



THURSDAY, JANUARY 15, 2026

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FREE

Alton librarian receives commendation from Governor

ALTON — Holly Brown received a special proclamation of achievement from New Hampshire Gov. Kelly Ayotte and a declaration from Speaker of the New Hampshire House of Representatives, Sherman Packard, upon retirement and in recognition of her 30 years of service as Director of Gilman Library in Alton.

Both commendations were presented during a retirement party on Dec. 30 by Alton representative to the New Hampshire State House, Paul Terry.

When Brown set off for college in Vermont, working part-time in the

college library to cover expenses, she did not envision a career in the field. After several years of retail sales, marriage, and family, Brown's love of libraries was rekindled and she embarked on a career which initially involved working in the Gafney Library in Sanbornton and then the Moultonborough Public Library. The love of libraries, learning, and helping others led her to that path. The opportunity arose to apply for the Director of the Gilman Library in Alton and the Board of Trustees selected Brown to fill the vacant position.

Affectionately known



as "Miss Holly" by the younger patrons, Brown eagerly was helpful to everyone. She gladly oversaw the numerous programs throughout the year and easily and creatively brought new ideas to the table. With excitement and enthusiasm, Brown oversaw the physical expansion of the growing library with its accompanying needs. As a quiet and humble person, she hesitates to speak of her own accomplishments.

Over the years, Brown has maintained her reputation as a soft-spoken gentlewoman, earning the respect of the town officials, business and community leaders, teachers, parents, as well as the children of this community who have since grown and returned to the library with their own children.

Sincere congratulations on these two well-deserved commendations from the State of New Hampshire.

Friends of Music sponsors Taiko artist in residence at Kingswood

WOLFEBORO — On Jan. 6 and 7, the Wolfeboro Friends of Music presented artist in residence Stuart Paton of Burlington Taiko at Kingswood Regional High School. The two-day clinic was primarily presented to the cast of Kingswood Theater's *The Last Firefly*, as well as many other students of the Kingswood Arts Center.

Stuart Paton, Founder and Artistic Director, spent the better part of two days teaching twenty high school students the art, history and culture of Taiko. Paton spent most of his childhood in Japan from age nine months through eighteen years. His formal study of Taiko began in 1984 during a summer apprenticeship with Grandmaster Seiichi Tanaka, founder of San Francisco



Taiko Dojo — the first taiko group in North America. In 1986, not long after settling in Vermont, he founded the Burlington Taiko Group.

The Wolfeboro Friends of Music sponsored Paton's two-day educational event for Kingswood's performing

arts students. Kingswood's

production of "The Last Firefly," which uses Taiko drumming in its storytelling, debuts on the Kingswood Arts Center stage and at the NHETG Theatre festival in March of this year. Paton's instruction is a key first step

to the students' production.

"This is precisely why the Kingswood Arts Center was built," notes theater director and Arts Center Coordinator, Scott Giessler. "I am just so incredibly grateful for the generosity of The Friends of Music, and their willingness to provide this opportunity for our students. The amount of knowledge imparted to our students in just two short days was nothing short of stunning. We couldn't have done it without them."

Burlington Taiko founder Paton has established an artistic style that combines movement, rhythm, voice, and the efficient and graceful movement of chi, or "energy," from the player to the drum. His affection for the group dynamic of Taiko is evident both when he performs at the most advanced level, and when he instructs the most novice players.

"The Last Firefly" will debut on March 13 at 7 p.m. and March 15 at 2 p.m. in the Kingswood Arts Center.

Rowley nets pair as Bulldogs beat Pembroke-Campbell

BY JOSHUA SPAULDING

Sports Editor

LACONIA — The Belmont-Gilford hockey team celebrated Jake Deware in the best way possible, coming through with a 5-3 win over visiting Pembroke-Campbell on Saturday, Jan. 10. The game was the annual Jake Deware Kindness Game, honoring the late former Belmont student and the Bulldogs wore special jerseys to cel-



(Right) Max Ryder looks to dish the puck in the zone during action against Pembroke-Campbell on Saturday.

ebreate the occasion.

Max Ryder had an early shot denied by the PAC goalie and the visitors came back with a chance that went through the crease and another that went wide of the net. The Bulldogs took a penalty less than a minute into the game and Ben Girard had a solid penalty kill before the visitors

scored the first goal of the game with 12:24 to go in the first period.

Thomas Murphy sent a shot over the top of the net and Ryder had another shot go wide. Sean Ellis had a chance denied, as did

SEE HOCKEY, PAGE A6

Gilford Public Library

Classes & Special Events

Jan. 15 – Jan. 22

Thursday, Jan. 15

Senior Sculpt, 9-10 a.m.

Fun and Fitness with Joyce, 10-11 a.m.

Cozy Knitting Club, 3:30-4:30 p.m.

Join Miss Jill in learning how to knit your own scarf!

French, 4-5 p.m. Listening to New England, 5:30-6:30 p.m.

“Listening to New England,” a talk by Mel Allen, drawing from his nearly half century of reporting and writing about the unique people and places of New En-

gland for Yankee magazine, Mel Allen’s first collection, Here in New England, brings the people and places of New England alive with a story telling and visual presentation that will let you see and feel the region as never before.

ing, 10:30-11:30 a.m.

Drop-In Craft: Winter Air Dry Clay, 10:30-11:30 a.m.

Enjoy making a winter critter with air dry clay!

Monday, Jan. 19
CLOSED FOR
MARTIN LUTHER KING JR. DAY

Tuesday, Jan. 20

Feel Good Fitness with Dottie, 9-10 a.m.

Senior Sculpt, 10-11 a.m.

Preschool Storytime, 10:30-11:30 a.m.

Hand & Foot, noon to 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. 17

Beginner Line Dancing, 4-5 p.m.

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need to create energy and repair themselves.

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care support healthy communication between your brain and body so

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By the end, you’ll have simple, practical ways to support your cells through

what you eat, how you move, and how you care for your body every day.

Presented by Dr. Mackenzie from Awakening Chiropractic.

Homeschool Group, noon to 1:30 p.m.

Beginner Line Dancing, 2:30-3:30 p.m.

Wednesday, Jan. 21

Geri Fit, 9-10 a.m.

Senior Stretch Yogaah!, 10-11 a.m.

Card Games, 10 a.m.-noon

Check out an Expert, 10 a.m.-noon

Little Math Whiz, 10:30-11:30 a.m.

Paint Group, 1-3 p.m.

Thursday, Jan. 22

Senior Sculpt, 9-10 a.m.

Fun and Fitness with Joyce, 10-11 a.m.

T(w)een Trivia, 3-4 p.m.

Test your knowledge in our trivia event!

Cozy Knitting Club, 3:30-4:30 p.m.

Join Miss Jill in learning how to knit your own scarf!

French, 4-5 p.m.

Book Discussion:

Clear, 5:30-6:30 p.m.

This month’s book is “Clear” by Carys Davies. Led by Betty; books are available at the front desk.

Community Calendar

January 15-22

Wednesday, Jan. 15

Gilford Select Board Meeting – 6:30 p.m., Gilford Town Hall. Regular meeting of the board to review town business and administrative matters.

Thursday, Jan. 16

Alton Budget Committee Meeting – 6:30 p.m., Alton Town Hall. Ongoing review of proposed municipal and school expenditures.

Friday, Jan. 17

Gilmanton Old Home Day Committee Meeting – 6 p.m., Gilmanton Community Church vestry. Planning session for the upcoming summer event.

Saturday, Jan. 18

Alton Public Library Story Time – 10:30 a.m., Alton Public Library. Weekly children’s program featuring stories and activities.

Monday, Jan. 20

Martin Luther King Jr. Day – Town offices and some local services may be closed. Residents are encouraged to check ahead for hours.

Tuesday, Jan. 21

Barnstead Select Board Meeting – 7 p.m., Barnstead Town Hall. Regular meeting covering town operations and citizen concerns.

Gilford Public Library Book Group – 6 p.m., Gilford Public Library. Monthly discussion; copies of the book are available at the library.

Wednesday, Jan. 22

Gilmanton School Board Meeting – 6 p.m., Gilmanton School District offices. Regular session addressing district business and planning.

Residents are encouraged to confirm meeting times and any weather-related changes directly with town offices or hosting organizations.

Toss or keep? How to sort items when organizing

Getting organized routinely tops people’s lists of New Year’s resolutions. After many months of accumulating an assortment of things, starting fresh in January with goals to organize such acquisitions can be a healthy endeavor.

One of the obstacles of getting organized is sorting through belongings and identifying what to get rid of and what to keep. In fact, uncertainty about what’s worthy of donation or trash is a common problem that can create clutter. These organizational tips can help people figure out what to toss and what to keep.

Determine if items are useful

Ask yourself if you have used the item in the last month to 90 days, or if you see yourself needing it in the next month. If not, this item likely can be put aside. An easy way to identify items that won’t be useful is to check for duplicates or if anything is expired.

Duplicate items can immediately be moved to the toss pile.

“Why do I want this item?”

Consider each item you come across and ask yourself how it serves a purpose. If it looks great in the home or is a cherished memento, then it likely can be kept. But if you can’t say why you want it, it needs to find

a new home, particularly if you already own something else that does the same thing but might also have other uses.

Does it fit?

One of the biggest culprits to clutter and overflowing closets is holding on to clothes with the hope that you’ll once again fit into them. Keeping a collection of multi-sized shirts and pants with the intention of dropping or gaining weight so that they fit once more only leads to hangers and bins full of useless items. Although clothes can be expensive, should you fluctuate in weight, it’s likely that you’ll want to get new clothes instead of wearing outdated styles.

When assessing shoes, figure out which ones are uncomfortable or seldom used (a collection of sandals might not be appropriate if you

live in a cold climate). Donate items in good condition.

Do you still feel the same about collectibles?

People often collect figurines, shot glasses or other items through the years out of habit. Over time, items that once were popular fall out of favor. If your interest in porcelain pigs has waned, it may be time to clear out collectibles to make room for other things.

Assess your paper files

Major financial records and/or business documents can be kept indefinitely, but other files likely can be shredded. The Internal Revenue Service generally has up to six years to audit a return, so it is helpful to keep tax returns and supporting documents for around seven years. Most people have pivoted to online bank statements and pay stubs, but the general consensus is to keep bank and credit card statements, pay stubs, paid medical bills, and such for a year before discarding them. Going digital by scanning files or documents and storing them securely might be an alternative to bulky files.

Getting organized means figuring out what to keep and what needs to go, a process that differs for each person.

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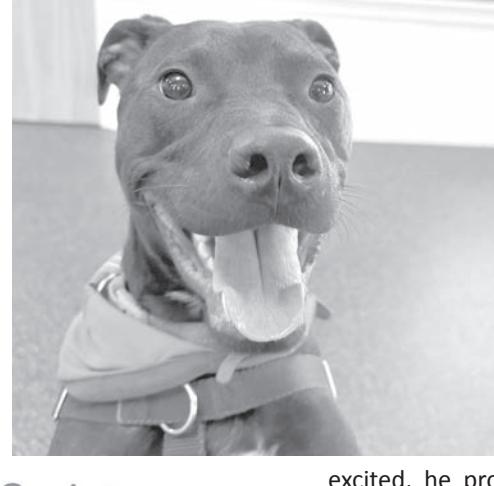
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PETS OF THE WEEK

Meet Simi!



Simi is the total package — handsome, loyal, and full of energy! This athletic boy loves to run, jump, and show off his playful spirit, so a home that can give him plenty of exercise and adventure is a must. Whether it's a long walk, a backyard sprint, or a good game of fetch, Simi is always ready to move. Once his zoomies are out of the way, though, he's all about snuggles. True to his velcro-dog



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nature, Simi loves nothing more than being right by your side, soaking up all the love he can get. When he gets excited, he proudly picks up his favorite toy to show it off — and yes, he insists his harness goes around both him and his toy. Simi would prefer to be the only dog in the home without other pets- he loves to chase and hunt smaller animals for fun. A man knows what he wants, after all! Simi always looks dashing in his signature bandana and is ready to steal hearts (and maybe a few squeaky toys) wherever he goes. If you’re looking for a loyal best friend with energy, style, and endless affection, Simi is your guy.



Alton Parks and Recreation

Community Connection

Local, guided snow-shoe hikes

The Alton Parks and Recreation Department is sponsoring free Snowshoe Hikes this winter, weather permitting. All abilities are welcome. If you are new to snowshoeing, we will share tips for participating in this great sport. View wildlife tracks, experience the open sky, and surround yourself in silence. Bring snowshoes to this outdoor experience. For more information and/or to register contact parksrec@alton.nh.gov or 603-875-0109.

Sunshine Hike on Thursday, Jan. 22 at 10 a.m. at Morse Preserve/Pine Mountain, located on Avery Hill Road, off Alton Mountain Road. Moderate level, uphill and downhill hike, approximately 45-90 minutes — depending on trails chosen. Enjoy a scenic snowshoe trek through fields and forests and reach the mountain top with a panoramic

view of the Belknap Range and Lake Winnipesaukee. Register by Jan. 19. Parking is available at the Mike Burke parking lot or along the road. Directions: take Route 11 into Alton Bay, turn on to Rand Hill Road. After .75 miles on Rand Hill Road, take a left onto Alton Mountain Road. After approximately 2 miles, take a left onto Avery Hill Road. The trail head is located about 500 feet on the left after passing the Mike Burke Trail System.

Full Moon Hike on Sunday, Feb. 1 at 7 p.m. at Fort Point Woods/Trask Swamp on Fort Point Road in Alton Bay. Beginner level hike, uphill and downhill, approximately 45-60 minutes. The moon should be bright enough to light the way but an extra headlamp or flashlight is helpful for each person. Register by Jan. 28. Off road parking is available.

Gilman Museum — Open House

The Town of Alton is sponsoring an Open House at the Gilman Museum, located at 123 Main St., on Thursday, Jan. 29 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-asst@alton.nh.gov or 603-875-0109.

Reiki Gathering

The Alton Parks and Recreation Department is sponsoring a Reiki Gathering with Reiki Master Teacher, Carol Wallace at the Gilman Library on Saturday, Jan. 31 from 10-11:30 a.m. in the Agnes Thompson Meeting Room. Join us for a relaxed Reiki meetup to refresh the basics of Reiki One and Reiki Two. Share experiences, ask questions and reconnect with Rei-

ki energy and each other. The free gathering is geared toward Reiki practitioners with at least Reiki One training. Please RSVP to 603-875-0109 or parkrec@alton.nh.gov by Jan. 23 to reserve your seat.

Weight Training classes — Mondays and Wednesdays

The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednesdays, with AFAA Certified Instructor Kellie Troendle, from 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abilities. This program is ongoing. Build strong muscles and bones, increase flexibility and develop better balance. Bring light hand weights, a mat and water. 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.

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.

ages 18 and up. 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.

Alton Bay Winter Carnival — Warming Hut

There will be a Warming Hut on Sunday, Feb. 15 from 10 a.m.-1 p.m. at the Alton Bay Community Center, located at 58 Mt. Major Highway, across from Pop's Clam Shell. Stop by during the Winter Carnival and warm up in the cozy space by playing a game or making a craft. This event is free and all ages are welcome. For more information contact Alton Parks and Recreation at 603-875-0109 or parksrec@alton.nh.gov. Classes not held Feb. 10-19.

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

Local resident named to Dean's List at Saint Anselm

MANCHESTER — Saint Anselm College has released the Dean's List of high academic achievers for the first semester of the 2025-2026 school year.

To be eligible for this honor, a student must have achieved a grade point average of 3.4 or better in the semester with at least 12 credits of study which award a letter grade. This semester there were a total of 702 students from 25 states, the District of Columbia, and 3 coun-

ties.

Mark W. Cronin, Dean of the College, announced that Ava Tibbs of Alton Bay and Dakota-Marie Mears of Alton have been named to the Dean's List for the fall 2025 semester.

About Saint Anselm College

Founded in 1889, Saint Anselm College is a four-year liberal arts college providing a 21st century education in the Catholic, Bene-

dictine tradition. Located in southern New Hampshire near Boston and the seacoast, Saint Anselm is well known for its strong liberal arts curriculum, the New

Hampshire Institute of Politics, a highly successful nursing program, a legacy of community service and a commitment to the arts.



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Opinion

SECTION A, PAGE 4

SALMON PRESS, THURSDAY, JANUARY 15, 2026

A quiet stretch of winter still belongs to us

Mid-January rarely makes headlines, and that may be exactly its strength.

The holidays are packed away. The calendar has turned, but the rush of the new year has settled into something more manageable. Spring meetings and summer events are still weeks or months away. For many people in Alton, Gilford, Gilmanton, Barnstead, and neighboring communities, this stretch of winter is quieter, steadier, and more predictable than the weeks that surround it.

That does not mean nothing is happening.

In fact, much of what shapes the rest of the year begins right now, often without much notice. Town boards meet regularly in January, sometimes with shorter agendas and smaller audiences, but the discussions held during these meetings matter. Budget lines are examined. Policies are refined. Long-range plans quietly take shape. Decisions made now often resurface later, when the stakes feel higher and the room is more crowded.

Schools follow a similar rhythm. By midwinter, administrators and school boards are already looking ahead. Enrollment trends, staffing needs, and program priorities are discussed while classrooms continue their daily routines. Families may not feel the impact immediately, but the groundwork is being laid for what students will experience in the next school year and beyond.

This is also the season when community institutions simply keep going. Libraries host weekly programs even when snow is falling outside. Volunteer groups meet around folding tables to plan months ahead. Senior centers and town offices remain open, serving residents who rely on their consistency. These efforts rarely generate headlines, yet they form the backbone of small-town life.

In communities like ours, steadiness is not a lack of ambition. It is a sign of health.

There is something to be said for showing up when there is no crisis to solve and no spotlight shining. A planning board meeting in January may draw fewer residents than one held in April or May, but its conversations can be just as consequential. A budget committee discussion held on a cold evening can shape tax bills, services, and priorities for the entire year.

Winter also provides an opportunity for residents to take stock. When daylight is short and schedules are simpler, it becomes easier to notice what is working and what is not. Is communication from town offices clear and timely. Are roads being maintained effectively after storms. Do residents feel informed about decisions being made on their behalf.

These questions do not require outrage to be meaningful. They require attention.

Small towns are often measured by how they respond to emergencies or celebrate big moments. Those moments matter, but they are not the whole story. Communities should also be measured by how they function during ordinary weeks, when routines are followed and responsibilities are met without fanfare.

Mid-January is one of those weeks.

It is a time to read posted agendas, to attend meetings when possible, and to stay engaged even when there is no obvious controversy drawing attention. It is a time to appreciate the people who keep municipal services running, who volunteer their time, and who ensure that essential work continues regardless of season or weather.

Winter does not need to be dramatic to be meaningful. Sometimes, the most important progress happens quietly, when there is time to think clearly and get things right. This stretch of winter belongs to all of us, and how we use it helps shape the year ahead.

Letter submission policy

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

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

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Tracy Lewis

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PRESIDENT & PUBLISHER

FRANK G. CHILINSKI

frank@salmonpress.news

BUSINESS MANAGER

RYAN CORNEAU

(603) 677-9082

ryan@salmonpress.news

OPERATIONS DIRECTOR

JIM DiNICOLA

(508) 764-4325

jimd@salmonpress.news

DISTRIBUTION MANAGER

JIM HINCKLEY

(603) 279-4516

jim@salmonpress.news

EDITOR

JOSHUA SPAULDING

(603) 941-9155

josh@salmonpress.news

MANAGING EDITOR

BRENDAN BERUBE

(603) 677-9081

brendan@salmonpress.news

PRODUCTION MANAGER

JULIE CLARKE

(603) 677-9092

julie@salmonpress.news

To the Editor:

Alton's Town Hall is a grand old structure with historical significance which has served the town since 1896. Over the last few years, it has received several significant upgrades, from ADA-compliant rest rooms to an elevator serving the second floor. These improvements are most welcome, but there remains a threat to the building's health: water. The existing roof has proven prone to leakage, and the old-style lead flashings are no longer effective. Ceiling stains in several places are indicative of the problem. The town has spent over \$18,000 in the last two years on repairs, but new leaks continue to appear. Worst yet, it is very likely that additional water penetration is occurring that can't be detected, and that water will, over time, cause rotting of sheathing and structural members.

The only long-term solution is a complete replacement roof, including flashings, drip edge, ridge venting and sheathing repair if required. Although more research is needed, the most attractive option identified to date is a roofing system manufactured by Vicwest Corporation of Burlington Ontario. This is an all-metal system using

Letters to the Editor

Town Hall at risk

28-gauge galvalume sheet in 12-by-50-inch panels with fully hidden fasteners. The panels duplicate the appearance of a traditional slate roof in a dark gray color which would complement the building's appearance. The system is designed for high-wind environments and meets the code requirements in areas such as Florida where hurricane-force winds and heavy rain are a constant threat.

The cost is estimated to be \$95,000, based on a preliminary quotation. \$55,000 of this can be paid from the Clough-Morrill Trust Fund, a fund established years ago to meet Town Hall maintenance and improvement needs. The balance would come from the current fully funded Town Hall Capital Reserve account. As a result, there would be no impact on property taxes, and further expenditures on additional temporary repairs could be avoided. Residents will be asked to approve this as a Warrant Article this year. Given the critical need and the absence of any impact on property taxes, approval would certainly be in the town's best interest.

Richard Shea

Alton

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The cost is estimated to be \$95,000, based on a preliminary quotation. \$55,000 of this can be paid from the Clough-Morrill Trust Fund, a fund established years ago to meet Town Hall maintenance and improvement needs. The balance would come from the current fully funded Town Hall Capital Reserve account. As a result, there would be no impact on property taxes, and further expenditures on additional temporary repairs could be avoided. Residents will be asked to approve this as a Warrant Article this year. Given the critical need and the absence of any impact on property taxes, approval would certainly be in the town's best interest.

Richard Shea

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When the quiet gets loud

Some of the best moments in life are the ones nobody schedules. They slip in quietly between the bigger, louder parts of our days. You are standing at the kitchen sink, waiting for the kettle to boil. You are sitting in the car while the windshield warms up. You are walking across a parking lot with your hands shoved into your pockets because winter is not quite done with us yet. Nothing important is supposed to happen in those moments. And yet,

that is often when the important things do. I have noticed lately that the world has grown very noisy. Not just in the obvious ways, with televisions turned up too loud or phones chiming every few minutes, but in the way we fill every empty space with something. Music in our ears while we shop. Podcasts while we drive. A screen in front of us even when we are sitting with people we care about. Silence has become something to be avoided, as if

it were an awkward guest at the table.

I grew up in a time when silence was just part of the day. It was there early in the morning before anyone else was awake. It was there on long car rides when the radio faded out. It was there in the evenings when you could hear nothing but the ticking of a clock and maybe the wind against the house. Nobody thought much about it. It was simply the space where your own thoughts could stretch out a little.

These days, I sometimes have to work a bit to find that kind of quiet. When I do, I am always surprised by how much it has to say. In a quiet moment, I remember things I had forgotten. A conversation with my daughter from years ago. The sound of my son laughing when he was younger. A neighbor

KIND FOLKS,
COLD WINTERS
By CHIPPIY

who once did me a small kindness I never properly thanked him for. None of those thoughts arrive when I am rushing from one thing to the next. They seem to need a little room.

There is something honest about quiet. When the noise drops away, there is nothing to distract you from how you really feel. You notice when you are tired. You notice when something has been weighing on you. You also notice when you are content, which is something we do not always take time to recognize. Contentment is not flashy. It does not announce itself. It sits there patiently, waiting for you to notice.

I have also found that quiet makes me more grateful. When I am not being pulled in a dozen directions, I can appreciate the simple fact that

my wife and I are sitting in the same room, each of us doing our own small thing. I can be thankful for a warm cup of coffee, for a roof that keeps the snow out, for a phone call from one of the kids that lasts longer than I expected. None of that feels ordinary when you are really paying attention.

Of course, life cannot be quiet all the time, and it should not be. There is joy in busy kitchens, in crowded rooms, in voices overlapping as people tell stories. Noise can mean life is happening. But when noise becomes constant, it wears you down in ways you do not always notice right away. You become restless. You become distracted. You forget how to sit with yourself.

So every now and then, I try to give myself a small gift. I turn something off. The radio. The television. The phone. I sit there for a few minutes and let the world be as it is. At first it can feel

strange, even uncomfortable. Then something settles. The day slows down. My thoughts line up in a more sensible way. I come back to myself.

I do not think we need to make a big production out of it. Quiet does not require a retreat or a special cushion on the floor. It can happen in a parked car, in a living room, or on a back step looking out at the yard. It just asks that we stop, even briefly, and listen.

In a place like New Hampshire, we are lucky. We have long stretches of road, wide skies, and winters that insist you stay inside once in a while. We are given plenty of chances to be still if we are willing to take them. In that stillness, you may hear things you have been missing.

And if you listen closely, you might find that the quiet, far from being empty, is full of everything that really matters.

Gilford Community Church to host next Gals' Night Out... in the afternoon!

GILFORD — The organizers of the Gilford Community Church (GCC) Gals' Night Out are trying something new! Instead of the Friday night ritual, this month, we will host a luncheon on Saturday, Jan. 24 at noon. Howie Chandler and Tom Meierjungen will share their stained-glass practice with us. They will demonstrate and have volunteers participate in all the steps of creating a stained-glass piece.

A delicious lunch will be catered by Ellie Murphy, and any interested men are welcome to come along this month as well. So, join us for a wonderful meal and

an exciting demonstration! Tickets for Gals' Night Out are \$15 this month and may be purchased through Wednesday, January 21, 2026, at the GCC Administrative Office at 19 Potter Hill Rd. in Gilford. For those with questions, please call (603) 524-6057.

Located in Gilford at 19 Potter Hill Rd, Gilford Community Church (GCC) is an inclusive, open community that welcomes believers and doubters, seekers and skeptics, young and old. Sunday service takes place at 10 a.m., is also available on a live stream feed on GCC's Facebook page and later on YouTube.

Gilford Public Library Top Ten Requests (Plus Two)

1. "The Invisible Woman" by James Patterson
2. "Return of the Spider" by James Patterson
3. "Theo of Golden" by Allen Levi
4. "The Seven Rings" by Nora Roberts
5. "The Widow" by John Grisham
6. "The World at Home" by Ginny Kubitz Moyer
7. "My Friends" by Fredrik Backman
8. "The Black Wolf" by Louise Penny
9. "The Land in Winter" by Andrew Miller
10. "The King's Ransom" by Janet Evanovich
11. "The Proving Ground" by Michael Connelly
12. "Nash Falls" by David Baldacci

Masons hosting monthly breakfast buffet Sunday

ALTON — The Masons of Winnipisaukee Lodge in Alton will hold their monthly Breakfast Buffet on Sunday, Jan. 18, starting at 7:30 a.m., open to the public, at the Lodge on Route 28, a quarter mile south of the Alton Circle.

With fruit, biscuits and gravy, scrambled eggs, omelets, bacon and sausage, home fries, beans, pancakes, French toast, coffee and juice being served, it

is a perfect time for family and friends to sit down and enjoy an all you can eat breakfast buffet. The cost is now \$15. The Masons serve breakfast between 7:30 and 10:30 a.m. (New Hours) They hope to see you there (always on the 3rd Sunday of the month).

For more information about the breakfasts or Winnipisaukee Lodge, please contact David Snyder at 603-717-1713.

Lasell University students named to Fall Dean's List

NEWTON, Mass. — The Fall 2025 Dean's List includes students who have completed at least 12 credits as a full-time student in that semester and have achieved a

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Well, technically, no. However, there is a growing body of evidence that shows how you perceive aging, and your perception of how old you feel, can affect your general overall health and wellbeing and how old you seem to yourself and others.

Many people may scoff at the idea that you can change your physiology by thinking differently about yourself, but a famous unconventional experiment conducted by Harvard researcher, Ellen Langer, in 1981 has gained prominence over the last several years. In this experiment, Langer invited two groups of men in their 70s on a "reminiscing retreat," without telling them that they were part of a study. All these men had physical difficulties or memory issues that caused them to rely on others for help.

One group of men spent the week reminiscing about life in 1959 while surrounded by present-day familiarities. The other group of men was actually "dropped" into the year 1959, so to speak. This group was immersed in mementos from that era, from newspaper articles to radios and black-and-white televisions that

played shows from the time and told to pretend they were back in 1959. This latter group of men engaged in debates about world events of 1959 as if they were occurring in the present day. Of additional interest is that the men were not given any assistance at the retreat at any time. There were no handrails or ramps to help with walking, and they were not given any assistance bringing their luggage to their rooms. They

needed to find a way to transport their belongings and get around the retreat grounds on their own.

By the end of the retreat period, both groups of men showed significant, positive changes in every aspect, but the second group that was immersed in 1959 showed the greatest improvement, to the extent that this group of once-frail men were playing touch football at the end of the retreat. Further, these positive cognitive and physiological changes were confirmed by laboratory tests that showed improvement in the men's memory and other cognitive abilities, flexibility, gait, arthritis, speed of movement, and dexterity. What was more surprising was that the men also had lower blood pressure, better hearing, and better eyesight. It appeared as though by thinking they were younger, these men had physically become "younger."

As doctors and scientists continue to study the connections between the mind and body, it is becoming more evident that aging is not a fixed process. More ev-

idence is mounting that attitudes affect physical, cognitive, and psychological wellbeing—that humans can "think themselves younger." By changing attitudes about the aging process and self-perceptions about their own physical and cognitive wellbeing, average people have greater power than they may realize over how well they age.

About
Comfort Keepers

Comfort Keepers is a leader in providing non-medical in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, medication reminder, bathing, mobility assistance, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 603-536-6060 or visit our Web site at NHComfortKeepers.com for more information.

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SPORTS

Timber Wolves split tri-meet in Whitefield



JOSHUA SPAULDING

Emma Weller wrestles for Prospect Mountain during last week's tri-meet in Whitefield.

BY JOSHUA SPAULDING

Sports Editor

WHITEFIELD —

The Prospect Mountain wrestling team headed north to Whitefield on Thursday, Jan. 8, for a tri-meet featuring Raymond and the host White Mountains Spartans.

The Timber Wolves started their day against the Rams and Emma Weller got a pin at 120 pounds to start the day for Prospect Mountain. Colt Trombly then got pinned at 126 pounds to tie the score at six.

Andrew Koralski got a pin at 132 pounds to give the Timber Wolves the lead again but Anthony Maguire fell by

pin at 138 pounds to tie the score again. The Rams got a forfeit win at 144 pounds before Eyan Roberge came back with a forfeit win at 150 pounds to pull the Timber Wolves even at 18.

Skylar Perry got a pin at 157 pounds and Logan Andrews at 165 pounds and Noah Gagnon at 175 pounds both got forfeit wins for the 36-18 lead for the Timber Wolves. The Rams got forfeit wins at 190 pounds and 215 pounds to cut the lead to 36-30 but Robert Prescott finished off the match for the Timber Wolves with a pin at 285 pounds to give Prospect the 42-30 win.

The Timber Wolves then moved on to face the host Spartans and Brody Koralski got Prospect started with a forfeit win at 120 pounds. Twombly was pinned at 126 pounds and Andrew Koralski fell by a 13-10 decision at 132 pounds. Maguire was pinned at 138 pounds and the Spartans got a forfeit win at 144 pounds.

Roberge was pinned at 150 pounds, Perry was pinned at 157 pounds, Andrews was pinned at 165 pounds and Gagnon was pinned at 175 pounds. White Mountains got forfeit wins at 190 and 215 pounds before Prescott got the



JOSHUA SPAULDING

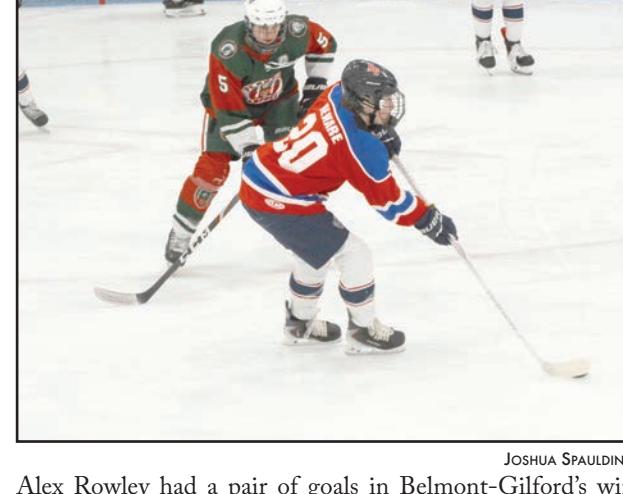
Andrew Koralski wrestles during a tri-meet at White Mountains Regional High School last Thursday.

Timber Wolves a pin at 285 pounds. The Spartans got a forfeit win at 106 pounds to finish out the 63-12 win.

Prescott also claimed the weight class win at the Winnisquam Winter Classic on Saturday in Tilton.

Prospect Mountain is slated to compete again on Wednesday, Jan. 21, at home against Winnisquam at 5 p.m.

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



JOSHUA SPAULDING

Alex Rowley had a pair of goals in Belmont-Gilford's win over Pembroke-Campbell Saturday afternoon.

HOCKEY

(continued from Page A1)

Ryder and Murphy got in close on a bid. Goalie Jacoby Drouin stopped a PAC chance and Brayden Drew and Ryder had chances denied by the PAC goalie.

With eight minutes to go in the first period, the Bulldogs tied things up with Drew sending the puck up to Ryder, who buried the shot for the tying goal. Ryder had another shot denied and also had a chance stopped by the PAC defense. Alex Rowley found Drew for another chance as well.

The Bulldogs took the lead with 4:43 to go in the first period, as Rowley got in close and finished the shot on assists from William Hazelton and Ellis for the 2-1 advantage. Murphy had another shot denied and Drouin stopped another PAC chance. Cam McClary sent a shot wide of the net and Ryder and Colton Byars had chances denied by the PAC keeper.

The Bulldogs took a penalty with 2:30 to go and Drouin stopped a couple of good chances while Ethan Girard and Ellis both had good clears before the penalty was killed off. Tyler Mull had a shot denied by the Pembroke-Campbell goalie to close out the first period and the Bulldogs led 2-1 at the first intermission.

Drouin stopped a couple of bids early in the second period and Mull and Ryder teamed up on a chance that was denied. Murphy and Byars had bids stopped by the PAC goalie and Drouin stopped a couple more Pembroke-Campbell chances. The visitors sent a shot over the top of the net and Drouin stopped a few more bids. Ryder and Drew had chances and Ellis fired a shot off the post as the Bulldogs pressured.

With 7:49 to go, the pressure paid off, as Murphy sent a shot on net that was saved but Rowley was there to put the puck home for the 3-1 lead.

Jack Rodrigue picked up the secondary assist on the goal.

The Bulldogs upped the lead to 4-1 just one

minutes later, as Drew got in all alone and beat the PAC goalie on assists from Ellis and Ryder. PAC sent a couple shots wide of the net and Ben Girard and Rowley had chances that missed the mark for the Bulldogs.

The visitors scored off a faceoff with 4:22 to go, cutting the lead to 4-2. Belmont-Gilford went on the power play with 3:42 to go in the period and Murphy sent a shot wide and Byars sent the puck through the crease. Ryder and Ethan Girard teamed up on a chance that was denied and Ryder sent a shot high before the power play was killed off.

Ryder and Ellis had bids denied and Ethan Girard had a shot from the point stopped. Drouin held off a late PAC shot and the game went to the third with the Bulldogs up 4-2.

After early PAC pressure in the third, Ellis sent a shot wide of the net and Mull had a nice centering pass that missed the mark in front. Rodrigue had a shot go wide of the net and Ryder had a bid stopped by the goalie.

Drew and Ryder teamed up on a chance that went wide of the net and Drouin stopped another Pembroke-Campbell chance.

The visitors sent a shot wide of the net and Ryder sent a shot wide at the other end of the ice. Belmont-Gilford went on the power play with 2:51 to go and Drew had a couple of chances but it was PAC who got on the board, scoring with 1:33 to go to cut the lead to 4-3.

The visitors pulled their goalie in the final minute and Byars finished off the scoring with a shot that went almost the entire length of the ice into the net for the empty net goal and the 5-3 win for the Bulldogs.

Belmont-Gilford is slated to take on Berlin-Gorham in Berlin on Wednesday, Jan. 21, at 6 p.m.

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

SPORTS CONTINUED

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JOSHUA SPAULDING

Adelle Harrington controls the puck along the boards in action on Saturday evening at Pop Whalen Arena.



JOSHUA SPAULDING

Aliyah Arsenault makes a save during her team's game with Lebanon-Kearsarge-Mascoma on Saturday at Pop Whalen Arena.

first period ended with the visitors up 2-0.

Libby had a centering

pass early in the second and Sloan McCarthy had a shot denied while Ouellette got in close on the rebound. The Raiders sent a shot wide and Arsenault stopped another bid. Aucoin had a good centering pass and the visitors had a couple of bids denied by Arsenault.

The Knightwolves went

on the power play with 9:40 to go in the period and Libby and Sykes got in close with a bid and Adelle Harrington had a wraparound chance denied. The Raiders took another penalty with 8:32 to go, giving the hosts a good clear. McCarthy sent a shot wide of the net and Libby had a shorthanded chance. The Raiders sent a few shots wide of the net before the penalty was killed and the

Knightwolves took a penalty in the final seconds as the game went to the third with the Raiders up 2-0.

The visitors had a couple

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ABA Monthly Member Highlight:

The NH Snowmobile Museum

ALTON — Every month, the Alton Business Association sits 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 they do in our communities.

January 2026 Monthly Member Highlight: The NH Snowmobile Museum — The Alton Business Association is pleased to spotlight the NH Snowmobile Museum, operated by the New Hampshire Snowmobile Museum Association, a non-profit organization dedicated to preserving the history of snowmobiling in New Hampshire and beyond. Founded in 1985, the museum showcases more than 100 historic snowmobiles and an extensive collection of vintage memorabilia, celebrating 40 years of innovation, recreation, and community while educating future generations and keeping the spirit of snowmobiling alive.

Tell us about your business.

Since its establishment in 1985, the NH Snowmobile Museum has been dedicated to bringing the early days of snowmobiling to life through vintage exhibits and public events. As a non-profit 501(c)(3) organization, we rely on the support of our members, donations, and fund-raising efforts—support that has helped keep the spirit of snowmobiling alive for 40 years.

Tell us about yourself. The NH Snowmobile



Museum is 40 years young and still going strong. Our collection features more than 100 snowmobiles, along with vintage memorabilia of every kind—including handcrafted items that showcase the creativity and history of the sport.

One of our most prized pieces is the first Ski-Doo snowmobile ever sold and ridden in New Hampshire. The museum is also home to a beautifully restored Lombard machine, used in the early 1900s for log hauling. Beyond these highlights, our collection includes an array of unique and historic sleds, including models from John Deere, Hus-Ski, Bolens, Caribou, and many more.

How did your business get started?

The dream of founding a museum became a reality in 1985 when a non-profit organization, the New Hampshire Snowmobile Museum Association was created. The, then Bureau of Off Highway Vehicles and now the Bureau of Trails, part of the Division of Parks and Recreation, provided space at two Civilian Conservation Corps (CCC) building at Bear Brook State Park in Allenstown, New Hampshire. In that year, the first and only state sponsored snowmobile museum in the United States became an actuality. This public-private partnership has proven to be very successful, resulting in a one-of-a-kind museum collection of over 80 snow-traveling machines and a large collection of memorabilia.

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

We are a new member of the Alton Business Association! Being part of this vibrant network of local businesses is an important step for us as we are looking forward to growing, collaborating, and contributing to the Alton community.

What do you value most about this community?

The NH Snowmobile Museum's mission is to preserve and share the rich history of snowmobiling in New Hampshire and beyond. We are passionate about educating future generations and celebrating the legacy of this incredible sport. But

we can't do it alone. We need the support of our community to keep the history alive! In turn, we are committed to giving back and supporting the community that supports us.

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

The Lakes Region isn't just scenic, it's historically significant in the evolution of winter transportation and recreation. Ossipee is the birthplace of the snowmobile!

From Alton to the surrounding towns, hundreds of miles of snowmobile trails weave through forests, fields and communities. These trails carry stories, the clubs that carved them out, the generations of riders who have explored them and the traditions, events and friendships that have grew along the way. Our mission is to preserve and share the rich history of snowmobiling in New Hampshire and beyond.

What business accomplishment are you most proud of?

The NH Snowmobile Museum is most proud of its mission to keep the history of snowmobiling alive. For 40 years, we've brought smiles to countless faces as visitors reflect on days gone by—remembering adventures

shared with family and friends on the very snowmobiles they now see on display.

What does the future hold for you and your business?

As we celebrate our 40th anniversary this year, we are reflecting on how we can continue to keep the history of snowmobiling alive in New Hampshire and throughout our surrounding states. Earlier this year, the NH Snowmobile Museum was informed that our building had been structurally compromised beyond repair, requiring us to vacate the space.

Although the future is uncertain, we are choosing to view this moment as an exciting opportunity—a chance to find a new home that will allow us to grow, expand our offerings, and become even more accessible to the public

What is one piece of advice you wish you had as a new business owner?

One piece of advice I wish we had as a non-profit business is a better understanding of how to attract volunteers and members—and how to remain appealing in an ever changing world.

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

If you would like to get in touch with the NH Snowmobile Museum, we offer several ways to connect.

Stay up to date with museum news and events by following us on Facebook and Instagram. You can also visit our website, which is filled with updates on upcoming events, details about our collection, and a classifieds section if you're looking to buy or sell snowmobile-related items: <https://www.nhsnowmobilemuseum.com/>

Prefer a more traditional way to reach out?

You can email us at info@nhsnowmobilemuseum.com.

And of course, we're always happy to hear from you by phone at (603) 316-9102.

Nominations for Gordon Preston

Community Service Award due Jan. 25



COURTESY PHOTO

Gordon Preston

person who embodies the same type of dedication to The Town of Barnstead. This award recognizes the unsung hero or heroine who continually gives their precious time to benefit our community as a whole.

Criteria for nominees:

- Any volunteer and/or Barnstead town employee who serves our community to benefit our town and Barnstead residents
- Nominee does not have to be a resident of Barnstead

• Consistently demonstrates the quality of outstanding service to the Town of Barnstead

• Your name and contact information of the person you are nominating

- Specific reasons why this person de-
- Has made a meaningful contribution to the community through

Please include:

- The name and contact information of the person you are nominating
- Your name and contact information
- Specific reasons why this person de-

Nominations can be submitted to Kelly Fan at: kellyfanheal@gmail.com. Please email with any questions, thank you!

The Gordon Preston Outstanding Community Service Award debuted at The Gordon Preston Celebration of Life Gathering in 2019 and we are committed to continuing this award each year in Gordon's honor.

The selection committee for the GPOCSA will review the nominations and select one recipient that exemplifies the spirit of the award.

The Preston family would like to thank Margaret and Mike Cipriano for their generous and ongoing support in keeping the memory of Gordon Preston alive.

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SPORTS

Timber Wolf girls return to regular season action with big win

BY JOSHUA SPAULDING

Sports Editor

ALTON — The Prospect Mountain hoop girls returned to regular season action on Tuesday, Jan. 6, cruising to a 70-10 win on the road in Somersworth.

The Timber Wolves set the tone out of the gate, using their relentless ball pressure, forcing turnovers and turning defense into points on the other end of the court. Prospect Mountain led 19-3 at the end of the first quarter and held the 'Toppers to

just one point in the second quarter for a 38-4 lead at the halftime break.

Prospect then outscored the hosts 32-6 in the second half to cruise to the 70-10 win.

Kourtney Kaplan, coming off her MVP performance in the Mike Lee Holiday Basketball Bash, led the way for Prospect with 23 points, seven rebounds, five steals and four assists while Ava Foster added 18 points, four rebounds and three steals. Paige Harding

had a solid all-around game with eight points, eight rebounds, three steals and three assists, Emma Foster had seven points, eight rebounds and three assists,

Maddy Howlett had four points, seven assists, four rebounds and three steals while Peyton McAneney and Maddie Miller each had four points and combined

for nine rebounds.

The Timber Wolves are slated to be in action on Friday, Jan. 16, at Campbell at 6 p.m. and will be at Winnisquam on Tuesday, Jan. 20,

at 7 p.m.

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

Timber Wolves kick off the season at Gunstock

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Prospect Mountain alpine team kicked off 2026 with a short trip to Gunstock for a race on Friday, Jan. 9.

In the morning giant slalom, the Timber Wolf girls were fifth, led by a 23rd place finish from Sydney Grasso in 1:10.95. Anna Sanders was 26th in 1:12.01, Erin Goyette finished in 1:13.32 for 27th place and Charlie Warren rounded out the scoring in 1:23.9.

29th place in 1:14.63.

Violet Page was 33rd in 1:17.18, Natalie Shea was 334th in 1:18.91, Alexis Briggs skied to 36th place in 1:25.45 and Johanna Foley was 37th in 1:38.11

In the afternoon slalom, the Timber Wolf girls were also fifth with Grasso again leading the way in 18th place in 1:19.68. Goyette was 20th in 1:20.99, Warren finished in 24th in 1:22.99 and Sanders finished out the scoring in 26th place in 1:23.9.

Page was 28th in 1:27.93, Shea finished in 32nd place in 1:36.8, Briggs was 33rd in 1:37.43, Foley placed 34th in 1:43.39 and Grace St. Germain was 36th overall in 2:16.7.

Even Fuller led the Prospect Mountain boys with a 19th place finish in the giant slalom in 1:08.53 with Brady Glidden in 23rd place in 1:12.4 and Michael Perry in 28th place in 1:20.26.

Fuller again led the Timber Wolves in the afternoon slalom with a 14th place fin-

ish in 1:11.92 with Glidden in 20th in 1:21.62, Charles Bravar in 22nd in 1:22.88 and Isaac Casale finishing out the scoring in 25th in 1:27.7. Perry was 30th overall in 1:38.41.

The Timber Wolves are scheduled to compete at Gunstock again on Friday, Jan. 16, and are also slated to be at Mount Sunapee on Wednesday, Jan. 21.

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

Sawyer and Marvel pick up victories for Golden Eagles

BY JOSHUA SPAULDING

Sports Editor

DURHAM — The Gilford indoor track team competed at the University of New Hampshire on Sunday afternoon and got a couple of wins on the day.

Macy Sawyer won the 600 meters with a time of 1:46.58 while in the 55-meter hurdles, Emily Aguiar was fourth in the prelimi-

naries in 9.91 seconds and was fourth in the finals in 9.88 seconds.

Pearl Marvel picked up the other win for the Golden Eagle girls, winning the long jump at 16 feet, eight inches. She also placed fifth in the preliminaries for the 55 meters in 8.01 seconds and finished fifth in the finals in 8.02 seconds.

The 4X160-meter relay

team ran to second place overall in a time of 1:30.63 while in the 1,000 meters, Amanda Schaffnit was 17th in 4:23.44.

John Lavalley was third overall in the shot put for the Gilford boys with a distance of 40 feet, 8.25 inches and Gunnar Marvel was 12th at 30 feet, 2.25 inches. Marvel also placed 17th in the 55 meters in 7.46 seconds.

William Reinhardt ran to third in the 1,500 meters with a time of 4:42.2.

The Golden Eagles are slated to compete at the University of New Hampshire on Sunday, Jan. 18, at 2:30 p.m.

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

Witham, Scarpa both earn third place finishes in Exeter

BY JOSHUA SPAULDING

Sports Editor

EXETER — The Prospect Mountain indoor track team competed at Phillips Exeter Academy on Saturday, Jan. 10, and returned home with a number of top-10 finishes.

Jazmine Witham had the top performance of the day for the Prospect Mountain girls, as she tossed the shot put 28 feet, 10.5 inches to finish third overall.

Natalie Cowser added a seventh place finish in the 55-meter hurdles in a time of 11.98 seconds while Madison Morris was eighth overall in the 600 meters in 1:55.47.

Prospect Mountain also got a third place finish from DJ Scarpa in the long jump at 19 feet, 10.5 inches with teammate Blake Snell right behind him in fourth place at 19 feet, 2.75 inches.

Scarpa also raced to sixth place in the 300 meters in a time of 39.22 seconds with Snell in 19th place in 42.11 seconds and Mathew Whelan in 22nd place in 42.68 seconds.

Dawson Meehan was sixth in the 55 meters in a time of 10.4 seconds and Hunter Witham was seventh in a time of 10.51 seconds.

Scarpa was 11th in the 55 meters in 7.11 seconds and Whelan was 23rd in a time of 7.44 seconds.

Meehan finished in eighth place in the 600 meters in a time of 1:47.42 and Trew Reed ran to eighth in the 3,000 meters in 13:43.12. Witham finished in 14th in the 1,000 meters with a time of 3:39.72. In the shot put, Cam Droleth threw 28 feet, 1.75 inches for 24th place.

The Timber Wolf 4X200-meter relay boys

also finished in fourth place with a time of 1:45.63.

Prospect Mountain is slated to return to action on Sunday, Jan. 18, at 10 a.m. at the University of New

Hampshire.

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

Tilley wins opening Nordic race of season

BY JOSHUA SPAULDING

Sports Editor

SANDWICH — The Gilford Nordic ski team kicked off the season at the Sandwich Fairgrounds on Wednesday, Jan. 7.

Maria Tilley skied to the win for the girls with a time of 14:57 while in the boys' race, Oskar Karlsson skied to 13th overall in a time of 19:07.

Gunstock Nordic Asso-

ciation also sent a couple of skiers to the race, with Connor Termorshuizen in second in 15:14 and Ethan Cathey in fourth in 15:27.

The Golden Eagles are slated to return to action on Wednesday, Jan. 21, at Proctor Academy.

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

HIGH SCHOOL SLATE

Friday, Jan. 16

BELMONT

Indoor Track at UNH; 2:30

GILFORD

Indoor Track at UNH; 2:30

WINNISQUAM

Indoor Track at UNH; 10

Tuesday, Jan. 20

GILFORD

Boys' Hoops at Hopkinton; 7

Girls' Hoops vs. Hop-

kinton; 6:30

WINNISQUAM

Boys' Hoops at Prospect Mountain; 6

Girls' Hoops vs. Pros-

pect Mountain; 7

Wednesday, Jan. 21

BELMONT-GILFORD

Hockey at Berlin-Gor-

ham; 6

GILFORD

Unified Hoops at King-

swood; 3:30

WINNISQUAM

Hockey at Monadnock; 6:25

Wrestling at Prospect

Mountain; 6

All schedules are

subject to change.

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Sundays throughout the summer 10:am & 7pm: 875-6161.

CENTER BARNSTEAD CHRISTIAN CHURCH
Altom 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Ben Rubl, www.befreecurch.net.

CHRISTIAN COMMUNITY OF PRAISE C.C.O.P.P.
Every Saturday 5:30pm at the Iron Works church,
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Wicked Cool Mechanical relocates to new Gilford facility to strengthen local service

GILFORD — Wicked Cool Mechanical, a locally owned commercial HVAC and refrigeration contractor serving New Hampshire's Lakes Region, has relocated its operations to a new facility at 21 Meadowbrook Lane, Unit 1, Gilford.

Owned by John and

Alesha Desharnais, Wicked Cool Mechanical moved into the new space in December as part of a strategic investment in operational efficiency, long-term growth, and continued service to the local community.

The new facility brings office, ware-

house, and field operations together under one roof, allowing the team to work more efficiently, better manage inventory, and support faster response times for commercial customers. The space also provides room for growth, including the ability to add up to two additional office

team members as the company expands.

"This move is about setting Wicked Cool Mechanical up for the next phase of growth while staying rooted in the community we serve," said John Desharnais, owner of Wicked Cool Mechanical. "Owning our own facility as we

move into our fourth year in business is something we're incredibly proud of. It allows us to operate more effectively and continue delivering the level of service our customers expect."

Strategically located in Gilford, the new facility improves access for technicians serving retail, banking, office, and institutional clients throughout the Lakes Region. The expanded warehouse space also allows Wicked Cool Mechanical to stock critical parts more effectively, reducing delays and supporting smoother service execution.

Founded in Meredith, Wicked Cool Mechanical has built a reputation for responsive customer service, live call handling, and following through on complex commercial HVAC and refrigeration challenges. The new Gilford facility supports the company's continued growth while reinforcing its commitment to reliability, accountability, and community involvement.

For more information about Wicked Cool Mechanical and its commercial HVAC and refrigeration services, visit wickedcoolmech.com or call 603-524-0445.

SNHU announces

Fall President's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Fall 2025 President's List. The fall terms run from September to December.

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

Camden Colson of New Durham
Joshua Michelizza of New Durham
Leah Norton of Alton Bay
Makenzy Joy of Alton Bay
Michelle Hamilton of Alton Bay
Devin Rogers of Alton
Colby Sykes of Alton
Victoria Christie of Center Barnstead
Emily Sanschagrin of Center

Barnstead Connor Frenzel of Center

Barnstead Sean Hanley of Center Barn-

stead Hunter Perreault of Center

Barnstead Austin Perreault of Center

Barnstead Jake Tash of Center Barnstead

Simon Paris of Center Barn-

stead Jasmine Clement of Barnstead

Bryce Bergeron of Barnstead

Cameron Drouin of Gilford

Scott White of Gilford

Janelle Hassler of Gilford

Dawn Carlson of Gilford

Audrey Dunleavy of Laconia

Shelby DeLuca of Laconia

Katie-Ann Parsons of Laconia

Tucker Clark-Manseau of La-

conia Morgan Tatem of Laconia

Christina Wallace of Laconia

Taylor Hough of Laconia

Caitlin Dunleavy of Laconia

Aidan Bowie of Laconia

Dani Spaulding of Laconia

Aliyah Perry of Laconia

Lacey Linkkila of Laconia

Samuel Orzechowski of Laco-

nia Sara Karr of Laconia

Carlos Cardona of Laconia

Alysia Baker of Laconia

Alexandra Smith of Laconia

Beverley Tavano of Laconia

Trevor Munroe of Gilmanton

Siobhan Lofblad of Gilmanton

Sabrina Rainville of Gilman-

ton

Southern New Hampshire University (SNHU) is a private, non-profit, accredited institution with a 93-year history of educating traditional-aged students and working adults. Now serving more than 200,000 learners worldwide, SNHU offers approximately 200 undergraduate, graduate, and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as one of the "Most Innovative" regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner.

RESOLUTIONS WORD SEARCH



WORDS

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FOCUS
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HABIT
IMPROVEMENT
INTENTION
MILESTONE
MINDSET
MOTIVATION
OBJECTIVE
PERSISTENCE
PLAN
PROGRESS
PROMISE
RENEWAL
ROUTINE
TRANSFORMATION
VISION

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U B W C R R N D N T N I F O G H A S D G
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O M B F M T F D E P P V I V C N A I R D
I P J N T E O T A E W P A N E U I U I C
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I J P C P W H D I S C I P L I N E B N T
U U J O S G W G T Y N E Y E D I E J O E
H R G L A A M U Y M H J E F P T O R C D

Find the words hidden vertically, horizontally, diagonally, and backwards.

Thursday, Jan. 15

KINGSWOOD

Boys' Hockey at John Stark; 8

Indoor Track at UNH; 4

KENNETH

Alpine Skiing at Cranmore; 10

Boys' Hoops at Berlin; 6

Girls' Hoops vs. Berlin; 6

Ski Jumping at Plymouth; 6

KINGSWOOD

Alpine Skiing at Cranmore; 10

Boys' Hoops vs. Coe-Brown; 6:30

Girls' Hoops at Coe-Brown; 6:30

PROSPECT MOUNTAIN

Alpine Skiing at Gunstock; 10

Boys' Hoops vs. Campbell; 6

Girls' Hoops at Campbell; 6

Saturday, Jan. 17

KENNETH

Boys' Hockey vs. Monadnock; 5

Girls' Hockey vs. Bishop Guertin (Notre Dame); 6

Indoor Track at Phillips Exeter; 1

KINGSWOOD

Wrestling at John Stark; 9

KINGSWOOD-PROSPECT MOUNTAIN

Girls' Hockey vs. Bishop Brady; 7:30

Sunday, Jan. 18

KINGSWOOD

Indoor Track at UNH; 10

Indoor Track at UNH; 10

PROSPECT MOUNTAIN

Unified Hoops vs. White Mountains; 3

PROSPECT MOUNTAIN

Boys' Hoops vs. Winnisquam; 6

Girls' Hoops at Winnisquam; 7

Wednesday, Jan. 21

KENNETH

Boys' Hockey vs. John Stark; 6:10

KINGSWOOD

Boys' Hockey vs. Bishop Brady; 7:10

Unified Hoops vs. Gilford; 3:30

Wrestling at Alvirne; 5:30

PROSPECT MOUNTAIN

Alpine Skiing at Sunapee; 1:30

Wrestling vs. Winnisquam; 5

All schedules are subject to change.



BUSINESS DIRECTORY

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FLOORING



THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	Route 140	N/A	\$250,000	Matthew M. Blier	Tamara N. Blier and Arthur G. Cornelissen, Jr.
Alton	School Street	N/A	\$250,000	Matthew M. Blier	Tamara N. Blier and Arthur G. Cornelissen, Jr.
Alton	N/A (Lot 47)	N/A	\$299,933	Kenneth Murnane	K.L. Murnane RT and Laura R. Murnane
Barnstead	5 Yield Rd.	Municipal Property	\$47,533	Town of Barnstead	Yury Polozov
Gilford	39 Deer Run Lane	Single-Family Residence	\$389,000	Ruth M. McCann Estate and Christine McCann	Nathaniel E. Bastarache
Gilford	N/A	N/A	\$1,050,000	Moran Fiscal Trust and William J. Moran	Scott C. & A.A. Sullivan Trust

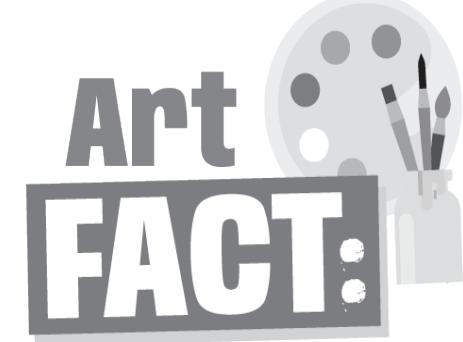
ABOUT THE REAL REPORT

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



Creative Coloring

Color in this picture to create your own masterpiece.



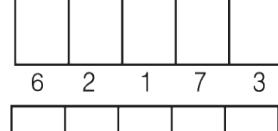
Various artistic activities can be considered hobbies, including this pastime that involves clay.

Answer: Pottery

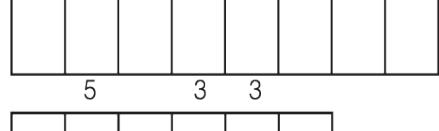
Double Word Puzzle

Unscramble the individual words to reveal letters for the phrase.

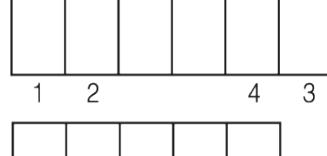
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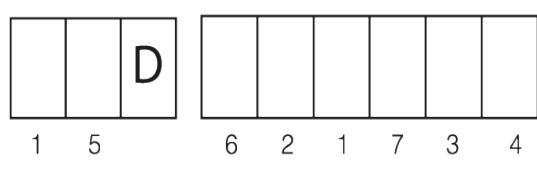
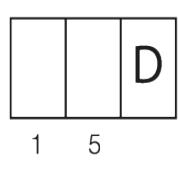
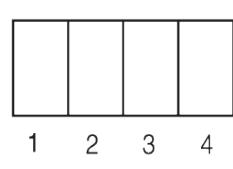
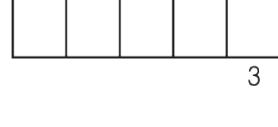
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THIS DAY IN HISTORY

JAN
16

1909: Ernest Shackleton and his expedition find the magnetic South Pole.

1920: The League of Nations holds its first council meeting in Paris, France.

1969: Soviet spacecraft Soyuz 4 and Soyuz 5 perform the first-ever docking of crewed spacecraft in orbit.

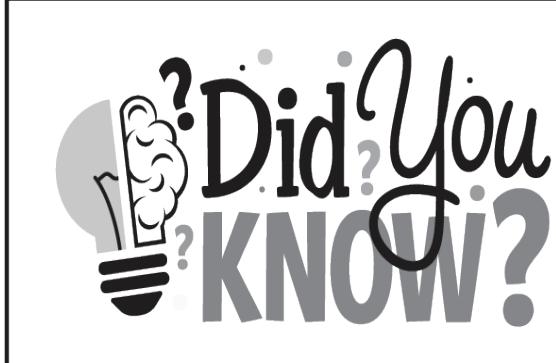
NEW WORD

NICHE

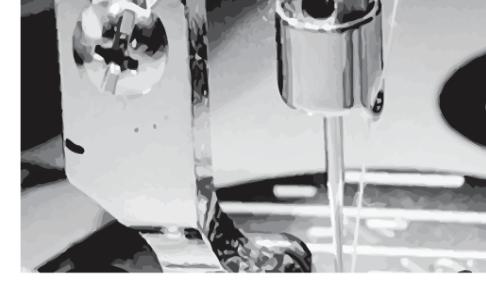
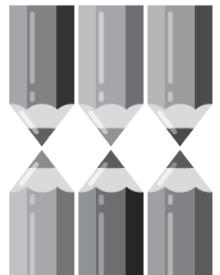
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English: Hobby
Spanish: Pasatiempo
Italian: Passatempo
French: Passe-temps
German: Zeitvertreib



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Can you guess what the bigger picture is?

Answer: Sewing machine

SNHU announces

Fall Dean's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Fall 2025 Dean's List. The fall terms run from September to December.

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

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

Isiah Campbell of Gilford

Phillip Erwin of New Durham

Emma Fabian of Laconia

Joshua Martin of Laconia

Elizabeth Lennon of

Laconia Brandon Grieve of Laconia

Alexis Beaumont of Laconia

Southern New Hampshire University (SNHU) is a private, nonprofit, accredited institution with a 93-year history of educating traditional-aged students and working adults. Now serving more than 200,000 learners worldwide, SNHU offers approximately 200

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

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LEGALS

Public Hearing Notice

Shaker Regional School District

The Public Hearing for the 2026-2027 Shaker Regional School District proposed budget will be held Thursday, January 15, 2026 at Belmont Middle School at 6:00 pm, (inclement weather date of January 20, 2026).

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 or by contacting Kim Haley

PUBLIC NOTICE TO ALTON RESIDENTS PURSUANT TO RSA 669:19; 652:20 THE FILING PERIOD FOR FILING DECLARATIONS OF CANDIDACY

JANUARY 21, 2026 THROUGH JANUARY 30, 2026

The following Town and School District positions are open for filing:

TOWN OF ALTON POSITIONS:

Two (2) Selectmen	3 Year Terms
One (1) Town Moderator	2 Year Term
One (1) Trustee of Trust Funds	3 Year Term
Two (2) Library Trustees	3 Year Terms
One (1) Budget Committee Member	3 Year Term
Two (2) Planning Board Members	3 Year Terms
One (1) Supervisor of the Checklist	6 Year Term
Two (2) Zoning Board Members	3 Year Terms

ALTON SCHOOL DISTRICT POSITIONS:

One (1) Moderator	1 Year Term
One (1) School Clerk	1 Year Term
One (1) School Treasurer	3 Year Term
One (1) School Board Member	3 Year Term

Filing papers are available at the Alton Town Hall, Town Clerk's Office. Office hours: Monday – Thursday 7:00 A.M. - 5:30 P.M.; January 30, 2026 3:00 – 5:00 P.M.

Jennifer Collins
Alton Town Clerk
Linda C. Roy
Alton School Clerk

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(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

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The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call The New Hampshire Commission for Human Rights at 603-271-2676 or write

The Commission at 163 Loudon Road, Concord, NH 03301

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Village Players receive nominations for New Hampshire Theatre Awards



The Village Players production of "Calendar Girls" was nominated as a semifinals for Outstanding Community Production of a Play at the New Hampshire Theatre Awards.

WOLFEBORO — After another busy year, the Village Players Theater is excited to announce a number of nominations as semifinalists for the New Hampshire Theatre Awards.

The New Hampshire Theatre Awards are held each year at the end of January or early February to celebrate the best that New Hampshire theatre has to offer. Awards are presented in all the major categories and have showcased the state's remarkable achievements and exceptional talent in locally produced theatre since 2002.

This year, the Village Players have received nine nominations across their spring and summer productions. The nominations are based on the adjudication done by fellow theater members from around the state. Each theater puts a couple of their productions up for adjudication and this year the Village

Players put up the spring comedy, "Escanaba in da Moonlight" and the summer production, "Calendar Girls."

Both of those productions were nominated for Outstanding Community Production of a Play.

"Escanaba in da Moonlight" is the hunting story to beat all hunting stories. When the Soady clan reunites for the opening day of deer season at the family's Upper Peninsula camp, 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. The show 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. One of the oddest characters in Escanaba is the Jimmer. To hear him tell it, he was abducted by aliens some years ago

and hasn't been the same since.

In addition to the nomination for Outstanding Community Production of a Play, "Escanaba in da Moonlight" also featured other nominations. Directors Paul Stewart and Jonathan Flower were nominated for Outstanding Direction of a Community Production of a Play and Stewart was also nominated for Outstanding Sound Design in a Community Production. AJ O'Neil was also nominated for Outstanding Performance in a Leading Role in a Community Production of a Play for his portrayal of Remnar Soady and Jeremy Hardin was nominated for Outstanding Performance in a Supporting Role in a Community Production of a Play for his incredible portrayal of Jimmer Negamanee.

"Calendar Girls" tells the inspiring true story of a group of ordi-



"Escanaba in da Moonlight" was the spring show at the Village Players Theater and was nominated as a semifinalist for Outstanding Community Production of a Play at the New Hampshire Theatre Awards.

nary women in a small Yorkshire village who do something extraordinary. When one of their own loses her husband to leukemia, these women-of-a-certain-age rally to raise money by posing nude for a charity calendar. When two friends realize that the annual calendar featuring views of the countryside won't raise nearly enough for their local hospital, they hatch a bold new plan: a calendar featuring them and their friends proudly posing with their crafts, hobbies and nothing else. Their quiet Yorkshire village is quickly thrown into delightful chaos.

"Calendar Girls" also received a number of nominations in addition to its Outstanding Community Production of a Play nod. Director Rosemary Lounsbury

was nominated for Outstanding Direction of a Community Production of a Play and Outstanding Performance in a Leading Role in a Community Production of a Play nominations went to Jayson Andrews for her portrayal of Ruth and Michaela Andruzzi for her portrayal of Celia.

Andruzzi won this award two years ago for her portrayal of Martha in the Village Players production of "Who's Afraid of Virginia Woolf?"

The New Hampshire Theatre Awards are scheduled to take place on Saturday, Jan. 31, at the Capitol Center for the Arts in Concord.

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