

New Police Chief promises community-oriented approach

BY CATHY ALLYN
Contributing Writer

NEW DURHAM — As a large crowd of town employees and committee and board members milled around at the swearing in of Eric Millar as the new Police Chief, the atmosphere was upbeat and positive.

The event, held at Town Hall on Jan. 16, was not only to mark the start of his employment, but also to welcome him to town. A Meet and Greet for the public is planned for the immediate future.

The huge turnout of law enforcement colleagues from various agencies, including the county sheriff's office and local towns, was a testament to the regard in which they hold him.

Millar spoke briefly,



CATHY ALLYN

New Durham Town Clerk Alicia Housel, right, swears in the community's new police chief, Eric Millar, left, as his wife Aimee Millar holds the Bible at a ceremony held Jan. 16 at Town Hall.

saying that he appreciated all of the agencies that stepped up to help New Durham when coverage was needed, and that he

was looking forward to meeting residents.

A significant number of town employees attended; one was heard saying,

"The town is moving in the right direction."

Everyone present indicated they were happy about rebuilding the

police department and agreed that Millar is apparently the right fit.

Even more importantly, Millar feels he's the right fit.

"I'm a community man," he said in a separate interview, citing a desire to meet and interact with residents, and build relationships.

That's a hint as to why he chose this field for his vocation.

"I had no connection with law enforcement growing up," he said, "but I knew I wanted to help people. It sounded interesting, like an exciting career, and I felt I would be good at it and at the same time, help others."

So he graduated from Suffolk University in Boston with a degree in criminology and law, what is often referred to as criminal justice.

"Once you get into that law enforcement realm, it's tough to walk away from," Millar said, "be-

SEE MILLAR, PAGE A10

Gilford officials propose \$20.9 million budget

BY ERIN PLUMMER
mnews@salmonpress.news

GILFORD — The town is proposing a budget of nearly \$21 million with inflation, personnel costs, and several different projects accounting for the increase.

The Budget Committee held a public hearing on Jan. 16 for the town and school district budgets and warrant articles. The selectmen proposed the town budget that was reviewed by the Budget Committee.

"Together, we have navigated through this complex process," said Budget committee Chair Josh Ritson.

Ritson said the goal of this year's budget process was, "A well balanced town budget allocating resources effectively to meet the needs of the community while maintaining the fiscal responsibility."

The town's proposed budget is \$20,922,573, an increase of \$1,241,362, or 6.3 percent from last year.

Ritson said the goal of this year's budget was to keep the municipal portion of the tax rate level from what it was the previous year while maintaining recommendations from the Capital Improvements Plan.

The budget increases were due to several factors.

One is the increase in contractual wages including some new full-time positions. This year there are two brand new full-time positions, including a fire captain who also acts as a training officer and a police prosecutor to allow the sergeant to go back to full time police duties. Three positions went to fill time status, including a cemetery caretaker a deputy

code enforcement officer and a library assistant.

Another significant factor has been inflation, which has greatly increased the costs of goods and services. The town has been trying to maintain its current level of service which has meant increased costs with inflation.

Several special projects are coming up.

Town hall needs its HVAC system replaced and new PFAS monitoring equipment. A townwide reevaluation has been scheduled for 2025. The town is going to see increased costs from the Winnepesaukee River Basin Project, that will also impact revenues. Welfare costs have been increasing. Updates are being done to the ice rink toward the goal of having the facility open for year-round use. A large pile of glass also needs to be disposed of at the solid waste center.

The proposed Public Works facility project is also on this year's warrant.

Some line items have reduced through natural means. The line item for election support has gone down because there is only one election this year as opposed to four last year. Professional development costs have also reduced because some trainings are not needed this year. Some heating costs have also gone down. Lease payments for projects in the police and fire stations are also coming to an end.

The municipal portion of the tax rate is estimated to remain the same rate as 2024 because of a projected 10 percent increase in total value and the use

SEE BUDGET, PAGE A10

Filing for town and school offices open until Jan. 31

BY ERIN PLUMMER
mnews@salmonpress.news

REGION — The filing period for town and school district offices is now open and will continue until Jan. 31.

Registered voters of each respective community are eligible to run for town and school district offices starting on Jan. 22 and ending at 5 p.m. on Jan. 31. Contact each town and school clerk's office to file and for information.

In Gilford, one position is open on the board of selectmen with a three-year term.

Three positions on the Budget Committee are open, each with three-

year terms.

One seat is open as Trustee of the Trust Funds with a three-year term.

Two three-year positions are open on the Library Trustees.

A three-year term is open as Cemetery Trustee.

One position of Fire engineer is open for a three-year term.

For the Gilford School District, two positions are open on the School Board with each carrying a three-year term.

The position of School District Moderator is open with a one-year term.

A one-year term as

School District Clerk is open.

The one-year position of School District Treasurer is open for filing.

In Alton, two positions on the board of selectmen are open, each for a three-year term.

Three positions are open on the Budget Committee, two with a three-year term and one with a two-year term.

Two positions are open on the Planning Board, each for a three-year term.

The Zoning Board of Adjustment has two, three-year positions open.

The position of town treasurer is open for a

two-year term.

One seat is open as Trustee of the Trust Funds for a three-year term.

Two seats are open on the Library Trustees, each for a three-year term.

For the Alton School District, two seats are open on the school board for three-year terms.

The position of School District Moderator is open with a one-year term.

The school clerk position is open for a one-year term.

School treasurer is open for filing for a one-year term.

SEE FILING, PAGE A10

Gilford girls push past Prospect Mountain

Golden Eagles hand Timber Wolves their first regular season loss

BY JOSHUA SPAULDING
Sports Editor

ALTON — Neighbors Gilford and Prospect Mountain took to the court in Alton on Friday, Jan. 17, for a matchup between two of the top squads in Division III. The Prospect Mountain girls entered the game having not lost a regular season contest while Gilford entered with just a pair of losses on the season.

In the end, the visiting Golden Eagles hit key shots in the fourth quarter to hold off the host Timber Wolves by a 43-39 score.

Ava Foster got the scoring started for Prospect before Liana Keenan answered with a three-pointer at the other end. After another Foster hoop, Sky Maltais drained a three for the Golden Eagles to give them a 6-4 lead.



JOSHUA SPAULDING

Elena Munoz-Martin looks back for an open teammate during action against Gilford on Friday night.

Katie Jones put back a rebound for the Timber Wolves and Foster hit consecutive baskets to give the hosts the 10-6 lead. Olivia Keenan got the final basket of the quarter for Gilford and Prospect's lead was 10-8 heading to the second quarter.

Maddy Howlett got the scoring started for the hosts in the second quarter before Olivia Keenan hit four free throws in a row to tie the game at 12. Grace Kelly gave Gilford the lead by two points but Foster hit two free throws, Elena Munoz-Martin put

back a rebound and Foster put back another rebound as Prospect turned the tables for the 18-14 lead.

Olivia Keenan hit a hoop and then finished off her own steal to tie the game at 18 and Kelly got a free throw to close out the quarter,

SEE HOOPS, PAGE A9

Alton Parks and Recreation Community Connection

Weight training classes — Mondays and Wednesdays

The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednesdays from 1:30-2:30 p.m. at the

Gilman Library for adults of all ages and abilities. Build strong muscles and bones, increase flexibility and develop better balance. Bring light hand weights, a mat and water. For more information, contact parks-

rec@alton.nh.gov or 603-875-0109. Try a class for free. \$20 per month/session or \$5 drop in.

Guided Meditation with Instructor Karen Kharitonov

The Alton Parks and Recreation Department and Friends of the Gilman Library is sponsoring a Guided Meditation experience on Thursdays: Jan. 30, Feb. 12 and 27 from 6:30-7:15 p.m. at the Gilman Library, Agnes Thompson Meeting Room. The program is free. For more information contact Alton Parks and Recreation at parksrec@alton.nh.gov or 603-875-0109.

Gilman Museum — Open House

The Town of Alton is sponsoring an Open House at the Gilman Museum, located at 123 Main St., on Friday, Jan. 24 from 1-3

p.m. Take a self-guided tour of the Gilman Museum, and see antiques collected by the Gilman family. The museum collection features furniture, toys, dinnerware, and other fine displays. For more information, contact parksrec@alton.nh.gov or 603-875-0109.

Alton Bay Winter Carnival- Warming Hut

There will be a Warming Hut on Sunday, Feb. 16 from 10 a.m.-1 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 the 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 Mt. Major Highway/Route 11.

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 100 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. 5 to the Alton Parks and Recreation Department at 328 Main Street. For more information contact Alton Parks and Recreation at parksrec-asst@alton.nh.gov or 603-875-0109.

Holistic Health Workshop Series — Reiki Discussion

The Alton Parks and Recreation Department and Gilman Library are sponsoring a Holistic Health Workshop Series in 2025, and the first topic is a Reiki Discussion and the natural benefits of energy healing. Join Reiki Master Teacher, Carol Wallace at the Gilman Library on Thursday, Feb. 20 from 1-2 p.m. in the Agnes Thompson Meeting Room. The discussion will cover an overview of Reiki, and how the energy healing practice can aid in the promotion of physical, emotional and mental well-being. If you are interested in natural remedies and holistic healthcare, this is a good topic to explore. This program is free. Please RSVP to 603-875-0109 or parkrec@alton.nh.gov by Feb. 18 to reserve your seat.

See you on the ice for Alton's Winter Carnival!

ALTON — Please come join the Alton community on and off the ice for some outdoor winter fun at the 2025 Winter Carnival on Alton Bay Feb. 16 from 10 a.m.-2 p.m.!

This is a free admission event and is hosted by Alton Business Association, this is our largest fundraiser of the year! Local businesses sponsor events and provide raffle and prize items! Be sure to stop at the ABA booth to purchase sleigh ride and raffle tickets. We're still accepting sponsorships, raffle donations and food/vendor applications until Jan. 25.

Featured events include:

- Chowder-Fest (local restaurants will offer you a free sample + vote on the best chowdah!)
- Ice Sculpture Display & Day of Demo
- Prince/Princess Parade Sponsored by Alton Dance Academy
- Crazy Hat Contest- Most creative wins a prize! Sponsored by Alton Excavation
- Bob House Decorating Contest Sponsored by Berry's Bait
- Horse Sleigh Rides - Nothing like a dash across the ice to embrace the season. (A charge does apply for this event.)
- Seaplane Rides - Curious what the aerial view of The Bay is like in the winter? Take a ride and see for yourself! (A charge does apply for this event.) This service is

offered by Epic Seaplane Adventures, contact them to book and reserve a ride.

- Tons of amazing raffles, "Big 5" raffles valued over \$500 or more and 50/50!
- Kid's Craft Warming Hut, Sponsored by Town of Alton Parks & Recreation
- Food Vendors - Specialty food from your local favorite places!
- Outdoor beer + chili bar at Shibley's at the Pier lower deck!
- Vendor Tents/Tables- on and off the ice!
- "Buck A Puck," sponsored by the RE/MAX 360 By the Lake and Alton Rotary
- Caricature Artist, Featuring Caricature Artists Erica Golter of "Have a Cartoon You" Sponsored by Meredith Village Savings Bank
- Music and Live Broadcast by Binnie Media/FRANK FM The Wolf
- Scavenger Hunt & Facepainting Sponsored by PMHS Spanish Trip & World Cultures Club
- Be Local • Buy Local • Support Local

Stay tuned to our website or Facebook event page for updated event information + the Winter Carnival schedule. Questions, email us at info@altonbusinessassociation.com or visit our Website, www.altonbusinessassociation.com. We hope to see you on the ice for this fun outdoor winter community-building event!

GWRSD enrollment numbers in flux

BY ELISSA PAQUETTE

Contributing Writer

WOLFEBORO — Overall, enrollment numbers throughout the nine schools that serve the six towns within the Governor Wentworth Regional School District and students tuitioned into the Lakes Region Technology Center from Alton and Moultonborough, declined by 50 students in the 2024-2025 school year, bringing enrollment down to 2,116 from 2,076.

Increases in the Effingham Elementary School, Crescent Lake Elementary School and Tuftonboro Central School were most significant in Effingham, from a population of 108 up to 120, with Crescent Lake enrollment increasing from 174 – 181, and Tuftonboro increasing by four students (95 to 99).

Ossipee Central School and New Durham Elementary experienced notable declines: decreases

from 294 – 275 and 158 – 144 students respectively. The population of Kingswood Regional Middle School, which includes grades 7, 8 and 9, showed a decline from 363 to 345 students. Kingswood Regional High School and the Lakes Region Technology Center remained stable with a slight decline from 733 to 729 students.

The report presented on Jan. 6 at the Budget Adoption Hearing for Fiscal Year 2026 states the data "under-

scores the importance of understanding local demographic changes and addressing the factors influencing these shifts to ensure long-term stability and growth across all schools."

When feasible, shifting enrollment has brought plans for reduction in staff for the upcoming school year. New Durham eliminated a grade 3 teacher position, and Crescent Lake Elementary eliminated a grade 6 teacher position.

SNHU announces Fall 2024 Dean's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Fall 2024 Dean's List. The fall terms run from September to December.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting

term are named to the Dean's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

- Eric Ellingson of Gilford
- Audrey Dunleavy of Laconia
- Tara Labbe of New Durham
- Bryan Delaney of

New Durham

Southern New Hampshire University (SNHU) is a private, nonprofit, accredited institution with a 92-year history of educating traditional-aged students and working adults. Now serving more than 200,000 learners worldwide, SNHU offers approximately 200 undergraduate, graduate, and certificate programs,

available online and on its 300-acre campus in Manchester. Recognized as one of the "Most Innovative" regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner.

Laconia Adult Education Winter 2025							
Class Schedule							
Course Title	Day(s) of the week	Start date	Times	# of weeks	Cost	Location	Instructor Name
Enrichment Classes							
Arts & Crafts							
DIY Wedding and Event Flowers	Wed	2/5/2025	6:00-8:00pm	4	** \$125.00	LHS-509	Shirley Glines
Creating a Spring Wreath	Wed	3/19/2025	6:00-8:30 pm	1	**\$70.00	LHS-509	Shirley Glines
Health & Wellness							
Freedom Through Forgiveness	Thu	5/1/2025	6:30-8:30pm	1	\$45.00	LHS-615	Brenda Paquette
Introduction to Spiritual Energies	Thu	3/6/2025	6:30-8:30pm	1	\$45.00	LHS-615	Brenda Paquette
Meditation 101	Thu	4/3/2025	6:30-8:30pm	1	\$45.00	LHS-615	Brenda Paquette
What are Angels & How to Communicate w/them	Thu	3/20/2025	6:30-8:30pm	1	\$45.00	LHS-615	Brenda Paquette
Yoga for Everyone: Beginning (Tues & Thurs) Session 1	Tue, Thu	1/28/2025	5:00-6:15 pm	4	\$50.00	ctc-H225	Bonnie Morin
Yoga for Everyone: Beginning (Tues & Thurs) Session 2	Tue, Thu	3/4/2025	5:00-6:15 pm	4	\$50.00	ctc-H225	Bonnie Morin
Yoga for Everyone: Beginning (Tues & Thurs) Session 3	Tue, Thu	4/1/2025	5:00-6:15 pm	4	\$50.00	ctc-H225	Bonnie Morin
Learning a skill							
Basic Woodworking	Thu	2/13/2025	6:00-8:30pm	8	** \$110.00	LHS-517	Wes Anderson
CERT Training (Community Emergency Response Team)	Tue	3/5/2025	6:00-9:00pm	12	\$30.00	LHS 615	John Beland
Intro to Intermediate Woodworking	Wed	TBA	6:00-8:30 pm	8	TBA	LHS-517	Ed Philpot
Open Shop Woodworking	Tue	2/11/2025	6:00-8:30 pm	10	**\$110.00	LHS-517	Ed Philpot
Welding Fundamentals: ARC,GAS,MIG&TIG- Tuesdays	Tue	2/11/2025	5:30-8:30 pm	10	** \$350.00	Welding Lab	Bruce Beckford
Welding Fundamentals: ARC,GAS,MIG&TIG- Wednesday	Wed	2/12/2025	5:30-8:30 pm	10	** \$350.00	Welding Lab	Bruce Beckford
Diploma Classes							
Economics/ Civics	Mon	1/28/2025	6:00-9:00pm	15	\$280.00	LHS-612	J. McLeod
English	Tues	1/21/2025	6:00-9:00pm	15	\$280.00	LHS-312	J. Ratcliffe
US History	Wed	1/22/2025	6:00-9:00pm	15	\$280.00	LHS-304	T. Osborne
Foundations of Math II	Thurs	1/23/2025	6:00-9:00pm	15	\$280.00	LHS-611	A. Stefanik
Adult Education and Literacy Classes							
High School Equivalency Classed (GED and HISET)	Mon & Wed.	2/3/2025	6:00-8:30PM	12	FREE	LHS-606	J. Andrews & T. Krivitsky
English as a Second Language (ESL)	Tues & Thurs.	2/4/2025	6:00-8:30PM	12	FREE	LHS-604	M. Rudolf
Adult Basic Education-Reading	Tues & Thurs.	1/21/2025	6:00-8:30PM	12	FREE	LHS-221	J. Hoell

* * Additional Supply/book fee or pre-class requirement is additional in this course.

CHECK ONLINE FOR MORE DETAILED COURSE INFORMATION (Including materials, book fees or Labs)

REGISTER AND PAY ONLINE at: adulthoodlaconia.weebly.com

Still have questions? Call Laconia Adult Education at 524-5712

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Petitioned article would fund upgrades on Gilford baseball fields

BY ERIN PLUMMER
mnews@salmonpress.news

GILFORD — A petitioned article is asking for \$500,000 to make improvements on different baseball fields in town.

Gilford Youth baseball president Mike Giovanditto talked about the proposed project during the Jan. 16 budget hearing. The petition article asks for \$500,000 to make different upgrades at the

Varsity Field, Village Field, and Stonewall Park.

The project would install turf in the infield of Varsity Field from the dirt to the backstop. Giovanditto said the turf will reduce injuries from an uneven field, reduce downtime for maintenance, and be able to play longer in the season and not miss games due to rain and snow. The project will

also expand storage and install bathrooms at Village Field and put in a press box at Stonewall Park.

Members of the Budget Committee expressed reluctance to support the project as is and asked for more information.

“I think this is a big project to undertake, personally,” said Budget Committee Chair Josh Ritson. “I’m not saying it’s a bad idea by any means, I definitely do think updates are needed.”

Ritson asked who originated the project idea. Giovanditto said this was decided by the entire Gilford Youth Baseball Board and is part of a multiphase process to upgrade the fields. They also have different business partners who are willing to do work on the project

in-kind. When asked who would maintain the upgraded fields, Giovanditto said Gilford Youth Baseball would continue to do maintenance. The new turf would result in less maintenance, especially grass cutting. He said Parks and Recreation could possibly take care of the bathrooms as they do for the beach house.

When asked if the group has spoken with other stakeholders, Giovanditto said they’ve been working with Parks and Recreation during the baseball season and learned about the sewer hookups at the Village Field storage from the Old Home Day Committee.

Parks and Recreation Director Brittni Stewart said the group attended a Recreation Commission meeting and talked

about the idea, though there haven’t been any formal meetings on the project.

Gilford Youth Baseball member Warren Colby said 23 percent of the kids in the schools play baseball and this would be an extra resource, especially considering how many students eventually leave Gilford. He said all the stakeholders can get together and discuss options.

“All these different people that use these fields down there these are the taxpayers’ fields, it’s almost a shame that we’ve let it come to this,” Colby said.

Ritson said he agrees that some updates would be needed and understands the importance with so many kids using these fields.

“My concern, looking at it from a long-

standing budget process — other departments weren’t considered much in the process,” he added.

He said it was a group and business owners coming together to consider an area for one sport. He said he would want more information when making a decision.

Colby said Gilford Youth Baseball has been working hard and donating money to support these fields and programs. He questioned how the town is willing to put money to other community events while there is reluctance to provide money for the field projects.

Ritson said he wanted to see more quantitative data and more collaboration between all the different parties involved with the fields.

Madison Nash earns Dean's List honors at Roger Williams University

BRISTOL, R.I. — Madison Nash of Gilford has been named to the Fall 2024 Dean's List at Roger Williams University, in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a grade point average of 3.4 or higher are placed on the Dean's List that semester.

About RWU

Roger Williams University is a comprehensive university with a liberal arts core and professional programs, with campuses on the coast of Bristol and in the state capital of Providence, Rhode Island. Across eight schools of study, we provide real-world learning focused on so-

cial and environmental justice, small classes, and direct access to faculty and staff. Our students create powerful combinations of degrees, credentials, research and internship opportunities, study-abroad programs, and involvement in clubs, student organizations, and athletics. Our Northeast location facilitates a strategic network between New York and Boston for community-engaged research and career opportunities for our students and alumni. Graduating with a unique skill set and the passion to make an impact in their careers, our students become the changemakers and leaders our world needs next.

Kaela Marchildon of Center Barnstead makes Curry College Dean's List

MILTON, Mass. — Curry College congratulates Kaela Marchildon of Center Barnstead, NH 03225 who was named to the Fall 2024 Dean's List.

About Curry College

Curry College, founded in Boston in 1879, is a private, co-educational, liberal arts-based institution located on 131 acres in Milton, Mass. The College extends its educational programs to a continuing education branch campus in Plymouth. The College offers 24 undergraduate majors in special-

ized and liberal arts programs, as well as graduate degrees in accounting, business, education, criminal justice, and nursing to a combined enrollment of nearly 2,500 students. The student body consists of 1,700 traditional students and nearly 800 continuing education and graduate students. The College offers a wide array of co-curricular activities ranging from 16 NCAA Division III athletic teams to an outstanding theatre and fine arts program. Visit us on the Web at www.curry.edu.

New DPW building on Gilford warrant

BY ERIN PLUMMER
mnews@salmonpress.news

GILFORD — Voters will decide on a proposed \$11.2 million public works building due to health, safety, and space needs issues in the current building.

Article 3 would build a new public works facility for \$11.2 million, including demolishing the current structure and building a 22,000 square foot facility.

During the Jan. 16 town budget public hearing, Public Works Director Meghan Theriault said the current building is 65-years-old and has significant health and safety risks.

Due to a high water table water infiltration is a significant problem and mold has pervaded the building. There is a lack of proper ventilation with fumes spreading through the building. There is also no fire separation between the garage and offices, which Theriault said is a significant safety issue.

Theriault said the building’s operating, administrative, and storage space is way too small to meet the department’s growing needs. Theriault said the new facility is designed to meet the department’s needs for

the next 50 years.

Resident Joe Geraci questioned the need for a facility of this size and cost.

Geraci said this is a project that would put an increased burden on taxpayers, especially people on fixed incomes. Geraci asked if the town considered spending half as much on fixing the current building.

Theriault said this was an option that was thoroughly examined but determined not to be viable. Theriault said the building isn’t big enough to accommodate the department’s functions as the department’s staff and responsibilities have doubled since the building was constructed.

She said the committee examined the option of using the original building, though it was concluded that the current building does not meet the department’s needs and redoing it would be too costly. One plan to move to another location and salvage the building to turn into cold storage would have added \$1.1 million to the budget. The project is saving \$300,000 alone by building on the existing site.

“Even if you gutted the building and fixed everything in it, it will not meet the needs of the department,”

Theriault said.

Geraci questioned the need for so many administrative offices.

Theriault said the new building will accommodate 32 employees and the functions of the DPW’s many departments. She said this will allow for room for each department to operate as well as provide locker room space that is currently lacking.

“When you build a building we are trying to think of growth,” Theriault said. “We should not build it to exactly the number of offices we need right now. It’s a 50-year building, we should put some growth in it.”

Geraci said he understood the need for the project, but urged the town to reexamine it and find ways to slash the costs. He said this is coming at especially bad timing considering the town’s reassessment process.

“These tax increases are affecting everybody in Gilford right now, I hope were all looking at that,” Geraci said.

Geraci said the building should be designed for today’s needs and not for future considerations.

Gus Benavides, the board of selectmen’s representative to the Budget Committee, said this proposal is

the result of a nearly four-year review process and has been examined by many people, including the members of the Capital Improvements Plan committee and the Public Works Building Committee. He said the building committee consists of a variety of different residents with different political views and the overall conclusion was this was the best option.

Benavides also said construction costs are likely to increase if they wait any longer.

Other residents supported the project, especially for health and safety reasons.

When asked how close the building is to being in compliance with codes, Theriault said it is already out of code.

Others brought up concerns that employees could suffer significant injuries and health issues, which could cost the town a lot more in insurance costs and lawsuits.

“I think pennywise and pound foolish is not the best way to be,” said resident Meg Jenkins. “I think we need to look at that 50-year building instead of playing catchup down the road.”

You have to plan for your family and your future generations.”



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We Will NOT be Undersold

Opinion

SECTION A, PAGE 4

SALMON PRESS, THURSDAY, JANUARY 23, 2025

Staying grounded in the age of social media

It happens to all of us. You're scrolling through your social media feed, and a post grabs your attention — something outrageous, dramatic, or too good to be true. Before you know it, you've shared it, commented on it, or brought it up in a conversation. But how often do we stop to ask ourselves: Is this actually true? Or, more importantly, why is this being shown to me?

Social media platforms like Facebook, Instagram, TikTok, and Twitter (or X) are marvels of modern technology, but they're also powerful, profit-driven machines. Behind every post, video, or ad you see lies an algorithm, a set of rules designed to keep you engaged. These algorithms know more about you than you might think: your likes, your dislikes, your habits, even the time of day you're most likely to scroll. They're built to serve you content that aligns with your interests, but also content that provokes strong emotions, because emotion equals engagement, and engagement equals profit.

The problem is, emotions like outrage, fear, or excitement can cloud our judgment. This is how misinformation thrives. Social media algorithms aren't designed to prioritize truth, they're designed to prioritize clicks. This means that sensationalized or extreme content often rises to the top, not because it's accurate, but because it grabs your attention. Over time, you might find yourself in an echo chamber, exposed only to ideas that reinforce your existing beliefs while opposing views are filtered out.

This can have real-world consequences. Extremism, divisiveness, and distrust grow when we stop engaging critically with information and simply accept what's fed to us. And it's not just about politics. Think about the misinformation around health, science, or even history that spreads unchecked because it's wrapped in a flashy headline or a viral meme.

So, how do we navigate this algorithm-driven world without losing our grip on reality? The answer lies in slowing down, staying skeptical, and taking responsibility for what we consume and share.

Before hitting that share button, take a moment to verify the information. Check the source: Is it reputable? If it's a website you've never heard of, does it provide evidence or just emotional appeals? Cross-reference with trusted outlets. A quick Google search can save you from spreading misinformation.

Know that your feed isn't a random collection of posts, it's curated for you. If you find yourself feeling angry, overly excited, or even validated after seeing a certain type of content, ask yourself: Is this manipulating my emotions? Algorithms don't care about truth; they care about keeping you scrolling.

Social media platforms often show you content you agree with, which can feel comforting but limits your perspective. Make a conscious effort to follow people or organizations with diverse viewpoints. This doesn't mean you have to agree with everything, but exposing yourself to different ideas helps build critical thinking.

If a post seems overly dramatic, divisive, or paints an entire group of people as "good" or "evil," it's worth questioning. Extremist content often thrives on oversimplifying complex issues, using inflammatory language to provoke a reaction. Real solutions and truths are rarely found in black-and-white thinking.

The online world is just one part of the bigger picture. Building relationships, discussing issues in person, and relying on community engagement can help you stay grounded. Social media is a tool, not the whole world.

Social media is a double-edged sword. It can connect us, inform us, and even inspire us. But it can also mislead, divide, and manipulate us if we're not careful. The algorithms may be powerful, but so are we. By staying wide-eyed, curious, and critical, we can take control of our online experience and ensure that we're not just passive consumers but active participants in seeking truth and understanding.



COURTESY

Lions at the Kettle

Members of the Laconia/Gilford Lions Club continued their annual tradition of spending a day ringing bells & collecting donations by the red kettle for the Salvation Army at their central Main Street location downtown. "We always enjoy this," explained Club Vice President Lion Allyn Bridge. "It's good to collaborate with the Salvation Army folks and also get such a positive response from the public. Plus this year, we could introduce some of our newer members to the experience." "On behalf of the Salvation Army, I want to thank the members of the Lions Club who rang the bell," added SA member Kathy Cal. "This year your kettle raised \$923. These funds will be used locally to feed & shelter those in need." Pictured: Matt Soza and Allyn Bridge ringing the Salvation Army bells.

LETTERS FROM EDWIN

Indicator

The other day, temps were in the single digits; I was starting up the truck to attend to my day's commitments, and my attention was drawn to the radios display. It was on. I could clearly see what radio station was playing and the time, even though it was an hour off, it was a nice change.

You see, that was one of the things that I checked off in my mental note pad of what was wrong with the truck as I considered purchasing it way back in 2017. This list didn't yet include the shuddering transmission or AC not working. I considered the list to be insignificant enough for me to buy the thing. Most of them were cosmetic or easily fixable.

All this kind of stuff needs to be considered when buying a used vehicle. Why are the former owners selling it? It's nice to know. You can't trust a used car dealer to tell you. This one is on you.

The AC didn't matter as I was used to the open widow method of ventilating my vehicles, and felt that I could tolerate the two or three days a summer when it was unbearably hot that would tempt me to switch it on.

That's the way it had always been here in New Hampshire.

It's been over fifty thousand miles since I found out what that occasional vibration was. I brought it to a transmission guy and he told me to sell it. That's not within my ethical standards. I'd have to be honest and then they wouldn't want to buy it. Why waste my time? God knows.

I assessed the situation and figured out that it only did it while in overdrive, driving slow, when the RPM was below two thousand. Functionally, the shudder was the tranny going in and out of lock because the pressure was too low. Solution? When driving under fifty miles per hour, switch overdrive off. I've been doing that for 50,000 miles, no more shudders.

All that time, the radio has been blank except for very occasional magic moments. Until the other day that is. I first thought that it might have something to do with the cold temperature, but after the whole thing warms up, or there is a reasonably warm day, it's still been working. Every morning when I start it up, I make

sure to look and it's been consistently coming on for a couple weeks now.

Plants and animals heal themselves because God designed that ability into their beings. The planet kind of does too. But I've never yet come across a manmade machine that healed itself. Maybe Ford had a better idea that they didn't tell anyone about, which I totally doubt. Maybe once this artificial intelligence stuff matures into something, there may some hope of that happening.

Let's imagine I'm one of those electronically intelligent robot things. I work on an assembly line making intelligent human transport vehicles. My job is installing wheels. Three per vehicle. I'd really like to get promoted to the eight wheeled contraptions that can climb stairs, but I need to be satisfied with my notch in the gear.

My back EMF (electromotive force) detector senses that the voltage going to my lifting arm has been running a little bit high. I've already had the power control unit replaced, and the problem still persists. This leads my processor to request

a new linear actuator. These are lifetime lubricated and even machines will only work forever by having parts replaced. Similar to the humans that we carry around in our machines.

It's another reason for adding grease fittings to inject some lubrication back into the machine's areas of friction, just like a cortisone shot. But modern machines can't be plagued by such oozy messes. The new world is a clean world, until you check out the streets and disposal sights. Oh what a trash dump we've made for ourselves to live in. It would take over everything, except for the fact we dump it out in the ocean. Why else would eating sea food have become so hazardous?

But my wheel mounting self wasn't really healing itself, and never will be able to. All my machine intellect can do is alert my handlers to problems I'm concerned about so they can instigate a fix. I may be able to make mega-logical decisions, but I can't have life. That's Gods dominion.

E.Twaste

Correspondence welcome at edwintwaste@gmail.com

Letters to the Editor

Proud to be part of this community

To the Editor:

On Dec. 10, my husband, Edward Devereaux, experienced chest pain while shoveling. Second time in two days; first time, he was adamant and would not let me call rescue. I gave him Aspirin.

On the 10th, my daughter was here, and she had admonished him. We are both nurses. I am retired. My daughter left; I went to the post office to mail Christmas cards. Wouldn't you know, he snuck out and finished cleaning up the ice. I came home in 10 minutes; he was ashen and sweaty. He had chest pain. I called 911. The 911 operator was amazing as well. I cannot tell you how the first responders were so great.

I am a former ICU nurse and he is a former EMT/firefighter. We are so lucky in this community to have the likes of Troy Normandin and Jamie. I think it was officer Cole and several others who also attended and were so comforting. I experienced the same treatment when I had covid. This community is so fortunate to have the services that we have. The EMTs even left him a card. You do not get this in the larger cities. Stand up and be proud. Our first responders should earn citizen of the year award.

Proud to be a member of the Barnstead Community,

Patricia Devereaux
Barnstead

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.

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E-MAIL: brendan@salmonpress.news

This paper is published weekly by

Salmon Press, P.O. Box 729,

5 Water St., Meredith, NH 03253.

ISSN: 1945-5836. USPS 024921

periodicals postage paid at Meredith,

NH 03253. POSTMASTER:

Send address changes to Salmon

Press, P.O. Box 729,

Meredith, NH 03253.

USPS 024967

The Gilford Steamer is published weekly

by Salmon Press, P.O. Box 729, 5 Water

St., Meredith, NH 03253. Periodicals,

postage paid at Meredith, NH 03253.

POSTMASTER: Send address changes to

the Gilford Steamer, P.O. Box 729, Meredith,

NH 03253.



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February events at Oscar Foss Memorial Library

BARNSTEAD — Good to Know Info: We are closed for staff training on the second Thursday of every month until 3 p.m. (Feb. 13). Meet the Candidates Night will be on Thursday, Feb. 27, at 6 p.m., at the Town Hall.

Home School Group: Join us Fridays from 10:30 a.m.-noon for a mix of stories, simple science/learning activities, and a creative art/craft activity that all go along with a theme for the week. The activities are geared towards kids ages 4 and up, and younger siblings are welcome to come along. There will be an event posted ahead of time on our Facebook group for each weekly meet-up, so you'll always know what to expect and if you need to bring anything.

Music and Movement Storytime, aka Littles Love to Learn! Join us on Tuesdays at 10:30 a.m. for an interactive storytime filled with stories, songs, and loads of sensory play designed specifically for toddlers.

Every Wednesday at 10:30 a.m. is Children's Storytime. Visit us at the library for stories, crafts, and singing. Then experience the cozy ambience in the children's area, which has all sorts of neat things to do. Make new friends. Set up playdates. Check out books, movies, and games, play with the trains, Legos, and puppets. Come for the learning, stay for the fun!

Start your week off with Yoga Monday! Gentle Hatha-Flow runs from 10:15-11:40 a.m., Senior/Beginner/Chair Yoga is noon to 1 p.m., and Intermediate Hatha-Flow lasts from 5:30-6:50 p.m. Classes are by donation (suggested \$8). All are welcome and encouraged to attend, regardless of ability to donate.

Saturday, Feb. 1, is Take Your Child to

the Library Day! Celebrate "International Day of Education" with a visit to the library (open 10 a.m.-1 p.m.). Check out our book collections and everything the library has to offer. Try your hand at some crafts and games. There will be prizes, too! Snacks will be served.

Our Meet and Read Book Club (ages 18 and up) takes place on the first Wednesday of the month (Feb. 5), from 6-7:30 p.m., in the library's Meeting Room. This month's book will be "Quiet: The Power of Introverts in a World That Can't Stop Talking" by Susan Cain. Next month's book will be "Matrix" by Lauren Groff. Books are available at the library. Bring food, bring thoughts, bring a friend!

On Thursday, Feb. 6, from 3-5 p.m., join us for some Teen/Tween Styrofoam Print Card Making! This is a fun, hands-on, card-making workshop where you'll transform simple Styrofoam into a custom print block. Using this easy-to-learn print-making technique, you'll carve your own designs and transfer them onto cardstock to create one-of-a-kind Valentine's Day cards. Whether it's hearts, flowers, or your own creative ideas, you'll leave with beautiful, handmade cards perfect for sharing with friends and loved ones. No experience needed—just bring your creativity and get ready to craft!

On Saturday, Feb. 8, from 11 a.m.-12:30 p.m., join us here at the library for a Small Business Meet & Greet! This gathering offers an opportunity for local small business owners to get together and discuss ways to promote their businesses. The library is also working on facilitating a Barnstead Business Directory and brainstorming the possibility of a Barnstead Business Asso-

ciation. Light refreshments will be served.

Stop by the library during Valentine's week (Feb. 11 to 14) and make a Valentine's card for someone you love or admire. We have a craft station stocked with card stock, pretty stickers, markers and crayons, glue sticks, and more. You could even make a card for your lovable local librarians!

Join the Senior Social Club, a program designed to provide 65+ adults with fun and engaging activities that foster community and relationship building. Each session will focus on different activities, including arts and crafts, storytelling, and technology workshops. The club meets the third Tuesday of the month at 3 p.m. (Feb. 18). Light refreshments will be served.

The OFML Sewcial Club meets the third Wednesday (Feb. 19) of the month from 12:30-3:30 p.m. Guests can bring any sewing or quilting project they are working on (along with their sewing machines and supplies) to the library to socialize and share tips while they sew.

On Thursday, Feb. 20, from 7-9 p.m., we are trying something new: Book Speed Dating (18+)! Join us for this late night event and fall in love with a new book from an array of curated choices from popular genres. Take this opportunity to explore a new genre or stick to your favorites!

Fresh! Join us for our new monthly program: Late Night at the Library (18 and up)! On Thursday, Feb. 20, from 7-9 p.m., the entire library will be full of fun activities for our adult patrons, including Book Speed Dating, trivia, and more! Spend time socializing or cozying up with a good book for this special late night event!

Family Crafternoon is a family-focused event that happens every third Friday of the month (Feb. 21), from 4-6 p.m. Join us as we make a craft and watch a movie. Materials will be provided and light refreshments served.

On Friday, Feb. 21, from 6:30-8 p.m., join us for Books & Banter! This lively book club is open to everyone and invites you to share and explore a wide range of genres—everything from non-fiction to horror to romance! Feel free to come ready to discuss up to three books you've recently read, giving a brief synopsis to spark conversation. It's a fantastic way to discover new titles and engage with fellow book lovers. Whether you're a seasoned reader or just looking to explore new genres, there's a place for you here. Don't miss out on the fun—come share your thoughts, learn about new books, and enjoy a cozy evening of discussion. We can't wait to see you!

The Tight-Knit Knitting and Crocheting Circle: Knitters and crocheters come together to work on your projects, discuss any technical difficulties you're having, and support one another. The group meets the fourth Thursday of the month (Feb. 27) from 6-7:30 p.m. in the library meeting room.

Let's Write a Novel! Join us in the library's meeting room for a series of structured classes on the how-to's of writing a book. This class runs from 6-7:30 p.m. on the last Friday of the month (Feb. 28). Budding writers, 16 and older, ignite your passion for storytelling, discover how to build your hero's journey, and take your novel from concept to can-do! This structured course includes sessions on creating: Chapter Cheat Sheets, Character Cards, and a Tracking the Timeline graph. We welcome all

genres from Fantasy to Action Adventure to Romance, focusing on a target audience of Middle School and above.

For events that require registration, please contact us at 269-3900 or ofmlstaff@gmail.com to reserve your spot!

Gilford Public Library Classes & Special Events

Jan. 23 – Jan. 30

Thursday, Jan. 23
Geri Fit, 9-10 a.m.
Aspiring Artists Storytime, 10:30-11:30 a.m.
Boost Your Brain and Memory, 1-3 p.m.
French Club, 4-5 p.m.

Friday, Jan. 24
Senior Sculpt, 9-10 a.m.
Heart 'n Soul Chair Yoga, 10-11 a.m.
Bridge, 10 a.m.-noon
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, Jan. 25
Beginner Line Dancing, 10:30-11:30 a.m.
Drop-In Craft: Penguin Poppers, 10:30-11:30 a.m.
Get ready to make a fun penguin popper with friends!

Monday, Jan. 27
Fun and Fitness With Joyce, 9-10 a.m.
Baby Storytime, 10:10-10:30 a.m.
Mahjong, 12:30-1:30 p.m.

Tuesday, Jan. 28
Geri Fit, 9-10 a.m.
Senior Sculpt, 10-11 a.m.
Bridge, 10 a.m.-noon
Preschool Storytime, 10:30-11:30 a.m.
Intermediate Line Dancing, 4-5 p.m.
Now More Than Ever, 5:30-6:30 p.m.
Now more than ever,

Ukraine's children of war need humanitarian aid to survive and recover. A grassroots New Hampshire-based nonprofit – Common Man for Ukraine – remains determined to support these innocent children by providing food, critical supplies, and therapeutic trauma counseling programs. To see how Granite Staters are making a difference half a world away, join us at the Gilford Library for this special presentation from Common Man for Ukraine on Tuesday, Jan. 28 at 5:30 p.m., following the organization's 11th impactful humanitarian convoy.

Wednesday, Jan. 29
Senior Stretch Yoga, 9-10 a.m.
Card Games, 10 a.m.-noon
Check out an Expert, 10 a.m.-noon
Paint Group, 1-3 p.m.
Boredom Busters, 3-4 p.m.
Science Seekers: Crystals and Ice, 3:30-4:30 p.m.
Join Miss Erika for some cool chills & thrills with science!

Thursday, Jan. 30
Geri Fit, 9-10 a.m.
Aspiring Artists Storytime, 10:30-11:30 a.m.
Home School Club, noon-1:30 p.m.
Boost Your Brain and Memory, 1-3 p.m.
Join Kate Bruchacova from UNH Extension for a stimulating and interactive four-week program!
French Club, 4-5 p.m.

Gilford Public Library Top Ten requests

1. "Raised by Wolves" by James Patterson
2. "Holmes is Missing" by James Patterson
3. "The Frozen River" by Ariel Lawhon
4. "The Berry Pickers" by Amanda Peters
5. "The House of Cross" by James Patterson
6. "Lies He Told Me" by James Patterson
7. "Murder Island" by James Patterson
8. "The Lions of Winter" by Ty Gagne
9. "The Grey Wolf" by Louise Penny
10. "Framed" by John Grisham



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BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food

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SPORTS

Gilford boys and girls sweep at Gunstock

Bode McLean picks up wins in slalom and giant slalom



JOSHUA SPAULDING

Mckenna Howard races through the slalom course at Gunstock last Friday afternoon.



JOSHUA SPAULDING

Lily Bishop races through the giant slalom course last Friday morning at Gunstock.



JOSHUA SPAULDING

Bode McLean won both the giant slalom (pictured) and slalom at Gunstock last Friday.



JOSHUA SPAULDING

Gavin Irons races in the slalom at Gunstock during last Friday's meet.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — Skiing on their home snow again, the Gilford alpine ski

team had another good day, as both the boys and girls won the team competition over a field that included Belmont, Hills-

boro-Deering, Newfound, Prospect Mountain, Bishop Brady and St. Thomas. For the boys in the morning giant slalom,

Bode McLean took the top spot overall with a time of 47.59 seconds, with Ben Wolpin in sixth place in 52.21 seconds and Gavin Irons in 10th place in 54.66 seconds. Joel Wernig finished out the scoring with a time of 55.87 seconds in 12th place.

Elliott Warren was 14th in 57 seconds, Oliver Leandro was 18th in 58.13 seconds, Zachary Arenstam was 22nd in 59.05 seconds, Keenan Wilcox was 27th in 1:09.25 and Kyle Gandini was 37th overall in a time of 1:17.22.

In the afternoon slalom, McLean was again the top skier, finishing in first overall with a time of 45.2 seconds. Wolpin placed sixth in 53.74 seconds and Warren was eighth in 56.5 seconds.

Irons rounded out the scoring in a time of 57.33 seconds for ninth place.

Leandro was 11th in 58.48 seconds, Gandini was 12th in 59.02 seconds, Arenstam was 20th in 1:08.76 and Wilcox finished in 22nd place in a time of 1:18.1.

For the girls in the morning giant slalom, Mckenna Howard took second overall with a time of 52.4 seconds with Lily Bishop in fourth place in 53.46 seconds. Emilia Burlock skied to fifth place in 55.19 seconds and Camryn Coutts was 11th overall in a time of 59.79 seconds.

Ava Lien was 14th in 1:01.69, Brook Baron was 19th in 1:04.1, Alicia Lyman was 32nd in 1:14.32, Josie Arrighi was 33rd in 1:16.23 and Riley Coutts

was 35th in 1:29.03.

In the afternoon slalom, Bishop led the Golden Eagles with a second place finish in 50.98 seconds with. Howard in third in a time of 51.53 seconds and Riley Coutts in fourth in 53.4 seconds. Burlock finished the scoring with a time of 59.22 for seventh place overall.

Lien was 13th in 1:03.92, Baron was 15th in 1:06.93, Camryn Coutts was 16th in 1:07.52, Arrighi was 24th overall in 1:17.65 and Lyman was 31st in 1:24.14.

The Golden Eagles are scheduled to be at Gunstock again on Friday, Jan. 24.

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

Timber Wolves hit the track at University of New Hampshire



JOSHUA SPAULDING

Sergio Duarte clears a hurdle during action on Sunday afternoon at UNH.



JOSHUA SPAULDING

Parker Wood winds up to throw the shot put during Sunday afternoon's meet at the University of New Hampshire.

BY JOSHUA SPAULDING
Sports Editor

DURHAM — Members of the Prospect Mountain indoor track team competed at the University of New Hampshire on Sunday, looking to improve on their qualifying times for the state championships.

Parker Wood had the best performance for the Timber Wolves, finishing in second place in the shot put with a toss of 48 feet, 9.75 inches while

Ayden Carignan finished in 18th at 33 feet, three inches.

Sergio Duarte ran to fourth in the preliminaries for the 55-meter hurdles in 9.09 seconds and then took fifth in the finals in a time of 9.32 seconds. He was also sixth in the high jump, clearing five feet.

Domenic Scarpa jumped to fourth in the long jump with a distance of 18 feet, 11.25 inches.

For the Timber Wolf

girls, Jazmine Witham finished in ninth place in the shot put with a toss of 26 feet. The Timber Wolf 4x160-meter relay team finished in a time of 1:44.58.

The Timber Wolves are slated to compete again on Sunday, Jan. 26, at 10 a.m. at the University of New Hampshire.

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

Trio of Golden Eagles compete at UNH

BY JOSHUA SPAULDING
Sports Editor

DURHAM — Three Gilford indoor track athletes made the trek to the University of New Hampshire on Sunday with the goal of improving on their qualifying times for the state championship.

Macy Sawyer finished third in the 300 meters with a time of 44 seconds and in the 55 meters, finished fifth in the preliminaries in a time of 7.87 seconds and finished fifth in the finals as well with a time of 7.9 seconds.

Emily Aguiar ran to seventh overall in the 55-meter hurdles with a time of 10.15 seconds and Aria Dewar took 23rd overall in the 600 meters with a time of 2:13.5.

The Gilford Golden Eagles are slated to compete at the University of New Hampshire again on Sunday, Jan. 26, at 10 a.m.

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

(Right) Aria Dewar runs during Sunday's meet at the University of New Hampshire in Durham.



JOSHUA SPAULDING

Emily Aguiar clears a hurdle during action at the University of New Hampshire on Sunday.



SPORTS

Fuller leads Timber Wolves at Gunstock

(Right) Evan Fuller led the Prospect Mountain alpine ski team at Gunstock last Friday.

BY JOSHUA SPAULDING

Sports Editor

GILFORD — Three Prospect Mountain skiers took to the slopes of Gunstock on Friday, Jan. 17, for two runs of giant slalom and two runs of slalom.

In the morning giant slalom, Evan Fuller led the Timber Wolves with a 31st place finish in 1:10.95 while Charles Bravar was 36th overall in 1:15.5 and Brady Glidden finished in 38th overall with a time of 1:18.67.

In the afternoon slalom, Fuller finished in 27th place overall in 1:22.26, with Bravar in 28th place overall in a time of 1:24.76 and Glidden skied to 30th



(Left) Charles Bravar skis in the slalom at Gunstock on Friday afternoon.

place with a time of 1:27.55.

Prospect is scheduled to be back at Gunstock on Friday, Jan. 31.

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

Registration open for Winter Carnival learn to curl clinic

WOLFEBORO — Lakes Region Curling Association is pleased to announce its upcoming free learn-to-curl event as part of the annual Winter Carnival hosted by Wolfeboro Parks and Recreation. This is a fantastic opportunity for new-to-curling individuals to learn more about

the sport through hands-on/ice-on learning.

Experienced LRCA members will be on hand to offer instruction in the basic rules and game play as well as to help participants explore both the classic sliding delivery, the more relaxed stick delivery and the essentials of

sweeping.

This event is scheduled for Wednesday, Feb. 26, starting at 1:30 p.m. at the Pop Whalen Ice and Arts Center in Wolfeboro. The clinic will last about an hour and a half.

There is no experience required, LRCA provides all required



COURTESY PHOTO

Members of the public learn how to curl from Lakes Region Curling Association members at a past learn-to-curl clinic in Fall of 2024.

equipment and members of the public ages 18+ can attend. This event is free, but registration is required.

For more information and online registration for this learn-to-curl clinic, visit lakescurling-nh.org.

HIGH SCHOOL SLATE

Friday, Jan. 24
BELMONT
 Alpine Skiing at Gunstock; 10
 Boys' Hoops at White Mountains; 6
 Girls' Hoops vs. White Mountains; 6
GILFORD
 Alpine Skiing at Gunstock; 10
 Boys' Hoops at Berlin; 6
 Girls' Hoops vs. Berlin; 6:30
WINNISQUAM
 Boys' Hoops vs. Newfound; 7
 Girls' Hoops at New-

found; 6
Saturday, Jan. 25
GILFORD
 Nordic Skiing at White Mountains; 10
Sunday, Jan. 26
BELMONT
 Indoor Track at UNH; 10
 Swimming at UNH; 9:30
GILFORD
 Swimming at UNH; 9:30
WINNISQUAM
 Indoor Track at UNH; 10
Tuesday, Jan. 28
BELMONT

Boys' Hoops at Gilford; 6
 Girls' Hoops vs. Gilford; 6
 Unified Hoops vs. Newfound; 3
GILFORD
 Boys' Hoops vs. Belmont; 6
 Girls' Hoops at Belmont; 6
 Nordic Skiing at Kearsarge; 2:30
WINNISQUAM
 Boys' Hockey at John Stark-Hopkinton; 7:15
 Wednesday, Jan. 29
BELMONT-GILFORD

Boys' Hockey at Ken-
 nett; 6:10
GILFORD
 Unified Hoops vs. Laco-
 nia; 6
WINNISQUAM
 Boys' Hoops vs. Derry-
 field; 7
 Wrestling at Plym-
 outh; 6
Thursday, Jan. 30
GILFORD
 Nordic Skiing at Gun-
 stock; 2:30
All schedules are subject to change.



KATHY SUTHERLAND

Victory on ice

Kingswood-Prospect Mountain's Hadley Aucoin starts the puck up the ice during the 7-3 win over Pinkerton on Friday night. The Knightwolves will be in action again on Saturday, Jan. 25, at home against Bishop Guertin at 10 a.m. and will be hosting St. Thomas on Wednesday, Jan. 29, at 5 p.m.



RC GREENWOOD

Win for Gilford

Andrew Kelly looks to the basket during his team's 50-46 win over Hopkinton last Tuesday evening. The Golden Eagles are slated to be in action on Friday, Jan. 24, at Berlin at 6 p.m. and will be hosting Belmont at 6 p.m. on Tuesday, Jan. 24.

HIGH SCHOOL SLATE

Thursday, Jan. 23
KENNETT
 Boys' Hoops at Bishop Brady; 6:30
 Girls' Hoops vs. Bishop Brady; 6
Friday, Jan. 24
KENNETT
 Alpine Skiing at King Pine; 10
 Ski Jumping Home Meet; 6
KINGSWOOD
 Alpine Skiing at King Pine; 10
 Boys' Hoops at Sanborn; 6:30
 Girls' Hoops vs. Sanborn; 6
PROSPECT MOUNTAIN
 Boys' Hoops at Campbell; 6
 Girls' Hoops vs. Campbell; 6
Saturday, Jan. 25
KENNETT
 Nordic Skiing at

White Mountains; 10
KINGSWOOD
 Boys' Hockey at Spaulding; 5
KINGSWOOD-PROSPECT MOUNTAIN
 Girls' Hockey vs. Bishop Guertin; 7:10
PROSPECT MOUNTAIN
 Wrestling vs. White Mountains; 9
Sunday, Jan. 26
KENNETT
 Indoor Track at UNH; 10
KINGSWOOD
 Indoor Track at UNH; 10
PROSPECT MOUNTAIN
 Indoor Track at UNH; 10
Tuesday, Jan. 28
KENNETT
 Boys' Hoops at Manchester West; 6
 Girls' Hoops vs. Derryfield; 6
 Unified Hoops vs. Merrimack Valley; 3
KINGSWOOD

Boys' Hoops vs. Con-
 Val; 6
 Girls' Hoops at Con-
 Val; 6
PROSPECT MOUNTAIN
 Boys' Hoops vs. St. Thomas; 6
 Girls' Hoops at St. Thomas; 6:30
Wednesday, Jan. 29
KENNETT
 Boys' Hoops vs. Belmont-Gilford; 6:10
 Girls' Hockey vs. Pinkerton; 6
 Ski Jumping at Berlin; 1
KINGSWOOD
 Wrestling at Winnacunnet; 7
KINGSWOOD-PROSPECT MOUNTAIN
 Girls' Hockey vs. St. Thomas; 5
PROSPECT MOUNTAIN
 Wrestling vs. Mascoma; 6
Thursday, Jan. 30

KENNETT
 Nordic Skiing at Gilford; 2:30
KINGSWOOD
 Unified Hoops vs. Gorham; 3:30
All schedules are subject to change.

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kids' corner

What's the Difference?

Find the four differences between these pictures.



Answers: 1. Missing glue 2. Red piece on boat is larger 3. Red tool in background is missing 4. There is a second black scrubber in back right

THIS DAY IN HISTORY



- 1848:** James W. Marshall finds gold at Sutter's Mill near Sacramento.
- 1908:** The first Boy Scout troop is organized in England by Robert Baden-Powell.
- 1984:** The Macintosh personal computer is made available to American consumers.

Body FACT!



Hobbies can keep this part of the body stimulated.

Answer: Brain

NEW WORD

PASTIME

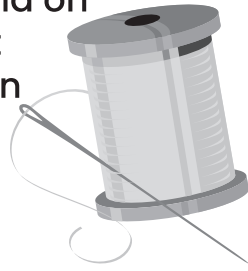
activity done regularly for enjoyment

How they say that in...

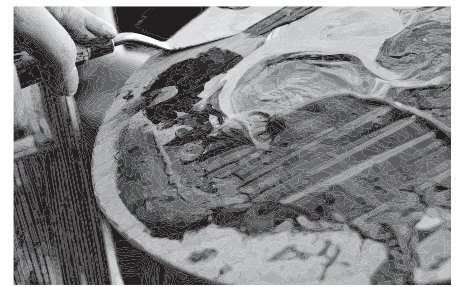
- English:** Hobby
- Spanish:** Hobby
- Italian:** Hobby
- French:** Passe-temps
- German:** Hobby

Did You Know?

Sewing, like other hobbies, can relax a person by focusing the mind on the task and not on other things in your life.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Paint palette

⊙ * * ☐ ☹ ☼ ~ ⓪ Ⓜ ✧ * ⚙ ✕ ✖ ✚ ✛ ✜ ✝ ✞ ✟ ✠ ✡ ☾ * Ⓜ * ✖ ✗ ✘ ✙ ✚ ✛ ✜ ✝ ✞ ✟ ✠ ✡

CRYPTO FUN

Solve the code to discover words related to organization. Each number corresponds to a letter. (Hint: 1 = T)

- A. 5 10 3 1 7 16**
Clue: Divided into categories
- B. 5 18 5 1 7 9**
Clue: Way of doing things
- C. 1 22 16 18**
Clue: Neat
- D. 23 20 4 1 1 7 3**
Clue: Scattered items

Answers: A. sorted B. system C. tidy D. clutter

SUDOKU

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

Level: Advanced

Here's How It Works:

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

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

ANSWER:

HOOPS

(continued from Page A1)

giving Gilford the 19-18 lead at the halftime break.

Olivia Keenan opened the lead to four with a three-pointer to start the third quarter but Munoz-Martin finished off a Howlett steal, Paige Harding hit a hoop and Munoz-Martin scored off a Harding steal as Prospect jumped back in front by a 24-22 score.

A Kelly hoop tied the game at 24 but Foster and Jones hit back-to-back buckets for Prospect to send them back to a 28-24 lead. Olivia Keenan got a pair from the charity stripe and Abby Watson put back a rebound as Gilford tied the game at 28.

Foster and Olivia Keenan exchanged hoops to close out the third quarter and the game headed to the final eight minutes with the score tied at 30.

Watson hit a hoop, Maltais hit a free throw and Kelly connected on a three-pointer as Gilford got out to a 36-30 lead to start the fourth quarter. Howlett got the Timber Wolves on the board with a hoop and Foster hit a free throw to cut the lead

to three.

Leah Davignon put back a rebound for the Golden Eagles but Foster answered by the other end with a hoop for Prospect. Olivia Keenan put back a rebound to open the lead to five, but Munoz-Martin got a basket to cut the lead to three inside the final minutes. Davignon and Olivia Keenan each hit free throws to open the lead back to five but Howlett kept Prospect's hopes alive with two free throws with nine seconds to go.

However, Olivia Keenan came up with a big rebound off a missed free throw and then hit a free throw to close out the 43-39 win for Gilford.

Olivia Keenan finished with 21 points to lead the Golden Eagles and Foster led the Timber Wolves with 19 points.

Gilford is slated to be in action on Friday, Jan. 24, at home against Berlin at 6:30 p.m., and will be at Belmont for a 6 p.m. game on Tuesday, Jan. 28.

Prospect Mountain is scheduled to be at home against Campbell on Friday, Jan. 24, at 6 p.m. and will be at



JOSHUA SPAULDING

Prospect's Ava Foster tries to pull down a rebound between Gilford's Gracey LeBlanc (left) and Skye Maltais in action on Friday night.



JOSHUA SPAULDING

Leah Davignon drives toward the basket during action on Friday night against Prospect Mountain.

St. Thomas for a 6:30 p.m. game on Tuesday, Jan. 28.

Gilford 43
Maltais 1-1-4, Davignon 1-1-3, Kelly 3-1-8, O. Keenan 6-8-21, L. Keenan 1-0-3, Watson 2-0-4, Totals 14-11-43

GHS 8-11-11-13-43
PMHS 10-8-12-9-39

Prospect Mountain 39
Harding 1-0-2, Munoz-Martin 4-0-8, Foster 8-3-19, Howlett 2-2-6, Jones 2-0-4, Totals 17-5-39

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

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HOCKEY

(continued from Page A1)
 cause every day you get something different and you get to help those who can't help themselves."

It is to everyone's advantage that he did not walk away, and he has now spent the past 18 years doing what he likes. Approximately 15 of those years have been served in Strafford County, most recently at the Strafford County Sheriff's Office.

His assignment from that office before assuming his New Durham post was on the federal level, as a member of the Homeland Security Human Trafficking Task Force. He has also worked with the U.S. Marshals Service and served as a member of the Internet Crimes Against Children Task Force.

New Durham Board of Selectmen Chairperson David Swenson commented on the police chief position.

"During the hiring process, the Select Board received beneficial input from a variety of entities and conducted extensive interviews with the primary candidates for the position. We felt the police chief opportunity was a coveted position in that it would enable a highly qualified individual to shape a police department that effectively serves the public safety needs of the community and provides the high standards that New Durham expects," he explained.

When Millar realized the job was available, he knew instantly that he wanted to pursue it.

"I thought it was a

great opportunity," he said, "for career growth and change of pace. I've had a lot of great leaders and chiefs throughout my career who have taught me a lot and I've retained this knowledge. It would be a waste for me to keep it to myself."

He sees being chief as a chance to "mold the next generation of officers and pass on what I've learned."

He has a strong background in training, commenting "For the last ten years, I've been in charge of training at the county sheriff's office and other agencies; my assignments were focused on training."

The New Durham department has recently used coverage from other towns.

"Being able to rebuild that agency from the

ground up is a challenge," Millar said, "but one that is beneficial to the town."

"By working together," Swenson said, "the Select Board and Chief Millar are building a foundation for a stronger, more effective police department built on community trust, officer well-being, and operational excellence. These are the goals the Board envisioned when we began this process."

Millar's vision aligns with those goals. He also would like to see his department update to current standards of law enforcement, update policies, and work toward accreditation.

He said he will have both state and federal resources available to him due to relationships he's built with other agencies and officials through the years, especially Homeland Security and the U.S. Marshals Service.

"That is a huge plus," he said, "and will offset costs for equipment, such as drones, and provide additional help on a case."

Offsetting costs is important to Millar.

"I'm very conscious of keeping budgets down and being frugal where I can be," he said.

With Millar coming in

with an outside perspective and background in progressive law enforcement, yet having local knowledge and ties, it could be the best of both worlds.

"I have experience in both large and small agencies," he said. "I can bring in things that often fall through the cracks in smaller agencies."

Retention of officers starts with him.

"I'm not looking to come in here and then leave. I plan on making an impact and start positive relationships with residents to make the town a safer place to live," he said.

He has several ideas on how to bridge the gap between the police department and community so everyone is working together to ensure a better community.

"A chief with an investment in the community and an understanding of the community dynamic is huge," he said.

Millar said his first actions will be to recruit and retain officers.

"I'm looking for community focused police officers in order to develop a qualified, diverse group committed to safety," he noted.

Swenson said, "The Select Board is eagerly

looking forward to the future in enhanced public safety that Chief Millar will create. In fact, we are already interviewing new police officers to fill other open positions in the department."

At the swearing in ceremony, Selectperson Dorothy Veisel presented Millar with the chief's badge, commenting, "I know you will wear this with pride and distinction."

Millar said he was most looking forward to being a working chief, out in the community.

"I plan on the department being visible and approachable. Building relationships starts with interacting," Millar said. "We'll be at the school to help with traffic, we'll interact with kids at school teaching them about internet safety and stranger danger, we'll be at the Rec department interacting with the community, all just to show we're approachable and not scary."

He intends on having Coffee with Cops sessions "to chat and hear about issues in the community," and Touch-a-Truck events to meet with children.

"We're here and part of the community," Millar said, "and are just like you."



ERIN PLUMMER

Gilford's Budget Committee held a public hearing on the town, school, and Gunstock Acres Village Water District budgets on Jan. 16.

BUDGET

(continued from Page A1)
 of surplus fund balance to hold the tax rate.

Voters will have the opportunity to further discuss and amend the budget and other warrant articles during the

town deliberative session on Tuesday, Feb. 4 at 7 p.m. at the Gilford High School Auditorium.

FILING

(continued from Page A1)
 In Barnstead, two positions are open on the board of selectmen, each

with a three-year term. Two three-year positions are open on the Budget Committee. The Planning Board

has two positions open, each for a three-year term.

The office of Town Clerk-Tax collector is open for a three-year term.

A three-year term as town treasurer is open for filing.

One position is open as Trustee of the Trust Fund for a three-year term.

A position is open as Overseer of Welfare for a one-year term.

A three-year term on the Library Trustees is open.

For Barnstead schools, three positions are open on the school board. Two positions will carry a three-year term and one will have a one-year term.

The position of School Moderator is open for a one-year term.

A one-year term is available for School District Clerk.

The position of School District Treasurer is open for a one-year term.

In New Durham, one position is open on the board of selectmen for a three-year term.

Two positions are open on the Budget Committee, each with three-year terms.

Two positions are open on the Planning Board, one with a three-year term and one with a two-year term.

Three positions are open on the Zoning Board, two with three-year terms and one with a two-year term.

One position is open on the Cemetery Trustees for a three-year term.

The Library Trustees have two positions open, each for a three-year term.

The position of Town Clerk is open for filing with a three-year term.

One three-year position is open as Trustee of the Trust Funds.

For the Governor Wentworth School District, New Durham residents can file for the position of School Board Member-At-Large which carries a one-year term.



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THE REAL REPORT

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Alton	N/A	N/A	\$245,000	Anthony J. and Frances P. Orrino	Andrew E. Paulhus and Erin M. Riordan-Paulhus
Alton	N/A	N/A	\$233,333	Joanna L. Stockton	Kathryn C. Kardinal Trust
Alton	N/A	N/A	\$233,333	Joanna Stockton	Kathryn C. Kardinal Trust
Alton	N/A	N/A	\$285,000	Elizabeth G. Locke Estate and Stephen P. Locke	Shannon R. Ryan and Joseph A. Vano
Barnstead	N/A	N/A	\$356,933	Bronson F. Cooke III and Deborah A. Peloquin-Cooke	Robert W. Starkey, Jr.
Gilford	663 Cherry Valley Rd., Unit 304	Condominium	\$239,000	Mark and Francesca Smith	Susan Laite
Gilford	41 Glendale Place, Unit 7	Office Condo	\$97,533	Darryl English Trust	Lake Winni Properties LLC
Gilford	Village West Condo Unit D	Condominium	\$175,000	Parrish Investments LLC	Gc Six Hundred Three LLC
Gilford	N/A	N/A	\$850,000	Stone Brook Hills LLC	Richard M. Farina RET
Gilmanton	Thistle Road	N/A	\$180,800	Holly S. Faber and Heather Mick-Carrito	Stephen H. Hopkins RET
Gilmanton	N/A	N/A	\$1,010,000	Daniel J. O'Neill, Jr. and Jennifer M. Williams	Nine Tepi Lane RT and Irina Fiksler
Gilmanton	N/A	N/A	\$233,333	Joanna L. Stockton	Kathryn C. Kardinal Trust
New Durham	N/A	N/A	\$50,000	Lily & Co. LLC	Bradley Yates

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.

SNHU announces Fall 2024 President's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Fall 2024 President's List. The fall terms run from September to December.

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

grouped in fall, winter/spring, and summer.

- James Sunderland of New Durham
- Marissa Labrie of Alton Bay
- Caysie Quevillon of Alton
- Devin Rogers of Alton
- Audrey Quevillon of Alton
- Jason English of Alton
- Emily Sanschagrin of Center Barnstead
- Autumn Sheets of Center Barnstead
- Connor Frenzel of Center Barnstead
- Madeleine White of Barnstead
- Kelly Barnes of

- Barnstead
- Cody MacLeod of Gilford
- Isiah Campbell of Gilford
- Jessica Payne of Gilford
- Sherry Granville of Gilford
- Jacob Guay of Gilford
- Scott White of Gilford
- Mark Hassler of Gilford
- Noah Smith of Gilmanton

Southern New Hampshire University (SNHU) is a private, nonprofit, accredited institution with a 92-year history of educating traditional-aged

students and working adults. Now serving more than 200,000 learners worldwide, SNHU offers approximately 200 undergraduate, graduate, and certificate programs,

available online and on its 300-acre campus in Manchester, NH. Recognized as one of the "Most Innovative" regional universities by U.S. News & World Report and one of the

fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner.

Alton resident named to President's List at Dean College

FRANKLIN, Mass. — Aislinn MacStravic of Alton has earned a place on the President's List for the Fall 2024 semester. Students named to the President's List have demonstrated a serious commitment to their studies while at Dean College.

Dean College is a private, residential New England college grounded in a culture and tradition that all students deserve the opportunity for academic and personal success. A uniquely supportive community for more than 150 years, Dean has woven together ex-

tensive student support and engagement with exceptional teaching and innovative campus activities. Our graduates are lifetime learners who thrive in their careers, embrace social responsibility and demonstrate leadership. This is The Dean Difference.

LEGALS

TOWN OF NEW DURHAM PLANNING BOARD PUBLIC HEARING NOTICE

Tuesday, February 4, 2025

7:00 PM @ NEW DURHAM COMMUNITY ROOM

Jeremy Kiefer

You are hereby notified that a hybrid Public Hearing will be held in person and over Zoom by the New Durham Planning Board on Tuesday, February 4, 2025, at 7:00 pm in the New Durham Community Room. The hearing is regarding a Conditional Use Permit for a Home Business Occupation within the Residential, Agricultural, Recreational Zoning District submitted by Jeremy Kiefer for property at Map 249, Lot 002, 64 Birch Hill Road, New Durham, NH. The full application is on file at the New Durham Town Offices for review during normal business hours. If you have any questions on Zoom meeting, please contact the Land Use Assistant at ndlanduse@newdurhamnh.gov or the Planning Board.

CLASSIFIED SELLS IT ALL

HELP WANTED

The New Durham Public Library Position Available

The New Durham Public Library is looking to hire a part-time Programming and Inter-Library Loan Librarian. The Librarian would oversee our programming calendar and facilitate book requests from different libraries across the state. This position is 20-25 hours. The pay is \$13-\$15 depending on experience. Interested candidates can contact the library with questions. Resumes can be sent to Caitlin Frost at newdurhamlibrary@gmail.com.



Full-Time Installers Apprentice

Energysavers Inc., a 48 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. Starting pay, \$18-\$20 hour based on experience.

LEARN WHILE YOU EARN!

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

Stop in to fill out an application:

ENERGYSAVERS INC.

163 Daniel Webster Hwy., Meredith NH



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Bosco Bell

on Route 28 Barnstead

Please apply in person.

Shaker Regional School District PUBLIC NOTICE

NOTICE OF TIME LIMIT FOR FILING CANDIDACIES FOR SCHOOL BOARD MEMBERS OF THE SHAKER REGIONAL SCHOOL DISTRICT

The undersigned clerk of the School District hereby gives notice of the time limit for declaration of candidacy from this school district for election of moderator and school board members of the Shaker Regional School District. The filing period will start Wednesday, January 22, 2025.

The election will occur during the annual voting on Tuesday, March 11, 2025 and will be conducted under the non-partisan ballot law.

Positions to be filled at the election are:

Moderator – one member to serve for two years

Belmont School Board Member – one member to serve for three years


Canterbury School Board Member – one member to serve for three years

Written declaration of candidacy must be filed prior to 5:00 pm on Friday, January 31, 2025 in order for the name of the candidate to appear on the ballot. A filing fee of \$1.00 is required. Forms may be obtained from the Superintendent of School's Office; 58 School Street; Belmont, NH 03220, telephone number 603-267-9223.

No person may file a declaration of candidacy for more than one position of the School Board to be elected at such election. Any qualified voter in each of the pre-existing districts named above is eligible to file for the position to be filled from that District. All candidates will be elected at large.

Diane Clary, Clerk
Shaker Regional School District

COURTESY



The following Kingswood Regional Middle School students received the December Super Knights Award for "Compassion." In the first row are Bristol Richards; Louis Morin; Alexia Davis; and Jo Jo Kerin. In the second row are Max Stevens; Isabella Proulx; and Matt Sawyer. Missing from the picture: Addison Steadman and Allen Curtis. The After School Allstars Awards go to for excellence to wrestling; Richards for KRMS Drama. Silas Eldridge and dedication and Devon dedication to Congratulations!

COURTESY

Camp Constitution hosting Fifth Annual Ladies Spring Fling



Camp Constitution Ladies' Fifth Annual "Spring Fling" will be held at the Alton Bay Christian Conference Center, Alton Bay, <https://altonbay.org/>, from Friday, May 2 to Sunday, May 4. Activities include arts and crafts, classes on gardening, Bible studies, optional marksmanship training, and an evening campfire. The cost for the weekend which includes two nights of lodging, five meals and materials will be \$200. per person. Payments can be made via our PayPal account accessed from our website's homepage, <http://www.campconstitution.net>, or by check payable to Camp Constitution and mailed C/O Hal Shurtleff, 146 Powder Mill Rd., Alton, NH 03809. To get an application, bring list, or have any questions, please E-mail or call Hal Shurtleff at campconstitution1@gmail.com or (857) 498-1309.

OUR "NO CAVITY CLUB" WINNERS!



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Congratulations SAWYER!
Congratulations KELTY!
Congratulations THEO!

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"Care Pro Stacey is wonderful! I was so reluctant to have a stranger in my home, I wish I had done this a year ago! I was ordering take out meals every day, Stacey makes me great home cooked meals now. I am showering 3X a week and feel safe with Stacey with me. She keeps my house clean and tidy, and we enjoy her company. Thank you, Home Instead!"
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