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Back to back storms create long hours for highway crews

BY ERIN PLUMMER

mnews@salmonpress.news

REGION — Area highway works crews spent long shifts cleaning up after two significant storms this past week.

A major snowstorm came through the area on Sunday night through Monday, Jan. 22-23, dumping over a foot of snow.

A few days later another significant snow even passed through on Jan. 25, dumping around five inches of snow followed by heavy rains that created slushy conditions.

Gilford and Alton's Public Works Department reported on storm cleanup progress on their Facebook pages.

On Jan. 22 crews in Gilford started working at 10 p.m. and made two full routes. Crews were also working around cars that slid off the road.

By Sunday night DPW measured 12.5 inches of snow with many drivers reporting around 16 inches in higher elevations. Overall the Gilford area re-

SEE **STORMS** PAGE A15

BEVERLY FUNK — COURTESY

Snow day

Not even Frosty could resist playing in the newly fallen snow after last week's storm.

Gilford hoop boys pull away in second half, beat Cougars

JOSHUA SPAULDING

Sam Cheek goes hard to the basket in action against Kearsarge last week.

Jalen Reese rises toward the hoop during action last week against Kearsarge.

BY JOSHUA SPAULDING

Sports Editor

GILFORD — On three different trips down the court early in the second quarter, the Kearsarge hoop boys had a chance to pull even with Gilford on Tuesday, Jan. 24.

However, the Cougars couldn't quite get over the hump and the Golden Eagles pulled away in the second half and cruised to a 66-32 win.

"It doesn't feel great when we don't play hard," said Gilford coach Rick Acquilano. "It was obvious on the floor, we just changed our energy, not really anything else."

The Golden Eagles came out and scored the first nine points of the game, with Isaiah Reese hitting a three-pointer and a hoop, Jalen Reese hitting a bucket and Logan Grant finishing off an Isaiah Reese steal for the 9-0 lead before the Cougars hit their first basket of the game.

Jalen Reese drained another hoop and after a Kearsarge basket, Isaiah Reese hit another basket. The Cougars followed with a three-pointer and a bucket to cut the lead to 13-9. Jalen Reese drained another basket and the visitors got the final basket of the quarter to cut the lead to 15-11 after one quarter of play.

The Cougars got the first basket of the second quarter and then had two consecutive trips down the court where they could have pulled even, but they couldn't find the bottom of the net. After Grant hit a hoop to push the lead out to four again, the Cougars cut it to two gain and once again had another chance to pull even. However, Kearsarge was unable to get over that hump and Gilford took off.

Isaiah Reese and Jalen Reese put back rebounds, Grant finished off an Isaiah Reese steal and Jalen Reese hit another hoop for the 25-15 lead for the Golden Eagles. After Kearsarge connected on two hoops, Isaiah Reese finished off his own steal for the 27-19 lead.

The Cougars hit a hoop to pull them within six points, but two free throws from Henry Sleeper and another Isaiah Reese steal and hoop gave Gilford the 31-21 lead at the halftime break.

The Golden Eagles scored 12 of the first 14 points in the third quarter to take charge. Isaiah Reese had two hoops, Jalen Reese had three baskets and Sam Cheek added a hoop as the hosts went up 43-23.

Kearsarge got another hoop, but Gilford finished out the quarter on a 10-1 run to give them a commanding lead heading to the fourth. Jalen Reese started the

SEE **BOYS** PAGE A15

Gilford proposing short term rental ordinance

BY ERIN PLUMMER

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GILFORD — Voters will decide on a proposed new zoning amendment putting regulations on short term rentals.

The Gilford Planning Board is proposing a new section on the town ordinances regulating short term rentals. The proposed regulations will be discussed at the Deliberative session on Feb. 7 and decided by voters during town meeting voting on March 14.

A short-term rental is defined as a dwelling unit offered for rent for 30 or more days in a calendar year and is available 30 or more days to "transient occupants, lodgers, or guests." This definition applies to properties that do not already meet the requirements

SEE **ORDINANCE** PAGE A14

New Durham helping to rescue Merrymeeting River

BY FRED QUIMBY

Contributor

NEW DURHAM — The Town of New Durham has completed a stormwater runoff mitigation at the intersection of South Shore Road and Merrymeeting Road. This project, three years in the making, was finally finished in November 2022. Financial assistance was provided by the EPA through a grant written by the New Durham Water Quality Committee in 2019. Final design and bidding began in January 2022 and construction began in May 2022. The primary contractors were the New Durham Department of Public Works, led by Will Cardinal, and assisted by several town resident volunteers including excava-

SEE **RESCUE** PAGE A15

Powerhouse project offers a new perspective on a classic tale

PHOTOS BY ERIN PLUMMER

Emily Schafritz and Amanda Wagner play the title characters in the coming Powerhouse Theater Collaborative production of "Romeo and Juliet."

BY ERIN PLUMMER

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LACONIA — A local theater company is offering a new look at the story of "Romeo and Juliet" in a combined project of the classic Shakespeare play plus an original sequel.

Powerhouse Theater Collaborative is presenting the "R&J Project" two consecutive weekends in February. The project starts on Feb. 10-12 with the group's production of "Romeo and Juliet" at the Colonial Theater in Laconia at 7:30 p.m., with an additional matinee at 2 p.m. on Saturday, Feb. 12. The next weekend, they will present a staged reading of an original play, "Montague and Capulet," an unofficial sequel to "Romeo and Juliet," at the Belknap Mill on Feb. 18 at 7:30 p.m. and Feb. 19 at 2 p.m.

Bryan Haleprin and Joel Iwaskiewicz are directing the shows, with Halperin working on most of the staging. Iwaskiewicz is working more with the Shakespearean themes and language.

Halperin said he hasn't worked with Shakespeare since middle school.

"What I found is, the language us way more accessible than I thought it was," Bryan said.

He said the intention is clear, and it is even more accessible when everything comes together the right way.

"Montague and Capulet" focuses on the survivors of the original play — the doomed lovers' families, friends, and the people of Verona — dealing with the tragedy of Romeo and Juliet's deaths and focuses on the long feud between the two families.

"Tragedy has gone through this town; Verona's had some trauma," said co-producer Johanna Halperin.

The show picks up from the closing lines of Shakespeare's play, where the Prince of Verona promises that "some shall be pardoned and some punished" for their roles in the tragedy.

"Who's punished who's banished? Who bears the results of what just happened?" she said.

In "Montague and Capulet," the people of Verona will examine what happened to Romeo and Juliet, and what led everything happening. She said it was ultimately the younger people who suffered because of this old feud and the community faced a tragedy.

"Montague and Capulet" focuses on three characters who all serve as narrators of "Romeo and Juliet."

One narrator is Benvolio, who survived the events of the original play but lost his close friends, Romeo and Mercutio.

The events of the play will also be seen from the perspective of Romeo's former love Rosaline, whom Romeo abandoned quickly after meeting Juliet. The new play also introduces the character of Mercutio's sister, Valentina.

"Romeo and Juliet" takes the stage at the Colonial Theater in Laconia Feb. 10-12.

All three of these characters give narration during "Romeo and Juliet," and Bryan Halperin said the concept is that the events of the play are being seen through their eyes.

The new play was written by Jaydie Halperin, who is currently a senior at Wesleyan University. Jaydie started working on this show as a part of her senior studies at Inter-Lakes Middle High School.

The play was previously presented in the form of an online read-through from the Sandwich-based Shakespeare company Advice to the Players, and at her school. Both times, she received feedback and edited the dialogue with this input.

Each show influences the other. While "Montague and Capulet" is a direct sequel, the events from that show echo back to "Romeo and Juliet," and influence how it is presented.

Powerhouse Theater Collaborative's "R&J Project" also includes some new perspectives on "Romeo and Juliet" with some new narrators and an unofficial sequel, "Montagues and Capulets."

Bryan said they use the second show as a way to introduce a lot of ideas into the main show, such as character traits. He said with everything together it creates a richer experience for the performers.

"Our hope is that people who see 'Romeo and Juliet' will watch and come back the next week to see the parts of the story," Bryan said.

The production of "Romeo and Juliet" is also aimed at being more accessible, especially for those who might not be as familiar with Shakespeare's language. Johanna said they are presenting the show in a way that's a little more accessible while not losing any of the original play's language and events.

The production of "Romeo and Juliet" has been shortened to tighten up the running time, a practice that even the Bard himself would likely have engaged in. Shakespeare's original dialogue has been kept intact, though they aim to present it in a more relatable way.

"We try to make it understandable," Johanna said.

The costumes are inspired by the show's Renaissance setting, but with a more modern twist.

"We think the story is so great, let's tell the story; let's give our actors a challenge," Johanna said. "We really wanted to present it in a way it was accessible. We think everyone knows the basic story. We challenged the actors and the design team to make it accessible."

Nikolai Fernandez of Belmont plays Benvolio.

"It was kind of fun to have a whole other piece to dive into," Fernandez said.

He worked a lot with the performers playing Romeo and Mercutio to get their close dynamic and working on how Benvolio fits with this group.

Brendan Berube of Laconia is playing Escalus Scaglieri, the Prince of Verona, who has the unenviable task of trying to keep the feuding Montagues and Capulets in line, and who, in "Romeo and Juliet," loses two of his own kinsmen to the violence. His growing obsession with punishing someone for the bloodshed drives much of the plot of "Montague and Capulet."

He also talked about how both plays influence each other.

"Are we playing our characters as themselves, or are we playing our characters as the narrators see them?" Berube said.

(Next week's edition will feature our interview Amanda Wagner and Emily Schafritz, who play Romeo and Juliet.)

Make-A-Wish NH sponsors leadership event

COURTESY

The Leadership Lakes Region Class being briefed on the County Special Operations Group vehicle.

LACONIA — The non-profit group, Leadership Lakes Region, recently completed its annual Social Issues Day under the sponsorship of Make-A-Wish New Hampshire. The group of 25 area professionals met at the Belknap County Complex to hear from a variety of social issues speakers.

The day began with welcome remarks by Julie Baron President and CEO of Make-A-Wish NH. Baron is a graduate of Leadership Lakes as well as a current member of its Board. She explained her organization's mission and was followed by another graduate, Andrea Condodemetraky, a member of the 2019 Leadership class who set the tone for the day with her presentation "How to turn your Passion into Action; a guide to getting involved through volunteerism.

Detectives Steve Orton and Eric Adams of the Laconia Police then spoke about law enforcement's role in collaborating with the community to solve problems. The group also learned from Alton Detective Adam Painchaud about the Belknap County Special Operations Group and how it responds to emergency issues county-wide.

The Leadership group then recapped their individual ride-alongs with area law enforcement as part of understanding social issues at work in the Lakes Region. The discussion was chaired by Lt. Chris Noyes of LPD and County Chief Probation Parole Officer, Serene Eastman. Wrapping up the morning, were Meghan Noyes of the Child Advocacy Center, County Attorney Andrew Livernois and Detective Tony Horan of LPD. Their topic was a multi-disciplinary team approach to the problem of child abuse.

Following a lunch exercise in which class members gained a better understanding of food insecurities, Jessica Gorhan, Deputy Director of NH Hunger Solutions spoke on the subject. Next up for the group was a tour of the Belknap County Corrections Department led by Superintendent Adam Cunningham and County Sheriff Bill Wright. Becky Bryant, CEO of Lakes Region Community Services, was joined by her colleague Alyssa Tandy in explaining to the Leadership class the role their agency plays in promoting independence, dignity and opportunity for their clients. Ms. Bryant is a graduate of Leadership Lakes and current board member while Ms. Tandy is a member of the current class.

The final presentation for the Social Issues Day was by Katie Pelczar, Community Outreach Coordinator for CASA NH accompanied by her co-presenter, a CASA volunteer, Tom Goulette.

"This was a jam-packed day covering the spectrum of social issues at work in our area," said Leadership Lakes Coordinator, Jennifer McLean. She credits her graduate planners; Meghan Noyes, Carol Stone and Alyssa Raxter with putting together a diverse array of law enforcement, hunger solution, community service and children advocates to cover the far reaching subject matter. Leadership Lakes Region appreciates the strong support from Make-A-Wish NH which made the day possible.

For more information about how your business can sponsor a Leadership Lakes' Program Day or how you can become a member of the group, please visit www.leadershiplakesregion.org.

Emily Sullivan of Gilford named to James Madison University Dean's List

HARRISONBURG, Va. — Gilford resident, Emily Sullivan, has been named to the Dean's List at James Madison University for the fall 2022 semester. Students who earn dean's list honors must carry at least 12 graded credit hours and earn a GPA of between 3.5 and 3.899. Sullivan is majoring in General Psychology - BS.

Founded in 1908, James Madison University is a public university located in Virginia's Shenandoah Valley. JMU is one of the nation's leading lights in higher education, where students enjoy engaging relationships with world-class faculty who drive education innovation and support advanced research. With state-of-the art amenities and facilities, students have access to NCAA Division 1 athletics. JMU also has the highest post-graduation job levels of all Virginia colleges.

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Ora Schwartzberg, Esq.

Pros and Cons of a Family Limited Partnership

SUBMITTED BY ATTORNEY ORA SCHWARTZBERG
PLYMOUTH, NH

What is a family limited partnership?

An FLP is an entity owned by two or more family members, created to hold the accounts, properties, or businesses that are owned by one or more of the family members. An FLP has at least one general partner who is responsible for the management of the partnership, has unlimited liability, and is compensated by the partnership for their work according to the partnership agreement. An FLP also has one or more limited partners who are permitted to vote on the partnership agreement and are not authorized to manage the partnership. The limited partners receive the income and profits of the partnership and have no liability. Often, one or both parents are general partners because they contribute accounts, properties, or a business they own to the FLP and want to retain control of them as they transfer them to the next generation. To facilitate this transition, the children are given limited partnership interests while the parents retain general partnership interests.

What are the benefits of using an FLP?

This estate planning strategy is useful for the following reasons:

- An FLP can help protect accounts, properties, and businesses in the entity from your and your family's creditors, because those items are not owned by you and your family as individuals but instead are owned by the entity. If a creditor obtains a judgment against you or your family for a claim not related to the FLP, it can be difficult for the creditor to access anything that the FLP owns to satisfy that claim.
- Because of its lack of control and restrictions on selling a partnership interest, the value of the limited partnership interest that you give to a family member can be discounted, allowing you to maximize your annual gift tax exclusion and lifetime estate and gift tax exemptions.
- Transfer of partnership control can occur slowly, minimizing transfer taxes, allowing you to maintain control, and giving your family a share of the income and profits. Your family can take time to become more familiar with the business. Meanwhile, they will not be exposed to the partnership's liabilities.
- If you own real property in a different state, transferring ownership of the property to the FLP allows your loved ones to avoid an ancillary probate proceeding at your death because the entity will own the property, not you.

What are the downsides of using an FLP?

While there are several benefits to using an FLP, there are a few disadvantages that must be considered:

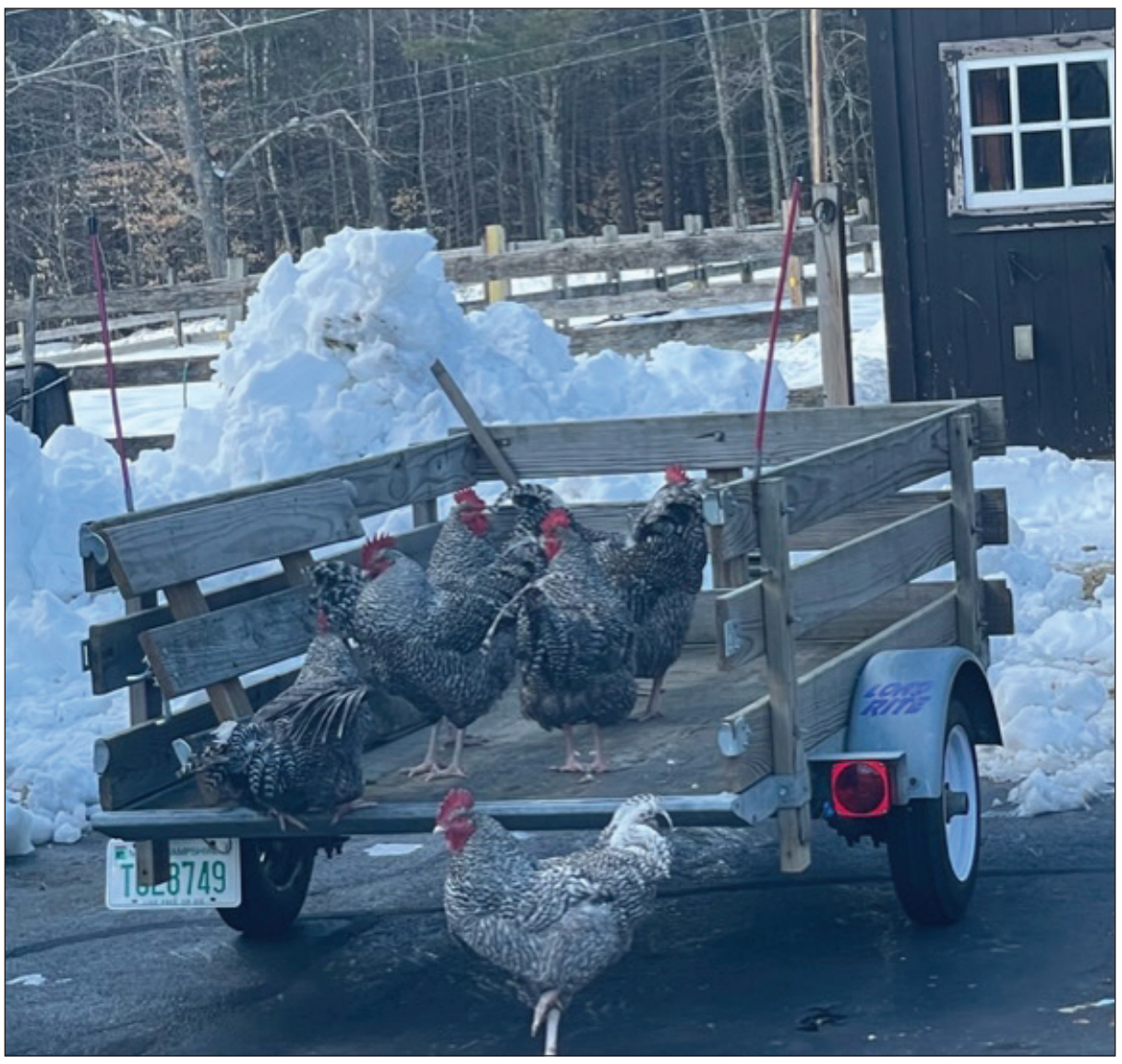
- An FLP must have at least one general partner that will have unlimited liability for the partnership's debts and obligations.
- An FLP is a business entity, so the formalities of operating a business must be observed, including holding regular meetings, keeping track of minutes, and paying the general partner appropriate compensation.
- If you want to give a limited partnership interest to a minor, additional planning may be needed to make sure that the interest is held either by a trust for the minor's benefit or in a Uniform Transfer to Minors Act account.
- The creation and management of an FLP is a sophisticated planning strategy that requires experienced professionals and continued management by involved parties.

Could this be the best solution for you?

If you have a business or investment portfolio that you want to plan for, and pass on to the next generation while protecting your life savings, minimizing taxes, and maintaining control for as long as you want, a FLP might be good for you..

Take time away from your phone

Most weeks, our Editorial column spins off of a subject we curious about. While the subject of cell phone and screen addiction comes up often, this week, our perspective on the issue noticeably shifted after receiving a wise tip. A national news story broke, relaying that many younger people are switching to flip phones as a way to curb mental illness and burnout. There are several tips as far as screen time and how to manage it. The first one is to ignore your phone, don't even look at it, until 30 minutes after you wake up. In that time, sit down, have your morning coffee, and read a book. When you start to scroll on your phone just after waking up, you put yourself into what's called a passive scrolling phase, which can derail your entire day and ward off productivity. A few days of following this new advice, and there is a noticeable sense of comfort and relaxation that can carry you throughout your day. It's like taking 30 minutes every morning to get back to the basics and recall simpler times. Most people feel like they are in control of their phone use, but are you? How can you determine if you have a phone addiction, or are just part of the modern era grind? We've said it before, and we'll say it again — nothing beats the days of watching "Jeopardy!" uninterrupted, without the pressure of responding to a ding from your phone. In 2011, only 35 percent of the population owned Smartphones; today, 81 percent do. It is our main form of communication, so much so that now there is a term called nomophobia, or the fear of going without your phone. Excessive cell phone use is a huge problem for many. As far as addiction goes, some experts say the dopamine connection the phone offers can be linked to something akin to a drug addiction. The triggering of that chemical in your brain, reinforces compulsive behavior. When we can't predict when we will receive a text or a "like" on social media, we check our phones more often. Adolescents are more vulnerable to this problem than any other age group. Excessive use in that age group is such an issue that most teenagers never turn off their phones. Experts say that the younger a child has access to a phone, the sooner the problems begin. Problematic cell phone use is linked to low self-esteem, low impulse control, depression and anxiety. Signs you may have a phone addiction could be that you reach for your phone if you're bored, you feel anxious or upset if you can't get to your phone, you wake throughout the night to check it, or your phone has caused you to get into an accident. Other signs could be that you spend most of your waking hours on your phone, and that it interferes with personal relationships or work. When trying to focus on work, or any task, you are significantly disrupted, and your concentration is thrown off. Ways to break the addiction in order to fix your relationships, your health and other responsibilities include figuring out if there is a larger issue as to why you're using your phone so much. Are you avoiding something else bigger? Resolving the larger issue at hand, could cause a decrease in phone use. Change your settings to remove notifications and other alerts, set your screen to dark mode at night, keep your phone out of sight and never charge it in your bedroom. After a certain time, set your phone up so that only emergency contacts can get through to you, everyone else can wait. Try replacing games on your phone with real in person games or develop a hobby you've been wanting to try. Too much cell phone use can develop into a loss of control. There have been some experiments where people have gone two days without their phones. Some people choose to give up their phones all together, while others make significant changes to reduce use. The potential risk of depression, insomnia and lack of productivity just isn't worth it. Think back to pre-cell phone times. While there are safety benefits to having a phone, we don't need to be connected 24/7, and we don't need to respond or answer our phones just because they ding. Your responsibility is to yourself, and it is revelatory how much you can get done if you just unplug. Take a breather, shut your phone completely off for 15 minutes and see how you feel. If you do try this trick, send us an email, and let us know what you find. If you are willing to take it one step further, and switch to a flip phone temporarily, let us know how that goes. Flip phones are very affordable and often come without a plan, and can be purchased at most stores.



COURTESY

All aboard

A flock of Cuckoo Marans residing at a New Durham farm seem to be expecting a lift back to their coop.

Letters to the Editor

PMHS budget cuts will not boost enrollment

To the Editor:

I am an Alton homeowner (with a mortgage), and also a local public education employee. I love this town and my job, but I'm concerned and confused about the superintendent's strategy for boosting enrollment at Prospect Mountain. It seems to me that his recommended program and positional budget cuts will cause potential new families to become less drawn towards our regional school. Moreover, how is giving taxpayers a miniscule and most-likely temporary break going to help increase a long-term, sustainable number of students at PMHS?

Could there be ulterior motives involved (beyond covering the cost of utility bills and higher Barnstead taxes)? Rejecting the proposed budget in March might be a wiser immediate choice, allowing the school board to rethink a better solution.

Please protect our reputation as a quality small district.

Please remain characteristically discerning New Hampshire voters.

Please demand transparency from administrators.

Scott Reed
Alton

Don't miss your opportunity to be heard

To the Editor:

One of the great things about local government in the Granite State is the practice known as a deliberative session. Sessions are held each year by both our town government and school board. The Budget Committee and Board of Selectmen for the town and Board of Education for the school district work over a period of several months to develop budgets. These are finalized as a series of Warrant Articles, covering the full range of proposed expenditures, along with changes in existing regulations and, on occasion, new regulations or ordinances.

This year's deliberative sessions for Alton will be held soon. The school session is scheduled for Saturday, Feb. 4 at 1 p.m., and the town government session is scheduled for Tuesday, Feb. 7 at 6 p.m. Both will be held at the Prospect Mountain High School auditorium. Snow dates (always a good idea in New Hampshire) are Monday, Feb. 6 at 7 p.m. for the school and Wednesday, Feb. 8 at 6 p.m. for the town.

The good news about these meetings is that they represent democracy at its best. Each Warrant article is presented individually with a full description of purpose and cost. Town articles also provide an estimate of actual property tax impact. Residents are encouraged to ask questions and voice their support or opposition. Articles can also be amended. Each Article is then voted upon, and, if approved, moves on to the town election in March. Articles not approved are removed from further consideration.

The sad news is that, in a town of almost 6,000 people, very few attend, rarely more than 20. Thus, the vast majority of residents miss one of their best opportunities to learn about and participate in town government. Please consider attending. The parking is convenient, the sound system is good, the seats are comfortable, and the subject matter is important. Hope to see you there.

Richard Shea
Alton

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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.

Letters to the Editor

Thoughts on Groundhog Day

To the Editor:

'If Candlemas day be dry and fair,
The half o' winter's come and mair;
If Candlemas Day be wet and foul,
The half o' winter was gone at Youl.'
Old English Rhyme

That's February the second.
Midwinter's day.
Ground Hog Day to you and me.

I've always had a fondness, even a weakness for Ground Hog Day. An excellent type of holiday. The best kind. No gifts, no cards, and outside of some goofy little town in Pennsylvania, no parades or excessive drinking. What are we to think of people who make up silly excuses for parties?

We have the lowly, burrowing, herbivorous marmot to thank for this favorite of holidays. A large rodent after all. There's no other word for it. Except maybe woodchuck. You know;

How much wood,
could a woodchuck chuck?
If a woodchuck,
could chuck wood?

And of course the answer is;

A woodchuck, could chuck,
All the wood,
A woodchuck could.
If a woodchuck,
Could chuck wood.

But he can't.

Wood aside, you would think that after so many years someone would have turned this into a midwinter feast based on sausage (ground hog). I wouldn't mind that so much. I like sausage. I like making it and eating it. Some baked beans, hot bread, real coffee, apple pie. I'm happy.

But probably it would get out of hand, and be turned into a Monday holiday and then lose all of its meaning. The way it is now, it's noticed and observed by true groundhog purists who don't have any hidden ulterior motives or anything to sell, or anything better to do.

Now that I'm thinking about it, who's responsible for claiming that a woodchuck would come out of his den on midwinters day?

February second, or Candlemas (the Feast of the Purification of the Virgin Mary(?) of course is midwinter's day. At one time, midwinter's day was considered a reference point when half of your hay and root crop and half of your firewood should still be on hand. The weather on that day was thought to be an indication of the length and severity of the remaining season.

Wishful thinking.

If the groundhog doesn't see his shadow, we'll have an early spring. If he does see his shadow we'll have (oh no!) six more weeks of winter.

Where do these people live? And have they looked at a calendar? Six weeks from February the second is March the sixteenth; five days before the first day of spring and still plenty of time for more snow. What are they thinking?

It doesn't seem reasonable that woodchucks would leave their den in mid-winter for any reason, regardless of the weather, even assuming they were awake. And did you know that woodchucks don't even truly hibernate? They can't make up their minds about whether they should sleep for five months or sit in a hole in the ground and look at the walls. No visitors, no food, no light. What to do! They choose torpor. Torpor for cryin' out loud, "a state of inactivity with partial or total insensibility". A fancy word for laziness if you ask me. And we're expected to believe they'll predict the weather.

So if they can muster the energy to rouse themselves and decide whether or not they're afraid of their own shadow; then what? a winter walk? I don't think so. There's nothing to eat, no lawns to dig up, no bean or cabbage seedlings to destroy, and no female woodchucks running around either. It's much more likely they'd be poking their pointed little heads out of the ground later in the spring, say around the beginning of April. Hmm... April fools day. Now there's another great holiday. Practical jokes and no hard feelings. A fools errand. Kind of like this little note.

Until now that is. Seriously. I started this to remind myself that winter is half over and things are looking up.

I hope you are too.

Len Faria
Barnstead

LETTERS FROM EDWIN

Sense

I woke up this morning to realize that I had slept through the entire night. After getting up and moving around a bit, I realized that one of those usually irritating pains wasn't paining me. Well Thank You Lord! Who else could I thank?

Last week, I stopped by to visit an old friend to wish her a happy new year. She wasn't happy though. She's 94, and doesn't enjoy living on this planet anymore. Her new home she considers to be a prison, and her nice little room is her cell. She misses her independence and her old home. I would too.

We got into discussing life and death and God and man. I offered her some perspectives that she is going to ponder. When I left, I got a big hug and a bright smiling thank you. As I was leaving the facility, I wondered about how I would feel being cooped up in there. Even though it's a pretty nice coop, I think I'd go nuts if I couldn't go out for a walk.

At the end of the road from church, I usually take a right and head home. Today I headed west, to the land of opportunity. I knew that it wasn't going to be a normal Sunday as the first thing on my list was to help a friend gut a road killed deer. Totally sad. A hit and run. My friend came upon it still alive but critically injured. He enlisted the help of an officer to put it down. The carcass was passed on to another deserving soul and we were off for the rest of the afternoon.

I soon found myself playing bass in a piano bar type situation. I've always carried a bass and an amp in my vehicles for just such situations. After eating too much pizza it was off to a loud rock/jazz/fusion kind of jam. Then if that wasn't enough, there was a movie that I just had to watch. Needless to say, my usual casual Sunday night get to bed early didn't happen. Monday found me somewhat dragging. But it's good to shake the cobwebs out every once and a while.

Way back in the seventies I used to go to bars that had folk singer type entertainment and ask if I could sit in. Some of these total strangers would actually accept. I never got paid, I just played. Since I could never remember names, I have no idea whom I may have played with. We were all just trying to get better at our craft. I learned how to follow.

This morning I got to be a music teacher. There I was, in a guitar class that were learning scales. I slipped into the instrument room and snagged the one usable bass. It had a bowed neck and seriously needed to be intonated. At least it had all four strings, though they were rusty. There was one girl who was actually playing songs. I sat down in a chair across the room and played along. She noticed and came over and soon we were playing together and I was adding in some harmony vocals. Music is a universal language that crosses all time and cultures. She could have been my granddaughter, but there we were, making music.

When I made a comment that I was in a band, another girl said that she thought that she saw my band playing last summer and that she liked us a lot. She mentioned our singer and other things that verified that it in fact was us. I told her that we'd be back again next summer. It's nice to have this common bond kind of thing with so many other people. I like to play, they like to listen and maybe even dance. It's a wonderful thing. Much better than politics.

Speaking of drone, since my muffler fell off, I've been trying to fabricate a repair that will allow me to replace the straight pipe I installed to get the fumes out behind the car. I brought the pieces I wanted welded to my kids' place over Christmas, but their welder was in need of repairing also. Since it's pretty loud riding in the car, I've added my shooting ear muffs to my, in car, accessories. They're easier than putting ear plugs in and out.

These ears have been taking my abuses for a lifetime now; so far, they still serve their purpose. I try to rest them as much as I can, but they ain't ready for the home yet. I can still step out once and a while.

E.Twaste

Correspondence welcome at edwintwaste@gmail.com

Farmington man injured in snowmobile accident

By Erin Plummer
mnews@salmonpress.news

NEW DURHAM — A Farmington man was taken to the hospital with non-life-threatening injuries after a snowmobile accident in New Durham.

New Hampshire Fish and Game reported that they were called around 8:30 p.m. on Jan. 25 about a single operator snowmobile accident on a part of the Corridor 22 snowmobile trail in New Durham.

According to Fish and Game, Brandon Little, 45, or Farmington, was traveling on a snowmobile with two other riders. He lost control while making a turn and struck a tree.

The New Durham Fire Department transported Little about a mile with an OHRV to an awaiting ambulance. He was taken to Frisbie Memorial Hospital in Rochester with non-life-threatening injuries.

"NH Fish and Game reminds OHRV riders that they should always ride within their limits, wear safety gear, and be aware of changing trail conditions," read the statement from Fish and Game.

NH Fish and Game has a list of riding safety tips at https://wildlife.state.nh.us/ohrv/safety-facts.html.

Tri-Town Democrats meet Monday

REGION — The Tri-Town Democrats of Barnstead, Gilmanton, and Alton will be meeting on Feb. 6 from 6:30 to 8 p.m. to discuss election results from 2022, to start planning for town elections in 2023, and to think ahead to 2024.

Our guest speaker will be Sean Kavanagh, a UK transplant who has lived in New England since 1973 and has made his home in the Lakes Region. He became a US citizen in 1993, and has been very active in state and local politics, including a recent run for state representative from his base in Center Harbor.

Although much of his professional life has centered on small business development, Kavanagh is also a trained communications expert who helps individuals and groups focus their energies and clarify their thoughts in order to better reach common goals.

In our Tri-Town meeting, he will lead the discussion about how our area Democratic organizations can better meet the needs and interests of like-minded Belknap County residents. He will also summarize the results of a post-election survey he conducted, highlighting what went well, and where we missed the mark. Expect the meeting to be very interactive, so bring your questions and your ideas and join the discussion.

Concerned about the weather and leery about attending a February evening meeting? Not to worry. This meeting will be on Zoom, so we can all participate from the coziness of home. To get the link, please register by sending an email to tritowndems@gmail.com. The (virtual) doors to the meeting will open at 6:15 p.m., giving time for some informal chat, and the meeting itself will start promptly at 6:30 p.m.

See you there!

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Edward Jones: Financial Focus

Can you reduce the Medicare surcharge?

Before you turn 65, you'll want to become familiar with Medicare's rules and features. And if you're a high earner, you'll want to be especially aware of the Medicare premium surcharge — because, over time, it can add up to some significant dollars.

The premium surcharge — known as the income related monthly adjustment amount, or IRMAA — is assessed on premiums for Medicare Parts B and D, and generally is based on an individual's modified adjusted gross income (MAGI) of two years ago. So, the IRMAA for 2023 would be based on one's MAGI from 2021.

For someone who's married and files taxes jointly, and whose MAGI for 2021 was $194,000 or less, the Part B premium for 2023 will be $164.90 per month, and the Part D premium will be whatever amount is charged by their Medicare plan. But if their 2021 MAGI was between $194,000 and $246,000, they'll pay $230.80 (a surcharge of $65.90) for Part B and an additional $12.20 for Part D. And the IRMAA rises at different income levels, reaching a maximum of $560.50 (a surcharge of $395.60) for Part B and an additional $76.40 for Part D for a MAGI of $750,000 or more.

If you're unprepared for the IRMAA, it can be an unpleasant surprise. So, if you've still got a few years until you enroll in Medicare, you may want to look for ways to control your MAGI and possibly limit the surcharge.

Here are a few suggestions:

Contribute to a Health Savings Account (HSA). If you have access to a Health Savings Account (HSA), your contributions will reduce your taxable income, helping you on the IRMAA issue. Furthermore, any investment growth within your HSA is tax free, as are withdrawals for qualified medical expenses, which can include Medicare premiums, deductibles and copays.

Contribute to a Roth IRA. Roth IRA withdrawals are tax free, provided you don't start taking them until you're 59½ and you've had your account at least five years. These tax-free withdrawals can enable you to avoid taking taxable withdrawals from other accounts, which may help you avoid an increase in your IRMAA.

Consider a Roth IRA conversion. You could convert some, or perhaps all, the assets of a traditional IRA into a Roth IRA. But you'll need to consider the impact of taxes — any deductible contributions to your traditional IRA and the earnings generated by these contributions will be fully taxable the year of the conversion, so you'll want to have funds outside your IRA available to pay these taxes. Also, timing is important — to be on the safe side, you might want to complete the Roth conversion three or more years before you enroll in Medicare, so the conversion and the likely increase in your MAGI won't increase the IRMAA.

Manage your withdrawal rate – Taking large withdrawals from your retirement accounts can bump up your MAGI bracket and your IRMAA. So, as you near retirement, you'll want to establish a sustainable withdrawal rate — one that provides you the income you need but without going overboard.

While these moves could potentially help you control the Medicare surcharge, they still must make sense for your overall financial strategy. It's obviously desirable to keep the surcharge as low as you can — but it's even more important to take the steps necessary to reach your financial goals.

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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.

Gilford boys and girls third at Waterville Valley

JOSHUA SPAULDING

Bode McLean was Gilford's top skier in the giant slalom at Waterville Valley last week.

Tessa Tanner races through the giant slalom course last week at Waterville Valley.

Ben Wolpin races for Gilford during last week's race at Waterville Valley.

Maddie Burlock cuts through a giant slalom gate during action last Friday.

BY JOSHUA SPAULDING
SPORTS EDITOR

WATERVILLE VALLEY — The Gilford alpine ski team traveled to Waterville Valley on Friday, Jan. 27, where the Golden Eagles competed with Hopkinton, Newfound, John Stark, Lebanon and host Plymouth.

The Gilford boys and girls both finished in third place behind the host Bobcats and Hopkinton with Plymouth winning the boys' race and Hopkinton winning the girls' race.

For the Gilford boys in the morning giant slalom, Bode McLean was the top skier, finishing in fifth place with a time of 52.7 seconds.

Cole Howard skied to eighth place overall in 55.43 seconds and Ben Wolpin was 13th overall in a time of 57.8 seconds.

Tyler Davignon rounded out the scoring for the Golden Eagles with a time of 59.54 seconds for 15th place.

Oliver Leandro was 16th in 59.94 seconds, Caleb Clough skied to 22nd in 1:01.98, Daniel Kitto was 23rd in 1:02.48, Kyle Gandini placed 26th in 1:03.91, Zack Arenstam was 33rd overall in 1:08.86, Gabe Bates was 36th in 1:12.07, Derek Kelly finished in 1:38.15 for 39th place and Noah Lamontagne was 40th in 1:44.66.

In the afternoon slalom, Howard paced the Gilford boys with a fourth place finish in a time of 1:12.2

Wolpin placed seventh overall in 1:22.94 and Clough skied to 10th with his time of 1:26.95 for the two runs.

Leandro rounded out the scoring for Gilford, finishing in 14th place in a time of 1:32.15.

Gandini was 19th in 1:37.04, Bates was 27th in a time of 1:56.45, Kelly placed 29th in 2:00.97 and Arenstam was 31st with a time of 2:28.18.

For the Gilford girls in the giant slalom, Delilah Smock finished in fourth place with a time of 57.38 seconds.

Tessa Tanner skied to 12th place with a time of 1:01.01 and Maddie Burlock was 13th overall in a time of 1:01.31.

Ava Lien rounded out the scoring for the Gilford girls, finishing in 15th place with a time of 1:02.06.

Emilia Burlock was 16th in 1:02.07, Megan Legro placed 16th in 1:09.48 and Bridget Wilcox was 38th with a time of 1:22.28.

Smock paced the way in the slalom as well, finishing in fifth place with a time of 1:25.12.

Tanner was seventh overall in a time of 1:30.78 and Maddie Burlock was 21st overall in a time of 1:49.77.

Legro finished out the scoring for Gilford, finishing in 24th place in 1:58.27 while Lien rounded out the field of Golden Eagles finishing the race, placing 34th in 2:26.94.

Gilford is scheduled to compete at Gunstock on Friday, Feb. 3.

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

Timber Wolves get a measure of revenge on Bears

BY JOSHUA SPAULDING
Sports Editor

ALTON — Just before the holiday break, the Prospect Mountain hoop boys traveled to Bristol to take on Newfound and dropped a 46-45 decision to the Bears.

Newfound made the trip to Alton on Friday, Jan. 27, and the Timber Wolves returned the favor, picking up the 46-38 victory.

"We had a great first quarter," said coach Tom Bourdeau. "Newfound got their only lead late in the fourth quarter at 38-37, but they would not score again.

"We had a terrible night at the free throw line, but when Newfound had to foul late, Nate Leavitt came through big, going four-for-four from the line to finish the scoring," the Timber Wolf coach noted.

Prospect started strong with a 16-6 lead after one quarter, but Newfound cut into the lead a bit in the second, outscoring the Timber Wolves 15-9 for the halftime score of 25-21 in favor of the host Timber Wolves. The final two quarters were pretty even, with Prospect outscoring Newfound 9-7 in the third and 12-10 in the fourth for the 46-38 win.

After the Bears took the lead early in the fourth, Nate Archambault scored the next five points with two hoops and a free throw to send the Timber Wolves back to the lead and they never looked back.

Dillon Miller earned MVP honors for the game with six points and eight rebounds, while TJ Locke had 13 points, Archambault added 12 points and Leavitt had 11. Will Bassett had a big game off the bench for Prospect, pulling down four rebounds, blocking two shots and putting in a couple of points.

The Timber Wolves will be back in action today, Feb. 2, at home against St. Thomas, then Friday, Feb. 3, at home against Somersworth in a makeup game from last week and will be hosting Belmont on Tuesday, Feb. 7, all with 6 p.m. starts.

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

HIGH SCHOOL SLATE

Thursday, Feb. 2
GILFORD
Boys' Hoops at Kearsarge; 6
Girls' Hoops at Kearsarge; 4:30
Friday, Feb. 3
BELMONT
Alpine Skiing at Gunstock; 10
Boys' Hoops at Raymond; 6:30
Girls' Hoops vs. Raymond; 6
Unified Hoops vs. Kingswood; 3
GILFORD
Alpine Skiing at Gunstock; 10
Boys' Hoops vs. Inter-Lakes; 6
Girls' Hoops at Inter-Lakes; 6:30
WINNISQUAM
Boys' Hoops at Stevens; 7
Girls' Hoops vs. Stevens; 7
Saturday, Feb. 4
BELMONT-GILFORD
Hockey vs. Berlin-Gorham; 1:45
WINNISQUAM
Hockey at Pembroke-Campbell; 7:30
Sunday, Feb. 5
GILFORD
Indoor Track at UNH; 10
Tuesday, Feb. 7
BELMONT
Boys' Hoops at Prospect Mountain; 6
Girls' Hoops vs. Prospect Mountain; 6
GILFORD
Boys' Hoops at Winnisquam; 6:30
Nordic Skiing at Proctor; 3
WINNISQUAM
Boys' Hoops vs. Gilford; 6:30
Wednesday, Feb. 8
BELMONT-GILFORD
Hockey at Kennett; 6
GILFORD
Boys' Hoops vs. Concord Christian; 6
WINNISQUAM
Hockey vs. Kearsarge-Plymouth; 5
Wrestling at Lebanon; 6
Thursday, Feb. 9
WINNISQUAM
Boys' Hoops at Inter-Lakes; 6
Girls' Hoops vs. Inter-Lakes; 7

All schedules are subject to change.

HIGH SCHOOL SLATE

Thursday, Feb. 2
PROSPECT MOUNTAIN
Boys' Hoops vs. St. Thomas; 6
Unified Hoops at Farmington; 4
Friday, Feb. 3
KENNETT
Alpine Skiing at Cranmore; 10
Boys' Hoops vs. Souhegan; 6
Girls' Hoops at Laconia; 6
KINGSWOOD
Alpine Skiing at Gunstock; 10
Boys' Hoops at Coe-Brown; 6:30
Girls' Hoops vs. Coe-Brown; 6
Unified Hoops at Belmont; 3
PROSPECT MOUNTAIN
Boys' Hoops vs. Somersworth; 6
Girls' Hoops at St. Thomas; 6
Saturday, Feb. 4
KENNETT
Boys' Hockey at Kingswood; 7
Girls' Hockey vs. Bishop Guertin; 6
KINGSWOOD
Boys' Hockey vs. Kennett; 7
Girls' Hockey at Bedford (St. Anselm's); 10
Wrestling at Plymouth; 9
Sunday, Feb. 5
KENNETT
Indoor Track at UNH; 10
Tuesday, Feb. 7
KENNETT
Boys' Hoops at Bow; 7
Girls' Hoops vs. Bow; 6
KINGSWOOD
Girls' Hockey at Manchester Central-Memorial (JFK); 4:20
Girls' Hoops at Derryfield; 6:30
PROSPECT MOUNTAIN
Boys' Hoops vs. Belmont; 6
Girls' Hoops at Belmont; 6
Wednesday, Feb. 8
KENNETT
Boys' Hockey vs. Belmont-Gilford; 6
Girls' Hockey vs. Lebanon; 4
Ski Jumping Home Meet; 6
KINGSWOOD
Wrestling at Plymouth; 6

All schedules are subject to change.

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Cougars pull away for win over Gilford girls

JOSHUA SPAULDING

Olivia Keenan rises toward the basket during action against Kearsarge last Tuesday afternoon.

Ryan Guyer looks for a way around a Kearsarge defender during action last week.

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Gilford girls' basketball team held the line with visiting Kearsarge on Tuesday, Jan. 24, but the Cougars couldn't be held down long, as they outscored the Golden Eagles 16-6 in the second quarter and pulled away for the 47-32 win.

After the Cougars scored the first hoop of the game, Millie Caldon answered for the Gilford girls. The visitors got another hoop but Caldon answered again to tie the game at four. However, Kearsarge drained a three for the final basket of the first quarter and Kearsarge had a 7-4 lead after one.

The visitors hit a free throw and a basket to push the lead to 10-4 to start the second quarter before Ryan Guyer drained a three-pointer for the Golden Eagles to cut the lead to just three. However, Kearsarge then went on a 10-0 run that increased the lead to 20-7.

A Megan Hughes three-pointer got the Golden Eagles back on the board, but the Cougars hit their own three-pointer to close out the first half with a 23-10 lead.

An Olivia Keenan three-pointer started the second half for Gilford, but the visitors came right back with a hoop and a free throw to keep the lead at 13. After a Vanessa Flanders basket, Kearsarge converted a free throw.

Caldon finished off a Keenan steal to cut the lead to 10, but Kearsarge came charging back and scored the next 10 points on five consecutive baskets to push the lead to 37-17. Caldon hit a hoop and a free throw to close the gap a little and a Flanders three-pointer at the buzzer cut Kearsarge's lead to 37-23 heading to the fourth quarter.

The Cougars got the first basket of the fourth quarter before Keenan and Caldon connected on back-to-back baskets for the Golden Eagles. Kearsarge responded by connecting on four-straight baskets to again push the lead to 20 at 47-27.

Guyer and Keenan hit consecutive baskets and Keenan added a free throw for the final point of the game and Kearsarge had the 47-32 win.

Caldon finished the game with 11 points to lead the Golden Eagles, while Keenan added eight points.

The teams will have a rematch today, Feb. 2, at 4:30 p.m. in Sutton and Gilford continues with a game at Inter-Lakes on Friday, Feb. 3, at 6:30 p.m. and will be hosting Concord Christian on Wednesday, Feb 8, at 6 p.m.

GHS 4-6-13-9-32
KRHS 7-16-14-10-47

Gilford 32
Guyer 2-0-5, Caldon 5-1-11, Keenan 3-1-8, Flanders 2-0-5, Hughes 1-0-3, Totals 13-2-32

Kearsarge 47
Stocker 5-2-12, Goen 2-0-4, Kendrigan 1-0-3, Whitty 1-0-2, Shapiro 4-0-11, Morinello 5-3-13, Roucher 1-0-2, Totals 19-5-47

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

Gilford boys win Nordic Coaches Series classical race

BY JOSHUA SPAULDING

Sports Editor

WATERVILLE VALLEY — The Gilford Nordic team traveled to Waterville Valley on Saturday for the first New Hampshire Nordic Coaches Association Series race of the season, featuring skiers from all over the state of New Hampshire.

The Gilford boys used a total team effort with all four scorers in the top 15 as they took top honors in the classical portion of the series, which continues in Whitefield in February with the freestyle race.

Aiden Bondaz led the Gilford boys with a time of 15:15 for eighth place overall, with Henry Stow skiing to 13th in a time of 15:44 to place second for Gilford.

Patrick Gandini was 14th overall in a time of 15:48 and Carter Forest finished out the scoring for the Golden Eagles with a 15th place finish in 15:49.

Alden Townsend was 27th in 16:44, Scott Kulcsar skied to 51st place in 18:03, Haukur Karlsson was 58th in 18:24, Ian Lofblad placed 59th in 18:32, Clark Blackwelder finished in 81st place in 1959, Gunnar Marvel was 97th in 20:39, Dylan Wright was 111th in 21:23, Malcolm Breton was 141st in 24:26 and Benjamin Smith placed 142nd in 24:36.

For the Gilford girls, Georgia Eckhardt was the first skier, placing 22nd overall in 19:05, with Maria Tilley finishing in 42nd place in a time of 20:50.

Sydney Eastman finished in 47th place in a time of 21:16 and Anna Coapland rounded out the scoring with a time of 21:42 for 55th place.

Alana Sawyer was 83rd in 24:17 and Kaitlyn O'Brien finished in 85th place with a time of 24:24.

In the middle school race for the girls, Tess Eckhardt was eighth in 23:01, Alexis Kulcsar was 25th in 26:27 and Addison Stroud was 38th in 29:16.

The Golden Eagles are slated to compete at Proctor Academy on Tuesday, Feb. 7, for a 3 p.m. meet.

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

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Gilford swimmers wrap up regular season

BY JOSHUA SPAULDING

Sports Editor

DURHAM — The Gilford swim team returned to the University of New Hampshire for the final meet of the regular season over the weekend, facing off with 22 other teams.

Alyssa McKenna swam the 200 freestyle for the first time alongside teammate Bridget Wilcox, with Wilcox finishing in 2:45.6 and McKenna in 3:10.71.

McKenna and Callie McKay swam the 50 freestyle in 38.03 seconds and 38.08 seconds, respectively while Elise Bartley swam strong in the 50 freestyle in 31.26 seconds.

In the 100 freestyle, McKay finished in 1:33.49, Wilcox finished in 1:16.45 and Bartley finished in 1:12.6, with McKay taking seven seconds off her previous best time.

Aidan Malek finished in fifth place in the 200 IM with a time of 2:18.17, dropping more than seven seconds off his previous best time. He finished the 50 freestyle in seventh place with a personal best time of 24.1 seconds. Malek will move on to the state meet in February.

"I want to thank the team for a terrific season," said coach Dave Gingrich. "They came together to coalesce as a team while competing hard as individuals.

"They represented their team and school well in all competitions and have been commended for their respectful sportsmanship," the Golden Eagle coach continued. "Thanks to captains Bridget Wilcox and Aidan Malek for their leadership this season."

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

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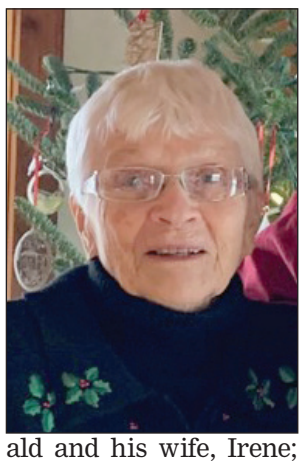
OBITUARIES

Catherine Corliss White, 93



ALTON, NH – Catherine Corliss (Crouse) White, 93, died January 18, 2023, at Portsmouth Hospital. She was born in Presque Isle, Maine, the daughter of Lloyd and Gertrude Crouse. She married Paul R. White on October 28, 1955.

Cay enjoyed gardening, baking, knitting, sewing, reading, community and church activities and having a clean house.

Cay is predeceased by her sister, Elizabeth Hanson and her son, David Lloyd White.

Cay is survived by her husband of 67 years, Paul White; a son, Donald and his wife, Irene; a daughter, Deborah and her husband, Robert Leary; a son, Paul and his wife, Rebecca; a sister, Mary and her husband, Alan Ritchie; a brother, Arthur Crouse and his wife, Jane; three grandsons and a granddaughter and their spouses; six great grandchildren; a brother-in-law; and many nieces and nephews.

Services will be held privately at the convenience of the family.

Those who wish to make a memorial contribution to DAV – Disabled American Veterans, P.O. Box 14301, Cincinnati, OH 45250-0301 or online.

To view Catherine's online tribute, send condolences to the family, or for more information, visit www.csnh.com.

Assisting the family with arrangements is the Cremation Society of NH, Boscawen.

Send all obituary notices to Salmon Press, by e-mail to obituaries@salmonpress.news
Deadline is Monday at noon

Leo Sylvester Smeriglio, 93

On January 25, 2023 Leo Sylvester Smeriglio, 93, of Ridgefield CT formerly of New Durham, NH was called home to heaven where he and his wife Janet can be together again.

Leo was born on February 10, 1929 in Greenwich, CT the son of Thomas and Louise (Berlingo) Smeriglio. After graduating from Greenwich High School he resided in New Jersey for ten years before being called to serve in the Army from March 1951 to March 1953. After completing his service, he mastered his trade as a butcher under the GI Bill of Rights and returned to Connecticut.

It was there in Stamford that he found Janet. They met at her dance studio where she was teaching. She was to be his friend, soulmate, and finally his wife. They were married in May of 1960.

Leo is survived by three children Lee (Catherine) Smeriglio, James (Nancy Denton), Janice (Douglas) Hempel. He was blessed with six grandchildren, Daniel, Michael, Matthew, Staci, Christopher, and David.

He is also survived by his brother Thomas (Marge) Smeriglio. Leo is predeceased by brothers Emil, Louis and sister Carmela (Smeriglio) Vincoli and his dear friend Joyce.

Leo is also remembered by his adopted niece and nephew Lynn and Gary, Maryann, Dee, Lauren, all his friends from Ridgefield Station, and by Marie and Petra and the rest of the team at RVNA.

A spring graveside burial will be planned in New Hampshire attended by immediate family members.

In lieu of Flowers Leo requested that donations be made to:

Hudson Valley Honor Flight
P.O. Box 375
Walden, NY 12586
Or
www.HVHonor-Flight.com

Now close your eyes and look up to the heavens you will see Leo and Janet dancing their favorite dance. The Waltz

Country legend Randy Travis to appear at The Colonial

LACONIA — Country Music Icon Randy Travis returns to the stage Sunday, Aug. 27 at 7 p.m. After suffering a near-fatal stroke in 2013, Randy continues to make improvements and is ready to share his story and get close to the fans once again. This special evening brings Randy and Mary Travis front and center to share stories and songs about the career of a Country Music Hall of Famer, and the health struggles and challenges that have faced them over the last 10 years. The 'Live On Stage' Interview will be hosted by CMA Winning Radio Personality Kevin Richards.

The iconic songs of Randy Travis will be performed by New England's Nashville Bound Duo, Martin and Kelly! Ryan Kelly and Jilly Martin were instrumental in bringing this show to New Hampshire. After hearing of the success of the 'Up Close & Personal' Randy Travis show in Glens Falls, N.Y., they rallied for the Country Music fans of New England to get the chance to enjoy the same experience with this beloved legend. The Travis' quickly agreed to join Richards back in Upstate New York (Aug. 26), and add New Hampshire (Aug. 27) to the Northeast visit to get close to more fans.

In addition to the stories and songs, the crowd will unite their voices in a piano-bar style sing along to start the show with CMA Winning Radio Personality Richie Phillips.

Richards hosted this show in Glens Falls, N.Y. in 2022 to two sold-out crowds and heart warming reviews. Cathy Dede, Of The Chronicle, raved about the Randy Travis event: "One Of The Great Glens Falls Events Of All Time! Kevin emceed the Q&A format that led to the Travis' story unfolding in a moving, engaging, entertaining way. Grown men cried, we hooted and hollered. The love was huge- and wide!" Richards says "If you are a fan of Traditional Country Music, this is your chance to see the man who 'made' our genre in the mid-80s., realizing many of us never thought we'd ever be in his presence again (after the stroke in 2013). This will be a once-in-a-lifetime experience- an inspiring, magical journey for the 'real' fan of Country Music!"

Martin and Kelly, who have performed and written with some of Nashville's finest, are honored to share the stage: "Words can't describe what an honor it is to be a part of this show with the one and only Randy Travis! We couldn't be more thrilled to share the stage with such a country music legend at one of our favorite venues, in Ryan's home state!"

WFOM presents innovative Merz Trio

WOLFEBORO — The Wolfeboro Friends of Music presents the Merz piano trio, top prize award winners at the Naumburg, Concert Artist Guild, Fischoff and Chesapeake Competitions, will perform a chamber music recital at the First Congregational Church, 115 S. Main St., on Sunday, Feb. 19 at 2 p.m.

The trio is passionately committed to reshaping the narrative of classical music through vibrantly dynamic programming and wide-ranging interdisciplinary collaboration. Their programming style juxtaposes classical standards, new music and their own arrangements of familiar and forgotten works. Rafael de Acha in All About the Arts wrote "the trio's playing is impeccably elegant, earmarked by unmannered musicianship and sui generis stylistic versatility." Their recoding of Brahms Piano Trio # 1 in B Major is truly uplifting.

Critics have praised the trio as "entrancing," and "riveting" with "stunning virtuosity and ensemble work." Known for fresh and surprising interpretations, the trio is famous for sometimes mixing classic trio scores with extra-musical effects to enhance the audience's appreciation, such as spoken texts from classical literature, suggestive dance movements or relevant artist renditions. They have collaborated on stage with ballerinas, chefs, and actors.

The Merz Trio was formed in January 2017, when Dionne and Yang were members of Ensemble Connect, a fellowship program in New York City run jointly by Carnegie Hall and the Juilliard School. Cellist Yang has performed as concerto soloist with major orchestras and has garnered top prizes at numerous competitions. Pianist Dionne holds graduate degrees from the Yale School of Music where he currently teaches chamber music. He has been the recipient of numerous awards and has performed in Britain, Holland, Paris, and Portugal.

Violinist Coleridge is an Australian particularly interested in combining her experience as a musician with that of an actress and theatrical director. A frequent chamber and solo musician, she has appeared in major concert venues such as the Royal Albert Hall, Wigmore Hall and the Purcell Room, and recently completed a recital tour of Holland with her duo partner, pianist Lee Dionne. The Trio is currently represented by Concert Artists Guild and makes its home in Boston.

The concert is sponsored by Paul Zimmerman, YFI Custom Homes, Taylor Community, and Edward Jones - Kevin Lawlor Financial Advisor. Tickets are $25 each, and may be purchased at J. Clifton Avery Insurance or Black's Paper Store. Middle School and Elementary students can attend free when accompanied by an adult, as are High School Students with their school ID.

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

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

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

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

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

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

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

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

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

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 F. Cole, Pastor.
Mass Saturday 4pm;
Sunday 8:30 & 10:30am;
Daily Mass Mon., Tues., Wed., Fri. 8:00am.

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

UNITED METHODIST CHURCH
Rt. 171 at Tuftonboro Corner.
Sunday services 10:30 am. 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 6488 • uusl.org

MAPLE STREET CHURCH
Sunday Service 11am
96 Maple Street, Center Barnstead NH 03225

Baker-Gagne Funeral Home
Cremation Service
Pre-Arrangements - Traditional Funerals
Simple Burials - Cremation Services
Monument Company
F. Rick Gagne - Funeral Director
Mill Street, Wolfeboro, NH 603-569-1339
Route 16, West Ossipee, NH 603-539-3301
(800) 539-3450
baker-gagnefuneralhomes.com

PEASLEE FUNERAL HOME
& Cremation Service
(603) 755-3535
www.peasleefuneralhome.com
Main Office: 24 Central Street, Farmington, NH
2079 Wakefield Road, Wakefield, NH
Alton Funeral Home 12 School Street, Alton, NH

Gilford Public Library

Classes & Special Events
Feb. 2 – Feb. 9

Thursday, Feb. 2
Geri Fit, 9-10 a.m.
Spanish Storytime, 10:30 a.m.
Groundhog Scavenger Hunt, 3:30-4:30 p.m.
Join in on our scavenger hunt to find the wanted groundhog! Prizes will be rewarded when found.
French Club, 4 p.m.
Helen Keller: Champion of the Disabled, 6-7 p.m.
The program is written from Helen's mind's eye. The story is told on a taped voice over as Helen reenacts her full life from her childhood through her discovery of language when she was seven years old to the writing of her twelve books. She will show the audience how she speaks and reads in Braille, and her story continues through her graduation from college. This is one of our most unique, very special programs which helps us to understand and accept the different ways people do the same things and inspires them to be the best they can be with the talents they possess. Presented by Sheryl Faye.

Friday, Feb. 3
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, Feb. 4
Beginner Line Dancing, 10:30-11:30 a.m.

Monday, Feb. 6
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.

Tuesday, Feb. 7
Senior Sculpt, 9-10 a.m.
Bridge, 10 a.m.-noon
Discover Live: Ljubljana, Slovenia, 10-11 a.m.
The Slovenian capital of Ljubljana echoes so many other European cities, with beautiful medieval streets, grand townhouses, remarkable Italianate churches and some of the finest art nouveau. Ljubljana is a deeply cultural city where history is revered. It is a city with "love" in its name. This is a place where you can find signs of love and passion in people's everyday lives. Ljubljana has been described as Venice meets Vienna. During this one-hour tour, we will walk along the riverside with the lights of the city shining on the waterways and explore the contemporary art, architecture and shops that make this city so special. For this special occasion, we can even place a lock on the bridge to symbolize your love, making a lasting connection between you and Slovenia.Come visit this romantic fairy-tale city. You will feel the time has been seriously turned back, and experience life as it should be.
Preschool Storytime, 10:30-11:30 a.m.
Intermediate Line Dancing, 4-5 p.m.

Wednesday, Feb. 8
Check out an Expert, 10 a.m.-noon
Hand & Foot, 10 a.m.-noon
Valentine Gnome, 10:30 a.m.-noon
We have the sweetest handmade gnome ideas for you for Valentine's Day! Make one for yourself, or what a wonderful gift for the favorite gnome lover in your life.
Chess Group, 1-3 p.m.
Paint Group, 1-3 p.m.
Early Release: Heart Pillows, 1:30-2:30 p.m.
Create a cute gift just in time for Valentine's Day!
Afterschool Teen Club, 3-4 p.m.

Thursday, Feb. 9
Geri Fit, 9-10 a.m.
Spanish Storytime, 10:30-11:30 a.m.
French Club, 4-5 p.m.
The Holocaust: Our Duty to Remember, 6-7 p.m.
After almost two generations, we arrived at the point where memory becomes history, and our memories are already dimming and in need of a refresher.
This presentation provides historical context of the events in Nazi Germany, the reasons behind the Nazi regime's rise to power, and it sheds light on the background against which the "Night of the Broken Glass", and later the Holocaust, took place. The talk is organized around dispelling four common myths which, if allowed to stand uncorrected, would make it all-too-easy to dismiss the events of the 1930s and 1940s as irrelevant for today's world. The talk will cover how the Nazi regime came about, and the reasons for its atrocious deeds. In particular, it will take a close look at how common, "normal" people were induced to contribute to the industrialized murder as which we must understand the Holocaust today. Presented by Mick Gronka.

COURTESY

Philip Reilly, "The Everywhere Man," will perform at the Gilman Library during National Take Your Child to the Library Day Feb. 4.

Celebrate Take Your Child to the [Gilman] Library Day with music and magic

ALTON — Feb. 4 is National "Take Your Child to the Library Day" (TYCLD). The Gilman Library invites you to celebrate "Take Your Child to the [Gilman] Library Day" with Music and Magic! TYCLD is celebrated annually on the first Saturday in February.

Since its foundation in 2011, Libraries in the US, Canada, and around the world, have participated in this international initiative by hosting free, family-friendly, fun events designed to help your child discover the magic of your local library. The Gilman Library, at 100 Main St., Alton, will be open for our regular Saturday hours from 9 a.m. to 1 p.m. on Feb. 4.

As a special treat, the Gilman Library is pleased to present "The Everywhere Man Music & Magic Show" from 10:30-11:30 a.m. Also known as Philip Reilly, "The Everywhere Man" is no stranger to the Gilman Library. Last year he regularly entertained children and their families in The Whimsy Corner at the Gilman Library, with singing, guitar music, and reading. Now he returns with all of that and MAGIC!

We invite you to come and explore the Gilman Library. Children will find books, CDs, DVDs, games, and puzzles to borrow, plus a huge variety of colorful, noisy, and intriguing interactive educational toys in the Whimsy Corner. There are contests, guessing games, and riddles with free prizes, plus free bookmarks, stickers, take-home craft kits, and lollipops blooming on our lollipop tree. These and other surprises await your child in the Whimsy Corner, at the Gilman Library, in Alton.

For more information about Gilman Library programs, go online to: gilmanlibrary.org. For more information about TYCLD, go online to: takeyourchildtothelibrary.org. See you at the library!

Local residents named to Dean's List at Saint Michael's College

COLCHESTER, Vt. — The following local students have been named to the Dean's List at Saint Michael's College for the Fall 2022 semester:

* Willow H. Quindley, a junior pre-pharmacy / biology major from Alton and a graduate of Prospect Mountain High School.

* Rocky E. Gagne, a junior psychology / art and design major from Alton and a graduate of Prospect Mountain High School.

* Samuel K. Mercer, a senior political science major from Gilford and a graduate of Gilford Middle High School.

* Erin B. Madden, a junior political science / English major from Gilford and a graduate of Gilford Middle High School.

About Saint Michael's College

Saint Michael's College, founded in the great Catholic intellectual tradition, which also recognizes the principles of social justice and compassion, is a selective, fully residential Catholic college in Vermont's beautiful Green Mountains. Our closely connected community delivers internationally respected liberal arts and graduate education near Burlington, one of the country's best college towns. To prepare for fulfilling careers and meaningful lives, young adults here grow intellectually, socially, and morally, learning to be responsible for themselves, each other and their world.

Area residents named to Dean's List at University of New England

BIDDEFORD, Maine — The following students have been named to the Dean's List for the 2022 fall semester at the University of New England. Dean's List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

The University of New England is Maine's largest private university, with two beautiful coastal campuses in Maine, a one-of-a-kind study-abroad campus in Tangier, Morocco, and an array of flexible online offerings. In an uncommonly welcoming and supportive community, we offer hands-on learning, empowering students to make a positive impact in a world full of challenges. We are the state's top provider of health professionals and home to Maine's only medical and dental colleges, a variety of other interprofessionally aligned health care programs, and nationally recognized degree paths in the marine sciences, the natural and social sciences, business, the humanities, and the arts. Visit une.edu.

Alton
Mackenzie Burke, Ava Creteau, Hannah Linsky, Hannah Racine
Center Barnstead
Madelyn Chase
Gilford
Sydni Lehr

Gilford Public Library Top Ten Requests

1. "The House of Wolves" by James Patterson
2. "A World of Curiosities" by Louise Penny
3. "Lessons in Chemistry" by Bonnie Garmus
4. "The Murder Sorority" by Marshall Karp
5. "The Boys from Biloxi" by John Grisham
6. "Spare" by Prince Harry, The Duke of Sussex
7. "Horse" by Geraldine Brooks
8. "No Plan B" by Lee Child
9. "The Extraordinary Life of an Ordinary Man" By Paul Newman
10. "The Good Life" by Robert J. Waldinger

University of New Hampshire announces Dean's List

DURHAM — The following students have been named to the Dean's List at the University of New Hampshire for the fall 2022 semester.
Patrick Hussey of Barnstead, earning Highest Honors
Connor Meehan of Barnstead, earning Highest Honors
Ava Blair of Barnstead, earning Highest Honors
Kaitlin Sepulveda of Center Barnstead, earning Highest Honors
Samantha Simpson of Center Barnstead, earning Highest Honors
Gwendolyn West of Center Barnstead, earning Highest Honors
Reilly Gray of Center Barnstead, earning Highest Honors
Kassidy Kelley of Center Barnstead, earning Highest Honors
Ethan Crossman of Center Barnstead, earning Honors
Madeleine Cates of Center Barnstead, earning High Honors
Jaren Unzen of Center Barnstead, earning Highest Honors
Keegan Unzen of Center Barnstead, earning Highest Honors
Maya Corriveau of Alton, earning High Honors
Abigail Del Greco of Alton, earning Honors
Stephanie Chambers of Alton, earning High Honors
Alina Hardie of Alton, earning High Honors
Connor Moore of Alton, earning Honors
Dalton Lawrence of Alton, earning High Honors
Kelli LeConti of Alton Bay, earning Honors
Jane Holiday of Alton Bay, earning Honors
Megan Vasco of New Durham, earning Honors
Megan Gallagher of New Durham, earning Highest Honors
Blake Bolduc of Gilmanton, earning Highest Honors
Emily Waite of Gilmanton, earning Highest Honors
Beth Newton of Laconia, earning High Honors
Lauren Vaccaro of Laconia, earning Highest Honors
Aarohn Dethvongsa of Laconia, earning High Honors
Skyler Tautkus of Laconia, earning Highest Honors
Daniel Engelsen of Laconia, earning Highest Honors
Paige Rueffert of Laconia, earning Honors
Joseph Bailey of Laconia, earning Honors
Olivia DeMatos of Laconia, earning High Honors
Andrew Hoffman of Laconia, earning Honors
Jack Cennamo of Gilford, earning Highest Honors
Erica Cao of Gilford, earning Honors
Alaina Osburn of Gilford, earning Highest Honors
Brianna Fraser of Gilford, earning High Honors
Michael Maltais of Gilford, earning Highest Honors
Connor Sullivan of Gilford, earning High Honors
Sierra Halligan of Gilford, earning Highest Honors
Matthew McDonough of Gilford, earning Honors
Kolbi Plante of Gilford, earning Highest Honors
Jordan Fessenden of Gilford, earning Highest Honors
Alexander Cheek of Gilford, earning Highest Honors
Michelle Gallant of Gilford, earning High Honors
Danielle Martineau of Gilford, earning Highest Honors
Colton Workman of Gilford, earning High Honors
Benjamin Gardiner of Gilford, earning High Honors
Gregory Prince-Ratliff of Gilford, earning High Honors

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Barnstead	87 Beauty Hill Rd.	Single-Family Residence	$349,933	Mdr Rehab and Development LLC	Rocky and Mackenzie E. Ferrenburg
New Durham	Miller Road	N/A	$175,000	Donna and Denise M. Laurion	Josh Slate
New Durham	79 Old Bay Rd.	Single-Family Residence	$500,000	David P. and Lynda C. Devost	Adam Hoyt

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

Alton Parks and Recreation Community Connection

Valentine's Day Cards for Seniors

We need your help to send smiles this Valentine's Day! Alton Parks and Recreation is collecting Valentine's Day Cards for our Seniors. Our goal is to collect 50 cards, which will be hand delivered to the Seniors in town in partnership with the Alton Senior Center. Send or drop off your cards by Feb. 6 to the Alton Parks and Recreation Department at 328 Main St. For more information contact Alton Parks and Recreation at parksrec-asst@alton.nh.gov or 603-875-0109.

Men's Basketball
18 years and over

The Alton Parks and Recreation Department is sponsoring Men's Basketball 18+ pickup games at Alton Central School on Thursdays from 6-8 p.m., starting Feb. 16. The program is free, drop in any time. Please carry in your basketball sneakers to keep the gym floors dry. For more information contact Alton Parks and Recreation at 603-875-0109 or parksrec@alton.nh.gov.

Alton Bay Winter Carnival- Warming Hut

The Alton Parks and Recreation Department is sponsoring a Warming Hut on Sunday, Feb. 19 from 11 a.m.-2 p.m. at the Alton Bay Community Center located at 58 Mt. Major Highway, across from Pop's Clam Shell. Stop by during the Winter Carnival and warm up in our cozy space by making a seasonal craft, or play a fun game. This event is free and all ages are welcome. For more information contact Alton Parks and Recreation at 603-875-0109 or parksrec@alton.nh.gov. Restrooms during Winter Carnival will be available next to Shibley's Drive In. Parking is available along the Mt. Major Highway/Route. 11.

Yoga Flow to Yin Class with Sheila Marston

Join an inspiring and 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. Modifications will be offered. Fun music and a view of our special lake. Bring your mat and water. For more information contact Alton Parks and Recreation at parksrec-asst@alton.nh.gov or 603-875-0109.

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. For more information, contact parksrec-asst@alton.nh.gov or 603-875-0109.

Weight Training Classes- Mondays and Wednesdays

The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednesdays, 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abilities. Learn new exercises to 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.

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. $30 for the month of February.

Gilford Parks and Recreation News

BY HERB GREENE
Director Gilford Parks and Recreation

Adult snowshoeing program on Tuesday mornings The Gilford Parks and Recreation Department will once again be sponsoring snowshoe hikes for any adults looking for fresh air, fun and exercise on Tuesday mornings this winter as conditions allow. The first two hikes will be held on Jan. 31 and Feb. 7. Participants will meet in the Gilford Town Hall at 9:30 a.m. prior to each hike. If you are in need of snowshoes, we do have a limited supply available for each hike. They may be reserved one hike in advance on a first come basis by calling the Parks and Rec office. All interested participants must RSVP at least one day prior to each hike. For more information or to RSVP, please call the Parks and Recreation Office at 527-4722.

Senior Moment-um Afternoon at the Movies – Feb. 13
The Gilford Parks and Recreation Department is sponsoring Senior Moment-um Program on Monday, Feb. 13. We will meet at the Gilford Community Church's Fellowship Hall at 1:30 p.m. to enjoy a viewing of the romantic comedy, "Valentine's Day", starring Ashton Kutcher. Along with the movie, we will be serving a variety of 'Movie Theater" snacks, including popcorn, candy and soda. Coffee, tea and water will also be provided. There is no fee for this program, but participants must RSVP by Thursday, Feb. 9. To RSVP or for more information, please contact the Gilford Parks and Rec. Department at 527-4722.

Bank of New Hampshire supports Granite United Way

LACONIA — Bank of New Hampshire is pleased to announce a $10,000 donation to Granite United Way as part of a corporate pledge for 2022.

Granite United Way is a nonprofit organization that makes strategic investments in our community that help others Learn, Earn and Be Healthy. Their impact covers more than 85% of New Hampshire and Windsor County, Vermont. Granite United Way has the expertise, trust and scope to bring together stakeholders like local nonprofits, government, businesses, private foundations and volunteers with the common goal of delivering total community impact. The organization believes that every one of us has the power to be a change agent and they are committed to removing barriers and creating opportunities for people to make a positive impact in our community. Granite United Way's commitment to transparency and efficiency has been recognized at the national level and of the highest accolade, by both Charity Navigator and GuideStar; organizations that ensure charities are held to standards of excellence. By working closely with volunteer leadership to invest donor dollars to help our community learn, earn and be healthy and by focusing on these investment initiatives, they are helping people in new and strategic ways.

"Granite United Way is proud to partner with the team at Bank of New Hampshire to ensure our community has access to critical programs and services that strengthen individuals and families," said Patrick Tufts, President and CEO of Granite United Way. "We thank Bank of New Hampshire for this corporate gift and appreciate their dedication to helping others."

Bank of New Hampshire is proud of this partnership 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.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding $2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

Full motion flight simulator now at Laconia Airport

GILFORD — A Redbird Full Motion Flight Simulator recently "landed" at the Laconia Airport's Laconia Flight Academy, a branch of Skybright Aviation. This innovative technology simulator provides pilots and pilot candidates with a cost-effective, state–of-the-art trainer.

The simulator enables students to undergo an immersive training experience while reducing the time and cost to earn a pilot's license or advanced certification. Laconia Flight Academy now has the Lakes Region's only Redbird full motion simulator.

Lee Avery, owner of the Flight Academy and Skybright Aviation, said, "Redbird is a great addition to the tools we have to help customers reach their aviation goals."

He added that the simulator training hours can be counted towards a portion of the FAA requirements for beginning and advanced certifications. Redbird's video package enables the user to "fly" anywhere in the World to experience a variety of airspace environments.

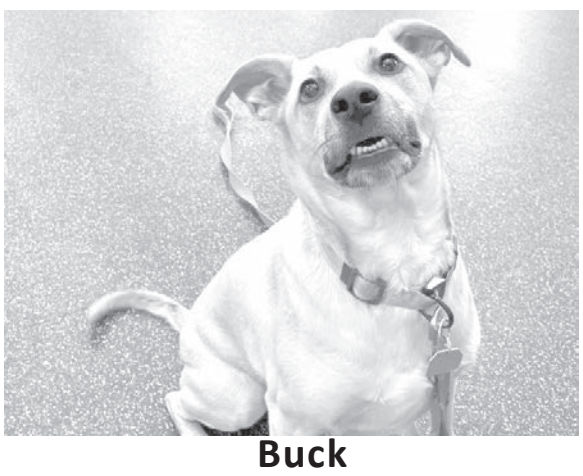
"The sophistication and technology of these simulators can reduce the cost of earning a pilot license while, at the same time, providing valuable experience not easily replicated in an actual aircraft," said Pilot Karen Mitchell, one of the Redbird instructors.

Avery's new simulator features a fully enclosed cockpit with 200 degree wrap-around visuals. He invites beginners, experienced pilots and the curious to come to Laconia Flight Academy and check out the Redbird. Call 603-528-6818 or visit the Web site, www.laconiaflightacademy.com, to schedule a visit to learn more, take the controls and experience flight without leaving the ground.

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!



Buck

Are you looking for an active companion? Buck is craving an outdoor adventure buddy to help keep busy. With proper introductions and management, he could do well living with other dogs. He has not previously lived with small animals. Buck is very treat motivated which will be very beneficial while continuing training!

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

Worcester Polytechnic Institute announces Fall 2022 Dean's List

WORCESTER, Mass. — A total of 2,069 undergraduate students achieved the criteria required for Worcester Polytechnic Instute's (WPI) fall 2022 Dean's List. The criteria for the WPI Dean's List differs from that of most other universities as WPI does not compute a grade point average (GPA). Instead, WPI defines the Dean's List by the amount of work completed at the A level in courses and projects.

"WPI's academic programs are rigorous and require a level of independence beyond what is required in traditional courses. WPI students work on open-ended problems for communities around the world. The problems are important and the impact is real" said dean of undergraduate studies Arthur C. Heinricher. "Some of this nation's best and brightest students come to WPI to study engineering and science and business and the humanities. Those named to the Dean's List have excelled in all of their work, and we are exceptionally proud of these outstanding students."

The following students were named to the Dean's List for fall 2022:

Randolph Dyer of Alton, a member of the class of 2023 majoring in Computer Science (BS)

Ayden Duncan of Laconia, majoring in Robotics Engineering (BS), class of 2024

Aidan Eldridge of Laconia, majoring in IE, class of 2025

About Worcester Polytechnic Institute

WPI, a global leader in project-based learning, is a distinctive, top-tier technological university founded in 1865 on the principle that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world problems. Recognized by the National Academy of Engineering with the 2016 Bernard M. Gordon Prize for Innovation in Engineering and Technology Education, WPI's pioneering project-based curriculum engages undergraduates in solving important scientific, technological, and societal problems throughout their education and at more than 50 project centers around the world. WPI offers more than 70 bachelor's, master's, and doctoral degree programs across 18 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. Its faculty and students pursue groundbreaking research to meet ongoing challenges in health and biotechnology; robotics and the internet of things; advanced materials and manufacturing; cyber, data, and security systems; learning science; and more. www.wpi.edu

Kristen Lawlor of Barnstead awarded degree from UA

TUSCALOOSA, Ala. — Kristen Lawlor of Barnstead, has received the following degree(s) from The University of Alabama: Doctor of Social Work. UA awarded more than 1,650 degrees during its fall commencement ceremonies on Dec. 10, 2022.

A recent economic analysis found that a degree from The University of Alabama can pay more over time than investments in United States stock market indexes. The University provides numerous opportunities for service and growth to help prepare future generations through its educational, cultural and social experiences. UA is not only home to competitive academic programs, expert faculty and a beautiful campus, but it is also the place Where Legends Are Made.

The University of Alabama, part of The University of Alabama System, is the state's flagship university. UA shapes a better world through its teaching, research and service. With a global reputation for excellence, UA provides an inclusive, forward-thinking environment and nearly 200 degree programs on a beautiful, student-centered campus. A leader in cutting-edge research, UA advances discovery, creative inquiry and knowledge through more than 30 research centers. As the state's largest higher education institution, UA drives economic growth in Alabama and beyond.

Students named to University of Vermont Dean's List

BURLINGTON, Vt. — The University of Vermont is proud to announce that the following local students have been named to the dean's list for the fall 2022 semester.

Shealagh Brown from Gilford is majoring in Environmental Sciences.

Margot Redway from Laconia is majoring in Psychological Science.

Anita Wentworth from Laconia is majoring in Nutrition and Food Sciences.

To be named to the dean's list, students must have a grade-point average of 3.0 or better and rank in the top 20 percent of their class in their respective college or school.

About UVM

Since 1791, the University of Vermont has worked to move humankind forward. Committed to both research and teaching, UVM professors -- world-class researchers, scholars, and artists -- bring their discoveries into the classroom and their students into the field. Located in Burlington, Vermont, one of the nation's most vibrant small cities and top college towns, UVM top 100 national research university educating over 14,000 undergraduate students, graduate students, certificate and non-degree students, and M.D. students in the Larner College of Medicine.

Lakes Region Art Association to host "Love, Passion & Chocolate" exhibit

TILTON — Join the Lakes Region Art Association for a celebration of the season of love. A special collection of artwork, from a variety of New England Artists, makes your Valentine shopping easy. Whether you are looking for a gift for a special someone, a best friend, a parent, or even hoping to add a little masterpiece to your own home, Lakes Region Art Gallery has something for everyone.

All masterpieces are small works of art no larger than eight by eight inches, and perfectly priced.

The exhibit opens on Thursday, Feb. 2nd at 10 am.

Artists reception – Saturday, Feb. 11, 4 – 8 p.m.

Yummy chocolate confections provided by Rocky Mountain Chocolates, Tanger Outlet, Tilton.

Regular gallery hours are: Thursdays 10 a.m. - 7 p.m., Fridays & Saturdays 10 a.m. - 8 p.m. and Sundays 10 a.m. – 6 p.m.

Lakes Region Art Gallery is located at Tanger Outlets, 120 Laconia Rd., Suite #300, Tilton.

The exhibit final sales day is Saturday, Feb. 25.

Visit our Web site for more information about the gallery: www.LRAANH.org.

Area students named to Dean's List for fall semester at UW-Eau Claire

EAU CLAIRE, Wisc. — The University of Wisconsin-Eau Claire extends congratulations to the 2,783 students named to the fall 2022 Dean's List, including Anna Giuda of Barnstead. Their academic performance has been outstanding, and we recognize these students with pride.

The Dean's list eligibility criteria can be found online at https://www.uwec.edu/news/news/fall-2022-deans-list2-5573/.

Lakes Region Food Pantry accepting scholarship applications

REGION — Applications for Lakes Region Food Pantry scholarships are now open. Because of the generosity of donors, LRFP now has five $1,000 scholarships available towards higher education for the 2023-2024 school year. The application is open to high school seniors as well as students already enrolled in secondary education. Awards are based on volunteer activities and the impact it has on the student. The application can be found at lakesregionfoodpantry.org. and must be postmarked by April 15.

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2023 To Your Health

In this special section, local healthcare providers and businesses will provide information on the latest advancements and practices.

Special pages to be published in the February 15/16th publications.

- The Baysider
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The Colonial welcomes The High Kings July 27

LACONIA — The Colonial Theatre - Laconia will present The High Kings on Thursday, July 27 at 8 p.m. The High Kings are Finbarr Clancy, Darren Holden, Brian Dunphy Paul O' Brien.

The High Kings formed in June 2007 when Brian, Darren, Finbarr and former member Martin Furey were asked to join a brand-new Irish ballad group by David Kavanagh after he had noticed a gap in the market for a band specializing in traditional Irish music. Tickets go on sale Friday, Jan. 20 at 10 a.m. at ColonialLaconia.com or by calling 1-800-657-8774.

Widely regarded as the standard-bearer for their genre The High Kings continue to surprise and delight and "The High Kings XV TOUR" together with 15 newly reimagined tracks is just the beginning of their electrifying plans for 2023.

Tickets for The High Kings at the Colonial Theatre of Laconia on Thursday, July 27 at 8pm are $39-$69 and go on sale Friday at 10am at ColonialLaconia.com or by calling 1-800-657-8774.

It didn't take long during their first studio rehearsal for them to realize that the way their individual voices blended together, that they were on to something special. The High Kings play 13 instruments between them creating the unique sound and atmosphere that they still showcase to this day. This was confirmed when their self-titled debut album reached number 2 on the world Billboard Music chart. In March 2009, The High Kings played five consecutive sold out shows to a packed audience in Dublin's Olympia Theatre.

The High Kings continue to set the bar extremely high for Irish Folk bands across the world and are widely regarded to be at the forefront of the genre. In 2019 after a 12 year journey The High Kings continue to perform in sell out venues across the globe to their ever-growing army of loyal fans that span generations.

2021 saw the release of "Home from Home," their brand-new 11 track album. Recorded live at Concert Deck in Dublin, "Home from Home" is a journey through classic folk songs, old and new.

The idea behind this album was to bring our fans on a journey across the world, to some of the places we call home when we tour, via some of the classic folk songs that have inspired us along the way.

First opened in 1914, the Colonial Theatre was designed by George l. 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 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, NH 03246.

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, MA and Laconia, NH. For more information, please contact Pete Lally, plally@spectaclelive.com or 617-531-1257. www.spectaclelive.com

RE/MAX Bayside welcomes back Sara Robinson

Sara Robinson

LACONIA — Sara Robinson has recently rejoined RE/MAX Bayside as the newest member of the Platinum Group.

Chris Kelly of the Platinum Group expressed, "Sara has always created success at RE/MAX Bayside. The fact that she is joining Chris Adams, Scott Knowles and me at the Platinum Group is a great benefit for our present and future clients."

Robinson is a native who strives to ensure that the home buying or selling process is fun, easy, and stress-free. She provides quality service to build relationships with clients and most importantly, earn their trust, referrals and repeat business. She specializes in the beautiful Lakes Region of New Hampshire, assisting buyers and sellers to fulfill their dreams of a beautiful second home, first home or investment property.

Robinson can be reached at 603-296-5247, at sararobinson514@gmail.com or simply stop by RE/MAX Bayside at 208 Daniel Webster Highway in Meredith. She is just a phone call away and looks forward to assisting you with all your real estate needs.

Lakes Region Community Developers awarded $20,000 from Rural LISC & Clayton Homes

LACONIA — Lakes Region Community Developers (LRCD) is proud to announce they were recently awarded a $20,000 grant from Rural LISC and Clayton Homes to support LRCD's healthy housing initiative in their scattered site rental units in Laconia.

The grant will support LRCD's ongoing efforts to ensure these units meet healthy housing standards. This initiative is focused on 33 of LRCD's multi-family buildings in Laconia, most of which are 50-100 years old. Together, these buildings contain a total of 80 affordable apartments.

With this grant from Rural LISC and Clayton Homes, LRCD can continue to invest in the improvement of these buildings; something they've been focused on for the last ten years. Despite significant renovations in many of these units, there are still improvements to be made in order for LRCD to meet their own high standards. During the past two years, LRCD began to systematically conduct lead testing and abatement to ensure all of their units are Certified Lead Safe. They also began performing energy audits in these older buildings to identify additional energy efficiency improvements to save their tenants money on their utility bills.

LRCD Executive Director, Carmen Lorentz says, "We are so grateful for the support of Rural LISC and Clayton Homes. This grant helps us achieve our vision where everyone in the Lakes Region lives in a home that supports good physical, financial, and mental health."

About Lakes Region Community Developers

Lakes Region Community Developers' mission is to create opportunities for the Lakes Region to thrive by developing healthy homes, creating vibrant community assets, and engaging residents.

Cast of "Romeo & Juliet" brings action to the stage along with romance

LACONIA — Tickets are on sale now for Powerhouse Theatre Collaborative's "Romeo & Juliet" Feb. 10-12 at the Colonial Theatre, sponsored by Franklin Savings Bank. This classic will feature

Powerhouse's first stage fighting, and the expertise of professional fight choreographer Jenry

Towle.

Says Towle, "What I love most about teaching stage combat is offering performers tools

to show emotion and character where words and normal physical action aren't able to. When a

character resorts to physical harm, or the use of weapons, it can give a very nuanced insight into their true intentions and thoughts. The cast of 'R&J' quite literally leapt into training, and have already created a support network for each other to keep everyone safe - while getting to do some really cool swordplay!"

A staged reading of the sequel, "Montague and Capulet," written by Jaydie Halperin, will be

performed at the Belknap Mill on Feb. 18 & 19 with the same actors from Romeo and Juliet.

Whereas "Romeo and Juliet" ends in tragedy, "Montague and Capulet" give hope for a better future.

The performance is sponsored by Irwin Automotive Group. Tickets for this production can be

purchased via powerhousenh.org or at the door.

The end of an era

Local Hospital Auxiliary dissolves

LACONIA — For more than 128 years, the Lakes Region General Hospital Auxiliary supported Lakes Region General Hospital and Concord Hospital-Laconia (CH-L) through its volunteer activities and fundraising efforts to benefit patients, staff, and the community. Sadly, like many auxiliary organizations across the country, the Auxiliary's long history of service has ended.

A rich history

In 1893, the Laconia Hospital Association legally formed, as did the Ladies Hospital Auxiliary. Together, they set out to open the original hospital in Laconia.

Auxiliary volunteers hit the ground running to raise much-needed funds, hosting a charity ball, knocking on community members' doors, and creating a system of bands dedicated to the pursuit of specific items. The first band, composed of 10 women, pledged five cents of their own money every week to help defray the cost of dishware. They were aptly named the China Band. Other bands formed, the Linen, Curtain, and Nightgown Bands. In 1897, the Town of Laconia proudly opened the Cottage Hospital on Court Street.

It was not long before the community realized they needed a bigger hospital. With help from the community, auxiliary, and a generous donation of land from the Reverend Jeremiah Jewett, the Laconia Hospital opened its doors at its present location in 1908. In 1967, the hospital was renamed Lakes Region General Hospital (LRGH) and the Ladies Hospital Auxiliary incorporated to become the LRGH Auxiliary, welcoming men to their ranks.

The end of an era

At its peak, the LRGH Auxiliary had more than 100 members proudly raising funds on behalf of the local community hospital. In 2021, LRGHealthcare was acquired by Concord Hospital, and the LRGH Auxiliary adapted once again and became the Concord Hospital-Laconia (CH-L) Auxiliary. However, the Covid-19 pandemic had a profound impact on volunteerism, including the closure of the Auxiliary Gift Shop, which greatly reduced the ability to raise funds. Also, like many other volunteer organizations across the U.S., auxiliary membership dwindled. With too few members to fulfill its mission and sustain fundraising activities, the CH-L Auxiliary made the difficult decision to dissolve as of Dec. 31.

"While it is the end of an era, I am grateful for the many wonderful memories and people I have worked with over the years," said former Auxiliary President Paulette Adams. "It has been a privilege to support our local hospital and make a difference for the thousands of people who have come through our hospital's doors for care."

Former Auxiliary President and Gift Shop Manager Sue Dalton added, "I joined the Auxiliary because I wanted to be part of an organization that gave back to the community. I am honored to have been a member and served in leadership roles for this special organization. I also wish to extend my sincere and heartfelt appreciation to the community for the many decades of support and patronage in the gift shop and at the annual Auxiliary craft fair, thank you for being a special part of our story."

Making a difference

Proceeds from Auxiliary fundraising efforts have supported the hospital in the form of annual gifts for the purchase of new medical equipment, technology, and furnishings. Over its lifetime, the Auxiliary has raised hundreds of thousands of dollars in support of patient care items such as hospital beds, Staxi-wheelchairs, blanket warmers, body scanners, and so much more. A Crisis Clothing Closet within the emergency room, as well as annual scholarships for students pursuing careers in the medical field. The Auxiliary also made sizable donations to numerous capital campaigns and sponsored philanthropic events such as the Tanger Breast Cancer Walk and the Red Dress Gala.

The Auxiliary's final contributions to Concord Hospital-Laconia include $30,000 towards the replacement of an echocardiogram machine, $10,000 for continuing education for Mammography Technicians, and $1000 donation to the Employee Helping Hand Fund to assist employees of CH-L.

Gifts of service

Some former members of the Auxiliary will continue to serve at CH-L within the hospital's Volunteer Program.

"Our Auxiliary has made a difference in the lives of generations of patients and their families through their gifts of service, and CH-L will always remember and be grateful for everything they have done for the hospital," said Heidi Smith, CH-L Community Affairs Coordinator, and liaison to the Auxiliary. "I am thankful that I will continue to have the opportunity to work with some of the Auxiliary members, who are continuing on as volunteers at the hospital."

Cathy Sleeper promoted to Regional Vice President at MVSB

MEREDITH — Cathleen "Cathy" Sleeper was recently promoted to Regional Vice President at MVSB (Meredith Village Savings Bank). In this role, Cathy will oversee the Bank's office locations in the communities of Meredith, Center Harbor, Moultonborough, Wolfeboro and Melvin Village, and she will work closely with the branch teams to build on existing relationships and develop new opportunities.

Cathy Sleeper

"Cathy's expertise and her commitment to customer experience have been fundamental to our branch leadership team, and her management and customer service skills have helped our Main Office continue to grow and be an integral part of the community," said Stacy Trites, Senior Vice President, Retail Banking Officer. "She is a well-known business leader in the region and we couldn't be more excited to have her guidance moving forward."

"The Lakes Region is my home and I take great pride in supporting and getting to know my fellow community members and local business owners, and to get involved in ways that help make the area a better place for all of us to live and work," said Sleeper. "I am honored to have the opportunity provide leadership to our teams as we continue a long history of service in our communities."

Cathy has held several roles in MVSB branch offices since joining the Bank in 2009 as a part time teller. She was promoted to Branch & Business Development Manager for the Meredith Main Office in 2017 and to Assistant Vice President, Branch & Business Development Manager at the same location in 2022. She also serves as the Program Coordinator for the Bank's in-school savings program, Save for America School Savings.

In the community, Sleeper volunteers her time as a Board Member for the Greater Meredith Program and she is a member of the Meredith Rotary. She attended Jamestown Business College, Northern New England School of Banking and the Dale Carnegie Effective Speaking & Human Relations course and she is a 2020 graduate of Leadership Lakes Region. Cathy has three grown children and enjoys spending time biking with her husband of 35 years.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, nonprofits and municipalities of New Hampshire. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Lake Winnipesaukee Association welcomes new board member

Mark Ishkanian

REGION — The Lake Winnipesaukee Association (LWA) is excited to welcome Mark Ishkanian to the Board of Directors.

Ishkanian has extensive public and media relations experience, having worked in Maine for more than thirty-five years for a variety of organizations from Maine's leading environmental advocacy group to its largest utility and largest health insurance company. He has served on the boards of the American Lung Association of Maine, Bicycle Coalition of Maine, Maine Huts and Trails, and WinterKids. With Ishkanian's background and experience, he will be a great asset to the board and organization.

"We all appreciate the clean, clear quality of Lake Winnipesaukee but we can't take it for granted. LWA deserves the support of everyone who cares about our lake and wants to protect our

ger, moved to Moultonborough in 2014, and enjoy sailing, cycling, hiking, and chasing after their grandchildren.

The Lake Winni-

ter quality and natural resources of Lake Winnipesaukee and its watershed. Through monitoring, education, stewardship, and science-guided approach-

habitat, water quality and recreational potential continues to provide enjoyment long into the future. Do you have an interest, passion, or skill to share that would ben-

Lakes Region Mental Health Center receives grant to support child & family programs

LACONIA — Lakes Region Mental Health Center (LRMHC) recently received a two-year, $50,000 grant from the New Hampshire Charitable Foundation. The grant will help further LRMHC's mission to provide integrated mental and physical health care for people with mental illness while creating wellness and understanding in our community.

The funding from the New Hampshire Charitable Foundation will help to support LRMHC Child & Family programs in 2023-24, such as: parent education, workforce incentives, and LGBTQIA support groups for children and families.

About Lakes Region Mental Health Center

Lakes Region Mental Health Center is the New Hampshire-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 more than 200 employees served 3,512 children, adolescents, adults and families and provided over $372,000 of charity care. For more information, visit lrmhc.org or call 603-524-1100.

About the New Hampshire Charitable Foundation

The New Hampshire Charitable Foundation is New Hampshire's statewide community foundation, founded in 1962 by and for the people of New Hampshire. We are the place where generosity meets the dedication and ingenuity of nonprofits and the potential of New Hampshire students. For six decades, thousands of people have entrusted their charitable resources to the Foundation, creating a perpetual source of philanthropic capital and making it possible for the Foundation to award more than $60 million in grants and scholarships every year. For more information, please visit www.nhcf.org or call 603-225-6641.

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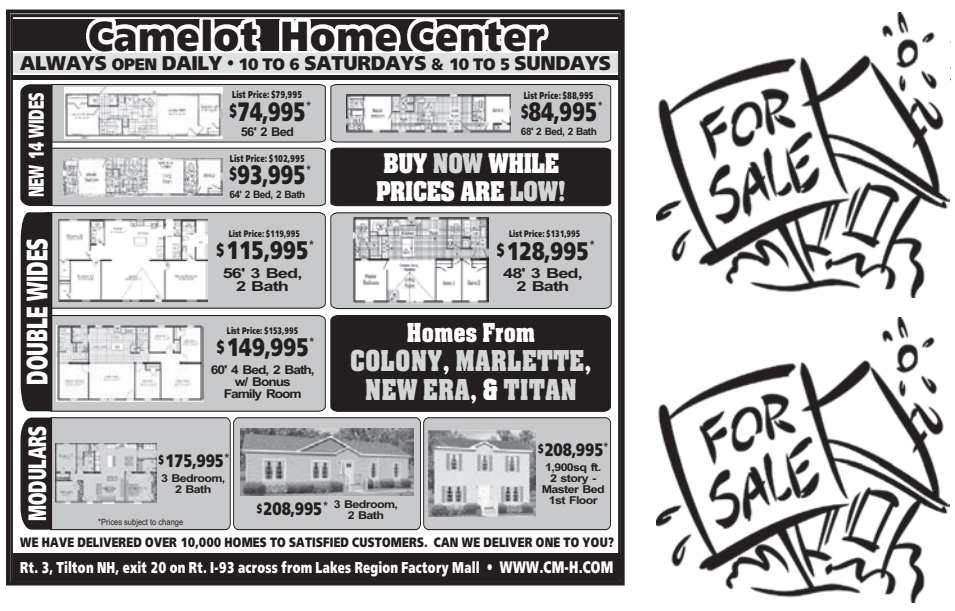

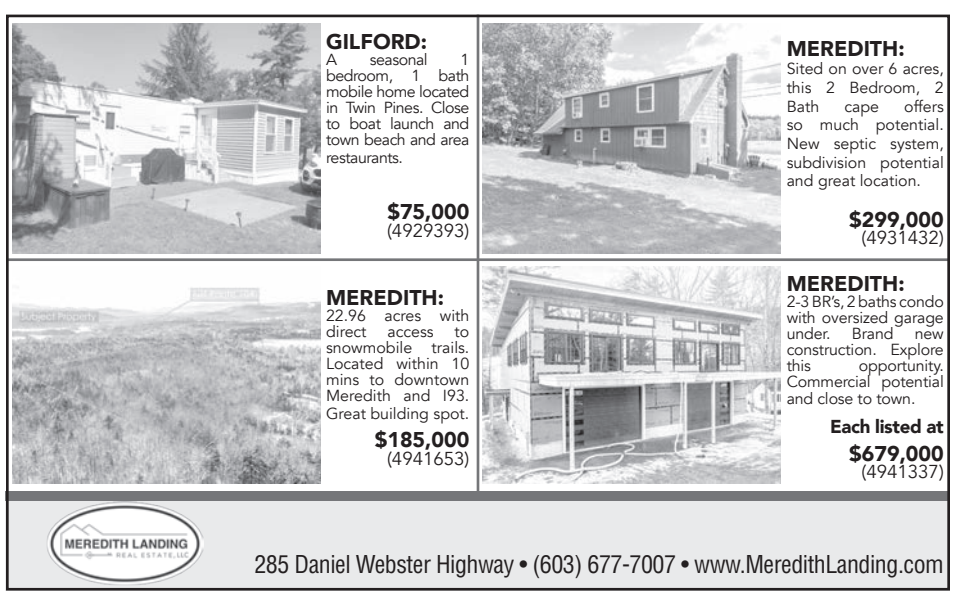

ORDINANCE

(continued from Page A1)

of a hotel, motel, campground, boarding house, bed-and-breakfast, cottage colony, or similar use.

Under the proposed ordinance, short term rentals would require a conditional use permit in zones and parcels in which single- or two-family residences are permitted. Short term rentals would not be allowed in the Commercial and Industrial zones.

Application requirements include submitting a site plan and floor plan. An emergency contact must be available and must be able to come to the site within 60 minutes if requested.

Short term rentals must meet minimum septic system requirements, including it must handle 300 gallons per day plus 150 gallons per day for each sleeping area. The applicant must provide a ISDS permit from the state or proof the system has been pumped in the past 12 months. If a property predates the requirement for an ISDS permit, a state licenses septic inspector must review the system and provide proof it can meet the requirements.

The building must also have approvable plans for trash removal and storage and receive approval from the Fire Chief or a designee that the property meets fire and life safety codes.

Short term rentals can only have two guests per sleeping area plus two additional guests, Children under three-years-old will be considered half a person to calculate occupant load.

The approved number of people will only be allowed on the property between the hours of 12-8 a.m.

Property owners will be required to maintain records of the name, address, contact information, and dates of stay for all occupants.

There will be a maximum of one vehicle permitted per sleeping area in most allowed zones. In the Island Residential Zone, one vehicle per sleeping area will be allowed to park on the mainland.

Short term rentals must also comply with the town's noise ordinance.

Each rental must also post information by its entrance including the name of the own er or owner's representative along with a 24-hour phone number, maximum number of occupants and vehicles, a requirement to obtain a permit before burning in a fire pit if applicable, name and number of the Gilford Fire Department and a statement to call 911 in case of an emergency, and a copy of the conditional use permit.

For the full text of the proposed ordinance, visit https://www.gilfordnh.org/file/2846/2023_Proposed_Zoning_Ordinance_Amendments.pdf. A copy is also available at the Planning and Land Use Department.

This and other warrant articles will be discussed during the town's deliberative session on Feb. 7 at 7 p.m. at the Gilford High School auditorium.

From Led Zeppelin to ballet, the Colonial announces unique slate of upcoming shows

LACONIA — The Colonial Theatre - Laconia will present Get the Led Out on Thursday, April 6 at 8 p.m., Safe Haven Ballet: Beauty and the Beast on Saturday, April 15 at 4:30 p.m., and Tusk on Saturday, Oct. 7 at 8 p.m. Tickets go on sale Friday at 10am at ColonialLaconia.com or by calling 1-800-657-8774.

Dubbed by the media as "The American Led Zeppelin," Get The Led Out offers a strong focus on the early years. They also touch on the deeper cuts that were seldom, if ever heard in concert. GTLO also include a special "acoustic set" with Zep favorites such as "Tangerine" and "Hey Hey What Can I Do."

Safe Haven Ballet will grace the Colonial Theatre with its production of Beauty & The Beast, for one spellbinding performance only. This production features choreography from Columbia City Ballet's Director, William Starrett and music composed by Thomas Semanski.

No fancy tricks, no gimmicks, just five musicians recreating the music of Fleetwood Mac to perfection with note for note renditions that no other Fleetwood Mac tribute on the touring scene today can come close to duplicating.

Tickets for Get the Led Out, Safe Haven Ballet: Beauty and the Beast, and Tusk at the Colonial Theatre of Laconia go on sale Friday at 10am at ColonialLaconia.com or by calling 1-800-657-8774.

Get the Led Out (Thursday, April 6 at 8 p.m.)

GTLO has amassed a strong national touring history, having performed at major club and PAC venues across the country. GTLO's approach to their performance of this hallowed catalog is not unlike a classical performance.

"Led Zeppelin are sort of the classical composers of the rock era," says lead vocalist Paul Sinclair. "I believe 100 years from now they will be looked at as the Bach or Beethoven of our time. As cliché as it sounds, their music is timeless."

From the bombastic and epic, to the folky and mystical, Get The Led Out (GTLO) have captured the essence of the recorded music of Led Zeppelin and brought it to the concert stage. The Philadelphia-based group consists of six veteran musicians intent on delivering Led Zeppelin live, like you've never heard before. Utilizing the multi-instrumentalists at their disposal, GTLO re-create the songs in all their depth and glory with the studio overdubs that Zeppelin themselves never performed. When you hear three guitars on the album…GTLO delivers three guitarists on stage. No wigs or fake English accents, GTLO brings what the audience wants…a high energy Zeppelin concert with an honest, heart-thumping intensity.

A GTLO concert mimics the "light and shade" that are the embodiment of "The Mighty Zep." Whether it's the passion and fury with which they deliver the blues-soaked, groove-driven rock anthems, it's their attention to detail and nuance that makes a Get The Led Out performance a truly awe-inspiring event!

Paul Sinclair - Lead Vocals, Harmonica

Paul Hammond - Electric and Acoustic Guitars, Mandolin, Theremin

Tommy Zamp - Electric and Acoustic Guitars, Vocals

Andrew Lipke - Keyboards, Guitar, Vocals, Percussion

Phil D'Agostino – Bass, vocals

Adam Ferraioli - Drums, Percussion

Eddie Kurek - Keyboards, Electric and Acoustic Guitars, Vocals, Percussion

Tickets range from $29-$59 and go on sale Friday at 10am at ColonialLaconia.comor by calling 1-800-657-8774.

Safe Haven Ballet: "Beauty and the Beast" (Saturday, April 15 at 4:30 p.m.)

A love story perfect for all ages, Beauty & The Beast is a captivating fairytale that blends magic with artistry. The Beasts' character is created to come off artistically elegant with a touch of menace, and Belle from the original fairytale leads this dramatic performance emerging as the merchant's daughter chosen by the Beast to be his bride. The dancers of Safe Haven Ballet couple beautiful lines and riveting stage presence to tell a beautiful tale where love conquers all. Choreographer William Starrett says, "My goal has always been to allow the audience to discover the art of ballet and love it as much as I do. To see how amazing the ballet is."

This classic story mixed with despair, travail, patience and glory is fitting for the whole family.

Tickets are $40 Seniors and Children and are $45 for adults and go on sale Friday at 10am at ColonialLaconia.com or by calling 1-800-657-8774.

Tusk (Saturday, Oct. 7 at 8 p.m.)

Tusk covers all the great hits of Fleetwood Mac, which has featured the talents of Mick Fleetwood, Christine and John McVie, Lindsey Buckingham, Stevie Nicks and others over the years. The five seasoned, well-respected musicians comprising Tusk have been making music together in various combinations and styles, in original outfits and in cover bands, for over twenty-five years. It seemed only fitting that they should come together to form the Ultimate Fleetwood Mac Tribute and pay homage to a group that dominated the charts during the band members' formative years. Authentic-sounding and always respectful, Tusk leaves no stone unturned in replicating the sounds of one of the world's best-loved, top-selling bands.

Tickets range from $29-$49 and go on sale Friday at 10am at ColonialLaconia.comor by calling 1-800-657-8774.

First opened in 1914, the Colonial Theatre was designed by George l. 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, NH 03246. www.colonialla-conia.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

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BELMONT HIGH SCHOOL
OUTDOOR TRACK AND FIELD
COACHING POSITION
Belmont High School is seeking an Outdoor Track and Field Coach for the 2022-2023 School Year. Past coaching experience preferred. Interested candidates should send a cover letter and resume to Cayman Belyea, Athletic Director, at cbelyea@sau80.org, or mail to Belmont High School, 255 Seavey Road, Belmont, NH 03220

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ALTON
(continued from Page A1)

tor operator Russ Weldon.

This non-point source of pollution to the Merrymeeting River was identified by F.B. Environmental Associates and published in the Merrymeeting River and Lake Watershed Management Plan in 2019. Conceptual design was completed by Horsley Witten Engineering with the final design and cost estimate completed by Weston & Sampson Engineering Inc. under the direction of civil engineer, Eric Reitter.

In 2018, it was estimated that stormwater runoff from South Shore Road and the Town Beach Parking Lot contributed 1843.12 pounds a year suspended solids, 5.89 pounds a year phosphorus and 15 pounds a year nitrogen to the Merrymeeting River because the capacity of the existing drainage system was insufficient to control the increasing amount of stormwater carrying solids and the nutrients, phosphorus and nitrogen. This site contributed the greatest amount of non-point source pollution to the Merrymeeting River in the entire watershed area. The existing crossroad culvert was constantly being filled with solids and water was diverted into the intersection with some stormwater crossing Merrymeeting Road and emptying into the driveway to the Powder Mill State Fish Hatchery. Other stormwater severely eroded the bank at the southwest end of South Shore Road diverting the water into the Merrymeeting River. At no point did the existing system have check dams, sediment forebays or retention ponds which would slow the speed of the stormwater and allow for settling of solids and infiltration into the ground.

Remediation of this site required removal of the existing cross road culvert with repositioning and replacement by two larger diameter cross road culverts. Each of these new cross road culverts would empty into a large bioretention pond located on land owned by New Hampshire Fish and Game at the southwest side of South Shore Road. Along both sides of South Shore Road beginning east of the entrance to the Town Beach and Beach parking lot vegetated swales would be installed which would capture the stormwater and direct it to the 4050 cubic foot bioretention pond. At critical points each of these swales were equipped with sediment forebays to slow runoff and allow infiltration. Each side of the Beach parking lot was also equipped with swales which were lined with riprap to slow the velocity of the runoff. Three driveway culverts were installed to allow water in the swales to move freely under the thresholds to driveways. And the parking lot driveway was paved in order to prevent erosion of gravel from the steep slope of the driveway. Once the construction was complete, trees and shrubs planted, and the entire area hydroseeded with a NH wildlife seed mixture, the top 10 inches of South Shore Road was removed, ground up, relayed and rolled and then a two coat mixture of asphalt was used to resurface this section of South Shore Road.

Upon completion and during a rainstorm, the Engineers returned to inspect the site and examine the efficacy of pollutant removal. The final analysis, based on modeling, estimated the new system will remove 1658.81 pounds a year suspended solids, 3.83 pounds a year phosphorus and 9.75 pounds a year nitrogen from the river. This exceeded the original estimated pollutant load reduction by 396.81 pounds a year solids, 0.81 pounds a year phosphorus and 7.99 pounds a year nitrogen.

The changing climate in New Hampshire over the past three decades has been characterized by storms of greater intensity and greater total water volume causing many roadside drainage systems to be over whelmed. Unfortunately, this stormwater allows road surface oils and roadside nutrients and suspended solids to be diverted into our rivers, lakes and streams. Phosphorus is a particularly important nutrient since it is naturally not found in freshwater in high concentrations. The surface water of Merrymeeting lake has only 4-5 parts per billion (ug/L) phosphorus. Because phosphorus is an essential mineral for the growth of all living things, any significant increase in freshwater leads to increase growth, especially algae and cyanobacteria. The upper reaches of the Merrymeeting River have been declared as impaired due to frequent cyanobacteria blooms caused by increased phosphorus in the water. Some of this phosphorus comes from the waste water from the Powder Mill State Fish Hatchery and some of it comes from non-point sources like the one described above. Over the past two years the Hatchery has implemented a number of new strategies for treatment their wastewater and currently they have removed over half of all the phosphorus entering the River compared to just three years ago. Reduced algae and cyanobacteria and increase water transparency are signs the River is responding to these mitigation efforts.

The total cost of this South Shore Road project was $195,618.00 with $93,325 coming from the United States Environmental Protection Agency via a grant administered by the New Hampshire Department of Environmental Services and $102,309 coming from the Town. The Town's share includes over $17,000 in volunteer labor, equipment operation and maintenance costs and gifts from resident vendors. Enhancing the quality of the water around us is an important and complex issue; in our case Federal, State, and Town Governments came together with local volunteers to accomplish something meaningful for the environment.

STORMS
(continued from Page A1)

ceived around 15 inches on average.

The Department of Public Works also had to work around its six-wheel truck being broken and out of service since Jan. 20. Both leaf springs were fixed and the truck was back out by Sunday afternoon. Another truck was taken for repairs for power train issues.

"Not ideal to have broken trucks in the middle of a winter storm but luckily, we have a great mechanic team to save the day!" read Gilford DPWs's Facebook post. "We are using a few smaller pickup trucks to help out on routes where we can.

By Jan. 24 spent a 26-hour shift cleaning up the roads, took a "cat nap," and came back at 5 p.m. Highway crews worked to create as much room as possible ahead of the second storm.

On Jan. 22, crews in Alton were out for a long day with slippery weather. The significant changes in temperature made plowing gravel roads especially difficult due to surface thawing.

By the evening crews had scraped and treated the paved and gravel roads, though advised lingering snow showers could make conditions slippery again.

Crews in Alton came in at midnight ahead of the next storm on Jan. 25, which gave them a chance to rest before another projected 18-24 hours of snow removal.

By Jan. 25 crews had worked all day and used around 96 tons of salt on the roads. Staff enjoyed a family style meal before going out and plowing and treating roads.

After a night of heavy snow, rain started around 11 p.m. and crews went into a holding pattern until the rain let up.

"This is the 3rd all nighter storm of the season which is very demanding and stressful for the crew," read Alton Public Works' Facebook post. "These guys and gals do a awesome job and work well as a team."

By Thursday, the heavy rain resulted in heavy slush on the roadways.

BOYS
(continued from Page A1)

run with a free throw, then Grant hit a hoop, Brendan Baldi sank a pair of free throws and a three-pointer and after a Kearsarge free throw, Cheek hit two from the line for the 53-26 lead heading to the final eight minutes.

Jalen Reese had Gilford's first five points of the quarter, with a Kearsarge hoop sprinkled between his two baskets and free throw. Cheek then added a free throw and Sleeper finished off his own steal.

Jalen Reese then finished off his own steal with a big dunk and Sleeper added another hoop. After a Kearsarge three-pointer, Gavin Clark hit a free throw and Gilford closed out the 66-32 win.

"There's always things we can improve on," said Acquilano. "The team that wants it more takes it, when you're not fully engaged, shots are short and stuff happens.

"Hopefully we'll learn from that," the Golden Eagle coach added.

Jalen Reese finished with 24 points and Isaiah Reese added 17 points in the victory for the three-time defending champions.

The two teams meet again today, Feb. 2, at Kearsarge at 7 p.m. and the Golden Eagles will be hosting Inter-Lakes on Friday, Feb. 3, at 6 p.m. and at Winnisquam on Tuesday, Feb. 7, at 6:30 p.m.

GHS 15-16-22-13-66
KRHS 11-10-5-6-32

Gilford 66
Baldi 1-2-5, Sleeper 2-2-6, I. Reese 8-0-17, Grant 4-0-8, Cheek 1-3-5, Clark 0-1-1, J. Reese 11-2-24, Totals 27-10-66

Kearsarge 32
Dawson 1-1-3, Goin 1-0-3, Yanzo 1-0-2, S. Stanchfield 2-0-4, Holderman 5-0-10, H. Stanchfield 1-0-2, Huff 1-1-4, Needham 1-0-2, Tremblay 1-0-2, Totals 14-2-32

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

salmonpress.com salmonpress.com

ALTON CENTRAL SCHOOL INVITATION TO BID
HVAC System Modifications

New Hampshire SAU 72 is accepting sealed bids for the renovation of the HVAC System at Alton Central School.

Bid specifications can be obtained by emailing hduford@pmsau.org. Site visits will be held February 8, 2023 at 12 noon at Alton Central School, 41 School St, Alton, NH.

Sealed responses must be received by, and will be opened on, February 22, 2023 at 2:00 PM at PMHS SAU 301 Business Office located inside Prospect Mountain High School, 242 Suncook Valley Road, Alton, NH. Responses should be addressed to: HVAC System Modification project RFP, Attn: Heidi Duford, SAU Business Office, 242 Suncook Valley Road, Alton, NH 03809.

PROSPECT MOUNTAIN HIGH SCHOOL INVITATION TO BID
HVAC System Modifications & Partial Roof Replacement

New Hampshire SAU 301 is accepting sealed bids for the renovation of the HVAC System and partial Roof Replacement.

Bid specifications can be obtained by emailing hduford@pmsau.org. Site visits will be held February 8, 2023 at 10 am at Prospect Mountain High School.

Sealed responses must be received by, and will be opened on, February 22, 2023 at 2:00 PM at PMHS SAU 301 Business Office located inside Prospect Mountain High School, 242 Suncook Valley Road, Alton, NH. Responses should be addressed to: HVAC System and Partial Roof Replacement project RFP, Attn: Heidi Duford, SAU Business Office, 242 Suncook Valley Road, Alton, NH 03809.

ALL WE KNOW IS LOCAL ~ SalmonPress.com

COURTESY

Rob Stewart, President of All Brite Cleaning and Restoration presents donation to Salvation Army's Executive Director, Lieutenant Heather West.

All Brite Cleaning & Restoration spearheads annual holiday donation to Salvation Army

GILFORD — All Brite Cleaning & Restoration and friends are pleased to announce their annual holiday donation to benefit the Lakes Region programs of the Salvation Army. On January 25, 2023, Rob Stewart, President of All Brite Cleaning and Restoration presented $3,100.00 in food gift cards and cash to Lieutenant Heather West, Executive Director of the Salvation Army in Laconia.

Each year, the All Brite team along with support from their community neighbors and friends gathered together to make this annual donation possible for the benefit of the local Salvation Army. Special thanks go out to Thomas and Jennifer Berry, Alpine Wealth Management, Eli and Ann Sinyak, and Doug and Kelly Klock. Robert and Vicki Stewart made a special donation of $1000.00 in memory of Scott McNeil, a former Captain of Laconia Salvation Army who passed away suddenly in June of 2022. Captain Scott McNeil and his wife Nora are well known in the Laconia area for their tireless efforts for six years prior to being reassigned to Manchester, NH. "As a resident and business owner in Laconia, I've seen the great works of the Salvation Army and feel strongly that we all need to do whatever we can to support their programs," states All Brite's founder, Rob Stewart.

All Brite Cleaning & Restoration is known in the Lakes Region of NH for its support of many charita-ble causes such as the American Red Cross Blood Drives, Salvation Army Food Drives, the All Brite Bowling Tournament and support for those fighting breast cancer via Cleaning For A Reason®. All Brite Cleaning & Restoration is located in Gilford and Concord. For more information about All Brite Cleaning & Restoration visit AllBriteCleaning.com

Gilford Youth Center welcomes Scott Hodsdon as Full-Time Director

COURTESY

Scott Hodsdon in action as a coach.

GILFORD — For years, Scott Hodsdon wore two hats, serving as Director of Children and Youth Programs at Gilford Community Church (GCC) and Director of Gilford Youth Center (GYC). The continued growth of GYC, however, has led Hodsdon to move into a full time role, a transition that excites him.

"Our goal of the Youth Center has always been to meet the needs of the community, and we will continue to do that," he said. "The need for even just a space for other organizations is up, so our doors are open a lot more and more often than they used to be."

Lynne Baron, GYC Board of Director Chair, said they are "thrilled" to welcome Hodsdon into a full-time position.

"Since the inception of the center in 2009, Scott has generated a number of extremely successful programs serving the Gilford community and beyond," she said. "We look forward to our continued work with Scott and increasing GYC's programs and outreach."

In looking to the future, though, Hodsdon said he cannot help but reflect on his past 16-and-a-half years at GCC and the support he has received during that time from kids, parents, and members.

"Without that support, I wouldn't have been able to do what I have done there and for the kids to have the life changing opportunities that they have had—and for that I am very fortunate," he said.

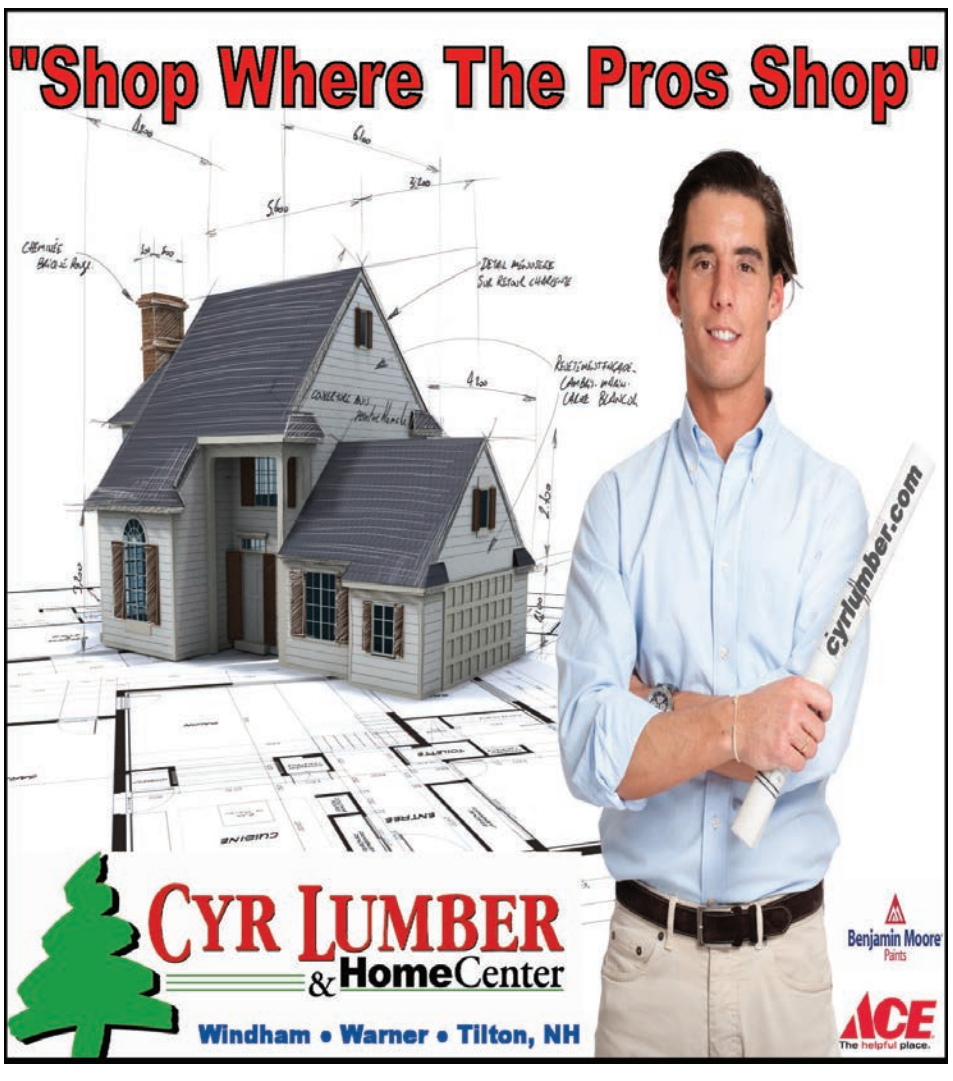
As for his philosophy behind youth programming, Hodsdon cited his intent to teach young people that they have the ability to make a difference for others in the community.

"They can make their community better by the acts that they do," he said.

For Hodsdon, 'community' is the most important part of his philosophy, a belief he was able to enact at GCC where he talked with kids about community, faith, and family.

"The hope is that kids could take what they learned at Sunday School and bring it back into the community," he said.

Regarding the connection between the two organizations, GCC Pastor Michael Graham said the church helped to found GYC, which is located next door. Aside from sharing staff and a community engagement philosophy, though, he said the organizations are distinct entities.

"The Youth Center is open and accessible to everyone in the surrounding communities—young and old," he said. "It is not a program of the church, but we do share a deep commitment to serving the community…We will miss Scott as director of our youth programs at the church, but we are excited that we can continue to partner with him on shared community initiatives."

To learn more about GYC, visit gilfordyouthcenter.com. To learn more about GCC, or virtually attend service, visit gilfordcommunitychurch.org.