THURSDAY, DECEMBER 25, 2025

FREE

SERVING TILTON, NORTHFIELD, BELMONT & SANBORNTON, N.H.

WRHS students face off at STEM Racing 2025 Eastern Regional Finals

TILTON — Three Winnisquam Regional High School teams recently competed in the STEM Racing USA (formerly known as F1 in Schools North America) Eastern Regional Finals. Unlike the National Finals, which are held in person, the Regional Finals are conducted virtually to allow schools from across North America to compete and qualify for the national stage. All three WRSD teams Kinetic Racing, STS Aerospace Kaizen, and Eclipse Racing have qualified to compete at the national level scheduled to take place in Charlotte, North Carolina from April 12-15.

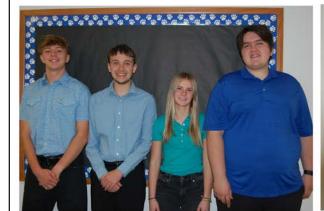
Kinetic Racing Team members Logan Hanson, Lazar Arbutina, Katherine Allen, and Chris Collins won three awards at the STEM Racing Regional Competition including Best Team Identity in the Eastern Region Professional Class, State Champion in the Professional Class:

New Hampshire, and second place in the Eastern Region Professional Class.

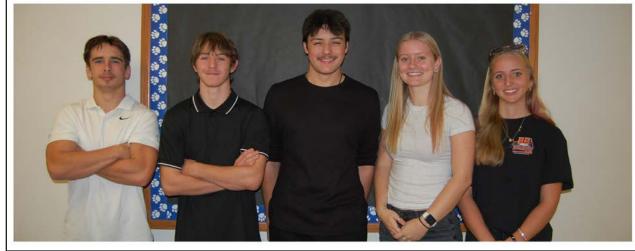
Held as a pivotal qualifying event for the upcoming STEM Racing USA National Finals, this competition brought together the brightest young minds from across the Eastern United States to demonstrate excellence in engineering, design, and strategic project management.

The 2025 Eastern Regional Finals served as the ultimate testing ground for student-led teams who have spent months designing, manufacturing, and testing 1/20th scale Formula 1TM-inspired racecars. Using professional-grade CAD/CAM software and advanced aerodynamic simulations, these students competed in a high-stakes environment that mirrors the technical and commercial demands of professional motorsport.

The regional competition evaluates more than SEE **FINALS**, PAGE A8







Courtesy

Pictured top left are members of Team Kinetic Racing Lazar Arbutina, Chris Collins, Katherine Allen, Logan Hanson; Top right are members of STS Aerospace Kaizen Owen Bakis, Carter Lloyd, Abigail Meunier, Mason Dubruiel; Bottom are members of team Eclipse Racing: Dylan Griffin, Aiden Sheehan-Seufert, Paxton Ryba, Caidyn Carter, Carly Drew.

Gregory Stetson named Deputy Chief of TNFD



Gregory Stetson

TILTON — The Tilton-Northfield Fire District is pleased to announce that Gregory Stetson has been selected to serve as the next Deputy Fire Chief of Tilton-Northfield Fire & EMS. He will be officially sworn in at the Fire Commission meeting on Jan.

Stetson brings more partment, serving the City than 20 years of fire ser- of Franklin as a Fire Cap-

vice experience to the role. He began his career as a volunteer in Andover, serving with both the East Andover Fire Department and Andover EMS, where he remains an active member. He started his full-time career with Tilton-Northfield in 2006 and later worked for the Franklin Fire Department, serving the City of Franklin as a Fire Cap-

returned to Tilton-North-field in 2022, and has been serving on A-Shift Deputy Stetson has extensive experience in town and district leadership. He played a key role in the effort to merge the East Andover and Andover Fire Departments and contributed to the transition of Andover Rescue from a private en-

tain. Most recently, he

implemented the budget and capital reserves. He has also served on the Andover Budget Committee and Capital Improvement Committee.

tity to a town department,

where he proposed and

Tilton-Northfield Fire & EMS is excited to wel-

istration team. His attitude, knowledge, work ethic, and experience will be vital in leading our department into the future. Please join us in congratulating Deputy Stetson on his new position and wishing him continued success in this role.

come Stetson to the admin-

Champs pull away in second half to beat Gilford

BY JOSHUA SPAULDING
Sports Editor

GILFORD — Gilford and Belmont share a locker room at the hockey arena. And for a number of years,

they shared a locker room

at the football facility as

But when it comes to boys' basketball, you'd be hard-pressed to find a better rivalry in the Lakes Region than the Golden Eagles and the Raiders and the matchup between the two teams on Monday, Dec. 16, lived up to the hype.

The host Golden Eagles held a slight lead at the halftime break, but the de-

fending champions pulled away in the second half and took the 57-47 win.

"It showed a lot of good things and some things the boys need to work on," said Belmont coach Tony Martinez. "Brody (Ennis) and Wyatt (Carroll) were the only ones who saw minutes in the championship game, so we're relatively inexperienced at this

level."

"Look at that third quarter, we struggled to score, but we'll figure it out," said Gilford coach Rick Acquilano. "But we competed at the end of the day."

Evan Martinez scored the first two baskets of the game for Belmont before Mark Uicker and Henry Sleeper answered for the Raiders at the other end of the court. Ennis connected on a three-pointer for the Raiders but Uicker answered with a three-point play for the Golden Eagles.

Carroll then converted a three-point play for

SEE BOYS, PAGE A8

Northfield's Caidyn Carter nominated to attend West Point

NORTHFIELD — Congresswoman Maggie Goodlander — a former intelligence officer in the U.S. Navy Reserve for over a decade and a member of the House Armed Services Committee — has announced the names of 25 young Granite Staters she has officially nominated to attend a United States Service Academy. These nominations include: 10 to the U.S. Naval Academy, one to the U.S. Merchant Marine Academy, nine to the U.S. Military Academy (West Point), and five to the U.S. Air Force Academy. Goodlander hosted a reception to honor the nominees and their families.

"One of the greatest honors of my job is to nominate remarkable young Granite Staters to our nation's Service Academies," said Goodlander. "At a time when our country needs principled, mission-driven leaders more than ever, these young women and men give me tremendous hope. I am grateful for their willingness to serve, and I know they will make New Hampshire and America proud."

Among the students recognized was Caidyn Grace Carter of Northfield, who was nominated to attend the US Military Academy at West Point.

Goodlander, a member of the For Country Caucus and House Armed Services Committee who served for more than a decade in the United States Navy Reserve, is an outspoken advocate for America's servicemembers and their families.



Belmont's Brody Ennis drives to the basket against the defense of Gilford's Owen Wolpin in action last Monday in Gilford.



Evan Martinez fires off a jumper during his team's game in Gilford last Monday

Charlie Dowd to retire from MVSB after 24-year career in banking

MEREDITH - Charlie Dowd will retire from MVSB (Meredith Village Savings Bank) at the end of this year, concluding a distinguished 24-year career in the banking industry. Dowd joined MVSB in 2021 as Vice President, Residential Mortgage Sales NMLS# 737415, and has since played a key role in expanding the Bank's mortgage lending team and strengthening its reputation as a top choice for homebuyers across New Hampshire.

Under Dowd's leadership, MVSB's mortgage team has experienced remarkable growth, supported by a dedicated group of Mortgage Loan Officers who share his commitment for exceptional service, efficient technology and strong community relationships. This philosophy has helped MVSB earn consistent recognition as one of New Hampshire's top mortgage lenders by the Registry Review (data compiled by The Warren Group) and as the recipient of Best Mortgage in the Laconia Daily Sun's Best of the Lakes Region competition. His collaborative approach and steadfast leadership have been instrumental in sustaining MVSB's success in helping individuals and fami-



Charlie Dowd

lies achieve their dreams of homeownership.

Dowd has brought spirit and enthusiasm to many volunteer roles in the community, including serving as announcer for the MVSB Children's Tractor Pull at the Sandwich Fair, supporting the Alton Winter Carnival, attending fundrais-

Support, and advocating for organizations such as NeighborWorks Southern New Hampshire and New Hampshire Housing. His passion for homeownership education has inspired him to lead community financial education sessions, presenting on MVSB loan products, financial literacy, ers for My Breast Cancer and homeownership for schools and the public. He is a 2023 graduate of Leadership Lakes Region and earned his Certified Mortgage Professional designation in 2025.

"Charlie's leadership and dedication have had a tremendous impact on our Residential Lending team," said Jaime Frederes, Senior Vice President, Residential Mortgage Lending. "His strategic vision guided the division through significant growth and change, and his commitment to mentoring others has built a strong foundation for continued success. We will greatly miss his expertise, integrity and humor, but are so grateful for all he has contribut-

a very welldeserved, happy and healthy retirement."

Dowd looks forward to spending more time with family and friends in retirement and plans to divide his time between New Hampshire and Florida - enjoying the best of both worlds while staying connected to the local community he loves.

MVSB has been serving the essential banking needs of people, businesses, nonprofits and municipalities for more than 150 years. As a mutual savings bank, MVSB has no stockholders but rather operates for the benefit of its customers, employees and community. Since our founding, one thing has always remained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Exeter, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, North Conway, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visitmvsb.com.

MVSB celebrates President Marcus Weeks for 30 years of leadership, service, and community impact

MEREDITH — MVSB (Meredith Village Savings Bank) proudly celebrates President Marcus Weeks for 30 years of dedicated service. Born and raised in the Lakes Region, Weeks began his banking career in 1995 as a student teller at MVSB's Center Harbor Office. Over the past three decades, he has grown alongside the Bank — gaining experience across nearly every area of the organization and developing a deep appreciation for the vital role mutual banks play in supporting the people, businesses, and communities they serve.

After beginning as a student teller, he was promoted to Mortgage Loan Officer in 2003, transitioned to Business Development Officer in 2007, and became Assistant Vice President in 2009. In 2012, he took on the role of Branch and Business Development Manager for the Bank's then-new Wolfeboro Office, where he played a key role in earning trust and



Marcus Weeks

building relationships within the community. His success in Wolfe-

Forest Pump & Filter Co. Serving The Greater Lakes Region Area for Over 50 Years

WE DO IT ALL

WELL DRILLING

PUMP SYSTEMS

FILTERS

Family Owned Business for 40 Years

CALL FOR SERVICE FOREST PUMP & FILTER CO., INC. 603-332-9037

boro led to a promotion to Vice President, Business Development Officer, where he oversaw business banking relationships and supported the advancement of a number of business banking services and online tools. His leadership continued to grow as he was promoted to Senior Vice President and Senior Retail Banking Officer in 2018, contributing at the senior management level for both MVSB and New Hampshire Mutual Bancorp (NHMB). In 2022, he was named President of MVSB.

During his three decades with MVSB, Weeks has witnessed tremendous change within both the organization and the banking industry. Highlights include MVSB's rollout of bank-by-phone service, the launch of debit cards,

and the introduction of the Bank's first Web site, online banking, and online applications for checking and savings accounts, as well as residential and commercial loans. During this time, MVSB also grew significantly — from five branch offices to fifteen - joined forces with The Merrimack, NHTrust, and Savings Bank of Walpole through the New Hampshire Mutual Bancorp alliance, and experienced four presidential transitions.

His leadership and community involvement have earned him numerous honors, including recognition as Business Leader of the Year by Business NH Magazine, Community Banker of the Year by the New Hampshire Bankers Association, and recipient of the NH Business Review

Business Excellence Award in the Financial Services category.

"Marcus's journey to President is a true reflection of his dedication, integrity, and deep commitment to the people and communities MVSB serves," said Gregg Tewksbury, President and CEO of New Hampshire Mutual Bancorp. "He leads with humility and heart, inspiring those around him to make a difference every day. His leadership has strengthened MVSB's culture and positioned the Bank for continued success."

Weeks' leadership extends far beyond the Bank's walls. Throughout his career, he has been an active volunteer for numerous nonprofit organizations and currently serves on the President's Advisory

Community College, as Vice President of the Board for Geneva Point Center, and as a Board Member for the Boys & Girls Club of Central and Northern NH and Spaulding Academy & Family Services. He also supports community giving initiatives at MVSB and serves on the MVSB Fund Distribution Committee.

Council for Lakes Region

"MVSB has always been guided by a simple yet powerful principle — to do what's right for our customers, our employees, and the communities we call home," said Weeks. "I've been fortunate to learn from incredible mentors as I've built my career here and to work alongside so many talented and caring individuals. I am deeply proud of all we've accomplished together and excited for what lies ahead."

MVSB has been serving the essential banking needs of people, businesses, nonprofits and municipalities for more than 150 years. As a mutual savings bank, MVSB has no stockholders but rather operates for the benefit of its customers, employees and community. Since our founding, one thing has always remained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Exeter, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, North Conway, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visitmysb.com.

Two Loons rescued from lakes as cold snap hits New Hampshire

Public urged to look out for loons in danger of becoming iced-in as larger lakes begin to freeze



LPC Field Program Coordinator, Ashley Keenan, releases a loon rescued on Deering Reservoir onto the Atlantic.

MOULTONBOR-OUGH — As temperatures cooled in early December, many of New Hampshire's smaller lakes froze over, some with Common Loons still lingering on the water. The Loon Preservation Committee (LPC) responded to multiple reports of loons at risk of becoming trapped on frozen lakes, ultimately rescuing two.

"We received calls from several lakes where loons were in danger of becoming iced-in," said Harry Vogel, Senior Biologist and Executive Director of LPC. "Fortunately, most of the loons reported to us were able to make it off of the lakes on their own, at the last minute. But intervention was needed in two cases."

The rescued loons included a juvenile from Big Diamond Pond in Stewartstown and an adult from Deering Reservoir in Deer-

ADVERTISING WORKS. Call 1-877-766-6891

salmonpress.com

Loons are heavy-bodied birds that need to run across a long stretch of open water, up to a quarter of a mile on a calm day, to build up enough speed to generate lift and take flight. If loons remain on lakes as they start to freeze, they can become confined to small patches of open water. Without enough runway space to take off, icedin loons will eventually be forced up on top of the ice, where they are vulnerable to starvation, the elements, and predators such as bald

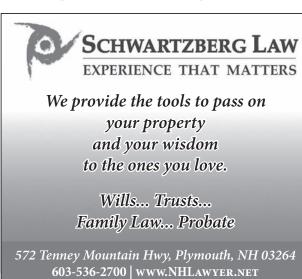
Most loons migrate to their ocean wintering grounds during the fall, well before ice forms. But each year, at least a few linger into the winter. LPC has rescued over 70 loons from the ice since 2005. In some cases, underlying issues such as lead poisoning, injury, or sickness explain why a loon failed to migrate on time. However, many rescued birds show no obvious physical impairment.

Biologists are not yet certain why otherwise healthy loons sometimes stay long enough to risk becoming iced-in. Climate change may play a role, Vogel notes, as LPC tends to see an uptick in the number of ice rescues in years with warmer fall and early winter temperatures. If a warm fall causes loons to remain on lakes longer than they normally would and is then followed by a quick cold snap that rapidly freezes lakes, or if ice in is delayed and coincides with the molt of adult loons' flight feathers, loons can become trapped. Vo-

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Dec. 8-15. Quentin Michael Dion, age 23, of Belmont was arrested on Dec. 11 for Breach of Bail.

Francisco G. Tang, age 38, of Laconia was arrested on Dec. 12 for Carrying or Selling Weapons. A 35-year-old male, also from Laconia, received a summons in lieu of arrest during the same incident for Driving After Revocation or Suspension of license (subsequent).



oralaw@gmail.com

gel said that each winter rescue allows LPC to learn more about why loons get

Both loons rescued in December were evaluated by veterinarians. The juvenile rescued on Big Diamond Pond had no signs of physical impairment. The adult from Deering Reservoir had damage to several feathers on her left wing, preventing her from being able to fly. After veterinary evaluation, both loons were deemed fit for release and were banded and released on the New Hampshire coast.

"Loons winter all along the Atlantic Coast, so these loons have been brought directly to appropriate winter habitat," said Vogel.

He noted that the Deering loon's missing flight feathers are not a concern on the ocean, where she will have no need to fly.

"The Deering loon will molt and regrow all of her flight feathers in January or February, so come spring, she should be in good shape to migrate back to her breeding lake," Vogel

Although the early Dember cold snap froze most of New Hampshire's smaller lakes, larger lakes remain open and are likely to freeze over in the coming weeks. LPC asks members of the public who spend time on or around lakes that are still open to keep an eye out for loons in danger of icing in. Anyone who sees a loon confined to a small patch of open water is asked to contact the Loon Preservation Committee at (603)476-5666. LPC urges the public not to attempt to rescue loons themselves, as these rescues can be dangerous for both the human rescuer and the loon without proper protective gear and training.

The Loon Preservation Committee monitors loons throughout the state as part of its mission to restore and

maintain a healthy population of loons in New Hampshire; to monitor the health and productivity of loon populations as sentinels of environmental quality; and to promote a greater understanding of loons and the natural world. LPC was formed in 1975 in response to a severe decline in New Hampshire's common loon population. For more information, please visit the Loon Preservation Committee Web site at www.

Wonderful Things

Come In Small Packages..

Alan F. Soule Jewelers

286-8649 S_F 422 W. Main St. AS_F

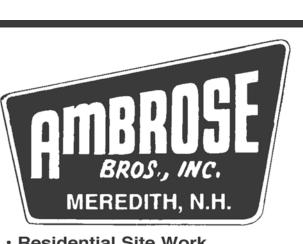
Tilton, NH (across from Winnisquam HS)

Gold • Sterling • Diamonds

Colored Stones • Repairs

Custom & Handcrafted Items

Wedding & Family Jewelry



- Commercial Site Work
- Septic Systems Installed
- Driveway & Road Construction

Sand - Gravel - Loam

Route 3 · Meredith, NH · 03253 279-4444



December 25, 2025 WINNISQUAM ECHO

Opinion

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.



Courtesy

Relmont Middle School hikers headed over to their old "stomping grounds" to enjoy the trails at Belmont Elementary School. We learned about precautions hikers can take to stay safe for long, unexpected hours in the freezing cold and also about safely making fire starter kits. Then we enjoyed a fire they built to warm up before continuing the loop in the woods. Stay toasty, everyone. Photo courtesy of the Shaker Regional School District's Facebook page.

The week between can be a civic reset

There is a particular kind of quiet that settles over the Winnisquam Region in the days after Christmas and before the celebration of the New Year. Some businesses shorten their hours. Some families travel. Some people finally get a moment to breathe after the rush of gatherings, shopping, cooking, church services and school concerts. It can feel like a pause button.

But in New Hampshire, the pause never lasts long. Before we know it, the calendar turns and the civic year speeds up: public hearings, department goals, capital plans, budget drafts, and the steady march toward annual town meetings. The holiday week is a good moment to remember that local government does not happen "somewhere else." It happens here, with neighbors deciding what they can afford, what they will maintain, and what they will ask voters to approve.

The best communities do not wait until the last minute, or until a controversy forces people into the room. They build habits. They watch. They read. They show up.

This is not a call for everyone to become a policy expert. It is a reminder that the basics matter. When a town posts a meeting notice, that is an invitation. When a budget committee meets, it is an early chapter in a story that ends with a tax rate. When a select board discusses priorities, it is the start of decisions that shape roads, staffing, public safety support, and the pace of maintenance that residents notice every day.

In a small region like ours, the distance between "the public" and "the officials" is often a handshake. That is a strength, but it also makes it easy to assume someone else will keep track of what is going on. The truth is simpler: if you want your concerns understood, you have to be present enough to be heard.

Presence does not always mean speaking at the microphone. Sometimes it means reading an agenda and learning what is on it. Sometimes it means watching a recording later, or scanning minutes when you cannot attend. Sometimes it means asking a thoughtful question at the right time, and then listening carefully to the answer even if you do not like it.

This is also a week to think practically about the tone we bring into those rooms. The past few years have made it tempting, in all kinds of public settings, to treat disagreement as disrespect. But a community cannot function that way for long. Not when the same people will see each other at the transfer station, the library, the school gym, and the local store.

The civics of small towns is built on a simple bargain: everyone gets a say, and everyone shares the outcome. That bargain only holds when people bring patience, restraint, and a willingness to separate the issue from the individual. A neighbor can be wrong about a warrant article and still be a good neighbor. A board can make a decision you oppose and still be acting in good faith. None of this requires anyone to surrender strong opinions. It does require everyone to remember that the goal is a workable town, not a winning argument.

As the year turns, it is worth taking 30 minutes to do a civic reset. Bookmark the town calendar pages you rely on. Sign up for alerts where available. If you have never attended a meeting, consider going once this winter, even if you simply sit and listen. If you cannot attend, follow the documents. The habit matters more than the single moment.

The week between Christmas and New Year's is brief. The snow season is long. The budget season is longer. If communities like ours are going to stay strong, steady and welcoming, it will be because ordinary residents make room for civic life, not as an obligation, but as part of belonging here.

Before highways and cars, the river roads bound Belmont and Northfield together

Long before Route 3 or Interstate 93 shaped travel through the Winnisquam region, daily life in Belmont and Northfield revolved around rivers, footpaths, and locally maintained roads that followed the land rather than cutting through it. The Winnipesaukee River and its tributaries did more than power mills. They defined how people moved, traded, worshiped, and governed.

In the late 18th and early 19th centuries, Northfield and Belmont were still emerging from their earliest settlement period. Roads were not laid out by engineers with long-range plans. They were approved by town meetings, often after petitions from residents who needed a passable route to a mill, a meetinghouse, or a neighboring town. Town records from both communities show repeated votes to establish, widen, or relocate roads near river crossings, where travel bottlenecks were common.

River crossings were particularly important. Bridges were expensive and vulnerable to flooding, ice, and spring runoff. Early crossings were often fords or simple wooden structures that required

frequent repair. When a bridge failed, travel between towns could be cut off for weeks. As a result, maintaining access between Belmont and Northfield became a recurring responsibility shared by local taxpayers.

Historic maps and town histories indicate that several early roads followed the Winnipesaukee River's natural contours, linking farms, mills, and homes along its banks. These routes connected what would later become village centers, including areas near present-day downtown Tilton, where travel from multiple directions converged. While modern roads have straightened and widened these routes, their origins remain visible in the way streets still curve with the landscape.

Belmont, which was originally part of Gilmanton, relied heavily on these connections as it developed its own civic identity. Roads leading toward Northfield and the river corridor were essential for commerce, particularly for moving lumber and agricultural goods. Northfield residents, in turn, depended on access to Belmont's mills and later to Tilton's growing commercial dis-

trict.

By the mid-1800s, road maintenance had become a formalized civic duty. Local men were assigned "highway labor," a system that required residents to contribute time or money toward keeping roads passable. Town records detail assignments for specific stretches of road, some of which ran directly along riverbanks where erosion and washouts were constant problems.

The arrival of railroads later in the century began to change regional travel patterns, but local roads remained the backbone of everyday movement. Church attendance, school access, and town governance still depended on these older routes. Even as new transportation options emerged, the established road network continued to shape settlement and property boundaries.

Today, drivers through Belmont Northfield without much thought to why roads run where they do. But many of those decisions were made generations ago by residents responding to immediate needs: a bridge to fix, a mill to reach, a neighbor to connect with. The river roads were not just infrastructure. They were agreements between towns about shared responsibility and mutual dependence.

Understanding these early transportation networks offers a clearer picture of how Belmont and Northfield grew together rather than in isolation. Their development was not accidental or entirely independent. It was guided by geography, water, and the practical choices made by small-town voters trying to keep their communities connected.

Winnisquam Echo

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: brendan@salmonpress.news

USPS 024-975
The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253.

POSTMASTER:

POSTMASTER: Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253 THE WINNISQUAM ECHO PUBLISHED BY SALMON PRESS

PRESIDENT & PUBLISHER FRANK G. CHILINSKI frank@salmonpress.news

BUSINESS MANAGER RYAN CORNEAU (603) 677-9082 ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DINICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

Managing Editor Brendan Berube (603) 677-9081

PRODUCTION MANAGER

JULIE CLARKE

(603) 677-9092

julie@@salmonpress.news

brendan@salmonpress.news





news@
salmon
press
.news

Dueling Pianos returns to Franklin

FRANKLIN — Franklin Opera House is pleased to present Dueling Pianos on Jan. 17 at the Franklin Elks Lodge, 125 S. Main St., Franklin. Always a popular event, they're back again for another rollicking good time!

Dueling Pianos of New Hampshire brings fast-paced, request-driven fun in a non-stop, high-energy show where you pick the set list! This isn't just another concert; it's a high-octane, audience-powered party where you control the playlist. From rock anthems to soulful ballads, no genre is off limits, and no two shows ever repeat. Grab your seat, shout your favorite song, and watch the pianists turn your requests into a nonstop, feelgood spectacle.

Jim Tyrrell has been a mainstay in the New England music scene for the last thirty years. He has written and recorded four solo albums (and two with folk trio the Midweeklings). He performs more than 200 solo, duo, Dueling Pianos, and full band shows annually. Over the years, he has opened for Don McLean ("American Pie"), Ellis Paul, the Avett brothers, John Prine, and Weird Al Yankovic. Tyrrell's newest album, "Box of Shells," was released on Feb. 16th, 2023.

Gardner Berry is a walking encyclopedic history of New Hampshire's music scene. He is currently a member of Mama Kicks. Before Mama Kicks, Berry spent the early 1990s and a chunk of the 1980s leading show bands at popular Manchester restaurants. Prior to his house band years, Berry was a member of well-known local cover bands Double Cross, Stone Cross, and The Tel-Stars, dating back to 1964.

The fun starts at 7 p.m. Jan. 17. Franklin Elks #1280 will be hosting a cash bar. Snacks will be sold and all snack & ticket proceeds benefit Franklin Opera House general operations. Get your tickets NOW-- this show is usually a sell-out!

Tickets are on sale now at www.FOHNH.org. You can also call directly at 603-934-1901. Want to buy tickets in person? Stop and visit the Franklin Opera House ticket office at 321 Central St. in downtown Franklin Tuesday – Friday 8:30 a.m.-3:30 p.m. This event is general seating. Adults \$20, Seniors and Students \$18. Any tickets sold at the door the night of the event will be \$25 each for all seats.





Southwick School students participate in Cash and Cans Food Drive



Mrs. Lunt and her second grade students celebrate their victory with Fred Caruso.

NORTHFIELD — Southwick School students, families and staff participated in Mix 94.1 FM's 39th annual Cash and Cans Money/Food Drive for the holidays.

Founded in 1987 by Fred Caruso, the program has become a cornerstone of local holiday giving. All of the proceeds stay local, benefiting food pantries, soup kitchens and holiday gift programs like Toys-For-Tots across central New Hampshire.

Caruso was on hand to receive the donations and congratulate the winners. Overall, the school collected approximately 1,118 food items, and Mrs. Lunt's second grade class was the competition with a total of 388 items.

salmonpress.com



All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.

NORTH COUNTRY COINS.

Main St., Plymouth, NH 536-2625.

Powerhouse earns 20 semi-finalist nominations at NH Theatre Awards!





Courtesy

Semi-finalists in the Performer in a leading role categories are Kyle Sidders and Rachel Hunton as Quasimodo and Esmeralda in "The Hunchback of Notre Dame," and Jakob Stone and Maci Johnson as Otto and Anne Frank in "The Diary of Anne Frank."

LACONIA — Powerhouse Theatre Collaborative, the resident theatre company of the Colonial Theatre, has received 20 semi-finalist nods at the NH Theatre Alliance's annual Theatre Awards for the 2025 season. Powerhouse entered two productions into this year's competition, May's production of "The Hunchback of Notre Dame" and October's production of "The Diary of Anne Frank."

To participate in the Awards, process a theatre company has to provide at least one trained adjudicator for each show submitted who will go see other entered shows throughout the state during the year. Each show entered has six adjudicators attend the show and then submit their scores to the NHTA organization, which oversees the adjudication process and produces the end of season awards show each year. There are shows entered across three divisions: professional, community, and youth. Powerhouse participates in the community theatre division where no performers are compensated for their participation.

"Hunchback" was recognized in almost every category in the community musical division: Rachel Hunton as Esmeralda and Kyle SIdders as Quasimodo in the performance in a leading role category; Alex Hunton as Phoebus, Jakob Stone as Frollo, and Adam Beauparlant as Clopin in the performance in a supporting role category; Tyler Soucy for lighting design; Samantha Tutasi for set design; Gay Bean and Heather Vitale for costume design; Laura Iwaskiewicz and Jillian Spring for music direction; Meg King for choreography; Bryan Halperin and Meg King for direction; and best production of a community musical. Powerhouse has won the community musical award two years in a row with Captains Courageous the Musical and Tuck Everlasting.

"Anne Frank" Powerhouse's first entry into the play category after only entering musicals the prior two years. This production is well represented in the semi-finalist lists as well, with Maci Johnson as Anne and Jakob Stone as Otto in the leading role category. Tamara McGonagle as Mrs Van Daan and Kenny Aber as Mr Van Daan are in the supporting category. Lighting designer Tyler Soucy and set designer Samantha Tutasi were both recognized in their categories for this show as well. Bryan Halperin is also a semi-finalist in the play director category and the production is up for best production of a community play.

Halperin is no stranger to the NHTAs, as he has won the best director award eight prior times including the past two years for Powerhouse. Johnson was a winner in the leading performer in a musical category last year for playing Winnie Foster in "Tuck Everlasting."

"While Powerhouse produces theatre to challenge and inspire our participants and share stories and connect with our community, it is still nice to be recognized for consistently productions in New Hampshire. Win or lose, we are extremely proud of all the productions in our 2025

season and grateful for all those who participated onstage, behind the scenes and by attending!" says Halperin.

This year's winners will be announced on Jan. 31, 2026 at the annual NHTA Awards Show at the Capitol Center for the Arts in Concord. A large contingency of Powerhouse's Power Players will attend together and celebrate the year in NH Theatre with the rest of the theatre community. If you are interested

in attending with the Powerhouse group reach out to info@powerhousenh.org or individual tickets can be purchased directly from the CCA's website ccanh. com after the group sales are completed on Jan. 6.

Tickets for Power-house's 2026 Colonial season, including the 5 show Colonial Series subscription package, will be onsale in the new year. Check out powerhousenh. org for all the details.





Courtes

A huge thank you to the Belmont High School boys' and girls' basketball teams for all of their hard work setting up and tearing down for the Make-A-Wish Holiday Party! The girls worked tirelessly to build a "stuffie wall" and set up the arts & crafts. The boys worked hard to load and unload the trailer. At the end of the night, many extra thanks were given to the boys' basketball team for going above and beyond as they jumped in to help the hotel staff clean up and shaved hours off their workload. Photo courtesy of the Shaker Regional School District's Facebook page.





Courtes

On Friday, Dec. 5, the Belmont High School Band and Chorus rang in the holiday season with the Lake Estate on Winnisquam for their inaugural tree lighting ceremony! The band played some fun holiday selections, followed by the chorus singing some of the most classic Christmas carols. A few parents sang with the chorus, helping to foster that community spirit. Please help support the BHS Music department by purchasing a \$10 raffle ticket for your chance to win a one-night stay and breakfast at The Lake

Please help support the BHS Music department by purchasing a \$10 raffle ticket for your chance to win a one-night stay and breakfast at The Lake Estate! Contact Mrs. Fountain (Ifountain@sau80.org) for your chance to enter the raffle! Photo courtesy of the Shaker Regional School District's Facebook page.

TAILURI JAIL

TAIL

COURTESY

Belmont High School junior Kamryn Decato did a job shadow in the Sonography Department at Laconia Hospital on Friday, Dec. 12. This has been a popular placement through the School-to-Career program, as two previous BHS students also visited here, and the technicians have always been so hospitable and informative. Decato got to observe two patient appointments and learned how the images are sent out afterwards. We'd like to thank Brandi, Rosina, Ashley and Samantha (pictured here) for providing such a positive real-world experience for our students! Photo courtesy of the Shaker Regional School District's Facebook page.

Cribbie, Ashworth lead Raiders in opening meet



Eva Ashworth led the way for the Belmont girls in the opening meet of the season



Ryan Cribbie was the top finisher for the Belmont boys at Bretton Woods last Wednesday.



Meg Soucie races through the giant slalom course last Wednesday morning at Bretton Woods.

BY JOSHUA SPAULDING

Sports Editor

BRETTON WOODS The Belmont alpine team traveled to Bretton Woods for the opening Di-

son on Wednesday, Dec. The Raider girls fin-

vision III meet of the sea-

ished in sixth place overall while the shorthanded Belmont boys, with just two racers competing, finished in 10th place on the day. The race was originally slated to be two runs of giant slalom and one run of slalom, but timing

problems and other issues led to a very long first run and the plan was changed, with just three runs of giant slalom, with the third run in the later afternoon optional. Belmont did not compete in the third run.

Eva Ashworth led the

"This was a good learning

experience for our young

way for the Belmont girls with a 24th place finish in a time of 1:02.08 with Meg Soucie in 25th place in 1:02.45. Riley DeGange was 47th overall in a time of 1:06.23 and Anna Mc-Donald rounded out the field of Raiders with a 65th

"Give credit to Bel- tion after early deadline ment in Gilford on Satur-

week at Bretton Woods.

place finish in 1:17.46.

Henry Ashworth races for Belmont during the opening meet of the season last

Ryan Cribbie led the Belmont boys with a 12th place finish in a time of 58.28 seconds and Henry Ashworth finished in a time of 1:04.38.

The Raiders are scheduled to return to the slopes on Friday, Jan. 9, at Gun-

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

Bears fall to Rams in home opener The Bears were in ac- Holiday Hoop Tourna-

BY JOSHUA SPAULDING

isquam girls' basketball team opened the home season with a game against Raymond on Monday, Dec. 16, dropping a 66-35 decision to the Rams.

"I was very proud of our team effort the whole game," said coach Mark Dawalga.

Caidyn Carter led the Bears with 14 points, five rebounds and three steals while Alissa Jean had 14

points and two rebounds. points. Claire Hart added six rebounds, Bella Soucy had mont, they beat us to every against Prospect Mountain day, Dec. 27, at 11:30 a.m. five points and four re- loose ball," Dawalga said. on Friday, Dec. 19, and against Moultonborough. bounds while defensively, Ella Cohen had three rebounds and Abby Meunier and Jaylianna Brown all

neighboring Belmont on Wednesday, Dec. 17, drop-

Carter led the way for the Bears again, this time pouring in 28 points while

played well on defense. Winnisquam fell to

ping a 60-43 decision.

court for the Lakes Region

The team will play again Hopkinton on Monday, Dec. 22. They return to the on Sunday, Dec. 28, also at 11:30 a.m. against an

opponent to be determined.

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







Happy Holidays From Polly's Pancaice Parlor We have Gift Baskets And Gift Certificates Open Dec 18 23 7AM 2PM Closed Dec 24,25, and 26

> OPEN DAILY Dec 27 Jan 5 7AM 2FM

Mail Order Year round www.pollyspancakeparlor.com

I-93 Exit 38, 672 Rt. 117 Sugar Hill, NH. (603)823-5575



mouth Christian (Holiday Tourney); 3:15 Girls' Hoops vs. Portsmouth Christian (Holiday Tourney); 2 Saturday, Dec. 27 **BELMONT** Boys' Hoops vs. Kennett (Holiday Tourney); 10:15 Girls' Hoops vs. Nute (Holiday Tourney); 9 GILFORD

Boys' Hoops vs. Plymouth (Holiday Tourney); 4 Girls' Hoops vs. Plymouth (Holiday Tourney); 2:30 Indoor Track at UNH; 10 WINNISQUAM

Boys' Hoops vs. Moultonborough (Holiday Tourney); 1

Girls' Hoops vs. Moultonborough (Holiday Tourney); 11:30 Indoor Track at UNH; 2:30

Sunday, Dec. 28 **BELMONT** Boys' Hoops vs. TBD

(Holiday Tourney); TBD Girls' Hoops vs. TBD (Holiday Tourney); TBD **GILFORD**

(Holiday Tourney); 4 Girls' Hoops vs. TBD (Holiday Tourney); 2:30 WINNISQUAM Boys' Hoops vs. TBD (Holiday Tourney); 1 Girls' Hoops vs. TBD (Holiday Tourney); 11:30 Monday, Dec. 29 **BELMONT** Boys' Hoops vs. TBD (Holiday Tourney); TBD Girls' Hoops vs. TBD (Holiday Tourney); TBD **GILFORD**

Boys' Hoops vs. TBD (Holiday Tourney); 6 Girls' Hoops vs. TBD (Holiday Tourney); 4:30 WINNISQUAM Boys' Hoops vs. TBD (Holiday Tourney); 6

Girls' Hoops vs. TBD (Holiday Tourney); 4:30 Tuesday, Dec. 30 **BELMONT**

Boys' Hoops vs. TBD (Holiday Tourney); 7 Girls' Hoops vs. TBD (Holiday Tourney); 5:30

All schedules are subject to

salmonpress.com



and E-GIFT CARDS purchased online at the Cman.com.

(Discount NOT valid on gift cards purchased at Common Man Roadside locations.)





1	2	3	4		5	6	7	8	9		10	11	12	13
14	+			-	15		+	+			16	_	_	+
17					18						19			
20				21		22				23				
			24		25				26					
27	28	29		30				31				32	33	34
35			36				37				38			
39						40				41				\top
42					43				44					\top
45		+		46				47	1			48		+
			49				50		+		51			
52	53	54				55				56		57	58	59
60		+			61				62		63			+
64		+	+		65			+	+		66	+		+
67		+			68			+	+		69			+

CLUES ACROSS

- 1. Light cavalry
- 5. Coconut palms
- 10. Rounded knob
- 14. Central Japan city
- 15. Sandwiches
- 16. Shape produced by a curve
- 17. Ancient region in modern-day
- Syria 18. French modernist painter
- 19. Grandmother
- 20. Mammary gland of cattle 22. Rocky peak
- 23. Secret plan
- 24. Songs to one's lover
- 27. More (Spanish)
- 30. Father 31. Chinese principle underlying the
- universe 32. Ballplayer's accessory
- 35. Together
- 37. A person's brother or sister
- 38. Evil spirit
- 39. Monetary units

CLUES DOWN

- 1. Two-toed sloth
- 2. Fat from a pig's abdomen
- 3. Romanian city 4. Specifies
- 5. Rounded, glaciated valley 6. Spoke
- 7. Collection of sacred books
- 8. Extravagantly theatrical 9. Very fast airplane
- 10. Forearm bones
- 11. Ancient kingdom 12. Legitimate: __ fide
- 13. Semitransparent gemstone
- 21. Counsels 23. Head honcho
- 25. Cool!
- 26. Touch lightly 27. Extract money via taxation
- 28. Dyes
- 29. Cloying sweetness
- 32. Sodas

PUZZLE SOLUTION

33. Coastal village in Guam

Э Ξ Ν

- 40. Partner to cheese
- 41. About Sun
- 42. Group of like-minded people
- 43. After B
- 44. Seaside room
- 45. Recipe measurement
- 46. Partly digested food
- 47. Flat-faced dog
- 48. People of southern Africa
- 49. Salts
- 52. Beard lichens
- 55. Sanders is one
- 56. Fencing sword
- 60. Ethnic group of Albania 61. Metric weight unit
- 63. Italian seaport
- 64. Longtime late night host
- 65. Extremely angry
- 66. Miami mascot
- 67. Mid-month day
- 68. Marked for omission
- 69. Body part

34. Chemical ring

- 36. The bill in a restaurant
- 37. Car mechanics group
- 38. One-time presidential candidate Dole
- 40. Health care for the aged
- 43. Passage with access at one end
- 46. America's spies
- 50. Pinkish-red color
- 53. A place to store garden tools
- 58. Musician Clapton 59. A move exposing one to danger

S \exists D

- 61. Historic Spanish soldier
- 62. CNN's founder

3 D

D Ξ

41. Wise persons

- 44. Make a wound
- 47. Roof of the mouth 49. Plants of the lily family
- 51. Vaccine developer
- 52. Mottled citrus fruit
- 54. Rare goose native to Hawaii
- 57. Popular Hollywood pig

S В Ξ Я ı 0 Ν 3 ٦ 1 Τ A \exists Я A Я \forall С Э Н Э ٦ \exists В 0 О 3 S S 3 S Τ Э ٦ Λ S Э D Π Э S Ν A Ч Ь Τ Α Ν Α В С Ξ 3 Э В \cap ٦ С Я A ٦ 0 О A M S \forall Я Ι ٦ В В I S D 3 Э О Ν Π Ь Α С 0 A Τ D \forall D S \forall 3 D \forall Я Ξ S S Я В A \exists D D \cap Α \exists \forall M A A Ν Τ Я S Я A Я Ь 0 O Ь Α W A Ν S 0 0 0 В M 0 A ٦

FINALS

CONTINUED FROM PAGE A 1 just raw speed. Teams were judged across a multidisciplinary rubric, including Engineering & Scrutineering, Verbal Presentations, Enterprise & Marketing, and Reaction Racing.

Science teacher and STEM Racing Instructor Kevin VanGorden said, "The members of the Kinetic Racing Team have worked hard, coming in early and staying after school to make sure they were as prepared as they could possibly be. Now teams will begin to focus on improving their products for nationals in April. Teams will also continue fundraising to cover the expense of event registration,

travel and lodging."

Sponsorship opportunities are still available. The teams will be hosting a sponsorship day on Jan. 21. If you are interested in supporting the WRHS STEM Racing Teams, please contact Kevin Van-Gorden at kvangorden@ wrsdsau59.org.

BOYS

CONTINUED FROM PAGE A 1 Belmont, Wyatt Bamford drilled a three-pointer and Wyatt Divers hit a hoop to open the Raider lead to 15-7. Uicker connected on a pair of free throws and Sleeper put back a rebound. Owen Hawkins finished out the first quarter with a pair of free throws for the Golden Eagles and Belmont's lead was 15-13 at the end of the first quar-

A Uicker hoop opened the second quarter and Sleeper hit a free throw to give Gilford its first lead of the game. Uicker finished off a steal for the 18-15 lead before Owen Viar hit a hoop to get the Raiders on the board. Hawkins drained a hoop and Ennis connected on a bucket to cut the lead to one point.

Sleeper came back with a three-pointer for the Golden Eagles before Belmont scored the next five points. Martinez started the run with a free throw then Ennis hit two from the line and Viar and Carroll each hit one from the line to give Belmont the 24-23 lead. Uicker then got the final basket of the first half and Gilford led 25-24 at the halftime break.

Viar got the Raiders on the board to start the second half and after a Uicker free throw, Martinez hit a hoop. Ryan Folan drained a free throw to cut the lead to one but Martinez hit a three-pointer and a bucket and Brady Fysh hit a hoop to open the lead to 35-27.

Hawkins hit two free throws and Fysh drained one at the other end to answer. Gavin Forest finished off a steal for the Golden Eagles but Ennis finished out the third quarter with a hoop and Belmont led 38-31 heading to the final eight minutes.

Divers got the first basket of the fourth quarter and Sleeper connected on a pair of free throws at the other end. Carroll drained a bucket for the Raiders before Hawkins hit a three-pointer to cut the lead to 42-36. Bamford drained his second three-pointer of the game, Carroll hit a free throw and Martinez connected on a bucket and Belmont had the lead out to 12 at 48-36.

Hawkins ended the Raider run with a free throw but Divers got Belmont back on the board with a hoop and Viar hit a free throw. After another Hawkins hoop, Carroll got a free throw for Belmont and Uicker found the bottom of the net from long distance to cut the lead to 10. Ennis and Hawkins both hit a pair of free throws at opposite ends before Ennis hit two more from the line and Carroll added a free throw. Sleeper connected on a three-pointer to finish out the game's scoring and Belmont had the 57-47 win.

"Having an environment like this against a good team like Gilford, it's great for the kids," Martinez said. "Teams will only get better as the season goes and so will we.

"We're the defending champions, we have a target on our back, but this was a good learning opportunity and we'll take it to practice," he continued. "We'll get back to work."

"We have to execute better and we know that," Acquilano said. "We'll get there."

Martinez led the Raiders with 14 points while Ennis finished with 13 points. Gilford was led by Uicker's 17 points while Hawkins added 14 and Sleeper finished with 13.

The Raiders were in action after early holiday deadlines on Dec. 19 and Dec. 22, both against Campbell and Gilford was in action after early holiday deadlines Dec. 19, against Stevens and Dec. 23 against Conant.

Gilford will once again host the Lakes Region Holiday Hoop Tournament and kick off against Plymouth at 4 p.m. on Saturday, Dec. 27. They will play again on Sunday, Dec. 28, against an opponent to be determined, with the tournament finals on Monday, Dec. 29, at 6 p.m.

Belmont will take part in the Mike Lee Holiday Basketball Bash in Farmington, starting on Friday, Dec. 26, at 3:15 p.m. against Portsmouth Christian. They take on Kennett at 10:15 a.m. on Saturday, Dec. 27, and the tournament continues on Sunday, Dec. 28, and Monday, Dec. 29, with the finals set for Tuesday, Dec. 30, at 7 p.m.

GHS 13-12-6-16-47 BHS 15-9-14-17-57

Gilford 47

Uicker 6-4-17, Forest 1-0-2, Sleeper 4-3-13, Hawkins 3-7-14, Folan 0-1-1, Totals 14-15-47

Belmont 57

Carroll 2-5-9, Viar 2-2-6, Martinez 6-1-14, Ennis 3-6-13, Divers 3-0-6, Fysh 1-1-3, Bamford 2-0-6, Totals 19-15-57

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

Community Calendar December 25 to January 1

Monday, Dec. 29

Needles click and scarves take shape, at Fiber Arts Group, come take your cape. 10 a.m. at Belmont Public

Brush and water, wash and bloom, at Watercolor Workshop in the afternoon. 2 p.m. at Belmont Public Library.

Tuesday, Dec. 30

Wednesday, Dec. 31

at 2 p.m.). Hall Memorial Library+1

A date changed course, but still on track, the Selectboard meets at 4 p.m. (moved from Dec. 31). Watch for the posted agenda details.

For little listeners, a midweek treat: Family Story Time, 10:30 a.m., warm and sweet. Belmont Public Library.

Bring a dish, bring a grin, ring out the year and wander

in: Open House Potluck, 10 a.m. to 2 p.m., Hall Memo-

rial Library, 18 Park St., Northfield (library closes early

Fold and steam, then taste the prize: Tamalada, 10 a.m. to 2 p.m., Hall Memorial Library, 18 Park St., North-

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.

of the way, though, he's all about snuggles. True to his velcro-dog

Once his zoomies are out

NH Humane Society

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



than being right by your side, soaking up all t h e love he can get. When

he gets excited, he proudly picks up his favorite toy to show it off — and yes, he insists

his harness goes around both him and his toy. Simi would prefer to be the only dog in the home without other pets- he loves to chase and hunt smaller animals for fun.

A man knows what he wants, after all!

Simi always looks dashing

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

SEND US YOUR NEWS!!!



Finding hope in hardship

A family's message to the community about mental health and substance use

LACONIA people met Todd Taylor, they saw a devoted father, a steady job, and a closeknit family. What they didn't see was his lifelong struggle with mental health challenges, a family history of addiction, and years spent trying to find the proper treatment before

passing away from an accidental overdose in 2018.

Today, his family shares his story to help others feel less alone and to encourage those struggling to reach out sooner.

"My husband wasn't defined by his illness," said Tarah Morel-Taylor.

Gary Dionne retires from Ameriprise Financial after serving Laconia residents for 32 years



Gary Dionne

LACONIA — Gary Dionne has announced his retirement from Ameriprise Financial Services, LLC. Dionne has served families in the Lakes Region area for 32 years as a Financial Advisor. Dionne is part of LPM Advisory Group, a private wealth advisory practice of Ameriprise Financial Services, LLC. The practice, which includes Private Wealth Advisors and Managing Partners Lee Petersen and Brendan Mann, and their team of experienced Financial Advisors and support staff will continue to serve residents at their office locations in Meredith, Concord, Bedford, Lebanon and Keene.

"Helping Lakes Region families reach their financial goals - and then working with their kids and even their grandkids reach their own financial goals – has been the highlight of my career. It's been an honor to serve these families throughout the years alongside my talented team," said Gary Dionne, Financial Advisor.

"It's been a pleasure to work alongside Gary on our mission to help Lakes Region families feel confident about their financial future. We will miss him, but our team is excited for him to enjoy his well-deserved retirement," said Lee Petersen, Private Wealth Advisor and Managing Partner of LPM Advisory Group.

Dionne started his career in 1992 as a Financial Services Representative with MetLife, and advanced to become a Financial Advisor in 1999. He joined Ameriprise Financial in 2017, and LPM Advisory Group in 2022.

Dionne graduated from University of New Hampshire with a degree in Political Science & History.

Dionne is an active member of the community, including membership in the Laconia Rotary Club, the Lakes Region Symphony Orchestra, the Laconia Planning Board, and serving as a volunteer driver with the 'Got Lunch – Laconia' program.

As a private wealth advisory practice, LPM Advisory Group provides financial advice that is anchored in a solid understanding of client needs and expectations and provided in one-on-one relationships with their clients. For more information, please contact LPM Advisory Group at 603.227.6139, visit the Ameriprise Meredith office at 14 Plymouth Street, Level 1, Meredith, NH by appointment or the Concord office at 210 Rumford Street, Concord, NH during business hours, or visit the team websitelpmadvisorygroup.com.

About Ameriprise Financial

At Ameriprise Financial, we have been helping people feel confident about their financial future for more than 130 years 1. With extensive investment advice, asset management and insurance capabilities and a nationwide network of 10,000 financial advisors, we have the strength and expertise to serve the full range of individual and institutional investors' financial needs.

"He tried so hard. You're it is the act of reaching out, not alone, and you're not broken. There are people who understand and want to help."

Local providers agree that early support can be lifesaving. The Director of Substance Use Services for Concord Hospital -Franklin and Laconia, Corey Gately, MLADC, says many patients face barriers like Todd's.

"No one should have to wait for help," said Gately, who also oversees the Recovery Clinic in Franklin and Gilford as well as Laconia's Doorway. "Asking for help is courageous. Whether someone is taking their first step or has struggled for years, we meet people exactly where they are without judgment."

For many, symptoms can begin subtly: seasonal sadness, overwhelming stress, isolation, exhaustion, changes in sleep or appetite, or a loss of interest in once-loved hobbies. Todd's fight began with depression and anxiety that he struggled to stabilize despite trying multiple medi-

Gately emphasizes that

not the absence of struggle, that defines strength.

"Asking for help is not failure. It's courage. And there is a whole team ready to walk alongside you," he

Resources are available throughout the region. Concord Hospital Health System's primary care practices can help patients recognize early signs of depression, anxiety, or substance abuse and connect them to counseling or medication support. The Doorway offers 24/7 access to treatment, recovery coaches, and referrals for long-term care. The Recovery Clinic at Concord Hospital - Laconia provides evidence-based care for opioid and alcohol use disorders.

By offering grace, eliminating stigma, and encouraging others to reach for help sooner, families like Todd's are helping transform heartache into hope.

"We can't change what happened to my husband," Tarah said. "But we can change what happens to someone else. If sharing his story encourages even

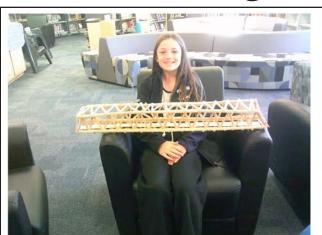
Todd Taylor

one person to reach out for help, then his struggle wasn't for nothing."

Mental health struggles and substance use disorders touch every community. If you or someone you love is struggling with mental health or substance

use challenges, help is available now, and there is no wrong time to reach out. For information on mental health and substance use resources, visit concordhospital.org or contact The Doorway in your region.

Winnisquam Regional Middle School students compete in Popsicle Stick Bridge **Building Competition**









TILTON — Congratulations to the Winnisquam Re-

engineers for a successful and fun competition."

Pictured in the top row are first place team members Kendyll Tenney and Madi Wyatt; Below left are second place finishers Rosalie Gray, Annabelle Huntoon, and Charlotte Gilbert; Below left are third place finishers Ciara Strahan, Lexi Robinson, and Cece Rogers.

gional Middle School (WRMS) students who competed in the Popsicle Stick Bridge Building competition sponsored by the NH Department of Transportation. These students designed and constructed a bridge using only Popsicle sticks and glue that was tested to see how much weight it could hold.

Congratulations to Winnisquam Regional Middle School's top three

teams. The third bridge held a weight of 77 pounds and was built by Ciara Strahan, Lexi Robinson, and Cece Rogers. The second place bridge held a weight of 85 pounds, and was built by Rosalie Gray, Annabelle Huntoon, and Charlotte Gilbert. The first place bridge held a weight of 105 pounds, and was built by Kendyll Tenney, Madi Wyatt, and Allie Webb.

Library Media Specialist Elaine Pottle said, "We are so proud of all our student

LOW COST SPAY/NEUTER Rozzie May

Animal Alliance,

cats and dogs.

Cat Cab service available. Military discounts.

Sign up on line www.rozziemay.org or call 603-447-1373





97 Daniel Webster Highway Meredith, New Hampshire

Find us @rocherealty

Search New Hampshire properties at www.rocherealty.com

Season's Greetings from Roche Realty Group!

We're reflecting on a wonderful year and are incredibly thankful for the trust placed in us by our clients and community.

The time to plan for 2026 is now! Let the new year bring you closer to your real estate goals. Our expert team is eager to help you find or sell your property with professionalism and care.

Ready for a fresh start? Contact us at 603-279-7046 to get a head start on the New Year with the expertise of Roche Realty Group.

Wishing you and yours the happiest of holidays and a fantastic 2026!



Over 10,000 CLOSED transactions in New Hampshire! Voted #1 BEST Real Estate Company in NH's Lakes Region six years in a row, and #1 BEST Commercial Real Estate Broker!

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

\$77,995 \$86,995 List Price: \$119,995 \$11**5,995** *PRICES SUBJECT TO CHANGE List Price: \$131,995 Homes From COLONY. MARLETTE, NEW ERA & TITAN \$179,995 \$119,995° <u> Visit Our Website:</u>

For Advertising Information Call 603-279-4516 email: Tracv@ salmonpress. news







Equal Housing Opportunity

All real estate advertising in this

newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sec, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination. (The Fair Housing Act of 1968 at 42 U,S,C, 3604(c)) This paper will not knowingly accept any adverting which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll free at 1-800-669-9777 For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275. You may also call The New Hampshire Commission for Human Rights at 603-271-2767



or write

The Commission at

163 Loudon Road,

Concord, NH 03301 Neither the Publisher nor the

advertiser will be liable for misinformation, typographically

errors, etc. hereincontained. The Publisher reserves the right to





Anestis holds top-five **NEWA** ranking at semester break

PLYMOUTH — The top performer on the Plymouth State University wrestling team remains among the elite in his weight class, as the latest New England Wrestling Association (NEWA) Individual Rankings were announced last Monday.

Graduate student Chase Anestis (Belmont) is ranked fourth at 165 pounds following a strong first half of the season. Anestis is 8-3 to date, including three pins without surrendering a fall, and recently recorded the 78th victory of his career.

He has placed at both tournaments he has competed in this season, finishing second at the Roger Williams Invitation on Nov. 8, and taking fourth at the Ted Reese Invitational on Dec. 6, the team's final competition of the first semester.

Anestis and the Panthers return to the mat on Jan. 10 when they travel to the Merchant Marine Academy for the Mariner Duals. PSU will face NYU, Hunter College, and host Merchant Marine during the event.



Feeling a little Crowded?

Look for that new home in our real estate section.



FRIENDLY & RELIABLE **NIGHT CASHIERS** needed at the

Following Location:

Bosco Bell on Route 28 Barnstead

Please apply in person







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

Loon Mountain Resort Are you ready for a new career?

We offer a great work environment, unique benefits, and generous discounts. The only thing that would make it better - is you! Immediate Positions Available,

Full-Time and Part-Time: Parking Lot Attendant

- Custodian
- Snowmaker
- Lift Attendant
- Lift Maintenance Mechanic

Apply Online at www.loonmtn.com/jobs FREE Seasonal Pass and competitive wages! Equal Opportunity Employer

SHAKER REGIONAL SCHOOL DISTRICT CUSTODIAN

HELP WANTE

Shaker Regional School District has immediate openings for two 2nd shift (2:30 pm - 11:00 pm) custodians. These full-time, year-round positions qualify for our comprehensive benefit package, which includes a district contribution toward health insurance, plus fully paid dental, life insurance, long-term disability, as well as sicktime, personal time and vacation time. Starting pay starts at \$16.81 per hour, withadjustments based on experience. Participation in the NH Retirement System is required. Please submit an application to Stephen Dalzell, 58 School Street, Belmont, NH 03220. You may contact Mr. Dalzell at 267-9223 to obtain an application or visit the Human Resources section of our website: www.sau80.org. Successful completion, with satisfactory results, of a post-offer pre-employment criminal background check, including fingerprints is required. Shaker Regional School District is an equal opportunity employer.



Holiday FACTE

This time of year is one of the most profitable for businesses and busiest for consumers.

Answer: Holiday season

What's the Difference?

Find the four differences between the two pictures.



B



screen is lit up 3. Missing design on inside of cup 4. Computer Answers: 1. Cake on plate 2. Missing candy cane



1807: The Embargo Act is passed by the U.S. Congress, forbidding trade with all foreign countries.

1808: Ludwig van Beethoven conducts and performs at the Theater an der Wien, Vienna.

1937: The Lincoln Tunnel opens to traffic in NYC.



cheerful and lively



English: Ribbon Spanish: Cinta **Italian:** Nastro French: Ruban German: Band



commonly featured in homes and stores throughout the holiday season.







Can you guess what the bigger picture is?

Answer: Mutcracker



COURTESY

Through the School-to-Career program, Belmont High School junior Madelyn Dearborn did a job shadow with the Legacy Real Estate Group at their office in Laconia on Monday, Dec. 8. She got to sit in on a regular staff meeting and learned about the process of how properties are "listed" and how "closings" happen. She also learned about agents day-to-day activities and what to expect if she decides to take the real estate course leading to licensing. She's pictured here with agents Brad Roberts and Cyndal Vansteensburg. Thank you, Legacy team! Photo courtesy of the Shaker Regional School District's Facebook page.





END-OF-YEAR SAVINGS!





14 Retail Locations Throughout NH & VT
Visit Us Online at LaValleys.com

