





# 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 wa-

## Gilford Public Library Classes & Special Events Jan. 9 – Jan. 16

**Thursday, Jan. 9**  
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. 10**  
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. 11**  
Beginner Line Dancing, 10:30-11:30 a.m.

**Monday, Jan. 13**  
Fun and Fitness With Joyce, 9-10 a.m.  
Baby Storytime, 10-11 a.m.  
Mahjong, noon-3 p.m.

**Tuesday, Jan. 14**  
Senior Sculpt, 9-10 a.m.  
Geri Fit, 10-11 a.m.  
Bridge, 10 a.m.-noon  
Preschool Storytime, 10:30-11:30 a.m.  
Beating the Blues, 11 a.m.-noon  
Moods can shift during those colder, darker winter months. Join Community Health Educator, Brooke Noonan and learn about how to cope with those winter blues but also recognize when signs and symptoms become more persistent and may require more intervention. Intermediate Line Dancing, 4-5 p.m.

**Wednesday, Jan. 15**  
Senior Stretch Yogaaah!, 9-10 a.m.  
Audio Screening, 10 a.m.-2 p.m.  
Not sure if hearing loss is impacting you on a day to day basis? Come get a hearing screening for a little more insight on how your hearing may be having a negative impact. Screenings will be 15 minutes, and you must sign up. Screenings will be conducted by Dr. Laura O'Brien Robertson, AUD.  
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: Crystal and Ice, 3:30-4:30 p.m.  
Join Miss Erika for some cool chills & thrills with science!

**Thursday, Jan. 16**  
Geri Fit, 9-10 a.m.  
Aspiring Artists Storytime, 10:30-11:30 a.m.  
Homeschool Club, noon-1:30 p.m.  
Boost Your Brain and Memory, 1-3 p.m.  
French Club, 4-5 p.m.  
Book Discussion: This is Happiness, 5:30-6:30 p.m.  
This month's book is "This is Happiness" by Niall Williams. Led by Betty; books are available at the front desk.

ter. For more information, contact parksrec@alton.nh.gov or 603-875-0109. Try a class for free. \$20 per month/session or \$5 drop in. Class will not be held January 15 but a bonus class is scheduled for Friday, Jan. 17.

**Pilates classes in Alton Bay — Tuesdays and Thursdays**  
The Alton Parks and Recreation Department is sponsoring Pilates classes at the Alton Bay Community Center on Tuesdays and Thursdays, 9:30-10:30 a.m. with certified instructor Donna Lee. All level adults are welcome for a full body, low impact class that will improve muscle tone, flexibility, balance and strength. Pre-registration is \$10 per class or \$15 drop in. Bring a mat and water. For more information/register contact Donna at breathepilates1@yahoo.com or parksrec@alton.nh.gov. Last class is Jan. 16 for the winter season, then classes resume March 4.

**Guided Meditation with instructor Karen Kharitonov**  
The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring a Guided Meditation experience on Thursdays: Jan. 16, and Jan. 30 from 6:30-7:15 p.m. at the Gilman Library, Agnes Thompson Meeting

Room. The program is free, donations are greatly appreciated to support local charities. For more information, contact Alton Parks and Recreation at parksrec@alton.nh.gov or 603-875-0109.

**Dungeons and Dragons**  
Alton Parks and Recreation is sponsoring a weekly Dungeons and Dragons adventure on Wednesdays at the Alton Bay Community Center from 6-8 p.m. The program is free for ages 18 and up. Flex your creative muscles with fellow adventurers. Perhaps the group will even battle the dreaded Lake Winnepesaukee Monster itself. Sign up at parksrec-asst@alton.nh.gov or 603-875-0109 to secure your game slot. Join in the fun with friends or plan on meeting new people.

**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.

# Village Players holding auditions Sunday and Monday “Escanaba in da Moonlight” will take the stage in April

WOLFEBORO — As a new year begins, the Village Players Theater in Wolfeboro is preparing for a new season of shows, starting with the Jeff Daniels comedy “Escanaba in da Moonlight,” and auditions are taking place this coming weekend as directors Jonathan Flower and Paul Stewart look to assemble the cast for the spring show.

When the Soady clan reunites for the opening day of deer season at the family’s Upper Peninsula camp in Michigan, 35-year-old Reuben Soady brings with him the infamous reputation of being the oldest Soady in the history of the Soadys never to bag a buck. In a hunting story to beat all hunting stories, “Escanaba in da Moonlight” spins a hilarious tale of humor, horror and heart as Reuben goes to any and all lengths to remove himself from the wrong end of the family record book.

The show has roles for five males and a cameo role for one fe-

male. Albert Soady is in his early 60s and is the grumpy patriarch of the Soady family. Reuben Soady is in his mid-30s, a vulnerable guy. Remnar Soady is also in his mid-30s, not too bright, a fun-loving, barfly kind of guy. Jimmer Negamane is an ageless character, kind, caring and crazy due to previous alien abduction. Ranger Tom is in his early 40s and represents law enforcement, but is overwhelmed by circumstance. Wolf Moon Dance Soady is in her 30s, Native American, loving and mysterious.

Auditions are Sunday, Jan. 12, at 2 p.m. and Monday, Jan. 13, at 6:30 p.m. at the Village Players Theater, located at 51 Glendon St. in downtown Wolfeboro. Performances of the show will take place the first two weekends of April and rehearsals will be Sunday afternoons and Wednesday evenings, with additional days possible if needed as production gets closer.

# Alice Kappes named to President's List at Bob Jones University

GREENVILLE, S.C. — Alice Kappes, a Senior Elementary Education major from Alton Bay, was among more than 580 Bob Jones University students named to the Fall 2024 President's List.

The President's List recognizes students who earn a 3.75 or higher grade point average for the semester.

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*Gilford Public Library Top Ten requests*

1. “Raised by Wolves” by James Patterson
2. “The House of Cross” by James Patterson
3. “The Frozen River” by Ariel Lawhon
4. “Lies He Told Me” by James Patterson
5. “The Grey Wolf” by Louise Penny
6. “Murder Island” by James Patterson
7. “The Lions of Winter” by Ty Gagne
8. “The Berry Pickers” by Amanda Peters
9. “God of the Woods” by Liz Moore
10. “James” by Percival Everett

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

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

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

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

**Grantees include:**

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

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

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

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

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

- Over 19,500 Children
- 2,691 Veterans
- 20 percent of patients were older adults
- 28,726 (one in six) New Hampshire Medicaid enrollees; 31 percent of an FQHC’s payer mix is Medicaid
- 4,982 patients experiencing homelessness
- 13,168 (one in five) NH uninsured patients
- 611 migrant/seasonal agricultural workers and dependents

In 2023, New Hampshire Community Mental Health Centers (CMHCs) served over 57,000 individuals with supportive services in their respective communities across the Granite State. The CMHCs provide a variety of evidence-based practices including but not limited to Assertive Community Treatment and Supportive Employment. The CMHCs provide a wide variety of community-based services including Emergency Services/ Rapid Response/ Mobile Crisis Response Team; telehealth appointments; in-person care; housing services; and School Aged Children Support Services. The CMHC system is heavily dependent on Medicare revenue, with 68% of revenues in fiscal year 2023 coming from services provided to Medicaid enrollees.

## Powerhouse announces auditions for big spring musical

LACONIA — Powerhouse Theatre Collaborative, the resident theatre company of the Colonial Theatre, is announcing auditions for its spring musical - Disney’s “The Hunchback of Notre Dame.” This epic musical filled with soaring music and creative staging is one of Powerhouse’s most challenging undertakings yet, and auditions are open to adults 18+ who are experienced and confident choral singers and actors.

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

The production will be directed by Bryan Halperin, with vocal direction by Jillian Spring and Laura Iwaskiewicz and choreography by Meg King, who will also be assistant directing. The production team is filled with Powerhouse veterans excited to bring this story to life.

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

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

For all the details on Powerhouse Theatre Collaborative, auditions, and other events in the 2025 season check out [powerhousenh.org](https://www.powerhousenh.org) or email [info@powerhousenh.org](mailto:info@powerhousenh.org). There are still opportunities available for businesses to sponsor events in the 2025 season.

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We Will NOT be Undersold

## LRAA announces guest speaker for January

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

This event is open to everyone, and we warmly invite you to engage with all our Guest & Member speakers. Bring your curiosity and questions for an enriching experience in a welcoming, art-filled atmosphere. Don’t miss this chance to learn, connect, and be inspired!

Bruce Grubb is a landscape artist whose paintings show his love for color, saturation and light. He was born in Pennsylvania and moved up to North Conway in the late ‘70’s. He is a self-taught artist and willing to try different styles, mediums and effects. His current medium is acrylic although he has also worked in watercolors and oils. He started painting late in life, not actually putting brush to canvas until his early sixties. He was mentored by Margaret Gerding from Kennebunkport, Maine, doing several of her workshop clinics. It was at these clinics that he fell in love with painting salt marshes and ocean landscapes.

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

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## Leave the phone 'til last in the morning

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

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

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

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

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

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

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

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

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

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

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

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

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

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



## Card carrying Lions

The Laconia/Gilford Lions Club distributed grocery gift cards to underserved area residents this holiday season. The project was in place of the Club's usual annual Christmas Baskets effort. "The baskets are a time and energy intensive effort, and due to unanticipated circumstances, we were not able to organize it this year," explained Club Secretary Lori Chandler. "This was a good alternative." Cards obtained at Vista Supermarket were given out to area faith groups which then passed them on to recipients. Faith groups involved included the Lakes Region Vineyard Church in Lakeport, the Congregational Church of Laconia and the Unitarian/Universalist congregation of Laconia. Twenty three cards, each worth \$100 in groceries, were distributed. Pictured: Bill Chandler, Pastor Richard AuCoin of the Lakes Region Vineyard Church and Matt Soza.

## LETTERS FROM EDWIN

### *It happens*

Have you ever had one of these days? It started out pretty well. I remembered to put my oatmeal on the wood stove last night before I went to bed last night so it was already done this morning. Everything worked out so well that I exited the house about five minutes earlier than usual.

I hopped in the truck and headed to the mountain as I had a lesson today. About three quarters of the way there, I felt the power steering stop working. I glanced over to check for the container sitting on the passenger compartments floor. It was still there, but the normal squishy pump noise wasn't.

Before turning off the highway, the alternator light came on. It looked like a

belt had gone. If the temp goes up it will validate my prognosis. After taking the corner the temp gauge shot up to "H" and I quickly found a place to park and turned off the motor.

There was really no reason to actually look at the problem, but I wanted to see if I could possibly fix it. No way. There wasn't even space enough to reach my hand in. The repair person would need to get it from underneath. Not me.

The ramp truck took an hour and a half to get there. It was getting pretty cold in the cab by that time. It was a quick pick up, and soon, we were off to my mechanic. It was nice to be in a heated passenger compartment.

In the meantime, I had found out that my

lesson wasn't till two o'clock. I had plenty of time to pick up another car and get back to the mountain. The driver dropped me off at my house and I threw my lunch bag and computer into my car. Taking the key out and putting it in the ignition, I turned it and there was nothing. No dash lights or anything. So I tried it again. Nope, the car is dead. No juice.

I got another car and pulled it up to jump my car. Where were the cables? None in the new car. There should have been a set in mine, but they would be in the spare compartment, under all my sound equipment. I didn't want to clean it all out. Grabbing a battery charger I set it to slow charge, put my stuff in the other car and headed

to the mountain.

When my lesson showed up, there were two girls and their mother. I looked down at the little girl's shoes and saw that she had alpine boots on. Her sister was supposed to be taking the lesson. Great! While walking out with her, I looked down to see that her boots were skate boots. I'm an introductory to classic ski instructor. I had skate lessons years ago, but I could never claim to be adept at it. Plus, it's too much exercise, way too much of a cardio workout. I hate to say it, but realistically, I'm 72, I can't keep up with a high school girl.

We got out on the snow, and I admitted my deficiencies and we agreed to just ski. She was happy to be

SEE EDWIN, PAGE A5

## NOTES FROM WINDY HOLLOW

### *The broken budget*

BY VIVIAN LEE DION

Contributing Writer

My little green budget book was used for many decades before computers and Excel spread sheets became the delight of households. When I came across my old budget book I noticed various envelopes were marked with different categories such as insurance, mortgage, groceries, and extras. To my amazement I found six two dollar bills in the envelope marked extra expenses. Guess we saved a little too much for that category. Imagine that little green book with various envelopes was over fifty years old. With credit cards, automatic bill pay from the computer and the volume of dollars spent monthly managing a household I

don't think families could use a little green budget book any more

When I was ten years old my parents bought a waterfront lot in Meredith. It is a crystal clear lake known as Lake Pemigewasset. It borders both the towns of Meredith and New Hampton. My computer research explains, "The western portion of the lake contains a large uninhabited island. The island is edged with edible blueberries and boasts some rather large, old trees inland. It is named Kelley Island on state Fish and Game Department maps but is often referred to as Blueberry Island." The most ironic thing is that my parents named their little cottage, The Broken Budget. I never asked

what a budget was. I only knew my parents were frugal. They watched every penny and this must have been a big expense for them.

My parents have passed on. How I wish I had asked more questions such as, "How did you know to build a cottage? Did you have any help? Where did you buy your lumber? All I can remember is that I wanted to help. Dad said, "Okay." After the floor to the cottage was complete he brought over a large Maxwell House coffee can full of nails. He explained that he was running low on nails and wanted to save money. So my job was to dump all the nails out, straighten them plus sort the lot into piles of different sizes. He said it was an important job because if all the crooked nails were straightened he could use them to build the cottage. It took several days. Now the task was done. Finally on a hot summer's day I swam in the cool refreshing lake. How I loved swimming at the lake.

Last September, I wanted to see the little cottage that was built in 1956. I heard that many of the old camps were

being torn down. They were replaced by large homes and some were even full time residences. After parking on the road that surrounded the lake I walked down a gentle slope to the camp. To my delight the same little cottage was there. It was painted a welcoming gray with white trimmed windows and door. The porch had been extended nearly the length of the front side and several windows boxes were filled with bright pink petunias. I knocked on the door but no one was home. I must say my heart filled with pride seeing the attractive upkeep of the cottage. I took several pictures and walked to the waterfront when I noticed two turquoise old fashioned metal chairs facing the water. Deep in my heart I knew the owners cherished their property. I was very happy the way things turned out and my parents would have been very proud of the cottage known as "The Broken Budget".

"It's the heart of the place that captures the memories for a lifetime."

Vivian Lee Dion of New Durham is a writer and speaker

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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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# Going out of Town

## A Merry Boston Christmas

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

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

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

### EDWIN

(continued from Page A4)  
on snow as there isn't any anywhere around here. We proceeded to go around the loop, she lapped me a number of times. When I had enough, I bid her good by and told her that she could just ski for the rest of the day. She happily headed off onto the snow, I returned to the shack.

My car got used last weekend for the gig. I keep track of my mileage and after a gig, I need to write it down. The interior lights in this car are useless. The ones that come on when opening the door are way in back of the skylight and



ERIN PLUMMER

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



ERIN PLUMMER

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

around the car, but it was empty by comparison. I got out at Charles/MGH Station on the Longfellow Bridge and walked to the street to walk down Charles Street in Beacon Hill.

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

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

I walked to the other don't light the front seat. In order see my book, I put on the overhead map light which doesn't shut off when the key is off. I suspected that this was the cause of the dead battery.

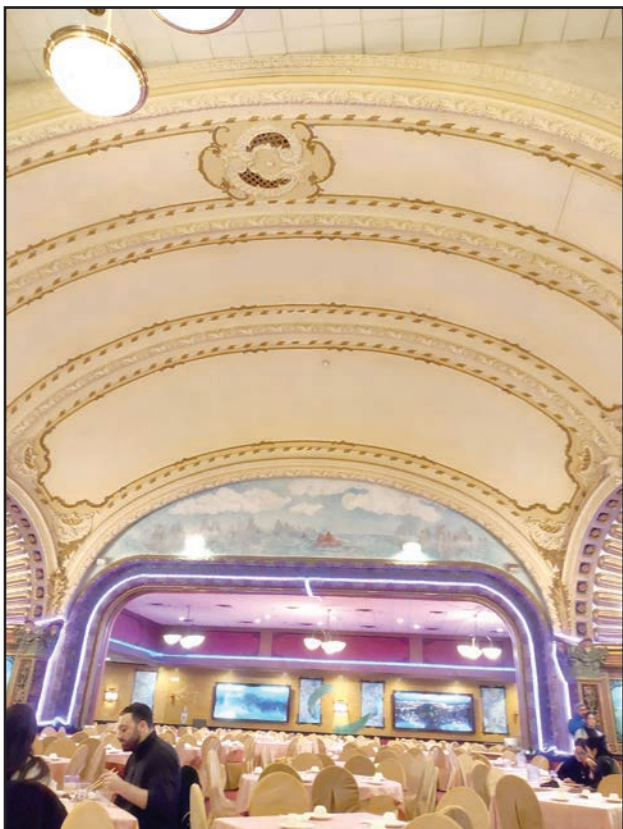
When I got back from the mountain, I looked into the car to see that the map light

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

My next stop was an area that had only recently dawned on me would have a lot of businesses open, especially those involving a tasty dinner: Chinatown. As I expected, practically every business in Chinatown save for a few were open. Even the bakeries were open, so I had to stop in and get a collection of sweet breads. One thing I should have expected was that I wasn't the only person to have the idea of going to Chinatown for a

was indeed still on. Another successful diagnosis. I really need to remember to turn it off. This wasn't the first time. The battery easily runs the light for a day, but a week is another story.

E.Twaste  
Correspondence welcome at edwintwaste@gmail.com



ERIN PLUMMER

A late Christmas dinner at Empire Garden in Chinatown.



ERIN PLUMMER

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

holiday dinner. I walked into the neighborhood to see it packed with people; I had never seen it so busy before. I guess I figured out where everyone else in Boston went that night. A packed Chinatown obviously meant picked restaurants with long waiting lines. While this was annoying for my now empty stomach, I can only imagine how great this is for all the small, family run restaurants here.

I passed by the famous Empire Garden and saw it wasn't too busy, so I walked in and was happy to be seated in the wide dining room. The restaurant is in a former theater and the dining room is in the main theater with plenty of gold details on the ceiling and elaborate wallpaper. I've been to Empire Garden a few times, though usually the

dining room was hosing different private events, and I was seated in a smaller dining room upstairs. This time, that full dining room was open, and few people were seated around the room.

I was surprised at how few people were here, but I was happy this place was available and a lot quieter. I got some lovely scallion pancakes along with some cashew shrimp with white rice and gleefully chowed down. I walked out with leftovers that gave me dinner for a few nights. I navigated out of the crowds and found the Chinatown Station for my final stop of the night. I went down the Orange Line and exited at Back Bay, walking down the causeway right into the Mall at Copley Place. The Christmas decorations at Copley place are gor-

geous with some huge, brightly lit wreaths and some lit reindeer sculptures. Because Copley Place is a mall with a lot of higher end shops, you can walk past Tiffany & Co. and see those "decorations bought at Tiffany."

I went through the upper lobby of the Marriott and crossed the skybridge into the Prudential Center. The tower was lit red and green for Christmas and all the huge ornaments were still in the rafters. I look forward to seeing those glittery golden balls and multipoint stars on the ceilings that are probably the size of a small shed. Quite a few people were walking around the hallways, probably taking a post-Christmas stroll.

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

I walked a little further down Boylston Street, but by now it was getting a little colder and it was close to 9 p.m. I decided to call it a night and walked down to Arlington Station to take the trains back to Alewife. I savored how quiet the cars were and by the time I got to Alewife I was in fact the last person on the train.

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

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

## Request for Bids Data Network Cabling

### Governor Wentworth Regional School District Wolfeboro, NH

The Governor Wentworth Regional School Board will receive sealed bids for Data Network Cabling at the Superintendent's Office in Wolfeboro, NH. We will need approximately 110 cable drops. A mandatory walk-through will be held on Monday, January 13, 2025 at 9:00 am. Bid packet details and requirements are available at gwrsd.org. Bid deadline is Friday, February 14, 2025 at 2pm. Electronic or faxed bids will not be accepted. For more information, please contact Mr. Paul Michalski, Information Technologies, at (603)569-2055 or pmichalski@sau49.org.

**RFB DEADLINE: 2:00 pm, Friday, February 14, 2025**

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# 3 short-term fitness goals that can lead to long-term success

As New Year's Day 2024 approached, millions of individuals were preparing to make changes they hoped would improve their fitness. In a Forbes Health/One Poll survey of 1,000 adults in the months leading up to the start of 2024, nearly half (48 percent) of respondents indicated improving their physical fitness would be a top priority over the course of the new year.

Fitness-based resolutions are popular every year, but people who aspire to make such changes recognize how difficult it can be to achieve them. In fact, the Forbes Health/One Poll survey found that roughly 44 percent of respondents indicated their resolutions flamed out at the two- or three-month marker. Though there's no one-size-fits-all strategy for sticking with and ultimately achieving a resolution, identifying short-term goals that can help people stay motivated can lead to long-term progress. Individuals



bodies for more strenuous activity, which is a transition many people aspire to make when setting long-term fitness goals. A daily one-mile walk won't require a significant commitment of time, but it can help acclimate the body to routine exercise. As the effects of a daily walk begin to take hold, individuals may find it easier to engage in more strenuous physical activities, making this an ideal stepping stone on the way to achieving long-term fitness goals.

Short-term goals can help people remain motivated as they pursue more substantial goals that take longer to achieve. Such an approach can be especially useful for individuals resolving to improve their physical fitness at the start of a new year.

who want to improve their physical fitness can consider these three short-term goals and use them as measuring sticks as they pursue more long-term objectives.

1. Aspire for incremental weight loss. Weight loss goals were the fourth most popular New Year's resolution

for 2024 among participants in the Forbes Health/One Poll survey. Though that survey separated fitness goals from weight loss goals, the two are certainly linked. Individuals who aspire to lose 10 pounds undoubtedly recognize that such a goal cannot be achieved overnight, so why not aspire to lose small amounts of weight at predetermined intervals? For example, if the end goal is losing 10 lbs., aim to lose two pounds by the end of January. Incremental progress can motivate individuals to stay the course and ultimately propel them toward achieving a more substantial, long-term goal.

2. Exercise for a predetermined number of days each week. Another way to gradually build toward achieving long-term fitness goals is to establish monthly minimum exercise sessions. Individuals accustomed to a sedentary lifestyle can resolve to exercise three days per week in the first month of their resolution, and then increase that by a day in the second month. A consistent schedule when designing this goal is imperative, which is why it can make more sense to plan for three days per week as opposed to 12 days per month.

3. Resolve to walk a mile per day. Walking is an accessible cardiovas-

cular activity that can have a profound effect on overall health. Walking also can help condition sedentary individuals'

## Tips to reduce nutrient loss while cooking

It's not unheard of for people to turn over a healthy leaf at the start of a new year. After a holiday season filled with social engagements and diet-busting meals, it's no surprise many celebrants view January as a time to right the dietary ship.

Home cooking provides an opportunity for people to gain greater control over what they eat, and it's well known that certain methods of cooking are healthier than others. But Healthline notes that nutrient content is often altered during cooking. For example, a 2017 study published in the journal Food Science and Biotechnology noted that vitamin C is a water-soluble and temperature-sensitive vitamin, which means it is easily degraded during cooking. As a result, researchers behind the study noted that elevated temperatures and long cooking times have been found to cause substantial losses of vitamin C.

Such knowledge is undoubtedly useful, but individuals may wonder what they can do to ensure the meals they prepare remain as nutritious as possible, even after they've been cooked. When preparing meals, individuals looking to maximize the nutritional value of each meal can consider these tips.

- Consume the liquid left after cooking vegetables. It's commonplace to drain pots and pans of water after using them to cook vegetables. However, when doing so, individuals might literally be pouring nutrients down the drain. In a 2016 interview with CNN, registered dietitian and author Elaine Magee noted that boiling vegetables

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SPORTS

Bulldogs sweep their way through Brady Sullivan Christmas Tournament



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

BY JOSHUA SPAULDING  
Sports Editor

LACONIA — The Belmont-Gilford hockey team captured the Brady Sullivan Christmas Tournament at Merrill Fay Arena in the days following Christmas, cruising to wins over Kearsarge-Plymouth (5-0) and Laconia-Winnisquam-Inter-Lakes (6-0) before defeating Monadnock-Fall Mountain-Conant in the championship game on Saturday, Dec. 28.

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

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

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

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

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

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

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

With 2:45 to go in the



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

first half, the Bulldogs opened the lead up to 7-0, with Andrew Gately

lighting the lamp. Ethan Girard had a bid denied and McGreevy made a

save before the game went to halftime with the Bulldogs up 7-0.

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

Murphy and Hazelton got in close on another bid and Tyler Mull was



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

stopped on a chance as well. The Bulldogs got a power play with 10:17 to go but took their own penalty a little more than a minute later to nullify the remainder of the power play. McGreevy made a couple of saves in the Bulldog net and Mull had a chance denied. Belmont-Gilford took another penalty but did a good job killing it off, with Rowley getting a nice clear and McGreevy stopping the Mountain-

eer chances and the game wrapped up with the Bulldogs taking the tournament title by an 8-0 score.

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

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

Sachems rally past Golden Eagles in tourney finals

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — In a rematch of last year's holiday tournament championship game, the Gilford girls' basketball team took a halftime lead only to see the defending champions from Laconia come back with a strong second half to eventually take the 53-47 win.

Laconia scored first before Gilford got a free throw from Gracey LeBlanc and a hoop from Grace Kelly off an Olivia Keenan steal for the 3-2 lead. A rebound and basket from Skye Maltais upped the lead to 5-2 before the Sachems hit two hoops in a row to take the lead back.

After Kelly hit a hoop, the Sachems answered with their own basket, but Kelly drained a three before the end of the quarter and Gilford had the 10-8 lead after one quarter of play.

Laconia got a free throw to start the second quarter before Kelly connected for a hoop. A Sachem three tied the game at 12, but Maltais answered with a bucket to give the Golden Eagles the lead back.

The Sachems then drained consecutive baskets to go up by two points only to see Maltais, Lianna Keenan and Kelly all hit buckets for the Golden Eagles to propel them into the lead. Laconia got a free throw and a hoop to close out the first half, but Gilford had the 20-19 lead at the break.

The visitors opened the second half with a hoop and a three-pointer to take a four-point lead before Lianna Keenan drained a pair of free throws. After another Laconia hoop, Maltais connected on one from the line to make it 26-23. The Sachems then hit a hoop and converted a three-point play to take the 31-23 lead.

Olivia Keenan came back with a pair of buckets, the second coming off a Maltais steal and after the Sachems got another hoop, Gracey LeBlanc connected for the Golden Eagles. Laconia converted a three-point play but baskets from Emma Horton and LeBlanc cut



Grace Kelly races the ball down the court during her team's championship game with Laconia on Dec. 29.

the lead to three at 36-33. Laconia drilled a three to close out the third quarter and took the 39-33 advantage to the final eight minutes of the game.

Olivia Keenan opened the fourth quarter with two hoops and a free throw, cutting the lead to 39-38 just minutes into the frame. However, Laconia answered with a three-pointer and two more hoops to stretch the lead back to eight.

A trio of LeBlanc free throws and a hoop from Grace Scott allowed the Golden Eagle to close the gap to 46-43 with just less than three minutes to play, but again the Sachems had an answer, connecting on a basket.

Olivia Keenan hit two more free throws to again get the deficit to just three and after a Laconia free throw, Kelly cut the deficit to 49-47 with a hoop with 1:05 to play. As they had most of the game, the Sachems had an answer, drilling another three-pointer and adding a free throw as they closed out the 53-47 win to claim the tournament championship.

Kelly finished with 13 points and Olivia Keenan finished with 11, earning them both All-Tournament honors.

The Golden Eagles are slated to return to action on Tuesday, Jan. 14, at Hopkinton at 7 p.m.

**GHS 10-10-13-14-47**  
**LHS 8-11-20-14-53**  
**Gilford 47**  
Horton 1-0-2, LeBlanc 2-4-8, Maltais 3-1-7, Kelly 6-0-13, O. Keenan 4-3-11, L. Keenan 1-2-4, Scott 1-0-2, Totals 18-10-47  
**Laconia 53**  
Linkkila 1-0-2, Wiley



Lianna Keenan fires off a shot in front of the Laconia bench during holiday tournament action on Dec. 29.

SPORTS CONTINUED,  
PAGE A8

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# Golden Eagle boys hold off Plymouth rally in tourney battle

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — After Gilford got off to a hot start in the opening game of the Lakes Region Holiday Hoop Tournament on Friday, Dec. 28, Plymouth came charging back to make a game of it before the host Golden Eagles eventually pulled away and took the 58-44 win to advance to the tournament semi-finals.

Emmett Hughes, Cooper Perkkins and Mark Uicker connected on the first three baskets of the game for the Golden Eagles before Kyle Dodge got the first basket of the game for the Bobcats. Henry Sleeper drilled a three for the hosts and Brendan Baldi converted a three-point play before Owen Hawkins sunk a three-pointer to give the Golden Eagles the 15-2 lead after one quarter.

Dodge and Turner Oldenburg hit back-to-back three-pointers to start the second quarter for the Bobcats before Perkins and Uicker did the same for the Golden Eagles. Baldi connected on a basket and Oldenburg drained another three-pointer at the other end of the court to cut the lead to 23-11.

Uicker put back a rebound and then Andrew Kelly hit back-to-back baskets as the Golden Eagles opened



JOSHUA SPAULDING

**Henry Sleeper elevates in the lane during holiday tournament action against Plymouth on Dec. 27.**

up the 29-11 lead. Grady Marunowski and Oldenburg hit consecutive baskets for the Bobcats before a Sleeper free throw closed out the first half, giving Gilford the 30-15 lead at the break.

Lukas Legacy started the second half for Plymouth with a hoop and two free throws before Sleeper finished off a nice feed from Baldi to get Gilford on the board. Hughes put back a rebound before Jake Sanborn drilled a three for the Bobcats to make it 34-22.

Sleeper put back another rebound for Gilford and Legacy and Dodge drained consecu-

tive baskets at the other end of the court. Sleeper hit another hoop and Legacy put back a rebound to cut the lead to 10.

The Golden Eagles were able to close out the quarter with hoops from Sleeper and Kelly and a free throw from Carter Gelo to take the 43-28 lead to the final frame.

Marunowski and Isaac Benton hit free throws to start the fourth for Plymouth and after a Uicker basket for Gilford, Oldenburg and Legacy drained consecutive baskets to cut the lead to 11. After Uicker hit another hoop, Legacy



JOSHUA SPAULDING

**Mark Uicker drives toward the basket during action in the Lakes Region Holiday Hoop Tournament on Dec. 27.**

connected again for the Bobcats.

Baldi hit a free throw and then a basket from Aiden Caya and a three-pointer from Oldenburg cut the lead to 48-41 with just more than three minutes to go in the game. Sleeper got Gilford back on the board and Hawkins drained a three-pointer to stretch the lead.

Dodge fired off a three-pointer to get the lead to nine again, but Gilford got a hoop and free throw from Hawkins and a bucket from Perkins to close out the scoring and sealing Gilford's 58-44 win.

Sleeper led the way for the Golden Eagles with 14 points while Uicker finished with 11 points and Oldenburg led the Bobcats with 13 points, Legacy added 12 and Dodge finished with 10.

Gilford came back the next day for the semifinals and defeated Kingswood by a 59-48 score, led by 14 points from Sleeper, 12 from Baldi

and 10 from Perkins, propelling the Golden Eagles into the tournament finals.

Plymouth returned the following day picked up a 62-56 win over Winnisquam in the consolation round.

Gilford is scheduled to be in action on Tuesday, Jan. 14, at home against Hopkinton at 6 p.m.

Plymouth is slated to host Kennett on Friday, Jan. 10, at 6:30 p.m. and will be at Kingswood on Tuesday, Jan. 14, at 6 p.m.

**GHS 15-15-13-15-58  
PRHS 2-13-13-16-44**

## Gilford 58

Uicker 5-0-11, Baldi 3-2-8, Perkins 2-0-5, Sleeper 6-1-14, Kelly 3-0-6, Hawkins 3-1-9, Gelo 0-1-1, Hughes 2-0-4, Totals 24-5-58

## Plymouth 44

Sanborn 1-0-3, Marunowski 1-1-3, Caya 1-0-2, Legacy 5-2-12, Dodge 4-0-10, Oldenburg 5-0-13, Totals 17-3-44

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

## Golden Eagles knock off Bobcats, Knights to advance to tourney finals

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — Kicking off the Lakes Region Holiday Hoop Tournament on Friday, Dec. 27, the Gilford and Plymouth hoop girls played a close battle through the first eight minutes before the host Golden Eagles pulled away and eventually took the 41-19 win to advance to the tournament semi-finals.

Lianna Keenan got the scoring started for Gilford with a hoop before Lily Palombo answered for the Bobcats. Skye Maltais connected for the Golden Eagles before Ella Duchette and Palombo hit consecutive baskets for Plymouth to give them the 6-4 lead.

Olivia Keenan came back for Gilford with two hoops in a row and Gracey LeBlanc added a bucket for the 10-6 lead. After Palombo drained a bucket, Grace Kelly answered for the Golden Eagles and Gilford had the 12-8 lead at the end of the first quarter.

It was all Olivia Keenan to start the second quarter, as the Gilford senior hit four hoops in a row, one off her own steal and another off of a Kelly steal, stretching the lead to 20-8. Palombo finally got the Bobcats on the board by putting back a rebound before Maltais got the final basket of the first half for Gilford and the hosts took the 22-10 lead to the halftime break.

Palombo got the second half started with a basket for the Bobcats before Lianna Keenan drained a three-pointer. Maltais connected on another hoop and Carys Mitchell answered with a bucket for Plymouth. Maltais followed with a hoop and Emma Horton

added a three-pointer for the Golden Eagles to close out the quarter with the 32-14 lead.

Palombo fired a three-pointer to start the fourth quarter only to see Olivia Keenan connect on three baskets in a row to stretch the lead to 38-17. Duchette got a hoop for the Bobcats before Lianna Keenan got a free throw and Kelly finished off the game by finishing an Olivia Keenan steal for the 41-19 final score.

Olivia Keenan finished with 18 points to lead the Golden Eagles while Palombo finished with 13 to lead the Bobcats. Both earned All-Tournament honors for their play.

Gilford came back the next day to take on Kingswood in the semifinals and got a 45-26 win over the Knights. Kelly and Lianna Keenan each finished with 12 points to lead the Golden Eagles on to the semifinals.

Plymouth came back the next day to knock off Winnisquam in the consolation round by a 69-41 score.

Plymouth is scheduled to be in action on Friday, Jan. 10, at Kennett at 6 p.m. and will be hosting Kingswood on Tuesday, Jan. 14, also at 6 p.m.

Gilford is slated to be at Hopkinton on Tuesday, Jan. 14, at 7 p.m.

**GHS 12-10-10-9-41  
PRHS 8-2-4-5-19**

## Gilford 41

Horton 1-0-3, LeBlanc 2-0-4, Maltais 3-0-6, Kelly 2-0-4, O. Keenan 9-0-18, L. Keenan 2-1-6, Totals 19-1-41

## Plymouth 19

Duchette 2-0-4, Palombo 6-0-13, Mitchell 1-0-2, Totals 9-0-19

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



JOSHUA SPAULDING

**Plymouth's Carly Contini tries to squeeze between the defense of Gilford's Gracey LeBlanc and Skye Maltais in holiday tournament action Dec. 27.**



JOSHUA SPAULDING

**Olivia Keenan rises toward the basket during action in the Lakes Region Holiday Hoop Tournament on Dec. 27.**

## Timber Wolf grapplers battle Bears



JOSHUA SPAULDING

**Skylar Perry battles for position during action against Winnisquam prior to the holiday break.**



JOSHUA SPAULDING

**Robert Prescott works for a win during action in Tilton prior to the holiday break.**

BY JOSHUA SPAULDING  
Sports Editor

TILTON — Just as the holiday break was kicking off, the Prospect Mountain wrestlers were battling in a quad meet at Winnisquam, with Exeter and Kingswood joining the host Bears for the morning's action.

In the match between Prospect and Winnisquam, Kyle Vogt got things started with a forfeit win for the Bears at 215 pounds. At heavy-weight, Prospect Mountain's Robert Prescott got a pin of Winnisquam's Louis Soyk to tie the match at six. Prospect got forfeit wins at 106 pounds from Lucas Durphey and at 113 pounds from Kane St. Hilaire.

At 126 pounds, Ryan Cormier of Winnisquam got a forfeit win before teammate Aemon Gauthier got a pin of Prospect Mountain's Natalie Cowser for the 30-6 lead. Winnisquam then got forfeit wins from Dylan Griffin at 138 pounds and Jack Propri at 144 pounds to increase the lead.

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

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

Prospect Mountain is scheduled to be in action at Winnisquam again on Saturday, Jan. 11, and will be at Keararge on Wednesday, Jan. 15, at 6 p.m.

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



# Knightwolves pick up shutout win over Berlin-Gorham-Kennett



JOSHUA SPAULDING

Irelyn Bell of Berlin-Gorham-Kennett tries to skate the puck away from the pestering defense of Kingswood-Prospect Mountain's Avery Gilpatrick in action before the holiday break.

BY JOSHUA SPAULDING  
Sports Editor

WOLFEBORO — Before heading off to the holiday break, the Kingswood-Prospect Mountain girls' hockey team welcomed Berlin-Gorham-Kennett to Wolfeboro's Pop Whalen Arena for a Saturday night tilt on Dec. 21.

The Knightwolves scored four goals in the third period to turn a 3-0 battle into a 7-0 romp over their rivals from the north.

"That was good," said Knightwolves coach Aaron House. "To beat a team from a community that rich in hockey, they go pretty hard and they don't go away."

"We stuck to the game plan and fortunately it worked out," he continued. "They could've beat us 8-7, but Aliyah (Arsenault) played great in goal."

Lexxy Zipf had an early chance for the Mountaineers and Marina Santy also had a shot denied by Arsenault. Kingswood came back with a look from Hadley Aucoin and Emma Ouellette and Jenny Baldwin had shots denied by BGK goalie Riley Hout. Jenna Sykes also sent a shot wide for the Knightwolves and Cassidy Libby got in close with a chance as well.

The Mountaineers came back with a bid from Brooklyn Gagne that went wide of the net and Adelle Harrington blocked another Gagne shot. Willow Brouillette had a shot denied by Arsenault and Irelyn Bell got in close with a bid as well. Gagne sent another shot wide of the net before Ouellette went the other way for a chance that was stopped by strong defense from Sophia Bouchard.

Huot saved another Kingswood-Prospect chance and Sykes made a nice defensive stop as well. Gagne had another bid go wide of the net and Avery Gilpatrick made a nice defensive stop on another Gagne bid. Alaina Belanger got in close for the Mountaineers and Santy sent a rebound high over the top of the net.

The hosts went on the

power play with 3:40 to go but then took a penalty just nine seconds later to even things out at four-on-four. And just nine seconds after that, Gilpatrick got the game's first goal, giving the hosts the 1-0 lead with 3:22 to go in the first period. Berlin-Gorham-Kennett came back with chances from Laney Downs, Zipf, Belanger, Gagne and Emma Dziedzic, but Arsenault was there to shut the door on every bid.

With 1:31 to go in the first period, Libby doubled the lead for the Knightwolves, getting in close and finding the back of the net on an assist from Baldwin. Ouellette and Santy exchanged late chances and the game went to the first intermission with the hosts up 2-0.

Gagne fired a shot off the post early in the second period and Harrington and Aucoin came back with chances that were stopped by Huot. Arsenault stopped a bid from Santy and Huot held tight on a wrap-around chance from Libby.

The Knightwolves went up 3-0 with 11:50 to go in the second, as Baldwin finished off a wrap-around on a feed from Ouellette. Gilpatrick and Harrington kept the pressure alive with shots just missing the net and Gagne came back with multiple attempts that Arsenault handled. Baldwin, Sykes and Ouellette combined for more chances, with Huot making the saves and Gagne and Emma Guilbeault had bids at the other end that met up with Arsenault's glove.

The visitors went on the power play with 8:13 to go in the second and Baldwin did a nice job killing the penalty before the Knightwolves took another penalty to give the Mountaineers 13 seconds of five-on-three action. Gagne had a bid denied by Arsenault before the first penalty came off the board and then Libby and Baldwin did a nice job killing off more of the penalty. With 4:54 to go, a Mountaineer penalty made it four-on-four for 29 seconds and Ouellette and Paityn Glidden had

bids denied before Kingswood-Prospect got a power play chance.

However, another Knightwolves penalty made it four-on-four again and Gagne had a good defensive stop on Baldwin. With the Mountaineers on the power play after their penalty expired, Aucoin had a shorthanded bid before the teams evened up. However, the hosts got a power play chance with 1:13 to go in the period. Downs had a good clear for the visitors and Sykes and Kida Smith teamed up for a chance for the Knightwolves before the period finished off.

After the Mountaineers killed off the penalty to start the third, Kingswood scored less than a minute in, as Aucoin scored on an assist from Harrington for the 4-0 lead. Santy had a bid denied by Arsenault and Libby's chance was stopped by Huot at the other end. Gagne and Downs had chances denied by the Knightwolves keeper as well.

With 10:41 to go, Aucoin picked up her second goal of the period on an assist from Lena Jackunas and the Knightwolves had the lead up to 5-0. Ouellette had a bid denied before the Mountaineers went on the power play with 9:06 to go. The Knightwolves had some solid opportunities shorthanded before the penalty was killed off and then they got a power play of their own.

With 6:41 to go in the game, Ouellette scored the power play goal on assists from Sykes and Libby to up the lead to 6-0 and then Sykes added her own goal less than a minute later to close out the 7-0.

"That's a game that could've gone either way," House noted. "We have a lot of respect for Berlin."

The Mountaineers are slated to be in action today, Jan. 8, at Concord at 7:30 p.m., will be at Keene at 4:10 p.m. on Saturday, Jan. 11, and will be hosting Manchester Central on Wednesday, Jan. 15, at 6 p.m.

The Knightwolves will be back in action on



JOSHUA SPAULDING

Kingswood-Prospect Mountain goalie Aliyah Arsenault makes a save on her way to earning a shutout win over Berlin-Gorham-Kennett on Dec. 21.

Wednesday, Jan. 15, at Lebanon at 5:10 p.m. Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

## Whitehouse shines for Prospect in holiday tournament action



JOSHUA SPAULDING

Colby Whitehouse races the ball up the court during the opening day of the Lakes Region Holiday Hoop Tournament in Gilford.

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — The Prospect Mountain boys' basketball team put up a fight against the defending tournament champion Laconia Sachems during the opening round of the Lakes Region Holiday Hoop Tournament in Gilford on Friday, Dec. 27.

Despite a monster game from freshman Colby Whitehouse, in the end the Sachems pulled away and earned the 65-56 win, sending the Timber Wolves to the consolation round.

Whitehouse hit the first hoop of the game before the Sachems got a pair of hoops and a three-pointer to go up 7-2. Whitehouse followed with another hoop before the Sachems got another basket and a three-pointer for the 12-4 lead.

Joseph Deane connected on a hoop and Whitehouse hit another basket to cut the lead to 12-8 before Laconia got the final basket of the quarter to take the 14-8 lead after one quarter.

Anthony Zamarripa drilled a three-pointer to start the second quarter and Jacob Luscomb finished off a feed from Shaun McAneney. After two free throws from Laconia, Deane hit a hoop and Zamarripa connected on another three-pointer, giving the Timber Wolves the lead by an 18-16 score.

Laconia came back to tie the score at 18 before TJ Locke finished off a McAneney steal and Whitehouse converted a three-point play to give the Timber Wolves the 23-18 lead. Laconia answered with a hoop and a three-point play to tie the game at 23 before Luscomb drilled a hoop for the two-point lead.

The Sachems hit a three-pointer and back-to-back baskets to take the 30-25 lead before Luscomb hit another basket. After two more Laconia



JOSHUA SPAULDING

Shaun McAneney drives toward the basket during tournament action in Gilford on Dec. 27.

baskets, Locke hit a hoop and Whitehouse drained two from the free throw line to close out the first half and Prospect trailed 34-31 at the break.

Laconia got the first basket of the third quarter before Whitehouse put back a rebound and finished off a feed from Locke to cut the lead to just one. After another Sachem basket, Whitehouse finished off a McAneney feed and then drilled another hoop to give Prospect the 39-38 lead.

However, Laconia went on a 13-2 run to close out the third quarter, hitting 11 points in a row to open the lead to 49-39 before Wyatt Varney put back a rebound to end the Laconia run. The Sachems got the final basket of the quarter and led 51-41 heading to the final eight minutes.

After a Laconia free throw started the fourth, Whitehouse hit a hoop and McAneney hit from the line to cut the lead to eight. The Sachems followed with three free throws and a three-pointer to open the lead up to 14, with Whitehouse ending the Laconia run with his own three-pointer. The Sachems drilled another three-pointer and a free throw for the 62-47 lead.

Luscomb put back a

rebound and after another Laconia hoop, Whitehouse hit two hoops in a row. Laconia got a free throw before Whitehouse converted a three-point play for the final points of the game, closing out the 65-56 final score.

Whitehouse finished with 31 points to lead the way for the Timber Wolves and earned All-Tournament honors for his play.

Prospect Mountain bounced back the next day in the consolation round, defeating Newfound by a 50-45 score.

Prospect Mountain is slated to be in action on Friday, Jan. 10, at Derryfield at 6 p.m. and will be at Winnisquam for a 7 p.m. game on Tuesday, Jan. 14.

**PMHS 8-23-10-15-56**  
**LHS 14-20-15-14-65**  
**Prospect Mountain 56**  
Whitehouse 13-4-31, Luscomb 4-0-8, Deane 2-0-4, Varney 1-0-2, McAneney 0-1-1, Locke 2-0-4, Zamarripa 2-0-6, Totals 24-5-56

**Laconia 65**  
Tucker 3-2-8, Dee 3-2-9, Tryon 2-0-5, Minaya 3-0-7, Jones 1-1-3, Marrero 3-2-8, Cameron 4-1-10, O'Sullivan 3-1-7, Robinson 2-0-6, Stevens 1-0-2, Totals 25-9-65

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## Sawyer leads quartet of Golden Eagles at Plymouth State

BY JOSHUA SPAULDING  
Sports Editor

PLYMOUTH — There wasn't much of a holiday break for some members of the Gilford indoor track team, who took part in a meet at Plymouth State University on Saturday, Dec. 28.

For the Gilford girls, Macy Sawyer came through with the win in the 300 meters in a time of 43.68 seconds while Catherine Fay was 26th

in a time of 54.05 seconds.

In the 55 meters, Sawyer was second in the preliminaries in 7.91 seconds and second in the finals in 7.72 seconds while Fay was 36th overall in 9.35 seconds.

For the Gilford boys, Dominic Soucy was 38th in the 55 meters in 7.95 seconds and Wren Reinholz was 39th in 7.96 seconds. In the 300 meters, Reinholz was 23rd in 46.11 seconds and Soucy

finished in 25th in 48.85 seconds. Soucy also finished 20th overall in the long jump with a distance of 13 feet, 11 inches.

The Golden Eagles are slated to be in action at Plymouth State University on Saturday, Jan. 11, at 10 a.m.

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



# Guerin hat trick helps Bulldogs knock off Eagles



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

**BY JOSHUA SPAULDING**  
Sports Editor

LACONIA — Prior to the holiday break, two of the traditional playoff teams in Division III hockey met up at the Merrill Fay Arena, with the host Belmont-Gilford Bulldogs

getting a pair of late empty-net goals to turn a 2-1 lead into a 4-1 win over the Kennett Eagles.

Kennett got the first few chances of the game, with Connor Wiggin, Spencer Glackin and Richie Vargus putting

shots on B-G netminder Carson McGreevy. Colton Byars had a solid defensive stop for the Bulldogs before they went on the power play with 11:47 to go in the first period.

It took just more than a minute of power play



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

time before the Bulldogs got the first goal of the game, with Evan Guerin firing a shot from the point to the back of the net for the 1-0 lead. Wiggin came back with another chance for the Eagles that McGreevy handled.

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

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

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

Belmont-Gilford took a penalty with two minutes to go and it was four-on-four for just more than a

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

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

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

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

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

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

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

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

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

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

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

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

## Timber Wolf girls fall to defending champs in tournament opener

**BY JOSHUA SPAULDING**  
Sports Editor

GILFORD — The Prospect Mountain girls' basketball team had the unenviable task of opening the Lakes Region Holiday Hoop Tournament against the defending tournament champions from Laconia on Friday, Dec. 27.

After a sluggish start, the Timber Wolves recovered well but could never get all the way back and dropped a 51-41 decision to the Sachems, who would go on to win the tournament title again a few days later.

Laconia came out and kept the Timber Wolves off the board for almost the entire first quarter. The Sachems scored the first 17 points of the game on seven hoops and a three-pointer before Maddy Howlett got her team on the board with a three-pointer with 2:45 to go in the frame. Laconia then finished out the quarter with two more hoops and took the 21-3 lead to the second quarter.

Elena Munoz-Martin got the Timber Wolves started in the second quarter and after the Sachems answered with a basket, she hit another one. Laconia came back with a bucket before Ava Foster put back a rebound for the Prospect girls. The Sachems connected on a hoop and a free throw for the 28-9 lead.

Foster and Munoz-Martin then hit back-to-back hoops and Emma Foster made it three in a row for the Timber Wolves off a nice feed from Munoz-Martin and the Timber Wolves closed out the first half on a 6-0 run to cut the lead to 28-15 at the halftime break.

Laconia came out of the gate strong in the second half, hitting the first five baskets of the quarter for the 38-15 lead. Ava Foster hit a free throw and after a Laconia basket, connected on two baskets in a row and a Munoz-Martin bucket cut the lead to 40-22.

Delaney Drolet finished off her own steal to cut the lead to 16 and Ava Foster hit the final basket of the third quarter and Laconia's lead was down to 40-26 heading to the final eight minutes of the game.

The Sachems hit a three-pointer and a hoop



**Ava Foster drives hard to the hoop during Lakes Region Holiday Hoop Tournament action in Gilford on Dec. 27.**



**Maddy Howlett earned All-Tournament honors for her play in the Lakes Region Holiday Hoop Tournament.**

to start the fourth quarter, upping the lead to 45-26 before Howlett hit a basket for Prospect. After another Sachem hoop, Ava Foster drilled a three-pointer and Emma Foster hit two from the line to make it 47-33.

Laconia hit another hoop before Ava Foster hit a free throw and Emma Foster hit a basket to make it 49-36. Laconia connected on another free throw before Ava Foster hit two free throws and Munoz-Martin connected on one from the line. Madison Miller finished off a Munoz-Martin steal to close out Prospect's scoring and the Sachems added a late free throw for the 51-41 final score.

Foster led the Timber Wolves with 17 points on the morning.

The Timber Wolves bounced back the next day, defeating Newfound

by a 54-8 score in the consolation round of the tournament. Howlett was named to the All-Tournament Team for her play throughout the tourney.

Prospect Mountain is scheduled to be in action on Tuesday, Jan. 14, at home against Winnisquam at 6 p.m.

**PMHS 3-12-11-15-41**  
**LHS 21-7-12-11-51**  
**Prospect Mountain 41**  
Munoz-Martin 4-1-9, A. Foster 6-4-17, Howlett 2-0-5, Drolet 1-0-2, E. Foster 2-2-6, Miller 1-0-2, Totals 16-7-41

**Laconia 51**  
Linkkila 1-0-3, Wiley 1-0-2, Mousseau 5-0-10, Cotnoir 1-0-2, Duncan 0-1-1, Keegan 5-0-10, Trefrey 1-0-2, Currier 2-2-6, Swormstedt 7-0-15, Totals 23-3-51

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## HIGH SCHOOL SLATE

<b>Friday, Jan. 10</b> <b>BELMONT</b> Alpine Skiing at Gunstock; 10 Boys' Hoops at Somersworth; 6 Girls' Hoops vs. Somersworth; 6 <b>GILFORD</b> Alpine Skiing at Gunstock; 10 <b>WINNISQUAM</b> Boys' Hoops at Mascoma; 6:30 Girls' Hoops vs. Mascoma; 7 <b>Saturday, Jan. 11</b> <b>BELMONT</b> Indoor Track at Plymouth State; 10 <b>BELMONT-GILFORD</b> Boys' Hockey vs. Pembroke-Campbell; 3:45 <b>GILFORD</b> Indoor Track at Plymouth State; 10 <b>WINNISQUAM</b> Indoor Track at Plymouth State; 10 Wrestling Home Match; 9 <b>Sunday, Jan. 12</b> <b>BELMONT</b> Swimming at Conant; 9 <b>GILFORD</b> Swimming at Conant; 9 <b>Monday, Jan. 13</b> <b>BELMONT</b>	Boys' Hoops at Campbell; 6 <b>Tuesday, Jan. 14</b> <b>GILFORD</b> Boys' Hoops vs. Hopkinton; 6 Girls' Hoops at Hopkinton; 6 Nordic Skiing at Kearsarge; 2:30 <b>WINNISQUAM</b> Boys' Hoops vs. Prospect Mountain; 7 Girls' Hoops at Prospect Mountain; 7 <b>Wednesday, Jan. 15</b> <b>BELMONT</b> Girls' Hoops vs. Campbell; 6 <b>BELMONT-GILFORD</b> Boys' Hockey vs. L-W-I, 5 <b>GILFORD</b> Indoor Track at UNH; 4 Unified Hoops at Newfound; 3:30 <b>WINNISQUAM</b> Boys' Hockey at Belmont-Gilford; 5 Wrestling at Newport; 6 <b>Thursday, Jan. 16</b> <b>BELMONT</b> Boys' Hoops vs. St. Thomas; 6 Unified Hoops vs. Inter-Lakes; 3 <b>GILFORD</b> Indoor Track at UNH; 4 <b>All schedules are subject to change.</b>
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# Scarpa, Wood, White earn wins at PSU meet

BY JOSHUA SPAULDING  
Sports Editor

PLYMOUTH — Members of the Prospect Mountain indoor track team competed in a meet over the holiday break at Plymouth State University.

For the Timber Wolf boys, freshman Domenic Scarpa came home with the win in the long jump, leaping 19 feet, five inches, with Blake Snell in fourth at 18 feet, five inches.

Senior Parker Wood also picked up the win in the shot put with a toss of 45 feet, 7.5 inches, with Ayden Carignan in seventh at 33 feet, 7.5 inches.

In the 55 meters, Scarpa was 210th in 7.42 seconds, Snell was 21st in the same time, Bryce Watson placed 24th in 7.54 seconds, Matthew



**Domenic Scarpa won the long jump at Plymouth State University on Dec. 28.**

Whelan was 35th in 7.78 seconds, Declan McCausland was 45th in 8.61 seconds and Carignan was 46th overall in 8.62 seconds.



**Layla Baker runs during a vacation week meet at Plymouth State University.**

Avery Giunta was 13th in the 300 meters in a time of 43.5 seconds, Caiden Wainwright was 15th in 43.86 seconds, Whelan was 21st in 44.83 seconds and McCausland was 27th in 49.36 seconds. Giunta was also 15th in the 1,000 meters with a time of 3:32.67.

Scarpa finished in fourth place in the 1,500 meters in a time of 4:58.33 with Watson finishing in ninth place in 5:13.98. Trew Reed placed 10th in the 3,000 meters in a time of 13:03.07.

In the 4X200-meter relay, Sergio Duarte, Scarpa, Snell and Wood finished in seventh place in a time of 1:46.65.

For the Prospect girls,

Madelyn Briggs was 22nd in the 55 meters in 8.68 seconds, with Kora MacKenzie in 27th in 8.8 seconds and Maggie Hart in 43rd in 9.79 seconds. Briggs was 24th overall in the 300 meters in 53.93 seconds, with MacKenzie in 25th in 53.94 seconds and Alexis Briggs in 40th in a time of 1:01.78.

Lyndi White finished first in the 1,500 meters in a time of 6:40.69 and Layla Baker ran to 10th overall in the 1,000 meters in a time of 3:54.62.

The Timber Wolf team of Madelyn Briggs, Alexis Briggs, Hart and MacKenzie finished in eighth place in the 4X200-meter relay in 2:16.63.

Jazmine Witham finished in third place in the shot put with a toss of 25 feet, 3.5 inches.

The Timber Wolves are slated to be in action again at the University of New Hampshire on Sunday, Jan. 12, at 10 a.m.

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

## Golden Eagle boys dominate Orioles

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — If the Gilford boys' basketball team was looking to make a statement in the early portion of the season, the Golden Eagles may have just done that on Monday, Dec. 23.

Gilford held visiting Conant to just five points in the first half and cruised to a 53-35 win.

"That was as good as a defensive half we've played," said Gilford coach Rick Acquilano. "Where we have to grow is we have to remember there are two of them in a game."

Mark Uicker and Brendan Baldi had early three-pointers to get Gilford on the board with the 6-0 lead and then Uicker and Cooper Perkins hit back-to-back hoops for the 10-0 lead. Henry Sleeper connected for a hoop and Perkins hit another for the 14-0 lead before Conant got their first point of the quarter on a free throw with one minute to go. The Orioles hit another hoop, but Perkins hit two free throws to close out the quarter and Gilford led 16-3 after eight minutes.

Owen Hawkins hit a hoop to open the second quarter and Perkins connected as well. Uicker hit another three-pointer for the 23-3 lead before Emmett Hughes put back a rebound and Baldi drilled a three-pointer for the 28-3 lead. The Orioles got their lone basket of the second quarter with 1:20 to go and Gilford had the 28-5 lead at the halftime break.

Conant got the first basket of the second half before Sleeper connected on back-to-back hoops and two free throws stretched the lead to 34-7 and a Uicker hoop added two more points to the Gilford lead. Sleeper hit a pair of free throws before the Orioles drilled a three, a hoop and two free throws to cut the lead to 38-14.

After Andrew Kelly hit a free throw, Conant hit three free throws in a row before Kelly hit two more free throws to close out the quarter and Gilford led 41-17 heading to the final eight minutes of the game.

Conant connected for

the first basket of the fourth quarter before Kelly drained another basket to get the Golden Eagles on the board. Conant hit a hoop, a free throw and a three-pointer to cut the lead to 43-25 before Kelly hit two more free throws. Conant got another hoop before Hawkins drilled a three-pointer and Baldi hit two from the line.

After back-to-back three-pointers from the visitors, Hawkins hit a hoop and after the final Conant basket, hit another hoop to seal the 53-35 win for the Golden Eagles.

"It was a tale of two halves," Acquilano said. "We're still getting rotations going, but it's a quality win against a good team, so I'm happy with that."

"We got a lot out of it, even in the second half, there's always something to correct," he continued. "We have

to finish games, make good decisions and find open people. That's stuff we can use and look at the film."

Uicker and Sleeper led the way for the Golden Eagles with 10 points each.

Gilford is scheduled to be in action on Tuesday, Jan. 14, at home against Hopkinton at 6 p.m.

**GHS 16-12-13-12-53**  
**CHS 3-2-12-18-35**  
**Gilford 53**  
Uicker 4-0-10, Baldi 2-1-7, Perkins 3-2-8, Sleeper 3-4-10, Kelly 1-5-7, Hawkins 3-1-9, Hughes 1-0-2, Totals 13-13-53

**Conant 35**  
Seppala 1-0-3, Schultz 2-1-5, Nagle 2-1-7, Charon 2-3-7, Collins 1-0-2, Sawyer 3-1-8, Adams 1-1-3, Totals 12-7-35

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

## Art and Coffee Club at the Belknap Mill Museum

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

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

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

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

Antonopoulos's education and experience has prepared her to work

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

## HIGH SCHOOL SLATE

**Thursday, Jan. 9**  
**KENNETT**  
Ski Jumping at Proctor; 6  
Unified Hoops at White Mountains; 3:30  
**KINGSWOOD**  
Unified Hoops vs. Kennett; 3:30  
**Friday, Jan. 10**  
**KENNETT**  
Alpine Skiing at Cranmore; 10  
Boys' Hoops at Plymouth; 6:30  
Girls' Hoops vs. Plymouth; 6  
**KINGSWOOD**  
Alpine Skiing at Cranmore; 10  
Boys' Hoops vs. Laconia; 6  
Girls' Hoops at Laconia; 6  
**PROSPECT MOUNTAIN**  
Boys' Hoops at Derryfield; 6  
**Saturday, Jan. 11**  
**KENNETT**  
Boys' Hockey at Berlin-Gorham; 6  
Girls' Hockey at Keene; 4:10

Indoor Track at Philips Exeter; 1  
**KINGSWOOD**  
Boys' Hockey vs. L-W-I; 5  
Indoor Track at Plymouth State; 10  
Wrestling at Winnisquam; 9  
**PROSPECT MOUNTAIN**  
Wrestling at Winnisquam; 9  
**Sunday, Jan. 12**  
**PROSPECT MOUNTAIN**  
Indoor Track at UNH; 10  
**Tuesday, Jan. 14**  
**KENNETT**  
Boys' Hoops vs. Sanborn; 6:30  
Girls' Hoops at Sanborn; 6:30  
**KINGSWOOD**  
Boys' Hoops vs. Plymouth; 6  
Girls' Hoops at Plymouth; 6  
**PROSPECT MOUNTAIN**  
Boys' Hoops at Winnisquam; 7  
Girls' Hoops vs. Winnisquam; 6  
**Wednesday, Jan. 15**

**KENNETT**  
Boys' Hockey at Kearsarge-Plymouth; 4  
Girls' Hockey vs. Manchester; 6  
Nordic Skiing at Plymouth; 2:30  
**KINGSWOOD**  
Boys' Hockey vs. Pembroke-Campbell; 7  
Indoor Track at UNH; 4  
Wrestling vs. Souhegan; 6  
**KINGSWOOD-PROSPECT MOUNTAIN**  
Girls' Hockey at Lebanon; 5:10  
**PROSPECT MOUNTAIN**  
Wrestling at Kearsarge; 6  
**Thursday, Jan. 16**  
**KENNETT**  
Boys' Hoops vs. Berlin; 6  
Girls' Hoops at Berlin; 6  
Unified Hoops vs. Gorham; 3  
**KINGSWOOD**  
Indoor Track at UNH; 4  
Unified Hoops at Plymouth; 3  
**All schedules are subject to change.**



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

**1908:** Grand Canyon National Monument is created.

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

World **FACT:**

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

Answer: Chinese (lunar) New Year

Double Word Puzzle

Unscramble the words to reveal the sentence.

NULRA    1 2 3 4

EDAARP    5

YRAE    6

OLCROS    7 8

5 2 J 7 6    T H 5    1 3 2 5 4 2 8

Answer: Enjoy the lanterns

**NEW WORD**

**LUNAR**

determined by the moon

How they say that in...

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

Did You Know?

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

Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Dragon puppet

CRYPTO FUN

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

- A. 20 13 24 12 1  
Clue: Controls pet
- B. 26 19 4 4 24 9 10  
Clue: Give an order
- C. 12 24 7 13 25 2  
Clue: Caution
- D. 19 3 13 2  
Clue: Follow commands

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

SUDOKU

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

Level: Intermediate

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

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

ANSWER:



# ABA Monthly Member Highlight: Friends of Alton, NH Parks and Recreation

Every month, we sit down with one of our amazing ABA members to get to know them a little better! We ask each member the same questions, providing an opportunity for our members to highlight the important work that they do in our communities. If you're an ABA Member and would like to be considered for future Monthly Member Highlights, please reach out to us via email at [info@alton-businessassociation.com](mailto:info@alton-businessassociation.com)

**Q:** Tell us about your business?

**A:** The Friends of Alton, NH Parks and Recreation is a volunteer organization dedicated to enhancing recreational opportunities for the Alton community. We are in the process of becoming a 501(c) 3 nonprofit, which will expand our ability to secure funding and make projects like Jones Field Project possible with little to no impact on local taxes.

**Q:** Tell us about yourself:

**A:** The Friends of Alton, NH Parks and Recreation is operated by a passionate group of volunteer community members. Our board members bring a diverse range of skills, experiences, and a shared love for Alton. Together, we work to create opportunities that bring people together, support healthy lifestyles, and celebrate the beauty of our town.  
Meet the incredible board members who make it all possible:

President: Jill Houser, Vice President: Sarah Goodrum, Director: Carol Diveny, Secretary: Kelly Sullivan, Treasurer: Joanna Fencer, Ex-Officio: Kellie Troendle.

**Q:** How did your business get started?

**A:** The Friends of Alton, NH Parks & Recreation, a volunteer fundraising board, and fundraising arm of Alton's Parks & Recreation Department, was originally created as the Friends of Alton Parks & Recreation Committee in June 2022. The Committee was created after several caring, community parents expressed an interest in seeing improvements to Alton's public playgrounds, especially at the Jones Field Recreation Area on Letter S Road. Since that time other community residents joined to help in this effort. With guidance and support from the town and Alton's Parks & Recreation Department, the committee transitioned to a volunteer organization which will be well positioned to better support fundraising efforts for Alton's Parks & Recreation Department.

**Q:** What has your relationship with the Alton Business Association done for you or your business?

**A:** The Alton Business Association will be a great partner in helping us connect with the community. As a new ABA member, we're already seeing the benefits through their incred-

ible support, including being featured as Member of the Month!

We're excited about the increased visibility and connections that ABA membership offers. From networking events to community outreach, their platform will help us share our mission, and grow support for accessible, updated playground spaces in Alton, NH. We can't wait to see what we'll accomplish together!

**Q:** What do you value most about this community?

**A:** The kindness and caring that is shown for one another and sense of volunteerism among community members and the impact of their contributions that make Alton a desirable and better place to live.

**Q:** Why did you want to open your business in this community?

**A:** Because we are the fundraising arm of Alton's Parks & Rec-

reation Department. This is where we live, work, and play, and we're passionate about creating a thriving, welcoming community for everyone to enjoy. Alton is more than just a town—it's home, and we're proud to contribute to its growth and success.

**Q:** What business accomplishment are you most proud of?

**A:** The establishment of our Friends organization as a registered nonprofit corporation and our continued efforts toward designation as a 501 (c) 3 charitable organization as well as a community-wide feasibility study process we initiated to help guide us in the early stages of planned playground renovations.

This has been a complex and labor-intensive journey, requiring a tremendous amount of time, effort, and dedication. We are taking a thoughtful, organized, and professional approach at every stage

to ensure our plans are well-informed and sustainable. By building a strong foundation, we are setting the stage for meaningful progress that will benefit the entire community for years to come.

**Q:** What does the future hold for you and your business?

**A:** As a soon-to-be nonprofit, charitable organization, we foresee the ability to create opportunities for more community engagement in fundraising to support expansion and improvements to Alton's recreational activities, programming, and community play spaces.

**Q:** What is one piece of advice you wish you had as a new business member?

**A:** Do your research and be prepared! Success often comes from the right combination of preparation and opportunity. Take the time to understand the community's needs, build relationships,

and establish a solid foundation before you begin. As the saying goes, "Luck is when preparation meets opportunity." The effort you put in upfront will pay off in the long run.

**Q:** How can people who want to learn more about you or your business get in touch with you?

**A:** We'd love to connect with you! We are currently conducting a community-wide feasibility study that will help inform our next steps for a successful fundraising effort for playground renovations at Jones Field. We'd greatly appreciate your input. No computer? No problem! The Gilman Library is ready to assist.

To learn more about our mission, upcoming projects, and to take our survey, visit our Web site at [friendsofaltonnhparksrec.org](http://friendsofaltonnhparksrec.org). You can also stay up to date by following us on Facebook at [facebook.com/friendsofaltonnhparksrec](https://facebook.com/friendsofaltonnhparksrec).

## PETS OF THE WEEK



### Meet Billy!

Billy is a handsome boy with so much love! He would do best in a home where he's the only animal, as he deserves to get all the love possible! He loves to get belly rubs, play ball, and cuddle up with his person.

Please email [adoptions@nhhumane.org](mailto:adoptions@nhhumane.org) with additional questions or to make an appointment to meet Billy!



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Baby is a lovely lady who would do best in a home where she can get some adventures. She loves to lay in the sun and hang out with her people, but she won't say no to a romp in the woods either! She'd do best in a home where she's the only animal - she deserves to be the star of the show! Come meet Baby and fall for her smile today!

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HOOPS

(continued from Page A1)

to the final eight minutes with a 34-29 lead.

Baskets from Sleeper and Perkins started off the fourth quarter before Campbell hit one from the line. Uicker added a basket before Campbell got their first field goal of the quarter and then Sleeper hit a pair of baskets sandwiched around a hoop at the other end for the Cougars.

Hughes hit a free throw and Baldi connected for a basket to finish off Gilford's scoring and the visitors added a late hoop for the 47-36 final score.

Baldi led the Golden Eagles with 11 points and earned Tournament MVP honors for his play while Perkins also earned All-Tournament honors. In the title game, Uicker and Sleeper each finished



JOSHUA SPAULDING

**Brendan Baldi drives hard to the hoop during holiday tournament action against Campbell.**

with 10 points on the evening.

Gilford is scheduled to return to action on Tuesday, Jan. 14, at home against Hopkin-

ton at 7 p.m.

**GHS 16-3-15-13-47  
CHS 8-11-10-7-36**

**Gilford 47**



Uicker 4-1-10, Baldi 4-2-11, Perkins 3-1-7, Sleeper 5-0-10, Kelly 1-2-4, Hughes 1-3-5, Totals 18-9-47

**Campbell 36**

Medina 3-0-6, Deleon 2-2-6, Ashe 1-0-2, Breton 3-1-9, Haley 2-0-4, Leduc 0-1-1, Delia 3-2-8, Totals 14-6-36

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

JOSHUA SPAULDING

**(Left) Cooper Perkins looks to the rim during championship game action in the Lakes Region Holiday Hoop Tournament.**

ZONING

(continued from Page A1)

section on sewage disposal requirements that it also needs to meet the standards of the NH Department of Environmental Services. The section on restrictions will also be revised to strike the words "mobile" home and "travel trailer" to the terms "manufactured" home and "recreational vehicle."

"This amendment is being proposed to separate the two uses into their own sections, therefore, making the distinction between the two uses more defined," reads the rationale.

Amendment 5 would add wording to the section on "Restrictions Governing Use" requiring that only one of the residential uses listed in the ordinance would be allowed per lot. The

rationale is that this will be done to make the ordinance more consistent with other zoning districts.

Amendment 6 would add a new "Conditions" section adding 14 different conditions that could be required for the approval for special exceptions and variances. All the conditions can be found in the proposed amendment.

INTERSECTION

(continued from Page A1)

that read "Cross Traffic Does Not Stop" by the existing stop signs. The selectmen unanimously approved a motion to implement all three of these recommendations.

The town and the Department of Transportation discussed different options throughout 2024. In December of 2024, Town Administrator Scott Dunn reported to the selectmen that town officials and the DOT had been working on a plan to increase the safety at that intersection that would go into place in early 2025.

The Gilford Police Department advised

motorists of the coming changes in a Facebook post on Dec. 26, 2024.

The town has already put a flashing red light at the stop sign at the Hoyt Road and Gunstock Hill Road intersection. Gilford Police said in the post they are aware that the light occasionally malfunctions, and work is being done to address that.

The words "Stop Ahead" were also painted on the road.

The DOT has a phased action plan for that intersection that is expected to start in January and continue through the spring.

Phase 1 will be to reduce the speed limit at

that intersection from 55 miles per hour to 45.

Phase 2 scheduled for some time this spring will be to restripe the road to get rid of one of the lanes so that are will only be one lane.

"These changes aim to improve traffic flow and enhance safety in this busy area," read the GPD's post. "Please drive with caution and be mindful of the upcoming changes."

JONES

(continued from Page A1)

for what needs to be done at the park. The process will assess the safety and accessibility of all the existing playground equipment and determine if upgrades need to be made or the playground needs to be reconstructed. The project also proposes to add fitness stations for people of all ages so adults can utilize the area.

A budget estimate from December over the project cost at around \$304,158. The Friends group aims to raise all the funds without adding any tax burden. As of December, the project had raised \$1,071 from fundraising events and \$1,000 in pledges, dropping the amount to be fundraised to \$302,087.

"Consequently, Friends of Alton, NH Parks & Recreation is requesting your help with our Feasibility Study to ensure a successful fundraising effort," read the summary. "This phase of our work will help us determine philanthropic interest and capacity, the area's financial environment, and the importance that our community places on this project. We are fortunate to have a professional fundraiser on our committee and the assistance of a pro bono fundraising firm to guide us through this process and help us determine the viability of this fundraising initiative."

Friends of Alton Parks and Rec have put up a community survey to get residents' views on their favorite recreation activities, what recreation facilities they use in town, ranking different priorities identified in the mini executive summary, views on the town's economic condition to sustain a \$300,000 fundraising effort, and other questions.

The survey can be found at <https://www.alton.nh.gov/press-release/friends-parks-and-recreation-committee-survey>. The Gilman Library can also assist people who do not have home computer access.



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Alton	152 Suncook Valley Rd.	Single-Family Residence	\$300,000	Irene E. Swett RET and Sharon M. Rouleau	Lillian Bernier
Alton	506 Old Wolfeboro Rd.	Single-Family Residence	\$439,000	Brandon and Emma-Lee Furbush	Corinne E. Cote
Barnstead	Gilmanton Road	N/A	\$130,000	Leo Collette Lawrence Estate and Christine Conway	Fabrizio N. and Jennifer E. Cusson
Barnstead	50 Meredith Lane	Single-Family Residence	\$365,000	Frank Cardamone	Michael P. and Jacqueline J. Pickowicz
Barnstead	70 Half Moon Pond	N/A	\$725,000	Jeffrey and Carrie Wallat	Laurie Beauregard
Barnstead	N/A	N/A	\$900,000	David and Kristal Theide	Lorri and Christopher P. Murphy
Barnstead	N/A	N/A	\$615,000	Jose and Maria Resendes	Shawn Billings
Gilford	4 Country Club Rd.	Other Exempt	\$125,000	Vasiliki Kafanelis RET	McGinley Realty Corp.
Gilford	105 Mountain Dr.	Single-Family Residence	\$450,000	Winters O'Hara 2023 Trust and Richard Winters	Kyle Sullivan and Mona Ahmed
Gilford	N/A	N/A	\$10,000	Lockes Legacy RET and Kimberly B. Koch	W. & Denise D. Cunningham Trust
Gilford	Blueberry Hill Lane	N/A	\$1,000,000	Lorgia Henriquez-Melendez and Angel Melendez	Kevin L. Donovan RET
Gilford	912 Cherry Valley Rd.	Single-Family Residence	\$695,000	Robert J. Drummey and Elizabeth Bozarjian	Michaela and Christine Tosone
Gilford	348 Intervale Rd.	Gen Office	\$512,533	I'm Listening LLC	Metcalfe Properties LLC
Gilford	N/A	N/A	\$850,000	Morley Fiscal Trust and Heidi J. Morley	Lynne and David Salah
Gilmanton	Sanborn Hill Road	N/A	\$100,000	Bradford C. Kelley and Deborah K. Starzynski	Gilmanton Land Trust
Gilmanton	N/A	N/A	\$45,000	Dennis M. and Christine A. Goodine	Richland Acquisitions LLC
Gilmanton	N/A	N/A	\$235,000	Justin W. Merry	Aka Property Buyers LLC
Gilmanton	N/A	N/A	\$75,000	Richland Acquisitions LLC	M & D Property Development LLC
Gilmanton	13 Musket Trail	Single-Family Residence	\$299,000	Sam A. Ouellette	Deborah Gagne-Barney
Gilmanton	29 Wood Dr.	Single-Family Residence	\$316,000	Alex Decoste and Isabella Dubia	Owen T. Stone and Lindsey C. Heath
Gilmanton	N/A	N/A	\$165,000	Holly S. Faber and Heather G. Mick-Carito	Van E. Hertel, Sr.
Gilmanton	N/A	N/A	\$180,000	Shellcamp Properties LLC	Wendy O'Brien
New Durham	13 Saint Moritz Dr.	Single-Family Residence	\$370,000	Ann M. Willard	Alaina N. and Matthew Rose
New Durham	N/A	N/A	\$21,933	Emma Morin	Richland Acquisitions
New Durham	N/A	N/A	\$40,000	Lily & Co. LLC	W.H.R. & Sonya R. Lapar Trust
New Durham	N/A	N/A	\$46,333	Richland Acquisitions	Minerva Palazzo
New Durham	Chamberlin Way	N/A	\$541,000	Reginald A., Jr. and Lura H. Meattey	C. Grey Eventide LLC
New Durham	Shore Drive	N/A	\$295,000	Ralph W. Landry RET and Paul Landry	Lori-Ann Hatch
New Durham	N/A	N/A	\$1,000,000	Deslauriers Fiscal Trust and Dorothy J. Nadeau	Flexibility The Future LLC
New Durham	N/A	N/A	\$380,000	John B. and Tammera A. Reed	Stephen A. Bass

## 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](http://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.

# What to know about seasonal affective disorder (SAD)

There's much to look forward to when winter begins. Outdoor enthusiasts may relish a return to the slopes to ski or snowboard each winter, while others praise the crisp fresh air and lack of insects as more conducive to activities like hiking.

Winter indeed has plenty to offer, but some people find that less daylight has an adverse effect on their mood. The National Institutes of Mental Health notes that shifts in mood and behavior that align with changes in the seasons could be indicative of seasonal affective disorder, also known as SAD.

**What is SAD?**

Johns Hopkins Medicine characterizes SAD as a form of depression in which individuals' mood and behavior changes when the seasons change. The NIMH notes SAD is sometimes referred to as the "winter blues."

**Is SAD exclusive to winter?**

Though SAD can affect people at any time of year, the NIMH reports that most cases of SAD start to affect

people in late fall or early winter before symptoms begin to subside during the spring and summer. Johns Hopkins Medicine notes researchers believe the shorter days and thus fewer hours of daylight that occur each winter set off a chemical change in the brain that leads to a person experiencing symptoms of depression.

**What are the symptoms of SAD?**

The NIMH points out that, since SAD is a type of depression, symptoms of the con-

dition include those associated with depression. Such symptoms include:

- A persistent sad, anxious or "empty" mood most of the day. This occurs every day for at least two weeks.
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration or restlessness
- Feelings of guilt, worthlessness or helplessness
- Loss of interest or pleasure in hobbies and activities
- Loss of energy or feelings of fatigue.

Some also feel as if they have slowed down.

- Difficulty concentrating, remembering or making decisions
- Changes in sleep or appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems that have no explanation and do not subside even after treatment
- Suicidal thoughts or attempts or thoughts about death

It's important to note that the above are symptoms of depression that people with

SAD may experience. Additional symptoms of winter-pattern SAD include:

- Hypersomnia, or oversleeping
- Overeating that leads to weight gain.

The NIMH notes people with SAD may have a particular craving for carbohydrates.

- Social withdrawal

**How is SAD treated?**

People who suspect they have SAD are urged to speak with their physicians. Various treatments, including light therapy, psychotherapy or antidepressant medica-

tions, can help to treat SAD. Individuals may also be prescribed vitamin D supplements.

**Can I prevent SAD?**

The NIMH notes that since SAD is tied to seasonal changes, people can take steps in an effort to prevent it. Starting treatments prior to a change in seasons may help.

Many people experience difficulty when fall transitions to winter, and such troubles may be attributable to SAD. More information about SAD is available at [www.nimh.nih.gov](http://www.nimh.nih.gov).

# LEGALS

## Public Hearing Notice Shaker Regional School District

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

**Live broadcast available on the Shaker Regional School District YouTube Channel To access the YouTube channel visit <https://www.SAU80.org>**

A Public Hearing Book containing information about the proposed budget will be available on the district website, [www.sau80.org](http://www.sau80.org) or by contacting Kim Haley at 603-267-9223.

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# Social issues the focus for Leadership group

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

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

Next up was Shau-na Foster, Executive Director of New Begin-nings, who explained the mission to protect individuals and fam-ilies from violence and abuse. Following her was Susan Young, who spoke to a major problem, especially for seniors....Medicare fraud. Young works out of her local office at the Partnership for Public Health in La-conia but covers the northern half of the



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

State. She was intro-duced by her PPH col-league, Courtney De-Vost.

The class was joined by Nick Trudel, a graduate of the pro-gram, Board member and financial advisor with Edward Jones Financial, the corpo-rate sponsor for So-cial Issues Day. Next stop was the Child Advocacy Center in Laconia; an eye-open-ing stop on the tour of social agencies. An-other class member, Julia Sullivan, joined by co-workers Taylor McNeil and Andrew Wolf, presented their

Agency's work helping to heal the victims of child abuse in Belknap County.

The group then de-parted for the Belknap County Complex for a tour and three pre-sentations. Michelle Wetherbee, Superin-tendent of the County Jail spoke about the role of the jail in soci-ety with an emphasis on rehabilitation. The group then toured the jail with the Superin-tendent. Leadership graduate and co-plan-ner for the Social Is-sues Day, Christy Painchaud then spoke about her experience

as a teenage sexual assault victim by a stranger. Ms. Pain-chaud spoke about her professional and personal experiences as a survivor and her healing journey over the past 30 years. She served more than 20 years in the military as Federal Agent/Criminal Investigator and after she retired in 2017, she has spoken publicly about her story as a Consultant/Motivational Speaker in effort to empower and inspire others and

raise awareness, edu-cation, and prevention on sexual assault. Ms. Painchaud then intro-duced her husband as the next speaker. Det. Sgt. Adam Painchaud

of the Alton Police De-partment also serves as Commander of the Belknap Regional Spe-cial Operations Group (aka SWAT Team). He was joined by Master Patrolman/K-9 Officer Kyle Jepsen of the La-conia PD and his K-9/SWAT dog Abby. Sgt. Painchaud explained the role of the County SWAT Team and how they are the respon-ders when any com-munity law enforce-ment personnel are in danger or in need of specialized weapons to defuse a situation such as a hostage cri-sis. The class then got to tour the SWAT ve-hicle with the officers. Following that, Ser-geant Eric Bredbury, the Prosecutor of the Gilford Police Depart-ment concluded the Social Issues Day. His presentation spoke to the role of the Prose-cutor in the justice sys-tem bridging law en-forcement with court requirements. All in all, a most informative day for the Class of Leadership Lakes Re-gion.

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