

Gilford Steamer

THURSDAY, JANUARY 30, 2025

GILFORD, N.H.

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FREE

Knightwolves blank Bishop Guertin in Saturday morning tilt



JOSHUA SPAULDING

Cassidy Libby scored a pair of goals in Kingswood-Prospect Mountain's 4-0 win over Bishop Guertin on Saturday.

BY JOSHUA SPAULDING

Sports Editor

WOLFEBORO — Coach Aaron House made a few line adjustments for the Kingswood-Prospect Mountain girls' hockey team prior to the team's Saturday morning game with Bishop Guertin.

It seems those changes may have clicked, as the Knightwolves controlled almost every aspect of the game at the Pop Whalen Arena and claimed the 4-0 win.

Jenny Baldwin and Kida Smith teamed up on an early chance and Avery Gilpatrick had a

shot denied. Cassidy Libby sent a puck wide of the net and Aliyah Arsenault stopped the shots that came her way in the Kingswood-Prospect net. Hadley Aucoin had a solid defensive stop and Baldwin got a couple of chances that were denied. Paityn Glidden sent a shot wide of the net, as did Aucoin and Arsenault stopped another Bishop Guertin shot.

The Knightwolves got the game's first power play of the game with 7:47 to go in the first period and Jenna Sykes and Baldwin both had chances

denied by the Cardinal goalie. Gilpatrick



JOSHUA SPAULDING

Jenna Sykes works the puck along the boards during action against Bishop Guertin on Saturday.

also had a chance denied before the penalty was killed. Adelle Harrington made a nice defensive stop and Arsenault was

SEE HOCKEY, PAGE A10

GHS hosting heart screenings for students

BY ERIN PLUMMER

mnews@salmonpress.news

GILFORD — Students at Gilford High School can receive electrocardiogram (EKG) screenings to look for potential heart conditions during a special event on Feb. 3.

GHS will host the screening on Feb. 3 from noon to 2 p.m. to do a five-minute EKG to screen for potential cardiac issues. The event aims to prevent sudden cardiac death in students.

The school is working with the nonprofit organization Who We Play For whose aim is to



ERIN PLUMMER

Gilford High school nurse Meg Jenkins and athletic trainer Alexandria Raifsnider with an AED device at the school as they get ready for student heart screenings on Feb. 3.

prevent sudden cardiac death in young athletes through heart screenings and the expanded availability of Automatic External Defibrillators (AED). The organization was founded in honor of Raffae Maccarone, a high school soccer player who died in of sudden cardiac arrest in 2007 on the field. He was found to have undiagnosed hypertrophic cardiomyopathy that could have been detected with an EKG.

The program offers EKG screenings for people ages 10-25 to determine if they are at risk for sudden cardiac death. SEE HEART, PAGE A11

Volunteers create ice rink in Barnstead

BY ERIN PLUMMER

mnews@salmonpress.news

BARNSTEAD — The town's skating rink opened this weekend after hours of efforts by volunteers.

The town's skating rink opened on Sunday, Jan. 26, from 9 a.m.-4 p.m., and the Parks and Recreation Department is expected to make more announcements about openings and closings. This year the rink's opening was made possible by a big community effort after the rink's liner tore.

Barnstead Parks and Recreation posted on its Facebook page on Jan. 5 that the rink liner that was nearing the end of its life had been ripped and sliced in many places when people skated when the rink was closed.

"Our current plan is to redo the rink in spring of 2025 so investing in an expensive liner for 1 winter (generally a few weeks of skating) was not feasible," read the post.

Barnstead Parks and Rec said the rink could be installed this year if water is applied a little at a time to create a series of thin ice layers.

"It's going to take a lot of help, consistent cold temps and a longer amount of time to get it (if even possible) to a

skateable surface," read the post.

The department asked for volunteers to help pour water to create the rink layer by layer.

Barnstead Parks and Rec posted on its Facebook page on Jan. 22 that volunteers started adding water to the rink the night before.

"Without a liner it's going to be a slower process, but we are off to a good start," read the post. "Please be patient while we continue to get the rink ready."

On Jan. 25, Parks and Rec asked for some more volunteers to help add water to the rink every few hours.

The rink officially opened on Jan. 26. Skaters were advised that the ice texture was not as thick as usual and there was no ice on one corner. As the snow around the edges of the rink was keeping in the water, people were advised not to chip at the snow.

"It is still a work in progress but 90 percent of the rink is skateable and we want people to be able to enjoy it!" read the post on Jan. 26.

Visit the Barnstead Parks and Rec's Facebook page for more information and updates on the rink.

GMS theater presents "Mean Girls" this weekend



ERIN PLUMMER

Natalia Villarreal, Hannah Bean, and Olivia O'Brien play members of The Plastics in the coming Gilford Middle School production of "Mean Girls, Jr."

BY ERIN PLUMMER

mnews@salmonpress.news

GILFORD — Audiences will see the showdown between the Plastics and the less popular kids at North Shore High School and learn some important lessons in the coming Gilford Middle School production of "Mean Girls, Jr." this weekend.

The middle school adaptation of the popular film and Broadway show will come to the stage at the Gilford High School Auditorium this Thursday through Saturday, Jan. 30-Feb. 1 at 7 p.m., with a matinee performance on Feb. 1 at 1 p.m.

Seventh grader Isla Hogan plays the main character, Cady, who transferred to the school

after living in Africa and is the new kid. The production follows her efforts to infiltrate The Plastics, a group of the most popular girls in school.

"She wants to be popular, but she goes too far," Hogan said.

Eighth grader Hannah Bean plays Regina, the leader of the Plastics.

"She's basically in charge of this whole school and people praise her," Bean said.

Eighth grader Alexis Jackman plays Cady's friend Janis, who works against The Plastics.

"She's kind of like the outsider," Jackman said. "She only has a few friends."

Eighth grader Natalia



ERIN PLUMMER

Alexis Jackman plays Janis and Isla Hogan plays Cady in the GMS production of "Mean Girls, Jr."

Villarreal plays Gretchen, a member of the Plastics.

"She's this people-pleaser who would really do anything to get people to like her and it really shows," she said.

Eighth grader Olivia O'Brien plays another member of the Plastics named Karen, who she described as not all that smart.

"She does not know anything," O'Brien said.

All five of them were familiar with "Mean Girls" going into the production and said they were excited to take part.

Villarreal said some parts feel easy and some parts are more challenging but are also fun to work with.

Cast members said everyone has been working well together and Villarreal said the cast is mostly friends with each other.

While "Mean Girls" focuses on the conflicts between the popular and unpopular, there are important messages about being kind to people and being true to oneself. The cast members said they understood the overall message of the show.

"That's kind of the whole point of the entire thing," Villarreal said.

Hogan said the theme of being true to oneself is another big theme.

"Not being a mean person," Jackman said, is one of the big themes of the show.

Alton Parks and Recreation Community Connection

Skate Night at Mill Pond
Join the fun at Skate Night on Friday, Feb. 7 (weather permitting) from 5-7 p.m. at the Alton Outdoor Ice Rink located on Mill Pond, across from the Fire and Rescue Department on Route 140. Nighttime skat-

ing under the lights with a warm campfire on land. This event is free for all ages. Sponsored by the Alton Fire Department and Parks and Recreation. Bring your own skates. Skates collected from the Ice Skate Swap will be brought to the event for peo-

ple to use and/or take home. For more information contact parksrec@alton.nh.gov or 603-875-0109.

Ice Skate Swap
The Alton Parks and Recreation Department is sponsoring an Ice Skate Swap for Alton residents now through Feb. 28. Stop by to see what we have collected and take what you need or donate your ice skates in good condition to the Swap. The Ice Skate Swap is available at the Parks and Recreation office at 328 Main St., 8 a.m.-4 p.m., Monday-Friday. For more information contact 603-875-0109 or parksrec@alton.nh.gov. Public Ice Skating is available thanks to the Alton Fire and Resue Department at the outdoor skating area on Mill Pond, weather permitting.

Alton Bay Winter Carnival-Warming Hut
There will be a Warming Hut on Sunday, Feb. 16 from 10 a.m.-1 p.m. at the Alton Bay Community Center located at 58 Mt. Major Highway, across from Pop's

Clam Shell. Stop by during the Winter Carnival and warm up in the cozy space. This event is free and all ages are welcome. For more information contact Alton Parks and Recreation at 603-875-0109 or parksrec@alton.nh.gov. Restrooms during Winter Carnival will be available next to Shibley's Drive In. Parking is available along Mt. Major Highway/Route 11.

Valentine's Day Cards for Seniors
We need your help to send smiles this Valentine's Day! Alton Parks and Recreation is collecting Valentine's Day Cards for our Seniors. Our goal is to collect 100 cards, which will be hand delivered to the Seniors in town in partnership with the Alton Senior Center. Send or drop off your cards by Feb. 5 to the Alton Parks and Recreation Department at 328 Main St. For more information contact Alton Parks and Recreation at parksrec-asst@alton.nh.gov or 603-875-0109.

Holistic Health Workshop Series-

Reiki Discussion
The Alton Parks and Recreation Department and Gilman Library are sponsoring a Holistic Health Workshop Series in 2025, and the first topic is a Reiki Discussion and the natural benefits of energy healing. Join Reiki Master Teacher, Carol Wallace at the Gilman Library on Thursday, Feb. 20 from 1-2 p.m. in the Agnes Thompson Meeting Room. The discussion will cover an overview of Reiki, and how the energy healing practice can aid in the promotion of physical, emotional and mental well-being. If you are interested in natural remedies and holistic healthcare, this is a good topic to explore. This program is free. Please RSVP to 603-875-0109 or parkrec@alton.nh.gov by Feb. 18 to reserve your seat. The next topic in the series is March 20 from 1:30-2:30 p.m. featuring a presentation on Holistic Wellness and Nutrition with Wellness Nurse and Functional Nutritionist Sandy Powers, RN.

Weight Training Classes- Mondays

and Wednesdays
The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednesdays from 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abilities. 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.

Guided Meditation with Instructor Karen Kharitonov
The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring Guided Meditation on Thursdays: Jan. 30, Feb. 13 and 27 from 6:30-7:15 p.m. at the Gilman Library, Agnes Thompson Meeting Room. The program is free. For more information contact Alton Parks and Recreation at parksrec@alton.nh.gov or 603-875-0109.

Gilmanton man injured after rolling over OHRV

GILMANTON — At about 4 p.m. Sunday, Jan. 19, Jonathan Stearns, 43, of Gilmanton sustained a serious non-life threatening injury after losing control and rolling over his side by side OHRV. He was performing low speed donuts on icy ground in his backyard when the machine caught ground and rolled over onto its side. Gilmanton Po-

lice, Gilmanton Fire and EMS, and NH Fish and Game Officers responded to assist and investigate the scene. Stearns was transported by Gilmanton Fire and EMS to Concord hospital for treatment. He was not wearing a helmet at the time of the accident, but was wearing the OHRV equipped seatbelt.

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PETS OF THE WEEK



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Please email adoptions@nhhumane.org with additional questions or to make an appointment to meet Billy!



Meet Baby!

Baby is a lovely lady who would do best in a home where she can get some adventures. She loves to lay in the sun and hang out with her people, but she won't say no to a romp in the woods either! She'd do best in a home where she's the only animal - she deserves to be the star of the show! Come meet Baby and fall for her smile today!

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Reduce, Re-use, Recycle!

MVSB Fund awards grants to 42 local nonprofits

MEREDITH — The MVSB (Meredith Village Savings Bank) Fund at New Hampshire Charitable Foundation has awarded \$114,933 to 42 local nonprofit organizations. This includes \$96,183 granted to 27 local agencies and \$18,750 distributed to 15 local food pantries to help address food insufficiency in the Bank's communities. The grants are in addition to MVSB's contributions throughout the year in the form of donations, sponsorships, scholarships and volunteer efforts by employees.

Since 1997, the MVSB Fund has awarded annual grant-based contributions to nonprofit organizations that enrich and improve the quality of lives of residents in the Bank's service areas. In that time, the program has awarded 568 grants totaling over \$2.1 million dollars to a wide range of environmental, social, educational and historic projects throughout the Greater Lakes Region, Plymouth, Mount Washington Valley and Seacoast regions.

"Caring for our community is at the heart of everything we do, and it is an honor to help support these wonderful local nonprofits with this grant funding," said Marcus Weeks, MVSB President. "These organizations are doing such incredible work to support our communities, and we are excited to see the continued positive impact they will make."

This year's MVSB Fund grant recipients include:

Camp Resilience, Gilford

Awarded \$5,383 to fund a four-day mental and physical wellness retreat for first responders. Camp Resilience offers retreats in the Lakes Region to improve the physical, social, mental and emotional well-being of military service members, military veterans, first responders and their families.

Central NH Medical Reserve Corps & Community Emergency Response Team, Plymouth

Awarded \$5,000 to help cover maintenance expenses for its emergency response vehicle. This program is an initiative of the Central New Hampshire Health Partnership and has



COURTESY

From left, MVSB Fund Committee members Michael O'Leary, Marcus Weeks, Carmen Lorentz and Charley Hanson stand inside the MVSB Main Office in Meredith (not pictured: Michael Kilfoyle and Scott Weden).

a mission to improve the health and safety of communities within the Central NH Public Health Region by organizing and utilizing volunteers during major emergencies.

Children Unlimited, Conway

Awarded \$5,000 to support the move to an Electronic Health Record (EHR) system and electronic billing. Children Unlimited specializes in early intervention and inclusive childcare in the Mount Washington Valley.

Eastern Slope Aviation Academy, North Conway

Awarded \$2,500 to support a scholarship for a student for flight lessons. Eastern Slope Aviation Academy offers focused, affordable education and guidance in aviation.

Gibson Center for Senior Services, North Conway

Awarded \$2,500 to support the non-food essentials pantry program, which benefits recipients of Meals on Wheels. The Gibson Center offers a variety of programs and services to senior citizens in Northern Carroll County.

Got Lunch! Laconia

Awarded \$5,000 to support the summer lunch program for Laconia's school children.

Got Lunch! Laconia is a community-based effort that supports children in need by delivering healthy groceries to their home during the summer.

Greater Lakes Child Advocacy Center, Laconia

Awarded \$4,300 to add an enhanced security system to enhance staff and visitor safety, deter criminal activity and ensure preparedness for crisis response. The Greater Lakes Child Advocacy Center, an accredited member of the Granite State Children's Alliance, coordinates child abuse investigations with local law enforcement and the Division of Children Youth and Families.

The Home Possible Project, Laconia

Awarded \$5,000 to help fund the development of their first community residence in Gilford. The Home Possible Project works to create supportive housing opportunities for adults with developmental disabilities in the Lakes Region.

Interlakes Community Caregivers, Center Harbor

Awarded \$1,000 to support volunteer services. Interlakes Community Caregivers is a volunteer-based nonprofit that helps clients meet basic needs by providing rides

to local adults who need assistance for appointments and other errands

Lakes Region Santa Fund, Laconia

Awarded \$5,000 to support the organization's annual winter clothing distribution and scholarship program, which helps local children attend outdoor activities such as summer camp and ski programs. The Lakes Region Santa Fund provides year-round assistance to children while also offering new cold-weather outer wear in winter.

Mount Washington Valley Housing Coalition, Conway

Awarded \$5,000 to support operational expenses and educational programs. The Mount Washington Valley Housing Coalition works to ensure residents have access to an adequate supply of affordable rental and sale housing.

New Beginnings - Without Violence & Abuse, Laconia

Awarded \$5,000 to support the organization's efforts to reduce violence and promote health in Laconia and Belknap County. New Beginnings - Without Violence and Abuse serves throughout Belknap County and is dedicated to ending sexual, domestic

and stalking violence through a variety of services, emergency refuge, support and social change.

The Pass Along Project, Effingham

Awarded \$1,500 to aid in the hiring of a part-time employee. The Pass Along Project supports children placed in foster care with clothing throughout New Hampshire.

Restoration Acres Farm, Meredith

Awarded \$2,500 to help purchase a riding lawnmower and pull behind trailer to manage farming and property needs. Restoration Acres Farm offers a free dry goods pantry, ready-to-heat-and-eat meals, as well as frozen and refrigerated items.

Transport Central, Plymouth

Awarded \$2,000 to purchase vinyl decals to identify the organization's bus as a local nonprofit transportation service. Transport Central provides door-to-door volunteer transportation to residents within 19 towns within Speare Memorial's service area.

Visiting Nurse Association of Franklin, Franklin

Awarded \$5,000 to provide POM (Peace of Mind) handheld safety

devices for employees, which allow them to contact first responders instantly in the event of an emergency. Visiting Nurse Association of Franklin (Franklin VNA & Hospice) provides quality home health care, hospice and education to individuals and families.

Way Station, North Conway

Awarded \$5,000 to grow its services, outreach and awareness programs. Way Station provides safe, welcoming, non-judgmental space and supportive services for homeless & housing insecure residents of Mt Washington Valley.

WinnAero, Gilford

Awarded \$2,500 to assist with the purchase of a wind tunnel. WinnAero promotes an interest in STEM through aviation- and aerospace-based programs and experiences for young people.

Winnepesaukee Skating Club, Laconia

Awarded \$2,000 to purchase of an electric ice edger. The Winnepesaukee Skating club owns and operates the Merrill Fay Arena and offers affordable opportunities for skaters of all ages and abilities to enjoy the facility.

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



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We Will NOT be Undersold

Keeping it local— why our community matters most

Big stories from far away dominate our feeds, leaving little room for the stories that directly impact our daily lives. But here in New England, we have something special, a culture of pragmatism, resilience, and a commitment to our neighbors that deserves more of our attention than any distant drama.

When you know what's happening in your town, you can make better decisions, participate in meaningful ways, and strengthen your community. From town meetings and school board decisions to the opening of a new business or a neighbor organizing a food drive, these are the stories that impact our daily lives.

Local news reminds us that what happens right outside our door often affects us far more than what's unfolding hundreds of miles away. Sure, keeping an eye on national or global events is important, but the real opportunities for change and impact start right here.

Living in New England is a badge of honor. This isn't an easy place to call home, and we like it that way. The winters are brutal, the terrain is rugged, and the people. We're straightforward, skeptical of nonsense, and fiercely independent. But beneath that no-nonsense exterior is a deep sense of loyalty and community.

We might argue about who makes the best chowder or complain about tourists clogging the roads in leaf-peeping season, but when someone in our community needs help, we show up.

Social media and national headlines are filled with division and negativity, but we know better. We've built a culture where actions matter more than words and where we measure people not by their politics, but by how they treat others.

Ask yourself, how can I make an impact here? Can you volunteer at a local food pantry? Mentor a student? Organize a block party to bring people together? These small, tangible actions might not make national news, but they'll make a world of difference to the people around you.

At the end of the day, we're New Englanders. We don't fall for the fluff or the fearmongering. We know life is about the relationships we build and the community we create. It's about showing up, speaking truth, and taking care of the people around us.



LRAA members have the opportunity to enter a piece of artwork into the Artist of the Month Program at each monthly Member Meeting. Winners are able to display and sell a single work for a month in various public venues throughout the Lakes Region in participating Banks and Libraries or Local Businesses. January Artists of the Month, pictured above, were: Back Right: Sally Hibberd, Sherwood Frazier, Gail Brunt. Front Row: Wendy Oellers-Fulmer, Martha AuCoin. The Winning artists' artwork will be on display in locations in the Lakes Region until Feb. 17. Wendy Oellers-Fulmer, this month's First Place winner has the distinct honor of displaying several pieces of her artwork at Annie's Cafe & Catering in Laconia NH. Warm up with some scrumptious homemade soup and sandwiches and enjoy the art while you eat! The art pieces for the Honorable Mention artist will be on display through the third week of February in the following locations: Sally Hibberd - Franklin Bank, Tilton; Sherwood Frazier - Northway Bank, Meredith; Martha AuCoin - Gilford Library; Gail Brunt - Franklin Saving Bank, Gilford.

NOTES FROM WINDY HOLLOW

The bobcat and others

BY VIVIAN LEE DION
Contributing Writer

I was waiting at the traffic light in Alton when I noticed a bobcat walking on the other side of the street. It didn't have any trouble walking up a slight knoll and headed through the long grasses and bushes that were moving in summer breeze. As described in an article by the New Hampshire Fish and Game Department, "The most common wildcat in North America, the bobcat is a yellowish-brown or reddish-brown brown (more gray in winter) color with indistinct dark spotting and streaks along its body. The species gets its common name from its characteristic stubby "bobbed" tail. The tail is four to seven inches in length, with two or three black bars, while the under-

side is white. The upper legs have dark horizontal bands. The face has thin black lines stretching onto a broad cheek ruff and has tufted ears."

In the fall the most ironic thing happened in my front yard. I saw the bobcat again. (At least, I thought it was the same one.) This time it walked very slowly as if hunting for something to eat. It acted like a house cat and sat on its haunches patiently waiting for "lunch" to come by. I've learned that male bobcats have a home range of 30 miles while females have a home range around 12 square miles. Our house is about seven miles from the Alton traffic light so it's possible this bobcat was from my original sighting.

How fortunate that I live in the rural part of New Hampshire. This

fall my husband, Ray, saw 3 deer in the wood lot across the street from our house. I've seen a bald eagle resting on a huge pine branch looking over the landscape for prey. Plus, it's the little things that delight me such as the salamanders in the spring and the bumble bees hovering over flowers in my garden.

Guess I'm getting cabin fever because I'm anxious for Groundhog Day. Research indicates, "The first reported news of a Groundhog Dag observance was arguably made by the Punxsutawney Spirit newspapers of Punxsutawney Pennsylvania in 1886: 'up to the time of going to press, the beast has not seen its shadow.' However, it was not until the following year in 1887 that the first Groundhog Day consid-

ered "official" was commemorated there, with a group making a trip to the Gobbler's Knob part of town to consult the groundhog. People have gathered annually at the spot for the event ever since. The groundhog was not named Phil until 1961, possibly as an indirect reference to Prince Philip Duke of Edinburgh." Let's remember Groundhog Day (February 2nd) and think positively that Punxsutawney Phil does not see his shadow. It means spring will arrive early. The groundhog will stay outside and enjoy the weather:

"Groundhog Day teaches us that even in the repetitive cycles of life, there's always room for a fresh start."

Vivian Lee Dion of New Durham is a writer and speaker.

Walt Disney

POSITIVELY
SPEAKING
TOBY MOORE

Many people feel they can't have the life they want because of their past limitations or failures.

Maybe your family wasn't there for you, you didn't get the proper education, or you've been fired from multiple jobs or mistreated in relationships.

Many things aren't fair and can cause a chain reaction of events that can take us far off course. Sometimes, we make bad choices and miss out on the life we want, but that doesn't mean it has to stay that way.

"All our dreams can come true, if we have the courage to pursue them." – Walt Disney.

But what gives a person the courage to pursue their dreams? One factor is a positive vision of what's possible.

The problem isn't that people lack vision—it's that their vision of the future is often shaped by the failures and limitations of their past. In other words, they do have a vision—but it's a negative one.

One trait of a successful person is they don't allow themselves to be defined by their failures or their present unfavorable circumstances.

Instead, they define themselves by a positive vision of their future.

he wandered from job to job, telling himself, "I'm not creative, I don't have a good enough imagination..."

Instead, imagine Walt in Kansas City after Laugh-O-Gram failed, sitting alone in his office, staring at empty walls. He had no money, no plan, and no clear way forward. Perhaps he wondered if his editor had been right all along—maybe he didn't have what it takes. It would've been so easy to give up then, to let the weight of failure convince him to settle for less.

But he didn't. He sold his camera, scraped together enough for a one-way train ticket to Hollywood, and took a leap of faith. That train ride wasn't just a change of scenery—it was a statement of hope.

Walt was choosing to believe in a future that hadn't been written yet, even when his circumstances told him otherwise. The rest is history.

I often wonder how many potentially great people never accomplish their vision because they believe in their failures more than in their dreams. They accept what their present cir-

cumstances are telling them instead of what their future vision could create.

If Walt Disney had been one of those people, we'd have missed out on one of the most creative minds of the 20th century.

He wouldn't have created Mickey Mouse, one of the most beloved characters of all time. There'd be no Snow White, no Cinderella, no Fantasia—classics that redefined animation forever.

He wouldn't have built Disneyland, the first-ever theme park of its kind, or Epcot, a visionary concept of a utopian community.

The Disney legacy wouldn't have touched billions of lives through films, theme parks, and innovations that continue to inspire the generations.

Walt Disney refused to let his failures or limitations define his future, so he became one of the most influential people of all time.

Like all great people, he focused on what could be instead of what had been.

We have the same choice—focus on what could be and take the first step toward your vision.

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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Going out of Town

Saying goodbye to a cold snap with a Portland excursion

After several days of below zero temperatures, what's a great way to spend a day where it's a lot warmer? A fun road trip that's what! After driving east with a few destinations in mind, I stopped in Portland, Maine, for an afternoon of walking, taking in holiday lights, and sampling some donuts and a tasty burger. For the past few years, I had only been to Portland in the summer, but this place is also fun in the winter.

It was early January when we got that bad cold snap with temperatures plunging below zero. I tend to have a high tolerance for cold, but this was too ridiculous for me. Aside from going out for work, I barely left my apartment for about a week. Naturally, cabin fever reared its ugly head, and I was practically climbing the walls. Then a miracle: the cold gave way to much more habitable temperatures in the mid 30s and the wind took it easy for a while. The day this happened I thankfully had a clear schedule and bolted out of the house for some place beside my living room.

I headed toward the coast with an open mind for wherever I felt like stopping. If I didn't feel like a big adventure, I'd hang out in Portsmouth and check out at least one of many Portsmouth restaurants previously graced by Guy Fieri. If I felt adventurous, I'd go to Augusta and finally explore one of the two New England state capitals I have yet to visit. I found myself on I-95 northbound and speeding across the Maine state line, but I realized quick I had little desire to go all the way to Augusta today. (I'm coming for you later, Augusta.) I decided on the best middle option: a nice walk around Portland.

I hadn't been to Portland since September, when I stopped downtown after my trip to the Portland Head Lighthouse. I used to go to Portland a lot but hadn't been in a while and that needed to change. I finally pulled into downtown Portland, found a parking spot, and embarked on my journey. As expected, it was chilly but nothing like the freeze-your-you-know-what-off cold of the previous week.

I got there in the early afternoon, which meant some donut shops I wanted to explore were still open. My first stop was Eighty8Donuts, which serves made-to-order mini doughnuts. You order one flavor and how many you want in a package, and it is all made for you right in the back. I ordered half a dozen lemon raspberry doughnuts, and about 10 minutes later, a little pink box of warm donuts glazed in lemon with a jelly



Downtown Portland at night, including art displays as part of the Winter City Lights.



A part of Portland Harbor had some ice chunks on the surface after a bitter cold snap.

filling arrived in front of me. They were so good, I had one right there and devoured the rest when I got home.

My next stop was HiFi Donuts in Monument Square, a shop I had been to before and just had to get some of their lovely fried creations. I walked through Monument Square first and saw the city's Christmas tree was still up.

I got to HiFi Donuts about an hour before they closed, plenty of time to get some sugary goodness in different delicious flavors. This could have been considered a donut tour, but unfortunately, I didn't make it to the other Portland doughnut destination, The Holy Donut. Their famous potato donuts are certainly on my list for next time.

I took some time to wander around downtown and check out some shops, including the wonderful Longfellow Books, Simply Scandinavian selling various goods from the Scandinavian and Nordic countries, all the fun art supplies in The Art Mart, and the ever-amazing Stonewall Kitchen.

I have always loved how Portland is shaped. The city is located on a hill and each different neighborhood is located on a different part of the hill. The Old Port is at the bottom right against the water and you can climb all the way to the Arts District at the top. It certainly makes for some great exercise while checking out some great architecture and neighborhoods. I made it to the top where



A great road trip to Portland was nicely capped off with a great burger from Butcher Burger.

there are so many little restaurants, cute shops, and plenty of fun locals.

As the sun set, I noticed that Portland had some pretty holiday lights in some fun displays, all of which are in green and purple. These are Portland's Winter City Lights, displays across the city that have been created by Pandora LaCasse for the past 25 years along with other artists. I especially loved the lights in the shape of ornaments on the buildings on Commercial Street and the swirling displays in different parks.

Eventually, night fell on the city, and I needed to move out of my parking space, so I made my way to the

bottom of the hill in The Old Port. I found a new parking space and decided to wander around the waterfront for a while. I noticed on this visit and on my last that The Old Port is absolutely bustling after dark with a lot of people cruising between the different bars and restaurants.

As soon as my car was reparked, I made a beeline for a place I passed earlier that caught my eye. I had been meaning to check out some more downtown restaurants and seeing Butcher Burger and its menu of different creative burgers had me planning my dinner there. I walked in to find a small dining room, then went to the bar and looked over



Portland's Christmas tree still stood in Monument Square as of early January.



A lovely collection of sugary goodness from Eighty 8 Donuts.

the menu. I had the "Bacon Bacon" burger that featured a nicely cooked patty with bacon and bacon jam. It was so delectable, I tried to find a happy medium between savoring it and scarfing it down. I also ordered their fries with it and they were so well done. The burger and the fries also came with Butcher Burger's own Block Sauce, an aioli with a little zest to it. The service was also extremely friendly, and the atmosphere was so comfortable and relaxed.

I decided to take one last walk around the waterfront before leaving. The air was a bit crisper here and I took it as a signal it was probably best to go soon, but I just needed to bundle up a bit more right now.

One section of Portland Harbor had thin chunks of ice covering the top. I'm not used to seeing frozen ocean water, so it was a neat sight. I walked along the waterfront past DiMillos on the Water, a boat that houses a restaurant. I made it to the end by the ferry terminal and the city of Portland's fire boats. By this point it went from nicely chilly to noticeably colder and I figured it was a good time to bid farewell.

I walked back to my parking garage and savored the sights and sounds of the Old Port. I left feeling so much better than I had in a week or so. While it felt good to finally get out after a brutally cold week, it felt even better to get reacquainted with Portland.



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SPORTS

Gilford hoop boys cruise in Meredith

BY JOSHUA SPAULDING
Sports Editor

MEREDITH — The Gilford boys' basketball team struggled to hit shots early on in Meredith on Wednesday, Jan. 23, but once the shots started to fall, they kept falling and the Golden Eagles rolled to a 82-23 win over host Inter-Lakes.

Jackson Downs hit two free throws to start things for the Lakers and Emmett Hughes responded with two free throws for Gilford and then put back a rebound for the 4-2 lead. Jake Ambrose tied the game for the Lakers before the Golden Eagles went on a 12-0 run.

Brendan Baldi started the run by putting back a rebound and then Hughes hit a free throw and Cooper Perkins converted a three-point play



O'Brian Murray of Inter-Lakes goes up to defend against Gilford's Mark Uicker during action last week in Meredith.



Brendan Baldi rises up to put up a shot in action last week against Inter-Lakes.

Baldi then connected two three-pointers in a row and Gilford's lead was 16-4. After Downs got a hoop for the Lakers, Andrew Kelly hit a hoop and Baldi connected on another three-pointer to give Gilford the 21-6 lead after one quarter.

Kelly connected on a three-pointer to start the second quarter before Alec Adorno hit a hoop for the Lakers. Perkins and Kelly each converted a three-point play before Adorno hit another hoop at the other end. Mark Uicker drained a three-pointer and Carter Gelo put back consecutive rebounds as Gilford continued to build the lead. Kelly hit another three and Hughes had a hoop to push the lead to 42-10.

Downs got the Lakers back on the board but Perkins hit a hoop and Henry Sleeper drained a pair of hoops. Downs got another hoop and Perkins and Baldi each hit hoops before Downs drained a three-pointer to close out the first half and Gilford's lead was 52-17.

The Golden Eagles held the Lakers to just two points in the third quarter. Uicker started the frame by finishing off a steal and after a Hughes hoop, Baldi drilled a three and Perkins hit from the charity stripe. Baldi and Uicker then hit back-to-back baskets before Downs got the only Laker hoop of the quarter.

Gilford finished out the quarter with hoops from Hughes, Baldi and Perkins and two free throws from Sleeper for the 72-19 lead heading to the final eight minutes.

Kelly started the fourth quarter with a hoop and after a free throw from Tommy Briody at the other end, Kelly and Ryan Folan had hoops for the Golden Eagles. Downs hit a bucket for the Lakers and Jackson Gelo connected for the Eagles before Damien Adorno hit a free throw for Inter-Lakes and Owen Hawkins connected for a basket to close out the 82-23 win.

Baldi led the way for the Golden Eagles with 20 points, Kelly added 15 points, Perkins finished with 13 points and Hughes added 11. Downs led the way for the Lakers with 15 points.

The two teams are slated for a rematch on Friday, Jan. 31, at 6 p.m. in Gilford.

The Lakers will also be in action on Tuesday, Feb. 4, at 6 p.m. at Belmont and Gilford will be at St. Thomas for a 6:30 p.m. game on Tuesday, Feb. 4.

Timber Wolf boys survive late charge, bolt by Berlin

BY JOSHUA SPAULDING
Sports Editor

ALTON — After the Prospect Mountain boys' basketball team used a big third quarter to open up a 27-point lead late in the third quarter, the Berlin Mountaineers came charging back, cutting the lead to 10 midway through the fourth.

However, the Timber Wolves gathered themselves and held off the Mountaineers to pick up the 65-39 win on Monday, Jan. 20, in Alton.

Joe Deane got off to a hot start for the Timber Wolves, hitting a three-pointer and two hoops in a row to get Prospect out to a 7-0 lead. Bryce Bartlett got Berlin on the board with a hoop before Colby Whitehouse and Wyatt Varney connected for the Timber Wolves.

Chris Charron drilled a three-pointer for the Mountaineers but Whitehouse and Anthony Zamarripa hit back-to-back baskets to close out the first quarter and Prospect Mountain had the 15-5 lead after one quarter of play.

Bartlett started the second quarter with a hoop and a three-pointer from Owen McDonough cut the lead to five. Another Deane three got the Timber Wolves on the board before Bartlett converted a three-point play.

Shaun McAneney hit a free throw and Whitehouse and Deane each hit hoops to push the lead



Joe Deane fires off a shot on his way to scoring 24 points in Prospect Mountain's win over Berlin last week.



Shaun McAneney puts up a shot during action last week against Berlin.

back to 10 before Bartlett got the final basket of the quarter and Prospect Mountain's lead was 23-15 heading to the halftime break.

The third quarter started with a Whitehouse free throw before Bartlett hit a hoop at the other end. However, from there, the Timber Wolves went on a 20-0 run to open the lead up in a big way. Deane started the run with a three and then Jacob Luscomb and Whitehouse each hit hoops. Luscomb put back a rebound and then McAneney hit 11 points in a row. He started his run with two free throws, then finished off three consecutive steals with hoops and drained a three-pointer to open the lead to 44-17.

Bartlett finally got Berlin back on the board before McAneney hit another hoop for the Timber Wolves. Berlin got the final three hoops of the third quarter, with McDonough, Bartlett and Justin Dana each draining three-pointers as the Mountaineers cut the lead to 46-28 at the end of the third quarter.

The Mountaineers started the fourth quarter the way they ended the third, with Bartlett hitting a three-pointer and a hoop and McDonough draining a three-pointer, cutting the lead to 10 at 46-36. Whitehouse got the Timber Wolves on the

board with a hoop and two free throws before Luscomb and Bartlett exchanged free throws.

Deane drained another three-pointer then hit a free throw and a hoop to stretch the lead up to 20 and then Luscomb converted a three-point play. Deane drained another three-pointer and Bartlett hit two free throws at the other end of the court. Heath Dunne finished off the scoring for the Timber Wolves with two free throws and Prospect had the 65-39 win.

Deane led the way for the Timber Wolves with 24 points while McAneney added 14 points and Whitehouse finished with 13 points. Bartlett led the way for the Mountaineers with 24 points on the night.

The Timber Wolves are scheduled to return to action on Tuesday, Feb. 4, at home against Somersworth at 6 p.m.

Berlin will be in action on Thursday, Jan. 30, at St. Thomas at 6:30 p.m. and will be hosting White Mountains Regional on Tuesday, Feb. 4, at 6:30 p.m.

PMHS 15-8-23-19-65
BHS 5-10-13-11-39
Prospect Mountain 65
Dunne 0-2-2, Whitehouse 5-3-13, Luscomb 3-2-8, Deane 9-1-24, Varney 1-0-2, McAneney 5-3-14, Zamarripa 1-0-2, Totals 24-11-65

Berlin 39
Charron 1-0-3, McDonough 3-0-9, Bartlett 9-4-24, Dana 1-0-3, Totals 14-4-39

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

Golden Eagles compete in Nordic Coaches Series race

BY JOSHUA SPAULDING
Sports Editor

WHITEFIELD — The Gilford Nordic ski team joined with all other cross-country skiers from across the state at the first New Hampshire Coaches Series race, held at White Mountains Regional High School on Saturday morning.

In the girls' race, Georgia Eckhardt finished in 14:14 overall to place 15th overall with Maria Tilley skiing to a time of 15:08 for 26th place. Anna Coapland finished in 50th place with a time of 16:19 and Alana Sawyer finished in 16:25 to place 52nd overall. Pearl Marvel finished in a time of 17:24 to place 62nd overall and Kaitlyn O'Brien was 73rd in a time of 18:17.

For the Gilford boys, Ian Lofblad led the way with a 19th place finish in a time of 13:12 and Gunnar Marvel finished in 13:19 to place 25th overall.

The second New Hampshire Coaches Series race will take place on Feb. 8 at Whitaker Woods in North Conway.

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

GHS 21-31-20-10-82
ILHS 6-11-2-4-23

Gilford 82
Uicker 3-0-7, Baldi 8-0-20, Perkins 5-3-13, Sleeper 2-2-6, Kelly 6-1-15, Hawkins 1-0-2, J. Gelo 1-0-2, Folan 1-0-2, C. Gelo 2-0-4, Hughes 4-3-11, Totals 33-9-82

Inter-Lakes 23
Downs 5-2-15, D. Adorno 0-1-1, A. Adorno 2-0-4, Ambrose 1-0-2, Briody 0-1-1, Totals 9-4-23

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

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SPORTS

World's best hit the snow in Waterville Valley

Toyota Waterville Freestyle Cup brings freestyle world to New Hampshire

BY JOSHUA SPAULDING
Sports Editor

WATERVILLE VALLEY — The best freestyle skiers in the world descended on the Birthplace of Freestyle Skiing over the weekend, as the Toyota Waterville Freestyle Cup took to Lower Bobby's Run for two days of moguls competition.

And Team USA had a pretty solid weekend as well, earning four podium finishes across the two days, including three on the opening day mogul competition.

After a bone-chilling week, temperatures on Friday and Saturday warmed up a little, much to the pleasure of the crowds gathered at the bottom of the trail to watch the best skiers in the world tackle the bumps.

In qualification for Friday's action, five U.S. athletes made their World Cup debuts. Reese Chappelaine, Jack Petrone, Gavin Tobey, Nate Gendron, and Camden Lewis all suited up in World Cup gear for the first time and gave strong showings.

Dylan Marcellini of the Stifel U.S. Ski Team finished 22nd, followed by Asher Michel in 24th and Charlie Mickel in 34th. On the women's side in qualifying, Alli Macuga landed in 20th, and Kylie Kariotis in 21st. Seven athletes advanced to finals, Nick Page, Dylan Walczyk, Jaelin Kauf, Olivia Giaccio, Tess Johnson, Kasey Hogg and Kai Owens.

In the finals, Walczyk put down two great runs to start the day but missed out on super finals, finishing ninth on the day. Johnson ended 13th, Hogg was 14th, and Owens was 15th.

The day's competition finished in an exciting super finals battle with three Stifel U.S. Ski Team athletes looking to get on the podium. Kauf and Giaccio each put down their best runs of the day, and Kauf had one of the fast-



Jaelin Kauf picked up a pair of podium finishes over the weekend at Waterville Valley.

est times of the day, putting herself into second place just behind Perrine Laffont of France. Giaccio finished third, earning her third podium of the season and 15th in her career.

"I made a couple mistakes in my finals run and cleaned it up and did exactly what I wanted to do for that super finals run, so, [I'm] stoked with the run I was able to put down and stoked to share the podium with Olivia," said Kauf. "We obviously have such a strong women's team, I don't think everyone was able to put it together exactly how they wanted to today, there is definitely a lot more that this team is capable of, so hopefully we see that tomorrow."

"It was really fun to be on the podium with Jae, [it is] always fun to share it with a U.S. teammate, and quite a lot of the time it has been Jaelin so it's awesome to see her shredding as well and to do that on home soil is incredible," said Giaccio. "I was excited with my times today so I'm going to look to keep pushing that a little bit more and see what tomorrow will bring."

As for the men, Page



Lower Bobby's Run at Waterville Valley was packed with spectators, athletes, media and vendors as the FIS World Cup came to town this weekend.

qualified in the top spot, making him the last competitor on course, following Canadian great Mikael Kingsbury. The men had trouble in the super finals with multiple crashes, but Page handled everything just fine. With one of the largest air packages of the day, Page skied into second place just behind Kingsbury, earning his first-ever podium on U.S. soil.

"That first run that I skied today wasn't my favorite in qualifying, I knew I needed to step it up and so I was talking to



Nick Page earned a second place finish in Friday's moguls competition at Waterville Valley's World Cup event.



Dylan Walczyk competes during Friday's World Cup moguls competition at Waterville Valley Resort.

my coaches and said that the rest of the day, I was

going to drop the hammer," said Page.

The skiers returned to the course the next day for the second dual moguls event of the season.

The action started in qualification, where 10 U.S. athletes won at least one dual to advance to the finals. Michel, Mar-

cellini, Mickel, Walczyk and Page advanced for the men. On the women's side, Kauf, Johnson, Giaccio, Hogg and Macuga advanced. Owens finished 24th and Kylie Kariotis landed in 30th place.

In the round of 16, Giaccio and Johnson had to go head-to-head. Giaccio lost control and had to ski out to slow her speed, finishing 16th. Johnson put down a beautiful run to advance to the quarterfinals alongside Kauf. Hogg earned another top 10 finish, and Macuga ended the day 11th. Johnson took on Maia Schwinghammer of Canada and despite not moving on, finished seventh on the day.

The men had a slew of tough duals, but Mickel, Walczyk and Page advanced to the quarters, where they finished sixth, seventh and eighth, respectively.

Kauf was the sole American to advance to the final rounds, where she competed against Schwinghammer in the semis to advance to the big final, where she met Laffont, the previous day's winner who was celebrating her 100th World Cup start. The big final against Laffont was about as tight as it gets, with Perrine edging out 20-15.

The result marked Kauf's 40th career podium, all in front of her friends and family. With her win last month in Bakuriani, Georgia at the first dual moguls event of the season and her second place Sunday, Kauf holds on to the coveted yellow leader bib.

"Really stoked with today, the course is super fun, I'm really happy with my skiing, I feel like I was really consistent and did what I wanted to do out there as far as my runs," said Kauf. "I was really hoping for that top spot but [I'm] stoked to walk away with another podium and to keep the yellow bib."

US Ski and Snowboard Association contributed to this report.

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

Alpine Golden Eagles race at Mount Sunapee, Gunstock

BY JOSHUA SPAULDING
Sports Editor

NEWBURY — The Gilford alpine boys and girls traveled to Mount Sunapee on Tuesday, Jan. 21, and both finished in third place overall.

For the boys, Bode McLean finished in 42.2 seconds for second place overall, with Gavin Irons skiing to 18th in a time of 49.17 seconds. Elliott Warren was 27th overall in a time of 50.92 seconds and Zachary Arenstam finished in a time of 51.6 seconds for 29th place.

Joel Wernig was 31st overall in 52.35 seconds, Ben Wolpin was 33rd in 52.89 seconds, Oliver Leandro placed 36th overall in a time of 53.35 seconds and Kyle Gandini finished in 37th place with a time of 54.05 seconds. Kyle Johnson rounded out the field of Golden Eagles with a 63rd place finish in 70.28 seconds.

Lily Bishop led the Gilford girls with a combined time of 47.76 seconds for sixth place over-

all. McKenna Howard finished in eighth overall in 48.4 seconds, Riley Coutts finished in 10th in 48.59 seconds and Ava Lien was 26th overall in 53.53 seconds.

Brooke Baron was 39th in 57.83 seconds, Josie Arrighi was 46th in a time of 62.82 seconds and Alicia Lyman skied to 52nd place in a time of 67.57 seconds.

The Golden Eagles skied in their second meet of the week on Friday, competing at Gunstock and taking home the victories for both the boys and girls.

Bishop led Gilford in the morning giant slalom with a second place finish in 55.67 seconds and Howard skied to third in 56.19 seconds. Riley Coutts was fourth in 56.29 seconds and Mia Burlock was sixth in a time of 1:00.98.

Lien was seventh in 1:01.99, Baron was eighth in 1:04.08, Camryn Coutts was 10th in 1:06.05, Megan Legro was 11th in 1:06.83, Arrighi was 15th

in 1:14.19 and Lyman was 19th in 1:18.24.

Bishop won the afternoon slalom with a time of 55.06 seconds with Howard in third place in 56.1 seconds and Riley Coutts in fourth place in 1:01.98. Lien was sixth overall in 1:08.3 to finish the scoring.

Baron was eighth overall in 1:14.96, Arrighi was 12th in 1:35.53 and Lyman finished in 17th place in 1:42.48.

McLean won the giant slalom in a time of 52.4 seconds with Wolpin in fifth place in 58.06 seconds and Warren in ninth place in 1:01.69. Leandro finished in 11th place to round out the scoring in 1:02.34.

Gandini was 12th in 1:03.58, Arenstam was 13th in 1:06.87, Wernig was 14th in 1:07.95, Keenan Wilcox was 15th in 1:13.39, Gabe Bates was 16th in 1:13.7 and Johnson was 20th in 1:27.82.

McLean finished in second place in the afternoon slalom in 54.25

seconds and Wolpin was fifth in 1:04.78. Gandini was sixth in 1:06.58 and Warren was eighth overall in a time of 1:08.29.

Arenstam was 12th in a time of 1:22.21, Wilcox was 15th in 1:33.89, Leandro was 19th in a time of 1:44.86 and Johnson was 23rd in 1:58.4.

The Golden Eagles are slated to compete at Gunstock on Friday, Jan. 31, at 10 a.m.

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OBITUARIES

Ann Bewley Morse, 93

Ann Bewley (Miles) Morse, age 93, of Alton Bay, NH, also known as Nana, passed away at home on January 19, 2025. Ann was born June 20, 1931 in Oak Park, IL. She is predeceased by parents, Elizabeth Bewley (Topping) and Karl Walker Miles; biological father, Frank Aurand Jr.; husband, Albert Dana Morse Jr.; sister, Emily Jane Miles; son, David C. Morse; granddaughter, Danielle Segedy, and great grandson, Jaxson David Morse.

“Annie” graduated from Nasson College in 1953 with a Home Economics Education degree. She was employed at New England Baptist Hospital and Huggins Hospital as a dietitian, and Alton Central School as a Lunch Director. Ann enjoyed being involved within her community, participating in the Alton Flower Club, NH Blueberry Growers Association, Ladies Fellowship of Community Church, Alton Historical Society, and NH Retired Teachers Association as well as quilting and attending many other local senior events. In addition, she loved going to her grand-



children’s sports, dance, music, and other extra-curricular events. She traveled by ship to Europe with her sister after graduating college, and to Alaska with her husband for their 50th anniversary along with three of their daughters.

Ann met the love of her life on a blind date and married June 17, 1956. A schoolmate of Dana’s later relayed to his daughter, Susie, what a friend said: “Did you hear the news? Dana Morse is marrying a city girl!” It was a marriage that lasted a lifetime. Ann took to farm life, canning and preserving, blueberrying, and corralling cows and pigs, and enjoyed watching the birds. Together they raised eight children. Mom was an amazing woman with an extraordinary love

for her family. Her family provided care the last six years after a medical event, a testament to how she raised her children.

Ann is survived by her children, Deborah (John Segedy), Rebecca, Albert Dana III, Susan, Karen (Edward Monahan), Arlene (Janie), and Charlene (Darin Burke); grandchildren, Andrew, Beth, Jayne, Clara, Albert Dana IV, Isaac, Paige, Hunter; Stephanie, Elizabeth, and Mackenzie; great grandchildren, Colton and Camden; brother, Walker Topping Miles (Elizabeth); numerous nieces and nephews; and her beloved cat, Jet.

Calling hours will be February 1, 2025 from 12:00 to 2:00 PM with a service at 1:30 PM at Peaslee Alton Funeral Home, 12 School Street, Alton, NH 03809. A graveside service will be held at a later date. In lieu of flowers, the family asks that memorial donations be made in her memory to Granite VNA-Home Care, The Slusser Center, 30 Pillsbury Street, Concord, NH 03301 or FUNds4Paws, PO box 5441, Weirs Beach, NH 03247, FUNds4Paws.org to assist with spaying and neutering cats.

Plymouth State University announces Fall 2024 Dean's List

PLYMOUTH — Plymouth State University recognizes 376 students who made the Dean's List for the Fall 2024 semester. To be named to the Dean's List, a student must achieve a grade point average between 3.50 and 3.69 during the Fall 2024 semester and must have completed at least 12 credit hours during the semester, at least nine of which must confer grade points, at the time the lists are finalized.

Nicole Rogers, a Art and Design major of Alton

Alexander Gagne, a Robotics major of Alton

Amber Fernald, a Allied Health Sciences major of Alton

Adam Blanton, a Adventure Education major of Alton Bay

Olivia Griffin, a Ad-

venture Education major of New Durham

Justin Burgos, a Marketing major of Center Barnstead

Sarah White, a Environmental Science & Policy major of Center Barnstead

Kayla Gallagher, a Commun. and Media Studies major of Gilford
 Mackenzie Roys, a Mathematics major of Gilford

Kaelan O'Connor, a Allied Health Sciences major of Gilford

John Guest, a Adventure Education major of Gilford

Madison Cusello, a Social Work major of Gilmanton

Riley McDonough, a Marketing major of Gilford

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Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates, and by providing graduate education that deepens and advances knowledge and enhances professional development. The Plymouth State Cluster Learning Model emphasizes open, integrative, and project-based experiences. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. To learn more about Plymouth State University, visit www.plymouth.edu.

Tax forms available at Gilman Library

ALTON — The 2024 tax forms and instruction booklets are available at the Gilman Library at 100 Main St., Alton. We have a limited supply of these pre-printed forms and instruction booklets, so you may wish to call the library at (603) 875-2550, to reserve a set for yourself. You may also use any one of our four public access computers to file taxes online or print off special forms from IRS.gov, that we may not have in stock.

We also have just in and hot off the press, in our Reference collection and at your disposal for in-house use, J. K. Lasser’s Your Income Tax 2025, proclaimed the #1 tax guide for over 80 years. Other new titles include “Crypto-currencies and the Blockchain Revolution: Bitcoin and Beyond,” by Brendan January, and “Bitcoin for Dummies,” 2nd edition, by Peter Kent, to instruct you in the safe use of Bitcoin purchases and investments.

We have three new Dutch Oven cookbooks, “Cook it in Your Dutch Oven” by America’s Test Kitchen, “The 5-Ingredient Dutch Oven Cookbook” by Lisa Grant, and Easy Dutch Oven Cookbook, by Louise Davidson, that all offer recipes that are sure to hit the spot on a cold winter night. In

addition, we have the new Good Energy Cookbook for Beginners, by Alisha Wilson, and new cookbooks on bread baking, and crock pot cooking.

We have three books on brain health, “The Brain’s Way of Healing” by Norman Doidge, MD, “The Ghost in My Brain: How a concussion stole my life” by Clark Elliott, PhD., and “Life with Traumatic Brain Injury” by Amy Zeller.

Four other new nonfiction titles include “How to Love a Forest: the bittersweet work of tending a changing world,” by Ethan Tapper; “The Lions of Winter: Survival and Sacrifice on Mount Washington” by Ty Gagne, and two new books on Biblical prophecy. “The Dragon’s Prophecy” and “Return of the Gods” are by Jonathan Cahn, author of the bestselling fiction, The Harbinger.

Two new fiction titles are “When the World Fell Silent” by Donna Jones Alward, and “Shelter” by Jayne Anne Phillips. We have also added fifteen new Large Print books, by 13 different authors, including Lisa Black, Rhys Bowen, Linda Castillo, John Connolly, and Tess Gerritsen.

We have added four new DVDs that might interest you. We have

“Trap” with Josh Hartnett, “Speak No Evil” with James McAvoy, “The Apprentice” with Sebastian Stan, and “Beetlejuice Beetlejuice” with Michael Keaton.

Don’t forget our regular programs at the Gilman Library, Theater Thursdays at 1 p.m. on the first Thursday, Alton Book Chat at 7 p.m. the second Tuesday, Sm-Ar-Ti-Es Kids Science Club at 4 p.m. on the second Wednesday, and Sit and Stitch, every Saturday at 11 a.m. There is no January Third Thursday Event, but now is the time to sign up for the Holistic Health Workshop Series to be held at 1 p.m. on Feb. 20.

Remember that we have two Friends of the Gilman Library Raffles in January, to both be drawn on Feb. 8. Fifteen packages of assorted gourmet chocolates for the Sweet Tooth’s Resolution Raffle, and a dozen assorted candles for the Candle Lover’s Raffle. Each raffle will have one winner to claim the prize. Tickets are \$100 each or six tickets for \$5 and the proceeds directly benefit the Gilman Library, thanks to the efforts of our Friends Group. We are always looking for Friends to join and volunteers to serve with us. See you at the library!

Gilford Public Library Classes & Special Events Jan. 23 – Jan. 30

Thursday, Jan. 30
 Geri Fit, 9-10 a.m.
 Aspiring Artists Storytime, 10:30-11:30 a.m.
 Home School Club, noon-1:30 p.m.
 Boost Your Brain and Memory, 1-3 p.m.
 French Club, 4-5 p.m.
Friday, Jan. 31
 Senior Sculpt, 9-10 a.m.
 Heart ‘n Soul Chair Yoga, 10-11 a.m.
 Bridge, 10 a.m.-noon
 Preschool Storytime, 10:30-11:30 a.m.
 Hand & Foot, 12:30-2:30 p.m.
 Happy Crafters, 1:30-2:30 p.m.
 Advanced Conversational German, 2:30-3:30 p.m.
 Beginner Line Dancing, 4-5 p.m.
Saturday, Feb. 1
 Beginner Line Dancing, 10:30-11:30 a.m.
Monday, Feb. 3
 Fun and Fitness With Joyce, 9-10 a.m.
 Baby Storytime, 10-10:30 a.m.
 Mahjong, 12:30-1:30

p.m.
 Writing Wizards, 4:30 p.m.
 Sauerkraut Making, 5 p.m.
 Join UNH Extension’s Sean O’Brien for an in-person sauerkraut making workshop!
Tuesday, Feb. 4
 Geri Fit, 9-10 a.m.
 Senior Sculpt, 10-11 a.m.
 Bridge, 10 a.m.-noon
 Preschool Storytime, 10:30-11:30 a.m.
 Valentine’s Day Exercise Social, 11:30 a.m.
 Death Cafe, 1-2 p.m.
 Join us for a meeting of the Death Cafe. This discussion group is a respectful and supportive space to discuss a natural part of life that is often perceived as taboo. This group will be moderated by Registered Nurse Ruth O’Hara, certified Death Doula and Reiki Master and Carol Wallace, Reiki Master.

Intermediate Line Dancing, 4-5 p.m.
 Gilford DPW Open House, 5:30 p.m.
Wednesday, Feb. 5
 Senior Stretch Yogaah!, 9-10 a.m.
 Card Games, 10 a.m.-noon
 Check out an Expert, 10 a.m.-noon
 Hayden’s Bits and Bytes, 10:15 a.m.
 Come to a quick talk about making the most of your library card in the digital space. Suggestions will be taken for next month’s topic.
 Let’s Talk About Grief, 1-2 p.m.
 Paint Group, 1-3 p.m.
 Boredom Busters, 3-4 p.m.
Thursday, Feb. 6
 Geri Fit, 9-10 a.m.
 Tai Chi w/ Joyce, 10 a.m.
 Aspiring Artists Storytime, 10:30-11:30 a.m.
 French Club, 4-5 p.m.

Gilford police log

GILFORD — The Gilford Police Department reported the following arrests from Jan. 13-23.

Shane M. Russell, age 38, was arrested on Jan. 13 for Stalking.

Cherish McLellan, age 35, was arrested on Jan. 15 for Disobeying an Officer and DUI-Impairment.

Amanda L. Heatcote, age 32, and Robert A. York, age 43, were arrested on Jan. 15 for Criminal Trespassing.
 Kyle P. Fugate, age 40, was arrested on Jan. 16 for Domestic Violence-Simple Assault causing Bodily Injury and multiple counts of Violation of a Protective Order.

Jeremiah M. Aitken, age 27, was arrested on Jan. 16 for Driving After Revocation or Suspension of license.

A 42-year-old male was taken into protective custody on Jan. 17.

Jeremy C. Barton, age 53, was arrested on Jan.

17 for operating a motor vehicle after suspension of registration and driving after revocation or suspension of license.
 Janelle D. Moulton, age 37, was arrested during the same incident for Obstructing Government Administration and in connection with a warrant.

Elizabeth A. Maglio, age 38, was arrested on Jan. 18 in connection with a warrant.

James F. Oliver, age 69, was arrested on Jan. 18 for driving after revocation or suspension of license.

Robert Ola Burgess, age 39, was arrested on Jan. 20 for driving after DUI-related revocation or suspension of license.

Tom Alley, age 74, was arrested on Jan. 22 for driving after revocation or suspension of license.

Danny Michael Chasse III, age 22, was arrested on Jan. 23 in connection with a warrant.

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Church Service SCHEDULE
 ABUNDANT HARVEST FAMILY CHURCH
 Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union. Pastors Daniel and Sherrie Williams, 673-8014. For more information, please visit abundantharvestnh.org or e-mail ahf@faith.com.
 ALTON BAY CHRISTIAN CONFERENCE CENTER
 Sundays throughout the summer 10am 6-7pm; 875-6161.
 BEFREE COMMUNITY CHURCH, ALTON
 Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Ben Bulte, www.befreechurch.net.
 CENTER BARNSTEAD CHRISTIAN CHURCH
 Worship Service 10:00am
 Bible Study 11:15am
 Call or Text (603) 269-8831 centerbarnsteadcuc.org
 CHRISTIAN COMMUNITY OF PRAISE C.C.O.P PRAISE GATHERING
 Gathering Saturdays at 4:00pm
 The Gilmanston Community Church 1803 NH Route 140, Gilmanston townships, NH ccooppraisegathering@gmail.com
 COMMUNITY CHURCH OF ALTON
 Pastor Jared Cassidy
 10am Worship service Sunday 20 Church St. Alton (603) 875-5561 www.ccoallton.com
 CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC
 Sunday services and worship services Rev. Kate Kennedy 603-776-1820
 Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom. Sundays at 10 a.m. cconorthbarnstead.com
 FIRST CONGREGATIONAL CHURCH OF FARMINGTON
 Worship Services: 10:00 AM
 Sunday School: 10:15 AM Sept. To June
 400 Main Street Farmington, NH 03035 www.farmingtonuhc.org
 FIRST BAPTIST CHURCH OF NEW DURHAM NH
 Sun. School 9:30am; Church 10:30am; Evening Service 6pm; Wed. Prayer Meeting 7pm. Depot St., New Durham; Pastor Ryan Blackford
 PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H.
 on the Parade in Barnstead
 Sunday Morning Worship Service for all ages begins at 9:00 a.m.
 Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings.
 Pastor Sandy Pierson - 483-2846
 ST. KATHARINE DREXEL
 40 Hidden Springs Rd., Alton, 875-2548
 Father Robert F. Gals, Pastor:
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 Sunday 8:30 & 10:30am;
 Daily Mass Mon., Tues., Wed., Fri. 8:00am.
 ST. STEPHEN'S EPISCOPAL CHURCH
 Sunday 9:30-10:30 Main St., Pittsfield
 Rev. Miriam Arevalo with Rev. Stephen Eberberg
 www.ststephensepiscopal.org
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Hiker injured on Mt. Belknap

GILFORD — On Saturday, Jan. 25, shortly after 12:30 p.m., New Hampshire Fish and Game was notified that a hiker was injured on the Red Trail on Mt. Belknap. The hiker was Patricia Cole, 67 of Belmont.

Cole was hiking with two family members when she slipped on ice and injured her ankle while descending the trail. She attempted to bear weight on her injured ankle but was unable to. The group placed a call for help and rescuers from Gilford and Alton Fire Departments responded along with members of Lakes Region Search and Rescue. She was nearly two miles from the trailhead.

Rescuers stabilized Cole's injury and placed her in a litter. She was carried down

the trail to a waiting side by side OHRV which transported her the rest of the way out. She arrived back at the trailhead shortly before 4 p.m. She was taken by ambulance to Laconia Hospital for treatment.

While Cole and her hiking partners were well prepared for the conditions to include a bivy sac, warm clothes and a hike safe card, it is important to note that winter conditions to include deep snow and ice are present in the mountains, and are likely to persist for the next several months. Anyone venturing out should be equipped with micro-spikes, snowshoes and extra layers.

Lakes Region Search and Rescue is a highly skilled volunteer search and rescue

organization whose members work hard to maintain the skills and equipment necessary to carry out rescues across the state.

BIDDEFORD and PORTLAND, Maine — The following students have been named to the Dean's List for the 2024 fall semester at the University of New England.

Alton
Abigail Argue, Marin Creteau, Hannah Linsky, Ava Morton

Center Barnstead
Brooke Pepe

Anyone can donate to LRSAR through the New Hampshire Outdoor Council at www.nhoutdoorcouncil.org. Donations are fully tax deductible.

Gilford
Benjamin Czerwinski, Haukur Karlsson

Gilmanton Iron Works
Jessica Gannon

Dean's List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

The University of New England is

the state's top provider of health professionals and home to Maine's only medical and dental colleges, a variety of other inter-professionally aligned health care programs, and nationally recognized programs in the marine sciences, the natural and social sciences, business, the humanities, and the arts. Visit www.une.edu.

Maine's largest independent university, with two beautiful coastal campuses in Maine, a one-of-a-kind study-abroad campus in Tangier, Morocco, and an array of flexible online offerings. In an uncommonly welcoming and supportive community, we offer hands-on learning, empowering students to make a positive impact in a world full of challenges. We are

Fish and Game search and rescue activities. For safe hiking tips and a list of essential gear, visit hikesafe.com.

SPORTS

Timber Wolves race at Mount Sunapee, Gunstock

BY JOSHUA SPAULDING
Sports Editor

NEWBURY — A trio of Prospect Mountain alpine skiers raced at Mount Sunapee in Newbury on Tuesday, Jan. 21.

Evan Fuller led the way for the Timber Wolves with a 55th place finish in a time of 64.79 seconds. Charles Bravar was 61st overall in 66.96 seconds and Brady Glidden skied to 62nd place in a time of 67.9 seconds.

The Prospect boys competed at Gunstock on Friday, Jan. 24, finishing in fifth overall in a meet hosted by Gilford.

Fuller led the Timber Wolves in the morning giant slalom with a time of 1:20.29 for 18th place and Glidden was 19th in a time of 1:25.73.

In the afternoon, Fuller was 14th overall in the afternoon slalom in 1:33.44, Bravar was 18th overall in 1:44.47 and Glidden skied to 21st overall in a time of 1:55.06.

The Timber Wolves will be racing at Gunstock on Friday, Jan. 31.

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

HIGH SCHOOL SLATE

Thursday, Jan. 30
GILFORD
Nordic Skiing at Gunstock; 2:30

Friday, Jan. 31
BELMONT
Boys' Hoops vs. Newfound; 6
Girls' Hoops at Newfound; 6

GILFORD
Alpine Skiing at Gunstock; 10
Boys' Hoops vs. Inter-Lakes; 6
Girls' Hoops at Inter-Lakes; 6

WINNISQUAM
Boys' Hoops vs. Somersworth; 7
Girls' Hoops at Somersworth; 6

Saturday, Feb. 1
BELMONT
Indoor Track at UNH; 10
BELMONT-GILFORD

Boys' Hockey vs. Kearsarge-Plymouth; 12

GILFORD
Indoor Track at UNH; 10
Swimming at Salem; 1

WINNISQUAM
Boys' Hockey vs. John Stark-Hopkinton; 10
Indoor Track at UNH; 10
Wrestling at Concord; 9

Tuesday, Feb. 4
BELMONT
Boys' Hoops vs. Inter-Lakes; 6
Girls' Hoops at Inter-Lakes; 6
Unified Hoops at Gilford; 3

GILFORD
Boys' Hoops at St. Thomas; 6:30
Girls' Hoops vs. St. Thomas; 6:30
Unified Hoops vs. Belmont; 3

WINNISQUAM
Boys' Hoops at Raymond; 6:30
Girls' Hoops vs. Raymond; 7

Wednesday, Feb. 5
BELMONT
Swimming at UNH; TBD

BELMONT-GILFORD
Boys' Hockey at Pembroke-Campbell; 7:30

WINNISQUAM
Boys' Hockey at Kennett; 6:10
Wrestling vs. Bow; 7

All schedules are subject to change.

HIGH SCHOOL SLATE

Thursday, Jan. 30
KENNETT
Nordic Skiing at Gilford; 2:30

Friday, Jan. 31
KENNETT
Alpine Skiing at Waterville Valley; 10
Boys' Hoops vs. Bow; 6:30
Girls' Hoops at Bow; 7

KINGSWOOD
Alpine Skiing at Gunstock; 10
Boys' Hoops at Bishop Brady; 6:30
Girls' Hoops vs. Bishop Brady; 6

Saturday, Feb. 1
KENNETT
Boys' Hockey at Timberlane; 7:50
Girls' Hockey vs. Souhegan; 4
Indoor Track at UNH; 10

KINGSWOOD
Boys' Hockey at Somersworth-Coe-Brown; 6
Indoor Track at UNH; 10
Wrestling at Mascenic; 9

KINGSWOOD-PROSPECT MOUNTAIN
Girls' Hockey vs. Oyster River; 7:10

PROSPECT MOUNTAIN
Indoor Track at UNH; 10

Tuesday, Feb. 4
KENNETT
Boys' Hoops at Hanover; 6:30
Girls' Hoops vs. Hanover; 6

KINGSWOOD
Boys' Hoops at Manchester West; 6
Girls' Hoops vs. Derryfield; 6

PROSPECT MOUNTAIN
Boys' Hoops vs. Somersworth; 6
Girls' Hoops at Somersworth; 6

Wednesday, Feb. 5
KENNETT
Boys' Hockey vs. Laconia; 6:10
Girls' Hockey vs. Concord; 6
Ski Jumping at Plymouth; 6

KINGSWOOD
Boys' Hockey at John Stark-Hopkinton; 8
Unified Hoops vs. Newfound; 3
Wrestling vs. Portsmouth; 6

KINGSWOOD-PROSPECT MOUNTAIN
Girls' Hockey at St. Thomas; 5

PROSPECT MOUNTAIN
Wrestling at Pelham; 6

Thursday, Feb. 6
KENNETT
Unified Hoops at Gorham; 3

KINGSWOOD
Unified Hoops vs. Plymouth; 3

All schedules are subject to change.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

<i>Town</i>	<i>Address</i>	<i>Type</i>	<i>Price</i>	<i>Seller</i>	<i>Buyer</i>
Barnstead	N/A	N/A	\$21,133	Jamie Poulin	Waking Michel
Gilford	281 Cherry Valley Rd.	Res.-Mtl. Bldg.	\$700,000	Danae Bryar RET	Gary J. and Judy A. Zaiken
Gilford	179 Cumberland Rd.	N/A	\$375,000	Canh D. Tran and Minh-Ha T. Dang	White House Prop LLC
Gilford	109 Scenic Dr.	Residential-Other	\$800,000	Judith A. and Gary J. Zaiken	Todd A. Berkowitz RET
Gilford	44 Silver St.	Single-Family Residence	\$725,000	Robert & N. Flaherty Trust	Brandon and Ashley Borghi
Gilmanton	299 Currier Rd.	N/A	\$519,000	Carol Schonfeld Trust	Diane Plante
Gilmanton	Sargent Road	N/A	\$25,000	Elena and Grerald J. Spaulding	Gerald J., Jr. and Raquel Spaulding

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.

Local students named to President's List at Plymouth State University

PLYMOUTH — 922 students have been named to the Plymouth State University President's List for the Fall 2024 semester. To be named to the President's List, a student must achieve a grade point average of 3.70 or better for the Fall 2024 semester and must have completed at least 12 credit hours during the semester; at least nine of which must confer grade points, at the time the

lists are finalized.

Skylar Hammes, Psychology major of New Durham

Hannah Thomas, Social Work major of Alton

Mason Pappaceno, Allied Health Sciences major of Alton

Jana Chorvatovicova, Business Administration major of Alton Bay

Erin Hart, Elementary Ed & Youth Development major, of Gilford

Ashley Hart, Elemen-

tary Ed & Youth Development major, of Gilford
Maegan Shute, Elementary Ed & Youth Development major, of Gilman
Lilian Maynard, Elementary Ed & Youth Development major, of Gilford
Jayda-Lynn Carter, Nursing major of Gilford
Jack Segalini, Adventure Education major of Gilman
Chandler Green, Mar-

Alainnah-Kate Penney, Business Administration major of Gilford
Rhiannon Reinholz, Interdisciplinary Studies major of Gilmanton
About Plymouth State University
Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where

engaged learning produces well-educated undergraduates, and by providing graduate education that deepens and advances knowledge and enhances professional development. The Plymouth State Cluster Learning Model emphasizes open, integrative, and project-based experiences. With distinction, we

connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. To learn more about Plymouth State University, visit www.plymouth.edu.

HOCKEY

(continued from Page A1)

able to make a couple of big saves in the Knight-wolves net.

Gilpatrick and Baldwin had chances that missed the net before the hosts were able to get on the board with 3:05 to go, as Libby found the back of the net, with assists to Smith and Baldwin and Kingswood-Prospect Mountain took the 1-0 lead. Smith sent the puck through the crease on a chance and Harrington sent a shot wide of the net. Libby and Emma Ouellette got in close with chances and Harrington and Smith connected on a bid that was denied as the first period ended with the Knightwolves up by a 1-0 score.

Baldwin sent a shot wide of the net early in the second and Ouellette and Aucoin teamed up on a chance that was stopped. Ouellette had another bid in close before the Knightwolves got their second goal of the game. Baldwin won the faceoff in the zone and the puck went right to Libby, who buried it in the net for the 2-0 lead with 13:11 to go in the second period.

The Knightwolves took their first penalty of the game less than 30 seconds later and Ouellette and Gilpatrick had solid shorthanded bids for the hosts. Smith had a good defensive stop and Arsenault turned back a couple of chances before the penalty was killed off.

The Knightwolves took a four-minute penalty with 10:43 to go and Baldwin had a couple of shorthanded bids. Libby made a nice defensive play and Gilpatrick was taken down as she went in on a shorthanded bid, evening up the sides at four apiece for 1:11.

Baldwin had a bid denied and both Libby and Aucoin had chances go wide of the net before the Knightwolves went on the power play for 49 seconds. Harrington had the best chance of the advantage turned away by the Cardinal goalie before the penalty was killed off.

Gilpatrick and Baldwin had shots denied by the Bishop Guertin goalie and the Cardinals sent a shot wide of the net before Arsenault turned away a chance. Libby and

Baldwin both had bids denied as well.

With 1:41 to go, Gilpatrick fired off a shot from the point that found its way to the back of the net on an assist from Baldwin and the Knightwolves were up 3-0. Libby had a bid denied and Harrington and Libby connected on a chance that was denied as the period ended with the hosts up 3-0.

Arsenault turned away a Cardinal bid to start the third period and Ouellette sent a shot wide of the net. The Knightwolves took a penalty with 12:47 to go and Arsenault stood strong in the net, turning away a couple of good chances. Smith had a good block, Ouellette had a nice clear and Aucoin had a good defensive kill as the Knightwolves killed off the penalty.

However, they took another penalty with 10:43 to go and Baldwin had a good clear. Just 18 seconds into the power play, the Cardinals took a penalty and the teams went four-on-four. Sykes and Baldwin had good defensive stops before the Cardinals took another penalty and the Knightwolves went on the power play for 1:10. Baldwin had a bid denied then teamed up with Libby on a chance in close before the Kingswood-Prospect penalty was killed, giving the Knightwolves a brief five-on-three opportunity, where Libby had a bid denied. Kingswood-Prospect got a brief one-woman advantage before the Cardinal penalty was killed off and Arseneault made a save on a BG chance.

Baldwin and Libby had bids in close and Aucoin sent a shot off the post before Sykes closed out the scoring with 1:32 to go on a feed from Libby as the Knightwolves closed out their 4-0 win.

"It was good to have a game like that," House noted.

Kingswood-Prospect is slated to be in action again on Saturday, Feb. 1, at home against Oyster River-Portsmouth at 7:10 p.m. and will be at St. Thomas on Wednesday, Feb. 5, at 5 p.m.

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





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

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For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call

The New Hampshire Commission for Human Rights at 603-271-2767 or write

*The Commission at
163 Loudon Road,
Concord, NH 03301*

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Sea Scouts Lakes Region learns ice safety in Sunday training

GILFORD — Sea Scouts Lakes Region Scouts trained last Sunday with Gilford Fire & Rescue at the Glendale town docks, learning how to protect themselves when venturing on the ice, how to safely attempt shore-based rope and reach rescues.

Uneven ice conditions around the state were responsible for a number

of incidents around the state, including a drowning death in Kingston.

“Sea Scouts have water adventures year round, and we hope to train our youth to stay out of danger in the first place by taking the proper precautions, get themselves out of trouble if they fall through, and safely assist others without being put themselves in jeopardy,”

said Tom Ceniglio, skipper of the new Sea Scout Ship 72.

Among the preventative skills taught by firefighters Lachlan Plache and Tyler Emond were checking ice thickness, use of personal flotation devices, or PFDs, in uncertain conditions, the importance of whistles, and not going out alone. Should an emergency

occur, Scouts learned the use of emergency ice picks to claw onto the ice and rolling away from bad ice. When assisting others, Scouts were reminded to call 911 first, then assist with reach poles, ropes or other means of pulling out a victim, then taking steps to treat hypothermia until help arrives.

Sea Scouts Lakes Region had thirteen youth and participating adults for the training Sunday,

and hopes to take what they’ve learned and present those skills at the Alton Winter Carnival on February 16 in Alton Bay.

Brian Beihl, organizer and now committee member of the new group, added that the generosity of local organizations like Gilford Fire - Rescue helps not only the Scouts, but the community, too.

“A significant percentage of first responders nationally were Scouts as youth, as well as becoming

leaders in their communities. That’s a great return on investment, and we’re grateful for the help of the Gilford Fire - Rescue team,” he said.

For youth interested in participating with Sea Scout Ship 72, information is available at SeaScoutsLakesRegion.org.

For more information, visit facebook.com/seascoutslakesregion or email seascoutslakesregion@gmail.com.

HEART

(continued from Page A1)

mine if there are any underlying cardiac conditions.

“It’s a huge step in the direction of prevention of sudden card death, which is the leading killer in youth sports,” said GHS Athletic Trainer Alexandria Raifsnider.

School nurse Meg Jenkins said one in 300 students are at risk for sudden cardiac arrest. There has been a national movement to address this, and a legislative effort was underway in the state of California to require EKGs for all student athletes.

Jenkins said she attended a conference for the National Association of School Nurses last summer and went to a workshop where a mother talked about her son’s death from sudden cardiac arrest. Jenkins was inspired to bring something to the school got in touch with a vendor who could provide this screening.

The screening will be available for any student regardless of if they play any sports or not. Interested students can visit <https://www.whoweplayfor.org/newhampshire-belknap> to sign up for the Gilford High School event and choose a time. Preregistration is open until 7 p.m. on Feb. 2, but students can still walk in the day of. The testing costs \$20, but anyone who cannot afford that amount can speak with the nurse’s office.

The results will be sent to a pediatric cardiologist for review and parents will be contacted with their results. The results will be marked with a green, yellow, or red flag. Those with normal EKG’s will be told the results. If the cardiologist sees a yellow flag in any student’s EKG, the family will receive a call recommending follow-up with their primary care physician. Any red flags show significant abnormalities and the student is advised not to do any physical activity and see a cardiologist.

GHS is also working in conjunction with Wentworth-Douglass Hospital in Dover to get referrals done.

This screening had been done at other schools across the state including Prospect Mountain High School, Newfound Regional High School, and others.

GHS experienced a tragedy a few years ago when a student died of sudden cardiac arrest outside of the school year.

“We’ve had great support from the administration, school board, and wellness committee,” Jenkins said. “They were very much on board with it.”

Raifsnider and Jenkins said cardiac conditions can happen to anyone of any age, gender, athletic participation,

physique, or other factors. Heart conditions can be the result of genetics, congenital conditions, or others. Hypertrophy is one significant issue where the heart muscle is enlarged. Other issues could include bradycardia, tachycardia, and other conditions.

The school is also being proactive by having AEDs in the building.

“When you have a sudden cardiac arrest having access to an AED is the difference between death and life,” Raifsnider said.

In addition to possible heart conditions, athletes could possibly suffer a rare condition called commotio cordis where a player suffers a blunt im-

pact to their chest when their heart is on a downbeat, resulting in cardiac arrest. Damar Hamlin of the Buffalo Bills suffered this condition on the field in 2023 and has since made a full recovery.

Jenkins said the school has the right number of AED’s to respond to any sudden cardiac arrest. She said the Emergency Planning Committee is also working to get another AED mounted outside the building in time for spring and fall sports and the budget includes getting a unit for Raifsnider.

“I think we’re progressive as a district of getting that stuff done and we’re supported administratively,” Jenkins said.

LEGALS

PUBLIC NOTICE ALTON SCHOOL DISTRICT DELIBERATIVE SESSION

AT
**PROSPECT MOUNTAIN
HIGH SCHOOL AUDITORIUM**

SATURDAY, FEBRUARY 1, 2025
1:00 PM

Snow Date: February 3, 2025
Same Location at 7:00 pm

Childcare will be available in the PMHS Cafeteria
Drop-off at 12:45pm

HELP WANTED

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163 Daniel Webster Hwy., Meredith NH

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Contact Lisa Rogers, Custodial Supervisor,
for further information at lrogers@sau49.org.

apply at: www.gwrsd.org
(employment tab)

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Wolfeboro Friends of Music presents Tapestry in ‘Postcards from France’

WOLFEBORO — Wolfeboro Friends of Music welcomes America’s premiere women’s classical vocal ensemble, Tapestry, for a performance Saturday, Feb. 15, at 7 p.m. at the First Congregational Church of Wolfeboro. Tapestry, this brilliant vocal ensemble performs with musical accompaniment: accordion, clarinet,

and guitar, weaving together a diverse range of artistic genres and musical colors. Postcards from France, a rich blend of Impressionism, Folk Tunes, and a touch of Jazz, takes a spirited journey throughout France with a quick hop over the pond to Quebec and Louisiana. Traditional music was the fascination and in-

spiration for many late 19th and early 20th century French composer, Joseph Canteloube who devoted much of his career collecting and preserving the ancient song tradition of Auvergne, the seed for this concert project. Paired with the works of Gabriel Faure, Django Reinhardt, Edith Piaf, and more! Tapestry is fast carving a



formidable reputation as one of North America’s most polished vocal art ensembles. “Hypnotically beautiful... inexhaustible cornucopia of sensual pleasures,” raves Jonathan Saville of the San Diego Reader. This is the sixth of

nine concert performances comprising the current WFOM season running through May, 89 years of artistic excellence in service to NH’s Lakes Region! Our season sponsors support the Wolfeboro Friends of Music: Paul Zimmerman Co., The

Kalled Gallery/ Wolfeboro, and Diana and Greg Jonas. Tickets are available for \$37.50 at the exciting new Web site, www.wfriendsofmusic.org; by calling (603) 569-2151 and at the door on the day of the concert. High School students with ID will be admitted free of charge. Children accompanied by an adult ticket purchaser will be admitted free of charge. For additional information, visit us at www.wfriendsofmusic.org or email us at: info@wfriendsofmusic.org.

Gilford Community Church to host next Gals’ Night Out

GILFORD — On Friday, Feb. 7 at 6 p.m., the Gilford Community Church (GCC) will host Gals’ Night Out with a presentation from Sheryl Faye as she portrays Abigail Adams, sometimes considered to have been a founder of the United States and now designated as the first Second Lady and second First Lady of The United States. According to Faye, “Adams’s life is one of the most documented of the first ladies. Her letters also serve as eyewitness accounts of the American Revolutionary War



home front.” The story starts off as an adult and goes back through her childhood and then back to an adult again. A delicious dinner will be catered by Ellie Murphy and any interested men are welcome to join this month as well.

Tickets for Gals’ Night Out are \$25 and may be purchased through Sunday, Feb. 2 at the GCC Administrative Office at 19 Potter Hill Rd. in Gilford. For those with questions, please call (603) 524-6057. Located in Gilford at 19 Potter Hill Rd., Gilford Community Church (GCC) is an inclusive, open community that welcomes believers and doubters, seekers and skeptics, young and old. Sunday service takes place at 10 a.m., is also available on a livestream feed on GCC’s Facebook page and later on YouTube.

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THANK YOU!

The Gilford Rotary Club wishes to thank the hundreds of residents in the Laconia/Gilford area who purchased a Christmas tree or a wreath during our club’s annual holiday fundraiser held this year at the Fireside Inn. Your support resulted in the sale of approximately 550 trees and 110 wreaths - the profits of which will be reinvested in worthy programs in the local community. And your purchases aided the environment as well. Live trees are a renewable resource!

We also wish to thank the following firms who provided logistical, product or financial support to our endeavor:

Your generosity helps The Gilford Rotary Club spread holiday cheer year round & make a difference in Gilford and Beyond!

Organaztions Gilford Rotary has donated to:

Prescott Farm • Neighbor's In Need • Isaiah 61 • Big Brothers Big Sisters • Camp Resilience
Gilford Community Church • Gilford Youth Center • Gilford School Fund • New Beginnings
Lake Winnepesaukee Association • New England Wolves • Cheryl Walsh Scholarship Fund • Got Lunch

50 Years GILFORD HIGH SCHOOL 1974-2024

THE GOLDEN GATHERING

All former and current staff, please join us in celebrating **fifty years** since **Gilford High School** was built and honoring all those who have played a part in the school’s history! Enjoy light appetizers, tours and GHS trivia.

Wednesday, February 12, 2025
3:00 - 5:00 PM
Gilford High School Auditorium

Hosted by students in the Reading and Writing for the Workplace class.
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