



THURSDAY, FEBRUARY 19, 2026

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FREE

Honoring the pioneers

PMHS Hall of Fame inducts '74-'77 Alton girls' hoop teams

BY JOE SOUZA

Contributing Writer

ALTON — One year after hosting its first Athletic Hall of Fame induction cer-

emony, Prospect Mountain turned back the calendar and went back to where it all started in the small town on the southern tip of Lake

JOE SOUZA

(Right) Prospect Mountain athletic director James Christie addressed some members of the successful Alton High School girls' basketball team from 1974-1977 during the Prospect Mountain Hall of Fame Induction Ceremony. The Apaches, considered a pioneer program that helped change the perception of girls' basketball under head coach Frank Weeks, had a 64-game unbeaten streak and captured three championships in four years (1975, 76, and 78).



Winnipesaukee.

Prior to the girls' basketball regular season finale, Prospect Mountain took time to induct the Alton girls' basketball teams from 1974 to '77, considered a pioneer program that helped change the perception of the girls' game under the direction of long-time area coach Frank Weeks.

The 1970s was when the New Hampshire Athletic Association started to open the doors to girls' athletics, and basketball was the first to have a season and tournaments in 1969-70. Other sports followed suit.

SEE HOF, PAGE A11

"The Play That Goes Wrong-High School Edition" coming to Gilford High School March 26-28

GILFORD — Get ready for a night of non-stop laughter as the talented students of Gilford High School proudly present "The Play That Goes Wrong - High School Edition" in the Gilford High School Auditorium on March 26, 27, and 28 at 7 p.m.

Rehearsals are in full swing, and a dedicated cast of 13 student performers has been working tirelessly to bring this wildly entertaining comedy to life. Combining high-energy physical comedy with sharp verbal wit, the production follows a determined theatre troupe attempting to stage a serious mystery play... where absolutely everything goes wrong.

Expect the unexpected:

- Flats that fall at the worst possible moment
- Doors that refuse to open (or won't stay closed!)
- Props that "safely" drop on unsuspecting actors
- Lines forgotten, cues missed, and chaos around every corner

The result? A fast-paced, laugh-out-loud spectacle where something new is always happening and the audience is in on the joke. From start to finish, you won't stop laughing.

This production showcases not only the cast's impeccable comedic timing, but also the hard work of the student crew members managing the technical challenges that make

SEE PLAY, PAGE A11

BARNSTEAD — In the heart of Barnstead, one figure has emerged as a pillar of strength and compassion: Kyle Holmes.

Serving as both a firefighter and Emergency Medical Technician at the Barnstead Fire Department, Holmes's commitment to public service extends far beyond the call of duty. His recent selfless act during two major snowstorms has solidified his status as a true community hero, inspiring those around him.

Holmes demonstrated an extraordinary level of compassion by taking it upon himself to remove snow from the driveway of a local resident with disabilities. This simple yet significant act of kindness showcases not only his dedication to serving the



public but also his unwavering belief in the importance of community support. For him, the role of a first responder transcends emergency calls; it encompasses the well-being of every individual in the Barnstead community.

In recognition of this outstanding commitment to community service, Holmes was awarded a Certificate of Appreciation from the Barnstead Police Department by Sgt. Don Bolduc on behalf of Chief Annie Cole. This honor serves as a reminder of the profound impact one individual can have on the lives of others through acts of generosity. By choosing to volunteer his time and energy under challenging conditions, Holmes ex-

SEE HOLMES, PAGE A11

Golden Eagles girls finish as Division III runners-up

Lily Bishop wins slalom championship

BY JOSHUA SPAULDING

Sports Editor

NEWBURY — The Gilford alpine girls finished second in the slalom and second in the giant slalom and took home the Division III runner-up plaque at Mount Sunapee Resort in Newbury on Monday, Feb. 9.

The Golden Eagles scored 368 points in the morning giant slalom and moved up to 378 points in the afternoon slalom and finished only behind Hopkinton. Bishop Brady, White Mountains and Kearsarge rounded out the top four.

In the morning giant slalom, McKenna Howard led the Golden Eagles with a fourth place finish in a time of 1:01.3 with teammate Lily Bishop in fifth place in 1:01.5. Emilia Burlock finished in 14th place over-



COURTESY
The Gilford girls' alpine ski team poses with the Division III runner-up plaque after the Division III State Meet at Sunapee Mountain Resort last Monday.



COURTESY
The Gilford girls' alpine team poses with coaches Lyvie Beyrent and Eric Tanner after claiming second place at the Division III State Meet.

Villareal finished out the field of Golden Eagles.

In the afternoon slalom, it was Bishop leading the Golden Eagles, taking the overall win in 1:00.6 while Howard was second overall in a time of 1:02.6. Burlock finished in 12th place in 1:10.1 and Coutts finished out the scoring with a time of 1:16.7 for 18th place overall.

Villareal was 18th overall in 1:16.7 and Baron finished out the field of Golden Eagles with a 21st place finish in a time of 1:19.3.

With their top 10 finishes, Howard and Bishop earned the chance to compete at the Meet of Champions, which took place after deadline on Wednesday at Mittersill.

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

all in a time of 1:03.7 and Riley Coutts finished out the scoring for the Golden Eagles with a 13th place

finish in 1:04.2. Brooke Baron finished in 20th place overall in a time of 1:04.3 and Natalia

Alton Parks and Recreation Community Connection

Adult Pickleball For Fun — Starts March 7

Alton Parks and Recreation is sponsoring a new Pickleball Program at Alton Central School on Saturdays from 9-11:30 a.m. starting March 7 for adults of all ages. The program is geared toward new Pickleball players who want to play for fun and exercise.

Meet new people, be active and join the fun. Pre-registration is required by contacting Alton Parks and Recreation at 603-875-0109 or parksrec-asst@alton.nh.gov.

Lean Into Edible Gardening — Baby Steps to Growing Your Own Food

Alton Parks and Recre-

ation and Friends of the Gilman Library are sponsoring a Lean into Edible Gardening class on Wednesday, March 11 from 6:30-8 p.m. at the Gilman Library, Agnes Thompson Meeting Room, \$20 per person. Join Lisa Hynes, Gardenary Certified Consultant and Kitchen Garden Coach for an introduction to the different ways to incorporate vegetables, herbs, flowers and fruit into new and existing flower and vegetable gardens. Learn about companion planting, herb gardens, edible flowers, ornamental vegetables and receive recommendations for sourcing plants, containers, soil, seeds, etc. Register at the Parks and Recreation Department by March 5. For more information, contact parksrec-asst@alton.nh.gov or call 603-875-0109.

Guided Meditation

The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring Guided Meditation with Karen Kharitonov on Thursdays, Feb. 19, March 5, and March 19 from 6:30-7:15 p.m. at the Gilman Library.

Agnes Thompson Meeting Room. Meditation is helpful for reducing stress and slowing our bodies down to breathe. The program is free, donations accepted to benefit the food pantry. For more information contact Alton Parks and Recreation at parksrec@alton.nh.gov or 603-875-0109.

Weight Training classes — Mondays and Wednesdays

The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednesdays, with AFAA Certified Instructor Kellie Troendle, from 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abilities. This program is ongoing. Build strong muscles and bones, increase flexibility and develop better balance. Bring light hand weights, a mat and water. For more information, contact parksrec@alton.nh.gov or 603-875-0109. Try a class for free. \$20 per month/session or \$5 drop in.

Full Moon Snowshoe Hike

The Alton Parks and Recreation Department is

sponsoring a Full Moon Snowshoe Hike on Tuesday, March 3 at 7 p.m. at Morse Preserve/Pine Mountain, located on Avery Hill Road, off Alton Mountain Road. Moderate level, uphill and downhill hike, approximately 60-90 minutes depending on trails chosen. The moon should be bright enough to light the way but an extra headlamp or flashlight is helpful for each person. Register by Feb. 26. Off-road parking is available at the Mike Burke parking lot. Directions: take Route 11 into Alton Bay, turn on to Rand Hill Road. After three quarters of a mile on Rand Hill Road, take a left onto Alton Mountain Road. After approximately two miles, take a left onto Avery Hill Road. The trail head is located about 500 feet on the left after passing the Mike Burke Trail System. For more information and/or to register, contact parksrec@alton.nh.gov or 603-875-0109.

Dungeons and Dragons

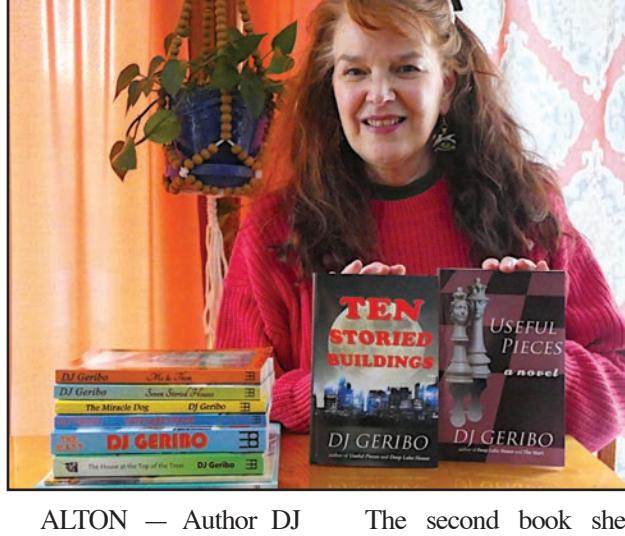
Alton Parks and Recreation is sponsoring a weekly Dungeons and Dragons adventure on Wednesdays

at the Alton Bay Community Center from 6-8 p.m. The program is free for ages 18+. 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.

Travel Club — Trip to Scotland, Wales and England- October 2026

Alton Parks and Recreation is sponsoring a trip with Collette Tours to Scotland, Wales and England Oct. 25-Nov. 3. There is also an option for a three-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 guide leads the entire trip. An information session will be held March 23 at 11 a.m. at the Gilman Library. RSVP to attend the session at 603-875-0109 or parksrec-asst@alton.nh.gov.

Alton author publishes new books



ALTON — Author DJ Geribo has been adding to the number of books she has written for over ten years now. A prolific writer, she has more than a dozen books started, from fiction to collections of stories to non-fiction, Geribo is never bored or blocked from a lack of story ideas.

One of the newest books she just completed is "Useful Pieces" which was written in 2019 during the month of November for NaNoWriMo, or National Novel Writing Month where each participant writes a complete novel in one month's time. Although Geribo completed the book that month, she put it on the back burner, not sure about the ending. Then, in fall of 2024, she decided to revisit the novel and after re-reading and re-editing, she decided it was finished.

The second book she completed is a collection of ten stories for "Ten Storied Buildings" that slightly resembles a collection she wrote in 2022 titled "Seven Storied Houses." Instead of houses and the stories about the people who live in them, the new collection of stories reveals the lives of the people who work in the various businesses and how their job changes them.

Geribo's tagline "Writing Gets Real" is often her focus in the stories she writes about real people living their lives. They are your neighbors, your friends, and they are you.

To find out more about DJ Geribo and to follow her writing and latest books, go to www.DJGeribo.com. All of her books are available, with a couple of them exclusively, from www.BBD-Publishing.com.

WOLFEBORO — Kingswood Regional High School has released its honor roll for the second quarter of the 2025-2026 school year.

High Honors

Grade 9: Abigail Ackerly, Maya Beaulieu, Dreya Benton, Aislyn Bergeron, Paydon Cardinal, Eire Corbally, Ashlynn Desrochers, Zachary Dubuc, Charlotte Edwards, Gabrielle Ferland, Solara Fowler, Ellie Fuller, Caleb Gillen, Emerson Ingham, Tadhg Kolodner, Zoey McGaw, Lauren Merrin, Kinsley Ortisi, Jennifer Paquette, Kamya Patel, Jamison Pelletier, Bristol Richards, William Santulli, Carly Weeks

Grade 10: Broc Ames, Aaron Bartlett-Caufield, Bradan Berkins, Miley Boisvert, Ethan Boyington, Jonathan Bronson, Melinda Clark, Gabriella Cronin, Brielle Dow, Timothy Drake, Lillian Ferland, Michael Gardiner, Peyton Ghent, Theodore Hall, Jemiela James, Lacey Kline, Clara Lucas, John Maguire, Eliza Marchand, Sophia Nichols, Vishva Patel, Kaylee Pellerin, Rosyelina Peterson, Jacob Pinard, Lily Reeves, Willow Swenson

Grade 11: Taylor Allar, Kyle Beaulieu, Checotah Boisvert, Madelyn Briggs, Kayla Cegielski, Lainey Clarke, Jerilyn Cornwell, Kelsie Davis, Katie DeVito, Gavin DeWitt, Jacob Dubuc, Sophia Dupell, Alexis Fitch, Ava Foster, Lila Francis, Duncan Glaude, Alexis Gomulka, Adelle Harrington, Brayden Johnson, Adaline King, Caroline Kinzlaier, Anthony LaRosa, Clara LeClerc, Emily Lewis, Madison Lord, Harlie Maguire,

Tessa McCallum, Patrick McClearn, Megan Nicol, Maya Nolin, Giselle Nunez, Myles O'Keefe, Brian Olivier, Zachary Pickle, Miley Quitungua, Jorindel Rosado Gomez, Ryan Santerre, Sid Towers, Henry Whyte, Andrew Wilson

Grade 12: Alexandra Ackerly, Thomas Benker, Elizabeth Bishop, William Blake, Graham Burke, Anna Cardinal, Malcolm Clark, Nathan Cloos, Anissa Desrochers, Arabella Diamond, Nelson Edwards, Patricia Engelhardt, Beth Gardiner, Madelyn Giunco, Danielle Gray, Myah Lavoie, Lillyanna Lowton, Emma Lyons, Jack Marks, Jordyn Martineau, Brady Moulton, Ella Olivier, Alyssa Pica, Zoe-Jane Ransom, Robert Regan, Bryce Sandlin, Benjamin Spewock, Evan Thurston, Haleigh Lindsay, Emma Pinard

Honors

Grade 9: Erolisa Agramonte Jose, Charles Belanger, Jase Bisson, Max Booth, Brianna Cann, Brayden Cantanuso, Sophia Corson, Brennan Crawford-Gulford, Anthony Czarnecki, Amelia Czarnecki, Piper DeWitt, Honor Drenning, Katarina Fitch, Peter Garner, Nicolas Gerade, Morgan Goodspeed, Ariel Isabelle, Ethan Johnson, Payton LaPierre, Stella Lavigne, Mazelia Little, Ellory Lovering, Shaelynn Maynard, Cecilia Meroski, Lainey Miller, Karlee Mosher, Teagan Nelson, Logan Nicoll, Eleyas Rose, Samuel Saxby, Alice Shaw, Maddock Skelley, Declan Smith, Blake Smith, Sophia Stimpson, Kenley Stirling, Aubrey

Stout, Justin Walsh

Grade 10: Leah Anderson, Jordan Andre, Hadley Aucoin, Kyle Blaisdell, Michael Boles, Joseph Broza, Malcolm Button, Luke Cardinal, Nolan Chominski, Julian Colantoni, Angelika Cordatos, Mason Cotton, Victoria Cowper, Caleb Croteau, Landen Deane, Ryan D'Entremont, Savannah Dodier, Daniel Esperti, Brody Ferguson, Sara Fernandes, David Garner, Zackary Hidden, Addison Hughes, Adelyn Joseph, Thaedrin Karmeris, Levan Kenerion, Alexis Kurtz, Chase Lank, Mya LaPlante, Aerianna Lavallee, Jacob Livie, Marsades Melanson, Coralena Meroski, Michael Gardner, Avery Giunta, Hailey Hartford, Anna Hebert, Colby Hewitt, Michael House, Andrew Hunt, Keira Johnson, Griffin Karcher, Kylee King, Emma Korntved, Avalyn Lambert, Grace Lehmann, Rider Leslie, Brendan MacPhee, Nicholas Mantopoulos, Cooper McCourt, Jacob Moody, Peter Morin II, Taylor Mullen, Cody Murphy, Billie Jo Murphy, Adrianna (Oliver) Noel, Kendal Oliver, Keller Peacock, Joy Peterson, Liam Rausch, Dean Richards, Ayla Robinson, James Rogers, Joshua Rogers, Madeleine Roman, Gianna Santangelo, Haley Savley, Lilyana Scott, Zoe Scripture, Maddison Seison, Ryder Shannon, Alyssa Smith, Kenadi St. Germain, Grady Steele, Faith VanAuken, Haley Vandenhecke, Selena Vergato, Blake Walbridge, Savannah Wilson, Audrey Wood, Benjamin Wright

Grade 12: Timilehin Abere, Annika Akey, Edward Ash, Samuel (Tucker) Baca, Miley Bentley, Ayden Bernier, Makenzie Boisvert, Thomas Bronson, Edward Daggett, Brynn Demers, Kaden Duque, Isabelle Fournier, Michael Gardner, Avery Giunta, Hailey Hartford, Anna Hebert, Colby Hewitt, Michael House, Andrew Hunt, Keira Johnson, Griffin Karcher, Kylee King, Emma Korntved, Avalyn Lambert, Grace Lehmann, Rider Leslie, Brendan MacPhee, Nicholas Mantopoulos, Cooper McCourt, Jacob Moody, Peter Morin II, Taylor Mullen, Cody Murphy, Billie Jo Murphy, Adrianna (Oliver) Noel, Kendal Oliver, Keller Peacock, Joy Peterson, Liam Rausch, Dean Richards, Ayla Robinson, James Rogers, Joshua Rogers, Madeleine Roman, Gianna Santangelo, Haley Savley, Lilyana Scott, Zoe Scripture, Maddison Seison, Ryder Shannon, Alyssa Smith, Kenadi St. Germain, Grady Steele, Faith VanAuken, Haley Vandenhecke, Selena Vergato, Blake Walbridge, Savannah Wilson, Audrey Wood, Benjamin Wright

Kingswood Regional High School announces honor roll

Gilford police log

GILFORD — The Gilford Police Department reported the following arrests from Jan. 30 to Feb. 9.

A 32-year-old male was taken into protective custody for intoxication on Jan. 30.

Elias R. Young, age 28, was arrested on Jan. 30 for DUI-Impairment and Contempt.

Joseph Peter Lagarde, age 18, was arrested on Feb. 1 in connection with a warrant.

A 58-year-old female was taken into protective custody for intoxication on Feb. 1.

Sarah E. Tasker, age 27, was arrested on Feb. 3 for Domestic Violence-Simple Assault resulting in Bodily Injury or Physical Contact and Criminal Threatening by Conduct.

David Alden Moore, age 68, was arrested on Feb. 5 for Driving After Revocation or Suspension of license.

Jameson T. Brisendine, age 30, was arrested on Feb. 6 in connection with a warrant.

Craig A. Wilcox, age 58, was arrested on Feb. 6 for Criminal Threatening by Conduct and Domestic Violence-Simple Assault resulting in Bodily Injury or Physical Contact.

Harrison Braidt, age 25, was arrested on Feb. 7 for DUI-Impairment.

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Jalen Reese named to Hamilton College Dean's List

CLINTON, N.Y. — Jalen Reese of Gilford has been named to the Dean's List at Hamilton College for the fall 2025 semester. To be named to the Dean's List, a student must be a current member of the Class of 2026 or 2027, have carried

a course load of four or more graded credits throughout the semester, and earned an average GPA of 3.5 or above on a 4.0 scale.

Reese, a junior majoring in mathematics, is a graduate of Gilford High School.

Hamilton College, a

leading liberal arts institution located in Clinton, N.Y., is where exceptional students explore passions through an open curriculum and robust research, internship, and off-campus study opportunities. Students graduate ready to lead purposeful lives thanks to highly regarded faculty mentors, generous resources that support each student's interests, and a loyal alumni network. The College's need-blind admission policy ensures access for talented students with limited financial means. Learn more at www.hamilton.edu.

Students partner to combat food insecurity through community service initiative

WOLFEBORO — Students in the Lakes Region Technology HOSA—Future Healthcare Professionals chapter are making a meaningful difference in the community by addressing food insecurity among their peers.

In collaboration with the student-led organization Knights Against Hunger, HOSA members recently launched a creative community service project inspired by a popular TikTok trend focused on supporting families experiencing food insecurity.

Rather than collecting isolated food donations, students designed a program centered on providing complete, healthy meal kits.

HOSA members selected a nutritious, simple recipe and assembled bags containing the necessary nonperishable ingredients so that students facing food insecurity could prepare a full meal at home with their families over the weekend. By pairing recipes with ingredients, the project promotes both access to food and confidence in preparing healthy meals.

Knights Against Hunger, a student-directed organization dedicated to “students helping students,” partnered closely with HOSA mem-



COURTESY
Izabella Forest and HOSA President Sophia Dupell help with assembling bags.

bers to organize and distribute the meal kits. The collaboration reflects the shared mission of both groups to support the well-being of the school community while encouraging service leadership among students interested in healthcare careers.

The school community would like to recognize Amanda Logan, Christina Fuller, and Jennifer Murray do Carmo for their leadership and dedication in co-

ordinating weekend food support for students. Their organization and advocacy help ensure our students have nutritious food over the weekend when access to school breakfast and lunch is not available.

Through compassion, teamwork, and innovation, HOSA students continue to demonstrate that small actions can have a meaningful impact on community health — one meal at a time.



COURTESY
HOSA I Students: Front Row: Kilee Davis, Tessa McCallum, Elliott Crouse, Kaylee Pert, Alexis Fowler, Zachary Leonard. Back Row: Ava Randall, Peyton LeClair, Peyton Ghent, Lilly Ferland, and MacKenzie Shea.



COURTESY
Front Row: Savannah Wilson, Vaega Johnson, Sophia Dupell, Anna Cardinal, Taylor Allar, Billi Jo Murphy, Anna Hebert, Tucker Ivone, Amy Madden - Health Science Teacher Assistant. Back Row: Kayla Cegielski, Izabella Forest, Alexis Gomulka, Madison Lord, Ella Dodier, Liz Bishop, Annika Akey, Zoe Jane Ransom.

Landscape Oasis of Alton Bay awarded Best of Houzz 2026 Powered by Houzz Pro

ALTON BAY — Landscape Oasis of Alton Bay & Norfolk, Mass. has won a “Best of Houzz - Powered by Houzz Pro” award for Customer Service for the 10th time on Houzz, the leading all-in-one software platform for construction and design. Landscape Oasis LLC, the residential landscape design and landscape construction firm, was chosen by the millions of homeowners that comprise the Houzz community from among more than 3 million active home building, remodeling, and design industry professionals.

“Best of Houzz” is awarded annually for Customer Service and honors professionals for their overall rating on Houzz as well as their positive client reviews for projects completed in 2025.

“Best of Houzz 2026” badges appear on winners’ profiles as a sign of their commitment to excellence. These badges help the more than 70 million homeowners and home design enthusiasts on Houzz to identify popular and top-rated home professionals for their projects. For Landscape Oasis LLC, this year’s badge will accompany the nine other “Best of Houzz Customer Service Awards” already achieved in prior years by the firm, ranking them as one of the top firms in the country.

“We are very proud of the recognition our clients have bestowed on our firm. We truly strive to be a leader in customer service in

all three areas of our focus: Landscape Design, Landscape Construction and Garden Care or as we like to say in our tagline, Conceive, Create and Care. We Conceive of a great idea to Create an Oasis at your home and then Care for it afterward to make sure you get complete enjoyment of your new Landscape Oasis,” said David Hancox, President, Landscape Oasis LLC.

“The Best of Houzz awards are a symbol of trust for homeowners when they are choosing professionals for their projects,” said Liza Hausman, vice president of Industry Marketing for Houzz. “This year’s winners showcase outstanding creativity and service, with many embracing Houzz Pro software to support top-tier project execution. We’re honored to celebrate their success.”

You can see more by Landscape Oasis on Houzz at <https://www.houzz.com/pro/landscapeoasis/landscape-oasis-llc> or at www.landscapeoasis.com.

About Landscape Oasis
Landscape Oasis has brought the over 42 years of design and construction management experience of David Hancox to the Greater Boston area along with his team. David, a resident of Alton Bay, heads up the new office in Alton Bay, New Hampshire. The original Landscape Oasis design office is still located at 206 Main St. in Norfolk, Mass. and the Brand New design office is located at 3 River-lake St. in Alton Bay. Land-

scape Oasis can take your dream and bring it to reality by combining the skill of their design staff with computer aided design tools. In-house designers follow through with the management and construction to create just the Oasis you envision by utilizing plants, water, stone, wood, metal and many other unique materials. Whether you’re dreaming of a pool, patio or garden paradise, Landscape Oasis has a design for you.

About Houzz
Houzz, the leading platform for construction and design, empowers industry professionals and homeowners with the tools they need to make every project a success. The company’s cloud-based, AI-powered project management and design software, Houzz Pro (houzz.com/pro), helps pros win projects, collaborate with clients and teams, and run their businesses efficiently and profitably. Houzz Pro also provides pros and their clients with 24/7 access to project information, 3D visualizations and financial tools. Using Houzz, people can find ideas and inspiration, hire professionals and buy products. The Houzz platform is used by more than three million construction and design industry professionals and more than 70 million homeowners and home design enthusiasts around the world. Houzz and Houzz Pro are available on the web and as top-rated mobile apps. For more information, visit houzz.com.

Gilford Public Library

Classes & Special Events

Feb. 19 – Feb. 26

Thursday, Feb. 19

Tai Chi, 10:15-11 a.m.
Senior Sculpt, 9-10 a.m.
Fun and Fitness with

Joyce, 10-11 a.m.

Tabletop Pinball, 3-4 p.m.

Get competitive in Tabletop Pinball!

French, 4-5 p.m.

Book Discussion: Play-

ground, 5:30-6 p.m.

This month's book is

“Playground” by Richard

Powers. Led by Katherine;

books are available at the

front desk.

Friday, Feb. 20

Geri Fit, 9-10 a.m.

Bridge, 10 a.m.-noon

The Wintering Body: A

Chair Yoga Journey, 10-11 a.m.

Preschool Storytime,

10:30-11:30 a.m.

Hand & Foot, noon to

2:30 p.m.

Happy Crafters, 1:30-

2:30 p.m.

Advanced Conversation-

al German, 2:30-3:30 p.m.

Beginner Line Dancing,

4-5 p.m.

Saturday, Feb. 21

Beginner Line Dancing,

10:15-11:15 a.m.

Honoring Loss, noon to

1:30 p.m.

Honoring Loss is a sup-

portive, reflective invitation

designed to honor loss, cre-

ate space for healing, peace

and quiet renewal. Present-

ed by Carol Wallace and

Dottie Bergeron.

Monday, Feb. 23

Fun and Fitness with

Joyce, 9-10 a.m.

Geri Fit, 9-10 a.m.

Senior Stretch Yogaah!,

10-11 a.m.

Powerhouse Theater

Presents: Pooh's Birthday

Surprise, 10-11 a.m.

In celebration of Winnie the Pooh's 100th birthday, come enjoy a wonderful play with your favorite characters!

Card Games, 10 a.m.-

noon

Check out an Expert, 10

a.m.-noon

Paint Group, 1-3 p.m.

Thursday, Feb. 26

Senior Sculpt, 9-10 a.m.

Fun and Fitness with

Joyce, 10-11 a.m.

French, 3-4 p.m.

Wednesday, Feb. 25

Gilford Public Library

Top Ten requests (plus two)

1. “Cross and Sampson” by James Patterson

2. “Stolen in Death” by J.D. Robb

3. “Jigsaw” by Jonathan Kellerman

4. “The Invisible Woman” by James Patterson

5. “My Friends” by Fredrik Backman

6. “Private Rome” by James Patterson

7. “Return of the Spider” by James Patterson

8. “The Frozen River” by Ariel Lawhon

9. “Pendergast: The Beginning” by Douglas J. Preston

10. “Theo of Golden” by Allen Levi

11. “The Correspondent” by Virginia Evans

12. “Buckeye” by Patrick Ryan

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Opinion

SECTION A, PAGE 4

SALMON PRESS, THURSDAY, FEBRUARY 19, 2026

The quiet strength of small-town schools

In towns like Gilford, Alton, Barnstead and New Durham, the local school is more than a building where classes are held from morning to afternoon.

It is a landmark. A gathering place. A measuring stick for the health of the community.

When families consider moving to the Lakes Region, one of the first questions they ask is about the schools. Test scores matter. Graduation rates matter. Course offerings matter. But what many people are truly asking is something simpler: Is this a place where my child will be known?

Small-town schools offer something that is increasingly rare in larger systems. Students are not numbers in a sea of thousands. They are recognized by name in the hallway. Teachers often know siblings, parents and even grandparents. Coaches see their players in the grocery store and at town events. Administrators attend the same community suppers and parades as the families they serve.

That closeness can create accountability, but it also builds trust.

In recent years, school districts across New Hampshire have faced pressure from fluctuating enrollment, rising costs and debates over curriculum. Those challenges are real. Budget hearings and warrant articles are often closely watched. Taxpayers expect careful stewardship of public funds.

Yet amid the line items and spreadsheets, it is important not to lose sight of what small schools quietly accomplish every day.

They adapt. When enrollment dips, they reconfigure programs. When staffing shifts, teachers take on extra responsibilities. When new educational standards emerge, they incorporate them into already full schedules. In many local schools, educators wear multiple hats, teaching core subjects, advising clubs and supporting extracurricular programs.

Athletics, music, drama and career and technical programs do more than fill after-school hours. They give students a sense of identity and belonging. A Friday night game, a spring concert, or a student art show brings the broader community into the building. Those moments reinforce the idea that education is not a private transaction between a family and a school district. It is a shared investment.

There is also a civic dimension. Students who grow up attending local schools often develop a strong sense of place. They learn local history. They volunteer in town events. They see firsthand how town meetings work. Many return after college or training, choosing to raise families in the same communities that shaped them.

That continuity is not guaranteed. It depends on sustained support and realistic expectations.

No school is perfect. There will always be debates over policy, budgets and priorities. Those debates are healthy when they are rooted in a shared goal: preparing young people for adulthood in a rapidly changing world while preserving the values that define the community.

In the end, the strength of small-town schools is not found solely in data points. It is found in relationships.

When a teacher notices a student struggling and steps in. When a coach encourages perseverance. When a guidance counselor helps chart a path forward. When neighbors show up to applaud students' achievements.

The school building may close for the day at dismissal, but its influence continues long after the buses leave the parking lot.

In towns like ours, the school remains one of the clearest reflections of who we are and who we hope to become.

Letter submission policy

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

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

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COURTESY Card carrying Lions

The Laconia/Gilford Lions Club continued its annual tradition of assisting those in need during the holiday season. In past years, members prepared & delivered gift baskets of food, but this year food gift cards for Vista supermarket were given to area faith groups to distribute to disadvantaged individuals & families. In total, 29 cards were distributed. Collaborating faith groups were: Lakes Region Vineyard Church in Laconia; Congregational Church of Laconia UCC; Unitarian Universalist Society of Laconia; and First Baptist Church of Belmont. Pictured, from left: Bill Chandler, Pastor Dick AuCoin of Lakes Region Vineyard Church, and Matt Soza.

LETTERS FROM EDWIN

Fork

The other day, I was appreciating an ancient invention upon which we continue relying upon today. Have you ever considered life before forks? There are just some things for which a spoon simply doesn't qualify. Like spoons don't hold meat while cutting very well. Ripping, tearing, and picking up your food must have produced major greasy finger experiences back then, and inadvertently, greasy everything else.

Forks really cleaned up the act of eating. Proper dignified procedures for utilizing them naturally ensued. European cultures developed a culinary system with specific hands and actions for various processes. Those over in America took more to the shovel it in approach.

I'm well aware of the fork in the lefthand method, which correlates well to the classic silverware placement model, but being of the second cultural group, I tend to swap hands and shovel. It's so much more time efficient. Speaking of efficiency, here's a quizzinger. Lately, I have found that restaurants, and friends, have taken to using disposable tableware. All the time. What a trend? Most-

ly plastic ware. Sometimes paper, but none of this ever gets recycled. I think that the world has come to the realization that the quantity of trash is just so much, that it's next to impossible to recycle it all. Just dump it somewhere, let Mother Nature take care of it.

Recycling may have been possible back in the seventies, but with the proliferation of plastics into everything, including you, it's become omnipresent. We're all harboring micro bits of plastic, everywhere. Hopefully they won't prove too harmful. They ain't going away any time too soon.

I was invited to a nice meal over at a friend's house. I was happy to see real plates and silverware. You know, plates that don't bend or get cut through, and metal ware that doesn't flex and break. It was wonderful. Like eating at home.

I forgot what the meal was. It was probably some kind of chicken something. Isn't it always chicken? It was a wonderful meal, and we were all sitting around relaxing, chatting after finishing the meal. No reason to rush. I thought. All of a sudden, our hosts switched

to clean up mode and we helped as we could.

It wasn't just clean off the table and get to the next course time, it was full clean up detail. Washed, dried, and put away. Then we all could settle back down to dessert and a little more take it easy time. I, being GF skipped the cake, but just ice cream was fine.

I was happy to see something gluten free, even though these days there are lots of ice creams that don't qualify.

I guess that the relaxation quotient of that meal would have been much higher had they opted for the disposables. But isn't it supposed to be quality time spent together that matters? We were all just spending that time together doing clean up detail.

When I was growing up, we would just pile up all the dirty dishes and then bring on the goodies and coffee. And after everything was completed, we'd have one large clean up session. Which method is better I can't say. The most preferable one would probably be the go

watch TV and let others do the cleanup. A persnickety child may opt for that one, or to just go outside and play. Of course I wouldn't know anything about such

diversions.

These days, it would more likely be to commune with one's phone. Have a sortie with one's cyber sweetheart. Waager on upcoming sports events. Take part in an imaginary war battle. All available at the touch of a button or the swipe of a screen.

Lately, I've been getting a lot of "proposals" from these women named personalities. Texts. My phone number must have gotten sold on the dark Web. Not knowing anything about me, they need to make some assumptions, which are usually totally wrong. In watching how they try to negotiate their way out gives them away every time. So far.

Maybe someday, one will get closer to true. Will ask a question that has some probability. Might I then slip and divulge some confidential information? Isn't that what they're hoping? It must be some kind of extortion. It can't be just for fun. It's a totally twisted kind of fun if that's the case.

A chat-bot babe tried too, she stopped calling.

E.Twaste

Correspondence welcome at edwintwaste@gmail.com

When words had a hand in them

KIND HEARTS,

COLD WINTERS

By CHIPPY

There was a time when a person could tell who had written a note before ever reading a word of it. You recognized the hand immediately. A neighbor's looping y's. An aunt's careful, upright letters. The slight rightward lean of a man who always seemed in a hurry, even when he wasn't.

These days, most words arrive looking exactly alike.

I was reminded of this recently while opening a drawer that doesn't get much attention anymore. It holds a few old envelopes, a pad of yellowed paper, and several pens that probably ought to be thrown out but won't be. Tucked among them was a short note written years ago, just a few lines long, saved for no reason other than it felt wrong to discard it. The message itself was ordinary. The handwriting was not.

The letters were uneven, sometimes crowded, sometimes drifting apart, as if the writer had changed their mind mid-sentence about where things should go. There were cross-outs and a smudge where the pen paused too long. It was imperfect in the best way.

None of that transfers to a text message.

This isn't a complaint, exactly. Like most people, I rely on technology every day and am grateful for it. I appreciate the speed and the convenience. I appreciate not having to decide

whether someone's handwriting that resembles a cardiogram. Progress has its advantages.

Still, something small has been lost along the way.

Handwritten notes carried effort. You had to stop what you were doing, find paper, sit down, and write. Mistakes stayed visible. There was no delete key, no easy undo. That effort gave even the simplest message a certain weight. "Thinking of you" meant more when you could see the time it took to write it.

In New Hampshire, we're a practical people. We fix things ourselves when we can. We value skills that serve a purpose. Handwriting once fit neatly into that tradition. It was a tool, not an art form, but it required practice and patience all the same.

Now it's something children learn briefly, then often move past. Many of us haven't written more than a grocery list by hand in years. When we do, our letters look stiff, like muscles that haven't been stretched

in a while.

There's a certain humility in that, I suppose. Sitting down to write by hand reminds you that not everything improves automatically. Some things fade if you don't use them.

I don't expect handwriting to make a grand comeback. That ship has sailed. But I do wonder if there's value in holding onto it in small ways. A handwritten thank-you note. A birthday card with a few lines added inside instead of just a signature. A short letter mailed simply because it can be.

Those small acts slow us down. They ask for attention. They leave behind something physical, something that can be folded, tucked away, and rediscovered years later in a forgotten drawer.

Someday, someone may come across a note you wrote and recognize you instantly, not by the words, but by the way you formed them. The slant of the letters. The uneven spacing. The slight wobble in a line written after a long day.

In a world where so much looks the same, that feels like a gift worth preserving.

Down to the wire to end the season

Timber Wolf girls wrap up regular season with thriller

BY JOE SOUZA

Contributing Writer

ALTON — Following a spirited Hall of Fame Induction ceremony that set the stage, the Prospect Mountain and White Mountains girls' basketball teams prepped for the postseason with a classic that went down to the final seconds.

The Timber Wolves got key contributions from veterans down the stretch to outlast talented White Mountains, locking up a top four seed for the upcoming tournament with a thrilling 50-48 win in the NHIAA Division III regular season finale for both teams.

"We are both in playoff mode here, fighting for seeding," Prospect Mountain coach Isiah Anderson said after his club capped the regular season with a 15-3 mark. The Spartans head to the postseason with an 11-7 record.

"We've been getting everyone's best shot here," added Anderson. "We've had seven games in the last two weeks, and the last three were very close. It's good for us."

And this was tight from start to finish, featuring 12 lead changes — six in the thrilling fourth quarter. Neither team enjoyed a lead greater than six points in the back-and-forth clash.

And the leaders for both teams did their best to pull it out in the final eight minutes. Kourtney Kaplan poured in 12 of her game-high 28 points in the fourth for the Timber Wolves, while White Mountains junior Harper Rowe had eight of her 25 points in the frame.

An inside bucket by senior Kay Nkwen-Tamo gave the Spartans a 46-44 lead with less than three minutes to go. Kaplan rattled off the next four points to put the hosts up 48-46 with 1:16 on the clock. White Mountains' Olivia Lorenz made a nice move inside for a layup to knot the game at 48 with 46 seconds on the clock.

Both teams missed opportunities to pull ahead. Following the Spartan miss with 22 seconds left, Prospect Mountain senior Madison Miller controlled a loose ball and quickly moved it up court, finding junior Ava Foster in the lane for the game-winning bucket with 13 seconds left.

The Spartans called a timeout to set a play up, but the Timber Wolves played tough man defense to deny the visitors. Kaplan met Rowe at the top of the three-point arc, forcing her to move the ball in the final seconds to Nkwen-Tamo. The senior guard's last second three for the win was just off the mark.

"We had our two seniors (Paige Harding and Madison Miller) on the floor at the end and they both came up big," Anderson pointed out. "Paige hit a big free-throw to get us tied and Maddie Miller had the big assist at the end."

While a tough loss for the Spartans, it's only their second to a Division III opponent. The others came against Division IV powers.

"It was one of those games," White Mountains coach Chris Foss said. "With the pregame festivi-



JOE SOUZA

Prospect Mountain head coach Isiah Anderson makes a point to his team during a timeout in the fourth quarter of the Timber Wolves' thrilling 50-48 win over White Mountains in NHIAA Division III action Friday. With the win, the Timber Wolves capped the regular season at 15-3.

ties you knew it was going to be as close to a playoff game as it could be, and it was. It was a back-and-forth game where it was going to come down to who had the ball last."

The Spartans did, but not with enough time to get a quality shot off.

Following an inspirational pregame Hall of Fame ceremony, the Timber Wolves — sporting the exact uniforms worn by the Alton High School 1975 Class "A" girls basketball state championship team — came out fast and grabbed a quick 6-0 lead. White Mountains settled into the game and clawed back into, taking a 12-10 lead after one after a Rowe three and buzzer-beating jumper.

White Mountains was able to open its largest lead of the contest in the second, but the hosts responded. Prospect's Emma Foster scored eight points in an 11-3 run to close the first half, starting the spurt with a three and capping it with a buzzer-beating trey to give the Timber Wolves a 26-25 lead at the break.

Little changed in the third quarter as both teams fought hard, not letting the other pull away and the Spartans took a slim 36-35 edge to set the stage for the thrilling finish.

"This is the type of game you want because you want your team to be battle tested this time of year," said Anderson. "While some fans may enjoy it and it may be good for your heart, a blowout really doesn't help you right now. Some will look at White Mountains record and question it. If you look at it though, White Mountains plays one of the toughest schedules in Division III. Playing up north, they are playing all the top powers in Division IV. They are a battle tested team."

"I think we have the best player in the division in Kourtney, and I think she rose to the challenge tonight," Anderson continued. "The team got her the ball and I thought she did a great job not forcing anything. It was a good game for her."

Kaplan led the way with her 28 points. Emma Foster was the lone other T-Wolf in double digits, finishing with 10 (all in the second quarter). Ava Foster finished with seven, while Harding had three and Madelyn Howlett two.

While giving credit to the Timber Wolves, Foss likes his club's chances in the postseason.

"You have to give respect where respect is due. Prospect Mountain is a top four team, likely the number three seed," he said. "I'm excited. At the start of the season, you want to



JOE SOUZA

White Mountains' Harper Rowe looks to make a play with Prospect Mountain's Kourtney Kaplan closing in on her during their NHIAA Division III girls' basketball showdown. had 13 games in Division III and we went 11-2 so

I'm confident we can compete against any team in

the division."

Rowe knocked down five three-pointers enroute to her team-high 25 points. Lorenz netted 10. Also contributing were Laycee Ingerson (six points), Mackenzie Foss (four), and Nkwen-Tamo (three).

The NHIAA Division III girls' basketball tournament opened after deadline Wednesday and continues on Saturday, Feb. 21, both at the home of the higher seed. The semifinals are Wednesday, Feb. 25, at Bow High School.

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

Learning things in the Italian mountains

SPORTING CHANCE

By JOSHUA SPAULDING

Just more than a full week into my sixth Olympic experience, there are a few things I have learned that maybe weren't as prevalent in other versions that I have covered.

First and foremost, Italians have a pretty laid back approach to things, which is great in many ways. However, when you are counting on them to drive buses to and from Olympic venues on a relatively regular schedule, it can be aggravating. I spent almost two hours at a bus stop at the bottom of the Anterselva Valley last week waiting on a bus. I just missed an 8:30 p.m. bus so was waiting about 45 minutes for the next one and it never showed up. Just nothing. The only way back to my hotel at that time of night is that one bus and whoever was driving decided he or she (all of my drivers so far have been men) didn't want to make the trip. The 10:30 p.m. bus eventually came, but it was a bit infuriating.

I know this spread-out version of the Olympics is basically here to stay. The expensive bid process that led to the Games in Sochi and PyeongChang were a call to make a change in the process and one of those changes that the IOC has embraced is the use of existing venues and using different approaches to hosting. Milan built the one new hockey rink in the city and they also rebuilt the sliding track in Cortina, changes that were needed for the Italian teams. But beyond that, everything is either temporary (other hockey rink, speedskating) or already existing (both alpine venues, biathlon stadium, cross-country skiing stadium and ski jump) but they are spread all over Northern Italy. It makes things very difficult on someone like me, who likes to see as many different events and venues as possible but it is obviously a more cost-effective way to do things.

The French Alps Olympics in 2030 will be much the same, though Salt Lake in 2034 will be back to a normal look since they are using all existing facilities.

This Olympic journey has taken me all around the world, but the northern mountains region of Italy has to be one of the most beautiful places I've ever been. The stunning mountain peaks surrounding small towns in picturesque valleys is truly stunning. My hotel is in Val di Casies in a tiny



JOSHUA SPAULDING

The picture does not do it justice, but this is the view from my hotel room in Val di Casies. Little village with absolutely stunning views. All the way down the valley every morning, we pass through these incredibly picturesque little villages. I am tempted to just stay here, where I am pretty sure nobody could find me or bother me.

Public transportation is everywhere here. In Paris we used public transportation to get us most places and here it is also incorporated into the media travel. There are dedicated buses for Olymp-

pic workers, but often times, you can hop on a local bus or train pretty easily. Even in my aforementioned tiny valley village, there is a commuter bus that passes through every half hour or so. It's also how the kids get to school, which I found out the other morning when I got on a 6:45 a.m. bus and we picked up at least three kids at every stop down through the valley.

At this time next week, I will be back in the United States covering high school hoop playoffs. It will be a change.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Coos County Democrat and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.

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Double banner day for Gilford football program

Champs get their title banner and NHFOA Sportsmanship Award banner



DANIELLE COOK — COURTESY

The Gilford football team poses with the two banners it earned, the NHFOA Sportsmanship Award and the Division III championship banner, in a ceremony in the high school gym last week.

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Gilford football Golden Eagles proved to everyone that they are the top team in Division III by winning the state championship last fall.

But they also proved to the officials around the state that they can win with sportsmanship and that distinction was honored last week when the New Hampshire Football Officials Association (NHFOA) presented the team with a banner recognizing them in a ceremony at the high school. During the ceremony, the team also unveiled the championship banner, which will join the many banners lining the walls of the high school gym.

"We are incredibly proud of this group of



DANIELLE COOK — COURTESY

Representatives from the New Hampshire Football Officials Association pose with members of the Gilford football team after presenting the team with the NHFOA Sportsmanship Award last week.

recognized by the NHFOA with the Sportsmanship Award is equally meaningful to our program.

"It's a testament to the character of our players and their commitment to competing the right way," the Golden Eagle coach continued. "We are excited to hang that banner in our gym as a permanent reminder of their integrity on and off the field."

In addition, one Golden Eagle was singled out, as senior lineman Tim Macaione was presented with the New Hampshire Football Officials Association Scholarship, as a senior who showed tremendous sportsmanship on and off the field.

the field.

"As a senior, Tim has consistently modeled what it means to be a leader through his tremendous sportsmanship," O'Hara noted. "Seeing his individual efforts recognized alongside the team's collective achievement makes this season truly special."

The Golden Eagles defeated neighbor and rival Laconia in the Division III finals back in November, 20-6, giving Gilford its first championship in the sport.

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

Badger doubles up, wins two

Division III titles



COURTESY PHOTO

Bode Badger stood atop the podium for the giant slalom and slalom at the Division III boys' State Meet last Tuesday.

BY JOSHUA SPAULDING

Sports Editor

HENNIKER — The Gilford alpine boys finished sixth overall on the day at the Division III boys' State Meet at Pat's Peak last Tuesday, Feb. 10, led by a double championship from Bode Badger, who won both the giant slalom and the slalom.

Gilford finished in third in the morning giant slalom, with Badger getting the overall win in a time of 1:17.62. Oliver Leandro was 22nd overall with his time of 1:33.86 and Joel Wernig was the third scorer with a time of 1:34.11 for 23rd place.

Hopkinton took top honors for the boys after winning the Division III girls' title the previous day with Kearsarge in second place, St. Thomas, Newfound in fourth and Lebanon finishing out the top five.

With his top 10 finishes, Badger qualified for the Meet of Champions, which took place after deadline on Wednesday, Feb. 18.

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American women pleased with giant slalom effort

All three athletes have significant connections to New England



JOSHUA SPAULDING

Under the shadow of the Dolomites, Mikaela Shiffrin waves to the crowd after completing her first run of the giant slalom in Cortina D'Ampezzo on Sunday.

BY JOSHUA SPAULDING

Sports Editor

CORTINA D'AMPEZZO, Italy — There were no medals won by the United States women in the Olympic giant slalom at the Tofane Alpine Center on Sunday. But each of the women who finished both runs, all with significant ties to New England, came away feeling good about what they accomplished on the day.

Mikaela Shiffrin, who is getting back into shape in the giant slalom after her significant injury at Killington Thanksgiving weekend in 2024, placed 11th with a two-run total time of 2:14.42, 0.92 seconds behind Italy's Federica Brignone, whose 2:13.50 was 0.62 seconds faster than the field.

In a rare occurrence, no bronze medal was awarded in the event due to a tie for second between Sweden's Sara Hector and Thea Louise St. Jernesund of Norway. Both had identical times on both runs — 1:03.97 for the first run, 1:10.15 on the second for a total of 2:14.12 — which resulted in two silver medals being presented.

Paula Moltzan placed 15th for Team USA (2:14.77), while Nina O'Brien was 20th



JOSHUA SPAULDING

The Tofane Alpine Center played host to the women's alpine events at the Milan-Cortina Olympics

how impressive that is," AJ Hurt started but did not finish her first run.

"That was the greatest show of GS skiing that we've had in a really long time — and to do it at the Olympics, where people actually have eyes on the sport," said Shiffrin, who grew up skiing in the Upper Valley and honed her skills at Burke Mountain Academy in upstate Vermont.

"When I think about it, I'm three tenths off of the podium in 10th or something. It's such a high level of competition. It is really, really cool that we as athletes were able to showcase that on this day."

"It was a beautiful day of racing, really good conditions, and sunny. One of those days you can really enjoy," she continued. "I was pushing, trying to turn any nervous energy into a sort of intensity."

Shiffrin praised Brignone, who is also on her way back from an injury and followed up her gold in the Super-G with the giant slalom gold.

"It's very, very cool to see that. Her injury was so bad. And the amount of rehab she's been going through and pushing, the mentality she has to trust sending it down the hill is... I wish I could explain

and bumpy, but it's nothing to not be expected, we're an outdoor sport," Moltzan added. "I was actually really happy with my (first) run, minus one turn, over the bottom roll."

For her part, O'Brien had a great turnaround from her morning run to her afternoon run, moving up nine spaces.

"I feel a lot better about my second run, I had nothing to lose standing in the start gate for the second run," said O'Brien, who also skied at Burke Mountain Academy and for Dartmouth College. "Definitely a little disappointed in my first run, I've been building all season and that certainly wasn't what I wanted to show first run."

"I'm proud of a lot of the turns I made second run and regardless, it's really special being here and competing," she continued. "Conditions were just excellent, the snow feels, perfect, that's a hard word to use, but we call it hero snow. It can be tricky to be fast on it because it feels so smooth and good, it's easy to overski, but it's a whole lot of fun to ski."

"They (conditions) were great, that middle section got a little dark

"I really went for it in the second run, I made too many mistakes," she continued. "It was dark out there and I didn't choose the right line, it's all on me and I am learning from it."

"They (conditions) were great, that middle section got a little dark

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

A month after Waterville Valley, US women top Olympic podium

BY JOSHUA SPAULDING

Sports Editor

LIVIGNO, Italy — Less than a month after taking to the moguls at Waterville Valley in the Intermountain Health World Cup, two members of the United States freestyle skiing team took to the top two spots on the Olympic podium in Livigno on Wednesday, Feb. 11.

Elizabeth Lemley, who clinched her spot on the Olympic team with a second place finish at Waterville Valley, won the gold

medal and Jaelin Kauf repeated as the silver medalist in the freestyle skiing women's moguls.

Lemley took command with a score of 82.30 on her final run, then had to wait while the remaining skiers tried to top her. The only one to come close was Kauf. The silver medalist in the event in Beijing in 2022, she scored 80.77 points to give Team USA its first multiple medal performance of the Olympic Winter Games Milano Cortina 2026. France's Perrine Laf-



JOSHUA SPAULDING

Jaelin Kauf competes at Waterville Valley in last month's Intermountain Health World Cup. She earned her second straight Olympic silver medal in the women's moguls behind teammate Liz Lemley in Livigno, Italy last week.

font won the bronze medal, scoring 78.00.

The podium wasn't settled until the final skier, Jakara Anthony of Australia, bobbled on a landing, forcing her to settle for eighth place.

"I've had so much support over my whole lifetime and I've worked so hard this past year to rehab my ACL, and it just means so much to win it and I'm so proud of myself," Lemley said. "It's unreal, it's amazing to share the podium with Jaelin and my teammates and my family. I love them so much and it was just so special."

"It's so special," she added. "This is my first Olympics, so it's overwhelming, but it's amazing to share all these moments with everybody."

"That's really fun and I am really thankful for that," he continued. "It helps you to be excited for your teammates and push each other and that's what got us here and that's what we'll keep doing."

After an experience in

Beijing that was certainly

different, as the athletes had never seen the course and with COVID precautions in place, there were no fans in the stands or family nearby, returning to such a familiar place four years later is that much more fun.

"I've had better races,

but I am happy to be here

and happy to be racing. It's

a cool atmosphere," he said.

"It's cool to be at a venue

that we know, a course that

we know. When you're pre-

paring all summer long you

know what you're preparing

for. In Beijing, we had no

idea what we were getting

in to."

The Individual is the lon-

gest biathlon competition,

where men ski 20K. More

than any other discipline,

the individual race rewards

precision, as each missed

target adds one minute to the

athlete's final time. Careful,

accurate shooting is crucial

for success. Athletes start at

30-second intervals and ski

five loops (5X4 km), with

four shooting stages alter-

nating prone and standing

(prone, standing, prone,

standing). The final time

including penalty minutes

determines the winner.

Doherty was the first

American out of the gate in

the 20K race, starting with

bib seven. After missing just

one target in his first two

shooting stages, he missed

five over the next two

stages and finished in 80th

place overall with a time of

1:02:16.8.

Sports Editor Joshua

Spaulding can be reached

at 279-4516, ext. 155 or

josh@salmonpress.news.

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Olympics, part four

Doherty returns to Olympics for fourth time, this time as the veteran athlete



JOSHUA SPAULDING

Sean Doherty stands in the start gate for the first race of his fourth Olympics in Antholz/Anterselva, Italy on Tuesday, Feb. 10.

BY JOSHUA SPAULDING

Sports Editor

ANTHOLZ/ANTERSELVA, Italy — Talk about coming full circle.

Since making his Olympic debut as a young man just out of Kennett High School at the 2014 Sochi Olympics, Doherty has been a mainstay on the US Biathlon Team and in his fourth Olympics experience, he has the chance to come back and race where his official Olympic journey started.

The Antholz Biathlon Stadium is probably the most famous of all biathlon courses in the world, tucked high in the Italian Dolomites near the Austrian border and it is a regular stop on the World Cup. It was also where Doherty and his teammates did their final training for the Sochi Olympics all those years ago. And all these years later he still remembers the support he got when he started his journey and he still gets to this day from the people back at home in New Hampshire.

"I think of that often, here is where we did the preparation for my first games, 12-13 years ago," he said after finishing the 20K individual event on Tuesday, Feb. 11. "It's cool to represent the Valley all those years and all the people that helped me achieve this and have helped me keep racing and pursuing this dream."

Things obviously are different this time for Doherty, who is now the veteran of a young team that has been making some noise on the World Cup circuit, including teammates Campbell Wright, Maxime Germain and Paul Schommer. And for his part he's done his best to try and pass along whatever information he can to help his teammates deal with the big stage that the Olympics presents.

"It's fun to tell stories and talk about my experiences and maybe pass along a couple of kernels of wisdom to help everybody handle the extra, you know, the Olympics is just more, everything is more," he said. "The amplitude, the environment, the atmosphere. It's fun, but you also know what you're preparing to

compete in and all the extra stuff that comes with it.

"It's something to look forward to but it's also nice that it doesn't catch you off balance," he said. "Those things and all the extra media and the stuff that comes along with it, is part of the fun, if you can handle it."

Additionally, Doherty is happy to help raise the banner for US Biathlon as things continue to head in an uphill trajectory for a team that is still looking for its first Olympic medal.

"I've been on this team a long time and it's really fun," he said. "I think, both for the men and women, all bringing that extra little bit of intensity to this Olympic season, there's a real feeling of collective momentum, there's not just the one golden hopeful, home run hitter, there's a belief that all of us have something really valuable to contribute to the team, whether it's an individual or relay performance,

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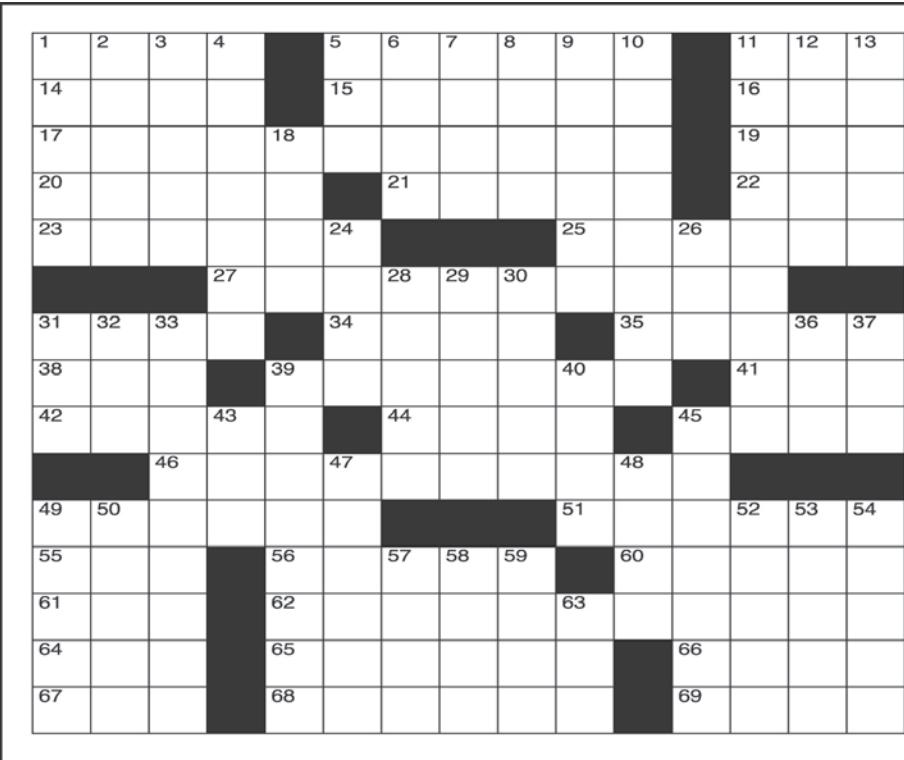
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CLUES ACROSS

1. Cut quickly
 5. A way to state clearly
 11. River in NE Scotland
 14. Expansive
 15. Lacking social polish
 16. Amount of time
 17. Frame
 19. Automobile
 20. Toadstools
 21. High school dances
 22. Utilize
 23. Experimented with
 25. One-sided
 27. Acquisitive
 31. Potted plants
 34. Everyone has one
 35. Kalahari Desert lake
 38. Unidentified flying object
 39. People 65 and over

41. Small amount
 42. Daughter of Acrisius
 44. Ornamental box
 45. Government agents
 46. Uncertain
 49. A cotton fabric with a satiny finish
 51. Treeless plains
 55. One's sense of self-importance
 56. Consumer advocate
 60. Type of lounger
 61. Body part
 62. Can be persuaded
 64. Woman (French)
 65. Ready and willing to be taught
 66. Arab ruler title
 67. Unhappy
 68. Gradually went away
 69. Able to think clearly

CLUES DOWN

1. Brushed
 2. Small water spirit (Germ.)
 3. Heroes
 4. Monetary units
 5. Some don't want to share theirs
 6. Free-swimming invertebrate
 7. Litigates
 8. Outer
 9. Parallelograms
 10. Uneasy feelings
 11. Cross
 12. A way to remove
 13. Pages can be dog-
 18. Ukrainian city
 24. A citizen of Denmark
 26. Month
 28. Hindu queens
 29. Group of chemicals
 30. Rider of Rohan
 31. Wet dirt

32. Southwestern Russia city
 33. Observed
 36. Angry
 37. Drivers' licenses
 39. Musical composition
 40. Auction
 43. They __
 45. Women
 47. Be filled with love for
 48. Thick-soled sock
 49. Appears
 50. Old World lizard
 52. The leading performer
 53. Protein
 54. "Gunga Din" script writer
 57. Art __, around 1920
 58. __ Blyton, children's author
 59. Abnormal breathing
 63. A place to rest

PUZZLE SOLUTION



Bravar, Glidden lead Timber Wolves at Division III State Meet

BY JOSHUA SPAULDING

Sports Editor

HENNIKER — The Prospect Mountain alpine boys took on a strong contingent of Division III squads at the State Meet on Tuesday, Feb. 10, at Pat's Peak in Henniker.

The Timber Wolf boys finished ninth overall on the day with Hopkinton, Kearsarge, St. Thomas, Newfound and Lebanon rounding out the top five.

Charles Bravar led the

Spartans in the morning

giant slalom in 1:43.07 for 33rd place with Evan Fuller in 34th place in 1:44.16 and Brady Glidden in 46th place in 1:55.93. Ayden Porter was 48th overall to finish out the scoring in 2:01.64.

Michael Perry finished in 52nd overall in 2:04.38 and Isaac Casale was 53rd overall in 2:06.52.

The Timber Wolves finished seventh in the afternoon slalom with Glidden

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

Timber Wolf girls make their return to Division III State Meet

BY JOSHUA SPAULDING

Sports Editor

NEWBURY — For the first time in a while, the Prospect Mountain alpine team had enough girls to field a team at the Division III State Meet.

The Timber Wolves took to the slopes at Mount Sunapee Resort on Monday, Feb. 9, and finished in ninth place overall on the day, with Hopkinton, Gilford, Bishop Brady, White Mountains and Kearsarge

rounding out the top five.

Erin Goyette led the way

for the Timber Wolf girls in the morning giant slalom with a 34th place finish in 1:12.08 and Sydney Grasso was 41st overall in a time of 1:14.62. Violet Page was 47th in a time of 1:19.05 and Anna Sanders finished out the scoring for the Timber Wolves with a 48th place finish in 1:19.13.

Natalie Shea skied to

49th overall in a time of 1:21.71 and Johanna Foley finished out the field of Timber Wolves with a time

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

Gilford starts strong, cruises to win over Newfound

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Gilford hoop boys held visiting Newfound to just four points in the first quarter and cruised to a 73-39 win on Wednesday, Feb. 11.

Gilford jumped on the board early with 22 points in the first quarter while the Bears managed just four points. Newfound bounced back nicely in the second quarter, but the Golden Eagles still won the frame by a 20-18 margin to take the 42-22 lead to the halftime break. Gilford used an 18-5 third quarter advantage to build up a 60-27 lead head-

ing to the fourth quarter and won the final frame by a 13-12 advantage for the 73-39 final score.

Mark Uicker led three Golden Eagles in double figures, pouring in 19 points while Owen Hawkins added 15 points and Henry Sleeper finished with 13 points. The Bears were led by 22 points from Jayden Belyea.

Both teams finished up their regular season last

week and the Division III tournament kicked off after deadline on Tuesday, Feb. 17, and continues on Friday, Feb. 20, at the home of the higher seed. The semi-finals are set for Tuesday, Feb. 24, with a location to be determined.

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

More than 7,500 University of Rhode Island students named to Fall Dean's List

KINGSTON, R.I. —

The University of Rhode Island is pleased to announce that several area students have been named to its Fall 2025 Dean's List. Among them are:

- Lindsey McCullough of Alton Bay
- Lily Rapoza of Alton Bay

To be included on the Dean's List, full-time students must have completed 12 or more credits for letter grades which are GPA applicable during a semester and achieved at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades which are GPA applicable earning at least a 3.30 quality point average.

Students named to the Dean's List represent nearly all of Rhode Island's cities and towns, all six New England states, New York and New Jersey, and many other states and countries.

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Timber Wolf girls hand Saints their first loss of the season

BY JOSHUA SPAULDING

Sports Editor

DOVER — Not too many people have been on the right side of the scoreboard when taking on the St. Thomas girls' basketball team. The Saints came into last Monday night's game with Prospect Mountain having only lost a pair

of games in the past 55 contests.

The Timber Wolves took care of giving the Saints a third loss, avenging a loss from earlier in the season with a 40-31 on the court where the Saints have dominated for a number of years.

The last time they

played, St. Thomas guard Emma Torielo torched the Timber Wolves for 27 points and this time they came in with a clear defensive focus and executed it to perfection.

The Timber Wolves delivered their strongest, most complete defensive performances

of the season, holding Torielo to just 13 points and Prospect's disciplined help defense and physicality disrupted the Saints the entire night.

Offensively, Prospect got out to a six-point lead early on and they never trailed, dictating the tempo and controlling both ends of the

floor.

Ava Foster had 11 points, six rebounds and four blocks, Courtney Kaplan had nine points, seven rebounds, three assists, three steals and one block, Madely Howlette had nine points, four rebounds, three steals, one block and one assist, Delaney Drolet added five points, five rebounds, one assist and one steal, and Paige Harding had five rebounds and four

assists and anchored the game plan execution.

The Division III girls' hoop tournament kicked off after deadline Tuesday and continues on Friday, Feb. 20, at the home of the higher seed. The semifinals are set for Tuesday, Feb. 24, at a location to be determined.

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

Vermont's Cochran-Siegle wins second-consecutive Olympic silver medal

BY JOSHUA SPAULDING

Sports Editor

BORMIO — Lightning can strike twice in the same place, as it turns out. It can also strike twice in different locations, as Vermont's Ryan Cochran-Siegle found out on Wednesday, Feb. 11, in Bormio, Italy.

Skiing on the hill where he picked up his first-ever World Cup win and skiing in the event in which he skied to a silver medal in the Beijing Olympics, Vermont's Ryan Cochran-Siegle was back on the podium, picking up the silver medal in action at the Milano-Cortina Olympic Games.

Cochran-Siegle posted a time of 1:25.45, 0.13 behind the winning time of 1:25.32 by Franjo von All-

men of Switzerland.

"I feel good," Cochran-Siegle said. "Today was about really trying to trust my skiing and knowing the course was in good condition. Having an early bib was an advantage. And it's nice to put down a run top to bottom where I felt like I was really pushing in the right way."

"It's also a team effort. I am here because of what my teammates and my coaches (have done)," he continued. "Everything that they have instilled in me, my knowledge, just the whole process throughout my career. It's a reflection of that. I'm really appreciative."

It was von Allmen's third gold medal of the Olympic Winter Games

Milano Cortina 2026, matching the most by an alpine skier at a single Olympic Winter Games.

Maine's Sam Morse was 23rd for Team USA with a time of 1:27.41, while Kyle Negomir was 26th, finishing in 1:28.62. River Radamus started but missed a gate in the upper portion of the course and did not finish.

Cochran-Siegle's medal is the seventh by Team USA in the event. The US now has five silver and two bronze medals in the event.

The Vermont-raised skier, who is the son of American skiing champion Barbara Cochran, said he couldn't wait to share the moment with his mother, who due to the COVID restrictions, was not able to

attend the Beijing Games. And he also credited the sweet sap from his family's farm as part of his success.

"It's awesome. I am here because of family," Cochran-Siegle said. "I haven't seen them yet. I am sure I'll have a lot of emotion. I'm thankful they are here to be part of this celebration."

"Pre-race for sure, I have some syrup. I'll probably have a packet or two when we get back," he said. "I actually had some good pancakes for breakfast, maybe that was the secret."

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

Ogden wins Team USA's first men's cross-country medal in 50 years

BY JOSHUA SPAULDING

Sports Editor

TESERO, Italy — Starting what would be a great run for Vermont athletes on Tuesday, Feb. 10, Vermont's Ben Ogden won the silver medal in the men's cross-country skiing sprint classic at the Tesero Cross-Country Stadium, the first medal for an American man in the sport in 50 years. The medal capped off the most successful day for Team USA in the event ever.

After advancing to the final as one of the lucky losers in the semifinals, Ogden covered the course in 3:40.61 to finish 0.87 seconds behind gold medalist Johannes Hoesflot Klaebo of Norway, who crossed the line in 3:39.74. Klaebo's teammate, Oskar Opstad Vike, won the bronze medal in 3:46.55.

Ogden's silver is the first for Team USA in a sprint classic event and only the second by an American in cross-country skiing. The previous medal was a silver won by Bill Koch 50 years ago in the 30km event at the Olympic Winter Games Innsbruck 1976. The previous Olympic best by a Team USA man in the classical sprint was 19th by Simi Hamilton in 2018. Ogden's 12th-place finish in the freestyle sprint event at the Olympic Winter Games Beijing 2022 was the previous best finish in any men's sprint race at an Olympic Winter Games.

"It's an unbelievable dream come true. Everybody who races dreams of being on an Olympic podium," Ogden said. "It's the ultimate goal, and I feel like this last year I've dared to set my

expectations on an Olympic podium.

"Every day in training I've thought of how I could get better, and be the best version of myself on this course, and I've had good and bad days on this course, but I'm thrilled that today ended up being a good day," he added.

And he was excited to see so many people in the stands supporting his Olympic endeavors, including many from Vermont.

"There's all kinds of people here from Vermont," Ogden noted. "My mum is here, I just got to see her briefly and that was incredible, and a whole bunch of people from my hometown, Landgrove, are all here."

"There's a bunch of kids and if I wasn't here (doing interviews) I'd be over there celebrating

with them," he added. "I am so excited I was able to put on a good show with so many Vermonters here, and so many Vermonters watching back home."

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

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HIGH SCHOOL SLATE

Saturday, Feb. 21

WINNISQUAM

Hockey vs. Pembroke-Campbell; 12

Wrestling at ConVal (Division III State Meet); 9

Wednesday, Feb. 25

BELMONT-GILFORD

Hockey at Kingswood; 7:10

All schedules are subject to change.

HIGH SCHOOL SLATE

Friday, Feb. 20

KENNETT

Boys' Hoops at Laconia; 6

Girls' Hoops vs. Laco-

nia; 6

KINGSWOOD

Boys' Hoops vs. Souhe-

gan; 6:30

Girls' Hoops at Souhe-

gan; 6

KINGSWOOD

Boys' Hoops vs. Laco-

nia; 6:30

Girls' Hoops at Laco-

nia; 6

Girls' Hockey at Souhe-

gan; 2:10

Tuesday, Feb. 24

KENNETT

Boys' Hoops vs. Lebanon; 6:30

Girls' Hoops at Leba-

non; 6

KINGSWOOD

Boys' Hoops vs. Souhe-

gan; 6:30

KINGSWOOD

Boys' Hoops vs. Laco-

nia; 6:30

KINGSWOOD

Boys' Hockey at Mo-

nadnock; 2:40

Girls' Hockey vs. Ex-

eter (Notre Dame); 3:30

KINGSWOOD

Boys' Hockey vs. John

Stark; 7

Wrestling at Goffstown

(Division II State Meet); 9

PROSPECT MOUNTAIN

Wrestling at ConVal

(Division III State Meet); 9

KINGSWOOD

PROSPECT MOUNTAIN

Boys' Hockey vs. Bel-

mont-Gilford; 7:10

All schedules are

subject to change.

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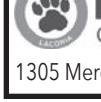
PETS OF THE WEEK

Meet Woody!

Woody is a small terrier mix with BIG puppy energy and an even bigger personality! At around 6 months old, this bouncy boy loves to jump, pounce, prance, and generally keep life exciting. He can be a bit shy at first, but once he decides you're his person, get ready—his silly side comes out in full force!

Woody is equal parts sweet and spunky. One minute he's gentle and affectionate, the next he's showing off his zoomies and expressive eyebrows like he's starring in his own cartoon. His tall, floppy ears only add to the comedy.

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safe. Lolo is a little extra

special though because he has a birth defect that impacted his leg, he's lived with it for his whole life. It doesn't slow him down a bit—he's still active and curious—but he moves a bit differently, often with an adorable "army crawl".

His leg looks a little wonky but so was Nemo's fin! Our orange and white boy is a little insecure about it and doesn't like to show it to just anybody so he really needs that special person to build up his confidence and let him see that it's okay to be weird.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	Route 11	N/A	\$360,000	Merfeld Fiscal Trust and Susan L. Merfeld	William and Dorothy M. Collazo
Alton	N/A	N/A	\$4,400,000	Lucinda H. Lee 1999 Trust and David S. Lee	73 Pipers Point Trust and Gregory Van-Slyke
Barnstead	19 Nutter Circle	Single-Family Residence	\$343,000	Keegan C. and Sarah A. Glidden	Chloe Shea
Barnstead	N/A	N/A	\$150,000	Juliana L. Emerson RET	Richard P. and Karen M. Kramer
Gilford	44 Gilford East Dr.	Gen. Office	\$1,150,000	42-44 Gilford LLC	Sea Gilford East LLC
New Durham	290 Kings Highway	Single-Family Residence	\$485,000	Jeffrey and Melyn Ancheta	Patrick K. Cronin and Sierra F. Beard

ABOUT THE REAL REPORT

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

Granite VNA offers Living with Grief support group in Wolfeboro

WOLFEBORO — Granite VNA is offering a Living with Grief Support Group on Wednesdays beginning March 11 from 1:30 - 3 p.m. Sessions will be held at the First Congregational Church, 115 South Main St. in Wolfeboro.

These weekly group sessions for adults are a safe, caring space to share and learn alongside others whose lives and hearts have been broken open by loss. Together, we discuss ways of coping with our grief and the challenges of making

our way in a changed world. We welcome people who have suffered the loss of any beloved — in a partnership, family of origin, family of choice, or friendship. While each of our loves and lives are unique, grief is a deeply shared human experience — one where we have much to learn from listening and sharing with each other.

Registration is required and space is limited. To register, please call (603) 410-9519 or visit www.granitevna.org.

All community members

are welcome to attend. This program is offered at no charge.

About Granite VNA

Granite VNA is a not-for-profit licensed and certified home health and hospice care provider. The agency serves people of all ages in 72 communities across the Greater Capital Region and Central New Hampshire by providing home care, hospice care, pediatric and maternal child health services, and wellness programming. The agency has offices in Concord, Laconia and

Wolfeboro. Formed through the merger of Concord Regional VNA and Central

New Hampshire VNA & Hospice, Granite VNA has served New Hampshire

since 1899. For more information about Granite VNA, visit www.granitevna.org.

Granite VNA offers Walk-In Wednesday in Wolfeboro

WOLFEBORO — Granite VNA offers Walk-In Wednesday on Wednesday, March 25 from 10 a.m. to noon at the Wolfeboro Public Library at 259 South Main St.

Walk-In Wednesday is an opportunity to get your questions answered. A Granite VNA Social Worker/Notary Public is available to:

- Connect with you to discuss your end-of-life wishes
- Review your Advance Directives to make sure it reflects your decisions regarding future medical care
- Assist with filling out

your Durable Power of Attorney for Healthcare and/or Living Will

• Provide information about resources and services that may benefit you or a family member

This program is offered at no charge and is on a first-come, first-serve basis. Pre-registration is not required. For more information, call (603) 224-4093 or (800) 924-8620, ext. 85664 or visit www.granitevna.org.

About Granite VNA

Granite VNA is a not-for-profit licensed and certified home health and hospice care provider. The agency serves people of all ages in 72 communities across the Greater Capital Region and Central New Hampshire by providing home care, hospice care, pediatric and maternal child health services, and wellness programming. The agency has offices in Concord, Laconia and Wolfeboro. Formed through the merger of Concord Regional VNA and Central New Hampshire VNA & Hospice, Granite VNA has served New Hampshire since 1899. For more information about Granite VNA, visit www.granitevna.org.

Candia man injured after crashing snowmobile into tree

GILFORD — On Feb. 14 at about 4:40 p.m., 54-year-old, Jeffrey Meisenburg of Candia sustained potentially serious life-threatening injuries after losing control and crashing a snowmobile into a tree. He was riding with a friend on snowmobile trail Corridor 15N in Gilford when the incident occurred. Gilford Fire and Rescue, Gilford Police, Belknap County Snowmobile Club, and NH Fish and Game responded to assist and investigate the scene. Active members of the local

Belknap snowmobile club assisted with extracting the damaged snowmobile with their groomer vehicle from the trail and brought it to a more accessible driveway where it could be picked up.

Meisenburg was transported by EMS to Concord Hospital in Laconia for further evaluation and treatment.

The responding Conservation Officer determined that it appeared that the operator inadvertently squeezed the throttle causing him to grip onto the han-

dlebars tightly, and when the machine hit the edge of the trail, this caused his hand to push the throttle even further into the bar, causing the powerful turbocharged machine to lift its ski's and then graze the side of a large tree, ejecting and injuring the operator. The operator was wearing a helmet at the time of the accident and the preliminary investigation determined that the operator was not under the influence of alcohol or drugs.

REAL ESTATE



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All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or publish 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, sex, 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))

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The toll free telephone number for the hearing impaired is 1-800-927-9275. You may also call The New Hampshire Commission for Human Rights at 603-271-2767

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have completed no fewer

than 12 semester hours of

academic work for the se-

mester, of which eight or

more hours must be grad-

ed work rather than "satis-

factory/unsatisfactory."

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to the President's Roll of

Honor. To qualify for the

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have an overall cumulative

grade point average of 3.80 or higher. The

student must also have

earned a minimum of 30

semester hours and have

completed a minimum of

12 hours at the close of the

semester, eight of which

must be for traditional let-

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acterized by a foundation of liberal arts, high quality

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recognized program of graduate education and

research, law and medical schools praised for quality

Huggins Hospital CEO Jeremy Roberge recognized among Becker's Top CEOs to Know

WOLFEBORO — Huggins Hospital President & CEO Jeremy Roberge was recently featured in Becker Hospital Review's list of top Critical Access Hospital President and CEOs to Know list. The list highlights leaders who have a steadfast commitment to patient safety, excellence, financial stability, expanding service lines and strengthening care in their communities. Becker's Hospital Review develops the list based on nominations and editorial research.

"I am deeply honored to

once again receive this recognition from Becker's," said Roberge. "This is a reflection of our employees, leadership and community partners who work every day to ensure the strength of Huggins Hospital. Our combined effort ensures the availability of quality healthcare in our rural communities."

Under the leadership of Roberge, Huggins Hospital has continued to maintain financial strength and grow service lines for the community. Over the past few years, Huggins Hospital



Jeremy Roberge

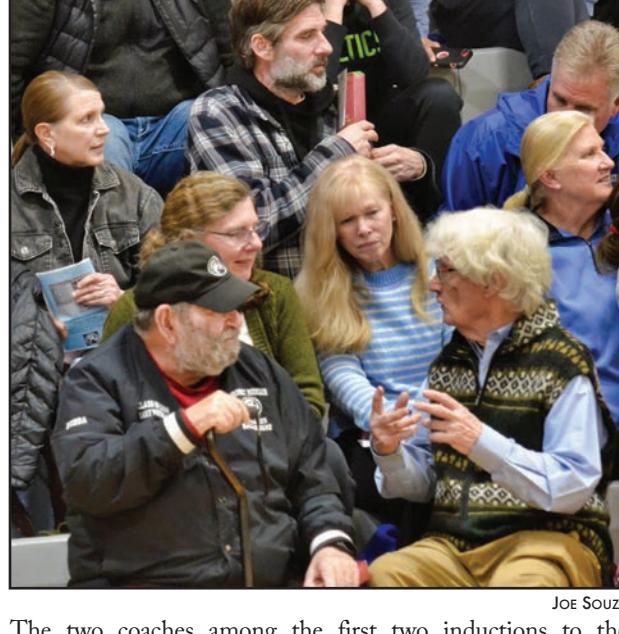
has expanded access to Primary Care and Orthopedics and has added new services including Cancer Care. This spring, Huggins Hospital will also be announcing expanded MRI service with a new Ambient Experience MRI machine located at the hospital. This new MRI machine will allow more days for MRI service and new technology that reduces movement in MRI images along with soothing visuals, lights and sounds.

"Through hard work and dedication to our community, we have maintained our

financial strength in a way that allows us to also grow services," said Roberge. "With this strength, we plan to continue to be an independent hospital so we can always focus on the needs of our community as our top priority."

Roberge has earned recognition on multiple lists from Becker's Hospital Review over the years. Earlier in 2025, Huggins Hospital was named the Best Small Hospital by NH Business Review in their Best of Business Awards.

"Through hard work and dedication to our community, we have maintained our



JOE SOUZA

The two coaches among the first two inductions to the Prospect Mountain Hall of Fame, Gary "Bubba" Noyes, left, and Frank Weeks, talk shop during the first quarter break of the Prospect Mountain and White Mountains girls' basketball game which followed the Hall of Fame induction ceremony.

Hof

(continued from Page A1)

Before that, the game was restricted. They played halfcourt before playing six on six where three players were restricted to the offensive side and three on defense with one rover who could play offense and defense. They were restricted to two dribbles, and they had to shoot or pass. That changed with the recognition of the NHIAA, shifting them to five on five like the boys.

At the start, the girls' game was considered lumbering with scores in the 20s or lower. The small school in Alton changed that under the direction of Weeks. The Apaches played an up-tempo game, running and pressing opponents in a style similar to today's fast paced games.

They changed the perception of the girls' game with their aggressive game.

"I'm a little embarrassed. It was over 50 years ago," Weeks said following the ceremony. "This brings back memories. We sort of broke the mold back then."

It all started under Weeks at the junior high level, which is where he laid the groundwork for the successful four-year run. The Alton junior high team went 21-0 in 1972-73. Weeks took over the varsity program that went 2-13 with that young, talented core coming up as freshmen. That first year with three freshmen starting, the Apaches went 14-2 and lost in the Class "A" semifinals to eventual champion Pittsfield.

But the Apaches were

built for a long run with a line-up set for the next three years. That featured five sophomores Diane DeJager, Amy Birdsey, Pam Smith, Cathy Jones, and Elaine Thomas joined by freshman Arlene DeJager.

Alton started the 1974-75 season with a tough 22-19 loss at Weare. That game stands out as it would be the last time the Apaches would score less than 40 points in a game, and they wouldn't suffer a setback again until the 1977 Class "A" final.

Alton's 54-game winning streak, which included two state titles, is considered one of the best runs in New Hampshire.

"The girls practiced more than other teams did," Weeks said. "The girls were very dedicated. They wanted to prove they were as worthy as the boys... and they did that. We have to be so thankful for the parents and their support."

Weeks gave a lot of credit to Dave Smith, the Alton boys' basketball coach and current Coe-Brown boys' coach, a New Hampshire basketball legend.

"The boys' basketball coach Dave Smith helped me. He told me we had to run so we did. We used to run and press teams," Weeks recalled. "I remember the Henniker High School coach said he didn't believe we could press them for a quarter. At halftime he asked me to take it off. We were considered a dirty team because we were aggressive."

During that run, Diane DeJager and Birdsey eclipsed the 1,000-point

miss your chance to see this brilliantly choreographed disaster unfold live on stage.

For more information and ticket details, stay tuned to Gilford High School's

mark while Smith finished with 972. Weeks pointed out that they didn't count holiday tournament games, so she likely eclipsed the mark as well.

Some members of the team were on hand for the ceremony. Among them were Donna Lance, Beth Malone, Jean McKone, Amy Birdsey, and Arlene DeJager.

Diane DeJager could not attend the ceremony but sent a video.

"On behalf of the Alton girls' basketball team I want to say thank you," she opened with. "Thank you, James Christie (PMHS Athletics Director) for reaching out and organizing tonight's event. We are extremely proud and honored to be a part of your Hall of Fame. While we didn't go to Prospect Mountain, we have a great appreciation for our shared community."

"Life seems to come in chapters and our chapter with Alton girls' basketball was a golden chapter in our lives. It was so much fun," she continued. "We had a chance to be a part of an amazing group of talented and driven girls."

Diane DeJager credited assistant coaches, athletic director (Smith), managers as well as bus drivers and the tremendous support from the community for having a hand in their success with most of the credit going to Weeks.

"Our greatest cheerleader by far was and still is our first coach, Mr. Frank Weeks," she said. "In my opinion he was the mastermind behind our success. Mr. Weeks was also our science teacher, and he was a skilled chess player. He would often supervise our study hall and if we

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neighbor. As we celebrate heroes like him, we are encouraged to follow in his footsteps, fostering a community built on compassion and support for one another.

finished our homework he encouraged us to bring in chess sets. Many days chess sets filled the tables. Chess taught us to see the big picture, taught us to think ahead. It taught us to strategize. It taught us to change our plans when needed. When I think about it in retrospect I think Mr. Weeks knew the life and basketball skills that we learned from playing chess. He coached like he was playing chess. Every move was carefully thought out. He was the best teacher and coach. He had a

style all his own."

Weeks stepped away from the team after 1975, but the Apaches continued to play the game he taught them and continued to compile wins until falling in the 1977 championship game.

"Mr. Weeks has always placed others in the spotlight, intentionally pushing the attention away from himself," Diane DeJager said. "We are tremendously grateful for the heart and dedication he put into our team. He truly was the mastermind behind it all and

we would not have had the same success without him. Thank you so very much Mr. Weeks."

The roster included in the program featured Diane DeJager, Amy Birdsey, Donna Lance, Diane Gilligan, Cathy Jones, Kathy Lee, Debbie Pellowe, Pam Smith, Elaine Thomas, Arlene DeJager, Ginny Donahoe, Devie Hurst, Lisa Itchakawich, Beth Malone, Jean McKone, Lynn Rines, Darlene Dore, Pam Thoroughgood and manager Eleanor Simonds.



JOE SOUZA

Prospect Mountain athletic director James Christie (right) and members of the successful Alton girls' basketball program watch a video speech from inductee Diane JeJager Jensen who was the captain for the Apaches. Jensen was a four-year starter who scored 1,000 points in her career.

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Tri-Town Democrats host Family Fun Day



GILMANTON — On Sunday, Feb. 1, area families were treated to a “Family Fun Day” at the Gilmanton Community Church. And fun it was!

Children and their parents got to create their own t-shirt designs with the art supplies that were provided. They enjoyed hot chocolate and cupcakes and cookies, as well as freshly popped popcorn. Then they sat

down and listened to lively tales of the Abenaki from Alton resident Madeline Wright, herself a Native American who is active in tribal activities.

Finally, Houdana the Magician appeared, and mesmerized not only the children but also the adults with an amazing magic show. To the amazement of all, an actual live rabbit appeared, and after the show ended

the children were allowed to pet it.

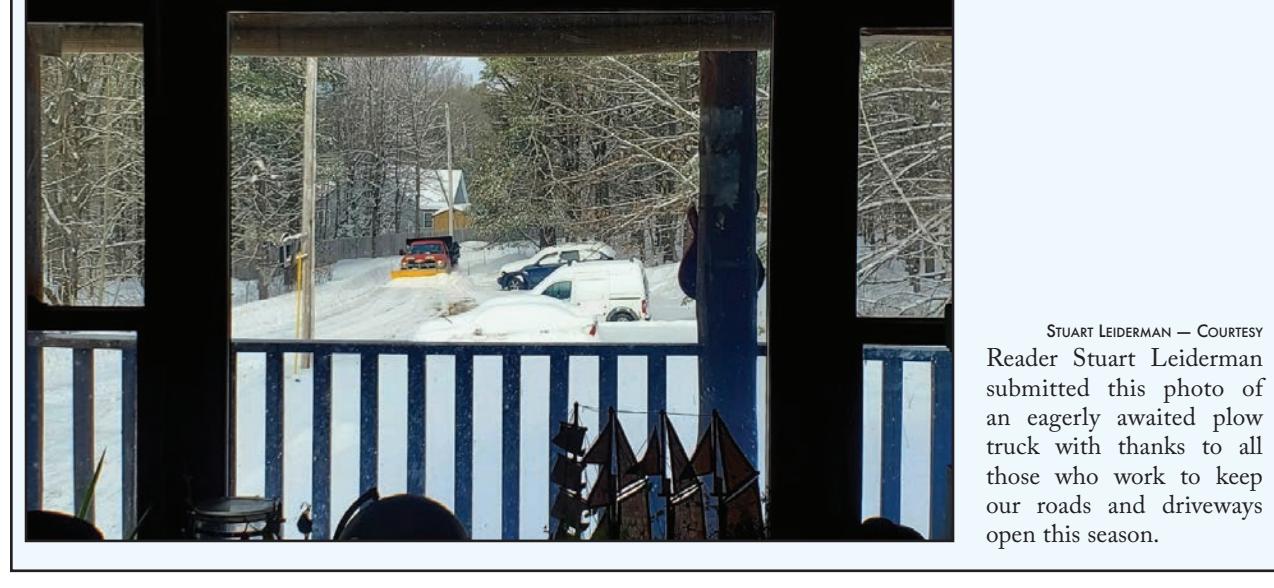
The event, which was free to all, was sponsored by the Tri-Town Demo-

crats of Barnstead, Gilman, and Alton but was not political. Just an afternoon of delight for local families.



COURTESY

Paul and Denise Pouliot, principal speakers for the Cowasuck Band of the Pennacook-Abenaki People, have been selected by the Office of Diversity, Inclusion and Community Engagement at the Geisel School of Medicine at Dartmouth College as the recipients of the inaugural Community Champion Award. The award was added this year to recognize a community champion for exemplary service in keeping with the principles of Dr. Martin Luther King Jr. and that has aided the Geisel/Dartmouth Health community in achieving its mission. The Pouliots have partnered with Geisel's Association of Native American Medical Students to provide understanding about the Pennacook, Abenaki and Wabanaki peoples' cultures and health beliefs, and Denise serves as chair of the Dartmouth Hitchcock Center for Advancing Rural Health Equity Leadership Council.



STUART LEIDERMAN — COURTESY
Reader Stuart Leiderman submitted this photo of an eagerly awaited plow truck with thanks to all those who work to keep our roads and driveways open this season.



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