

THURSDAY, NOVEMBER 13, 2025

COVERING ALTON, BARNSTEAD, & NEW DURHAM - WWW.SALMONPRESS.COM

**FREE** 

# Family, officials make appeal for information on murder of Roberta "Bobbie" Miller

CONCORD — Attorney General John M. Formella and New Hampshire State Police Colonel Mark B. Hall announce, on behalf of the New Hampshire Cold Case Unit, a renewed appeal for public assistance in the unsolved homicide of Roberta "Bobbie" Miller, coinciding with the 15th anniversary of her death.

Roberta Miller's body was discovered inside her Gilford home on Country Club Road on Monday, Nov. 1, 2010. Miller, age 54, was found in the early evening hours. An autopsy determined that she died from gunshot wounds, and her death was ruled a homicide. Investigators found that Miller's dog, a yellow Labrador Retriever named Sport, was also shot multiple times and killed, underscoring the brutality of the

Miller's case remains an active and ongoing in-



vestigation by the New Hampshire Cold Case Unit, which continues its efforts to identify those responsible and bring justice to Ms. Miller and her family. The Unit is particularly interested in hearing from anyone who may have seen or spoken with Roberta Miller between 4 p.m. on Sunday,

Oct. 31, 2010, and 5 p.m. on Monday, Nov. 1, 2010. Even the smallest detail may help piece together what happened during that

critical period.

Miller's family is independently offering a reward of up to \$56,000 for information leading to the arrest

and prosecution of those involved in her murder. As the 15th anniversary of her death is observed, her family continues to hope for answers.

"She cared for everyone—family, friends, neighbors—and was finally beginning to focus on herself once her kids were grown. She loved dogs, hiking Mount Major, and trying new things. She was fearless and always put her children first," said her daughter, Jen. "The last adventure I had with my mom was to Lake Placid to support a friend in an Ironman. We spent the weekend hiking and pretending to be Olympic bobsledders. That's who she was, full of life and always up for an adventure."

"The passage of time has not changed our resolve," said R. Christopher Knowles, Senior Assistant Attorney General and Chief of the Cold Case Unit. "Roberta Miller's family has lived for fifteen years without the answers they deserve. We know someone out there has information that can help us bring justice for Roberta and peace to her loved ones. Even the smallest detail could make the difference. We urge anyone with information to come forward and help us bring closure to this family."

The New Hampshire Cold Case Unit urges anyone with information to come forward. All tips can remain anonymous.

# Industry professionals share expertise with 'How Stuff Works' class

## Friends of Alton Parks and Recreation hosting community forum

ALTON — Do you live in Alton? Get out and walk the trails, play in the playgrounds, or generally like to be outdoors?

The Friends of Alton Parks and Recreation non-profit group, a 501c3, is hosting an interactive community forum where Alton residents and families are invited to the Alton Central School on Saturday, Nov. 22 from 10 a.m.-noon to share their thoughts on improving Town playgrounds, walking paths, parks, trails and more. The Forum will feature Dr. Kendra LaRoche, PD, a professional consultant on Universal Design for inclusive playgrounds.

Childcare, refreshments, and light snacks will be provided. Plan to attend and discuss ideas for recreational enhancements in Alton! For more information contact the Alton Parks and Recreation Department at 603-875-0109.

We look forward to seeing you and hearing your thoughts!



Courtesy

# Golden Eagles dominate, move on to Division III semifinals

Sports Editor

GILFORD — Any normal four vs. five matchup in the opening round of the football postseason is expected to be a pretty competitive battle.

The Gilford Golden Eagles didn't let the Epping-Newmarket even think about making a game of it, scoring a pair of touchdowns in the first half and then salting away SEE FOOTBALL, PAGE A1

JOSHUA SPAULDING (Right) Lukas Diaz (left) and Bryce Carroll combine for a tackle during Gilford's dominating quarterfinal win on Saturday.



Matt Prugger with student Patrick O'Brien.

BY OLIVER KINGSBURY PROSPECT MOUNTAIN

ALTON

dents in Mr. Pappaceno's 'How Stuff Works' class at PMHS recently benefited from the real-world knowledge of two local trade professionals. These visits

provided valuable insights into career pathways, necessary skills, and what it takes to run a successful business.

On Wednesday, Oct. 15, the class welcomed Matt Prugger, a local welder and fabricator SEE HOW STUFF WORKS,

## Holiday makes for early deadlines

With Thanksgiving falling on Thursday, Nov. 27, when The Baysider and Gilford Steamer would ordinarily be hitting the streets, the submission deadline for any press releases and letters to the Editor intended for publication that week has been moved up to Wednesday, Nov. 19 at 4 p.m. Submissions can be e-mailed to Editor Brendan Berube at brendan@salmonpress.news.

The staff of the The Baysider and Gilford Steamer wishes our readers a safe and happy Thanksgiving.

# Alton Parks and Recreation Community Connection

#### **Dungeons and** 'Dragons

Alton Parks and Recreation is sponsoring a weekly Dungeons and Dragons adventure on Wednesdays at the Alton Bay Community Center from 6-8 p.m. The program is free for ages 18+. Sign up at parksrec-asst@alton.nh.gov or 603-875-0109 to secure your game slot. Join in the fun with friends or plan on meeting new people.

**After School Program** 

- Turkey Craft on Nov. 20

Alton Parks and Recreation is sponsoring a free Thanksgiving Craft featuring a handmade paper turkey on Nov. 20 from 3:15-4:15 p.m. at the Gilman Library for people of all ages. For ACS students Parks and Recreation Staff will pick up participants, in grades 2-6, from school and walk together to the Library for the program. Limited space, register today by contacting

#### **Community Forum on** Recreation — Nov. 22

The Friends of Parks and Recreation group, a 501c3, is hosting an interactive community forum where Alton residents and families are invited to the Alton Central School on Saturday, Nov. 22 from 10 a.m.-noon to share their thoughts on Town playgrounds, walking paths, parks, trails and more. The Forum will feature parksrec-asst@alton. Dr. Kendra LaRoche,

nh.gov or 603-875-0109. PD, a professional consultant on Universal Design for inclusive playgrounds. Childcare, refreshments and light snacks will be provided. Plan to attend and discuss ideas for recreational improvements. For more information, contact the Alton Parks and Recreation Department at 603-875-0109.

#### Light Up Alton — Dec. 6

The Town of Alton is celebrating "Light Up Alton" on Saturday, Dec. 6 in the Alton Village on Main Street. Free events include: 5 p.m.- Tree Lighting at Town Hall sponsored by the Alton Business Association; 5:15-6:15 p.m.- Meet with Santa and Mrs. Claus inside the Gilman Library, and make a free craft at the Gilman Library (use rear parking lot entrance); 5-6:30 p.m.- Holiday Hayride loading up at Monument Square- sponsored by Alton Home and Lumber; 11 a.m.-7 p.m.-Festival of Trees at the Gilman Museum sponsored by the ABA; plus more to see and do. Light Up Alton events are free and are open to the public. For more information contact the Alton Parks and Recreation Department at 603-875-0109 or parksrec-asst@alton.

"Light Up Alton" **Decorating Event** 

nh.gov.

The Alton Parks and Recreation Department and the ABA are sponsoring a residential and business decorating event. Do you like the holidays, and want to share your display and cheer with others? Submit your physical

al photo by contacting parksrec-asst@alton. nh.gov or 603-875-0109 by Dec. 1. Maps with decorated locations will be available to the public after Dec. 5.

#### **Travel Club- Trip to** Scotland, Wales and England in 2026

Alton Parks and Recreation is sponsoring a trip with Collette Tours to Scotland, Wales and England Oct. 25-Nov. 3, 2026. There is also an option for a 3-night Paris post tour extension. The trip highlights include Edinburgh Castle; York Minster; Chester; Conwy Castle; Stratford-upon-Avon; Traditional Afternoon Tea: London and much more. Includes airfare, 12 meals, hotels and transportation to and from Alton. This is a great way to travel solo or with friends. A knowledgeable leads the entire trip. An information session will be held March 23, 2026 at 11 a.m. at the Gilman Library. RSVP to attend the session at 603-875-0109 or parksrec-asst@ alton.nh.gov.

## **Weight Training** classes — Mondays

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

or 603-875-0109. Try a class for free. \$20 per month/session or \$5 drop in. Class not held Nov. 26.

#### **Pilates Classes in** Alton Bay — Tuesdays and Thursdays

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

#### Walking Group — **Tuesdays**

Alton Parks and Recreation is sponsoring a walking group for ages 10 and up on Tuesdays from 9-10 a.m. Are you looking to get active but running or hiking may be too much? Join us for a walk led by Sam from Alton Parks and Recreation each Tuesday morning. The group will start at the Parks and Recreation office (328 Main St.), continue around Alton, and loop back. Each walk will be roughly an hour at an easy pace. Supportive shoes are recommended. Contact parksrec-asst@ alton.nh.gov or 603-875-0109 to sign up.

#### Hit the Trail! **Hiking Programs offered** for all levels

Join hiker, Bonnie Dodge, for beginner focused hikes on Fridays or progressive hikes on Wednesdays. Hikes start at 10 a.m. at the trail head in Alton and surrounding towns.

Sign up at parksrec-asst@alton.nh.gov or 603-875-0109. Bring water, comfortable walking/hiking shoes, and a snack. A new trail location will be announced each week to the group. Program is



# Powerbouse announces audition opportunity for area teens!

LACONIA — Teens 12-18 who love to act are invited to audition for "Pooh's Birthday Surprise!"

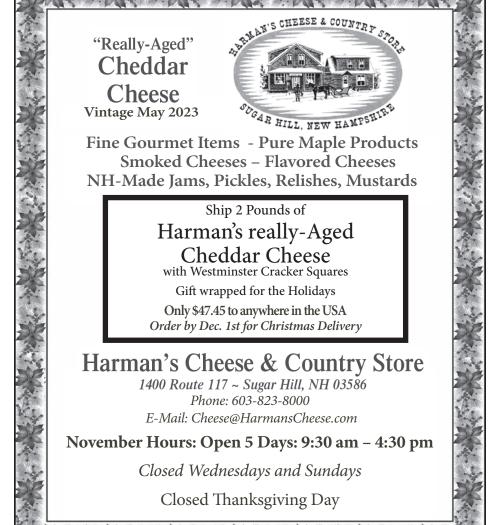
For the first time Powerhouse Theatre Collaborative, the resident theatre company of the Colonial Theatre, will be producing a play that is only open to teens. The production will mostly rehearse and perform during New Hampshire's February break (Feb. 23-27) at area libraries to entertain younger kids and their families.

Winnie the Pooh is turning 100 in 2026 and to commemorate that milestone Powerhouse commissioned Jaydie Halperin to create a short play from the original Winnie the Pooh stories. With familiar characters including Pooh, Christopher Robin, Piglet, Tigger, Eeyore, Kanga and Roo and Rabbit, Powerhouse is looking for between seven and nine teens to participate in this production.

Auditions will be held at the Colonial Theatre on Sunday, Nov. 16 at noon. To register for auditions and find out more about the production, go to powerhousenh.org/auditions. Readings will be from the script and are provided in advance on the website so teens can practice. The production will be directed by Powerhouse's Associate Producer, Courtney Palmer, who is also the director of the Inter-Lakes Middle High School Theatre Company.

Says Palmer, "I am very excited to direct this teen production. Powerhouse has always family-friendly shows, but it's wonderful to have something just for youth. I grew up with Winnie the Pooh and was even in a Winnie the Pooh Jr production when I was in middle school, so it's a real full circle moment for me to share this story with a new generation."

Contact info@powerhousenh.org for more details or with any questions about the produc-







# **Not getting** enough attention?

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# LRSO holiday concerts feature Taylor O'Donnell Dec. 6 and 7



REGION -Lakes Region Symphony Orchestra invites audiences to celebrate the holidays with a joyful blend of traditional and modern favorites at its annual holiday concert. "North Pole Playlist" will be presented on Saturday, Dec. 6 at 7 p.m. at the Colonial Theatre in Laconia, and again on Sunday, Dec. 7 at 3 p.m. at the Inter-Lakes Auditorium in Meredith. Under the direction of Music Director Benjamin Greene, the symphony will fill the stage with seasonal cheer.

Returning as featured soloist is Taylor O'Donnell, whose captivating vocals delighted audiences in LRSO's May 2025 "Sounds of the '70s" tribute concert.

Known for her seamless blend of jazz, folk, and contemporary styles, O'Donnell brings both power and grace to the stage. Her impressive career includes performances at Carnegie Hall and Lincoln Center, as well as collaborations with Grammy-winning producer David Foster and appearances on The Oprah Winfrey Show.

The holiday program offers something for everyone, from timeless classical works to festive popular favorites. The orchestra will perform beautiful arrangements of traditional carols such as "Hark! The Herald Angels Sing" and Bach's "Jesu, Joy of Man's Desiring," alongside spirited renditions of holiday stan-

dards including "Winter Wonderland," "I've Got My Love to Keep Me Warm," and Barbra Streisand's twist on "Jingle Bells." The concert also features music from "The Nutcracker" and a touching narrated musical retelling of Tomie dePaola's "The Legend of the Poinsettia." This family-friendly celebration captures the many moods of the season, from sacred reflection to jazzy exuberance.

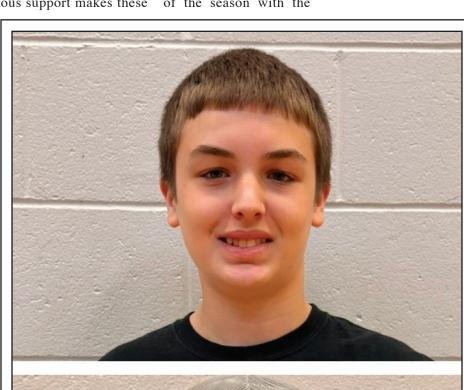
This pair of concerts continues the Lakes Region Symphony Orchestra's tradition of bringing exceptional live performances to central New Hampshire audiences. Now celebrating its 50th anniversary season, LRSO remains a cornerstone of the region's arts culture.

LRSO extends its gratitude to Cupples Car Company and Fay's Boat Yard whose generous support makes these

performances possible.

Tickets and additional information are available at www.LRSO. org. Celebrate the spirit of the season with the

Lakes Region Symphony Orchestra and experience the warmth and beauty of our North Pole Plavlist.







The following students at Kingswood Regional Middle School received the After School Allstars Award. In the first picture is Kellan Reed for his dedication and leadership in Football. In the second picture is Lars Pelletier for his dedication and leadership in Cross Country. In the third picture is Eva-Marie Keniston for her dedication and leadership in Field Hockey. Congratulations!



The following Kingswood Regional Middle School students received the October Super Knights for "Respect." In the first row are Annabel Henry and Naomi Clark. In the second row are Jessica St. Germain and Rixon Ranly. In the third row are Mason Ferguson and Josh Couture. In the fourth row are Will Roy and Peter Cote. In the fifth row are Ben Cartier and Alyssa Cornwell. Congratulations!

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# Opinion

# What we're thankful for, right here at home

It's easy to think of gratitude as something we pull out once a year, right about now, when the leaves are mostly gone and the air carries the smell of wood smoke. The grocery aisles fill with pie crusts, and somewhere between the cranberry sauce and the football game, we pause long enough to say we're thankful. But around here, in the towns tucked along the lakes and back roads of New Hampshire, gratitude isn't confined to one Thursday in November. It's part of the daily rhythm of small-town life — quiet, steady, and often unnoticed.

We live in communities where a lost dog still finds its way home because half the town is looking for it. Where neighbors shovel driveways that aren't their own, and where a plow driver leaves a little extra room at the end of the walk. The woman at the post office knows your first name, and the librarian sets aside the new mystery she knows you've been waiting for. When someone falls ill, there's a casserole on the porch before the news even travels. Those small gestures, multiplied by hundreds, make up the foundation of every local town meeting, fundraiser, and parade.

The truth is, life isn't always easy here. Winters are long, budgets are tight, and the price of heating oil can stretch a paycheck thin. Still, the same people who tighten their belts for their own families will open their wallets at a benefit dinner or a fire department raffle. The same volunteers who coach Little League will turn up at the planning board meeting that night to lend their voice to the community. If gratitude is the recognition of what sustains us, then what sustains New Hampshire's small towns is people who show up for one another, day after day.

Gratitude also means noticing the beauty that can fade into familiarity. The first light on Lake Winnipesaukee before the boats head out. The line of maples along Route 140 that still glow even when the leaves have fallen. The sound of students singing in the Gilford High auditorium or a church bell echoing through Alton Bay on a Sunday morning. It's easy to rush past those moments on our way to the next errand, but they're what give this region its pulse.

As the season turns toward Thanksgiving, it's worth remembering that gratitude isn't just a feeling — it's an action. It shows up when we vote in local elections, when we buy from small businesses, when we listen before we argue, and when we thank a volunteer for their time. It's found in every smile exchanged at the transfer station, every snowstorm that brings neighbors together, every hand raised to help a stranger.

So as we prepare for the holidays, let's take stock not only of what we have, but of who we have. The teacher who stays late after class. The police officer who waves to kids crossing the street. The clerk who always remembers how you take your coffee. They're the reason our towns work the quiet stewards of everyday decency.

This Thanksgiving, gratitude doesn't have to be grand. It doesn't need speeches or silverware. It can be as simple as saying thank you — to a friend, to a neighbor, to the community itself — for giving us something worth belonging to.

Because even in a world that moves faster every year, small-town New Hampshire still offers something rare: a place where kindness lingers, where the seasons remind us to slow down, and where there's always, always something to be thankful for — right here at home.

## 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.

TO PLACE AN AD: ADVERTISING EXECUTIVE Tracy Lewis (603) 575-9127 tracy@salmonpress.news **SUBSCRIPTION SERVICES:** KERRI PETERSON 603-279-4516 x303 kerri@salmonpress.news **TO PRINT AN OBITUARY:** E-MAIL: obituaries@salmonpress.news

CALL: 603-677-9084 TO SUBMIT A LETTER **TO THE EDITOR:** 

E-MAIL: E-MAIL: brendan@salmonpress.news

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PRESIDENT & PUBLISHER Frank G. Chilinski frank@salmonpress.news BUSINESS MANAGER RYAN CORNEAU (603) 677-9082 ryan@salmonpress.news OPERATIONS DIRECTOR (508) 764-4325 DISTRIBUTION MANAGER Im Hinckley  $(603)\,279-4516$ JOSHUA SPAULDING (603) 941-9155 josh@salmonpress.news Managing Editor BRENDAN BERUBE (603) 677-9081 brendan@salmonpress.news PRODUCTION MANAGER JULIE CLARKE (603) 677-9092

julie@@salmonpress.news

This past weekend, reader Derek Pappaceno had the pleasure of visiting Tilton Village Thrift & Antiques and meeting its owner, George. What started as a simple visit quickly turned into an inspiring conversation and a generous donation to our local high school community. George, a truly gracious and warm individual, donated a collection of flatware to our metals

class. This material will be invaluable for our students as they learn and practice new techniques. His generosity speaks volumes about his character and commitment to supporting education. Beyond the donation, George showed a genuine interest in Pappaceno's curriculum at the Alton Central School and how they are engaging students. As an educator himself, he shared many wonderful stories about his time in the classroom and his love for teaching. It was clear that he does a significant amount for the community and has a deep, enduring passion for the educational process. The store itself is a treasure trove! Walking through the aisles of Tilton Village Thrift & Antiques is an adventure—it's full of books and countless hidden treasures waiting to be discovered. It's more than just a shop; it's a place with heart, run by someone who truly cares. Pappaceno offers a massive thank you to George for his kindness, his time, and his wonderful contribution to our students! We encourage everyone to stop by the store, say hello to George, and support this fantastic local business.

# LETTERS FROM EDWIN

## Winterpause

We had our first frost last night. After the day started dawning, I looked outside and everything was white. Does that mean I can now be done with the garden? Not necessarily. Some plants are fine with such

Is that all I have to talk about? Heck no. I hope. At least I could start with how my day proceeded after the realization of frost. You see, I was having a casual kind of breakfast as I received no calls from the robot, which would have sent me rushing in order to get me to school on time.

Instead, I was enjoying my coffee while I read a bit more in the paper without much thoughts of what I would be doing later. Then the phone rang. I didn't speak, as it's usually the robot and it does all the talking. But it wasn't the robot, it was a woman who asked "are you there?"

It's an awkward position. I know that I should say hello, but no one ever calls me except the robot. I'm that kind of popular guy. I usually wait a few seconds in anticipation of its "Hello, I have a job for you." But this time it was the secretary at the school saying that the Science teacher just called in sick and would I be interested in subbing for him?

I apologized for not greeting her properly, using the robot as an excuse. We talked briefly and I accepted the gig. I had nothing else vving for my time today. The robot called me while I was upstairs getting ready to confirm things. It's now official.

We're all getting conditioned to conversing with computers. Every time you make a call to a bank, insurance company, or pretty much anything these days, you're more than likely to interface with some sort of robot. You rarely get a human. I hate it when I end up in a loop where I get asked a question and none of the selections pertain to my situation. I then usually try to key in a zero, which sometimes would send me to a human, but lately, results with an "incorrect response, try again". Unfortunately, sometimes you just have to hang up and go through all the steps that got you to that point in the first place. It's frustrating. Even with artificially

intelligent "operators", they just cannot compete with a real human who instantly understands your problem and can direct an easy solution. I'm sure that they will continue to improve the quality of these types of machines, but my question is, are they worth all the electricity and water

they consume? I guess a lot of people think so. It's not that I'm against progress, but I am into not rushing into things. There's apparently a race going on to see who will produce the first machine that can truly mimic a human mind. They actually think that this is a good thing. I'm not so sure. God may have made man, but at least all the rest of his creation works pretty much flawlessly. On the other hand, anything that man creates is usually plagued with misfortune.

Take these classes that I constantly sit with and keep the peace. They're learning to extract all their information from their computers. They're not learning to ask questions, to figure out something, or to construct anything, let alone be somewhat creative. Are all these new machines going to improve on this? Yes, they'll be more efficient at acquiring the information, but if nobody is going to ask any questions? Who's going to use all this information to create solutions?

I'll soon be pulling up lants, smoothing the soil and maybe even scattering some crunched up eggshells before covering it for the winter in hopes to hamper any weeds from taking it over too much in the spring. Right now, I'm even considering not planting a garden next year. It's so much work and responsibility. But I still need to prep it in case I decide to. Then in the spring I'll know that it's pretty much all ready except for planning what's going where and how much to plant.

The windows in the car were all frosted up, and since I still haven't transferred the automotive ice and snow tools from the cellar, I had to wait till the defroster did its thing. That's winterpause.

E.Twaste

Correspondence come at edwintwaste@

## **Community Corner**

## School Board addresses SchoolCare emergency

BY BRODIE S. DESHAIES Chair

Governor Wentworth Regional School Board

The Governor Wentworth Regional School Board has instructed me to submit the following statement on the board's behalf. The statement can also be accessed on the Governor Wentworth Regional School District / SAU 49 Web site and attached to our meeting minutes of Nov. 3.

On Oct. 22, the school board held an emergency meeting in nonpublic session, in accordance with New Hampshire RSA 91-A, to discuss an ongoing legal matter related to the \$1,642,316.20 assessment that SchoolCare (a governmental risk management program) sent to the Governor Wentworth Regional School District on Oct. 1.

For context, on Sept. 23, the Governor Wentworth Regional School District received correspondence from SchoolCare informing us that SchoolCare has a projected \$4.5 million deficit to close their fiscal year, which ended on June 30. When SchoolCare announced to

members its projected \$4.5 million deficit and ongoing financial issues related to health insurance claims and pharmacy costs, which continue to outpace their estimates, they also informed Governor Wentworth and other members that they would be issuing a \$30 million pro-rata contribution assessment to all member entities who were members as of June 30. SchoolCare told members that this action will restore its reserves to a level of 12 percent of member contributions. For most members, this assessment will roughly equal one and one-half months of contributions.

At the board's emergency meeting on Oct. 22, the board approved a plan to pay the \$1,642,316.20 assessment issued by School-Care to Governor Wentworth. The board made this decision based on advice from the state and without waiving any right to claim that the assessment is illegal or a breach of contract. The plan to pay the \$1,642,316.20 assessment from SchoolCare includes:

SEE DESHAIES, PAGE A5

# Greater Lakes Region Children's Auction seeks donations

LACONIA - TheGreater Lakes Region Children's Auction is seeking items to auction off at its 44th annual event, which will run this year from Tuesday, Dec. 9 through Friday, Dec. 12 from 9 a.m. to 7 p.m. at the Belknap Marketplace in Belmont.

Convenient drop off locations are now up and running.

Jennifer Kelley, executive director of the auction, said, "We're looking for new, unused items, big and small. Gift cards are always a hit with our bidders. Other popular items electronics, tools, tickets to sporting events, experiences, toys and services. You name it, we need it."

#### **Drop off locations** are in:

ALTON: Irwin Marine, 396 Main St., and Meredith Village Savings Bank, 82 Wolfeboro Highway

ASHLAND: Meredith Village Savings Bank, 5 Riverside Dr.

BELMONT: Baron's Major Brands, 225 Daniel Webster Highway; Belmont Fire Dept, 14 Gilmanton Rd.; Mattress Firm, Belknap Marketplace, 96 Daniel Webster Highway; and Ollie's Bargain Outlet, Belknap Marketplace, 96 Daniel Webster Highway

BRISTOL: Tapply Thompson Community Center, 300 North Main

CENTER HARBOR: Meredith Village Savings Bank, 28 State Route 25

FRANKLIN: Grevior Furniture, 440 Central

GILFORD: Bank of New Hampshire, 1441 Lake Shore Road Route 11 and 1 Country Club Road; Children's Dentistry, 369 Hounsell Ave, Suite 1; Franklin Savings Bank, 11 Sawmill Road; Gilford Country Store, 1934 Lake Shore Road; Lakeshore Market & Deli, 28 Weirs Road, #4; Wine'ing Butcher, 28 Weirs Road; and Meredith Village Savings Bank, 1383 Lakeshore Road

LACONIA: Bank of New Hampshire, 62 Pleasant St.; Body Covers, 94 Primrose Dr. North; Irwin Automotive Group, 59 Bisson Ave.; Irwin Hyundai, 446 Union Ave.; Irwin Chevrolet, 623 Union Ave.; Irwin Marine, 958 Union Ave.; and Meredith Village Savings Bank, 379 South Main St. (Route 106)

MEREDITH: Meredith Insurance Agency, 2 Lakes St., Suite 1, and Meredith Village Savings Bank, 71 NH Route 104 and 24 NH Route 25

MOULTONBOR-OUGH: Bank of New Hampshire, 960 Whittier Highway #25; For Your Eyes Only, 517 Whittier Highway; and Meredith Village Savings Bank, 991 State Route 25

PLYMOUTH: Meredith Village Savings Bank, 131 Main St.

WOLFEBORO: Meredith Village Savings Bank, 66 North Main St.

This year's auction is presented by Hannaford Supermarkets.

For more information, visit childrensauction.org or call 603-527-0999.

**About the Greater Lakes Region** Children's Auction

Numerous fundraising events in the Lakes Region throughout the year support the Greater Lakes Region Children's Auction, including our four-day signature event every December. In the past four decades we have distributed more than \$9.2 million to over 80 nonprofits that serve low-income families and children in the Lakes Region, all through volunteer efforts, community donations and corporate sponsorship. The Auction falls under the umbrella of the Greater Lakes Region Charitable Fund for Children, a 501(c)(3) nonprofit organization that helps local community organizations that serve children and families in need. For more information about the Auction, the nonprofits it supports and how you can help, visit ChildrensAuction.org.

# Life balance

We all want to move forward - to reach the goal, finish the book, launch the business, get in shape, fall in love, or become the person we know we could be. We all have dreams, and most of us don't lack the desire. What we lack is the willingness to act when the timing isn't

I'm all about maintaining a work-life balance, and boundaries are essential, but I sometimes think that it's not the world slowing us down — it's our own rules. The quiet, self-made commandments we invent in the name of balance, boundaries, and self-care. Rules like "I don't check emails after 5," or "I don't work weekends," or "I don't follow up twice with the same client." They sound healthy — responsible even — but sometimes they're invisible fences around our potential.

We build them to stay sane, but if left unchecked, they can also prevent us from going where we truly want to be in life.

A lot of these rules come from a good place. We've been burned before. We've felt the crash after burnout, the sting of rejection, the exhaustion of trying too hard. So we promise ourselves limits: never again, not after hours, not on Sundays. But what starts as protection can quietly become a kind of confinement. Sometimes growth begins exactly where discomfort

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**TOBY MOORE** 

starts.

Every ambitious person eventually faces a crossroads between their rules and their results. The people who go far — the ones we admire - aren't necessarily smarter or luckier. They're just the ones who decided certain rules didn't apply to them.

Stephen King ignored the publishing world's "one book a year" rule. He wrote so fast that his publisher couldn't keep up, so he created a pseudonym — Richard Bachman-to release more. When readers discovered the truth, both names became bestsellers, and the rule was never taken seriously again.

Or take Jeff Bezos, who in Amazon's early days answered customer emails and support calls at 2 a.m., believing connection mattered more than sleep. That obsessive rule-breaking focus on customers became the DNA of one of the world's biggest companies.

Or Ed Sheeran, who played dozens of free or low-pay gigs in a single year, sleeping on couches and busking on street corners. Friends said he was devaluing his art — but those nights built the loyal fan base that later filled stadiums.

Or Elon Musk, who broke Silicon Valley's "focus on one thing" rule. While most founders were told to master one company at a time, he was building rockets, cars, and solar panels all at once.

Each one of them broke a rule that sounded smart but wasn't serving the dream.

suggesting

that people should work 24/7, but I am saying that sometimes you need to work 24/7. Knowing when to be flexible with your work-life balance can change your entire future. It's knowing the difference between a guardrail and a cage.

Discipline isn't always about sticking to the same schedule forever; sometimes the boundaries need to bend. The rules that once protected your peace can, at a different season of life, start protecting your comfort instead. And comfort is a silent thief of momentum.

Every ambitious person reaches a point where "balance" becomes an excuse. Where the rule that once made sense starts standing in the way, the truth is, you can't build an extraordinary life while staying entirely within ordinary limits.

Your next through may not require a new plan, a new mentor, or a new skill. It may require pushing past self-imposed boundaries.

Examine the rules you've established for yourself. Keep the ones that keep you healthy the ones that let you rest, recover, and reconnect with life. But question the ones that keep you safe at the expense of your po-

We all need balance, and progress isn't found in balance alone. It's found in the moments you lean just a little further than what feels comfortable — when you stay an extra hour, take the extra call, send the extra pitch.

You don't need to give up balance - just bend it in the direction of what matters most.

Toby Moore is a columnist, the star of Emmy - Nominated A Separate Peace, and the CEO of Cubestream Inc.

# Community Calendar Nov. 13-20

#### Thursday, Nov. 13

At the Gilman Library, it's crafts galore,

10 a.m. starts the fun - who could ask for more?

Line dancers twirl at Alton Bay Hall, At 1 p.m. sharp — come one, come all! Friday, Nov. 14

The Gilford Library hums with song and laughter,

Storytime's at 10, and smiles come

At 6:30 p.m., find light and peace,

With Guided Meditation - vour

stress will cease. Saturday, Nov. 15

## The Pearson Road Center turns bus-

tling and sweet,

For the Vendor Fair and Bake Sale a holiday treat!

9 to 3, at Holy Trinity on Lake Street, Find crafts and cookies you can't beat! Sunday, Nov. 16

The Gilford Community Church lifts up its choir,

At 10 a.m., their songs inspire. Stop by for coffee, stay for grace, And feel that warmth fill the space.

#### Monday, Nov. 17

At Oscar Foss Library the readers

Book club chatter well into night. Young ones meet for story delight, At 10:30 sharp — what a sight!

Tuesday, Nov. 18

Yoga at B&M Park — stretch under

At 10 a.m., breathe deep with ease.

Later that day, at 6:30 p.m.,

The Alton Select Board meets again.

Wednesday, Nov. 19 Art at Barnstead Library, 3 p.m. start

Bring your brushes, your muse, your

Then head to Gilmanton Town Hall at

Where civic duty meets a bit of heaven. Thursday, Nov. 20

Morning Pilates at 9:30 — don't be At Alton Bay Center — it's feeling

Then coffee and crafts to close the

Thankful hearts in small-town New Hampshire stay.

## *DESHAIES*

(continued from Page A4)

\$992,188.96 of excess revenue from the state, mostly from state reimbursements to the school district for the state's share of specific public education costs, and \$79,598.56 in unassigned budget funds from the end of the school district's 2025 fiscal year. The school board will include \$570,528.68 in the upcoming budget (Fiscal Year 2027) as a contractual cost. The board did not approve paying the estimated \$17,331 interest that SchoolCare will charge on the \$570,528.68 outstanding balance for the assessment, which will be included in next year's budget. The board also chose to

still appropriate \$150,000 of unassigned budget funds to the Buildings and Maintenance Trust Fund, as approved by the voters at the annual meeting in March of 2025, rather than to the as-

The board was required to hold an emergency meeting to address the School-Care assessment because the state needed the board to determine whether it would use excess revenues and unassigned budget funds to help cover the cost. The board was informed that it needed to decide by the last week of October, as it would affect the tax rate, which must be set in early to mid-November. The board also felt a strong ethical obligation to ensure employ-

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Meals are a \$3 donation

Anyone 55 and up or disabled is eligible

Eat at the center or take home!

603-875-7102

Meals on Wheels also available

ees' health insurance plans continue uninterrupted and that all insurance claims are processed. SchoolCare publicly stated that it would stop processing claims for a member's employees if payment were not received by May 2026. Given the tight and unforgiving timeline, the board took action to ensure that we used available funds to minimize the impact on the current fiscal year's budget.

Additionally, on Oct. 7, the board's counsel requested additional justification from SchoolCare regarding its actions and other relevant information for the board and counsel to review. The board received a written response from School-Care on Oct. 30, which included SchoolCare's legal justification for assessing member entities and other relevant information. The board is still reviewing this information, may follow up with further questions, and is still considering further actions. The board will continue to explore all legal remedies with its counsel and other SchoolCare member entities. As previously mentioned, the board is not waiving any right to claim that the assessment is illegal or a breach of contract by approving a plan to pay the assessment.

If anyone has any questions about this ongoing legal matter, please do not hesitate to contact me, the board chair, and/or the Superintendent.

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## 47th Annual Great Meredith Ice Fishing Derby returns Feb. 7 & 8

MEREDITH — The Meredith Rotary Club is thrilled to announce the 47th Annual Great Meredith Ice Fishing Derby, taking place February 7-8, 2026 across New Hampshire's beautiful lakes and headquartered at Hesky Park in Meredith. Since 1979, this beloved event has drawn thousands of anglers and families for a weekend of community, camaraderie, and competition — and this year promises to be the biggest yet!

#### **Record-breaking** prize pool

For 2026, the Derby has increased its prize pool to over \$80,000 in total cash prizes, making it the largest cash prize pool in New Hampshire. Anglers will compete for top prizes of \$15,000, \$5,000, and \$3,000, along with dozens of category prizes and daily cash drawings.

All Grand Prize finalists will walk away winners - every remaining finalist after the top three will receive \$1,000 each, ensuring that all



finalists go home with cash prizes. With double the daily cash prizes and chances to win up to \$5,000 without even baiting a hook, every ticket holder has an opportunity to take home a

#### New "Turn-In & Win" Program

New for 2026, the Meredith Rotary Club

vation-focused initiative target and submit Lake Trout caught in Lake Winnipesaukee of any legal size. Each eligible fish earns a raffle entry for a \$2,500 cash prize,

has partnered with the New Hampshire Fish and Game Department to introduce the "Lake Trout Turn-In & Win" program. This conserencourages anglers to with all donated fish go- NH.com. ing to feed animals at the Squam Lakes Science Center. This exciting addition helps maintain healthy fish populations while giving anglers another way to win.

#### Limited-time holiday merchandise sale

Derby fans can now show their spirit with exclusive merchandise available for delivery before the holidays but only for a limited time! Apparel and accessories are on sale now through Nov. 21. Order early and gear up for the ice with official 2026 Derby swag, available at www.IceFishing-

#### Family fun for all

In addition to the main Derby competition, the weekend features a Kids Ice Fishing Clinic and Activity Tent, making it a family-friendly event for anglers of all ages. Whether you're competing for big catches or just soaking in the atmosphere, the Meredith Ice Fishing Derby continues its proud tradition of supporting local causes contributing nearly \$3 million to community projects since 1982.

> **Event details** Dates: Feb. 7 & 8

Headquarters: Hesky Park, Meredith

Tickets: \$50 per person (valid for both days) Purchase Tickets & Merchandise: www.Ice-

FishingNH.com

#### About the **Meredith Rotary Club**

The Meredith Rotary Club has proudly hosted the Great Meredith Ice Fishing Derby since 1979, raising funds to support local charities, youth programs, and community development across New Hampshire's Lakes Region. To date, over \$2.9 million has been donated back into the community.



Cameron Costa is mobbed by teammates after recovering an Epping-Newmarket kick during quarterfinal action on Saturday.



Lucas Raleigh turns up field after making a catch in quarterfinal action on Saturday afternoon.



Quarterback Mark Uicker drags a defender down the field in action against Epping-Newmarket on Saturday.

forward to next year's participation.



Alton Garden Club

altongardenclub.com



On Oct. 18, the Alton Garden Club joined with our community once again at the annual Harvest Happening event held at picturesque Cold Spring Farm. We displayed photos of 2025 Garden Club activities, offered information and shared fall-decorated treats. Roberta Mank drew interest with a demonstration of the art of needle felting. Fun conversations with neighbors and mild, sunny fall afternoon weather made for a perfect day. We look



## *FOOTBALL*

the game with three more touchdowns in the second half and keeping the visitors off the board on the way to a 35-0 quarterfinal win on Saturday, Nov. 8, at The Meadows.

Epping-Newmarket got the ball first and they were able to move the ball fairly well to start, but good defense from Cameron Costa and the Golden Eagles kept them from moving too far. A penalty got the Devils a first down and they went for it on fourth down. However, Liam Sullivan put up a defensive stop on fourth and four and the Golden Eagles got the ball back.

Liam Butler got the offense moving and then quarterback Mark Uicker connected with Lucas Raleigh to pick up a first down. Lukas Diaz came through with a big run on first down, getting the ball all the way to the 25 and Uicker connected with Henry Sleeper

to get the ball down to the two. Two plays later, Diaz ran in from one yards out and Bryce Carroll drilled the extra point and Gilford had the 7-0 lead with 2:37 to go in the first quarter.

Epping-Newmarket's ensuing kickoff bounced off one of their own players and Costa pounced on the ball to give Gilford the ball back. However, an interception on the first play of the next drive gave Epping-Newmarket the ball back. Gilford's defense, led by Emmett Hughes and Coen Albert forced the Devils to go three and out and Gilford got the ball back. However, they fumbled the ball on the final play of the first quarter and Epping-Newmarket took over to start the second quarter with Gilford up by a 7-0 score.

Gilford's defense continued to shine to start the second quarter and the Devils went three and out and the Golden Eagles took over. Butler ran for a couple of

first downs then Diaz had a couple of runs as well that got the ball inside the 20. Uicker connected with Hughes for a fourth down conversion and Butler ran in from one yard out with 5:51 to go and Gilford had the 14-0 lead.

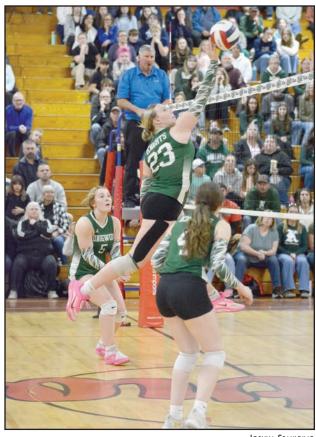
Epping-Newmarket came back down the field and picked up a couple of first downs, but Gilford's defense held strong in the final minute of the first half and the Golden Eagles took the 14-0 lead to the halftime break.

Gilford then rolled through the second half and took the 35-0 win to move on to the Division III semi-

The semifinal game was set for Saturday, Nov. 15, at Monadnock with a tentative game time of 1 p.m. Check nhiaa.org for any changes to the game time.

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

# Volleyball Knights fall to defending champs in semifinals



Lily Scott goes up for a hit during her team's semifinal matchup with defending champion Somersworth last Thursday.

#### BY JOSHUA SPAULDING Sports Editor

DERRY — It's a place that the Kingswood volleyball team wants to be every year and a place that the Somersworth Hilltoppers

are used to being every year. In the Division II semifinals at Pinkerton Academy on Thursday, Nov. 6, that big game experience paid off for the defending champion 'Toppers, as they survived a strong push from the Knights to earn a return trip to the Division II finals with a 3-1 win (23-25, 25-21, 23-25, 22-25).

But amidst that, Kingswood coach Lynette Place knows that in the long run, this experience will benefit her relatively young group of girls.

'Somersworth, have the experience of being here before," the Knight mentor said. "I think this was huge for our program, knowing we have a lot of kids coming back."

The defending champs and Knights went back and forth in the first set with the 'Toppers getting the 25-23 win before Kingswood bounced back and closed out the second set in fine fashion. Trailing 18-17, Kingswood came all the way back and pulled out the 25-21 win, with Ady Arsenault contributing a huge block down the stretch to

help close out the win.

Opal Grupp had a nice tip, Caelynn Blattenberger had a service ace and Arsenault had a hit as the two teams tied at three early on. Alexis MacBrien and Arsenault each had a hit to give the Knights the 7-4 lead.

A Lily Scott hit and another hit from Grupp allowed the Knights to open their lead up to 13-9 and MacBrien had another hit. However, Somersworth came driving back into the match and tied things up at 15 before taking the lead. A Scott hit and an Arsenault ace pulled the Knights even at 18 and a tip from MacBrien and a Grupp hit helped them take a 21-20 lead.

Somersworth tied things at 21 and went up one before Grupp found a nice spot to pull Kingswood even at 22. The 'Toppers got another two points to make it 24-22 but Grupp got another point for the Knights with a hit before Somersworth closed out the 25-23 win for the 2-1

Arsenault and MacBrien had early hits to help Kingswood get out to a 3-1 lead. Somersworth pulled even at three before Kingswood went up by three again, only to see the 'Toppers tie things up again at six. MacBrien had a hit and a service ace as Kingswood opened an 11-8



Caelynn Blattenberger sets the ball up during semifinal action last Thursday against Somersworth.



Alexis MacBrien rises up for a hit during semifinal action in Derry last Thursday afternoon.

Somersworth charged back to tie things at 12 and then take a 14-12 lead. Grupp added a hit to cut the lead to one before the 'Toppers pulled ahead by a 20-14

MacBrien got another hit to bet the Knights back on the board and Scott and

Arsenault teamed up for a A Grupp hit helped keep nice block. An Arsenault e Knights in front before ace kept the Knights moving forward and MacBrien had a pair of service aces as Kingswood cut the lead to 23-21. However, the 'Toppers finished things out with the 25-22 win to take the 3-1 victory.

"I am super proud of this season," said Place. "Going into Coe-Brown and taking



Ady Arsenault goes up for a block at the net during action against Somersworth in the Division II semifinals.

them out and we held our own tonight.

"This was a step in the right direction," the Knight mentor continued. "Getting over that (first round) bump was big."

Kingswood finished the regular season at 12-4 to earn the seventh seed in the Division II tournament, besting Laconia in the opening round and then upsetting Coe-Brown in the quarterfinals to advance to the semifinals.

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

# Genakos makes history at Plymouth State

PLYMOUTH — Sophomore Karson Genakos (Gilford) made history as the first men's diver in Plymouth State University program history, as the Panthers fell to Gordon College, 143-76, in the home opener at the PSU Natatorium on Friday evening.

Genakos scored 117.98 points on the one-meter board to earn one of three individual event wins for the Panthers. Seniors Brady Lyons (Methuen, Mass.) and Brendan Lee (Dover) also claimed victories, winning the 50-yard butterfly (25.86) and 100-yard individual medley (1:01.39), respectively.

Lyons added a runner-up finish in the 100-yard butterfly (1:00.87), while Lee placed second in both the 50-yard breaststroke (30.10) and 100-yard breaststroke (1:07.10).

Junior Marco D'Addona (Torrington, Conn.) notched a trio of second-place finishes in the 50-yard freestyle (24.32), 100-yard freestyle (55.65), and 200-yard freestyle (2:16.86). Classmate Liam Dugmore (Dover) was second in the 100-yard backstroke (1:13.00) and third in the 50-yard backstroke (33.98).

Freshman Colin Devine (Braintree, Mass.) capped the individual events with a second-place finish in the 50-yard backstroke (32.66), while also taking third in both the 50-yard freestyle (25.50) and 100-yard freestyle (58.91).

Dugmore, Lee, Lyons, and D'Addona teamed up in the 200-yard medley relay to place second (1:53.79), while Devine, Dugmore, Genakos, and Lyons finished second in the 200-yard freestyle relay (1:47.84).

Plymouth State heads to Eastern Connecticut State for a triple dual meet Friday, Nov. 14, with the host Warriors and Bridgewater State. The first event is set for 5

# Audubon announces program on Lake Umbagog

MOULTONBOR-OUGH — On Thursday, Nov. 20 at 7 p.m. at the Loon Center in Moultonborough, the Lakes Region Chapter of the New Hampshire Audubon Society will present a program called "A Visit to Lake Umbagog," presented by Bob Quinn.

In far northeastern New Hampshire lies the richest wildlife area in all of the Granite State — Lake Umbagog. William Brewster, the paragon of 19th century field ornithologists described it as "...like many a precious stone, [it] has beauty and charm due to the effectiveness of its perfect setting ...."

The Umbagog region is still one of the wildest, most bird-rich areas in northern New England. In this show Bob Quinn will share the dramatic scenery of this remote area, as well as talk about some of the fascinating changes in Umbagog's bird life over the last 140 years. The focus of



the program will be on the Lake Umabgog National Wildlife Refuge and its efforts to protect this dazzling northern lake and the surrounding forests. Bob will also share his visit to Umbagog during the 2024 solar eclipse.

Quinn is a native of New Hampshire with a degree in zoology from the University of New Hamp-

shire. He has led field trips throughout North America, as well as numerous trips to Trinidad, Costa Rica, Panama, Ecuador, Brazil, Peru, Venezuela, Australia, New Zealand, and Bhutan. He is the proprietor of a natural history services business, Merlin Enterprises, and has worked on contract for the U.S. Fish and Wildlife Service, the State of New

Hampshire, the Society for the Protection of NH Forests, and the NH Audubon Society among others. The Loon Center is located on Lee's Mill Road; follow the signs on Blake Road from Route 25 near the Moultonborough Central School, or from Rte. 109 turn on to Lee Road and turn left on Lee's Mill Road.



MEREDITH, NH 279-7463 • WOLFEBORO 569-3560

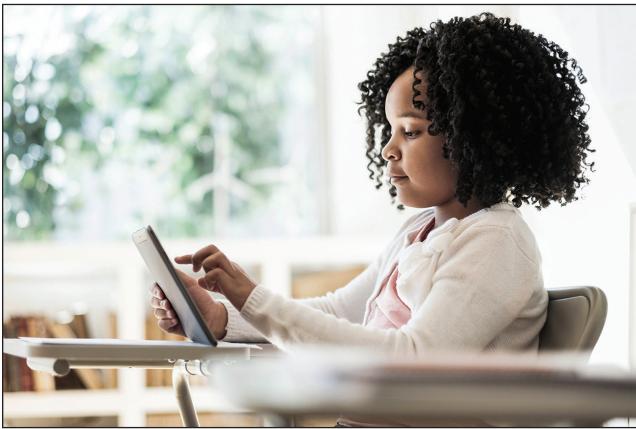
NORTH CONWAY, NH 356-7818 • LACONIA, NH 524-1276

# What parents can do to control kids' screen time

Modern poses unique challenges that parents from previous generations did not need to confront. Among the more challenging hurdles parents must clear involves managing kids' screen time, which is no small task given the prevalence of devices in the modern world.

Excessive time can lead to a host of negative outcomes for youngsters. A 2023 study published in the journal Cureus that examined the effects of excessive screen time on children reported a host of negative outcomes affecting kids' physical and mental health as well as their development. Authors of the study noted such outcomes include:

• Diminished language development that can reduce the quantity and quality of interac-



tions between children and caregivers

• Lower academic performance in later Obesity

- Depression
- Sleep disturbances
- Anxiety

The authors of the study noted the effects of screens are not entirely negative, particularly when parents ensure kids' screen time is not excessive. Screens can enhance education and learning and thus have a positive impact on cognitive development. There's much to gain from proper screen use,

and parents can try the following strategies to govern kids' screen time so they are not vulnerable to any of the negative outcomes associated with excessive screen

• Set screen time guidelines. The American Academy of Pediatrics offers age-based guidelines concerning screen time, noting that children two and younger should be very limited in their use of media

and screen time. The AAP recommends children between the ages of two and five be limited to no more than one per day of high-quality programs. Children between the ages of six and 10 should be limited to 1.5 hours per day, while kids older than 10 should be limited to no more than two hours per day of recreational screen time. Parents can utilize these guidelines to limit excessive screen

Encourage more traditional play time. The Mayo Clinic recommends parents encourage unplugged, unstructured play time. The American Psychological Association notes that a vast body of research has found that play that isn't organized or directed by adults or older peers is necessary for kids' physical, emotional, mental, and social

development. Parents can emphasize and encourage more traditional play time that does not involve devices with screens. • Keep screens out

of bedrooms. The Mayo Clinic notes the significance of keeping devices out of bedrooms. where usage can be difficult to monitor, particularly when kids go to bed at night. Parents can make it a rule to charge devices overnight and outside of bedrooms in an effort to ensure kids aren't looking at screens after bedtime.

Screens can foster cognitive development, but it's important that parents make every effort to limit the amount of time kids use screens each day.



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.

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Bible Study 11:15am Rte 126 next to Town Hall Call or Text (603)269-8831 centerbarnsteadcc.org

or e-mail abfc@faith.com.

#### CHRISTIAN COMMUNITY OF PRAISE C.C.O.P PRAISE GATHERING

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## COMMUNITY CHURCH OF ALTON

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#### CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC

Sunday School and Worship Services Rev. Kate Kennedy 603-776-1820 Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom, Sundays at 10 a.m.

#### FIRST CONGREGATIONAL CHURCH OF FARMINGTON

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FIRST BAPTIST CHURCH OF NEW DURHAM NH

Wed. Prayer Meeting 7pm. Depot St., New Durbam; Pastor Ryan Blackard

#### JOY CHURCH

55 Barnstead Road Pittsfield, NH 03263 Sunday Celebration 9:30 am Prayer Night- 1st Wed of every month 6:30 pm Pastors Mike & Kathy Mavity iovcburchnb.com

#### 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

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

ALSO OFFERING



Alex Sheryll with student Colton Croft.

## Courtesy

## HOW STUFF **WORKS**

(continued from Page A1)

and the owner of MM Welding and Fabrication LLC. Mr. Prugger offered a firsthand look at his career journey, detailing the certifications essential for professional welding. He also shared his pas-

sion for the work, discussing what he finds most rewarding about the job. The visit culminated in a practical demonstration, where students got to see an example of welding aluminum. The class extends a sincere thank you to Mr. Prugger for taking the time to visit and demonstrate his trade.

The following week, on Wednesday, Oct. 22, the class hosted Alex Sheryll, a local HVAC technician and president of Key HVAC. Mr. Sheryll shared his experience in becoming and working as an HVAC technician. He made the lesson especially relevant by pointing out and explaining the function of the school's

own ductwork. In addition to discussing the required certifications, Mr. Sheryll covered aspects of running a business and highlighted his favorite parts of the industry. We appreciate Mr. Sheryll for visiting PMHS and giving students a clear look into the world of heating, ventilation, and air conditioning.

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# Local project earns North Branch **Excellence in Construction Award**

MANCHESTER North Branch Construction was recognized with multiple Excellence in Construction Awards at this year's ABC NH/VT Excellence in Construction Awards Gala. The company received top honors for two standout projects: Easterseals NH Gammon Academy in Manchester and Roberts Cove Retreat, a private residence in Alton.

North Branch Construction earned an Excellence in Construction Award in the 'Institutional under \$10 million' category for the Easterseals NH Gammon project—a 30,000-squarefoot, two-story school designed to serve students with diverse learning needs. The state-ofthe-art facility features classrooms, each with a private restroom, as well as multi-purpose spaces for group activities, therapy, and extracurricular programming. Expanded administrative offices support the Academy's growth and mission.

North Branch Conpartnered closely with Easterseals NH to deliver a safe, functional, and inclusive learning environment, emphasizing durability and materials suited to the unique needs of the student population. Through \$3.6 million value engineering, the team aligned the project with available funding while meeting all programmatic and design goals. The project was completed on schedule to meet the ty sits on the historic thermal heating and tal regulations, HOA faction of seeing our cli-



North Branch Construction wins Excellence in Construction Award for the Roberts Cove Retreat Project at the 2025 ABC NH/VT Excellence in Construction Awards. Accepting the award front row from left, Becky Cannon, Sue Gilbert, Sandra McNeff, Linda Provost; back row from left, Chris Galbraith, Dylan Register, Chris Mulleavey, Dave Kadlec, and Bruce Blazon.

cy requirement - an essential condition tied to funding from the New Hampshire Governor's Office for Emergency Relief and Recovery (GOFERR).

In the 'Residential over \$1 million' category, North Branch Construction was honored for the Roberts Cove Retreat—a high-end, custom lakeside residence in Alton, NH. Spanning approximately 10,000 square feet across a main home and permitting. Sustainable boathouse, the proper- features include geo-Dec. 31, 2024 occupan- site of Camp Dewitt, a cooling, LED lighting, restrictions, and in-lake ents' visions come to life

boys' summer camp that operated from 1924 to 1989. Designed adjacent to a home North Branch Construction built for the client's parents in 1993, the new residence artfully blends nostalgic design elements with modern sustainability and luxury.

The project encompassed complete site development, landscaping, hardscaping, shoreline stabilization, and extensive environmental snow-melt systems, and a smart home infrastructure that allows remote operation of systems from anywhere. Only the emergency generator and backup heat rely on combustion fuel.

Construction highlights include custom millwork, high-end finishes, multiple roofing systems, specialty flooring, and integrated systems for lighting, security, and communications. North Branch Construcwork requirements—all while maintaining exceptional craftsmanship and precision.

"It's an incredible honor to have both of these projects recognized," said Joseph H. Campbell, President of North Branch Construction. "Each award reflects the dedication of our entire team and the trust our clients place in us. At North Branch Construction, we strive every day to deliver untion's team carefully matched value, quality, navigated environmen- and service. The satis-

is our greatest rewardacknowledgment from our peers makes it even more meaningful."

The ABC Excellence in Construction Award winners are determined by an independent panel of judges based on execution of design, craftsmanship, tion to detail, safety, other considerations. The competition includes Awards of Merit and Excellence in several categories including Electrical, Mechanical. Commercial. Institutional, Industrial, and Design-Build.

# BUSINESS DIRECTORY

## **FLOORING**

## ALTON FLOORING AND TILE

Office: 603-875-3507 Residential/Commercial Carpet, Tile, Hardwood, Laminate, Vinyl, Island work, Boats, RV's/Campers, Etc. alton\_flooring.tile@yahoo.com 18 Depot St. Alton, NH 03809

WWW.SALMONPRESS.COM

## Meet Simi!

Simi is the total package handsome, loyal, and full of energy! This athletic boy loves to run, jump, and show off his playful spirit, so a home that can give him plenty of exercise and adventure is a must. Whether it's a long walk, a backyard sprint, or a good game of fetch, Simi is always ready to move.

Once his zoomies are out of the way, though, he's all about snuggles.

True to his velcro-dog nature, Simi loves nothing more than being right by your side, soaking up all the love he can get. When he gets excited, he proudly picks up his favorite toy to show it off — and ves, he insists his harness goes around both him and his toy. Simi would prefer to be the only dog in the home without other pets- he loves to chase and hunt

NH Humane Society

1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539



A man knows what he wants, after all!

Simi always looks dashing in his signature bandana and is ready to steal hearts (and maybe a few squeaky toys) wherever he goes. If you're looking for a loyal best friend with energy, style, and endless affection, Simi is your guy.



Meet Noodle - The Cozy Little Lovebug with a Heart Full of Wiggles! Say hello to Noodle, a 10-year-old Chihuahua who's as soft, sweet, and comforting as a bowl of your favorite comfort food. This charming little gentleman came all the way from Tennessee, and he's ready to bring a big helping of warmth, love, and tail wags to his forever home!

Noodle is the definition of a snuggle pro. He's happiest when he's cozied up in a soft blanket, rocking one of his favorite sweaters, or trotting over for some gentle back scratches — bonus points if you give him a good rump rub! (He'll happily "noodle" his way right into position for those.) With colder weather on the way, this southern sweetheart is eager to experience his very first snow - wrapped up, of

course, in something cozy and cute. While Noodle may have a cloudy spot in one eye, he doesn't let it slow him down. He sees the world with his heart, and that heart is full of love, loyalty, and endless affection. He's a gentle soul who moves



soft blankets, and warm cuddles. Noodle's personality is all about joy in the little things: a good nap, a scratch behind the ears, or simply being close to

his people. He's got a dash of goofiness, a sprinkle of sass, and a whole lot of heart - the kind of dog who reminds you that life's best moments are the cozy ones. This Pawliday season, Noodle's wish is simple: a forever family who'l love him just the way he is - gentle snuggly, and full of wiggles. He's

ready to curl up by your side, fill your home with warmth, and "pasta" his love your way for the rest of his days. Adopt Noodle - because life's just better when it's full of love, laughter, and a little extra wiggle.



# Not getting enough attention?

**Call your Sales Representative Today Tracy Lewis: 603.616.7103** 





This is the study of the physical features of the earth and its atmosphere.

Answer: Geography

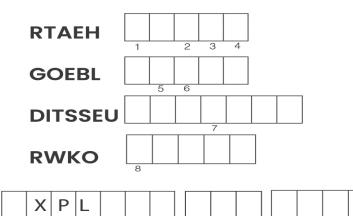
## **Creative Coloring**

Color in this picture to create your own masterpiece.



### **Double Word Puzzle**

Unscramble the words to reveal the sentence.



Answer: Explore the world



14

**332 BC:** Alexander the Great is crowned pharaoh of Egypt.

1889: Journalist Nellie Bly begins a successful attempt to travel around the world in fewer than 80 days.

1960: Ruby Bridges is the first black child to attend an all-white school in Louisiana.



a stretch of land, particularly in regard to its physical features



English: Soil
Spanish: Tierra
Italian: Terra
French: Terre
German: Erde



Asia is the largest continent in the world by area. It stretches from the Mediterranean Sea to the Pacific Ocean.





Can you guess what the bigger picture is?

Answer: Antique map

# HELP WANTED

# FRIENDLY & RELIABLE NIGHT CASHIERS needed at the Following Location:

on Route 28

Barnstead

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# GENERAL

# SERVICES

## FIX IT!

Handy Dad fixes things.

Leave a message and play telephone tag.

Gunnar 269-3616

# SHAKER REGIONAL SCHOOL DISTRICT KITCHEN MANAGER

Shaker Regional School District has an immediate opening for a Kitchen Manager for Canterbury Elementary Duties include, but are School. not limited to, oversight of food and supply inventory, maintaining daily food production records, preparation and distribution of breakfast and lunch, and oversight of kitchen staff. This school-year position is 6.00 hours per day, with starting pay of no less than \$18.43/hr, and is eligible for the district contribution toward Health Insurance, plus fully paid Dental, Life, and Long-Term Disability Insurance.

Please submit an application and 3 letters of reference to Nancy Cate, 255 Seavey Rd, Belmont, NH 03220. You may contact Mrs. Cate at 603-267-6525 X1352 to obtain an application or visit the Human Resources section of our website: www.sau80.org to download a copy. Successful completion of a post-offer pre-employment criminal background check, including fingerprints, are required. Shaker Regional School District is an equal opportunity employer.



## **Full-Time Installers Apprentice**

Energysavers Inc, a 50 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. Starting pay, \$18-\$20 hour based on experience.

LEARN WHILE YOU EARN!

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

Stop in to fill out an application:

ENERGYSAVERS INC.

163 Daniel Webster Hwy., Meredith NH

# LEGALS

# REQUEST FOR PROPOSALS SNOW REMOVAL

Shaker Regional School District is soliciting quotes for snow removal at its three campuses in Belmont, NH. Proposals are due by noon on November 5, 2025. The Shaker Regional School Board will award the bid at its meeting on November 12, 2025.

Base Bid:

- 1. 1" 6" accumulation
- 2. 6" 12" accumulation
- 3. 12"+ accumulation
- 4. Application of salt only
- 5. Application of salt/sand mixture
- 6. Loader work per hour
- 7. Minimum bid is for 1 year (2025-2026)
- Provide an alternate bids for a 2-year and 3-year contract.

Proof of Worker's Compensation Insurance and liability Insurance for a minimum of \$1 Million, with SRSD named as Additional Insured, is required.

Please send sealed bids to Debbie Thompson, Business Administrator, 58 School Street; Belmont, NH 03220.



# THE REAL REPORT

Town	Address	Туре	Price	Seller	Buyer
Alton	Dudley Road	N/A	\$130,000	Lee A. Hillsgrove 2022 RET	Bethal Builders LLC
Alton	NH Route 11	N/A	\$393,200	Michael and Jennifer Gambino	Brenda M. Moneypenny
Alton	Stockbridge Corner Road	N/A	\$759,000	Bethal Builders LLC	Emilie and Jay Nesbitt
Alton	N/A	N/A	\$275,000	Peter M. Lesser and Roy Money	David R. Poor
Barnstead	721 Province Rd.	Single-Family Residence	\$420,000	Erna M. Legendre	Steven and Caitlin Smith
Gilford	128 Cotton Hill Rd.	Single-Family Residence	\$649,000	Newton Fiscal Trust and John J. Newton	Robert Evans, Jr.
Gilford	6 Cumberland Rd.	N/A	\$29,000	Nielsen One Fiscal Trust and Kenneth J. Neilsen	Karen L. Williams
Gilford	6 Cumberland Rd., Unit 30	Condominium	\$280,000	Nielsen One Fiscal Trust and Kenneth J. Nieslen	Karen L. Williams
Gilford	108 Curtis Rd.	N/A	\$500,000	Elaine M. Blizzard 2020 Trust and Erica Blizzard	Charles L. and Tracy J. Beck
Gilford	58 Farmer Dr.	Single-Family Residence	\$430,000	LI Trust and Kenneth P. Labranche	Karl and Sarah Nunes
Gilford	NH Route 11	N/A	\$330,000	Elizabeth B. Strickland and Evan Y. Vomacka	Caitlyn and Jason Woodhouse
Gilford	Route 11-B	N/A	\$160,000	Curt H. and Joanee C. Chesley	Majk LLC
Gilford	3 Valley Dr.	Single-Family Residence	\$620,000	Ryan S. and Rachel H. McGarghan	Kristen J. and Brandon T. Evangelo
Gilford	51 White Birch Dr.	Single-Family Residence	\$290,000	Sandra and Robert Bloomenthal	Birch Haven LLC
Gilford	N/A	N/A	\$150,000	French Fiscal Trust and Christopher S. French	Richard D. Wilhite RET
Gilford	N/A	N/A	\$190,000	Jeffrey R. and Erin F. Gilbert	Matthew A. Fischer
Gilford	N/A	N/A	\$600,000	Linda A. Fudala	Baines Fiscal Trust and Sidney Baines, Jr.
Gilford	N/A (Lot 8-14)	N/A	\$445,000	John P. Gillis Estate and Ann Carpenter	Samantha Coltart and Robert K. Stout
Gilmanton	51 Meeting House Rd.	Single-Family Residence	\$598,000	Sarah R. and Aaron G. Strickland	Kim Stillwell
Gilmanton	142 Mountain Rd.	Single-Family Residence	\$500,000	AKA Property Buyers LLC	Douglas M. and Monique L. Ierardi
Gilmanton	Smith Meeting House Road	N/A	\$550,000	Kurtz IRT and Jonathan P. Kurtz	Andrew R. and Emilio J. Cappuccio
New Durham	9 Grove Rd.	Single-Family Residence	\$465,000	Nancy L. and Charles J. Ruggiero	Christine Kay
New Durham	Ham Road	N/A	\$115,000	Richard Morell RET	Yuriy Kovalek and Svitlana Pykhtina

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column

"Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.





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Concord, NH 03301

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Thornton:Back on the Market! Stunning log home on Cone Mountain with breathtaking views of Sandwich Notch. Features 3 cathedral ceiling, woodstove, and walkout basement.



Belmont: Price Improvement! This 3-bedroom, 2-bath Capestyle home on 1.8± acres blends timeless craftsmanship with modern updates. Features include a granite kitchen, exposed beams, pine floors, built-ins, and more!

Moultonborough: Lake Winnipesaukee Access Home in Wildwood Community Exceptional 3-bedroom, 2.5-bath home in Moultonborough with lake views, multiple decks, and a light-filled open floor plan. Enjoy exclusive beach access, tennis, pickleball,

> \* Statistics obtained from PrimeMLS for the past 26 years since 1997 for all real estate firms reporting sales in the entire state of NH during that time.

and a detached two-car garage.





Roche Realty Group is proud to support Toys for Tots again this year! Bring new, unwrapped toys to 97 Daniel Webster Highway, Meredith, NH, 9 AM-5 PM daily. Together, let's spread holiday cheer to local families.

# Kingswood Theater presents "Cinderella"

WOLFEBORO

Kingswood's "Cinderella" hits the stage in the Kingswood Arts Center in Wolfeboro, on Friday, Nov. 21 at 7 p.m.; Saturday, Nov. 22 at 2 and 7 p.m.; and Sunday, Nov. 23 at 2 p.m. Tickets are available at kingswoodtheater.org.

Kingswood will be offering an opportunity after each matinee performance for audiences to get a photo with the cast members.

Production back in September, and the students, both cast and crew, met five days a week to rehearse, and complete the necessary set building, prop and costume construction, lights, sound and video projections for the production. This team of more than 50 students are now rapidly approaching the performance dates that they have been working towards.

The story is derived from the fairy tale "Cinderella," particularly the French version "Cendrillon ou la petite pantoufle de verre," by Charles Perrault. It concerns a young woman forced into a life of servitude by her cruel Stepmother (Sara Fernandes) and selfish stepsisters, Gabrielle (Kristin Cooper) and Charlotte (Laura Fernandes). She dreams of a better life, and with the help of her Fairy Godmother (Delilah Mills), Cinderella (Bella Dickey) is transformed



The cast and crew of Kingswood Theater's "Cinderella," which will be presented at the Kingswood Arts Center on Friday, Nov. 21 at 7 p.m.; Saturday, Nov. 22 at 2 and 7 p.m.; and Sunday, Nov. 23 at 2 p.m. Tickets are available at kingswoodtheater.org.

into an elegant young lady and is able to attend the ball to meet her Prince (Kurtis Sheffer). In this version, however, she opens the Prince's kingdom.

Rodgers and Hammerstein originally wrote the songs for a 1957 television broadcast starring Julie Andrews, and it was remade twice for television and adapted for the stage in various versions through the decades. The 2013 adap-

tation was the first version of Cinderella with the Rodgers and Hammerstein score mounted on Broadway. The new book by Beane makes eyes to injustice in his the Prince an orphan and introduces several new characters, including the town crier, Lord Pinkleton (Logan Gil), a sinister regent, Sebastian (Ethan Johnson), and an idealistic revolutionary, Jean-Michel (Gabriel Giessler), and makes one of the stepsisters sympathetic. The score features

several additional Rodgers and Hammerstein songs from their catalog. The production originally starred Laura Osnes in

the title role and Santino Fontana as the Prince and ran for 770 performances. It was nominated for nine Tony Awards, winning one, for Best Costume Design. North American tours and international productions



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