(603) 677-9081

brendan@salmonpress.news

PRODUCTION MANAGER

JULIE CLARKE

(603) 677-9092

julie@salmonpress.news



COURTESY

Hannaford supports Lakes Region Scholarship Foundation

Through the month of March, Hannaford Supermarkets' Bloomin' 4 Good Program will be supporting the Lakes Region Scholarship Foundation! This is the perfect time of year to brighten up your inside! A portion of every Bloomin' 4 Good bouquet sold at Hannaford Gifford will go to Lakes Region Scholarship Foundation. Left to right: Chris Guilmet, Assistant Director Lakes Region Scholarship Foundation, Gina, Key Floral Florist and Brett Geer, Customer Service Manager Hannaford Gifford.

LETTERS FROM EDWIN

Free time

Another day, free from job duties has come upon me. Yesterday was spent doing a good amount of getting my two businesses paperwork together and organized so that all the data can get tabulated and crunched into my personal income statement for the tax man. My yearly testimony to doing my fair share. I know only too well that if everyone out there who conveniently have their taxes removed from their pay checks before they ever get to see them, had to personally send in their payments to Uncle Sam every month, there'd be more concern as to how their money gets spent.

Right now, I'd usually be working up the mountain, or subbing. It's the week before February vacation so keeping the students focused is a challenge. The cross country trails are pretty much gone and we're all hoping that the ten inches forecast for tomorrow night materializes. That could bring smiles back to those of us who rely on natural snow. Tomorrow I will be subbing. Thursday and Friday are open to whatever. Saturday, I have a gig so that's my week.

If I could somehow manage to not have to work so much, I'd have lots more free time to get to the things on my "someday list". After wrapping up my tax stuff, I could start picking away at it, but you can see what I am now doing with this free time. I'm doing what I feel like doing. Writing to you.

A while back, I met this old fellow who, like myself, was still dutifully employed. He told me that he retired back when he was 50. I asked him "what happened?" He said that he was bored. I can see that. It might take a while, but eventually I'd wear my list down and then what? Good Lord, I'd hate to not have something to do. But what's even worse is that as this old organic frame I inhabit in, is diminishing. I find that I can no longer complete some tasks.

I went to a friend's house who had a killer old time stereo and he played me some tunes, loud and clear. I hadn't heard such dynamically realistic music in years. MP3 computer music has killed all of that. Today, music is so compressed that listening to it at that volume is actually worse

for your ears. I'm very protective of my hearing. If I can't hear, I can't play, or have conversations for that matter.

Another friend was having some trouble with his wires. I have all these pieces of test equipment that give little beeps when there is a complete connection. I loved it when they started putting these continuity checkers into meters. My present problem is that I no longer can hear the beeps. Just like the guys that drive those machines that have those obnoxiously loud back up beepers, after a while, those notes get erased from your hearing. So to the driver, they're not so obnoxious any more. So much for Hi-Fi.

While doing my weekly car maintenance, I noticed that one side of the plastic imitation bumper on my 20-year-old stallion was hanging down. It's a constant consumer of fix it time. It wasn't a hard fix really. These cars are so cheaply built, that the metal flange that invisibly held it onto the frame kind of rusted off. Looking underneath the cosmetic shield, I found an actual metal brace inside that, upon sourcing an appropriate length galva-

nized sheet rock screw, I was able to secure the sagging shroud. The boring silver gray color of the car nicely matches that of the sheet rock screw. A perfect repair!

The ding clock just announced another half hour has passed. I'm still sitting here with my computer as the morning is slipping away. Some would say that it's good for me to take it easy once and a while. They're probably right, but it could be terribly addicting if you ask me. Right now I would love to go for a coffee and a pastry somewhere. Does anyone make gluten free pastries? I bought these marginal GF frozen donuts. They just don't make it. But they're better than nothing. I grew up with half a nut bun every morning with my coffee at breakfast. I walked to the village Swedish bakery every Saturday morning to buy a baker's dozen for \$1.10 with money from mom. I'm sure that I could still find something similar somewhere, but why do I have to be gluten free?

E.Twaste

Correspondence welcome at edwintwaste@gmail.com

Letters to the Editor

It is Taylor's views that are extreme

To the Editor:

After reading Mr. Taylor's recent letter "Autocracy disguised a liberty," I am glad that he is no longer an elected official. He appears to be a Christophobe who calls those that do not support his worldview "extremists."

Mr. Taylor calls women's "healthcare decisions" "abortion." That sounds extreme to me. Those leading today's Democrat Party support not just late term abortion, but killing a child after it is born. They call it "comfort care." Mr. Taylor may be okay with it, but I call extreme to say the least.

Florida Gov. DeSantis signed a bill ending the teaching of the Marxist Critical Race Theory-CRT- or its proper moniker "Crazy Racist Trash" in Florida's government schools. CRT teaches the idea that all white people are oppressors, and all blacks are victims. When outraged parents, both black and white, spoke out against CRT at school committee meetings, Joe Biden and his handlers labeled these parents "domestic terrorists." Mr. Taylor may support silencing parents who speak out against this, but I call the Biden administration's actions extreme.

Mr. Taylor thinks that white people do not want black history taught because it makes them feel "uncomfortable." This demonstrates how out of touch Mr. Taylor is. As a student in Boston's public schools 50-plus year ago, I learned about slavery, and Jim Crow as well as the incredible sacrifices and contributions that black Americans made to our nation's history. However, it was years later that I learned that Democrats founded the Ku Klux Klan, and Planned Parenthood's founder was a racist -facts that I am sure would make Democrats "uncomfortable."

Mr. Taylor, while calling for unity, promotes disunity when it comes to whom he calls "Christian nationalists." He claims that these Christian nation-

alists want to use the government to impose their religion and forbid the expression of any other religious viewpoint. He fails to cite any facts to back up his accusations. I am not sure how he defines "Christian nationalists." Let's see if I am one of these misanthropes, he is warning us about:

I have accepted Jesus Christ as my Lord and Savior.

I love the United States.

I believe the United States is the greatest nation in the history of the world.

I believe that with all of its faults, past and present, the United States has offered the greatest amount of people the greatest amount of freedom and opportunities.

I believe that there are only two genders, and marriage is between a man and a woman. (Facts that were once shared by the vast majority of Democrats including Obama, Biden and Clinton.)

I took an oath to defend the U.S. Constitution when I was 17 years old-an oath that I will honor to the day I die and, gasp and horrors,

I fly the flag of the United States and, the Christian flag.

If this defines me as a Christian nationalist, Mr. Hunter, in the name of fighting "autocracy," should report me to the FBI.

In his letter, he made a reference to the Lord's "Sermon on the Mount." Let me end with the Lord's admonition in "Matthew 7:5";

You hypocrite! First take the beam out of your own eye, and then you will see clearly to remove the speck from your brother's eye.

Matthew 7:5

Hal Shurtleff
Alton

Gilford Public Library Classes & Special Events

March 16 - March 23

Thursday, March 16
Geri Fit, 9-10 a.m.
Spanish Storytime, 10:30-11:30 a.m.
French Club, 4-5 p.m.
Book Discussion: Remarkably Bright Creatures, 5-6 p.m.
This month's book is "Remarkably Bright Creatures" by Shelby Van Pelt. Books are available at the front desk.
My Journey To Discovery on Mental Health, 6:15-7:15 p.m.
For the past six and a half years, John Broderick, author, former Chief Justice and Senior Director of External Affairs at Dartmouth Health, has traveled throughout northern New England on a mission to change the culture and conversation around mental illness in an effort to destigmatize it. He says it is the most important work he has done in his entire professional life. Come hear his inspirational story.

Friday, March 17
Senior Sculpt, 9-10 a.m.
Bridge, 10-11:30 a.m.
Preschool Storytime, 10:30-11:30 a.m.

Hand & Foot, 12:30-2:30 p.m.
Happy Crafters, 1:30-2:30 p.m.
Advanced Conversational German, 2:30-3:30 p.m.
Beginner Line Dancing, 4-5 p.m.

Saturday, March 18
Beginner Line Dancing, 10:30-11:30 a.m.

Monday, March 20
Geri Fit, 9-10 a.m.
Baby Storytime, 10-11 a.m.
Tai Chi, 10-11 a.m.
Mahjong, 12:30-1:30 p.m.
Cursive Writing Practice, 3:30-4 p.m.
Join Miss Linda & Miss Jill in practicing cursive and learning the basics.

Tuesday, March 21
Senior Sculpt, 9-10 a.m.
Bridge, 10 a.m.-noon
Preschool Storytime, 10:30-11:30 a.m.
Intermediate Line Dancing, 4-5 p.m.

Wednesday, March 22
Senior Stretch Yoga, 9-10 a.m.

Join us for a relaxing and rejuvenating yoga class designed specifically for seniors! Lani Voivod, E-RYT 500 yoga teacher and professional muse, will guide you through a series of gentle stretches and poses that will help improve flexibility, balance, and overall mobility. Each class can be enjoyed from a chair or on a yoga mat, and will

also include relaxation and breathing techniques to help reduce stress and promote a sense of calm and well-being. This is a great opportunity to meet new people, stay active, and take care of your body and mind in a safe, supportive environment. Whether you are new to yoga or an experienced practitioner, our "Senior Stretch Yogaaah!" class

is perfect for anyone looking to improve their physical and mental health.
Check out an Expert, 10 a.m.-noon
Hand & Foot, 10 a.m.-noon
Chess Group, 1-3 p.m.
Paint Group, 1-3 p.m.
Afterschool Teen Club, 3-4 p.m.
Science @ The Library: Animals Winter Survival, 3:30-4:30 p.m.

Do you ever wonder how some of our animals in New Hampshire survive the winter? Join Miss Jill in a playful learning experience filled with activities and educational games!

Thursday, March 23
Geri Fit, 9-10 a.m.
Spanish Storytime, 10:30-11:30 a.m.
French Club, 4-5 p.m.

Spring events and programs at the New Durham Public Library

Card Making, March 9 at 5:30 p.m. Join us as we make cards to send to deployed soldiers to send home to loved ones. No registration required. Ages eight and up.
Buildwave, March 18 at 10 a.m. A high-energy, creative building event using building materials such as LEGOs, Plus-Plus, and other Buildwave materials. Ages five and up. Registration is required, so please call or email the library to sign up.
Cook Book Book Club, March 21 at 7 p.m. If you like to cook or bake, this is the book club for you! Grab the cookbook from the circulation desk, whip up a recipe, and bring it to the book club night to pass around and enjoy.
Makerspace, March 25 at 10 a.m. Come hangout in our Makerspace Lab! We'll be doing STEM activities such as designing a toy, making hand grabbers, building a Matchbox car, and more. Ages five and up. No registration required, but parents must stay with their



We recently hosted our First Annual LEGO Contest. We had over 40 entrants and 67 people came out to vote. Pictured here are two of our winners. Autumn (left) won 2nd Place in the Adult Category and her son Fynn (age seven) won 3rd place in the K-3 Category.

children at the library during this event.
New England Light-

houses, April 11 at 5:30 p.m. Join us for a presentation on the history

Gilford Public Library Top Ten requests

1. "Walk the Blue Line" by James Patterson
2. "Storm Watch" by C.J. Box
3. "Unnatural History" by Jonathan Kellerman
4. "Lessons in Chemistry" by Bonnie Garmus
5. "3 Days to Live" by James Patterson
6. "Spare" by Prince Harry, The Duke of Sussex
7. "The Murder Sorority" by Marshall Karp
8. "The Personal Librarian" by Marie Benedict
9. "Encore in Death" by J.D. Robb
10. "The House of Wolves" by James Patterson

ALTON POLICE LOG

Alton Police Department responded to 91 calls for service during the week of Feb. 26-March 4, including two arrests.

-1 Male Subject was arrested for Conduct After an Accident, License Required/Operating Without a Valid License, False Report of a Motor Vehicle Accident and Warrants.

-1 Female Subject was arrested on Bench Warrants.

- There were 13 Motor Vehicle Accidents.
- There were 3 Suspicious Person/Activity Reports on Suncook Valley Road, Jones Field and Main Street.
- Police made 14 Motor Vehicle Stops.

- There were 61 other calls for services that consisted of the following: 1 Assist Fire Department, 1 Stolen Property, 3 Fingerprinting, 2 Assist Other Agencies, 2 Animal Complaints, 1 Juvenile Incident, 1 Domestic Complaint, 3 General Assistance, 1 Noise Complaint, 4 Highway/Roadway Hazard Reports, 3 General Information, 1 Littering/Trash Disposal, 1 Sex Offender Registration, 1 Business/Property Check, 1 Civil Matter, 3 Wellness Checks, 1 Criminal Mischief, 1 Dispute, 8 Directed Patrols, 1 Motor Vehicle Lockout, 3 Medical Assist, 14 Property Checks and 4 Paperwork Services.

GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from Feb. 27 to March 12.

Brittany Joan Pillsbury, age 36, of Gilford was arrested on Feb. 27 for Driving After Revocation or Suspension.

Mason Patrick Foreman, age 19, of Moultonborough was arrested on Feb. 27 for Willful Concealment.

A 39-year-old female from Belmont was taken into protective custody for intoxication on March 4.

Michelle Anna Andrews, age 59, of Gilford was arrested on March 5 for DUI-Impairment.

Jason R. Fournier, age 32, of Moultonborough was arrested on March 8 for Theft By Unauthorized Taking after Two Prior Convictions.

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Edward Jones: Financial Focus

Should investors 'go it alone'?

If you're going to enjoy a comfortable retirement, you should know, among other things, how much money you'll need. And you may have a much better chance of knowing this if you get some professional help.

Consider these findings from a 2021 study by Dalbar, a financial services market research firm:

- Investors who worked with a financial advisor were three times more likely to estimate what they would have saved at retirement than "do-it-yourself" investors.

- More than two-thirds of investors with a financial advisor were satisfied with the amount they would have saved at retirement, compared to about 27% of the do-it-yourselfers.

How do financial professionals help their clients in these ways?

First, consider the issue of determining how much money will be

needed for retirement. It's not always easy for individuals to estimate this amount. But financial professionals can help clients like you arrive at this figure by exploring your hopes and goals. How long do you plan to work? What kind of lifestyle do you anticipate enjoying in retirement? Where would you like to live? How much would you like to travel? Are you open to pursuing earned income opportunities, such as consulting or working part time?

Next comes the other key question: How much money will be available for retirement? This big question leads to many others: How much do you need to save and invest each year until you retire? About what sort of investment return will you need to reach your retirement income goals? What level of risk are you willing to take to achieve that return? What is the role of other income sources such as Social Security or any pensions you might have?

Having a financial professional help you gain a clear idea of your retirement income picture can certainly be reassuring. But there may be other reasons why "going it alone" as an investor might not be desirable.

For example, when the financial markets are down, as was the case for much of 2022, some investors make decisions based on short-term volatility, such as selling investments to "cut their losses," even if these same investments still have solid business fundamentals and good prospects for growth. But if you work with a financial professional, you might decide to stick with these investments, especially if they're still appropriate for your long-term strategy. Other times, of course, the advice may be different — but it will always be advice based on your goals, needs and time horizon.

Furthermore, if you're investing on your own, you may always be measuring your results against the major market indexes, such as the S&P 500 or the Dow Jones Industrial Average. But in reality, your portfolio should contain a wide range of investments, some of which aren't contained in these indexes, so you might not be assessing your performance appropriately. A financial professional can help you develop your own, more meaningful benchmarks that can show the progress you're actually making toward your goals.

In some areas of life, going it alone can be exciting — but when it comes to investing for your future, you may benefit from some company on the journey.



Jacqueline Taylor
Financial Advisor
3 Mill Street
PO Box 176
Meredith NH 03253
603-279-3161
Fax 866-532-8685
jacqueline.taylor@edwardjones.com

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC. Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

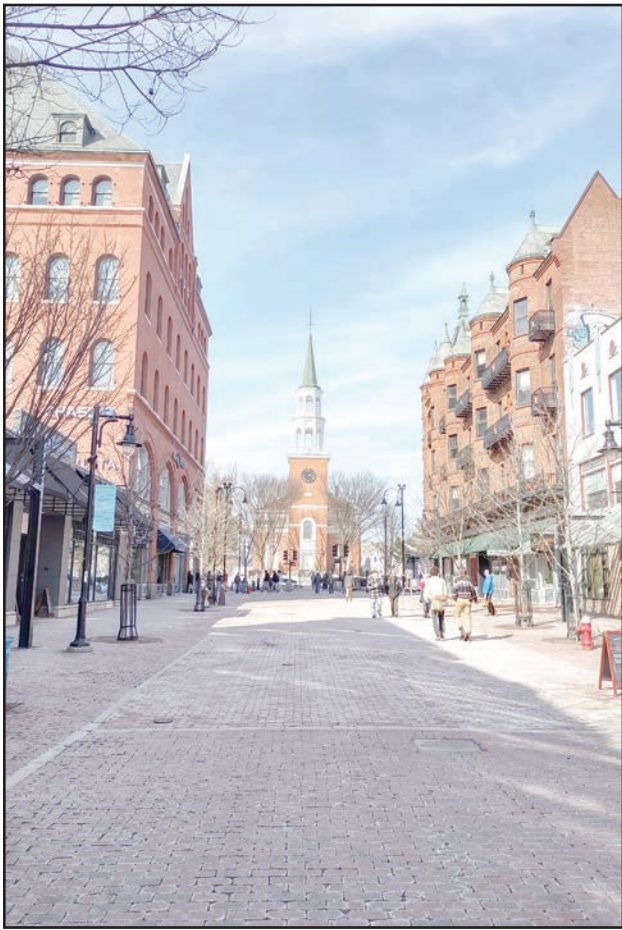
Going out of Town

A stroll through spirited Burlington

BY ERIN PLUMMER
mnews@salmonpress.news

Take a small city with the feel of a New England village, add a population of over 44,000 people from all walks of life, and add a lot of eclectic and artistic spirit with a passion for all things local, and simmer in some beautiful scenery. This is a recipe for a lot of different New England communities, but Burlington, Vt., has its own special flavor. An afternoon in Burlington is really a colorful experience with a lot of fun restaurants and shops in its many blocks. Be careful because it carries a high danger of sparking inspiration and good vibes.

Burlington is best described as a really fun city. It's a quintessential college town



ERIN PLUMMER
A view down the Church Street Marketplace in Burlington, VT, looking at the First Unitarian Universalist Society of Burlington.



ERIN PLUMMER
Art is everywhere in Burlington, including these drinking fountains.



ERIN PLUMMER
The Spirit of Ethan Allen II docked in Lake Champlain with the Adirondack Mountains across the lake in New York State.

Alton Democratic Committee to hold caucus

ALTON — On Monday, March 20, the Alton Democratic Committee will hold its caucus to elect new officers as well as delegates to the NHDP Convention. The caucus will take place at 6 pm in person at the Pearson Road Community Center, at 7 Pearson Rd., and it will also be available by Zoom. All are welcome to join us at the community center, but only registered Democrats may vote.

The available officer positions include Chair, Vice Chair, Secretary and Treasurer,

and there are also two delegate positions. To receive the Zoom link, please email current Chair, Ruth Larson, at ruthlarson@msn.com. If you have any questions or want to receive a copy of the description of each position, email Ruth Larson or call (603) 364-4003 (landline) or (603) 520-5542 (cell).

Pizza will be served at the Community Center! We look forward to having you join us to socialize and for informal discussion of plans for Alton Democrats as well as the actual voting.



ERIN PLUMMER
Burlington City Hall and City Hall Park.

with students from the University of Vermont, Champlain College, and neighboring universities in both Vermont and New York State gathering in its streets and businesses. There's a vibrant music and arts scene here as well. One walk down Church Street Market alone and one can see several street musicians, murals, and street sculptures.

My first and until recently only visit to Burlington was in the summer of 2007 during

a camping trip in the White Mountains. I drove west to Vermont and made a visit to the Ben & Jerry's factory in Waterbury. After seeing the plant and sampling some of its product, I drove further up I-89 and ended up in Burlington. I didn't spend a lot of time there, but the funky environment left an impression on me. I'd been meaning to go there again and it took over 15 years for me to finally get there.

You feel the vibe of Burlington the moment you get off the highway and head downtown. Just looking at the walls and

windows you are immediately pulled into Burlington's eclectic culture. There is art everywhere from colorful murals to street sculptures like a metal fish for a water bubbler and much more. There is also a lot of social and political awareness in Burlington as evidenced by signs in windows to stickers slapped onto walls.

There is one other recurring message in Burlington: the importance of shopping local. There is a lot of pride in local business and messages urging people to keep money in the local communi-

ty. Burlington has a thriving business community with so many different shops, eateries, and much more.

One of the biggest commercial areas is Church Street Marketplace, over four blocks of businesses in one stretch of pedestrian-only road. People will walk up and down the street to check out all the different shops. One can find everything from some name brand fashions to locally produced goods.

It's also a great hangout spot for everyone from college students to families to seniors and many others. Many street musicians can be seen singing and playing instruments off to the side. Look inside any of the cafes and there are so many people with laptops, tablets, and textbooks getting some work done while enjoying a nice cup of coffee. I took a perch along with them for a while at Kru Coffee Collective, enjoying a nice mocha and cranberry chocolate chip muffin while getting some articles done.

So many other businesses can be found in the adjoining streets. Burlington is also a little different from some other New England cities in how the streets are set up in a grid formation, which makes it a lot easier to navigate by car or foot.

After some time shopping and enjoying some treats, visitors can take in the lovely scenery of Lake Champlain just down the hill. Take a moment to drive or walk down and get a view of the lake running between Vermont and New York with gorgeous views of the Adirondacks. Ferries and tour boats also operate on the lake in warmer months.

For those wanting to do some walking or biking, the Burlington Greenway runs right by the waterfront alongside the railroad tracks by the Amtrak station.

After an afternoon of walking around while getting some stuff done, I bid farewell to Burlington. I know I want to come back when the weather gets nicer, this time bringing my bike to take on the paths and mentally making note of all the restaurants and shops I'll want to visit later. I had to admit I couldn't leave such a colorful space without a lot of smiles and a lot of different ideas for art and writing projects. Spend a little time in Burlington and the passion is truly infectious.

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Bank of New Hampshire promotes Natalia Beaulieu to Senior Vice President – Compliance Officer

GILFORD — Bank of New Hampshire is proud to announce the promotion of Natalia Beaulieu to Senior Vice President – Compliance Officer.

In this role, Beaulieu ensures that high-risk compliance areas are appropriately identified and readily addressed without undue interruption to the business of the Bank. She understands the strategic direction of the Bank and investigates ways to help the Bank reach its financial goals while remaining compliant. She effectively meets the expectations of diverse groups, including regulators, auditors, board of directors, senior managers, line managers and consumer and community groups.

Beaulieu joined Bank of New Hampshire in May 2020 as Vice President – Com-



pliance Officer. She has a decade of experience working in compliance and brought with her a wealth of knowledge. She holds a Bachelor of Science degree from Worces-

ter State University and Juris Doctorate from Massachusetts School of Law. She has completed the ABA Certificate in Lending Compliance, is a Certified IRA Specialist and also completed the UNH Next Level Leadership Consortium.

“Natalia’s expertise and ability to manage the complexities of the current regulatory environment are unparalleled,” said Ross Bartlett, Executive Vice President, Chief Lending & Risk Officer for Bank of New Hampshire. “She will continue to be a key member of the Bank of New Hampshire team and driver of our ongoing success.”

Bank of New Hamp-

shire is excited to have Natalia in this role on our team as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

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ALTON PARKS AND RECREATION COMMUNITY CONNECTION

Men’s Basketball

18 years and over- Thursday nights

The Alton Parks and Recreation Department is sponsoring Men’s Basketball 18+ pickup games at Alton Central School on Thursdays starting March 9 from 8-9:30 p.m. For more information contact Alton Parks and Recreation at 603-875-0109 or parksrec@alton.nh.gov.

Paint Night With Anne Morrell

Alton Parks and Recreation is sponsoring a Paint Night with instructor Anne Morrell at the Pearson Road Community Center, 7 Pearson Road, on Wednesday, April 12, 6-7:30 p.m. Let your creativity flow by painting a colorful lake scene at sunset. All supplies are included, \$15. View the painting example on the Alton Parks and Recreation Face Book Page or ask for a copy to be emailed to you. Handmade paintings make great gifts. All abilities are welcome. Bring a friend or sign up solo. Please RSVP with your name/contact information and payment by April 7 to parksrec-asst@alton.nh.gov or call 603-875-0109. Register early as space is limited.

Weight Training Classes- Mondays and Wednesdays

The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednesdays, 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abilities. Learn new exercises and build strong muscles and bones. \$20 per month or \$5 drop in. Bring light hand weights, a mat and water. For more information contact parksrec@alton.nh.gov or 603-875-0109.

Trivia Night- Test your Knowledge

Yoga Flow to Yin Class with Sheila Marston

Join a fun flow Yoga Class on Sundays at the Alton Bay Community Center from 9-10 a.m. \$10 drop in fee. Yoga Flow to Yin is an all levels flow class incorporating strength, core and balance. Bring mat and water. For more information contact Alton Parks and Recreation at parksrec-asst@alton.nh.gov or 603-875-0109.

Yoga Sculpt Class with Sheila Marston

An energetic class that is a combination of vinyasa, strength training, cardio and core at the Alton Bay Community Center 6:30-7:30 p.m. on Wednesdays. Bring two sets of weights, water and a yoga mat.

Little Pesaukees-Drop-In Playgroup

The Alton Parks and Recreation Department is sponsoring a drop-in playgroup for 0-5 years old at the Alton Bay Community Center on Tuesdays from 9-11 a.m. We provide the toys and activities, and you provide the interaction. The ongoing program is free and is a great place to meet new people. Please bring a peanut free snack for your child. Please note- we will not be meeting on March 28. For more information contact parksrec-asst@alton.nh.gov or 603-875-0109.

Pittsfield Players present “The Curious Incident of the Dog in the Night-Time”

PITTSFIELD — “The Curious Incident of the Dog in the Night-Time” is not what it seems and everything you wouldn’t expect. Christopher Boone, played by Luca J. Pellegrine, tells the story of how he solved the case of his neighbor’s dog being slain with a gardening fork while along the way finding the truth about his mother, bonding with his teacher and learning to accept that his father, faults and all, is more like Christopher than he seems.

Along for the journey are the many witnesses in the town where Christopher lives and beyond. Friends, acquaintances and strangers alike, shape Christopher’s very brave move to not only solve the curious incident but help to become more independent along the way. Christopher is a 15 year old boy who is on the Autism spectrum and rarely departs from his usual routine but once he realizes there is more to Wellington’s death than finding out who did it, he understands that the world is not as it always seemed and he’s going to have to learn to accept help if he is to survive this quest.

ent because the script does not indicate how to perform it. There is no set design given; the characters, for the most part, do not leave the stage and the imagery relies heavily on props, lights and your imagination.

Set in modern day England, just outside London, “The Curious Incident of the Dog in the Night-Time” is a play based on the book of the same name by Mark Haddon. There is strong language, violence and adult humor. “Curious Incident,” directed by Meggin Dail and produced by Jon Martin, arrives on the Scenic stage at 6 Depot Street, Pittsfield NH for one weekend only, March 23, 24 and 25 at 7:30 p.m. and March 26 at 2 p.m. Tickets, \$15

may be purchased on The Pittsfield Players website www.pittsfieldplayers.org or by calling the box office at (603) 435-8853.

Director Meggin Dail is excited to bring this work to life on the Scenic stage, after seeing it in Boston in 2017, she loved the story but was timid to bring it home to the Scenic due to the amount of technical strategy required. Since The Pittsfield Players has teamed up with Tech Productions, LLC alongside the tutelage of Jeff Gregoire, the confidence level to bring more such endeavors to the Scenic Stage has risen dramatically (pun intended). Can’t wait to see you at the show!

“Curious Incident” is not your typical show. Even if you think you’ve seen the show before, each performance is differ-





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LRSO presents “Haydn Seek” concert

MEREDITH — The Lakes Region Symphony Orchestra (LRSO) invites

you to our concert on Saturday, March 25 at 7 p.m. at Inter-Lakes Communi-

Gilford residents asked to take survey about bathhouse project

BY ERIN PLUMMER
mnews@salmonpress.news

GILFORD — The town has put out a survey seeking input from residents on what they would like to see for a new bathhouse facility at the town beach.

The Parks and Recreation has posted a survey and is asking residents to participate to give their input on a future bathhouse project.

In February, the town proposed a \$1 million project to replace the current bathhouse at the Gilford Town Beach, which town officials said is aging, has infrastructure and mechanical issues, and isn't up to code. The proposal included installing a new commercial grade kitchen for the concession stand. The proposal received a lot of criticism during a public hearing with a lot of discussion on if the concession stand was really needed. The proposal was shelved for another year and this year's warrant has an article creating a new fund for future bathhouse construction.

Finance Director Holly Burbank spoke to the selectmen during the March 8 meeting about a proposal for a public survey to get more input on this project.

Burbank said she spoke with Parks and Recreation Director Herb Greene and the Recreation Commission the day before and there had been some discussion on having a survey to get a feeling for what

the residents wanted for the bathhouse. Burbank said the Parks and Rec was given the okay by the Recreation Commission to go forward with a survey linked to Parks and Recreation's Web site.

Greene created a QR code so people can access the survey directly from their devices. Cards were printed and handed out during town voting to give more residents the opportunity to take part.

“I think it's a good thing to do and we'll see what that feedback is on that,” Burbank said. “At least it shows were trying to get some true feel for what the town's looking for and what the voters are looking for.”

The survey asks questions including how often people use the beach and Parks and Recreation programs. It also asks different questions about the concession stand, including how much people use it, how important they think it is, and if it should be included in a new bathhouse project. There is also space for people to give more of their thoughts.

Parks and Recreation said on its website the survey will help it make different decisions about the future bathhouse project.

A link to the survey can be found at <https://gilfordrec.com/activities?post=148>. Paper copies are also available at the Parks and Recreation Department. Call (603) 527-4722 to get a hard copy.



COURTESY

LRSO features cellist Kari Jukka-Pekka Vainio performing Haydn Cello Concerto in C Major, paired with Haydn "London" Symphony No. 104 at Inter-Lakes Auditorium in Meredith, March 25 at 7 p.m.

ty Auditorium in Meredith.

LRSO features principal cellist Kari Jukka-Pekka Vainio performing the enchanting Concerto No. 1 in C Major for Cello by Haydn, an easy listening, but wonderfully complex work balancing solo cello with string orchestra texture. Also on the program are the West Side Story Highlights by Leonard

Bernstein, Humoresque by Dvorak, Concerto for Two Flutes by Vivaldi, and finishing with Haydn's final symphonic composition Symphony No. 104 "London".

Cellist Kari Jukka-Pekka (JP) Vainio grew up in Finland and won his first job in a professional symphony orchestra when he was 16 years old. He later studied cello at Helsinki Con-

servatory, and Math and Computer Science at Helsinki University. While in Finland JP performed with the Kouvola Symphony and Vantaa Pops.

In 2017 he moved to New Hampshire after two decades in the San Francisco Bay Area, and we are so pleased he made the move to the east coast.

The program comprises Dvorak's jaunty yet beautifully lyrical Humoresque, highlights from Leonard Bernstein's glorious score of West Side Story, Haydn's final symphonic work Symphony No. 104 "London", and last but not least Vivaldi's Concerto for Two Flutes featuring the second place winners in the 2022-23 student concerto competition, high school students Elsie Munsterteiger and Akira McDowell.

This March 25 concert is the fifth in the LRSO's spectacular 2022-2023 season. Reserve the dates for our final dual-performance POPS concert on May 13 and

14 at Inter-Lakes Auditorium, featuring pianist Chris Mega performing Gershwin's Rhapsody in Blue. The concerts also feature vocalist Madison MacNeill performing Summertime, Embraceable You, S'Wonderful, and other Gershwin-era selections by the likes of Cole Porter, Gershwin, Irving Berlin, and more.

Discount Ticket Packages are available for the March and May performances. March tickets are \$25 for adults and \$10 for students college-age and under (please no children under age five). Tickets and Discount Packages are available online at www.LRSO.org or by phone using the numbers listed with each concert on the LRSO Web site. Any unsold tickets will be available at the door starting one hour before each concert.

LRSO performs with a home-town flair that is comfortable, familiar, and uplifting. We invite you to give us a try. Live orchestral music is an amazing experience!

Gilford Community Church to host St. Patrick's Day dinner

GILFORD — On Friday, March 17 at 6 p.m., Gilford Community Church (GCC) will host a St. Patrick's Day Dinner, which will feature corned beef, cabbage, and all the proverbial fixings followed by dessert (carrot cake).

According to Jim Colburn, who is helping plan the event, GCC's first St. Patrick's Day Dinner took place in the early 1980's as a fundraiser. “Reverend Ray Wixson organized the first dinners,” he said. “My wife, Anne, said that Reverend

Wixson got her involved better than 30 years ago by asking her to make a carrot cake.”

More recently, the hospitality committee, led by Eloise Post, has hosted the dinner. “It ran pretty much annually since then until Covid hit,” said Colburn, who said the event was the last church event held prior to the quarantine in 2020 due to Covid. “It's nice to see the return of a tradition in the church—and it's always good to break bread with friends.”

‘Breaking bread’ re-

quires volunteers, however, an opportunity GCC Pastor Michael Graham said is open to the public. “We are looking for carrot cake and bread bakers in addition to people helping us with kitchen prep the day before the event,” he said. “Your payment will be some terrific food and great company.”

Available for purchase through Friday, March 10, tickets are \$23 per person and may be purchased at the GCC office, 19 Potter Hill Rd., Gilford, or by email-

ing Diane Lyons at dlyons0710@gmail.com. To learn more about volunteering for the event, email Lyons or contact the GCC office at 603-524-6057.

Located in Gilford, NH, GCC is an inclusive, open community with a broadly ecumenical spirit that welcomes people from all denominational and cultural backgrounds. To learn more about GCC, its community-based programs, or virtually attend services, visit gilfordcommunitychurch.org.

Lakes Region Food Pantry receives grant from Children's Auction to support its children's summer lunch program

MOULTONBOROUGH — Lakes Region Food Pantry recently received a \$5,000

grant from the Greater Lakes Region Children's Auction. The grant will help further Lakes Region Food Pantry's mission of fighting food insecurity by helping fund its children's summer lunch program.

"Some families' food expenses rise in the summer when children don't receive free and reduced lunch at school. This grant will help us offer a measure of relief to clients by providing vouchers for fresh foods."

Families of Inter-lakes and Moultonborough school district students can use the vouchers at their choice of 3 local grocery stores to purchase \$25.00 worth of groceries per week per child to prepare healthy lunches all summer. "Feeding Families

One Bag at a Time" lakesregionfoodpantry.org 603-476-5400. Find us on Facebook.

The Greater Lakes Region Children's Auction is an annual event held every December in central New Hampshire. The fundraiser made \$2,100 in its first year and has come a long way with the help of countless volunteers and donors who have helped turn it into a major annual campaign. During the 40 years that the community has come together, more than \$8 million has been raised for local charities, all through volunteer efforts, community donations and corporate sponsorships. Thank you, Lakes Region! For more information, please visit childrensauction.org or call 603-527-0999.

Church Service SCHEDULE

ABUNDANT HARVEST FAMILY CHURCH
Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union.
Pastors Daniel and Sherrie Williams, 473-8014.
For more information, please visit abundantharvestnh.org or e-mail ahc@faith.com.

ALTON BAY CHRISTIAN CONFERENCE CENTER
Sundays throughout the summer 10 a.m. & 7 p.m., 875-6161.

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

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

CHRISTIAN COMMUNITY OF PRAISE C.C.O.P. PRAISE GATHERING
Gathering Saturday evenings at 6-7 p.m.
The Gilmanton Community Church
497 Province Road, Gilmanton, NH
ccoppraisegathering@gmail.com

COMMUNITY CHURCH OF ALTON
Prayer Meeting 9:00 a.m.
Rev. Dr. Samuel J. Hall, 875-5561.
Day service 8:30 a.m. Alton Bay Gazebo, Alton, NH
10 a.m. Worship Service
20 Church Street, Alton
Our services are live-streamed on YouTube
Sundays at 10 a.m.
www.ccoalton.com

CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC
Sunday School and Worship Services
Rev. Rebecca Warner Maccini
603-776-1920
Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom, Sundays at 10 a.m.
ccnorthernbarnstead.com

FIRST CONGREGATIONAL CHURCH UCC FARMINGTON
Worship Services 10:00 A.M.
Sunday School 10:15 AM
400 Main Street
Farmington, NH 03835
Pastor Kent Schneider 755-4816
www.farmingtonucc.org

FIRST FREE WILL BAPTIST CHURCH
Sun. School 9:30 a.m.; Church 10:30 a.m.; Evening Service 6 p.m.; Wed. Prayer Meeting 7 p.m. Depot St., New Durham;
Pastor James Nixon.

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

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

ST. STEPHEN'S EPISCOPAL CHURCH
Sunday 9:30, 50 Main St., Pittsfield
Rev. Miriam Acevedo, 435-7908
www.ststephenspittsfield.com

UNITED METHODIST CHURCH
Rt. 171 at Tuffinboro Corner.
Sunday services 10:30 a.m. Church 603-539-8058

UNITARIAN UNIVERSALIST SOCIETY OF LACONIA
Sunday services and religious education 10:00 a.m.
All are welcome.
172 Pleasant St. Laconia • 524 6888 • uusd.org

MAPLE STREET CHURCH
Sunday Service 11 a.m.
96 Maple Street, Center Barnstead NH 03225
Sundays at 10 a.m.

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PETS OF THE WEEK



Jenni

I'm Jenni and I bet you want my number, or the one for the shelter to come adopt me! I am most comfortable around the people I know and would probably do best with adults only. There is potential for me to share a home with a male dog, of course we'd have to meet first. A low traffic home able to help me build my confidence with new people would be best!



Lucy

Meet Lucy! Seeking all hound dog loves, this girl is looking for her retirement home. She loves nothing more than belly rubs and finding all the yummy treats you are hiding. Lucy has done well with other animals and could be a good candidate for a multi-pet household with proper introductions.

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NEWS & INFORMATION

■ ■ ■ When You Need It Most ■ ■ ■

Belknap Mill's Bell and Brick Winter Concert Series welcomes back Katie Dobbins!

LACONIA — Katie Dobbins returns to the Belknap Mill's Bell and Brick Winter Concert Series on Thursday, March 16 from 7-8 p.m. Tickets are \$10 at the door.

Award-winning Gilford native Katie Dobbins draws from a palette of contemporary folk and new country to create a genre uniquely her own. With a mastery of storytelling and the heart of a poet, this soulful songstress captures elements of life and relationships in ways that lift the spirit and challenge the soul. A born performer, Dobbins



loves to connect with people through music, positive messaging, and a little bit of humor. For more information about programs and events, please visit the Belknap Mill Facebook page or Web site at www.belknapmill.org.

Gilmanton Conservation Commission, Historical Society receive grant funding

GILMANTON — The Gilmanton Conservation Commission & Gilmanton Historical Society received a total of \$9,800 from Globe Community Fund, Maher Charitable Foundation, and Trillium Foundation—all donor-advised funds of the NH Charitable Foundation.

Grants will be used to restore the Tom Howe Barn, part of the Tom Howe Barn & Conservation Area, listed on the New Hampshire State Register of Historic Places. The GCC and GHS organizations are collaborating on having the barn become an agricultural museum containing historic Gilmanton agricul-

tural artifacts and an educational center. The barn sits adjacent to a retting pond, the only known one in the State of New Hampshire.

The GHS (gilmantonhistoricalsociety.org) is a nonprofit 501©3 organization. To donate kindly send check to Gilmanton Historical Society, PO Box 236, Gilmanton, NH 03237 & note Tom Howe Barn. Please help us continue in dedicating all efforts for restoration and preservation of our historic and cultural resources so they may "live on" for future generations.

The New Hampshire Charitable Foundation is New Hampshire's state-

wide community foundation, founded in 1962 by and for the people of New Hampshire. The Foundation manages a growing collection of 2,000 funds created by generous individuals, families and businesses, and awards more than \$40 million in grants and more than \$6 million in scholarships every year. The Foundation works with generous and visionary citizens to maximize the power of their giving, supports great work happening in our communities and leads and collaborates on high-impact initiatives. For information, please visit www.nhcf.org or call 603-225-6641.



Donor opportunities still available at Belknap Mill

Belknap Mill Board Co-Chair Peter Karagianis speaks to members at the Belknap Mill's Annual Meeting about donor opportunities still available for the Rod and Gail Dyer Powerhouse Patio.

Barnstead Parks & Recreation Highlights

Vote Yes for Parks and Rec Playscape Warrant Articles at Barnstead's Town Meeting on March 18. Information and details regarding the Warrant Articles will be presented at the town meeting.

Game Night and Adult Coloring Events – Dates TBD

Spring Clean Up – Our Annual spring roadside clean up is scheduled for April 30. Additional details to come.

Beach and Swimming Lessons – It's time we start planning for the summer swimming season and swimming lessons (yes, it will be here before we know it). We

are actively looking for a swimming instructor and will soon be looking for beach attendants.

Commission Member Openings

The time requirement is minimal but the satisfaction and enjoyment of seeing the community and kids enjoy our events is priceless! Being a part of the commission is a great way to be more involved in creating, planning, and hosting activities or programs for our community. There are different levels of involvement like leading and coordinate the moving pieces that make an event happen to working behind

the scenes. Since most sports are organized and led by other groups we are focusing on other activities with the motto "Bringing Community Together by Doing Fun Stuff!". There are various openings on the commission, and we are excited to welcome new members.

Please watch our website (barnsteadnhparks-rec.com) and Facebook page (@barnsteadparks) for additional details, date changes, cancellations, and pop-up events. We can also be reached at 802-332-3799 and barnsteadparks@gmail.com if you have any questions.

Need a Lift?

Caring Rides is Here to Help!




“Having someone give me a ride to the doctor is life-changing. The Caring Rides volunteers not only provide me with the help I can't find elsewhere, they become my friends. Their compassion and kindness count so much when there are few people who truly understand us.”

- Judy, Caring Rides client.

Are you no longer able to drive and have trouble getting to doctor appointments and the grocery store? Do you have no friends or relatives nearby? Are taxis or ride services too expensive?


Caring Rides is here to help! Now offering services to residents of Alton and Wolfeboro, our volunteer-driven program provides you with free rides to medical appointments, dialysis appointments, the eye doctor, dentist, grocery store and more.

Sign up today!
Call **603-622-4948** or visit **caregiversnh.org/drexel**




The CareGivers
CARING RIDES

A program of Catholic Charities New Hampshire, serving seniors in Alton, Alton Bay, Wolfeboro, and Wolfeboro Falls. **Available to people age 62+ with doctor-verified disabilities.** Sponsored in part by Saint Katharine Drexel Parish, Alton/Wolfeboro, NH.



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Colonial, Powerhouse team for ‘Just Duet’ fundraiser

LACONIA — The Colonial Theatre – Laconia and Powerhouse Theatre Collaborative will present Just Duet: Broadway Style on Saturday, May 20 at 7 p.m. Tickets are on sale now at ColonialLaconia.com or by calling 1-800-657-8774.

Just Duet: Broadway Style - a musical theatre fundraiser competition for duos. Join Powerhouse Theatre Collaborative and Spectacle Live for a night of Broadway hits performed by musical theatre performers from all over New Hampshire to raise funds for the Colonial Theatre and its programs. Enjoy an evening of Broadway hits with an opportunity to vote for your favorite contestants and help them win prizes!

Proceeds from this event benefit Powerhouse Theatre Collaborative and the Colonial Theatre Advancement Fund.

Tickets for Just Duet: Broadway Style at the Colonial Theatre of Laconia on Saturday, May 20 at 7 p.m. are \$25 and go on sale Friday at 10am at ColonialLaconia.com or by calling 1-800-657-8774.

First opened in 1914, the Colonial Theatre was designed by George I. Griffin. Original owner Benjamin Piscopo was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. The theatre hosted a variety of stage productions and photoplays. By the early 1930s the Colonial had pivoted to show motion pictures. In 1983, the theatre was divided up into 5 separate movie screens. In August of 2002, the theatre closed after 87 years of operation.

On June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. 609 Main Street LLC was created to conduct the capital campaign for the renovation. The restoration of the Colonial began in March of 2016 and concluded in early 2021.

The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to a wide range of performances, including music, theatre, comedy, and civic events. The Colonial Theatre is managed by Spectacle Management and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main St., Laconia. 03246. www.coloniallaconia.com

Spectacle Live was founded in 2012 to provide performing arts venues throughout New England with expert services in venue operations, booking and programming, venue and event marketing, venue programming and operational management, consulting, and event production. Since its founding, Spectacle Live has worked with more than a dozen New England venues on facility management, and in promoting, marketing, and producing hundreds of concerts, comedy, civic, educational, theatrical, and family entertainment events. Spectacle Live has also been a valuable consulting partner to municipalities and non-profit venue owners, developers, programmers, and operators. Spectacle Live has offices in Lexington and Lowell, Mass. and Laconia. For more information, please contact Pete Lally, plally@spectaclelive.com or 617-531-1257. www.spectaclelive.com

Granite VNA offers community balance screenings in Alton

ALTON — Granite VNA is offering Community Balance Screenings on Monday, April 3 from noon to 2 p.m. Screenings are being held at Alton Senior Center, 7 Pearson Rd.

A Granite VNA Community Health Educator will be on site to conduct individual, 15-minute balance screenings.

This program is offered at no charge. Appointments are required. To sign-up, call (800) 924-8620, ext. 85815 or visit www.granitevna.org/calendar. Masks are optional.

Granite VNA has been providing home care, hospice care, palliative care, pediatric and maternal child health services, and wellness programming to New Hampshire residents since 1899. To learn more about Granite VNA, visit www.granitevna.org.

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 82 communities across the Greater Capital Region and Central New Hampshire by providing home care, hospice care, palliative 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.

Great Waters announces 2023 scholarship program

WOLFEBORO — In 2022, awards were given to students going on to attend Plymouth State University's Music, Technology and Production program, the Music Therapy program at Oral Roberts University, and the University of Southern Maine's Theater Performance program. All three of the 2022 scholarship recipients represented Great Waters' education mission to support local youth to pursue careers related to the performing arts.

Great Waters urges all interested students to apply now by going on-line to www.greatwaters.org. Click on the Calendar Page and find information about the program and an on-line application form. For additional information, you may also call the office at 603-569-7710.

Barnstead Democratic Party caucus set for March 23

BARNSTEAD — The Barnstead Democratic Party Caucus will take place on Thursday, March 23 from 6:30 to 7:30 p.m. at the Barnstead Town Hall, 108 S. Barnstead Rd., Center Barnstead.

All registered Democrats in Barnstead are eligible to vote in the caucus elections for town Democratic committee officers and for one delegate to the Democratic State Convention. We encourage you to attend, and we welcome your participation!

Please join us at 6:30 p.m. to socialize and enjoy sandwiches, salad and desserts. Our caucus will begin around 7 p.m. Please RSVP to tritowndems@gmail.com for an accurate food count. We look forward to seeing you!

Masons to host monthly breakfast buffet Sunday

ALTON — On March 19, the Masons of Winnipesaukee Lodge in Alton will be hosting their monthly Breakfast Buffet, open to the public, at the Lodge on Route 28, a quarter mile south of the Alton Circle. With fresh fruit, biscuits and gravy, scrambled eggs, omelets, bacon and sausage, home fries, beans, pancakes, French toast, coffee and juice being served, it is a perfect time for family and friends to sit down and enjoy an all you can eat breakfast buffet. So join them for breakfast between 7:30 and 11 a.m. Cost is \$12. They hope to see you there, always on the 3rd Sunday of the month. For more information, contact David Cumming at 603-767-2057.

Legion to host Designer Bag Bingo

ALTON — The American Legion Family presents “Designer Bag Bingo” Saturday, March 18 at 7 p.m. (doors open at 630pm) American Legion, Route 28, Alton. Tickets are \$35 per person/ \$40 at the door (if available). Reserve a table for eight for \$260, Bonus Game \$5. Door Prizes, 50/50 Raffles. Tickets; include 15 games, 2 dabbers and appetizers. Cash bar available, must be 21 years of age.

Tickets are available at the American Legion Post 72. Contact diannadouglass63@gmail.com for information or to sponsor a designer bag. Help make this a fun event. All proceeds benefit the Camp Resilience program for veterans.

Kendra Liversidge of Alton Bay named to University of Hartford President's Honors List

WEST HARTFORD, Conn. — The University of Hartford is pleased to announce Kendra Liversidge of Alton Bay has been named to its President's Honors List for Fall 2022.

The President's Honors List is made up of an extremely select group of students who earned a grade point average of 3.75 or higher in the semester. This is the GPA that must be sustained over a full undergraduate career to qualify for a degree summa cum laude.

Spread across seven dynamic schools and colleges, the University of Hartford has been guiding the purpose and passion of students for over six decades. On our 350-acre campus alongside Connecticut's capital city, approximately 4,000 undergraduate and 1,800 graduate students from 48 states and 45 countries come together for a common purpose: to collaborate across different disciplines, diversify perspectives, and broaden worldviews. We're a four-year private university focused on advancing the public good through meaningful connections within our communities. Our unique approach to comprehensive education gives us the critical perspectives that lead to impactful change, regionally and beyond. With degree programs spanning the arts, humanities, business, engineering and technology, education, and health professions, we focus on doing the work that matters. Visit www.hartford.edu for more information.

Laconia/Gilford Lions hosting soft plastics recycling collection

LACONIA — Green Sanctuary Committee members of the Unitarian Universalist Society of Laconia together with the Laconia/Gilford Lions Club will be out front of the little white church at 172 Pleasant St. in Laconia on Saturday, March 18 from 11 a.m.-1 p.m. for the latest soft plastics recycling collection.

Laconia is going green and not only on St. Patrick's Day! Thanks and congratulations to all who continue to collect and turn over clean soft plastics for repurposing into composite decking and outdoor furniture.

Last month's effort set a new collection record of 622 pounds. All that was kept out of our landfills, kept from littering our neighborhoods, and kept from polluting the waters of our Lakes.

Now let's try to set a new record!

Any questions, email theandrews@verizon.net, call the church office at 603-524-6488 or check our Facebook page.

Brooks named to Emmanuel College Dean's List

BOSTON, Mass. — Madison Brooks of Laconia has made Emmanuel College's Dean's List for the Fall 2022 semester. To earn a spot on the Dean's List, Emmanuel students must achieve a grade point average of 3.5 or higher for a 16-credit semester.

Emmanuel College is a co-educational, residential institution with a 17-acre campus in the heart of Boston's education-al, scientific, cultural and medical communities. Enrolling more than 2,000 undergraduate and graduate students, the College provides boundless opportunities for students to expand their worldview through rigorous coursework, significant internship and career opportunities throughout the Boston area and beyond, collaborations with distinguished and dedicated faculty, and participation in a dynamic campus community. Emmanuel's more than 70 programs in the sciences, liberal arts, business, nursing, and education foster spirited discourse and substantive learning experiences that honor the College's Catholic educational mission to educate the whole person and provide an ethical and relevant 21st-century education.

Archery shoots scheduled at Farmington Fish and Game

NEW DURHAM — Farmington Fish and Game Club in New Durham has announced its 2023 archery schedule.

March 19, GSB Shoot, April 1, 30 target shoot, April 23, GSB shoot.

Registration for all shoots opens at 7 a.m. and goes until 11 a.m. Food and beverages will be available at all events. For more information, please visit www.farmingtonfishandgameclub.com or the club's Facebook page at [farmingtonfishandgame](https://www.facebook.com/farmingtonfishandgame), or e-mail Brian Fuller at fullerbn@gmail.com or Allan Thorell at act_ptg_dec@hotmail.com.



THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Barnstead	9 Mont Vernon Dr.	Single-Family Residence	\$315,000	Christine E. Hallock	Joan M. Rodriguez-Colon
Barnstead	38 Peacham Rd.	N/A	\$395,000	Peacham Road Lot 73 LLC	Melanie Ferraro
Wolfeboro	Abenauke Drive	N/A	\$525,000	Margaret K. Koban Estate and Lucas C. Pasquariello	Donald H., Jr. and Charlene A. Phelps
Wolfeboro	70 Pleasant Valley Rd.	Multi-Family Residence	\$385,000	Brian Hester	Conor J. and Katherine B. Bevan

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land=land only; L/B= land and building; MH= mobile home; and COND=condominium.

Partnership for Public Health provides free at-home covid tests

LACONIA — The Partnership for Public Health is pleased to announce that it is now offering free at-home COVID-19 tests to the community. As COVID-19 continues to

affect individuals around the world, and illness circulates amongst our communities, it is important to stay informed about your health and take steps to protect yourself, and



67 Water St., Suite 105 in Laconia. Pick up hours are Monday through Friday between 9 a.m. and 4 p.m.

For more information, or questions, please call the PPH office at 603-538-2145. To stay up to date with the latest public health trends in your community, and learn more about how PPH is working towards a healthier region, visit ppnh.org.

About the Partnership for Public Health

Serving the Lakes Region through health and wellness initiatives, the mission of the Partnership for Public Health is to improve the health and wellbeing of the region through inter-organizational collaboration and community and public health improvement activities.

Conservation open house planned

GILFORD — The Belknap County Conservation District is hosting a Conservation Open House for landowners on March 27 at the Gilford Community Church from 6-8 p.m. This free event is a one-on-one opportunity for farm and forest landowners and others interested in learning about conservation advice and assistance available through the USDA Farm Bill and state and local programs to conserve and improve your land.

"Local farmers and forest landowners often aren't aware of all the opportunities to get advice and assistance to make their land more productive and to protect the environment. This Open House offers a direct connection to people who can help and the opportunity

to sign up for assistance if they're interested," said Lisa Morin, Program Coordinator for the Conservation District.

Organizations participating in the Open House include the USDA Natural Resource Conservation Service, Farm Service Agency, Rural Development, NH Association of Conservation Districts, Belknap County Conservation District, UNH Cooperative Extension, and Farm Family Insurance.

For more information or to sign up go to the Conservation District website: belknapccd.org or <https://www.eventbrite.com/e/conservation-assistance-open-house-for-belknap-county-landowners-tickets-520685754107>.

those around you. With these free at-home tests, community members can quickly and easily determine if their symptoms are COVID-19 related.

The initiative is part of the Partnership for Public Health's ongoing efforts to improve the health of the region and assist the community with access-

ing resources near them. These free tests will be available while supplies last and can be picked up at the Partnership for Public Health's office at

Skylight Dining Room Menu

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Hours: Noon to 1:30 p.m.
March 21th and 23th
Menu 1
Beef Stroganoff

Menu 2
Chicken Pot Pie

Menu 3
Vegetable Quesadilla

Choice of starters: Chicken
Noodle Soup or Salad
Choice of starch: Roasted

Sweet Potato or French fries

Vegetables: Broccoli and Cauliflower Gratin

Bread Options: Dill onion roll, Plain

Your choice of any of our homemade desserts



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.

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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

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	List Price: \$175,995 \$175,995* 3 Bedroom, 2 Bath	List Price: \$208,995 \$208,995* 3 Bedroom, 2 Bath
	List Price: \$208,995 \$208,995* 3 Bedroom, 2 Bath	List Price: \$208,995 \$208,995* 1,900sq. ft. 2 story Master Bed 1st Floor

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<p>\$479,900</p> <p>MLS# 4944773</p> <p>2BR/2BA townhouse in South Down Shores w/ office that can be used as a 3rd bedroom. Newer appliances throughout. Granite counters, dual zone built-in wine cooler for entertaining, remote-controlled fireplace, a finished detached garage, & 3-season porch.</p>	<p>\$670,000</p> <p>MLS# 4943588</p> <p>4BR/2BA, 2,117 sq. ft. home located approx. 150 yards from the shared beach on Lake Kanasatka. The first level has a well-appointed kitchen w/ a breakfast bar open to the dining area. Amenities are beach, canoe/kayak storage, bathhouse, & boat slip area.</p>	<p>\$1,650,000</p> <p>MLS# 4894873</p> <p>Developers and Builders take notice of this State & City approved subdivision off of Mile Hill Rd. 51 single-family homes w/ underground utilities, public sewer, water, & natural gas are approved and ready to go. All approvals are included, along w/ estimates.</p>	<p>\$3,950,000</p> <p>MLS# 4943321</p> <p>4BR/3BA, 4,632 sq. ft. of Lake Winnepesaukee perfection! Designed to take your breath away w/ views overlooking the lake & mountains. 172' of shoreline, oversized custom two-bay boathouse w/ electronic lifts. Massive stone breakwater w/ dock.</p>
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WHICH'S WHO IN LUXURY REAL ESTATE

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NHSaves Button Up workshop hosted by Unitarian Universalist Society of Laconia

LACONIA — Button Up New Hampshire, the popular home energy savings workshop series, is coming to Laconia. The City of Laconia, Unitarian Universalist Society of Laconia, Congregational Church of Laconia and Laconia-Gilford Lions Club are partnering to present this free workshop for residents. It will take place at the Laconia Library located at 695 North Main St. in Laconia on March 20th from 6:00 – 7:30pm. The workshop is sponsored by NHSaves and coordinated statewide by the Plymouth Area Renewable Energy Initiative (PAREI).

NHSaves is a collaboration of New Hampshire’s electric and natural gas utilities (Eversource, Liberty Utilities, NH Electric Cooperative and Unitil). The utilities are working together to provide NH customers with information, incentives, and support designed to save energy, reduce costs, and protect the NH environment. PAREI of Plymouth, NH is working with local groups

around the state to bring these workshops to the public on behalf of New Hampshire’s utilities.

The NHSaves Button Up Workshop is a 1.5 hour presentation about how to improve the energy efficiency of your home. It is conducted by a certified energy auditor and covers basic building science principles as well as examples of whole house weatherization measures that will button up your home for the heating and cooling seasons. It also covers details about the energy efficiency programs offered by NH utilities (for existing homes and new construction) that provide energy audits, weatherization measures such as air sealing and insulating and rebates on new technologies and products such as electric and gas appliances and high efficiency electric heating/cooling equipment.

New Hampshire residents wishing to use energy more efficiently, conserve energy and save money on their heating and cooling bills, will find the work-

shop presentation very helpful.

The local workshop organizer, Inez Andrews, said, “We are bringing this workshop to Laconia because it offers valuable and practical information about how to save energy and reduce costs while making

WARRANT
(continued from Page A1)

done under reasonable terms and conditions determined by the Barnstead School Board at a sale price of no less than \$318,000. If the sale moves forward, proceeds will be deposited into the general fund.

If Article 14 is passed, \$318,000 will be deposited into the Future Expansion of BES Capital reserve Fund from the June 30 unreserved fund balance. This article is contingent on Article 14’s passage.

Article 16 would authorize the school board to purchase the Maple Street Church property on 96 Maple St., including a building and one acre of land for \$350,000 with funds coming from the Future Expansion

our homes more comfortable. The information about available funding can also help make these improvements possible for more people. With the high cost of energy, efficiency is now more important than ever. I hope many people will take the time to attend

funding programs such as IDEA and Title I among others with the amount to be offset by matching federal and state revenue.

Article 7 would add \$125,000 into the Building Maintenance Fund from the June 30 unreserved fund balance.

Articles 8 and 9 are Barnstead’s contributions to different Prospect Mountain High School funds with Alton expected to contribute a portion.

Article 8 would put \$15,000 into the Prospect Mountain High School Athletic Field Capital Reserve Fund, which represents \$30,000 of the total appropriation. Alton is slated to contribute the remaining \$15,000 to this fund. Under Article 9, Barnstead would contribute \$14,808 to the PMHS Technology

this informative workshop.”

The workshop is free, and no registration is necessary. For more information on the Laconia workshop email Inez Andrews at uusl@myfairpoint.net. For information on other NHSaves Button

Up Workshops visit https://nhsaves.com/learn/?resource_type=events. Workshop organizers also recommend the public sign up with NHSaves Facebook and Twitter pages for up to date information on energy saving tips and programs.

Expendable Trust Fund. Of the total \$30,000 appropriation, Barnstead’s portion is 49.36 percent with Alton contributing 50.64 percent.

Both these articles are contingent on both school districts adopting their respective articles.

Article 10 would approve the items in the three-year collective bargaining agreement between the Prospect Mountain School Board and the Prospect Mountain Education Support Professional Association. The agreement would raise and appropriate \$35,179 for the 2023-2024 school year, an estimated increase of \$71,270. The cost in year two would be \$21,481 and would cost around \$23,448 in year three. The article is contingent on both Barnstead and Alton approving their respective articles.

If Article 10 is defeated, Article 11 would authorize the governing body to have a special meeting to only address the cost items in Article 10. If Article 10 passes, this article will be passed over.

Article 12 would adopt the provisions of state law allowing Prospect Mountain High School to become an open enrollment school and admit students to the school from outside the catchment area. None of the resident student population would be eligible to seek enrollment outside Barnstead Elementary School.

Article 13 is the district’s operating budget of \$13,926,509. This includes \$4,355,652 to support PMHS.

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**TOWN OF NEW DURHAM
Planning Board
PUBLIC HEARING NOTICE
Tuesday, April 4th, 2023
7:00 PM @ NEW DURHAM TOWN HALL & ZOOM**

Joseph & Cheryl Mullen

You are hereby notified that a Hybrid Public Hearing will be held by the New Durham Planning Board on Tuesday, April 4, 2023, at 7:00 PM for Case #pb2023-001. The hearing is regarding an application submitted by Jones & Beach Engineers Inc on behalf of Joseph and Cheryl Mullen for property located at 287 South Shore Road, Map 113 Lot 77. The applicant is requesting a minor Stormwater Conditional Use Permit.

The full application is on file at the New Durham Town Offices for review by appointment by calling (603) 859-2091 ext. 2007. You can also contact via email to ndlanduse@newdurhamnh.us

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EOE

NORDIC

(continued from Page A1)
of 20:20.
Eckhardt was the top

finisher for Gilford in the
afternoon freestyle race
as well, finishing in 13th
place in 13:45.

Tilley skied to 20th
place in a time of 14:31
and Eastman was 22nd
overall with a time of

14:41.
Coapland finished out
the scoring with a 30th
place finish in a time of



JOSHUA SPAULDING
Owen Guerin and goaltender Carson McGreevy can't hide their excitement with the Division III championship plaque.



JOSHUA SPAULDING
Evan Guerin had three goals in the Division III championship game on Saturday in Manchester.



JOSHUA SPAULDING
Owen Guerin moves the puck along the boards in championship game action on Saturday.

HOCKEY

(continued from Page A1)
lin-Gorham 4-1.

"The season it's like a
blur at this point," said
Parent. "They really
came through as a group.

"That's the culture
we've been trying to build
the last few years," the
Bulldog coach continued.
"We want to make the
guys play for each other,
not for themselves."

The Bulldogs got the
game's first goal just 2:02
in, as Evan Guerin fired
a shot from the point
that deflected off the face
mask of a Berlin defender
in front of the net and past
the Mountaineer goal-
ie for the 1-0 lead. Both
Owen and Evan Guerin
continued the attack for
the Bulldogs, while Aidan
McKenzie just missed
connecting with Jackson
Collins on a centering
pass.

McGreevy made a cou-
ple of solid saves on Ber-
lin-Gorham bids, while
Owen Guerin and Rory
Doris sent shots wide of
the net at the other end.
Brayden Mercier sent
a nice pass through the
crease that missed every-
one in front. McGreevy
turned away a couple
more bids as the Moun-
taineers looked for the
tying goal.

Berlin-Gorham pulled
even with 3:28 to go in
the game, as they poked
the puck home following
a scrum in front of the
net to make it a 1-1 game.
Adam Ribeiro had a bid
stopped and the Bulldogs
went on the power play
with 3:04 to go. Owen
and Evan Guerin both
had shots denied and
Nathan Gerbig sent a
shot on net that was
stopped. McKenzie
also had a bid go
through the crease before
the penalty was killed
off.

The Bulldogs didn't
get out of the period
without any more prob-
lems, as they took a
penalty as time expired,
giving the

Mountaineers a power
play to start the second
period. Ribeiro had a
shorthanded bid and
the Mountaineers had
a couple of power play
chances, but they couldn't
convert and the Bulldogs
killed off the penalty.

With 12:42 to go in
the period, the Bulldogs
took the lead, a lead they
would never relinquish.
Evan Guerin fired a shot
on net that was stopped
and he banged home a
rebound on an assist
from Collins for the 2-1
lead.

Owen Guerin came
through with an end-to-
end rush for a shot that
was stopped and had
another bid denied, as
did Gerbig. The Moun-
taineers sent a shot
wide of the net and Evan
Guerin had a chance
stopped. Jaxson Embree
sent a shot wide of the
net and McKenzie had
a shot denied and turned
in a strong defensive
play on a Berlin-Gorham
chance.

The Bulldogs got a
power play with 7:49 to
go and Owen and Evan
Guerin both had multiple
chances early in the
advantage. Ribeiro and
Embree combined for
a solid chance and
McKenzie had one as
well, but the Moun-
taineers were able to
kill off the penalty.

However, less than
a minute later, Evan
Guerin completed his
hat trick with an assist
from his brother and
with 5:02 to go in the
second, the Bulldogs
had the 3-1 lead. Em-
bree, Owen Guerin and
McKenzie had chances
stopped and McGreevy
made a couple of big
saves as the Moun-
taineers tried to get back
in it.

With just four seconds
left on the clock, the
Bulldogs got a little
insurance, as Gerbig
put the puck home on
an assist from Evan
Guerin and Belmont-
Gilford took the 4-1
lead to the third peri-
od.

Having seen the



JOSHUA SPAULDING
Coach Jason Parent and captains (l to r) Aidan McKenzie, Owen Guerin and Adam Ribeiro pose with the Division III championship plaque on Saturday in Manchester.



JOSHUA SPAULDING
Goalie Carson McGreevy has a hand for Nathan Gerbig after the latter scored in the final seconds of the second period in Saturday's championship game.



JOSHUA SPAULDING
Aidan McKenzie corrals the puck during championship game action on Saturday in Manchester.



JOSHUA SPAULDING
Rory Doris battles along the boards with a pair of Berlin-Gorham Mountaineers on Saturday evening.

Mountaineers rally from
a two-goal deficit in the
third period in the semi-
finals, Parent knew it
was important to play
a possession game in
the third period to try
and hold off the north
country boys.

"We needed to play
a good solid third peri-
od, chip the pucks deep,
no stupid passes and
keep them on their toes,"
Parent said. "Controlled
possession of the puck."

Owen Guerin and
Mercier had early chances
in the third period, while
McGreevy turned away
a couple of chances that
the Mountaineers did
get. Doris had a bid
stopped and combined
with Embree on a bid
as well. Evan Guerin
was stopped by the
Berlin-Gorham defense
and Mercier had a bid
go off the post on two
different occasions.
Evan and Owen Guerin
continued to pressure
and McGreevy did his
job at the other end.

The Bulldogs got
a power play with 43
seconds to go as they
formally closed out the
season on the man
advantage, celebrating
the 4-1 win and the
team's first championship
since 2015.

Parent noted he's
lucky to have some
great players that make
his job as a coach much
easier.

Carson gave up seven
goals in 13 games, he's
been spot on for us,"
he said. "And Nolan
(Lafayette) has been
there for

us all season too," though
he noted that the team's
other goalie had suffered
a concussion in practice
that kept him off the ice
at the end of the season.

"They're great play-
ers," he said of the
Guerin brothers. "They
are guys that every coach
wishes they had, they
work hard every day at
practice, leave and go to
another practice and then
to an outdoor rink some-
where. "It's a coach's
dream to have them," he
added, also pointing out
that Aidan Stafford and
Sean Sargent, who were
unable to play in the
championship game, were
key players for the team
as well throughout the
season.

"You have to avoid
injuries, suspensions and
those type of issues, they
have to keep their grades
up, which is something
we push for," Parent
said of the pitfalls to be
avoided in the course of
the season. "There is a
lot of pressure on these
kids to perform every day.

"They came together
and got it done and I am
super proud of them," he
added.

And with just three
graduation losses antici-
pated next year, the
Bulldogs could be right
back on the SNHU Arena
ice at the end of next
season as well.

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



JOSHUA SPAULDING
Aiden Bondaz led the Gilford boys in both races at last week's State Meet.



JOSHUA SPAULDING
Anna Coapland races for Gilford during the Division II State Meet at Great Glen Trails.



JOSHUA SPAULDING
Patrick Gandini had a pair of ninth place finishes at the State Meet last week in Pinkham Notch.



JOSHUA SPAULDING
Sydney Eastman finished 22nd in the Division II State Meet freestyle race last week.



JOSHUA SPAULDING
Henry Stow powers through the freestyle course at Great Glen Trails last Wednesday.

15:19.
Sawyer was 31st in
15:22 and O'Brien
rounded out the field of
Golden Eagle girls with
a time of 16:48 for 41st
place.

The Golden Eagle girls
finished in fifth place
overall with a total of
659 points, with Plym-
outh and Hopkinton
taking the top two spots
and Lebanon and Han-
over taking the next
two.

With their top-20 fin-



JOSHUA SPAULDING
Georgia Eckhardt pushes to the finish line at the Division II State Meet last week.

ishes, Bondaz, Forest,
Stow, Gandini, Kulcsar,
Eckhardt and Tilley all
qualified for the Meet
of Champions, which
was held after deadline
on Tuesday at Proctor
Academy.

Sports Editor Joshua
Spaulding can be reached
at 279-4516, ext. 155 or
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AWARDS

(continued from Page A1)

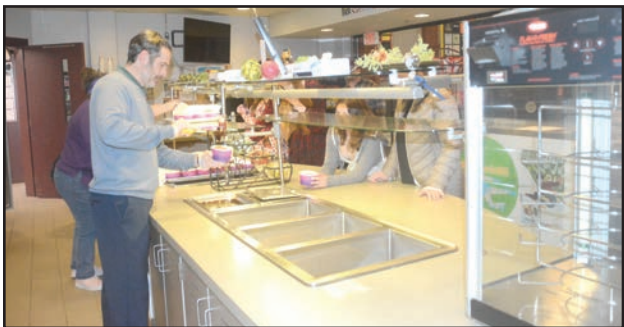
put and qualifying for the state meet, where he finished in fourth place overall.

The unified hoop team was the biggest unified team and one of the most competitive as well, playing nine games on the season and finishing at 6-2-1. They improved as individuals and as a team throughout the season under the guidance of coach Hollie Kelley.

The JV boys' basketball team will be remembered as a whole group, as they used team play to finish at 10-5 on the season and show a promising future for the varsity team, led this year by first-year coach Tyler Somers.

The three wins for the varsity boys' basketball team was not indicative of the season that the team had, though the wins were three times more than the team won the last two years. The Timber Wolves also averaged eight points per game more than last year and were close to a playoff spot and 10 of the 12 players are eligible to return for coach Tom Bourdeau.

The girls' varsity hoop team finished 12-4 and earned the fourth seed in the Division III tournament. The team got a big overtime win over Berlin in the opening round before dropping a tough decision in the quarterfinals to Hopkinton. Ella Misiaszek was chosen to play in the Division III Senior Game and along with teammates Ella Smith and Sophia Capsalis, also earned All-State honors.



Principal J Fitzpatrick doles out some hot fudge to student-athletes and their families during last week's winter sports awards.



Hope George sings the National Anthem to kick off last week's winter sports awards at Prospect Mountain.

Principal J Fitzpatrick then joined Roux on stage to present the NHIAA Sportsmanship Awards, given to two players from each team.

For unified basketball, Mike Brown and Jonathan Gray were the winners, while the spirit winners were Annabell Daniels and Genevieve Charity.

For the indoor track team, Eva McCartney and Paige Harding were the winners and Reese Burke and Grace Simensen were the winners for the alpine ski team.

For the varsity boys' hoop team, Nathan Archambault and William Bassett were the winners and Devin Sansbury and Heath Dunne were the winners for the JV boys' hoop team.

For the varsity hoop

girls, Michaela Vernazaro and Paige Harding were the award winners.

Additionally, Archambault, Ethan Capsalis, Nathan Leavitt, Justin Sanville, Dillon Miller, Misiaszek, Abby Wittenberg and Smith were honored as All-State All-Academic Team for their B+ average and being in the top 20 percent of their class.

Colleen Smith and Christy Capsalis from the Timber Wolf Booster Club presented Scholar-Athlete Awards to all the athletes who made the honor roll in the third quarter. They also thanked all of the people who supported the concession stand during the basketball season and thanked the spirit squad for their help in providing the halftime fun with the t-shirt cannon.

They also noted that the Booster Club would be giving out four scholarships to members of the Class of 2023.

Team awards

The teams then split up for individual team awards before joining together for ice cream in the cafeteria.

For the varsity boys' hoop team, Nathan Archambault was presented the Leadership Award, Dillon Miller was named

Most Improved Player and Justin Sanville won the Coaches Award.

Ella Smith, Ella Misiaszek and Sophia Capsalis all earned the Coaches Award for the girls' varsity basketball team.

For the alpine ski team, Reese Burke was named Most Valuable Player and Grace Simensen was named Most Improved Player.

Kaylee Riel, Madelyn Kelley and Makayla Richard were all presented with the Coaches Award for the unified basketball team.

Parker Wood was named MVP for the boys' indoor track team and Chloe Kane was named girls' MVP. Avery Giunta was named Most Improved Player and Paige

Harding won the Coaches Award.

Julieghanna Zamariipa was named Most Valuable Player for the spirit team, Lillian George was named Most Improved Player and Hope George was presented the Coaches Award.

For the JV boys' hoop

team, Shaun McAnaney and Jacob Luscomb shared MVP honors, Aidan Taylor was named Most Improved Player and Dylan Krull won the Coaches Award.

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

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