

# Winnisquam Echo

THURSDAY, FEBRUARY 19, 2026

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## After 55 hours, Duggan fifth in Last Skier Standing

*Former Belmont resident tackles challenging Maine race*



AUSTIN WILDER — COURTESY

Caleb Duggan is all smiles as he starts the Last Skier Standing competition at Black Mountain in Maine earlier this month.

BY JOSHUA SPAULDING  
Sports Editor

RUMFORD, Maine — Caleb Duggan had all the faith in the world in himself. His problem may have been that he had too much faith in the Patriots.

Duggan, who grew up in Belmont and went to New Hampton School, took on the Last Skier Standing challenge at Black Mountain in Rumford, Maine the weekend of Feb. 6, a challenge that has skiers just continually going up and down the Allagash Trail at the mountain, putting skins on to climb the mountain then taking them off to descend. The event continues day and night until only one skier is left.

For Duggan, the challenge was one he couldn't say no to, but one he knows he could've given more to when he stopped with five skiers left in the field after 55 hours.

"Last year I came in with the goal of 24 hours. I felt great, and ended up going for 36, before calling it quits," Duggan said. "My feet were really starting to deteriorate, and I had a ski trip to Utah the next day so I decided to save myself."

"This year I went in wanting to go as long as I could. We were way more prepared this year, we had an Airbnb for my family and friends who were my 'pit crew,' a second pair of boots, and an open schedule," he continued. "The only thing on the horizon was the Super Bowl Sunday night."

With friends and family serving as a support crew, Duggan went up and down the mountain consistently for 55 hours before deciding it was time to stop, largely because he wanted to watch the Super Bowl, as a Patriots fan.

"After going for 55 hours and placing fifth, I unfortunately have to live with the fact that I in part dropped out so I could watch the Patriots put up the worst performance of all time in the Super

SEE DUGGAN, PAGE A8

*Sanbornton voters to consider \$6.3M operating budget, \$1.7M in capital funding*

SANBORNTON — Voters will gather at 7 p.m. on March 11 at Sanbornton Central School for the town's 2026 Annual Town Meeting, where they will consider a \$6.3 million operating budget along with a series of capital reserve transfers, new trust funds and several policy questions.

### Operating budget

Article 1 asks voters to approve a Budget Committee-recommended operating budget of \$6,317,568 for general municipal operations. The proposal is \$23,100 lower than the \$6,340,668 figure recommended by the Board of Selectmen.

The article requires a majority vote.

The estimated tax impact is 48 cents per \$1,000 of assessed property value.

The largest line items in the proposed operating budget include:

General Government: \$1,897,231

Fire Department and Emergency Management: \$1,110,262

Highways and Streets: \$1,143,083 (Budget Committee figure)

Police Department: \$882,173

Other appropriations include sanitation, health and welfare, recreation, library services, conservation and debt service.

The Budget Committee recommended the operating budget by a 4-2-1 vote. The Board of Selectmen did not recommend the article.

### Capital reserve transfers

Article 2 seeks \$1,696,125 to be added to previously established capital reserve funds.

The measure requires a majority vote and is designated as a special warrant article.

The estimated tax impact is 11 cents per \$1,000 of assessed value.

The largest proposed transfers include:

\$950,000 for Road and Bridge Reconstruction

\$275,000 for Highway Heavy Equipment

\$205,000 for Fire Trucks

\$80,000 for Police Equipment

Smaller amounts are proposed for town building improvements, SCBA breathing apparatus, transfer station equipment, phosphorus or

SEE SANBORNTON, PAGE A9

## Winnisquam student-athletes rally to "Fill the Bins" for local students in need

TILTON — The spirit of competition met the spirit of compassion this month as Winnisquam Regional School District athletes, families, and fans came together to support the Every Child Is Ours (ECIO) program. During a series of "Fill the Bins" events held during the high school's Senior Games, the community successfully gathered essential donations to combat local food insecurity.

Members of the basketball, wrestling, and cheer teams led the charge, transforming their Senior athlete rec-

ognition games into a powerhouse of community support. The donations will directly benefit ECIO, a non-profit organization dedicated to providing weekly weekend food bags to approximately 100 students within the district.

ECIO program coordinator Lisa Drew said, "The generosity we witnessed at the Senior Games was truly overwhelming. These donations arrive at a critical time, allowing us to restock our shelves and ensure that no child in our program goes hungry."

SEE BINS, PAGE A8



## Meet Tilton's Select Board candidates

TILTON — Meet the four candidates running for the office of Selectman during a public forum Thursday, Feb. 19 at the police station, beginning at 6 p.m.

There are two positions open, each for a three-year term. This is your opportunity to see who the candidates are and learn from them how they will continue to make Tilton a great place to live and raise our families.

This forum is very informal and is designed for the public to ask the candidates questions. You may also join remotely. Go to the Town of Tilton Web site ([www.tiltonnh.org](http://www.tiltonnh.org)) and click on the appropriate day in the Town of Tilton Meeting & Events Calendar in the center of the page. You will see an agenda as well as a "view the meeting" live link. Please click on this link to participate.

The four candidates are Robert Yanity, Katherine Dawson, Jeffrey Fontaine, and Jeffrey Hinds, Jr.

COURTESY  
Pictured above are WRSD Family and Student Support Liaison Jacqui McGettigan, ECIO Program Coordinator Lisa Drew, and ECIO volunteer Jesse Bodwell showing some of the items donated during the Boys Basketball Senior Night.

# Singer-songwriter duo to perform in Franklin

FRANKLIN — The Franklin Opera House, in partnership with the NH Music Collective, proudly presents acoustic duo and independent singer-songwriters Tyler Levs & Joliet4. Together, they are MUTU4L, performing at Franklin Public Library Saturday, March 14 at 7 p.m.

Songwriters Tyler Levs and Joliet4 first met during the final round of an online vocal competition in 2019, where Joliet emerged as the winner. Their mutual admiration quickly turned into a supportive friendship, with frequent exchanges of praise on social media—often ending with the phrase “It’s mutual.”

The pair’s first in-person encounter occurred at TwitchCon in San Diego, where they improvised a hallway jam using a guitar and a nearby door as a makeshift drum. Though the impromptu performance landed them in a bit of trouble, it cemented their creative chemistry.



Carefully balancing family responsibilities and solo careers, the two artists spent nearly four years cultivating a collaborative space. A road trip to SXSW

in 2023 revealed how much more fluid and enjoyable songwriting could be when done face-to-face. Since then, they have committed to writing their debut al-

bum together, splitting time between New England and the Midwest while staying connected via Zoom. Their acoustic-focused singles are already stream-

ing on all major platforms, accompanied by original video content on YouTube. A trip to SXSW in 2023 revealed how much more fluid and enjoyable song-

writing could be when done facetoface. Since then, they have committed to writing their debut album together, splitting time between New England and the Midwest while staying connected via Zoom.

MUTU4L will be performing at the Franklin Public Library in Franklin. This historic Carnegie library offers a warm, acoustically friendly environment ideal for an up-close musical experience. Attendees can expect a relaxed atmosphere that encourages interaction with the artists.close musical experience. Attendees can expect a relaxed atmosphere that encourages interaction with the artists.

Advanced tickets are available on the Franklin Opera House Web site, [www.FOHNH.org](http://www.FOHNH.org). Seniors & Students — \$16, Adults — \$18. All tickets at the door will be \$20.

Special thanks to Franklin-based businesses, Seufert Law and Beck & Bellucci, for sponsoring this event.

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

BY JOSHUA SPAULDING

Sports Editor

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

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

Ogden's silver is the first for Team USA in a sprint classic event and only the second by an American in cross-country

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

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

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

good day,” he added.

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

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

“There’s a bunch of

kids and if I wasn’t here

(doing interviews) I’d be over there celebrating with them,” he added. “I am so excited I was able to put on a good show with so many Vermonters here, and so many Vermonters watching back home.”

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

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

BY JOSHUA SPAULDING

Sports Editor

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

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

Cochran-Siegle post-

ed a time of 1:25.45, 0.13 behind the winning time of 1:25.32 by Franjo von Allmen of Switzerland.

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

“It’s also a team effort. I am here because of what my teammates and my coaches (have done),” he continued. “Everything that they have instilled in me, my knowledge, just the whole process through-

out my career. It’s a reflection of that. I’m really appreciative.

It was von Allmen’s third gold medal of the Olympic Winter Games Milano Cortina 2026, matching the most by an alpine skier at a single Olympic Winter Games.

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

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

The Vermont-raised skier, who is the son of American skiing champion Barbara Cochran, said he couldn’t wait to share the

moment with his mother, who due to the COVID restrictions, was not able to attend the Beijing Games. And he also credited the sweet sap from his family’s farm as part of his success.

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

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

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

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**Local student named to St. Lawrence University's Dean's List**

CANTON, N.Y. — Madison Smith from Belmont has been named to St. Lawrence University's Dean's List for achieving academic excellence during the Fall 2025 semester.

Smith is a member of the Class of 2029. Smith attended Belmont High School.

To be eligible for the Dean's List, a student must have completed at least four courses and have an academic average of 3.6 based on a 4.0 scale for the semester.

About St. Lawrence University

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**Fairfield University congratulates**

**Fall Dean's List**

FAIRFIELD, Conn. — Caitlin Connelly of Tilton received Dean's List Honors for the Fall 2025 semester.

In order to be placed on the Dean's List, students must have completed a minimum of 12 credit hours in a semester, have no outstanding or incomplete grades for that semester, and have attained a semester grade point average of 3.50 or better.

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# Southwick School Student Council honors heroes with community supply drive



COURTESY

Southwick School Student Council members proudly display their collected items with New Veterans Home residents Tom Sawyer, Paul Cummings, Jim Fenimore, and Al Lee.

**NORTHFIELD** — Demonstrating leadership and a deep sense of community gratitude, the Southwick School Student Council recently organized and executed a successful supply drive to benefit the residents of the New Hampshire Veterans Home.

The student council members, under the guid-

ance of advisors Crystle Perry and Madisyn Fullerton, coordinated a school-wide drive to collect comfort items and essential supplies for the veterans residing at the Tilton based facility.

Over the course of the drive, Southwick students and their families contributed a wide array of items, ranging from personal care

products to recreational materials, all aimed at enhancing the daily lives of those who served in the United States Armed Forces.

The project was designed not only as a charitable effort but also as an educational bridge between the district's youngest leaders and the local veteran community. By

coordinating the logistics of the drive—from promotional posters to the final sorting of goods—the Student Council members gained firsthand experience in civic responsibility.

Ms. Perry said, "Watching our students take the initiative to support our local veterans has been incredibly moving. This drive wasn't just about col-

lecting items; it was about showing our residents at the New Hampshire Veterans Home that their service is remembered and valued by the next generation."

The New Hampshire Veterans Home has been a cornerstone of the Tilton community since 1890, providing high-quality healthcare and a sense of "home" to the state's veterans. Donations from local schools like Southwick play a vital role in providing the "extras" that contribute to the residents' quality of life.

## Early childhood developmental screening appointments available March 13

**TILTON** — Do you have a child aged three, four, or five who is not yet kindergarten aged? Do you have any concerns regarding their progress in early academics, communication, fine motor, or gross motor skills? The Winnisquam Early Learning Center has screening appointments available on Friday,

March 13.

Please contact Jessie Heath, WRSD preschool coordinator, to schedule an appointment for your child. She can be reached at [jheath@wrsdsau59.org](mailto:jheath@wrsdsau59.org) or 603-286-2034. Winnisquam Early Learning Center (WELC) - part of the Winnisquam Regional School District- is staffed

with early childhood special educators, a speech and language pathologist, occupational therapist, and physical therapist. WELC is a special education preschool program that provides specially designed instruction and therapy for children who are found eligible for special education services through an evalua-

tion process. The qualified staff at WELC can screen your child and make recommendations for further evaluations, if necessary, that could qualify your child

for support and services at Winnisquam Early Learning Center if they are found eligible! Contact Jessie Heath to schedule your appointment!

## Northfield town election takes on a new look

**NORTHFIELD** — The town of Northfield is excited to be using a ballot tabulator for the first time during this year's annual town election on March 10.

The machine will help streamline the end of election process and provide us with the most accurate results.

What hasn't changed?

## Belmont police log

**BELMONT** — The Belmont Police Department reported the following arrests during the week of Jan. 26 to Feb. 2.

Jade-Pearl Glidden, age 45, of Franklin was arrested on Jan. 26 for Possession of a Controlled Drug and Possession of Marijuana (first or second offense).

A 20-year-old male from Belmont whose identity has been withheld from publication received a summons in lieu of arrest on Jan. 28 for Conduct After an Accident, Driving After Revocation or Suspension of license, and operating a vehicle after Suspension of Vehicle Registration.

A 22-year-old male from Belmont whose identity has been withheld from publication received a summons in lieu of arrest on Jan. 29 for Conduct After an Accident.

Charles N. Brown III, age 48, of Belmont was arrested on Jan. 30 for Criminal Mischief and Domestic Violence-Obstructing a Report of a Crime or Injury.

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# Opinion

## What we owe the next generation

Small towns are measured in acres and tax rates, but they are sustained by something far less visible: foresight.

Each year at Town Meeting, residents weigh budgets, equipment purchases, reserve accounts and policy changes. It can feel technical. Line items. Capital reserve transfers. Trust funds. Adjustments measured in cents per thousand of valuation.

But beneath those figures lies a larger question: what kind of town are we preparing for the next generation?

In communities like Belmont, Northfield, Sanbornton and Tilton, the margin for error is small. A delayed road project becomes a failed culvert. A postponed equipment replacement becomes an emergency purchase at a higher cost. A neglected building becomes a safety concern. Planning is not about spending more. It is about spending wisely and predictably.

Road reconstruction funds are not glamorous, yet every child riding a school bus depends on those roads. Fire truck reserves do not draw applause, yet they protect homes and families when seconds matter. Police equipment upgrades are rarely debated at length, yet they ensure officers have the tools to respond safely and effectively.

Even investments in recreation and parks deserve a longer view. A maintained ballfield, a safe playground, a clean public space — these are not luxuries. They are signals. They tell young families that this is a town worth planting roots in. They tell older residents that the community continues to value quality of life.

Foresight also means understanding that stable reserves protect taxpayers. Capital reserve funds are often misunderstood as surplus money waiting to be spent. In reality, they are guardrails. They smooth out tax spikes. They prevent borrowing when avoidable. They allow towns to replace essential equipment on a schedule rather than in crisis.

Communities that plan only for today often discover tomorrow arrives with a larger price tag.

That does not mean every proposal should pass without scrutiny. Thoughtful debate is healthy. Questions about cost, timing and necessity are appropriate. Responsible oversight strengthens public trust. But long-term thinking must remain part of the conversation.

It is easy to focus narrowly on the tax impact printed beside each warrant article. It is harder, but more important, to consider the cumulative effect of deferring maintenance or underfunding reserves. Saving a few cents today can cost dollars later.

The future of any community is shaped less by bold gestures than by steady commitment. Roads maintained on schedule. Equipment replaced before it fails. Facilities cared for before they deteriorate. Benefits structured to remain sustainable.

The next generation may never know how many times voters debated a capital reserve article or adjusted a trust fund. They will not see the spreadsheets. They will not remember the vote tallies.

They will simply live in the town that was shaped by those decisions.

They will drive on its roads. They will rely on its emergency services. They will gather in its parks. They will decide whether to stay, to invest, to raise families here.

That is what Town Meeting season is truly about.

Not winning arguments. Not trimming for appearance. Not avoiding difficult votes.

It is about stewardship.

Small towns endure because residents show up, read carefully, ask questions and think beyond the present moment. That tradition has served our communities well. It is worth preserving, and it is worth strengthening.

The numbers matter. But the future they shape matters more.

## Letter submission policy

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

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



COURTESY  
Belmont Elementary School's hiking club enjoyed a great hike up Piper Mountain last Thursday after school. Photo courtesy of the Shaker Regional School District's Facebook page.

## LETTERS TO THE EDITOR

### Chet Birger will make us all proud as Moderator

To the Editor:

I hope this note finds you well, and I wish you all the best in what has started out to be a very cold and snowy new year.

As I read the Echo's "Letters to the Editor" last week, I was pleased to see Chet Birger announce his interest in running for Town Moderator here in Tilton as a write-in candidate. You may recall, I wrote "Around and About Tilton" each week for this fine paper and went to nearly every meeting in town for over a year. I believe this gives me a pretty good perspective of the good folks that volunteer their time and effort on behalf of our town. I've known Chet for over ten years, and I believe he has the perfect disposition for this position. Chet is calm, compassionate and a most intelligent man who cares greatly about our town. Many folks think of the Moderator as the person who runs our Town Meeting in March, but it's

much more than that — they're also responsible for running our elections. From what I've witnessed first-hand, there's a great deal of planning and effort, not to mention an endless set of rules that must be followed. It's a very serious business. Being retired now, I feel Chet will have the time and fortitude to plow head-on into this role and make us all proud.

I'd also like to take this opportunity to say, Thank You, to Helen Hanks for her service to our town and the wonderful job she has done as our moderator. Well done, Helen!

The elections are coming up on March 10, and I hope you'll remember Chet Birger as a write-in candidate for Town Moderator. Thank you for your consideration.

Respectfully,

Gregg DeVolder  
Tilton

## When words had a hand in them

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

These days, most words arrive looking exactly alike.

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

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

imperfect in the best way.

I realized, holding that scrap of paper, that handwriting has quietly slipped from being a daily habit to something closer to a novelty. We still sign our names, of course, but much of the rest has been replaced by keyboards and screens. Words now arrive instantly, neat and uniform, stripped of the small clues that once told us how the writer was feeling when they put pen to paper.

You could tell a lot from handwriting. Whether someone was calm or rushed. Whether they were careful by nature or inclined to barrel ahead. A letter written late at night looked different from one written early in the morning. Even the pressure of the pen told a story.

None of that transfers to a text message.

This isn't a complaint, exactly. Like most people, I rely on technology every day and am grateful for it. I appreciate the speed and the convenience. I appreciate not having to decipher someone's handwriting that resembles a cardio-

### KIND FOLKS, COLD WINTERS

By CHIPPIY

gram. Progress has its advantages.

Still,

something

small

has

been lost along the way.

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

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

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

There's a certain humility in that, I suppose. Sitting down to write by

hand reminds you that not everything improves automatically. Some things fade if you don't use them.

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

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

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

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

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# Learning things in the Italian mountains



The picture does not do it justice, but this is the view from my hotel room in Val di Casies.

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

First and foremost, Italians have a pretty laid back approach to things, which is great in many ways.

However, when you are counting on them to drive buses to and from Olympic venues on a relatively regular schedule, it can be aggravating. I spent almost two hours at a bus stop at the bottom of the Anterselva Valley last week waiting on a bus. I just missed an 8:30 p.m. bus so was

waiting about 45 minutes for the next one and it never showed up. Just nothing. The only way back to my hotel at that time of night is that one bus and whoever was driving decided he or she (all of my drivers so far have been men) didn't want to make the trip. The 10:30 p.m. bus eventually

came, but it was a bit frustrating.

I know this spread-out version of the Olympics is basically here to stay. The expensive bid process that led to the Games in Sochi and PyeongChang were a call to make a change in the process and one of those changes that the IOC has embraced is the use of existing venues and using different approaches to hosting. Milan built the one new hockey rink in the city and they also rebuilt the sliding track in Cortina, changes that were needed for the Italian teams. But beyond that, everything is either temporary (other hockey rink, speedskating) or already existing (both alpine venues, biathlon stadium, cross-country skiing stadium and ski jump) but they are spread all over Northern Italy. It makes things very difficult on someone like me, who likes to see as many different events and venues as possible but it is obviously a more cost-effective way to do things. The French Alps Olympics in 2030

## SPORTING CHANCE



By JOSHUA SPAULDING

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

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

All the way down the valley every morning, we pass through these incredibly picturesque little villages. I am tempted to just stay here, where I am pretty sure nobody could find me or bother me.

Public transportation is everywhere here. In Paris we used public transportation to get us most places and here it is also incorpo-

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

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

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

## ~ Comfort Keepers ~

### Seniors and sleep: How much do they need?

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

If you or your loved one is over age 65, it's likely that getting enough sleep has become an issue. Seniors typically take longer to fall asleep, and often wake up during the night numerous times. These are two main reasons many seniors don't get as much sleep as they need. In fact according to an article on [www.aging-care.com](http://www.aging-care.com), studies of adults over 65 indicated 13 percent of men, and 36 percent of women need more than 30 minutes to fall asleep.

Why do seniors have more trouble sleeping?

Several factors contribute to difficulty sleeping as one ages. Dr. Lim Li Ling, a consultant neurologist for the Singapore Neurology & Sleep Centers at Gleneagles Medical Centre, offered these as the most common reasons:

The natural aging process. As we age, our bodies make less of the chemicals and hormones that help us sleep well, such as Melatonin. Some seniors develop sensitivity to environmental factors affecting sleep such as noise.

An increase in neurological and other medical conditions. The parts of the brain that control sleep are affected by conditions such as Parkinson's disease or stroke. Arthritis can also play a role in sleep quality due to chronic pain. Additionally, Periodic Limb Movement Disorder (PLMD) causes one to kick involuntarily during sleep, and that contributes to daytime sleepiness.

The effects of medication. The medications that treat conditions associated with aging, and the fact that seniors are more likely to be on multiple medications, interfere with the duration and quality of sleep.

A higher prevalence of sleep disorders. In this case, Obstructive Sleep Apnea (OSA) is the most common. OSA causes blockage in the upper air passage during sleep. Two additional sleep conditions that contribute to seniors getting less sleep are Restless Leg

Syndrome and Insomnia. For men, prostate conditions cause the need to urinate frequently throughout the night.

Mood factors such as anxiety and depression. Most seniors are affected to varying degrees by the loss of loved ones, spouses and close friends. Also, as seniors face retirement and other significant life changing events, they are more likely to have trouble sleeping.

The dangers of inadequate sleep

It's when we are sleeping that our bodies regenerate cells and clean our blood by circulating it through the liver. The need for sleep is as basic as that for water and food. Many people think it's OK to go without sleep—to 'power through' the day anyway. But doctors warn that, just because you've gone without enough sleep for a big part of your adult life, doesn't mean it won't impact you as you get older.

Senior adults are already prone to some illnesses, as well as falls, accidents and balance deficiencies. Not getting enough sleep just increases all these risks. There is compelling research that indicates too little sleep contributes to an increased appetite and weight gain.

While many senior adults do struggle with depression and anxiety, those without these conditions are more prone to developing them if they don't get enough sleep.

How much sleep do seniors need?

There are differing theories in answer to this question. Much data, including information from the National Institutes on Health, suggests seniors can remain healthy with less sleep than the general population. For example while the average amount of required sleep is about seven to nine hours nightly, some sleep experts say a bit less than that—maybe about seven and a half hours on average—is adequate for seniors.

Other experts report that seniors need as much sleep as they always have to function at their best. Either

way, experts typically agree on three things: first, most seniors are sleep deprived; second, the sleep cycles of aging adults change; and third, the best indicator of achieving enough sleep is how one feels during the day.

According to an article written by Jennifer Dixon for WebMD, older adults slip into what is called an advanced sleep phase. When this happens the body's natural 'clock' desires both earlier bed and wake times. Seniors who have always been 'night owls' and keep their same sleep habits, may be at risk of sleep deprivation and all the health risks associated with it.

As we age, we tend to get less 'deep sleep,' according to an article for EverydayHealth.com, reviewed by Pat F. Bass III, MD, MPH. Additionally, Ling said it's more common for senior adults to spread their sleep out over a 24-hour period, sleeping four or five hours per night and taking additional naps during the day. Ling believes this habit is perfectly fine as long as the total amount of sleep is adequate.

Ling also warns that seniors should not accept a lack of proper rest and daytime sleepiness as a normal process of aging. If you or your loved one has experienced trouble sleeping for more than two weeks, a trip to the doctor is warranted.

Take steps to support healthy sleep

Doctors suggest numerous ways to help seniors get enough sleep, and many apply to people of all ages: avoid caffeine close to bedtime, avoid large meals near bedtime, and rise and go to bed at the same time every day.

EverydayHealth.com advises these additional habits to help foster adequate sleep:

\*Make sure you are healthy, and all your medical conditions are diagnosed and treated.

\*Exercise early in the day.

\*If you can't sleep, don't just lie in bed. Get up and do something relaxing such as reading or listening to

music.

Many people who have trouble sleeping also turn to natural remedies such as Melatonin and Valerian Root. Always check with your doctor before trying a natural sleep remedy.

About Comfort Keepers

Comfort Keepers is a trusted provider of both medical and non-medical in-home care services, dedicated to helping seniors and adults live safely, independently, and with dignity. Our comprehensive services include companionship, transportation, housekeeping, meal preparation, personal care, mo-

bility assistance, private duty nursing, and other support services. We also offer Safety Choice Personal Emergency Response Units, providing an added layer of security and peace of mind for clients and families.

Many people who have trouble sleeping also turn to natural remedies such as Melatonin and Valerian Root. Always check with your doctor before trying a natural sleep remedy.

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"How Much Sleep do Seniors Need?" Reviewed for EverydayHealth.com by Pat F. Bass III, MD, MPH.

The editors of Ageless-Online.com

"How Much Sleep Do We Really Need?" by the editors of the National Sleep Foundation for SleepFoundation.org

"Natural Herbs to Help the Elderly Sleep at Night," by Damon Verial, eHow contributor, and "Elderly Sleep Disorders," by Jessica Lietz, eHow contributor

The editors of WebMD.com

"Sleep Changes in Older Adults," by the editors of FamilyDoctor.org

**sat.**  
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**4pm**





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**church**  
**main st.**  
**wolfeboro, nh**

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# Olympics, part four

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



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

BY JOSHUA SPAULDING

Sports Editor

ANTHOLZ/ANTER-SELVA, Italy — Talk about coming full circle.

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

The Antholz Biathlon Stadium is probably the most famous of all biathlon courses in the world, tucked high in the Italian Dolomites near the Austrian border and it is a regular stop on the World Cup. It was also where Doherty and his teammates did their final training for the Sochi Olympics all those years

ago. And all these years later he still remembers the support he got when he started his journey and he still gets to this day from the people back at home in New Hampshire.

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

"I couldn't be more grateful, hopefully I'll see you guys in the spring," he said to those back at home keeping tabs on him.

Things obviously are different this time for Doherty, who is now the veteran of a young team

that has been making some noise on the World Cup circuit, including teammates Campbell Wright, Maxime Germain and Paul Schommer. And for his part he's done his best to try and pass along whatever information he can to help his teammates deal with the big stage that the Olympics presents.

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

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

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

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

"That's really fun and I am really thankful for that," he continued. "It helps you to be excited for your team-



Sean Doherty skis through the stadium during action in the 20K Individual race at the Antholz Biathlon Stadium on Tuesday, Feb. 10.



The Antholz Biathlon Stadium is one of the most picturesque venues of the Milan-Cortina Olympics and brings an incredible atmosphere for everyone involved.

mates and push each other and that's what got us here and that's what we'll keep doing."

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

"I've had better races, but I am happy to be here and happy to be racing. It's a cool atmosphere," he said. "It's cool to be at a venue that we know, a course that

we know. When you're preparing all summer long you know what you're preparing for. In Beijing, we had no idea what we were getting in to."

The Individual is the longest biathlon competition, where men ski 20K. More than any other discipline, the individual race rewards precision, as each missed target adds one minute to the athlete's final time. Careful, accurate shooting is crucial for success. Athletes start at 30-second intervals and ski five loops (5X4 km), with four shooting stages alter-

nating prone and standing (prone, standing, prone, standing). The final time including penalty minutes determines the winner.

Doherty was the first American out of the gate in the 20K race, starting with bib seven. After missing just one target in his first two shooting stages, he missed five over the next two stages and finished in 80th place overall with a time of 1:02:16.8.

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

## A month after Waterville Valley, US women top Olympic podium

BY JOSHUA SPAULDING

Sports Editor

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

Elizabeth Lemley, who clinched her spot on the Olympic team with a second place finish at Waterville Valley, won the gold medal and Jaelin Kauf repeated as the silver medalist in the freestyle skiing women's moguls.

Lemley took command with a score of 82.30 on her final run, then had to wait while the remaining skiers tried to top her. The only one to come close was Kauf. The silver medalist in the event in Beijing in 2022, she scored 80.77 points to give Team USA its first multiple medal performance of the Olympic Winter Games Milano Cortina 2026. France's Perrine Laffont won the bronze medal, scoring 78.00.

The podium wasn't settled until the final skier, Jaelin Kauf noted. "We have such an

kara Anthony of Australia, bobbled on a landing, forcing her to settle for eighth place.

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

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

"The final was really fun. I felt really good about the first run I put down, just kind of committed to everything in there and tried to build off that for the super final run," Kauf said. "There were just two things I wanted to improve on. It felt like I did that."

She also was proud of her teammate, Lemley, for her Olympic debut and praised the strength of the US women's moguls team.

"It's amazing," Kauf noted. "We have such an

incredibly strong women's team and having two of us here on the Olympic podium today speaks volumes for this team as a whole, not just Liz and I, and what we're capable of."

The showing is the best by Team USA in the event, eclipsing the result at the Olympic Winter Games Vancouver 2010, when Waterville Valley's own Hannah Kearney won gold and Shannon Bahrke took the bronze medal.

Just a couple of days later, Lemley and Kauf were on the podium again, this time in the Olympic debut of dual moguls.

Racing in the big final, Kauf secured the silver medal as Australia's Jaelin Kauf claimed the gold, outpacing Kauf 20-15. Kauf now has three Olympic silver medals. Lemley won the bronze medal, squeaking past Perrine Laffont of France in the small final. Laffont reached the finish line first, but the judges scored Lemley's run one point higher, 18-17. That gave Lemley the distinction of earning Team USA's 100th bronze medal in Olympic Winter Games competition.



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

Team USA had four entrants advance to the quarterfinal round, but Tess Johnson and Olivia Giacchio were unable to move on to the semifinals.

The results marked the sixth time Team USA has had multiple medalists in a Olympic Winter Games freestyle skiing event.

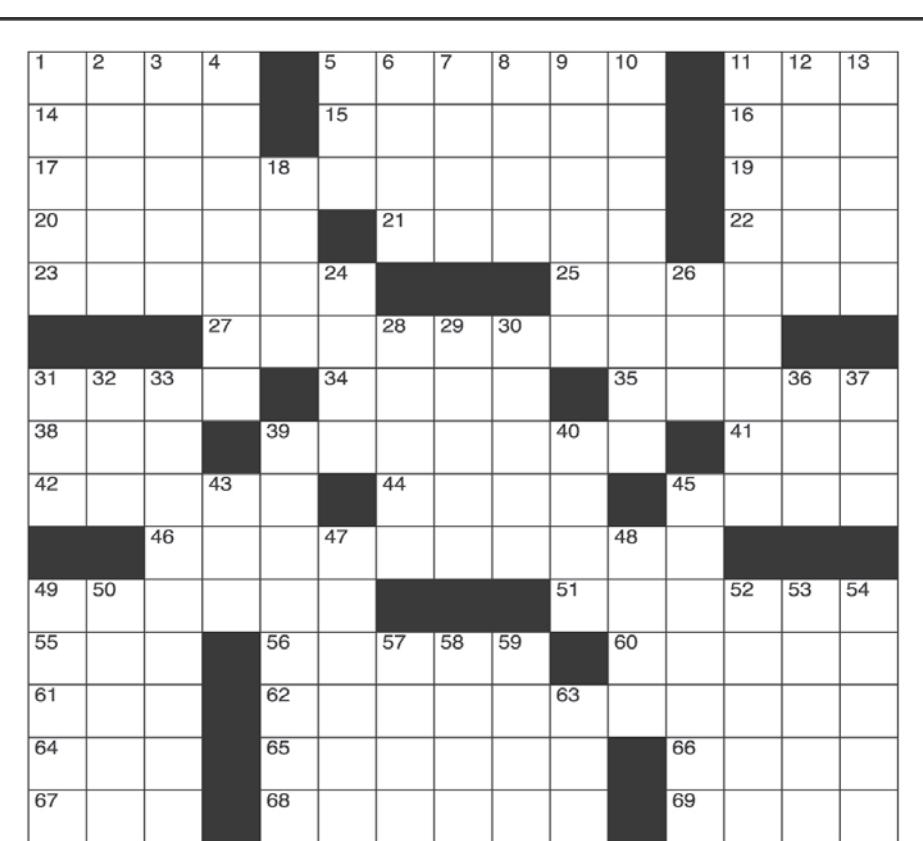
With the medals, Kauf and Lemley become the

first athletes to win multiple moguls medals at the same Olympics and Kauf became the most decorated mogul skier in US Olympic history.

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

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## CLUES ACROSS

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

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

## CLUES DOWN

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

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

## PUZZLE SOLUTION



## PETS OF THE WEEK

## Meet Woody!



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

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

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## Meet Lolo!



with Woody! He's looking for a home that's ready for puppy fun, playful antics, and helping a shy guy build confidence while he grows into the awesome dog he's meant to be.

Lolo is a sweet, handsome boy with a heart full of love. He's a little wary at first—understandably, after so much change—but his gentle, affectionate nature always shines through once he feels

## DUGGAN

CONTINUED FROM PAGE A1

Bowl," he said. "I have to think about the fact that I could have kept going for a whole year until I get another attempt in 2027."

Duggan notes that for the past five-plus years he has become increasingly obsessed with backcountry skiing and every year brings more days on snow, more volume per day and lighter gear.

"With a background in Nordic skiing, I craved the rush of pushing my body's limit," he said. "I have slowly transitioned from a leisurely backcountry skier to someone who does

skimo (ski mountaineering) races and goes to the mountain after work to get laps in the dark.

"This race is a dream for me," he continued. "I get to do my favorite thing in the world as long as I can, eat insane amounts of food and people care for me 24/7. I'd do this every weekend if I could."

And while he dropped out to see the Patriots ultimately fail in the Super Bowl, Duggan knows for sure that he will be back at it next year and will be a contender for the final skier.

"I learned that my limit is further than I thought," Duggan said. "I did not

reach my physical limit this year, I reached my mental limit. The idea of laying on a couch, eating buffalo chicken dip and watching Drake Maye in the Super Bowl was just too appealing to me.

"In hindsight, suffering through the cold and wind would have been more enjoyable than watching that game," he said. "Next year my goal is to truly find my limit. I hope to make it through to Monday morning into the 70+ hours and go for the win."

"I am hopeful that with some true focus, and some lighter skis I will be a real contender for Last Skier Standing 2027," he added.

And while he's looking ahead for another shot at the top prize next year, he's also grateful to everyone that helped him get through this year's event.

"I can't stress enough how important it is to have a support team," Duggan said. "I was so fortunate to be surrounded by friends and family for all 55 hours who would put my skins on, make me food, force me to hydrate, massage my feet, and anything else that made my effort easier."

"I can't imagine going for so long without a dedicated team," he added.

For information on the Last Skier Standing competition, visit [whitemountainsski.com](http://whitemountainsski.com).

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



Caleb Duggan descends after making the climb to the top during the Last Skier Standing competition last month in Maine.



Competitors are required to have headlamps for night time laps, along with helmets to take part in the Last Skier Standing competition.

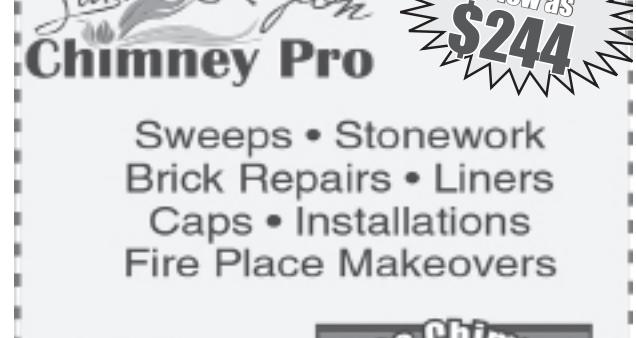
## BINS

CONTINUED FROM PAGE A1

over the weekend. We are so grateful for the partnership of these young athletes.

Every Child Is Ours is a community-driven non-profit organization that partners with the Winnisquam Regional School District to provide nutritional support to students. By filling the "weekend gap," ECIO ensures that students return to school on Mondays nourished and ready to learn.

their peers is a testament to the character and heart of the Winnisquam community," said Jacqui McGgettigan, WRSD Family and Student Support Liaison.



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# Raider duo skis at Division III State Meet

BY JOSHUA SPAULDING

Sports Editor

HENNIKER — Belmont's two alpine boys took part in the Division III State Meet on Tuesday, Feb. 10, at Pat's Peak in Henniker.

In the morning giant slalom, Ryan Cribbie was 16th overall in a time of 1:31.01 and Henry Ashworth finished in 21st place overall in 1:33.13.

Cribbie was able to ski to 18th place overall in the afternoon slalom, finishing in a time of 1:33.71.

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

# Trio of Raider girls tackle Division III State Meet

BY JOSHUA SPAULDING

Sports Editor

NEWBURY — The Belmont alpine girls hit the slopes at Mount Sunapee Resort on Monday, Feb. 9, for the Division III State Meet. The three Raider girls finished in 11th place overall with Hopkinton, Gilford, Bishop Brady, White Mountains and Kearsarge taking the top five positions.

Eva Ashworth led the way for the Belmont girls in the morning giant slalom with a time of 1:06.02, which placed her 25th overall. Riley DeGange finished in 27th place in a time of 1:06.97 and Anna McDonald was 45th overall in 1:16.74.

DeGange led the way in the afternoon slalom, finishing in 16th place in a time of 1:15 with Ashworth in 32nd place in a time of 1:32.2. McDonald finished out the field of Raiders in 36th place overall in 1:38.9.

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

## SANBORNTON

CONTINUED FROM PAGE A1

milfoil reduction and town revaluation.

Both the Board of Selectmen and Budget Committee recommended the article unanimously.

Trust fund changes and additions

Article 3 asks voters to change the purpose of the existing "Employee Severance Benefits" expendable trust fund to an "Employee Benefits Reimbursement" trust fund. The change would allow funds to cover accrued sick and vacation payouts at separation or during year-end buy-back periods. This article requires a two-thirds vote and has no tax rate impact.

Article 4 proposes raising and appropriating \$125,000 to two existing expendable trust funds: \$105,000 for Town Facilities Maintenance and Operations and \$20,000 for Employee Severance Benefits. The estimated tax impact is one cent per \$1,000.

Article 5 would appropriate \$100,000 from unassigned fund balance to the Winnisquam Watershed Preservation Capital Reserve Fund. Because the funds would come from existing balance, there is no tax impact.

Article 6 proposes creating a new "Sanbornton Recreation Town Park Improvement" capital reserve fund and appropriating \$20,000 to it. The estimated tax impact is two cents per \$1,000.

Article 7 would establish a "Medical and Dental Insurance Reserve" expendable trust fund and appropriate \$50,000 to help offset employee health-

care-related costs. The estimated tax impact is five cents per \$1,000.

Tax credit and fund clean-up articles

Article 8 asks voters to increase the optional service-connected total disability property tax credit from \$1,400 to \$1,900. If approved, the change would take effect April 1. The warrant states there is no tax rate impact.

Articles 9 and 10 propose discontinuing several older capital reserve and expendable trust funds and transferring remaining balances to either the town's general fund or the Road Evaluation and Repair capital reserve fund.

Policy questions and petitioned articles

Article 11 asks whether the town should prohibit the operation of Keno games within Sanbornton.

Article 12, a petitioned article, calls on the New Hampshire Legislature to protect local taxpayers by ensuring adequate state revenues for essential services and avoiding policies that shift costs onto local property taxpayers.

Article 13, also petitioned, would authorize a 99-year lease agreement with the Sanbornton Historical Society at \$1 per year for land near the town's police and fire departments to construct and maintain a shelter for display of an antique snow roller.

Article 14 allows for other business that may legally come before the meeting.

All articles require a simple majority vote unless otherwise specified.

# Bear girls fall to neighboring Belmont

BY JOSHUA SPAULDING

Sports Editor

TILTON — The Winnisquam hoop girls kicked off the final week of the regular season with a 40-18 loss to neighbor Belmont.

"This was a game where we could not get our offense going," said Bear coach Mark Dawalga. "Give Belmont credit, they really played very good defense tonight."

Caidyn Carter had 10 points and seven rebounds and Kaylynn Reagan had four points, two rebounds and two steals.

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

# Joseph Curtin named to Salve Regina University Dean's List

NEWPORT, R.I. — Joseph Curtin of Sanbornton was named to the Dean's List during the fall 2025 academic semester at Salve Regina University. To qualify for the Dean's List, students must earn a semester grade point average of 3.6 for full-time students completing at least 12 graded credits, or a semester grade point average of 3.8 for part-time students completing at least six credits.

Salve Regina University is a Catholic, coeducational institution of higher education founded by the Sisters of Mercy in 1947. The University offers rigorous, innovative academic programming in the liberal arts tradition that prepares students to be global citizens and lifelong learners. More than 2,700 undergraduate and graduate students from around the world are enrolled at Salve in 48 undergraduate majors, 13 Master's degree programs, combined bachelor's/master's programs, and doctoral programs.

Every undergraduate student engages in Salve Compass, a transformational four-year program through which they develop the experience, skills, and wisdom required for a fulfilling career and to make a positive difference in the world. The University is also home to the Pell Center for International Relations and Public Policy, a multi-disciplinary research center focused on the intersection of politics, policy, and ideas. For more information visit [salve.edu](http://salve.edu).

# Gilbert, of Belmont, named to Clark University Dean's List

WORCESTER, Mass. — Abbi C. Gilbert, of Belmont, was named to first honors on the Clark University Dean's List. This selection marks outstanding academic achievement during the Fall 2025 semester.

Students must have a GPA of 3.8 or above for first honors or a GPA between 3.50 and 3.79 for second honors.

Founded in 1887, Clark University is a liberal arts-based research university that prepares its students to meet tomorrow's most daunting challenges and embrace its greatest opportunities. Through 33 undergraduate majors, more than 30 advanced degree programs, and nationally recognized community partnerships, Clark fuses rigorous scholarship with authentic world and workplace experiences that empower our students to pursue lives and careers of meaning and consequence.

## HIGH SCHOOL SLATE

Saturday, Feb. 21

WINNISQUAM

Hockey vs. Pembroke-Campbell; 12

Wrestling at ConVal (Division III State Meet); 9

Wednesday, Feb. 25

BELMONT-GILFORD

Hockey at Kingswood; 7:10

*All schedules are subject to change.*

# Winnisquam's Fred Caruso presented Walter A. Smith Coaches Award



COURTESY PHOTO

Winnisquam baseball coach Fred Caruso was presented the Walter A. Smith Coaches Award for his dedication to high school athletics in the state.

TILTON — Fred Caruso, varsity baseball coach at Winnisquam Regional High School, has been named a 2025 recipient of the Manchester Union Leader Walter A. Smith Coaches Award, honoring high school coaches who demonstrate exceptional leadership, integrity, and a lasting positive impact on student-athletes.

Presented annually by the Manchester Union Leader, the award recognizes coaches who exemplify sportsmanship and character beyond competitive success. Caruso is widely respected for his commitment to developing athletes both on and off the field, fostering a culture of accountability, teamwork, and personal growth at Winnisquam. He will be entering his 20th year as the Bears varsity coach this spring.

The Walter A. Smith Coaches Award is named for the longtime Union Leader sports editor whose legacy reflects dedication to high school athletics across New Hampshire.

# Community survey launched to address gaps in women's health access across NH

REGION — Women of the Mountains Birth Initiative (WOMB) is calling on women across New Hampshire to participate in a brief, anonymous survey aimed at improving access to comprehensive women's health care statewide.

The survey is part of a federally funded initiative led by the New Hampshire Insurance Department (NHID) to better understand where women face barriers to care—including insurance coverage gaps, limited provider access, and unmet health needs across the lifespan. Findings will directly inform state-level recommendations, payer strategies, and future outreach and education efforts.

WOMB recently partnered with NHID to host a regional focus group in late 2025. This follow-up survey expands that effort, offering a broader opportunity for voices—especially those in rural and underserved communities—to be heard.

"Too often, decisions about women's health care are made without hearing directly from the people most affected,"

said a representative from WOMB. "This survey is a chance for lived experiences to shape real policy conversations."

The survey is voluntary, anonymous, and takes approximately 5–10 minutes to complete. No personally identifiable information is collected. NHID has contracted with Health Management Associates to analyze results and prepare a report with recommendations to the state.

Community members are encouraged to participate and share the survey widely.

Take the survey at

[https://healthmanagement.qualtrics.com/jfe/form/SV\\_d4h9ebw3BlT0vM](https://healthmanagement.qualtrics.com/jfe/form/SV_d4h9ebw3BlT0vM)

# Escape winter's chill with new exhibit at Lakes Region Art Association Gallery

TILTON — Tired of the endless gray skies, snow, and sub-freezing temps that define February in the Lakes Region? The Lakes Region Art Association (LRRA) has the perfect antidote: "Art in the Garden – Carved & Cultivated," a vibrant group exhibition bursting with the colors,

textures, and life of gardens and nature's beauty. Featuring original works from talented local artists, the show runs Feb. 19 through March 15 at the Lakes Region Art Gallery in Tanger Outlets, 120 Laconia Rd., Suite 300, Tilton.

This uplifting collection transports visitors from

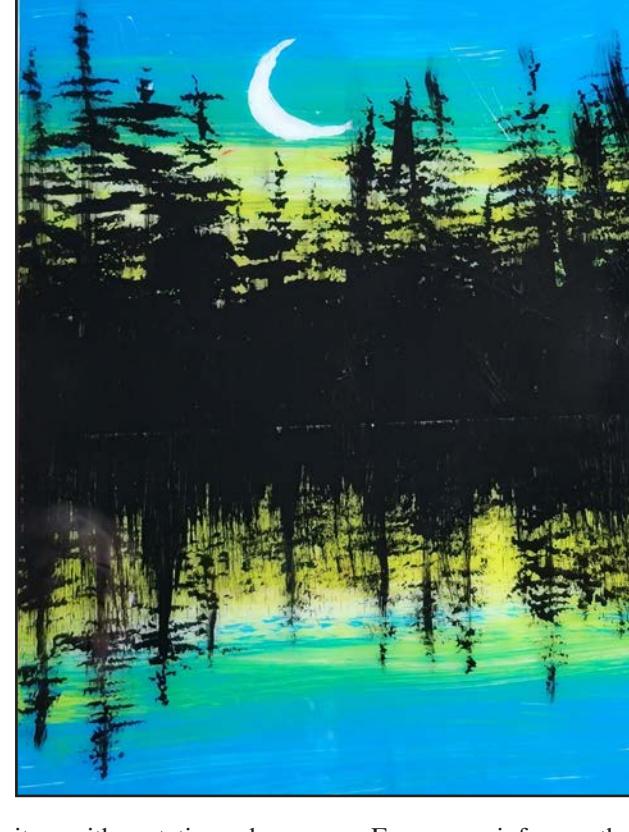
winter's grip straight into lush, sculpted gardens—think carved elegance, blooming abundance, textured landscapes, and serene organic forms brought to life through pastels, watercolors, mixed media, and more. It's an early glimpse of spring's promise, right when New

Hampshire needs it most, celebrating the creative spirit of our community and the enduring allure of cultivated beauty.

A lively Opening Reception welcomes everyone on Friday, Feb. 20, from 4 to 6 p.m. Meet the artists, sip and mingle, enjoy light refreshments, and soak in the garden-fresh inspiration in a warm, friendly setting.

Adding extra fun to the evening, a Reverse Paint and Sip – "Forest Stillness" runs concurrently from 5 to 7 p.m. in the gallery. No experience required—guided instruction helps you create your own tranquil forest scene while you unwind (supplies included; \$40 per person; register ahead via the gallery Web site).

The Lakes Region Art Gallery continues its long tradition (rooted in the 1940s as the Laconia Art Association) as a welcoming hub for local creativ-



ity, with rotating shows of original art in diverse media. Open Thursdays through Sundays—check [lakesregionartgallery.org](http://lakesregionartgallery.org) for current hours and details.

For more info on the paint-and-sip registration, contact the Lakes Region Art Association Gallery at (603) 998-0029 or visit [www.lakesregionartgallery.org](http://www.lakesregionartgallery.org).

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COURTESY  
Pictured (l-r): Chris Walkley, SVP – Senior Commercial Banking Manager; Tarra Sorell, Business Development Officer; Nicole Ceja, AVP – Prestige Plus Officer; Tiffany Baert, VP – Marketing & Public Relations Officer.

LACONIA — Bank of New Hampshire is proud to announce the promotions of Christopher Walkley to SVP – Senior Commercial Banking Manager, Tiffany Baert to SVP – Marketing & Public Relations Officer, Nicole Ceja to AVP – Prestige Plus Officer and Tarra Sorell to Business Development Officer.

Chris Walkley joined Bank of New Hampshire in 2011 as a Junior Credit Analyst and was promoted to AVP – Commercial Banker in 2014. His continued success led to additional promotions with increasing responsibility across all aspects of commercial lending. In his expanded role, Chris will assume direct oversight of the Commercial Banking Team, including the Maine team, providing comprehensive leadership over commercial lending activities throughout the bank's lending footprint.

Tiffany Baert began her career at Bank of New Hampshire in 2010 as a Marketing Administrator. Over the past 15 years, she has steadily expanded her responsibilities across all aspects of marketing, including public relations and promotion, advertising, communications, customer experience, budget execution, partnership negotiations and staff man-

agement. In 2025, Baert successfully developed a restructured Marketing department, adding key personnel focused on teamwork, customer feedback strategies, social media presence and modern branding initiatives.

Nicole Ceja joined Bank of New Hampshire in 2018 as a Bank Services Representative and was promoted to Retail Bank Trainer in 2021. In 2024, she advanced to the role of Prestige Plus Administrator. In this position, Ceja has implemented efficiencies in database management, developed a new onboarding process and expanded Prestige Plus membership for this elite bank customer group.

Tarra Sorell joined Bank of New Hampshire in 2019 as a Customer Service Representative and transitioned to the Cash Management group in 2022 as a Cash Management Support Specialist. In this role, she assumed additional responsibilities and played an integral part in stabilizing the department while providing exceptional support to both her colleagues and customers. In her new role as Business Development Officer, Sorell will focus on increasing customer sales goals.

These promotions reflect the exceptional leader-

ship, dedication and results Chris, Tiffany, Nicole and Tarra consistently deliver for our customers and our organization," said Ross Bartlett, EVP – Chief Operating Officer. "They have demonstrated a commitment to our mission and a passion for continuous improvement. We are proud to recognize their achievements and look forward to them continuing to excel in their expanded roles."

Founded in 1831, Bank of New Hampshire is the oldest and one of the largest independent banks headquartered in the state. With assets exceeding \$2.7 billion and 21 banking offices across New Hampshire and southern Maine, the bank provides comprehensive deposit, lending and wealth management solutions for families and businesses. As a mutual organization, Bank of New Hampshire is focused on the success of its customers, communities and employees—rather than stockholders. With a legacy of strength and stability, the bank combines local decision-making and trusted guidance with modern technology to deliver a seamless banking experience. For more information, call 1-800-832-0912 or visit BNH.Bank.

## TRADE brings Soul & Funk firepower to The Loft at Hermit Woods

MEREDITH — Hermit Woods Winery & Eatery is proud to welcome TRADE, one of New Hampshire's most dynamic soul and funk bands, to The Loft on Thursday, Feb. 19.

A true powerhouse ensemble, TRADE delivers heartfelt songwriting, tight grooves, and clever, high-energy arrangements that showcase the depth of talent coming out of the Granite State. Blending classic soul sensibilities with modern funk edge, the band has built a reputation for electrifying performances that leave audiences wanting more.

Featuring: George Laliotis — Drums/Vocals Scott Solsky — Guitar Chris Noyes — Bass Sky Robbins — Guitar Jamie Boccia — Trumpet Chris Sink — Keyboard/Piano

"This is one of the best bands to come out of New Hampshire," says Hermit Woods. "Do yourself a favor and come see this band."

The concert takes place in The Loft, Hermit Woods' acclaimed 60-seat Listening Room, designed for intimate, up-close musical experiences. Guests are asked to refrain from

talking during the featured performance, allowing both artist and audience to fully immerse themselves in the music.

Event Schedule:  
 • Complimentary Wine Tasting: 5:30-6 p.m.  
 • Doors Open & Dinner Served: 6 p.m.  
 • Dinner Service Closes & Show Begins: 7 p.m.  
 (Drinks and dessert served during the show)

Hermit Woods Winery & Eatery crafts unique wines, meads, and ciders from locally sourced fruits and raw honey, offering a distinctive pairing experience alongside chef-prepared cuisine.



Tickets are available now at [www.hermitwoods.com/music](http://www.hermitwoods.com/music).

Experience an evening in an intimate and relaxed setting.

## LRSF to celebrate anniversary at special Benefit Night



COURTESY

Lakes Region Scholarship Foundation Executive Director, Chris Guilmett (left) and Director, Karen Switzer (right), check in with Chris McDonough (center) of Fratello's Restaurant in Laconia, regarding their upcoming Annual LRSF Benefit Night. The event will be held on Tuesday, March 3 from 4 p.m. to closing. A portion of all food (in house or take out) purchase will go to the Foundation, which this year, is celebrating its 70th Anniversary!

LACONIA — Mark

your calendar and gather some friends! Help celebrate the Lakes Region Scholarship Foundation's 70th anniversary by attending LRSF's Annual Benefit Night at Fratello's Restaurant in Laconia, on Tuesday, March 3, from 4 p.m. to closing, courtesy of the McDonough Family. Twenty-five percent of the food portion of every order will go directly to benefit the LRSF Friends of the Foundation Operating Fund – FOFOF, whether you're dining in or take out.

Executive Director Chris Guilmett commented "Lakes Region Scholarship Foundation is grateful

for the continued support

of the McDonough Family through this annual benefit night! It is a win-win for people in the area. Those who attend get a delicious meal in addition to helping out LRSF. All you need to do when placing your order is mention that you are there to support Lakes Region Scholarship Foundation.

Twenty-five percent of the food portion of every order will go directly to benefit the LRSF Friends of the Foundation Operating Fund – FOFOF, whether you're dining in or take out.

Along with being able to purchase tickets for "Lucky Scholars" that evening, tickets can also be purchased ahead of time directly through Lakes Region Scholarship Foundation's Web site at [www.lrscholarship.org](http://www.lrscholarship.org). Stay current by following Lakes Region Scholarship Foundation on Facebook or Instagram.

"Tickets for our first 'Lucky Scholars' lottery scratch ticket wreath drawing will also be available for purchase," added LRSF Director, Karen Switzer.

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## Participants reel in great catches and prizes at Webster Lake Ice Fishing Derby

BY DONNA RHODES

Contributing writer

FRANKLIN — Approximately 1,000 outdoor enthusiasts of all ages took part last weekend in the 45th Webster Lake Ice Fishing Derby, where several people went home late Sunday afternoon with not only some great fish, but some great cash and prizes, too.

Besides the pleasure of awarding adults and chil-

dren with those trophies, medals and a cash, members of the WLIFD committee were also grateful for those who made their 45th Ice Fishing such a great success this year.

"We want to thank our new members and all of our sponsors this year," said Brad Prunier. "We really appreciate them for all of their help and support."

Among the new members he wished to recog-

nize were Heather, Stephen, Jake, Emma, Dennis, Thomas, Dustin and Milo. Together they helped register participants, sell raffle tickets and sweatshirts, measure fish, hand out awards and medals, and generally keep things running smoothly throughout the two-day tournament.

Committee member Chuck Drew added their gratitude for major sponsors. Among those are:



DONNA RHODES

Many of the weekend's winners in the 45th Webster Lake Ice Fishing Derby gathered for a photo as the weekend event wrapped up late Sunday afternoon.

Benson Auto; Countryside Builders; Mango Security Alarms; Porter Paving; SKR Site Service; Salisbury Woods; Tilton-Northfield Rotary; Bryson 4-Wheel Alignment; Kingsley Auto; Rusty's Towing; Camaro Heaven/Drew's Auto Parts; 4 Daughters Deck and Landscape; Laconia Rod and Gun Club; and Calley Home Improvements.

"We really, really appreciate them for helping make this derby a success and hope everyone here this weekend will support them throughout the coming year as well," Drew said.

At 4 p.m. on Sunday, many of the participants gathered at Derby Headquarters on the shore of Webster Lake for the final awards presentations and raffle drawings.

A few last minute 50/50 raffle sales boosted the Sunday prize to \$828 while another lucky ticket holder on Saturday went home with \$930.

There were also three winners of other major raffle prizes, such as a new freezer with 500 pounds of meat; a refurbished vintage snowmobile and an ice fishing package that included a pop-up bob house, a jet sled to move equipment out on the ice, a gas auger, and even a comfortable heated seat.

Among the weekend's big fishing winners was Dustin Bucklin, who was a double winner for the largest trout brought in on Sunday as well as the largest trout over the two days. Pulling in the overall largest Pickerel for cash prizes and trophies over the weekend was Richard Moulton.

Finally, Sean Adams not only received a trophy and cash prize for catching the largest perch on Saturday, but his fish also brought him the largest overall prize for perch on Sunday. Topping that all off, this year's luckiest angler also had his name drawn in the final Overall Winner raffle between the three largest fish for the additional top prize of \$500.

The members of the Webster Lake Ice Fishing Derby Committee are grateful for all the community support they received in this, their 45th year, and look forward to seeing everyone again next February. For more derby photos or information on how to join or support their nonprofit derby committee, people can also go to their page on Facebook.

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