

# Gilford Steamer

THURSDAY, MARCH 2, 2023

GILFORD, N.H.



JOSHUA SPAULDING

The Gilford boys' hoop team celebrates its fourth consecutive Division III championship on Saturday in Keene.

## Gilford hoop boys bring home another championship

BY JOSHUA SPAULDING  
Sports Editor

KEENE — It was revenge. Just 34 years in the making.

The last time the Gilford and Mascoma boys' basketball teams met in the championship game, the Royals beat the Golden Eagles for the Class M championship in 1989, decades before the kids playing in the Spaulding Gymnasium on the cam-

pus of Keene State on Saturday were born.

It was also the last time the Royals had been to the big game, while the Golden Eagles have made a habit of it over the last few years.

The Gilford boys closed out their perfect season by pulling away from Mascoma in the fourth quarter on the way to a 69-43 win in the Division III champion-

ship game on Saturday night, giving the Golden Eagles their fourth consecutive title and maybe the Golden Eagles of old a little bit of revenge.

"It's a comfortable feeling, but it doesn't get old," said Gilford coach

Rick Acquilano after his team dispatched the Royals. "Every team is different, every year is different, but the result has been the same each time."

The Royals used some solid long-range shoot-

ing to stay in the game in the second quarter, but Gilford dominated the third and fourth quarters, calling on their years of big-game experience to pull them through and on to another title.

Jalen Reese had the first two baskets of the game for the 4-0 lead before Mascoma got a free throw to get on the board. Sam Cheek had the next two baskets and

SEE GILFORD, PAGE A15

## Barnstead officials propose noise ordinance

BY ERIN PLUMMER  
mnews@salmonpress.news

BARNSTEAD — Town voters will decide on a proposed noise ordinance during town meeting voting in March.

Barnstead has proposed an Ordinance Regulating Noise Nuisance on the ballot for voting on March 14.

"It is declared to be the intent of the Town of Barnstead to promote an environment free from excessive noise which unnecessarily jeopardizes the health and welfare of the citizens of the Town of Barnstead and degrades the quality of life in this community, without unduly prohibiting, limiting or otherwise regulating the function to certain noise-producing equipment which is not amenable to such controls yet is essential to the economy and quality of life of the community," read the proposed ordinance. "The purpose of this article is to establish standards for the control of noise and noise disturbances in the Town of Barnstead by prohibiting specific activities during designated times and by setting maximum permissible sound levels within the confines of the town."

The ordinance would regulate different types of noise from motor vehicles.

Drivers in moving are parked vehicles are not allowed to operate electronically amplified sound systems "to produce a sound that is clearly audible" on public rights of way or within 50 feet of another vehicle.

Noises from exceeding tire traction limits, misuse of braking power, rapid acceleration and deceleration, and engine racing are also not allowed.

Certain activities will not be allowed between 10 p.m. and 7 a.m. Monday through Saturday and 10 p.m.-10 a.m. on Sunday. This includes operating construction vehicles; operating tools and equipment including grinders, jackhammers, lawnmowers, electric hedge trimmers and others; using electronic devices, amplifiers, and musical instruments that are clearly audible at the property line; and operating fireworks or cannons.

SEE ORDINANCE, PAGE A15

## Alton Police seeking information on ice sculpture vandalism

BY ERIN PLUMMER  
mnews@salmonpress.news

ALTON — Several ice sculptures were smashed before and after last week's Winter Carnival and Alton Police are asking for information to find those responsible for one of the incidents.

The Alton Business Association reported two different incidents to the public on its Facebook page on Feb. 21.

While an alleged culprit has been identified in one incident, the ABA and Alton Police are asking for information for one other incident.

On Feb. 19, the ABA hosted its annual Winter Carnival in Alton Bay that included several ice sculptures on display at various areas. An Ice Sculpture Walking Tour was set up on Saturday, Feb. 18, before the car-

SEE VANDALISM, PAGE A15



COURTESY PHOTO

Alton police are looking for information on the individuals who destroyed three ice sculptures in front of the Alton Community Center on Feb. 18 before Winter Carnival. Photo from the

## New Durham candidates make their case to voters

BY CATHY ALLYN  
CONTRIBUTING WRITER

NEW DURHAM — About half of the candidates in the New Durham election were on hand at Candidates' Night on Feb. 22 to make statements and answer questions from the public.

Contested races figure in positions for selectman, budget committee, library trustee, and supervisor of the checklist.

Selectman candidate Bob Kroepel had a scheduling conflict and was unable to attend, but he sent in a statement to be read. His key points for running were to ensure fairly assessed taxes, fully staffed departments, and respect for personnel. He cited a background in management and a willingness to learn.

Also vying for the three-year seat, Rudy Rosiello noted his experience in IT, accounting,

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COURTESY

## Barnstead Parks & Recreation hosts Ice Fishing Jamboree

This year's free jamboree will be held Saturday, March 4 from 9 a.m.-noon at Locke Lake - Varney Beach (Varney Rd and Rangeway Rd). There will be ice fishing lessons, demonstrations, and fishing. The sponsors for this event are amazing and all equipment will be provided along with food and drinks. There will also be giveaways and prizes. This is a free event and is for kids 15 years of age and younger. Please watch our Web site (barnsteadnparcs-rec.com) and Facebook page (@barnsteadparcs) for additional details, date changes, cancellations, and pop-up events. We can also be reached at 802-332-3799 and barnsteadparcs@gmail.com if you have any questions.



# GHS students show spirit during Winter Carnival



Senior girls go all out in dodgeball.

Gilford High School seniors celebrate their Winter Carnival victory in a rain of confetti.

PHOTOS BY ERIN PLUMMER



Juniors take a leap in Winter Carnival's jump rope competition.



The freshmen give it their all in tug-of-war.

BY ERIN PLUMMER  
mnews@salmonpress.news

GILFORD — Students showed their spirit, competitiveness, and teamwork during Gilford High School's annual Winter Carnival festivities.

The week before February vacation, GHS classes competed in an array of competitions and activities from games in the gym to a dance contest to art and design competitions. The week culminated with a series of games in the gym including dodgeball, tug-of-war, hackey sack, class jump roping, and others.

Points were awarded to each of the classes

during the week. After Friday's games the seniors were announced as the winners of Winter Carnival and they celebrated with bursts of confetti and waving banners.

Varsity Club president Ashley Sanderson said it was a fun week. "It's a great competition, it's different from what you'd do normally," Sanderson said.

Several events went on throughout the week including games like Three-Legged Crab Soccer, a trivia challenge, Lego competition, a new Rubik's Cube competition, and others. Each class also worked on their own banners and drew portraits of teacher Louise Jagusch, who's retiring at the end of the year.

"We try to have something for everyone," Tripp said. She said they wanted to have something that would appeal to students of all talents including athletics, arts, performing, trivia, and many more.

Many of the events outside the gym, including the Clean Joke Contest, dance, and others were scheduled for Thursday. With the snow day on Thursday, those events were moved to Friday morning. Tripp said all the students rolled with the changes and she was thankful that the staff were so flexible.

With all the spirit and competition over the

week, organizers said the kids all showed great sportsmanship over the week.

Sanderson and Varsity Club treasurer Tyler LaFond also went to different classes and talked to students about Winter Carnival and the importance of sportsmanship. Sanderson said the seniors generally tried to set a good example for the younger students.

Tripp said all the classes came together and showed some great sportsmanship.

GHS Principal Anthony Sperazzo also gave the students kudos on Friday. He said all of the students came together and had a great time while showing each other a lot of respect.

"This week you gave rocked it; it's been great," Sperazzo said to the students at the end of Friday's games.

The seniors came out the final victors with 218 points at the end of the week.

The juniors came in second with 192 points, third place went to the sophomores with 181 points, and the freshmen came in fourth with 135 points.

Sanderson and LaFond said it's sad knowing this was their last Winter Carnival.

"It's sad, but it's good to go out on a winning note," Sanderson said.

Sanderson and LaFond said they especially enjoyed the activities and the festive environment.

Sanderson said she enjoys "the hype of it." "Just the unity, the whole school coming together," LaFond said.



Sophomore boys put spirit into their dodgeball competition.

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# Eversource empowers Leadership class



Eversource managers and Leadership Lakes' class members Tom Davis (l) and Matt Erlick (r) reflecting on the Economic Issues Day presentations.

GILFORD — The non-profit professional development group, Leadership Lakes Region, recently conducted its annual Economic Issues Day sponsored by long-time supporter, Eversource Energy. Held at the Bank of New Hampshire's Operations Center in Gilford, the class of 25 heard from a variety of speakers on

the economic health of the Lakes Region. Kicking off the day, appropriately, was an economic summary by the Belknap Economic Development Director, Justin Slattery. Slattery set the tone for the day and was followed by Tricia Basaliere, owner of the 48 Main Street Creperie in Meredith. Julie Hayward of Hay-

ward Construction was joined by Jodie Gallant, owner of JMG Marketing and Karen Bassett, CEO of Wayfarer Coffee Roasters to speak jointly about the challenges and triumphs of owning one's own business. Shifting to the tourism economy, Leadership Board Member and VP of the Lakes Region Tourism Association,

Kim Sperry, informed the class about the enormous dollar impact of her industry in the region.

The class then learned about real estate development from Robynne Alexander, Managing Partner of Infinite Equities Group. Ms. Alexander has purchased two parcels in Gilford; five acres on Kimball Road where the former Kings Grant Inn is located, and a 15 acre parcel directly across the street. Her group plans to upgrade the existing residential dwellings and to develop the remaining parcel. Ms. Alexander is also the successful bidder on the former Laconia State School property, and briefly shared her company's long-range plan to develop it with housing, retail and recreational space.

Following a lunch break, the class got into some fun exercises with classmate Heather Joubert, Taylor Community Fitness Director leading the way along with her colleague, Russ Jones. The Bank of New Hamp-

shire's Cynthia Audia, of the mortgage department and a Leadership Lakes' graduate then conducted a tour of the facility for the class. Ms. Audia was followed by a panel discussion about how the local banking industry has been impacted by today's economy. This panel featured Marcus Weeks, President of Meredith Village Savings Bank, Brian Bozak, President of Franklin Savings Bank and Greg Goddard, Board Member at Bank of New Hampshire. Turning to another key economic sector, the Marketing Director for the Tanger Outlets in Tilton, Madison Harris, provided an update on evolving plans at the Outlets, and why retail businesses have to be nimble enough to make rapid adjustments as the economy shifts. Ms. Harris is also a Leadership Lakes' graduate as is Ryan Robinson of Mainstay Technologies whose comments spoke to how businesses need to inform, educate, train and mentor their employees in a changing

environment to ensure success.

The final speaker of the day was Laconia Planning and Code Director, Dean Trefethen. His topic was the former Laconia State School development proposal. This largest undeveloped parcel in the City and how it is developed will be a key economic force in the Lakes Region for years to come. Trefethen covered the tentative plans of Ms. Alexander's company, the potential impact on city services, power requirements, water, sewer, roadway access and the impact on Laconia schools.

Leadership Lakes' Program Coordinator, Jennifer McLean, summed up the day as "one full of details, facts and statistics about the current and future economy and the impact on every resident." She concluded by thanking Eversource for its financial sponsorship of our day and her graduates who helped in planning the event; Madison Harris and Cynthia Audia.

## 40-Days of Giving – UMCOR cleaning buckets

GILFORD — During Lent, First United Methodist Church-Gilford members are collecting materials to assemble cleaning buckets. Items (below) comprise the completed cleaning buckets help those affected by floods, hurricanes and other catastrophes to begin the overwhelming job of clean-up. United Methodist Committee on Relief (UMCOR) distributes the buckets and the need is particularly great after recent hurricanes. Anyone in the community may collect materials or make a one-time donation.

The cleaning buckets are five-gallon round buckets with a lid that contain 16 specific items such as 32-64 ounce bottle liquid laundry detergent and four-to-eight-ounce pump spray air freshener (see list below). Lakes Region residents can help by purchasing any or all of the specific items to complete a bucket or by providing monetary donations.

Material donations

can be left on the bench inside the church back door to the office, between Feb. 22 and April 8, 9 a.m. to noon on Monday through Thursday. If you would like to donate money, for instance a \$1 per day through Lent, please put in envelope marked "Lenten Giving for UMCOR Kits" and mail to the church at 18 Wesley Way, Gilford, NH 03249.

At the end of April, volunteers at the church will pack the buckets with the donated items and deliver the completed buckets to UMCOR. First United Methodist - Gilford is located at 18 Wesley Way in Gilford, off Route 11-A.

For further information about donating or volunteering, call the church at 603-524-3289

between 9 am and noon, Monday through Thursday. Or visit the website [nhhope.org/events](http://nhhope.org/events).

List of cleaning bucket materials

Items to complete a cleaning bucket are below. When complete, do not secure the lid.

One five-gallon round bucket with lid (14.35 inches high x 12.19 inches wide x 12.19 inches deep)

No screw lids  
May have been used, but must be free from all residual product

One 32-64 ounce bottle liquid laundry detergent

One 16-40 ounce bottle liquid concentrate household cleaner - no spray cleaners

One 16-34 ounce bottle liquid dish soap  
One 4-8 ounce pump

spray air freshener

One 6-14 ounce pump spray insect repellent (pack of 10-20 wipes also acceptable) - pump spray bottles must have protective covers

One scrub brush - with or without handle

18 re-usable cleaning wipes - no terrycloth, microfiber or paper towels

Five scouring pads - no stainless steel or pads with soap in them

36-50 clothespins  
One 50-100 foot clothesline (cotton or plastic line)

One roll of 24 heavy-duty trash bags (33-to-45-gallon sizes) - remove from packaging

Five N95 or KN95 particulate respirator dust masks (1-3 mm thick-

ness)

No surgical masks

Two pair of kitchen gloves - durable for multiple uses and remove from packaging

One pair of work gloves - cotton with leather palm or all leather

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# Opinion

SECTION A, PAGE 4

SALMON PRESS, THURSDAY, MARCH 2, 2023

## When winter heats up

It's no secret that this winter has been unseasonably warm. This mild weather is in part due to a weather pattern called Arctic Oscillation. This has been in a positive phase, keeping cold air trapped in the Arctic region, which permits warmer air to flow into the east.

Also contributing to the milder weather is La Nina, a climate pattern that is cooler than average sea surface temperatures. This pattern tends to create drier weather, especially in New England. Other causes have been attributed to the warming of the Earth's atmosphere due to the burning of fossil fuels, which alters weather patterns.

Jet Stream fluctuations affect weather, and experts suggest that they may have been weaker than usual this season, permitting warm air to flow north from the Gulf of Mexico into New England.

Evidence suggests that New England winters have warmed increasingly over the years. The average winter temperature in New England has increased by roughly three to four degrees over the past 100 years.

As we know, this past winter did have some cold snaps, with places in northern New England seeing temperatures go down to negative 57 with windchill, but the trend has been overwhelmingly toward warmer temperatures.

The impacts of a warming climate on the upper east and globally is complex. It's important for individuals to take climate change seriously.



### Helping out

Reader Ray O'Brien was grateful for the unexpected help from his neighbors, who shoveled out for him after the recent snowfall. See Mr. O'Brien's letter to the Editor for the full story.

## Letters to the Editor

### Convention of states is the only way to rein in overreach of the federal government

To the Editor:  
Article 5 convention of states is one of two ways to amend the constitution. One way is through congress proposing amendments and getting 3/4 of the states to ratify amendments the other is getting three quarters of states to propose then ratify amendments. This allows state legislatures to cut out congress as congress is not going to limit itself. The objective of this current attempt to create a convention is, "limit the power and jurisdiction of the federal government, impose fiscal restraints, and place term limits on federal officials." I would like to see other

proposals such as renewal of all agencies and programs every 10-20 years. If the program warrants funding then it gets it. Two years after FDR died, the 22nd Amendment limiting presidential terms was proposed then ratified four years later. There was a need then to limit power to one person for no more than two terms then and there is a need to limit power to the runaway D.C. power grab now. There is a unfounded belief that this meeting to establish amendments to send back to states will become a runaway convention are absurd. What we have in D.C. is a

runaway convention every day from the constitution. As far as who will go to this convention and what will be proposed. How about have the discussion; that's all this proposal asks. The role of the federal government has gone way beyond the 10th Amendment or other enumerated powers. The Constitution gave us this lever to pull when the federal government has ceded authority not granted. The power of the state legislatures has been usurped by the 17th Amendment, thereby giving the states no power in the federal government. This allowed the larges

of federal government to create agencies such as HUD, DOEducation, DOEnergy and many others each with massive un-fire-able staffs and duplicate agencies in state government, as that's where there is constitutional authority. Which are supported by a lobbying circle where those in Congress and their families get extraordinarily wealthy by using the power structure paid for by our money. The power granted to the state legislatures is immense its about time they use it.

Rick Zaino  
Center Barnstead

### Swenson – The sensible choice

To the Editor:  
New Durham deserves better town government. I ask for your vote to serve on New Durham Select Board. Previously, as Select Board Chair, we achieved significant accomplishments, including:  
1) Largest New Durham tax rate reduction in decades without any reduction in town services. During 2022, my opponent raised your tax rate to the largest increase in decades.  
2) Strongly supported public safety by acquisition of new excavator, dump truck and operationally / cost effective DPW equipment, acquired new Fire Department equipment including ambulance and ATV for safety needs in remote locations such as Birch Ridge, and new Police Department security and body cameras for enhanced enforcement records.  
3) Hired current Department Head employees in Public Works, Town Clerk, Finance

Manager, Building Inspector, and Town Administrator.  
Looking forward, there are three critical areas:  
1) Taxpayer value for desired level of service – Selectmen's responsibility is to assure voted budgets are adhered to and service levels achieved – especially during an ever-uncertain economy.  
2) Create environment to attract / retain qualified Town employees – During 2022 New Durham suffered from a dysfunctional Select Board creating uncertainty and employee concern for the future. This dysfunction was caused by actions of my opponent in not fulfilling his oath of office. This culture of employee uncertainty must stop. With my election we will create a work culture that values the employee based on positive performance.  
3) Public Safety & Capital Assets – Selectmen need to develop op-

tions for town facilities. When elected, I will utilize my prior experience in building four new manufacturing facilities in various U.S. and European locations to meet this need. We will initiate open land search for Public Safety sites meeting New Durham's long-term needs and develop an implementation plan to design / build the taxpayers' desired outcome. In addition, for many years New Durham has looked to address initiatives for the Meetinghouse and Boodey Farmstead. We need to provide support to complete these initiatives.  
Local government is not the place for cancel culture and bullying politics that my opponent and his supporters have introduced into New Durham elections. My commitment is to change this and build a Board that will work together for solutions. The New Durham voter needs a voice of reason with core beliefs in the best interests of New Durham. Therefore, you

have my pledge to:  
a) Create / support a work environment for all town employees so they are productive, appreciated, and valued.  
b) Provide a well planned approach for public safety needs addressing both space and equipment.  
c) Return New Durham to a well-managed community where all opinions are welcomed and decisions are made in the best interests of the entire community.  
I am reminded of citizen's comment when I was a New Durham Selectman. He stated:  
"Selectman Swenson is the only sensible one on the Board; we should call him  
Sensible Swenson."  
I ask for your vote in the upcoming election to elect me to the New Durham Board of Selectmen.  
Vote for Selectman Swenson – the sensible choice.  
David Swenson  
New Durham

### 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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#### TO THE EDITOR:

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E-MAIL: brendan@salmonpress.news

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## Letters to the Editor

### Mary Schillereff is the right choice for Governor Wentworth board

To the Editor:

I have been involved in the "Greater School Communities" of Carroll County for just shy of 30 years. I was employed by SAU 9 for over 25 years in various roles and retired in 2020. I have worked as an Injury Prevention Specialist in New Hampshire, and Western Maine for more than 30 years, and for the Carroll County Coalition for Public Health as the Citizen Corps Volunteer since December of 2019.

This letter is not about me or my qualifications. This is a letter in support of Mary Pray Schillereff, who is running for a seat on the Governor Wentworth School Board. Mary has had an

amazing experience as a career educator. She worked in Asheville, N.C. in Elementary Education and Technology for over 30 years. Her family connection to Wolfeboro goes back three generations, and she retired to Wolfeboro in 2010. Since then, she has embraced and is involved in continuing community education on many levels.

As the Volunteer Coordinator for Carroll County Citizens Corps, I have known Mary for more than four years. She has been a very reliable volunteer, significant team player and responder with Citizen Corps statewide.

Mary also took an active part in a School Safety/Active Shoot-

er Response Training which was presented by the World Renowned Dirigo Readiness. This was a very intense, full scale exercise. Psychological First Aid and Suicide Prevention training is critical for anyone involved in town/school government, Mary has accomplished this training as well.

I respectfully request that you consider voting for Mary Pray Schillereff, as a member of the next Governor Wentworth School Board. Respectfully submitted,

Linda J. Burns  
Volunteer Coordinator, Carroll County Citizens Corps  
Ossipee

### Janis Anthes for New Durham Budget Committee

To the Editor:

I am Janis Anthes, and I am running for the Budget Committee for New Durham. This letter explains why I am running, and some of my background. My goal is to reduce and keep taxes low while maintaining Town services.

When I moved to New Durham over 15 years ago, I was pleasantly surprised to learn that residents could participate in town government. I have actively learned the issues of the town and how the Budget Committee operates.

I have degrees from the Ohio State University in Allied Health Care. I worked as a physical therapist and Director for 43 years. I was responsible for writing budgets for each of my departments for 27 years. As payments for health care decreased, I proposed ways to increase revenue and decrease expenses. I was responsible for \$30 million in revenue and 300 employees.

I prepared five-year capital equipment budgets and looked at our return on investment in

new equipment. I also wrote business plans for new services. So, I know how to evaluate and ask questions about budgets.

I will be present in New Durham and will not be zooming into meetings. I will be active and prepared for meetings. In recent votes, the residents have indicated that they want fresh faces on committees, and I am that "fresh face."

I would be extremely proud to receive your vote on Tuesday, March 14...thank you.

Janis Anthes  
New Durham

### The kindness of neighbors

To the Editor:

A few weeks ago, I was involved in an accident where I broke my left thumb and damaged my hand, and per doctor's orders, I am unable to use my hand that much, especially shoveling snow after a storm. Two weeks ago, when I arrived to our house in Barnstead after a snowstorm, I found that my entire walkway was already shoveled by our neighbors, Len and Debbie from across the street. I was in shock to see it all finished! To make it even better, Len got his heavy coat and boots on and came over to our car to help my wife Patty and I get our handicapped boy Raymond, who is in a wheelchair into the house. Patty and I were so grateful for their help.

Now fast forward two weeks, and here it is, Feb. 23. Last night, when Raymond, Patty and I were sleeping, it snowed again. This time, we were snowed inside our house. We were all safe and warm and it was no big problem as this time we were inside the house not out on the street trying to get in.

To make a long story short after we had been up for a while and had no plans to go outside as we could not get out because of the snow and me not being able to shovel. I was in the living room, and I heard a noise in the back yard. It was Len

and Debbie again.

They shoveled our entire walkway again, including Raymond's handicapped ramp, then they shoveled out my car in the driveway and cleaned all the snow off the roof and windows.

I am 70 years old, and have never had anyone do anything like this for me. It just goes to show you that all news now

a days is not bad in the world that we live in. There are many wonderful people in the world with kind hearts and I know Len and Debbie are two of them.

Thank you both for making the world a better place and helping Patty, Raymond and myself.

Ray O'Brien  
Barnstead

## LETTERS FROM EDWIN

### Mirror

I was looking online for information attempting to identify a year in the seventies when there was almost no snow all winter. It's in my memory but I can't remember which year. The data on the .gov site only went back to '91. In seeking further, I came across another site that had data for decades worth of snowfall back to 1900. That didn't answer my question very well, but it brought up another interesting fact. The least snowiest decade since 1900 was from 1920-'30, and the most snowiest decades were from 1960-'80.

That means that the snowless winter that I'm trying to remember was included somewhere within one of those snowiest decades. Growing up in those decades, I can remember incredible amounts of snow. Might this relatively snow free winter, so far, hint at a reoccurrence of weather similar to that of a hundred years ago? If so, does that mean that I have to wait another thirty years for the snow to come back?

The forecast is for us to get up to eight inches tonight and tomorrow. It'll be great if the temperature stays low and the snow stays around long enough to get another eight inches on top of it. Then I'll be able to take good advantage of the trails I have out behind my house. Yes I may be selfish, but isn't that what winter in New Hampshire is supposed to be like?

Since all I really remember is lots of snow, that's all I have to

go on. I remember shoveling a path so that the bus could back up close to the load in door to the NCO club up at Loring AFB during a blizzard. The show must go on you know. Bring in all the equipment, set it up one more time. It had all become routine by that point. It was life on the road.

They had lots of snow up there in Maine. It would get blown off of the potato fields and drift up across route one. The bus would just keep crashing through them as we headed north. This big blue projectile rolling up the highway where inside we all sat in our seats, or lay on a bunk, time traveling as we moved from gigs past to gigs future. We never thought about it ever ending. We were in the now.

Back then, I bought these two bass speaker boxes, W bins, or folded horns they were called, to use for my bass. I never used them once for that purpose. They were kind of absorbed by the PA system. It was a kludged together kind of apparatus, but it was very modifiable and sounded pretty darn good for such a shoe-string type arrangement. It never let us down.

Those two boxes have been sitting in my cellars ever since, that's forty years, only being used a handful of times. Well, they just went to the land fill. They felt a lot heavier now, without speakers, than they did back then when I'd throw them around into their trucking spots. There is now a good sized storage

space that I'm building a shelving unit for. I've actually done measurements so my stuff ought to fit once it gets built. I just keep building more stuff. It's nuts.

There are just some things you can't avoid. Producing waste is one of them. I try to make as little as possible, but still can't avoid it totally. Even if I were to drop out of society and eat bugs 'n berries like world food gurus suggest, there's still that daily drop of do do to deal with. I've been a mad recycler for half a century now. Can anyone tell me that I have done one iota of good by doing it? I try to get maximum use out of everything, but I'm totally out trashed buy everyone in the world around me.

I just counted all of the vehicles that I have owned over the last 52 years. Including the three band vehicles, it came to 21, not including parts cars. Every one of those vehicles had well passed their expected lifespan when I bought them. I just sort of kept them going till there wasn't much life left. It's that never say die sentiment.

The same goes with me. I'm trying to keep me going, though my wheels may be getting a little wobbly and rust keeps reducing my strength. The machine is still working, though the paint keeps fading.

E.Twaste

Correspondence welcome at edwintwaste@gmail.com

## American Legion hosting Child ID event

ALTON — American Legion Post 72 in Alton will host a Child ID event Sunday, March 5 from 10 a.m.-2 p.m.

During this event, parents will receive a flash drive with fingerprints, voice and picture to be given to the police should their child ever go missing, all free of charge.

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# Gilford Public Library

Classes & Special Events  
March 2 - March 9

Thursday, March 2  
Geri Fit, 9-10 a.m.  
Dr. Seuss' Birthday Party, 3-4 p.m.  
It's Dr. Seuss's birthday! We'll have crafts & snacks, along with a special guest, The Cat in the Hat for a story!  
French Club, 4-5 p.m.

Friday, March 3  
Senior Sculpt, 9-10 a.m.  
Bridge, 10-11:30 a.m.  
Hand & Foot, 12:30-2:30 p.m.  
Snow Paint!, 1:30-2:30 p.m.  
Happy Crafters, 1:30-2:30 p.m.  
Advanced Conversational German, 2:30-3:30 p.m.  
Beginner Line Dancing, 4-5 p.m.

Saturday, March 4  
Beginner Line Dancing, 10:30-11:30 a.m.

Monday, March 6  
Geri Fit, 9-10 a.m.  
Baby Storytime, 10-11 a.m.  
Snowflake Trinket Tray, 10-11 a.m.  
Make a trinket tray from clay with our favorite potter, Molly Harper! Make sure to sign up today.  
Tai Chi, 10-11 a.m.  
Mahjong, 12:30-1:30 p.m.  
Mystery Book Group, 5-6 p.m.  
Join us for this month's mystery book group! Betty Tidd will lead the discussion of The Thursday Murder Club by Richard Osman. Copies of the book will be available at the circulation desk.

Tuesday, March 7  
Senior Sculpt, 9-10 a.m.  
Bridge, 10 a.m.-noon  
Preschool Storytime, 10:30-11:30 a.m.  
Intermediate Line Dancing, 4-5 p.m.

Wednesday, March 8  
Check out an Expert, 10 a.m.-noon  
Hand & Foot, 10 a.m.-noon  
Chess Group, 1-3 p.m.  
Paint Group, 1-3 p.m.  
Afterschool Teen Club, 3-4 p.m.  
Science @ The Library: Animals Winter Survival, 3:30-4:30 p.m.

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

Thursday, March 9  
Geri Fit, 9-10 a.m.  
Spanish Storytime, 10:30-11:30 a.m.  
French Club, 4-5 p.m.  
Mocktails and Card Making, 5-6 p.m.  
Relax and unwind with a mocktail as you design and decorate some cards!

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## PETS OF THE WEEK



**Jenni**

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

GILFORD — The Gilford Police Department reported the following arrests from Feb. 13-26.

Johnathan Hingey, age 31, of Gilford was arrested on Feb. 14 in connection with a warrant. Hingey was subsequently arrested again in connection with a warrant on Feb. 18.

Paul John Hudson,

## GILFORD POLICE LOG

age 43, of Franklin was arrested on Feb. 14 for Operating a vehicle after Certification as a Habitual Offender.

Chase Alexander Sanborn, age 20, of Laconia was arrested on Feb. 16 for Transporting Alcoholic Beverages.

Zoltan Gregory Stefan, age 19, of Gilford was arrested on Feb. 18

for Disobeying an Officer, DUI-Impairment, and Transportation of Alcohol By a Minor. Sarah Amina Rochdi, age 18, of Windham was arrested during the same incident for Unlawful Possession of Alcohol or Intoxication.

A 38-year-old male from Gilford was taken into protective custody

for intoxication on Feb. 19.

Robert F. Karle, age 50, of Canton, Mass. was arrested on Feb. 22 for Aggravated DUI with a Passenger Under the age of 16.

Michael D. Dean, age 60, of Laconia was arrested on Feb. 25 for Suspension of Vehicle Registration.

# Wolfeboro Friends of Music presents "A Touch of Ireland and Beyond"



WOLFEBORO — On Saturday, March 18 at 7 p.m., WFOM brings to Wolfeboro the Strafford Wind Symphony's concert, "A Touch of Ireland and Beyond." The concert will be at Brewster Academy's Anderson Hall. WFOM would like to thank Paul Zimmerman and YFI Custom Homes, our season sponsors, and J. Clifton Avery Insurance, and Meredith Village Savings Bank for sponsoring this performance.

The Strafford Wind

Symphony (SWS) is comprised of fifty-five musicians from New Hampshire and Maine. The musicians are retired USAF and US Army bands, retired/present music educators, medical professionals, business professionals, but most importantly, lifelong musicians and continuing students of music. SWS is directed by Wolfeboro's own, Jeffrey Smith, Artistic Director and Robert Burns, Associate Conductor. SWS also is proud to

premiere featured bassoon soloist and a senior at Kingswood Regional High School, Charlotte Gauthier. SWS has performed throughout Massachusetts, Maine, and New Hampshire for over thirty-three years at locations such as Boston Festival of Bands at Faneuil Hall Marketplace, Hampton Beach Shell, Old Orchard Beach Seaside Pavilion, Kennebunk Waterhouse Center, The Strand at Dover, Sanford Performing Arts Center, Rochester Opera House, Stark Park, Cate Park, and much more.

has performed as a bassoonist in several regional youth bands and orchestras, and she has been selected twice to perform at the NH All-State Music Festival, receiving Outstanding Audition Honors in 2022 as the top-scoring bassoon player. Charlotte has been a four-time recipient of scholarships from the Wolfeboro Friends of Music to attend the SYMS summer music camp at UNH and the New England Music Camp in Sydney, ME. She has been accepted as an Honors student at both UNH and UMass Amherst for next year.

## Gilford Public Library Top Ten Requests

1. "3 Days to Live" by James Patterson
2. "Unnatural History" by Jonathan Kellerman
3. "The Murder Sorority" by Marshall Karp
4. "Spare" by Prince Harry, The Duke of Sussex
5. "Lessons in Chemistry" by Bonnie Garmus
6. "The Personal Librarian" by Marie Benedict
7. "The House of Wolves" by James Patterson
8. "Encore in Death" by J.D. Robb
9. "The Boys from Biloxi" by John Grisham
10. "It Ends With Us" by Colleen Hoover

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SWS will be celebrating with some of the music of St. Patrick's Day and modern wind band. Some of the repertoire to be performed will be Erin Go Bragh, Irish Songs for Voice and Band featuring vocalists Zoe Gouin and Gilda Pronych, Darwin's Worm and Old Sored-Head featuring Charlotte Gauthier, The Last Unicorn, Mannin' Veen, and much more.

Charlotte Gauthier has studied bassoon with Janet Polk in Durham for the past six years. She

Tickets are available for \$25 in Wolfeboro at the door or at Black's Paper Store and Avery Insurance, or by visiting [www.wfriendsofmusic.org](http://www.wfriendsofmusic.org), or by calling (603) 569-2151. The audience is encouraged, but not required, to be vaccinated and to wear masks. Middle School and Elementary students can attend FREE when accompanied by an adult, as are High School Students with their school ID

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# McLean cracks top-10 at Meet of Champions



**Bode McLean of Gilford had a top-10 finish in the giant slalom at the Meet of Champions.**



**Reese Burke of Prospect Mountain skis through the giant slalom course at Cannon last week.**



**Delilah Smock of Gilford competes in the giant slalom during last week's Meet of Champions.**

## *Gilford's Smock and Howard, Prospect's Burke also compete*

BY JOSHUA SPAULDING  
Sports Editor

FRANCONIA — The top alpine skiers from around the state of New Hampshire descended on Mittersill Ski Area at Cannon Mountain on Wednesday, Feb. 22, for the annual Meet of Champions. The day's action featured any skier who finished in the top-10 in either of his or her state championship races along with, for the first time, any Ski-meister candidates who wished to ski as well.

In the morning slalom for the girls, Kennett's Ashley Garside skied to the win with a time of 1:23.45.

Makenna Price of Profile was fifth overall in

1:27.25, teammate Elaina Demaggio was sixth in 1:27.29 and Kennett's Allie Hussey skied to seventh in 1:27.3.

Myra Johnston of Kennett was 12th in 1:29.36, Kingswood's Addy Ingham finished in 1:29.74 for 14th place, Ella McPhaul of Profile was 21st in 1:32.96, Delilah Smock of Gilford finished in 23rd in 1:33.43, Elle MacDonald of Newfound was 24th in 1:33.6, Angela D'Orazio of Littleton finished in 1:33.75 for 25th place, Ella Stephenson of Profile was 28th in 1:34.21 and Ella Weiser of Plymouth finished in 29th place in 1:34.27.

Mackenna Mack of Lin-Wood skied to 31st

in 1:34.92, teammate Meredith Sabourn was 32nd in 1:35.15, Reese Burke of Prospect Mountain was 34th in 1:35.35, Peyton Rutherford of Woodsville finished in 36th place in 1:35.89, Kate Ricotta of Plymouth was 39th in 1:41.02 and Ani Griffiths of Profile was 40th in 1:53.97.

In the afternoon slalom, Hussey claimed the overall victory, finishing with a combined time of 1:36.51.

Demaggio skied to third place in 1:37.07 and Garside was fourth overall with a time of 1:38.9. Mack finished in eighth place with a time of 1:40.36.

Ingham skied to 11th in a time of 1:41.29, John-

ston was 12th in 1:41.42, Price finished in 17th in 1:45.24, Weiser was 19th in 1:45.81 and Stephenson was 23rd in 1:46.35. Sabourn finished in 25th place in 1:48.19, Griffiths was 26th in 1:48.59 and Rutherford was 30th in a time of 1:51.96.

Ricotta placed 32nd in 1:56.63, D'Orazio was 33rd in 1:56.95, Burke was 35th in 2:01.07, Morgan Carr of Kennett was 36th in 2:03.85 and McPhaul was 37th in 2:11.66.

Plymouth's Dylan Welch skied to the win in the morning giant slalom with a time of 1:19.79.

Adam Bell of Profile was third overall in 1:22.29, Bode McLean

of Gilford finished in seventh place in 1:22.69, Caedon Manseau of Plymouth was eighth in 1:22.72 and Coen Mullins of Profile rounded out the top 10 in a time of 1:23.67.

Kobe Toms of Profile was 16th in 1:26.05, Joey Nichipor of Kennett placed 20th in 1:26.5 and Nathan Lorrey of Plymouth was 34th in 1:31.77.

Welch also claimed the win in the slalom, finishing with a combined time of 1:15.05.

Manseau took second overall in a time of 1:16.06, Bell was fourth in a time of 1:18.57 and Mullins skied to sixth place overall in 1:19.86.

Thomas Fortner of Littleton finished in

16th place in a time of 1:25.6, Wyatt Weeded on Lin-Wood was 23rd in 1:28.32, Lorrey was 24th in 1:29.78, Nichipor was 29th in 1:32.32 and teammate Liam Chesley was 30th in 1:33.62. Toms was 38th in a time of 1:41.69 and Plymouth's Tyler Dekutoski was 39th in 2:14.52.

Gilford's Cole Howard also earned a spot to compete at the Meet of Champions but did not record times in either race.

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

## *Gilford boys withstand Hopkinton rally, pull away for semifinal win*



**Isaiah Reese goes hard to the hoop in the opening seconds of the Division III semifinals.**

BY JOSHUA SPAULDING  
Sports Editor

GOFFSTOWN — The three-time defending champion Gilford boys' hoop team has plenty of experience playing in the big games.

So, when fourth-ranked Hopkinton cut the Gilford lead to one point and had numerous chances to pull even or take the lead early in the third quarter of last Wednesday's semifinal game, the Golden Eagles did not panic. They held tight and then used a full-team effort to pull away in the fourth quarter for the 62-42 semifinal win, clinching another trip to the Division III finals.

"I am happy with our effort, but it was not as clean as we like it to be," said Gilford coach Rick Acquilano. "Hopkinton is a class act and a good competitor. We're fortunate to move on."

Isaiah Reese started the game with a steal and basket but Hopkinton scored the next five points on a three and a

traditional bucket for the 5-2 lead. After Reese hit a free throw, the Hawks hit another basket for the 7-3 lead.

Jalen Reese connected on three free throws to cut the lead to one, but the Hawks answered with a basket for the 9-6 lead. Gilford then finished the first quarter strong, scoring 12 points in a row. Jalen Reese started the run with a hoop, Sam Cheek put back a rebound and Logan Grant drilled a bucket. Brendan Baldi and Grant then connected on consecutive three-pointers to give Gilford an 18-9 lead after one quarter.

Hopkinton came out on fire in the second quarter, connecting on a pair of three-pointers and a hoop to cut the lead to 18-17. Jalen Reese hit a pair of hoops, sandwiched around a bucket from Cheek to push Gilford's lead to 24-17.

After another Hopkinton basket, Jalen Reese hit two free throws for Gilford. Hopkin-



**Coach Rick Acquilano talks to his troops during a second-half timeout in the Division III semifinals last week in Goffstown.**

ton responded with a three-pointer, but Jalen Reese added two more baskets for the 30-22 lead. The Hawks then hit a three-pointer and a hoop to cut the lead to 30-27 at the halftime break.

Hopkinton got the first basket of the third quarter to cut the lead to one and had a number of opportunities to tie the game or take the lead but couldn't get the ball to fall through the net. Isaiah Reese hit a hoop and Baldi drilled two three-pointers in a row to push the lead to 38-29 before the Hawks drilled another basket.

Jalen and Isaiah Reese each had baskets sandwiched around a Hawk hoop and the game went to the fourth quarter with Gilford up by nine, 42-33.

A Hopkinton three-pointer cut the lead to six to start the fourth quarter, but the Golden Eagles came charging right back. Jalen Reese had two free throws and a bucket, with a bucket from his brother Isaiah in between.

The Hawks hit a free throw, but Gilford got a hoop from Grant, two from Cheek and a three from Baldi to turn a close game into a 20-point advantage. Hopkinton connected on a basket, but Isaiah Reese answered for the Golden Eagles and after three points from the Hawks,

Noah Smith drilled a three-pointer, much to the delight of the Gilford fans, giving the Golden Eagles the 62-42 final score.

"It's about getting everyone involved," Acquilano said of the fourth quarter surge that propelled his team back to the championship. "We did a good job in that fourth quarter of moving the ball around. "Now we'll see if we have one more in us," he added.

Gilford moved on to face third-seeded Mascoma in the finals, as the Royals defeated second-seed St. Thomas in the other semifinal



**Jalen Reese fires off a shot in the paint during his team's win over Hopkinton last week.**

game.

Jalen Reese finished with 21 points, Baldi added 12 and Isaiah Reese added 11.

GHS 18-12-12-20-62  
HHS 9-18-6-9-42

Gilford 62

Baldi 4-0-12, I. Reese 5-1-11, Grant 3-0-7, Smith 1-0-3, Cheek 4-0-8, J. Reese 7-7-21, Totals 24-8-62

Hopkinton 42  
Aframe 1-0-2, Louca 2-0-4, Tanuvasa 4-2-11, Standefer 3-0-7, Jopza 3-0-9, Davies 4-0-9, Totals 17-2-42

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



RC GREENWOOD

### **Bulldogs win**

**Jackson Collins skates the puck into the zone during last Wednesday afternoon's game with Kearsarge-Plymouth at Merrill Fay Arena in Laconia. The Bulldogs won a 6-0 decision over the Cats. The Division III hockey tournament starts Saturday, March 4, at the home of the higher seed and the semifinals are Wednesday, March 8, at Plymouth State University.**



OBITUARY

Gloria Carpenter, 75



Gloria Carpenter, 75, of New Durham, NH, passed away on Monday, February 20, 2023 with family at her side after a short battle with melanoma. Gloria was born in 1948 to Virginia & Warren Hayes at their residence on Hayes Lane in New Durham, NH. Gloria was raised in a very loving family with regular family gatherings throughout the year. After Gloria graduated from Kingswood Regional High School in 1966, she kickstarted her incredible 40+ year career with the NH Division of Health and Human Services. Gloria served many communities in NH over her career with DHHS, working at offices in Rochester, Dover, Portsmouth, and Concord. In 2001 Gloria "retired" from the state, but her first retirement was short-lived. DHHS recruited Gloria out of retirement for her expertise. Gloria was instrumental in the development & testing of NH's Electronic Benefits Transfer (EBT) system, the transition from paper records to more efficient electronic systems. Gloria mentored 100's of NH state employees over her career, and helped countless individuals receive benefits for their families.

In 1965, Gloria met her husband Skip while roller skating at Sunset Village in Rochester, NH. Gloria and Skip married in 1968 and went on to have three children, Jodi, Scott, and Traci, that they think the world of. Gloria carried on her childhood family pastime of camping with her children and her brother's family with the annual "8sen-up" trips to as far south as Florida and north to PEI. In retirement, she was able to spend more time with family and she treasured multiple family camping trips each year forming lifelong memories within NH

and Maine.

In her natural spirit of helping others, Gloria invested her retirement time as a volunteer NH Coast bus driver for the communities of Farmington, Middleton, and New Durham. Gloria also participated in multiple sewing/quilting groups, where she enjoyed teaching and learning from others, but mostly spending time with dear friends. Gloria would donate pillowcases and other items she made to the New Durham Food Pantry and other local programs to help those in need.

Gloria's true joy and greatest love were her 9 grandbabies, Jacob, Jared, Caitlin, Sarah, Emily, Rosemary, Megan, Katie, and Mack. She loved nothing more than spending time with them, watching them at their dance, musical, sporting events, family gatherings, and sharing in their numerous accomplishments. Gloria was and continues to be an incredible role model for all that knew her, as she lived out what she believed and shared her gifts of unconditional love, family-first, honoring one's words & commitments, NEVER give up, and selfless giving to help others.

Gloria was predeceased by her daughter Jodi and her parents Virginia & Warren Hayes. She is survived by her husband Skip, daughter Traci Dearborn & husband Jim (Wolfeboro), son Scott Carpenter & wife Sharon (Wolfeboro), brother Arnold & wife Shirley, sister Connie, sister Vicki, and sister Rachel & husband Alan, and her beloved grandchildren.

A calling hour (10-11 a.m.) followed by a funeral service (11 a.m.-12 p.m.) will be held at Lord Funeral Home (23 Club Ln, Wolfeboro, NH 03894) on Saturday, March 11, 2023.

In lieu of flowers, the family requests donations be made to New Durham Food Pantry (EIN: 02-0470606, 5 Main St., New Durham, NH 03855).

If you wish to express a condolence or leave a fond memory please visit, [www.lordfuneralhome.com](http://www.lordfuneralhome.com).

# Comfort Keepers

## Tips for reducing the risk of heart disease

BY MARTHA SWATS

Owner/Administrator  
Comfort Keepers

An extraordinary organ Long ago, Egyptians believed that the heart was the body's control center. From their perspective, the organ acted as a centralized point of distribution for the body's nutrients, while also serving as the source for emotion and cognition. Although they didn't fully understand the heart (or the brain), it's easy to see why the Egyptians were so infatuated with it. After all, it is an extraordinary organ, designed solely to provide adequate oxygen and blood to ensure homeostasis.

A serious disease As amazing as the heart may be, it is certainly not invulnerable, especially as we begin to age. In fact, heart disease – or cardiovascular disease – is continuously listed as the number-one cause of death in the United States. For aging adults, the risk of developing heart disease is much more severe due to a number of age-related factors, including atherosclerosis (the hardening and narrowing of the arteries from plaque buildup). Other risk factors include gender, race, ethnicity, and family history – all of which are entirely out of one's control.

Heart disease risk reduction Fortunately, there are ways for older adults to reduce their overall risk of heart disease. Encourage your loved ones to follow the steps below:

Incorporate exercise into your daily routine. Exercise benefits the body in a number of ways, but in relation to

the heart, it stimulates the production of new blood vessels, ultimately allowing for great circulation and lowered blood pressure. Before beginning any exercise regimen, consult a physician. He or she will help you determine the most appropriate level of physical activity.

Configure your diet to be heart-healthy: It's often noted that 70% of heart disease can be prevented through proper nutrition. The key is to consume foods rich in antioxidants, fiber (to aid in removing cholesterol), monosaturated fats, and omega-3 fatty acids. Below are a few of the foods that will get you what you need. Similar to exercise, be sure to consult a physician before changing your diet:

- Oatmeal
- Apples
- Avocados
- Fish
- Asparagus

Get your blood pressure under control. Hypertension, or high blood pressure, is one of the biggest contributing factors to heart disease. Have your blood pressure checked often, preferably by a medical professional, but especially if you already have high blood pressure.

Watch your weight. If you are already considered overweight or obese, make lifestyle adjustments – such as getting adequate exercise and eating a healthy diet – to lose weight (with physician approval). Maintaining a healthy weight doesn't have a wholly direct effect on the heart, but it helps reduce the risk of other heart disease-related factors such as high blood pressure and diabetes.

Don't smoke or make

plans to stop. Smoking has a tremendously negative effect on your cardiovascular system, as well as just about every other part of your body. It's never too late to quit. In fact, your body actually begins to recover from the effects of smoking in just a matter of days.

Perception vs. reality Knowing the ways in which to reduce the risk of heart disease is half the battle. But it's equally important to truly understand the reality of the disease and to discard the numerous misconceptions surrounding it. For instance, did you know that chest pains don't always accompany a heart attack? In fact, a majority of women who have heart attacks experience only flu-like symptoms, with no chest pains to speak of.

The American Heart Association has put together a comprehensive list of the top 10 common myths of heart disease. This list serves as a valuable resource to understand the reality of this dangerous disease. False assumptions and myths are a detriment to proper heart health, so encourage your aging loved one to educate him or herself as much as possible. Knowing the correct information can make a significant difference in life expectancy.

Comfort Keepers® can help The compassionate caregivers of Comfort Keepers® can help your aging loved one reduce his or her risk of heart disease. We can promote a heart-healthy lifestyle, ensuring that he or she follows a physician-prescribed diet and exercise regimen. Our caregivers can also prepare healthy meals, and even provide

transportation to and from the gym or to any scheduled medical appointments. Put simply, your loved one doesn't have to be alone as he or she moves toward a happier, healthier lifestyle. We'll be there every step of the way. For more information about how Comfort Keepers can help your aging loved one, please contact your local office.

About Comfort Keepers Comfort Keepers is a leader in providing in-home care consisting of such services as companionship,

transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host

of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

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Please call 603-536-6060 or visit our Web site at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.

References: Everyday Health. "Heart-Healthy Habits for Seniors" by Diana Rodriguez. Web. 2018. MedlinePlus. "How to Prevent Heart Disease." Web. 2018. WellCast. "10 Interesting Facts About Heart Disease." Web. 2018. American Heart Association. "Top 10 Myths about Cardiovascular Disease." Web. 2018.



### Chicken, ham and Lions

The Laconia-Gilford Lions and volunteer assistants continued their annual holiday tradition of preparing food baskets for disadvantaged individuals and families. Each basket included canned/nonperishable items, seasonal staples, a ham and a chicken. All were delivered to or picked up by area faith groups for distribution to recipients. In addition, cash donations were made to other organizations who also assist the less fortunate. Collaborating groups included the Laconia Congregational Church, the Lakes Region Vineyard Church in Lakeport and the First Baptist Church of Belmont. "We provided 26 baskets this time," explained Club member Bill Chandler, "the most ever." Pictured are Volunteer assistant Lions Hank & Ginny Dechene.

### Church Service SCHEDULE

**ABUNDANT HARVEST FAMILY CHURCH**  
Sunday School for children up to age 12.  
service 10:30 a.m. Greater Wakefield Resource Center,  
254 Main St., Union.  
Pastors Daniel and Sherrie Williams, 473-8914.  
For more information, please visit [abundantharvestnh.org](http://abundantharvestnh.org) or e-mail [ahfj@faith.com](mailto:ahfj@faith.com).

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

**BEFREE COMMUNITY CHURCH, ALTON**  
About 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Ben Ruhl, [www.befreechurch.net](http://www.befreechurch.net).

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

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

**COMMUNITY CHURCH OF ALTON**  
Prayer Meeting 9:00 am  
Rev. Dr. Samuel J. Hall, 875-5561.  
Bay service 8:30am Alton Bay Garage, Alton, NH  
10 am Worship Service  
20 Church Street, Alton  
Our services are live-streamed on YouTube  
Sundays at 10 am  
[www.ccoadon.com](http://www.ccoadon.com)

**CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC**  
Sunday School and Worship Services  
Rev. Rebecca Werner Maccini  
603-776-1829  
Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom,  
Sundays at 10 a.m.  
[ccnorthernbarnstead.com](http://ccnorthernbarnstead.com)

**FIRST CONGREGATIONAL CHURCH UCC FARMINGTON**  
Worship Services 10:00 A.M.  
Sunday School 10:15 A.M.  
400 Main Street  
Farmington, NH 03835  
Pastor Kent Schneider 755-4816  
[www.farmingtonuucc.org](http://www.farmingtonuucc.org)

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

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

**ST. KATHARINE DREXEL**  
40 Hidden Springs Rd., Alton, 875-2548  
Father Robert F. Cole, Pastor  
Mass Saturday 9pm  
Sunday 8:30 & 10:30am;  
Daily Mass Mon., Tues., Wed., Fri. 8:00am.

**ST. STEPHEN'S EPISCOPAL CHURCH**  
Sunday 9:30, 50 Main St., Pittsfield  
Rev. Miriam Acevalo, 435-7908  
[www.ststephenspittsfield.com](http://www.ststephenspittsfield.com)

**UNITED METHODIST CHURCH**  
Rt. 171 at Tuffenboro Corner.  
Sunday services 10:30 am. Church 603-539-8058

**UNITARIAN UNIVERSALIST SOCIETY OF LACONIA**  
Sunday services and religious education 10:00 a.m.  
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**MAPLE STREET CHURCH**  
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# Kids Heart Challenge gets GES students moving



Kids have fun with hula hoops during Gilford Elementary School's annual Kids Heart Challenge.



David Holden, a student phys ed teacher at Gilford Middle School, works with GES kids during the Kids Heart Challenge.

BY ERIN PLUMMER  
ernews@salmonpress.news

GILFORD — Kids got their hearts pumping with a day of fun activities raising money for the American Heart Association and getting some fun treats in the process.

Gilford Elementary School kids raised more than \$11,000 for the seventh annual challenge. On Feb. 24, each class went to the gym during different periods of the day and did an array of fun activities at different stations. Kids could jump rope, practice boxing, hula hoop, do yoga, and play games like checkers and tic-tac-toe among many other activities.

The Kids Heart Challenge is a nationwide program organized by the National Heart Association every February, which is American Heart Month. The program is a major fundraiser for the AHA and helps raise awareness of

heart health and the importance of exercise

GES set an initial goal of \$12,000 on the event's website and by press time they had raised over \$11,500.

Phys ed teacher Lisa Brace also said taking part in fundraising could also win the school some new pieces of phys ed equipment. Students who raised \$300 or more could slime Brace and a guest teacher. The class that raised the most money won a pizza party.

Brace said the physical education teachers also spoke to the kids about heart facts and the importance of exercise and eating healthy.

Brace said she especially enjoys seeing the same grades coming in at one time.

"They get to do these activities with kids they don't do PE with," Brace said.

GES principal Danielle Bolduc said she was really excited about this

event and the community's generosity.

"I love that it happens right before vacation so everyone's excited and wearing their red," Bolduc said.

She said they got help from a lot of parent volunteers.

After almost three years of COVID-19 concerns, she said it was nice to have some regular events going on.

"It's starting to feel more like a normal school year which we haven't had in a while," she said.

In addition to the many parent volunteers, several other teachers helped out with the event.

Art teacher Kayla Tompkins said the kids were really excited about this event.

"It's a good way to keep them excited about staying fit, staying healthy," Tompkins said.

David Holden, a senior



The Kids Heart Challenge had kids literally jumping through hoops.

at Plymouth State University and a student PE teacher at Gilford Middle School, also helped out. He said he loved helping out with the Kids Heart

Challenge and seeing the kids in action. He said an event like this encourages kids to get exercise, which a lot of kids don't get enough of.

"I think it really should become something they do monthly or just more often," Holden said.

# Great Waters announces summer performance season

MOULTONBOROUGH — Great Waters is thrilled to announce its Summer Performance Season which consists of both its Concerts in Town series held on the campus of Brewster Academy in Wolfeboro and its Concerts in the Clouds series held at the Castle in the Clouds in Moultonborough. The season will open on July 8 at Brewster's Anderson Hall with a performance by the magnificent LINDA EDER. Her repertoire spans Broadway, Standards, Pop, Country and Jazz. She has performed for sold-out crowds in venues throughout the country including Carnegie Hall, The Kennedy Center and Radio City Music Hall.

The Concerts in the Clouds series begins on Saturday, July 15 with the Sweet Caroline Tour, starring Jay White as he pays homage to Neil Diamond by performing the hits you all know and love. Four other performances will follow. On July 22, relive the signa-

ture sounds of the seventies with The Magic of ABBA performed by ABBAcadabra, and on Friday, July 28, fan favorite Neil Berg is back by popular demand with stories and music of Fifty Years of Rock and Roll.

The Castle series will continue during August with The Midtown Men featuring stars from the original Broadway cast of Jersey Boys on Saturday, August 5, and

CCR's Chronicle Note for Note, Cut for Cut on — a greatest hit album by American rock band Creedence Clearwater Revival.

The Great Waters season will end where it began at Anderson Hall with a performance by the exhilarating and uniquely talented crossover ensemble The Empire Trio on Thursday, Aug. 24.

All performances

begin at 7:30 p.m. Tickets are on sale and may be purchased online at [www.greatwaters.org](http://www.greatwaters.org). Great Waters is a non-profit organization whose mission is to provide outstanding musical entertainment to those living in and visiting the Lakes Region of New Hampshire. For more information contact the office at 603-569-7710.



Linda Eder

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# Alton Parks and Recreation Community Connection

Trivia Night- Test your Knowledge

March 23.

The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring their first Trivia Night on March 16 at the Gilman Library from 6-7:30 p.m. Program is free. Join the game as a team or an individual player. Test your knowledge and compete for the first place prize. Categories include: History; Pop Culture; Entertainment; Art; Science; Sports; Geography; and more. Light refreshments will be provided. Please RSVP at 603-875-0109 or parksrec-asst@alton.nh.gov to guarantee your seat in the game. Snow date is

Spoon Carving Workshop

The Alton Parks and Recreation Department and Alton Hand Carvers are sponsoring a beginner wood carving workshop on Friday, March 31 from 6:30-8 p.m. at the Alton Bay Community Center. At this workshop participants will learn the basics of wood carving by carving a simple wooden spoon that can be used as an everyday staple. A one-time \$30 registration fee will cover the cost of two carving knives which will be yours to take home. Once you have these knives you will be able to attend all

future Alton Hand Carvers workshops for free apart from the cost of materials. Register for the workshop by contacting parksrec@alton.nh.gov. Registration closes March 21.

Men's Basketball 18 years and over-Thursday nights

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

Weight Training

Classes- Mondays and Wednesdays

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

Yoga Flow to Yin Class with Sheila Marston

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

Yoga Sculpt Class with Sheila Marston

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

ter and a yoga mat.

Little Pesaukee-Drop-In Playgroup

The Alton Parks and Recreation Department is sponsoring a drop-in playgroup for children five and younger at the Alton Bay Community Center on Tuesdays from 9-11 a.m. We provide the toys and activities, and you provide the interaction. The ongoing program is free and is a great place to meet new people. Please bring a peanut free snack for your child. For more information, contact parksrec-asst@alton.nh.gov or 603-875-0109.

## Gilford Parks and Recreation News

BY HERB GREENE

Director  
Gilford Parks and Recreation

28th Annual Francoeur/Babcock Memorial Basketball Tournament! Come and see Youth Basketball at its best in Gilford during the 28th Annual Francoeur/Babcock Memorial Basketball Tournament taking place at the Gilford Middle School from Thursday, March 9 to Sunday, March 12. Sponsored by the Gilford Parks and Recreation Department, the tournament will host 12 area teams consisting of boys and girls in grades 3 - 6 from Franklin, Gilford, Gilmanton, Laconia and Sanbornton. This invitational tournament is held in memory of Aaron T. Francoeur who was a thirteen year old Gilford Middle/High School stu-

dent when he succumbed to cancer in the summer of 1993. Nathan Babcock's name was added in 2006 after he lost his battle with cancer in the fall of 2005. All proceeds from this tournament are given in scholarships in Aaron's and Nate's names to deserving Gilford students who are furthering their post high school education. Many former players and scholarship recipients return each year to help at the tournament, be it officiating, scoring, timing, selling tickets and t-shirts, or working at the concession stand. The tournament this year will consist of the following divisions and teams:

Junior (Coed) Division (Grades 3 and 4) - Gilford, Gilmanton, Lou Athanas and Sanbornton Senior Girls Division

(Grades 5 and 6) - Gilford, Franklin, Gilmanton and Lou Athanas Senior Boys Division (Grades 5 and 6) - Gilford, Gilmanton, Lou Athanas and Sanbornton

The schedule for the opening rounds of play will be:

Thursday, March 9 Junior Division (Coed) Gilford vs. Sanbornton at 5 p.m. Junior Division (Coed) Gilmanton vs. Lou Athanas at 6:15 p.m. Senior Girls Division Gilford vs. Gilmanton at 7:30 p.m.

Friday, March 10 Senior Girls Division Lou Athanas vs. Franklin at 5 p.m. Senior Boys Division Gilford vs. Sanbornton at 6:15 p.m. Senior Boys Division Gilmanton vs. Lou

Athanas at 7:30 p.m.

On Saturday, March 11, games will begin at 8 a.m., and the last game of the day will be played at 6 p.m. On Sunday, March 12, the Championship round games are scheduled to begin at 9 a.m.

The tournament is open to the public, and everyone, young and old alike, is invited to attend. The admission fee is \$2 for adults and \$1 for children. A Tournament Family Pass (all games) is also available for \$10. Children not of school age, coaches and players are free. Be sure to mark your calendars now and come join us for some great basketball, positive competition, good sportsmanship, and community spirit!

Cardboard Box Sled Derby - Wednesday, March 1

The Gilford Parks and Recreation Department will be holding their Annual Cardboard Box Sled Derby on Wednesday, March 1 at 10 a.m. at the Gilford Outing Club sledding hill on Cherry Valley Road. Participants in this program will build their own sled ahead of time to have their sled judged and compete in a race down the sledding hill the day of the event. This program is open to participants of all ages. All interested participants are asked to pre-register by Tuesday, Feb. 28. Derby guidelines and registration forms are available in the Town Hall and on the Parks and Recreation Web site at www.gilfordrec.com. For more information and Derby Design Guidelines, please call the Parks and Rec Office at 527-4722.

Senior Moment-um Water Street Café Brunch on March 6 Gilford Parks and Recreation will be sponsoring a Senior Moment-um program on Monday, March 6. Participants will meet at the Water Street Café in Laconia at 11 a.m. for a fun little brunch. Participants will order right off the menu and are responsible for the cost of their own meals. Participants must RSVP no later than Thursday, March 2 to allow time to confirm our reservation.

For more information or to RSVP please call the Parks and Recreation Office at 527-4722.

## LRMFA makes staffing change, celebrates retirement

LACONIA — The Lakes Region Mutual Fire Aid Association (LRMFA) provides all hazards, fire, EMS, and Hazardous Materials Emergency Communications, and mutual aid coordination to our 35 member communities in the lake's region. LRMFA dispatched and coordinated more than 21,000 emergency calls for service in 2021.

LRMFA Chief Jon Goldman is pleased to offer congratulations to Lt. David E. Parker



Lt. David Parker

as he announces his retirement on Feb. 28. Lt. Parker joined LRMFA as a Dispatcher on Aug.



Lt. Kellie Regan

4, 2002. He was promoted to the rank of Lieutenant in 2005, and has coordinated multiple initia-

tives during his tenure. As part of his regular duties Lt. Parker oversees the Computer Aided Dispatch team (CAD), where he coordinates all aspects of the CAD maintenance, and integration. Lt. Parker also serves on our Information Technology Team and is our webmaster. He also leads the SCBA Fit Testing program and radio programming for our member communities.

When asked about Lt. Parker's commitment to

the organization, Chief Goldman stated, "Dave has been an integral part of our operation for many years. His guidance and expertise have led many of our IT initiatives over the years."

Lt. Parker will be staying on in a part-time capacity to continue to lead the integration of our new CAD system. He also serves as a Captain in his local fire department. We wish Lt. Parker well as he enjoys retirement.

With the retirement of Lt. Dave Parker, Chief Jon Goldman is pleased to announce the promotion of Dispatcher Kellie Regan to the rank of Lieutenant. Lt. Regan, a United States Air Force Veteran has been with LRMFA for just over three years,

and with her promotion she will be assigned to and lead her own shift in a supervisory capacity. LRMFA staffs one Lieutenant (shift supervisor) and one Dispatcher per shift, 24/7. Lt. Regan will be the shift supervisor working with her partner to lead the shift, and is responsible for ensuring all policies, procedures, and standards are followed. Lt. Regan's promotion will be effective March 6.

Dispatcher Regan is an International Association of Communications Officials (APCO) Certified Communications Training Officer and is finishing up the coursework to become an APCO Registered Public Safety Leader (RPL).

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### Edward Jones: Financial Focus

**Can you plan for an unplanned retirement?**

Many people plan to take an early retirement, so when that day arrives, they're ready for it. But what if you were to face an unplanned retirement? Would you be prepared to deal with the financial issues?

It's something worth thinking about, because any number of factors — illness, a spouse's illness, downsizing, other issues — could lead to an abrupt departure from the workforce. But taking action while you're still working may help you make the transition easier on yourself.

Your first move, of course, should be to at least consider the possibility of having to retire earlier than you planned. You can then move on to some concrete steps, possibly including the following.

- Build an emergency fund. Under any circumstances, it's a good idea to build an emergency fund — but it's especially important if you want to prepare for an unforeseen retirement. Generally speaking, your emergency fund should contain three to six months' worth of living expenses, with the money kept in a liquid, low-risk account. But if you suspect an earlier-than-anticipated retirement may be in your future, and you have some time to prepare for it, you should consider an emergency fund that contains a full year's worth of expenses.
- Consider your portfolio's asset allocation. If you're concerned about an unexpected retirement, you may want to consider the equities allocation in your portfolio. If you think you may need to tap into your portfolio sooner than you expected, you may not want to be over-exposed to investments most vulnerable to market volatility. However, these are the same investments that offer you the most growth potential — which you'll need to help stay ahead of inflation. So, look for an investment balance that's appropriate for your needs. As part of this positioning, you may want to shift some assets into income-producing vehicles, while also adding to the "cash" portion of your portfolio to boost your liquidity.
- Evaluate your Social Security options. An unplanned retirement may cause you to consider taking Social Security earlier than you had planned. You can start taking Social Security when you're 62, but your monthly benefits will be up to 30% lower than if you had waited until your full retirement age, which is likely between 66 and 67. If you have sufficient income through other sources, you may be able to delay taking Social Security until your checks will be bigger — but of course, if you need the money, waiting may not be an option.
- Address your health care needs. If you take an unplanned retirement, and you have employer-sponsored health insurance, you'll have to look for alternatives. You might be able to get extended coverage from your employer, but this could be quite expensive. Of course, if you're already 65, you can get on Medicare, but if you're younger, you might be able to get coverage under your spouse's plan. If that's not an option, you may want to explore one of the health care exchanges created by the Affordable Care Act. To learn more about these exchanges, visit [healthcare.gov](http://healthcare.gov).

Taking an unexpected retirement can certainly be challenging — but the more prepared you are, the better your outcomes are likely to be.

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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	Clay Point Road	Residential Open Land	\$150,000	Dean S. and Cathy M. Sedler	Ec Systems LLC
Alton	Old Route 11	N/A	\$430,000	Jeffrey B. and Kendra E. Kantar	Kathryn E. and Richard Morelli
Alton	136 Spring St.	Single-Family Residence	\$405,000	John F. Barry Estate and Donna M. Cook	Cynthia E. France
Barnstead	581 S. Barnstead Rd.	Single-Family Residence	\$398,600	Carol Anne Olson Trust	Thomas J. Butchko and Zsanett Szi-Miklos

## 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. 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.thewarrendgroup.com](http://www.thewarrendgroup.com)

## Scholarship Foundation to hold annual benefit night at Fratello's



Lakes Region Scholarship Foundation Executive Director, Karen Switzer (left) and Assistant Director, Chris Guilmett (center), check in with Chris McDonough (right) of Fratello's Restaurant in Laconia, regarding their upcoming LRSF Benefit Night, which will be held on Wednesday, March 8 from 4 p.m. to closing. During the event, a portion of all food purchased (dining in or take out) will go to the Foundation.

LACONIA — Lakes Region Scholarship Foundation's annual benefit night will again take place the year at Fratello's Restaurant in Laconia, courtesy of the McDonough family. The event will be held on Wednesday, March 8, from 4 p.m. to closing.

Whether your dining in or ordering take out, 25 percent of the food portion of every order will go to benefit the LRSF Friends of the Foundation Operating Fund. All you have to do is mention that you are there to support Lakes Region Scholarship Foundation! We hope that our past supporters as well as many new patrons will mark their calendars and take advantage of a special mid-week break and join us!

"It's a win-win for

people in the area," commented Executive Director, Karen Switzer. "Those attending will get a delicious meal while helping out the Lakes Region Scholarship Foundation."

The Lakes Region Scholarship Foundation has been in existence and awarding scholarships to area students who are looking to further their education, since 1956.

LRSF Assistant Director, Chris Guilmett added, "We will also be having a live drawing of the winners of our Winter Blues Raffle. You can check out the raffle prizes as well as purchase tickets by going directly to our Web site at [www.lrscholarship.org](http://www.lrscholarship.org) or by visiting our Facebook page."



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Moultonborough: 4BR/3BA, 2,117 sqft. 150 yd from the beach on Lake Kanasketka. Open concept living w/ 1st flr primary suite & walkout, finished, lower level. Enjoy the private trout pond, tennis courts, basketball court, canoe/kayak storage, & a boat slip. \$670,000 MLS# 4943588

Sanbornton: 4BR/3BA, set off the road on 3+ country acres. This well cared for home has many updates including kitchen appliances, lighting, paint, flooring, farmer's porch, oversized shed and above ground pool. There is also a full unfinished basement that is great for storage. \$430,000 MLS# 4943677

Laconia: 2BR/2BA, 1,008 sqft. 1 level, open concept ranch style townhouse boasts a light & bright comfortable living spaces. There is a courtyard outside the front door w/ partial mountain views. The home features a rare 2 car direct entry garage in South Down Shores. \$479,900 MLS# 4943839

North Conway: 3BR/2BA, in Black Bear Village Cooperative, Inc. which offers a community beach, access to the Saco River, recreation center, playground, & basketball court. The home boasts a large deck, flower gardens & paved driveway. Offered furnished. \$110,000 MLS# 4943834

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**WHO'S WHO IN LUXURY REAL ESTATE**

\*Statistics obtained from NEREN for the past 24 years since 1997 for all real estate firms reporting sales in the entire state of NH during that time.

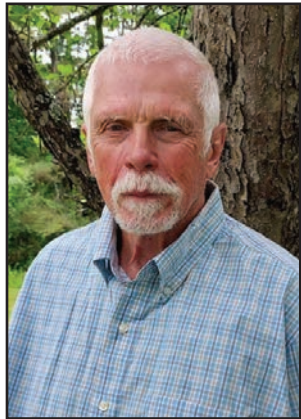


# John Plumer appointed to Belknap County Conservation District Board

BELMONT — John Plumer of Belmont was recently appointed to the Belknap County Conservation District Board of Supervisors by the State Conservation Committee.

“John is a great addition to our Board. His education and background in natural resource management match our mission well”, said Conservation District Chair Donna Hepp.

After a 34-year career as an Army Scientist including serving as the Department of the Ar-



John Plumer

my's Pollution Prevention Program Manager, and work in academia and industry, Plumer became a small business owner and founded JR-

Plumer Associates, LLC. He holds BA and MS degrees from the University of New Hampshire in geology and zoology, as well as a graduate program and adjunct professorship in Plastics Engineering at the University of Massachusetts-Lowell.

Plumer served two terms with the New Hampshire House of Representatives on the Commerce Committee. He and his wife Denise are horse owners and have a small farm in Belmont. He is strongly interested maintaining “green-space” in New Hampshire for our way of life and ensuring that development matches the capacity of supporting natural resources.

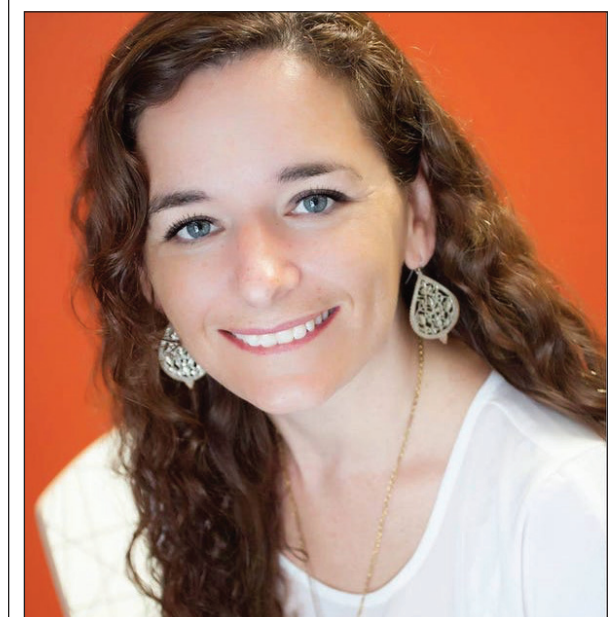
More information on Belknap County Conservation District is available on their Web site: [belknappcd.org](http://belknappcd.org).



COURTESY

## Belknap Mill's Bell and Brick Winter Concert Series welcomes back Bob McCarthy Trio

The Bob McCarthy Trio will be the featured performer at the Belknap Mill's Bell and Brick Winter Concert Series on Thursday, March 2nd from 7-8 p.m. The Trio is comprised of Bob McCarthy, Billy Martin and Dave Martin. Tickets are \$10 at the door. McCarthy began his musical career in New York and Boston-Cambridge area coffee houses and college concerts. He is a songwriter, composer, guitarist, mandolinist, and vocalist. Martin has been playing drums and percussion for more than 40 years in a variety of bands and music genres. Billy Martin was an original member of the James Montgomery Blues Band. As a trio, they perform an eclectic blend of original and traditional music drawing on many styles. For more information about programs and events please visit the Belknap Mill Facebook page or Web site at [www.belknappmill.org](http://www.belknappmill.org).



COURTESY

## Tri-Town Democrats meet Monday

The Tri-Town Democrats of Barnstead, Gilmanton, and Alton will meet on Monday, March 6, at 6:30 p.m. by Zoom. The virtual doors will open at 6:15, and there will be discussion of our upcoming caucuses to elect town officers, as well as other business. Our invited speaker will be Kathleen Cavalaro, a recent candidate for NH State Representative from Rochester Ward 2. Although she narrowly lost election to an incumbent, she was an inspiration to many in her fierce dedication to justice and her brilliant use of social media, especially Twitter and TikTok. To sign up for the Zoom link, please register by email to [tritowndems@gmail.com](mailto:tritowndems@gmail.com). This promises to be a lively and entertaining meeting!

## Chris Eklund of Alton named to Dean's List at Grove City College

GROVE CITY, Pa. — Chris Eklund, a Exercise Science major at Grove City College from Alton, has been named to the Dean's List with Distinction for the Fall 2022 semester. Eklund is a 2020 graduate of Wheaton Academy, and is the son of Mr. and Mrs. Bryan Eklund (Brenda) from Alton.

Students eligible for the Dean's List have a

GPA of 3.40 to 3.59; for the Dean's List with Distinction a GPA of 3.60 to 3.84 and for the Dean's List with High Distinction a GPA of 3.85 to 4.0.

Grove City College ([www.gcc.edu](http://www.gcc.edu)) is a highly ranked, national Christian liberal arts and sciences college that equips students to pursue their unique callings through an academically excellent and

Christ-centered learning and living experience distinguished by a commitment to affordability and promotion of the Christian worldview, the foundations of a free society and the love of neighbor. Established in 1876, the College is a pioneer in independent private education and accepts no federal funds. It offers students degrees in more than 60

majors on a picturesque 180-acre campus north of Pittsburgh, Pa. Accredited by the Middle States Commission on Higher Education, Grove City College is routinely ranked as one of the country's top colleges by U.S. News & World Report, The Princeton Review and others based on academic quality and superior outcomes.

## Bryna Wilson of Laconia named to Dean's List at Grove City College

GROVE CITY, Pa. — Bryna Wilson, a Biology major at Grove City College from Laconia, has been named to the Dean's List with High Distinction for the Fall 2022 semester. Bryna is a 2020 graduate of Home-school and is the daughter of Rev. and Mrs. Andrew Wilson (Jonelle) from Laconia.

Students eligible for the Dean's List have a

GPA of 3.40 to 3.59; for the Dean's List with Distinction a GPA of 3.60 to 3.84 and for the Dean's List with High Distinction a GPA of 3.85 to 4.0.

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## Julia Leavitt named to Husson University's President's List

BANGOR, Maine — Alton resident, Julia Leavitt, has been named to Husson University's President's List for the Fall 2022 semester.

During the fall semester, Leavitt was enrolled in Husson's Doctor of Physical Therapy/Bachelor of Science in exercise science program.

Students who make the President's List must be enrolled as an undergraduate student, carry a full-time load of 12 credit hours, complete all attempted courses in the time allotted for the semester, and achieve a 3.80 to 4.0 semester grade-point average. Credits from pass/fail classes do not qualify toward meeting the minimum credit hour requirement.

For nearly 125 years, Husson University

has shown its adaptability and strength in delivering educational programs that prepare future leaders to handle the challenges of tomorrow through innovative undergraduate and graduate degrees. With a commitment to delivering affordable classroom, online and experiential learning

opportunities, Husson University has come to represent a superior value in higher education. The hallmarks of a Husson education include advanced knowledge delivered through quality educational programs in business; health and education; pharmacy studies; science and humanities; as well as com-

munication. According to an analysis of tuition and fees by U.S. News & World Report, Husson University is one of the most affordable private colleges in New England. For more information about educational opportunities that can lead to personal and professional success, visit Husson.edu.

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March 8 and 9	Menu 1	Menu 2	Menu 3
	Beef Stir Fry	Shrimp Stir Fry	Vegetarian Egg Rolls
	Choice of starters: Egg Drop Soup or Salad		
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# Adam McKinney promoted to Branch & Business Development Manager at MVSB's main office



**Adam McKinney**

MEREDITH — MVSB (Meredith Village Savings Bank) is proud to announce the promotion of Adam McKinney to Branch & Business Development Manager at the Bank's Main Office at 24 NH Route 25 in

Meredith. He previously served as Branch Services Supervisor at the same location and will take the place of Cathy Sleeper, who was recently promoted to Regional Vice President.

"Adam cares deeply about the success of our community, and he is well regarded by customers for exceptional service and by his fellow team members as a dependable colleague and a strong leader," said Sleeper. "We are pleased to recognize his hard work and dedication with this well-deserved promotion."

"MVSB has been serving the Meredith community for 154 years and I am proud to have the

opportunity to continue that legacy of service both in the branch and by supporting clients with the latest online tools and technology," said McKinney. "We have an outstanding team here at the branch as well and I am excited for what the future holds."

McKinney joined MVSB in 2019. He is a 2022 graduate of Leadership Lakes Region and currently serves as a Board Member for the Meredith Area Chamber of Commerce.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communi-

ties. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For more than 150 years, Meredith Village Savings Bank (MVSB), has been serving the people,

businesses, nonprofits and municipalities of New Hampshire. MVSB and its employees are guided by the values of accountability, mutual-ity, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the

local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

## University of Maine announces fall 2022 Dean's List

ORONO, Maine — The University of Maine recognized 3,010 students for achieving Dean's List honors in the fall 2022 semester, including Spencer Grow of Center Barnstead. Of the students who made the Dean's List, 1,983 are from Maine, 957 are from 45 other states and 70 are from 25 countries other than the U.S.

To be eligible for the Full-time Dean's List, a student must have completed 12 or more calculable credits in the semester and have earned a 3.50 or higher semester GPA. Students who have part-time status during both the fall and spring semesters of a given academic year are eligible for Part-time Dean's List. They must have completed 12 or more calculable credits over both terms and have earned a combined GPA in those terms of 3.50 or higher.

## Tri-County Republicans meet Wednesday

ALTON — Announcing the Tri-County Republicans' next meeting: Wednesday, March 8, at 7 p.m., 129 Main St., Alton. Please plan to arrive at least a few minutes early due to limited parking and seating. As we head into the local elections the following week on March 14, we encourage members and friends to attend this important meeting.

In addition to keeping up-to-date with state legislation and events happening at the county and local levels, Tri-County Republicans support local candidates, volunteer in our communities, and supply critical information to make factual and informed choices. We encourage you to become an active member of our group, even if you can only spare an hour or two a month. Every contribution, no matter how small, has a positive impact. This is a great opportunity for you to take an active role to strengthen our efforts as we face the current challenges.

Tri-County Republicans is a conservative political group that believes in limited government and the interpretation of the US and NH Constitutions as written. All freedom-loving Republicans, Libertarians, independents and undeclareds from surrounding towns in Belknap, Carroll and Strafford Counties are welcome to participate in our group meetings and events.

For inquiries or more information, please contact Beth Varney or Barbara Comtois at: tricountyrepublicans@gmail.com.



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**Belmont Elementary School**

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- 1-1 Behavioral Assistant
- 1-1 LNA
- Part-Time General Special Education Assistant
- Title I Tutor

**Belmont Middle School**

- General Special Education Assistant
- 1-1 Special Education Assistant

**District Wide**

- Speech and Language Assistant – Certified
- School Psychologist
- Custodians
- Substitute Teacher

**2023-2024 School Year:**

- Belmont High School
- Math Teacher

**Belmont & Canterbury Elementary Schools**

- Computer Integration Teacher

**Belmont Middle School**

- STEM/Technology Education Teacher

Please visit <https://www.schoolspring.com/jobs/?iframe=1&employer=12749%22> to apply online for teaching and assistant positions. Please contact 603-267-9223 to apply for Custodian or Substitute Teaching positions. Satisfactory results of a post-offer, pre-employment physical and criminal background check, including fingerprinting, is required.

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| Physical Therapist             |                                   |

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**ORDINANCE**

(continued from Page A1)

and finance. He said he would work toward improving town financials, not allow unfair firings, and be present at all meetings. Elected to the board in 2021, Rosiello said he stepped down from his post due to major surgery.

David Swenson, a past selectman for several terms, rounds out the field. He said residents asked him to run to bring back reason and professionalism to the board. He highlighted three areas of import: balancing taxes with the level of services provided, retaining employees, and options for Town facilities. He mentioned the possible public safety building and referenced his experience involved in building four major buildings. He stated government was not the place for personal agendas.

Resident Scott Woodward asked how the candidates would maintain the town's character while leading it to a longer vision.

Rosiello responded, "A lot is defined by the Planning Board and the ten year strategy."

He cited assessed needs in the Town Facilities Report, noting "A discussion with the townspeople needs to happen."

He also discussed software upgrades to improve service and take the planning board into account.

Swenson said a collaborative effort of



New Durham candidate Terry Jarvis (center) answers a question from a voter at the recent Candidates' Night. A new resident said it was "good to see this participation," as his previous town did not hold such events.

CATHY ALLYN

the select board, planning board, and budget committee is needed for the town to retain rural character while having its sights on growth.

"The Master Plan was developed addressing strategic issues," he said. "The center of town sits on an aquifer, making it difficult to bring in businesses, but it can be done. Retaining water quality is an ongoing consideration, but it can be done."

Resident Cecile Chase said she'd served on many boards and committees in town, and recognized the need for a cooperative and collaborative board for the best

outcome for the public.

She asked Rosiello, who, as selectman, left during the Oct. 27 meeting and submitted a letter of resignation in early November, how he planned on working collaboratively with others.

"You did not mention health issues in your letter of resignation," Chase said. "You were specific that the board's leader lacked integrity."

"Board of Selectmen meetings are public," Rosiello said. "If you see something wrong, integrity says you pull back."

He went on to describe a situation regarding a grant appli-

cation to the Land and Community Heritage Investment Program (LCHIP) that he felt should not go forward.

"The other two members sent it in," he said.

The town did not receive the grant.

Chase pressed him to answer her question since his letter of resignation noted his disagreement with Chairperson Marc deCoff.

"Marc has seen certain things and I have seen certain things," Rosiello said. "If you're running a meeting, people have disagreements. Going forward, Marc and I have had discussions."

Swenson said he worked collaboratively with groups on the Master Plan, and has served on the budget committee and as a representative on the budget committee.

Three residents are running for two three-year seats on the budget committee.

Janis Anthes said she has spent the past 15 years learning about local government and the budget committee. She said she has worked on budgets in the healthcare field in the past.

"Residents say they want to see fresh faces on the committee," she said.

Terry Jarvis stated she has volunteered in multiple positions in town since 1979

and has experience with large county budgets.

"I've served on the budget committee approximately 11 years," she said. "I believe in the committee, and I have the background."

Susan DeRoy was taken ill unexpectedly, and was not in attendance.

Regarding a question concerning the fire department, Anthes said she supported hiring EMT personnel, as members of the department are employed and can't respond to daytime calls, and commented "We'll get increased revenue for the ambulance runs, so it may pay for itself."

Jarvis said the data from this year would show if the plan is "tax neutral. If so, we could get a revolving fund and pay the dedicated EMS personnel from there."

Angela Pruitt and Maureen Knepp are both running for a one-year term as supervisor of the checklist. Knepp said she has been an appointee for two years and is finishing up this term. Pruitt, also running to continue her position as a Trustee of the Trust Funds, did not attend.

Mary Schillereff of Wolfeboro and Chris Baca of New Durham are seeking the one-year term of school board member-at-large. Schillereff sent in a statement detailing her 30-year career as an educator and her desire to expand the

technology center.

Baca, who is also running unopposed for a two-year stint as supervisor of the checklist, said he was now retired, and wanted to be involved in the community.

Neither candidate for the three-year position of library trustee, Thomas Swett and Rachel Lamontagne, was present.

Ken Ross-Raymond, running for the one-year slot on the budget committee, said he has spent years on various boards and committees in his previous town.

"I am here solely for the taxpayer," he said.

Running unopposed for the one-year term as a library trustee, Marilee deCoff sent in a statement indicating she had "reclaimed my love for books" and wanted to ensure the library will be "a treasured place."

Robert Craycraft and Anne Ross-Raymond have thrown in their hats for the two available slots on the planning board. Ross-Raymond was present to take questions. She is a lawyer who served on the planning board of her previous town for 15 years.

"I want to help applicants comply with the regulations and see that growth takes in other peoples' needs," she said.

Bill Meyer and Jarvis are up for the two three-year positions on the zoning board of adjustments. Meyer was out of town and unable to attend. In response to a question concerning the upcoming septic surveys, Jarvis pointed out that the ZBA has no authority to change the ordinances.

No one has stepped forward to fill the vacant cemetery trustee slot.

Chase stated there are often "anonymous, illegal mass mailings" around election time.

"I'm hoping we don't get that this year, and that we can move forward with positivity and kindness toward others," Chase said.

She asked all of the candidates to discourage such mailings if they become aware of them.

Town Moderator Linda Callaway ran the meeting. Voting takes place March 14 at the New Durham School from 8 a.m. to 7 p.m.

## *Barnstead woman pleads guilty to theft of more than \$130,000 from Barnstead, Hampton school districts*

CONCORD — Amy Burley, 47, of Barnstead, pleaded guilty in federal court last week to embezzling more than \$130,000 from both the Barnstead and Hampton School Districts, United States Attorney Jane E. Young announced today.

According to court documents and statements made in court, Burley was employed as a bookkeeper for Barnstead School District and then Hampton School District. In her role, Burley processed payroll and handled the payment of invoices.

Burley used her access at Barnstead School District to alter her payroll information, make student loan payments and payments to personal creditors, and pay for an Amazon account charged to Barnstead but controlled by Burley, totaling \$110,295.26. Following her termination from Barnstead, Burley was hired as a bookkeeper at Hampton School District, where she used her position to use district funds to pay student loans and credit cards belonging to her or her family members, totaling \$20,966.52.

Burley is scheduled to be sentenced on June 1.

The case was investigated by the Federal Bureau of Investigation, the Department of Education Office of the Inspector General, and the Barnstead Police Department. The case is being prosecuted by Assistant U.S. Attorney John J. Kennedy.

**TOWN OF NEW DURHAM  
ZONING BOARD of ADJUSTMENT  
PUBLIC HEARING NOTICE  
THURSDAY, March 16, 2023**

**7:00 PM @ NEW DURHAM TOWN HALL & ZOOM**

**Matthew Lopiano**

You are hereby notified that a Hybrid Public Hearing will be held by the New Durham Zoning Board on Thursday March 16, 2023, at 7:00 PM for Case #2023-003. The hearing is regarding an application submitted by Varney Engineering, LLC on behalf of Matthew Lopiano for property located at 309 South Shore Road, Map 113 Lots 69 and 26. The applicant is requesting Variances to **Article V Section D:** Dimensional Requirements for Town of New Durham; **Article XIV Section C.8:** Dimensional Requirements; and **Article XXI Section C.2:** Non-Conforming Buildings, Land or Uses.

The full application is on file at the New Durham Town Offices for review by appointment by calling (603) 859-2091 ext. 2003. You can also contact via email to ndlanduse@newdurhamnh.us

**TOWN OF NEW DURHAM  
ZONING BOARD  
PUBLIC HEARING NOTICE  
THURSDAY, March 16, 2023**

**7:00 PM @ NEW DURHAM TOWN HALL**

**Peter Rhoades**

You are hereby notified that a Hybrid Zoom Public Hearing will be held by the New Durham Zoning Board on Thursday, March 16, 2023, at 7:00 PM for a Rehearing of case # 2020-014. The Rehearing is regarding an application submitted by DTC Lawyers, on behalf of Peter Rhoades, for properties located at Bennett Road, Map 264 Lots 16, 17 and 18. The applicants previously requested a variance to **Article V Section B.1:** Dimensional Requirements for Town of New Durham

The full application and supplemental information are on file at the New Durham Town Offices for review by appointment by calling (603) 859-2091 ext. 2003. You can also contact via email to ndlanduse@newdurhamnh.us



**GILFORD**

(continued from Page A1)

Jalen Reese added two more as the Golden Eagles opened up the 12-1 lead.

The Royals responded with a pair of three-pointers to cut the lead to five, but Isaiah Reese converted a three-point play to stretch it back to eight. After another Mascoma three, Jalen Reese connected on a basket and the Royals got the final hoop of the quarter, with Gilford taking the 17-12 lead to the second quarter.

Mascoma got the first basket of the second quarter to cut the lead to three, but Isaiah Reese had the answer, as he connected on a hoop and a three-pointer for the 22-14 lead. The Royals got a pair of free throws, but Jalen Reese answered with another bucket.

After Mascoma hit a three-pointer to cut the lead to five, Logan Grant drilled a three for the Golden Eagles to push the lead back out to eight. Mascoma got another hoop, but Jalen Reese connected on consecutive baskets for the 31-21 lead. The Royals did get the final two baskets of the first half and Gilford's lead was 31-25 heading to the second half.

A Mascoma three-pointer cut the lead to three to start the third quarter, but Gilford took over from there, finishing off the quarter on a 14-5 run. Cheek started the run with a hoop and Isaiah Reese added a hoop. After the Royals



Jalen Reese gets a big hug from his dad, assistant coach Mo Reese, after coming out of the championship game in Keene on Saturday.



Brendan Baldi puts up a shot in the lane during championship game action on Saturday.



The Mascoma fans didn't seem too impressed with Logan Grant's shooting during action on Saturday in Keene.



Henry Sleeper defends in championship game action against Mascoma on Saturday.

got a three-point play Isaiah Reese hit another hoop and Jalen Reese had a free throw.

The Royals got another bucket, but Grant connected on a hoop and a three-pointer to stretch

the lead to 10 and a Jalen Reese rebound and hoop with 1:15 to go gave Gilford the 45-33 lead, which they took to the fourth quarter.

The Golden Eagles continued their run



The Gilford bench celebrates in the second half as Gilford pulled away from Mascoma in the D3 championship game.

in the fourth, as they scored the first 11 points of the frame. Grant started with a three-pointer, Jalen Reese hit a hoop and Grant and Brendan Baldi drilled consecutive three-pointers for the 56-33 lead.

Mascoma hit two hoops to get on track in the quarter, but Cheek put back a rebound and Isaiah Reese drained a hoop to keep the Eagles in control. After another Royal hoop, Cheek brought the Gilford student section to its feet with a big dunk and a 62-39 lead.

The Royals hit a free throw before Grant finished off his own steal for the 64-40 lead. Jalen Reese then converted a three-point play to give Gilford its biggest lead of the game at 67-40 before the Royals got a hoop and a free throw. Gavin Clark finished out the scoring for the Golden Eagles and Gilford celebrated the 69-43 win and the fourth champion-

ship in a row.

"I am just so proud of these guys," Acquilano said. "I am proud of what we accomplished."

Jalen Reese finished with 24 points to lead the way for Gilford, also pulling down 12 rebounds. Grant had 16 points, Isaiah Reese added 14 points and Cheek finished with 10 points.

The Golden Eagles finished at 18-0 and defeated Conant and Hopkinton to advance to the championship game.

With just two major graduation losses in Cheek and Jalen Reese, the Golden Eagles have a solid core returning as they look to the future.

"It's always the goal to be this competitive," Acquilano said. "We haven't lost a playoff game in four years. That's amazing."

Amazing indeed.

GHS 17-14-14-24-69  
MVRHS 12-13-8-19-43



Isaiah Reese fires a shot during action in Saturday's Division III championship game in Keene.

Gilford 69

Baldi 1-0-3, I. Reese 6-1-14, Grant 6-0-16, Cheek 5-0-10, Clark 1-0-2, J. Reese 11-2-24, Totals 24-6-3-69

Mascoma 43

Moulton 1-0-2, Pierce 2-0-5, Thomas 0-2-2, Mardin 1-0-2, Thompson 6-3-17, Smith 5-0-12, Stark 1-1-3, Totals 16-6-43

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

**ORDINANCE**

(continued from Page A1)

Violations will carry a \$100 fine for individual people and \$500 for other entities.

The ordinance has different exemptions, including if the noise is related to any kind of emergency alert or response. Noise resulting from emergency maintenance work by the town, state, and public utility companies are also exempt, including snow plowing operations. Another exemption will be given to private and commercial snowblowers. Municipal maintenance work is also exempt in areas where prior notice has been given to the abutters. Other exemptions include bells and chimes used for religious purposes, unamplified human voices, and parades and public gatherings that have received a permit.

For a full text of the proposed ordinance, visit <https://www.barnstead.org/sites/g/files/vyhlif6991/f/uploads/noiseordinance1-26-22.pdf>.

**VANDALISM**

(continued from Page A1)

nival. Five sculptures were set up on Feb. 18 before in front of the Alton Community Center

*Local residents named to RIT Dean's List*

ROCHESTER, N.Y. — The following students were named to the Dean's List at Rochester Institute of Technology for the fall semester of the 2022-2023 academic year. Full-time degree-seeking undergraduate students are eligible for Dean's List if their term GPA is greater than or equal to 3.400; they do not have any grades of "Incomplete", "D" or "F"; and they have registered for, and completed, at least 12 credit hours.

Eva Switala of Gilmanton, who is in the environmental science program.

Eliya Fischev of Gilmanton, who is in the computer engineering program.

Brayden Casella of Laconia, who is in the computer science program.

Rochester Institute of Technology is home to leading creators, entrepreneurs, innovators and researchers. Founded in 1829, RIT enrolls about 19,700 students in more than 200 career-oriented and professional programs, making it among the largest private universities in the U.S.

The university is internationally recognized and ranked for academic leadership in business, computing, engineering, imaging science, liberal arts, sustainability, and fine and applied arts. RIT also offers unparalleled support services for deaf and hard-of-hearing students. The cooperative education program is one of the oldest and largest in the nation. Global partnerships include campuses in China, Croatia, Dubai and Kosovo.

For news, photos and videos, go to [www.rit.edu/news](http://www.rit.edu/news).

including a moose ice sculpture, an interactive photo frame, and four sculptures hand carved with the names of their donors.

The ABA reported on its Facebook Page three of those sculptures in front of the Community Center were found smashed on late Saturday night. Monday night, the day after the carnival, the two remaining sculptures in front of the Community Center were also destroyed. Both incidents were reported as acts of vandalism to the Alton Police Department, who

began an investigation.

A juvenile was identified as the alleged culprit in the destruction of the sculptures on Monday night and Alton Police are working on possible charges and restitution.

Police and the ABA are still looking for information on those who destroyed the three sculptures on Saturday night, Feb. 18.

Alton police are asking that anyone with any

information on the destruction if the ice sculptures the evening of Feb. 18 is asked to contact the Alton Police Department at 603-875-0757.

"Clearly, we will be reassessing how we move forward for next year and hope to continue this event for many years with the support of our local businesses and community!" the ABA wrote on its Facebook page.

**Kelsi Sheehan named to Husson University's President's List**

BANGOR, Maine — Laconia resident, Kelsi Sheehan, has been named to Husson University's President's List for the Fall 2022 semester.

During the fall semester, Sheehan was enrolled in Husson's Master of Science in criminal justice administration (MSCJA)/Bachelor of Science in criminal justice with a Certificate in forensics program.

Students who make the President's List must be enrolled as an undergraduate student, carry a full-time load of 12 credit hours, complete all attempted courses in the time allotted for the semester, and achieve a 3.80 to 4.0 semester grade-point average. Credits from pass/fail classes do not qualify toward meeting the minimum credit hour requirement.

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COURTESY

**Jumpin' and jivin'**

Senior dancers were "in the mood" to move to the toe-tapping sounds of the Windham Swing Band at a boogie-woogie sponsored by the New Durham and Farmington Parks and Recreation departments on Sunday afternoon.

*Love is in the hair*



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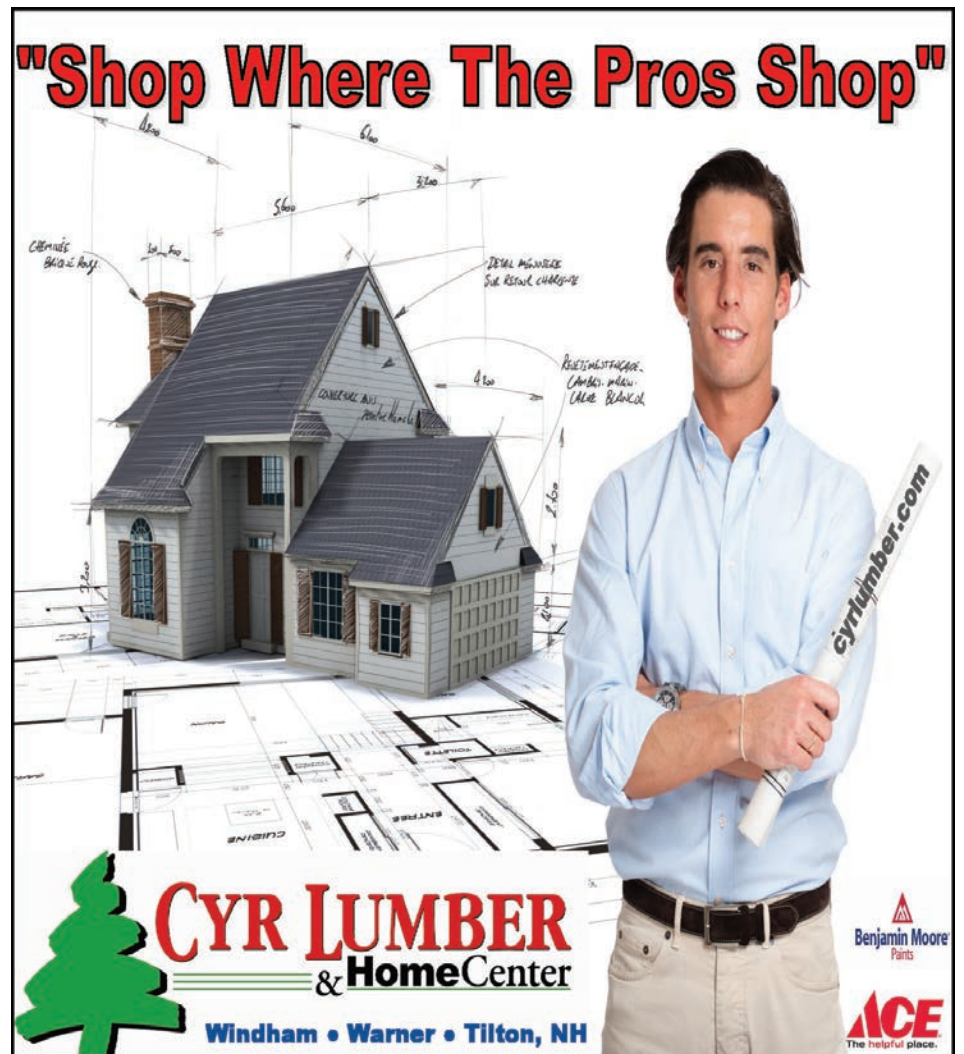


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