



THURSDAY, JANUARY 1, 2026

FREE

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Cyr Lumber & Home Center donates to Boys & Girls Club



Pictured, from left to right: Nevin Cyr (General Manager, Cyr Lumber Tilton), Tanya Frost (V.P. of Development, Boys & Girls Clubs of Central and Northern New Hampshire), Caitlin Stanley (Boys & Girls Club Lakes Region Clubhouse Program Director), Justin Bleakley (Boys & Girls Clubs of Central and Northern NH Lakes Region Clubhouse Branch Director)

TILTON — Cyr Lumber & Home Center proudly donated \$15,000 to three Boys & Girls Clubs across New Hampshire, following its 21st Annual Cyr Lumber Contractor Golf Tournament held earlier this fall.

The donations reflect the company’s ongoing commitment to supporting youth and strengthening the communities it serves. The annual tournament, hosted at Windham Country Club, also

marked Cyr Lumber’s 41st anniversary as a family-owned New Hampshire business. Proceeds from the event were divided evenly among Boys & Girls Clubs located near Cyr Lumber’s retail locations, ensuring

that funds directly benefit local youth. The Boys & Girls Club of the Lakes Region received \$5,000, as did the Greater Salem Club and the Warner Early Learning Center. Cyr Lumber President

Kevin Cyr (Windham) and General Managers Nevin Cyr (Tilton) and Kevin McKay (Warner) personally delivered the donations to each Club, meeting with staff, tour-

SEE **CYR**, PAGE A8

Employee actions credited for preventing further damage during fire at Spinnaker Manufacturing

TILTON — Tilton-Northfield Fire & EMS, along with the Franklin Fire Department, responded to a report of an electrical fire at Spinnaker Manufacturing. Upon arrival, crews found no visible smoke or fire from the exterior. Further investigation revealed a small fire that

had already been extinguished within an electrical lighting circuit. The incident occurred at 95 Business Park Dr., a large single-story industrial building with an open manufacturing floor and office space. Two employees were preparing to leave after second shift and were the last occupants in the building

when they noticed smoke coming from an electrical panel. One employee quickly used a fire extinguisher to knock down the fire and then called 911. Captain Gilman stated, “It was fortunate the fire was discovered before the employees left for the night. Had the

SEE **FIRE**, PAGE A8



Evan Martinez rises toward the basket during action against Portsmouth Christian in the Mike Lee Holiday Basketball Bash.

Raiders pull away from Eagles to start holiday tourney

BY JOSHUA SPAULDING
Sports Editor
BELMONT — New Hampshire basketball guru KJ Cardinal of Ball 603 was most excited for the matchup of the Belmont and Portsmouth Christian boys on the opening day of the Mike Lee Holiday Basketball Bash on Friday, Dec. 26. And the Raiders and Eagles didn’t let him, or the rest of the fans in the Farmington High School gym down as the defending Division III champs came away with a 70-63 win over one of the top teams in Division IV this season.



Wyatt Carroll pushes the ball up the court during the Dec. 26 opener of Farmington’s holiday tournament. Wyatt Divers hit a hoop and two free throws to get the scoring started and after a Portsmouth Christian three-pointer, Brody Ennis drained a three and Wyatt Carroll

hit a hoop before the Eagles got their second basket of the game. Ennis put back a rebound and added another. SEE **TOURNEY**, PAGE A8

Belmont Public Library offers programs for all ages in January

BELMONT — The Belmont Public Library will offer a full slate of programs for all ages in January 2026, including book groups, creative activities, and weekly children’s programming. Adult patrons are invited to participate in weekly Creative Conversations programs. Fiber Arts meets on Mondays at 10 a.m. and provides a self-guided space for adults to work on fiber crafts while socializing. Watercolor Workshop is held on Mondays at 2 p.m. and offers a relaxed, self-guided opportunity to experiment with watercolor techniques; supplies are provided. The library will host several book discussion groups throughout the month. The Afternoon Book Group meets on Thursday, Jan. 8 at 4:30 p.m. to discuss “Local Woman Missing” by Mary Kubica. The Mystery Book Group will gather on Thursday, Jan/15 at 10 a.m. to discuss “The Investigator” by John Sandford. The Friday Fiction Book Group meets on Friday, Jan. 16 at 10:30 a.m., and will be reading “My Friends” by Kristin Hannah. Copies of all titles are available at the library or through Libby. Children’s Story Time continues weekly on Wednesdays at 10:30 a.m. with stories and activities for children under school age. Families are encouraged to attend regularly, as no registration is required. The Belmont Public Library will be closed on Thursday, Jan. 1 in observance of New Year’s Day and on Monday, January 19 in observance of Martin Luther King Jr. Day. A new teen book club will launch at the Belmont Public Library in February. The group will focus on books geared toward readers ages 13–16, though all teens are welcome to participate. Teens who are interested in joining are encouraged to stop by the library to fill out an interest form and help shape the direction of the new club. For more information, please contact the Belmont Public Library at (603) 267-8331 or visit belmontpubliclibrary.org.

Laconia Historical & Museum Society hosting presentation on history of State School



LACONIA — A presentation by Lily Lescarbeau on the History of the Laconia State School will be presented on Wednesday, Jan. 14, at 6 p.m. at the Laconia Public Library.

A lifelong resident of Laconia, Lily attended Laconia High School and is currently studying history and legal studies at Saint Anselm College in Manchester. A self-proclaimed history enthusiast, she earned a Diploma of Distinction for her project on Laconia High School's history during its 100th anniversary in her senior year.

The Laconia State School opened in 1901 as the New Hampshire School for the Feeble-Minded, originally consisting of a single children's dormitory and the superintendent's house. Over the next 90 years, the campus expanded and changed repeatedly, with many buildings constructed and later demolished, until the school closed in 1991. Although its history is not widely documented or showcased, the Laconia State School represents an important and complex chapter in the city's past—one that is especially significant now as the site is slated for a major mixed-use redevelopment that could transform the historic campus.

Lily was the first recipient of the Laconia Historical & Museum Society's Warren D. Huse Honorary Membership in 2024 and has since been an active member of the Society's Collections Team. During her senior year, she has spent countless hours studying and understanding the history of the Laconia State School.

This program is free and open to the community as part of the Laconia Historical & Museum Society's 'Our Yesterdays 2026 Presentation Series.'

For additional information about this program or to learn more about LHMS and upcoming events, please visit laconiahistory.com or LHMS on Facebook and Instagram.

COURTESY
Lily Lescarbeau will present on the History of the Laconia State School on Wednesday, Jan. 14, at 6 p.m. at the Laconia Public Library. This free program is open to the community and is the first presentation of the Laconia Historical & Museum Society's 'Our Yesterdays 2026 Presentation Series.'

BHS alum speaks to students about career in forensics

BELMONT — When a guest speaker is also a graduate of Belmont High School, the event is extra-special.

The School-to-Career program brought back Nikolai Fernandez, BHS Class of 2015, a Forensic Scientist who analyzes DNA evidence at the New Hampshire State Police Forensic Laboratory. He came to speak to a group of 22 students on Tuesday, Dec. 16. Science teachers Mr. Charleston and Ms. Amtmann both attended the talk. Sharing a PowerPoint, he described how he and his colleagues investigate various kinds of evidence and work with the police to identify perpetrators of crimes and bring them to justice. He also talked about his own career pathway and how he discovered, during and after earning a BA in Biology at the University of New England, that being in a lab was a good fit for him.

Afterwards, students gave a big thumbs-up to the presentation and said they hope for more School-to-Career presentations by Gen Z alumni. Thank you to Fernandez for taking time out of your work day to return to BHS! Photo and information courtesy of the Shaker Regional School District's Facebook page.



Lakes Region Food Pantry looks forward to new year

MOULTONBOROUGH — The Lakes Region Food Pantry of Moultonborough is truly grateful and thanks everyone who has supported its mission over the past 13 years.

The pantry currently serves more than 400 families throughout the lakes region every month, and this has only been possible because of the generosity and support of so many donors from near and far. The thrift shop is a source of income that helps fund programs that benefit the lakes region community. The thrift shop will be closed after Dec. 19, and will reopen March 4. Donations will be accepted on Thursdays when the food pantry is open to serve clients throughout the winter starting, Jan. 8.

The family of Lakes Region Food Pantry wishes all a happy holiday season and a wonderful new year!

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Granite VNA offers Caregiver Connection in Belmont

BELMONT — Granite VNA offers Caregiver Connection on Wednesday, Jan. 21 from 9:30 to 11 a.m. at Tilly Market Café at the Belknap Marketplace at 96 Daniel Webster Highway.

Join us and connect with other family caregivers, while enjoying an opportunity to unwind and have discussions rich in empathy and resources.

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

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MVSB Fund invests in community with more than \$116,000 in local grants



From left, MVSB Fund Committee members Charley Hanson, Carmen Lorentz, Marcus Weeks, Patrick Cate and Andy Hartmann stand inside the MVSB Main Office in Meredith.

MEREDITH — The MVSB (Meredith Village Savings Bank) Fund at New Hampshire Charitable Foundation has awarded \$116,539 in grants to 53 local nonprofit organizations. Of this total, \$100,539 was granted to 37 local agencies and \$16,000 was distributed to 16 local food pantries to help combat food insecurity in the Bank’s service area. These grants are part of MVSB’s ongoing commitment to supporting organizations that strengthen the communities where its customers and employees live and work.

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 621 grants totaling more than \$2.2 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.

“Our communities thrive because of the dedication and compassion of local nonprofits,” said Marcus Weeks, MVSB President. “Through the MVSB Fund, we’re proud to help these organizations continue to provide essen-

tial services, expand their reach, and make a lasting difference for the people and places we all care about. Their efforts inspire us every day and remind us of the power of coming together to build stronger, more vibrant communities.”

This year’s MVSB Fund grant recipients include:

Circle Program, Plymouth

Awarded \$2,500 to support school-year mentoring and enrichment programs. Circle Program empowers, transforms and enriches girls’ lives through community, connection, camp and mentorship.

Community Food Center – Tamworth & Sandwich

Awarded \$2,500 to purchase non-food essentials such as toiletries, paper goods and cleaning supplies. The Center provides food and household necessities to local residents in need.

Family Promise of the Lakes Region, Laconia

Awarded \$2,500 to expand support services for families in crisis. Family Promise of the Lakes Region is dedicated to supporting families with minor children in Belknap County who are facing housing challenges.

Friends of Carroll County Adult Tutorial Pro-

gram, Tamworth

Awarded \$2,500 to support adult education programs. The organization provides literacy and learning opportunities to help adults achieve personal and professional goals.

Got Lunch! Plymouth, Plymouth

Awarded \$4,000 to provide nutritious food to children during the summer months. Got Lunch! Plymouth partners with the community to ensure local children have access to healthy meals when school is not in session.

Hidden Battles Foundation

Awarded \$2,750 to support a Comedy Class program that promotes mental wellness for first responders and veterans. Hidden Battles offers programs that strengthen emotional resilience and reduce stigma around mental health for first responders, dispatch, correctional officers and nurses.

Interlakes Community Caregivers, Center Harbor

Awarded \$3,500 to support mileage reimbursement for volunteers. The organization connects volunteers with neighbors in need of transportation and assistance to support independent living.

Kidneys for Kindness, Alton

Awarded \$3,000 to expand its donor assistance

program. Kidneys for Kindness provides support to kidney donors and raises awareness around kidney disease.

Lakes Region Partnership for Public Health, Laconia

Awarded \$3,000 to provide Community Emergency Response Team (CERT) training for youth. The organization is dedicated to leading and collaborating on public health strategies for safer and healthier communities.

Mid-State Health Center – Feed the Need Program, Plymouth

Awarded \$4,000 to support the Feed the Need Program, which provides healthy, nourishing food to patients and families experiencing food insecurity.

New Hampton GOT

LUNCH, New Hampton

Awarded \$2,500 to provide healthy groceries to children and families during the summer months. The program ensures local students have access to nutritious food when school is not in session.

Ossipee Concerned Citizens, Center Ossipee

Awarded \$3,000 to upgrade kitchen cold storage capacity by replacing an aging freezer and improving the dry storage area. The organization provides meals and services to local residents.

Sandwich Community Nurse Association, Center Sandwich

Awarded \$2,500 to support staffing for their Community Nurse position. The Association provides in-home health care, wellness checks and education to residents in need.

Speare Memorial Hospital, Plymouth

Awarded \$2,420 to outfit two patient care rooms for pediatric services at its Meredith location. Speare Memorial Hospital provides compassionate, community-based health care.

Starting Point, Conway

Awarded \$2,000 to provide emergency assistance for victims when shelter space is unavailable. Starting Point offers advocacy, shelter and prevention programs for survivors of domestic violence and sexual abuse in Carroll County.

Visiting Nurse Home Care and Hospice of Carroll County and Western Maine, North Conway

Awarded \$3,000 to support the palliative care program. The organization provides exceptional care that enables independent living and enhances quality

of life for clients and their families.

White Mountain Community Health Center, Conway

Awarded \$4,247 to purchase 120 blood pressure cuffs for patients who need to monitor their blood pressure at home. The Center provides the community with affordable access to high-quality, compassionate, individualized health-care and support services needed to achieve wellness.

Wolfeboro Nursery School, Wolfeboro Falls

Awarded \$3,000 to support tuition assistance, teacher development and capital improvements. The cooperative preschool offers a developmentally appropriate education experience for all children ages 3 to 6.

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

Minimal rate increases ahead for Co-op members

PLYMOUTH — The New Hampshire Electric Cooperative Board of Directors has approved two rate changes that will raise the average residential member’s bill by less than 1 percent.

For the average residential member of the Co-op who uses 573 kilowatt-hours per month, the combined impact of both changes will be about \$1.37 per month or approximately nine tenths of a percent more than they currently pay.

“With big cost increases for wires and transformers in recent years, and significant electric rate increases all around us, this is a spectacular result for our members. The board worked closely with staff to sharpen our pencils and achieve the lowest possible cost while maintaining reliability,” said Co-op Board Chair Bill Darcy.

“We understand that many of our members are facing higher costs for everyday necessities, which is why we worked hard to keep electric bill increases as low as possible,” said Michael Jennings, Co-op President & CEO. “Affordability and reliability remain our top priorities, and we will continue to take a strategic, thoughtful approach to rate setting.”

Beginning Jan. 1, the Distribution kWh Charge will increase from 4.7 cents per kilowatt-hour to 5.9 cents. This will be largely offset by a \$5.66 reduction in the monthly Member Service Charge.

On Feb. 1, the Co-op Power Charge will decrease from 11.5 cents per kilowatt-hour to 11.1 cents, while the Regional Access Charge will rise from 3.9 cents per kilowatt-hour to 4.3 cents.

The Co-op Pow-

er Charge represents the actual cost of electricity purchased for members, while the Regional Access Charge reflects the cost to the Co-op of accessing the regional transmission grid.

For more details, including the current schedule of rates, visit <https://www.nhec.com/schedule-of-fees-rates/>.

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Cameron McClary, a Belmont High School junior, went down to the Belmont Fire Department on Wednesday, Dec. 17 to learn about what it’s like to be an emergency responder. He’s considering becoming an EMT or a Paramedic after he graduates. Pictured here with his host, Lt. Nathan Phillips, Cameron said afterwards that the visit definitely confirmed his interest in this career path, and he looks forward to returning to the BFD to do a “ride along” later this year. Thank you to Becky Parks-Beaulac, Administrative Assistant there, for the photo, taken from the Shaker Regional School District’s Facebook page.

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Opinion

Letter submission policy

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

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

A new year does not reset a town, but it does refocus it

The arrival of a new year often brings with it a sense of reset. Calendars flip. Schedules change. People talk about fresh starts and clean slates.

For towns, however, the new year is less about starting over and more about refocusing.

In Tilton, Belmont, Northfield and Sanbornton, the calendar change does not erase unfinished work. Roads still need attention. Buildings still need upkeep. Schools still face the same challenges they carried through December. What January does bring is a moment to take stock, quietly and realistically, of where things stand.

This is the time of year when local governments begin shifting from maintenance mode toward planning mode. Budget discussions sharpen. Capital needs come into clearer focus. Long-term questions that were acknowledged in passing now require closer attention. None of it is flashy, but all of it matters.

The new year is also when expectations become clearer. Residents look to their towns not for grand promises, but for consistency. Services that work as expected. Communication that is clear. Decisions that are thoughtful, even when they are difficult.

In small communities, progress rarely comes in dramatic leaps. It comes in steady steps. A repaired roof. A well-run school day. A road treated on time during a storm. These are not symbolic victories, but they are meaningful ones.

A new year is also a reminder of how interconnected things are. Decisions made at a meeting table in January shape what options exist in June. Choices about spending today affect flexibility tomorrow. Planning is not about predicting the future perfectly, but about leaving room to respond when conditions change.

For residents, the start of a new year offers a chance to re-engage. Not through sweeping resolutions, but through attention. Paying closer notice to notices. Reading meeting agendas. Understanding how and when decisions are made. Participation does not require constant involvement, but it does benefit from awareness.

This is also a season of turnover. Boards see new members. Others step away after years of service. That transition matters. Institutional memory is valuable in small towns, but so is fresh perspective. Both deserve respect.

The new year does not demand that towns reinvent themselves. What it does invite is clarity. Clear priorities. Clear communication. Clear expectations between those who serve and those who are served.

There will be disagreements in the months ahead. There always are. Budgets stretch. Opinions differ. That is not a sign of failure. It is a sign of engagement. The measure of a community is not whether it avoids conflict, but how it handles it.

January is not a finish line. It is a checkpoint. A moment to pause long enough to ask what is working, what is not, and what needs steady attention rather than quick fixes.

As another year unfolds, progress will likely be incremental and uneven. That is the reality of local life. But incremental progress, sustained over time, is how towns remain strong.

The new year does not wipe the slate clean. It sharpens the focus. What we choose to pay attention to now will shape how the year is remembered when the calendar turns again.



COURTESY

FIRST STUDENT BRINGS HOLIDAY JOY TO WINNISQUAM REGIONAL SCHOOL DISTRICT FAMILIES

The Fill the Bus (often also called Stuff the Bus) events are community-focused charity drives hosted by First Student, North America’s largest school bus provider. Because First Student operates locally in hundreds of school districts, these events vary by location and timing but share a common goal: using a school bus as a central collection point for donations. Recently, First Student held an event at the Tilton Tanger Outlets, collecting holiday gifts for families in need. In total there were 11 schools that were covered and approximately over \$5000 dollars donated to families in need through community donations. Pictured: Felicia Otto, Brittney Briggs, and Andrea Choiniere joyfully deliver presents to each of the WRSD schools for families in need.

Kind Folks, Cold Winters

Somewhere along the way, we decided that faster was always better.

Faster checkout lines. Faster responses. Faster meals, faster deliveries, faster answers to questions we used to sit with for a while. Speed has become such a given that when something takes longer than expected, it feels like a problem instead of what it used to be: normal.

I’ve been thinking about this lately while tackling a small project at home, one that involved instructions printed on actual paper. Not a video tutorial. Not a pop-up guide. Just words, diagrams, and the quiet expectation that you’d read first and act second. It took longer than I anticipated, partly because I kept catching myself wanting to rush ahead.

That urge didn’t come from the task itself. It came from habit.

There was a time when most things took longer by design. Letters were written by hand. Repairs involved trial and error.

If something broke, you studied it before deciding whether it could be fixed. And if you didn’t know how to fix it, you asked someone who did, often face to face.

Those slower methods weren’t always convenient, but they had a side benefit we rarely talk about anymore: they made us pay attention.

Doing something carefully forces you to be present. You notice details. You catch mistakes before they become bigger ones. You learn not just how something works, but why. And when you finally finish, there’s a satisfaction that doesn’t come from clicking a button and waiting for a confirmation message.

I see this contrast most clearly when talking with younger people, who are remarkably capable in ways my generation never imagined. They can find information instantly,

juggle multiple tasks at once, and adapt quickly to change. There’s a lot to admire there. But sometimes, they’re surprised to learn that taking your time can actually make things easier.

Not easier in the moment, perhaps. But easier in the long run.

Rushing has a cost. It leads to missed steps, misunderstood instructions, and conversations that don’t quite land. Slowing down, even briefly, gives us room to think, to listen, and to reconsider before moving forward. It’s a skill, really, and like most skills, it improves with practice.

I don’t pretend to have mastered it. I still catch myself checking my watch when I don’t need to, or growing impatient with delays that won’t matter by tomorrow. But I’m learning that there’s value in resisting the constant push to hurry, especially when

there’s no real reason to do so.

New Hampshire has never been a place that rewards unnecessary flash or speed. It rewards steadiness. It values people who do things right, even if it takes longer. You see it in how homes are built, how roads are maintained, and how neighbors look out for one another without making a show of it.

Taking the long way doesn’t mean rejecting progress or convenience. It just means remembering that not everything needs to be immediate to be worthwhile. Some things benefit from patience, repetition, and a willingness to move at a human pace.

In a world that keeps accelerating, choosing to slow down now and then feels almost radical. But it might also be one of the simplest ways to hold onto what matters most.

Cold winters teach us that lesson every year. And if we’re paying attention, the rest of life does, too.

Winnisquam Echo

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Comfort Keepers Modifying food habits for health and independence

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

For adults who want to age in their own homes, following good eating practices can play a critical role in ensuring their later years are enjoyable and independent. Unfortunately, for many people, years of poor choices begin to catch up with them as they enter their senior years, and the result is an increased risk of chronic diseases, disability, reduced mobility, and cognitive impairment. The good news is that it is never too late for older individuals to modify their nutritional habits and decrease or reverse their risk for many preventable diseases and impairments. All they need is a little motivation.

Although the overall nutritional needs of older adults are the same as

those for younger adults, their caloric needs are reduced and their ability to absorb nutrients can be affected by physical changes. This means they need a nutrient-dense diet to obtain sufficient nutrition without risking weight gain. Many older adults eat more calories than are necessary, which has a significant health impact. In 2010 more than one third of older adults were obese (compared to only 19 percent in 2002 and 12 percent in 1990), and that percentage is expected to rise as the senior population increases. At the other end of the spectrum, some older adults, especially the very old, have an inadequate nutritional intake, which can lead to frailty, osteoporosis, falls, and hip fractures.

Many older adults understand the recommendations for healthy eating, but struggle with motiva-

tion to change. One study showed that those who are just beginning to think of making changes can be more greatly motivated when shown the specific benefits they would receive from changing their eating habits. For those who were more ready to change, a how-to approach demonstrating techniques for reaching their goals had a greater impact. In general, the best results come from tailoring the approach to individuals’ specific motivation, risks, and behaviors.

Studies also show that connecting with and supporting older individuals as they make modifications to their diets can make a difference. Physician counseling has an impact, but family and friends can motivate senior adults even more, especially since family and friends can better

Lacasse wins pair of events at UNH meet

Smith, Filteau also pick up wins prior to holiday break

BY JOSHUA SPAULDING
Sports Editor

DURHAM — The Belmont indoor track team traveled to the University of New Hampshire on Sunday, Dec. 21, for the second meet of the season. The Raider boys and girls both finished in third place on the day. For the Raider girls, Ava Lacasse won the preliminaries in the 55 meters in 7.53 seconds and won the finals in 7.51 seconds. Hannah Young was 14th in 8.04 seconds, Sadie Sturgeon placed 22nd in 8.33 seconds, Annika Krauchunas was 25th in 8.42 seconds and Kyleigh Roe was 28th in 8.51 seconds.

Lacasse also won the 300 meters in a time of 42.56 seconds with Young in ninth place in 48.21 seconds, Cora Takantjas in 20th place in 52.24 seconds and Neala Murphy in 22nd place in 56.07 seconds. Devyn VonKadich was 12th in the 600 meters in 2:14.19, Violet Smith was 13th in 2:14.36, Augusta Alexander-Provençal was 16th in 2:26.26 and Zoe Perlot was 17th in 2:26.3. Takantjas ran to sixth place overall in the 55-meter hurdle preliminaries in 10.41 seconds and was sixth in the finals in 11.94 seconds. Mia Ellis was ninth in 10.79 seconds and

Murphy was 11th in 12.61 seconds. The Raider girls finished in fourth place in the 4X160-meter relay in a time of 1:35.68 and Takantjas was seventh overall in the long jump at 13 feet. Haven Rivera was 13th overall in the shot put with a toss of 20 feet, 11 inches. For the Raider boys, Brock Smith won the long jump with a distance of 19 feet, 1.25 inches, Trey Schnelle was 11th at 15 feet, nine inches, Sacha Artis was 12th at 15 feet, 5.5 inches, David Mahoney was 14th at 14 feet, 6.25 inches and Devlin McPherson was 18th at 13 feet, .25 inches.

Brady Filteau won the shot put with a toss of 42 feet, 4.25 inches and Ethan Rivera finished in second place at 40 feet, six inches. Ryan O'Connor was eighth at 34 feet, 10.25 inches, Daniel Tripp was 17th at 30 feet, 10.25 inches and Josh Marsh was 22nd at 27 feet, 8.75 inches. In the 55 meters, Smith was seventh in 7.07 seconds, Derik Matthews was 13th in 7.27 seconds, Nick Wright was 27th in 7.55 seconds, Brennen Geoffrey was 31st in 7.62 seconds and McPherson was 45th in 8.09 seconds.

Gabriel Sarquis was 17th in the 300 meters in 43.78 seconds, Nick Wright was 19th in 44.17 seconds, Schnelle was 22nd in 44.89 seconds, McPherson was 23rd in 44.99 seconds and Mahoney was 26th in 46 seconds. In the 600 meters, Jacob Blanchette was 11th in 1:55.25, Jack Foster was 12th in 2:03.96, Connor Brunelee was 13th in 2:04.52 and Jasper Sottak was 14th in 2:05.41. Jack Crockford was 12th in the 1,000 meters in 3:20.32, Aiden Milmore was 13th in 3:21.29 and Andrew Cryans was 14th in 3:24.59. Sean Andrews was sec-

ond in the 1,500 meters in a time of 4:53.5 and Artis was seventh in the 55-meter hurdles in 10.87 and Dane Smith was 10th in 11.4 seconds. The Raider 4X400-meter relay team was second in 4:22.69 and the 4X160-meter team was third in 1:21.99. The Raiders are scheduled to compete at Phillips Exeter Academy on Saturday, Jan. 3, at 11 a.m.

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

Track Bears compete twice at University of New Hampshire

BY JOSHUA SPAULDING
Sports Editor

DURHAM — The Winnisquam indoor track team hit the road to Durham prior to the holiday break, competing at the University of New Hampshire on Saturday, Dec. 20. Nolan Abbott had the top finish for the Winnisquam boys, finishing in third place in the 1,000 meters with a time of 2:56.21 with Kyren Whitmore in ninth place in 3:21.24 and Solomon Shartar-Howe in 13th in 3:34.33. Simon Ahlgren finished in fifth place in the 600 meters in a time of 1:43.33, Jesse Vienneau was ninth in 2:05.26, Christopher Collins was 12th in 2:10.18 and Kamdyn Reagan was 13th in 2:11.3.

Cullen Desrochers finished in third place in the 1,500 meters with a time of 4:40.37, Tristan Honeman was 12th in 5:48.42 and Andrew Paquette was 14th in 6:28.38. Whitmore was also 10th in the 55-meter hurdles in a time of 11.21 seconds. The 4X160-meter team finished in seventh place in 1:32.38 and the 4X400-meter team finished in eighth place in 4:55.26. Chase Tripple was 24th overall in the long jump at 10 feet, five inches and was also 55th in the 55 meters in 9.64 seconds and Khongr Vitalyevich was 56th in 10.19 seconds. For the Bear girls, Denessa Williams was seventh in the 55 meters in 8.23 seconds, Kaiden

Robb was 15th in 8.41 seconds, Alexandria Myers was 16th in 8.45 seconds, Zariah Moore was 25th in 8.65 seconds, Danica Weymouth placed 26th in the same time while Phoebe Timmons was 47th in 9.77 seconds and Milan Pham was 48th in 9.79 seconds. Timmons finished in third place in the shot put with a toss of 26 feet, .5 inches and Weymouth finished in eighth place with a toss of 21 feet, .5 inches. Robb finished in 12th place in the 300 meters in 49.7 seconds. Myers finished in eighth place in the 600 meters in 2:05.11, Emily Tripple was 17th in 2:16.84 and HaydenRose Moriarty was 22nd overall in 2:33.68. Bella Dalzell placed ninth over-

all in the 1,500 meters in 6:37.6. The Bear 4X160-meter relay team placed fourth overall in a time of 1:36.02 and Pham placed 23rd in the long jump at 10 feet, 3.25 inches. The Bears returned to UNH on Saturday, Dec. 27, and added a couple of second place finishes to the haul. Abbott ran to second in the 1,000 meters, finishing in a time of 2:49.98 with Ahlgren in ninth in 3:23.21, Lazar Arbutina in 11th in 3:37.28 and Shartar-Howe in 12th in 3:39.43. Vienneau was eighth in the 600 in 1:57.33 with Collins in ninth in 2:05.54 and Reagan in 10th in 2:08.03. The other second place finish was in the

4X400-meter relay where the Bears finished in 4:03.35 while in the 4X160-meter relay, the Bears were seventh in 1:38.81. Desrochers added a third place in the 3,000 meters with a time of 10:13.98 while in the 1,500 meters, Whitmore was 13th in 5:30.75, Honeman was 15th in 5:33.4 and Paquette was 16th in 6:29.39. Collins placed 33rd in the 55 meters in 8.51 seconds and Vitalyevich was 38th in 10.24. Whitmore was also eighth in the 55-meter hurdles in 10.75 seconds. For the girls, Moore was sixth in the long jump with a distance of 12 feet, 4.75 inches while in the shot put, Timmons was seventh at 25 feet, 9.25 inches and

Weymouth was 12th at 21 feet, 3.75 inches. Katherine Allen placed seventh in the 1,500 meters in a time of 6:45.19 while in the 1,000 meters, Moriarty was 14th in 4:52.5. Weymouth also placed 19th in the 300 meters in a time of 52.75 seconds. Robb led the Bears in the 55 meters in 8.47 seconds for 18th, Myers was 20th in 8.51 seconds, Moore was 24th in 8.76 seconds and Eliza Allen was 25th in 8.8 seconds. The Bears are slated to compete on Saturday, Jan. 3, at Phillips Exeter Academy at 11 a.m. Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

COMFORT

CONTINUED FROM PAGE A4 consider seniors' ethnic and cultural backgrounds. This is especially important when you consider that food and eating habits can be closely connected with a person's identity. For older adults who are not eating enough, simply ensuring that they have company during meals can make a significant difference. When people eat alone, they are less likely to cook for themselves, and they tend to eat less. Having regular reminders of what to eat and when can help improve seniors' nutritional intake. When family and friends are not available, older adults can benefit from an in-home caregiver who can help them with meal planning and preparation, support them in their efforts, and provide company during mealtimes. Professional caregivers can also help keep track of what the senior is eating and let the family know if there is a concern. Overall, changing eating habits can positively impact senior adults by lowering their risk of chronic disease, improving cognitive functioning, reducing disability rates, and lowering medical costs. To learn more about how in-home care can help seniors meet their nutritional needs, contact your local Comfort Keepers® office today.

Fast Fact: Unhealthy diets also contribute to four of the ten leading causes of death: coronary heart disease, some types of cancer, stroke, and Type 2 Diabetes.

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About Comfort Keepers



COURTESY

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After opening loss, Raider girls earn berth to tourney semifinals



Joshua Spaulding
Bailey Perkins drives the ball toward the hoop in action against Portsmouth Christian in the Mike Lee Holiday Basketball Bash in Farmington on Dec. 26.



Jenna Laramie launches a three-point shot during her team's opening game of the holiday tournament on Dec. 26 in Farmington.

BY JOSHUA SPAULDING
Sports Editor

FARMINGTON — The Belmont girls' basketball team took to the court at Farmington High School on Friday, Dec. 26, to kick off the Mike Lee Holiday Basketball Bash.

A tough second quarter saw the Raiders lose the five-point lead they had after one and fall behind Portsmouth Christian by 11 points at one point and despite the best effort from the Belmont girls, they couldn't catch up and dropped a 55-38 decision to the Eagles.

The Eagles got the first hoop of the game before Bailey Perkins sunk a three-pointer to get the Raiders on the board. Jenna Laramie followed with a three of her own to give

Belmont a 6-2 lead and Portsmouth Christian came back with two hoops in a row to tie the game at six.

After Lyla McSheffrey connected on a bucket and the Eagles hit two free throws, Perkins hit four free throws and Payton Ellis added one from the line for the 13-8 lead. After a PCA basket Ellis added the final bucket of the quarter and Belmont took the 15-10 lead to the second quarter.

Perkins started the second quarter with two free throws, but after that it was all Portsmouth Christian. The Raiders hit six field goals and two three-pointers to score 18 points in a row to take the 28-17 lead. Perkins drilled a three-pointer to close out the quarter but the Raiders

trailed 28-20 at the half-time break.

Laramie hit a three early in the third quarter before the Eagles answered with a hoop, a three-pointer and a three-point play for the 36-23 lead. Ellis hit two from the free throw line and after a Portsmouth Christian basket, Perkins hit another three-pointer. The Eagles drained a three-pointer to close out the third quarter and took the 41-28 lead after one quarter of play.

The Eagles scored the first basket of the fourth quarter before Amelia Smith connected from the line. Portsmouth Christian hit a free throw, two three-pointers and a field goal for the 52-29 lead.

Perkins answered with a three-pointer and Olivia Nedobity hit two from the

free throw line. The Eagles hit a hoop and a free throw before Kallie Trudeau hit a hoop and Perkins closed out the scoring with a basket for the 55-38 final score.

Perkins finished with 20 points to lead the way for the Raiders in the tournament opener.

Belmont bounced back with a 45-33 win in the first round of bracket play the next morning over Nute. Ellis led the charge for the Raiders with 16 points and Perkins finished with 10 points. The Raiders won that quarterfinal battle with Nute by a 67-45 score to punch their ticket to the semifinals. Perkins led the Raiders with 23 points, Ellis finished with 14 and McSheffrey added 11.

The Raiders moved

on to Monday's semifinal game against Souhegan.

Belmont is scheduled to return to regular season action on Friday, Jan. 9, at Somersworth at 6 p.m.

BHS 15-5-8-10-38
PCA 10-18-13-14-55

Belmont 38
McSheffrey 1-0-2, Ellis 1-3-5, Laramie 2-0-6, Nedobity 0-2-2, Perkins 5-6-20, Smith 0-1-1, Trudeau

1-0-2, Totals 10-12-38

Portsmouth Christian 55
Petlick 2-0-5, Buchanan 9-4-25, E. Anderson 4-0-9, S. Anderson 3-1-7, Arico 3-0-7, Poulin 1-0-2, Totals 22-5-55

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

HIGH SCHOOL SLATE

Saturday, Jan. 3
BELMONT
Indoor Track at Phillips Exeter; 11
GILFORD
Indoor Track at Plymouth State; 2:30
BELMONT-GILFORD
Hockey vs. Kennett; 5:45
WINNISQUAM
Hockey vs. Kearsarge-Plymouth; 3:45
Indoor Track at Phillips Exeter; 11
Wrestling at Merrimack; 9
Monday, Jan. 5
GILFORD
Boys' Hoops at Monadnock; 5:30
Girls' Hoops vs. Monadnock; 5:30
Tuesday, Jan. 6
GILFORD
Boys' Hoops vs. Winnisquam; 6
Girls' Hoops at Winnisquam; 7
WINNISQUAM
Boys' Hoops at Gilford; 6
Girls' Hoops vs. Gilford; 7
Wednesday, Jan. 7
BELMONT
Boys' Hoops at Derryfield; 6
Unified Hoops at Gilford; 3:30
BELMONT-GILFORD
Hockey vs. Kingswood; 5
GILFORD
Unified Hoops vs. Belmont; 3:30
WINNISQUAM
Wrestling vs. Pelham; 6

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NEW
YEAR!

Late Panther rally sinks Bear boys in Gilford

BY JOSHUA SPAULDING
Sports Editor

GILFORD — In what was probably the best game of the opening day of the Lakes Region Holiday Basketball Tournament in Gilford on Saturday, Dec. 27, the Moultonborough boys rallied past Winnisquam with a big fourth quarter to take a 54-41 win.

Brodie Bacon got the Panthers started with a three-pointer before Winnisquam got a hoop from TJ Akers at the other end. Matt Kelley got another bucket for the Panthers before Winnisquam got a three-pointer from Isaac Singleton, two free throws from Owen Poole and a free throw from Travis Tibbetts for the 8-5 lead.

Bacon got a free throw for the Panthers but Winnisquam got hoops from Singleton and Poole to close out the first quarter and they took the 12-6 lead to the second quarter.

Poole hit a three-pointer to start the second quarter before Brett Johnson came back with two free throws for the Panthers. Carter Lloyd connected for a bucket for Winnisquam before the Panthers scored eight points in a row. Kelley started the run with a hoop and then Landon Hoyt finished off a Bacon steal. Bacon added a bucket and Hoyt scored again to cut the lead to 17-16.

Lloyd got the Bears back on the board with a three-pointer before Hoyt hit two from the free throw line. A Johnson three-pointer put the Panthers in front by one, but Poole drilled a three-pointer to close the first half and Winnisquam had the 23-21 lead at the break.

The Bears outscored the Panthers 18-12 in the second quarter, doing a lot of damage from the line and took the 41-33 lead after three. Dio Katsigiannis had four free throws and a hoop, as did Singleton while Poole added two free throws and Tibbetts and Akers each finished with a hoop in the frame. Bacon hit a hoop, a free throw and a three for the Panthers while Cayden Cloutier had two hoops and Matt Driscoll added one bucket.

The Panthers then exploded in the fourth quarter, outscoring Winnisquam 21-10 to pull out the win. Bacon hit three three-pointers in the final eight minutes while Cloutier had a three and a bucket, Johnson had two hoops, Hoyt had a hoop and Driscoll added a free throw. Winnisquam got a three and two free throws from Singleton, Lloyd had a field goal and a free throw and Tibbetts added a hoop. Bacon led the Panthers with 21 points while Singleton finished with 16 points and Poole added 12 points.

The Panthers moved on to play Newfound in the semifinals while the Bears moved on to the consolation round to take on Laconia. In the consolation round, the Bears defeated Laconia by a 63-54 score to finish out their tournament.

Moultonborough returns to regular season action on Wednesday, Jan. 7, at Littleton at 6:30 p.m.

Winnisquam is back at it on Tuesday, Jan. 6, at Gilford at 6:30 p.m.

MA 6-15-12-21-54
WRHS 12-11-18-10-51

Moultonborough 54
Driscoll 1-1-3, Kelley 2-0-4, Bacon 7-2-21, Cloutier 4-0-9, Hoyt 3-2-8, Johnson 3-2-9, Totals 20-7-54

Winnisquam 51
Katsigiannis 1-4-6, Singleton 4-6-16, Poole 3-4-12, Tibbetts 2-1-5, Lloyd 3-1-8, Akers 2-0-4, Totals 15-16-51

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



Isaac Singleton puts up a shot during holiday tournament action against Moultonborough on Dec. 27.



Owen Poole rises up in the lane during action against Moultonborough in Gilford on Dec. 27.



JOSHUA SPAULDING

LAKERS ON ICE

Will Thayer prepares to fire the puck during his team's loss to Kingswood prior to the holiday break. The Lakers return to regular season action on Saturday, Jan. 3, at 3:45 p.m. against Kearsarge-Plymouth at Merrill Fay Arena.

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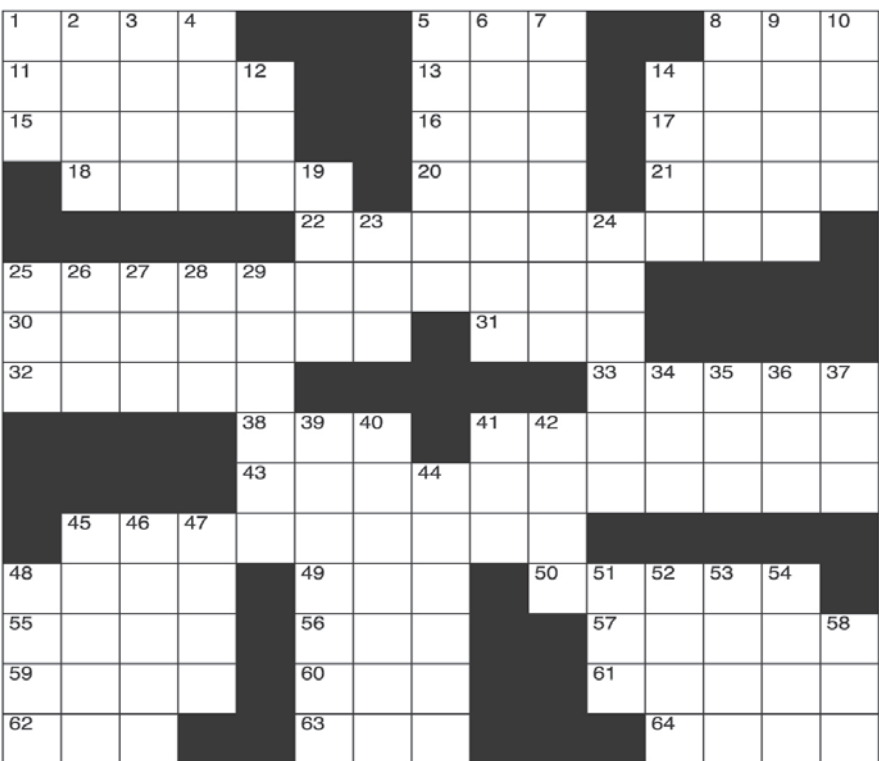
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CLUES ACROSS

1. Paddles

5. Sunscreen rating

8. Very fast airplane

11. Immune responses

13. “Partner” to feather

14. New England river

15. Longest river in New Guinea

16. Midway between east and southeast

17. Israeli politician

18. Back bones

20. Consumed

21. One you can rely on

22. Dressed up gaudily

25. Representatives

30. Dog breed

31. Pitching statistic

32. Manpower

33. S. Korean entertainer
38. Outsourcing firm

41. Viceroy of Egypt under Turkish rule

43. One who removes antlers from a flower

45. Potluck dish

48. Discount

49. Airborne (abbr.)

50. Cavalry sword

55. Basics

56. Hollywood director Howard

57. Afflicted in mind or body

59. Horsley and Majors are two

60. Midway between northeast and east

61. Spiritual leader of a Jewish congregation

62. Malaysian isthmus

63. Fall back

64. Cheek

CLUES DOWN

1. Former CIA

2. Baseball’s best pitchers

3. __ Nui, Easter Island

4. Invests in little enterprises

5. Constant

6. Hobby

7. A place to store food

8. Short-tail marten

9. Burn with a hot liquid

10. Left his heart in San Francisco

12. Swedish krona

14. Legendary actor Connery

19. French cleric

23. Former measure of length for textiles

24. Opaque glassy substance

25. Residue of burned item

26. A place to unwind

27. Japanese honorific

28. Terminus
29. Fails to make a shot

34. Journalist Tarbell

35. College hoops tournament

36. Monetary unit of Macao

37. Of she

39. Spoke ill of

40. Elements

41. Kilocalorie (abbr.)

42. Shades

44. Poem of fourteen lines

45. Pole used in Scottish sport

46. Hollyhocks genus

47. Street name for marijuana

48. Polio vaccine developer

51. Swiss river

52. Prejudice

53. Actor Idris

54. Confederate soldiers

58. Criticize



CYR

CONTINUED FROM PAGE A1

ing facilities, and learning more about the programs supported through the contributions.

During a visit to the Boys & Girls Club of the Lakes Region, Cyr representatives learned more about the Club’s day-to-day impact, including its structured programming and enrichment opportunities for youth. The Lakes Region Clubhouse serves approximately 50–60 children on a typical day, with nearly 1,000 enrolled across its programs.

“As many families face added challenges during this time of year, the generosity of Cyr Lumber in Tilton is a powerful reminder of what community support can do,” said Justin Bleakley, Branch Director for the Lakes Region Clubhouse, Boys & Girls Clubs of Central and Northern New Hampshire. “Their contribution will allow us to continue opening doors for Lakes Region youth, ensuring they can benefit from STEM and art enrichment, mentorship, academic support, and healthy snacks to keep them nourished and ready to thrive.”

Cyr Lumber’s donation also supported early

childhood programming through the Boys & Girls Club Warner Early Learning Center, a toddler and preschool program that provides daily meals and hands-on learning in a nurturing, community-based environment.

“The Warner community has been such a joy to be a part of,” said Amanda Perry, Central ECE Manager, Boys & Girls Club Warner Early Learning Center. “We’ve met so many wonderful families and businesses who have supported and welcomed us. Donations like this allow us to continue providing fun, high-quality care to our members and help us gather materials for our newly added preschool program.”

The Cyr Lumber Contractor Golf Tournament has become a long-standing tradition that brings together customers, partners, and employees for a day of friendly competition, appreciation, and giving back. The event featured contests, raffles, and prizes, with all proceeds supporting local nonprofit organizations.

“Community has always been at the heart of who we are,” said Kevin Cyr, President of Cyr Lumber. “Being able to

give back to organizations that support kids and families in the same communities we serve means a great deal to us.”

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TOURNEY

CONTINUED FROM PAGE A1

er hoop for a 13-5 lead and after an Eagle bucket, Owen Viar put back a rebound for Belmont. Portsmouth Christian connected on two free throws and two buckets to cut the lead to 15-13 but Belmont answered with two free throws from Ennis and a hoop from Brady Fysh. After the Eagles got on the board again, Evan Martinez closed out the quarter with a hoop and Belmont took a 21-15 lead to the second quarter.

Carroll and Ennis hit free throws to start the second quarter and the Eagles came back with two hoops and a three-pointer to cut the lead to one at 23-22. After Wyatt Bamford hit a free throw an Eagle three-pointer gave them their first lead of the game at 25-24.

The lead was short-lived, as Divers connected on a bucket for Belmont. PCA tied the game with a free throw and after Ennis hit a hoop, the Eagles tied things again with two more free throws. Ennis connected again but Portsmouth Christian came back with consecutive baskets to take the 32-30 lead. Carroll tied the game with a hoop before Viar put back a rebound to give the Raiders the lead. A hoop and two free throws from the Eagles put them back in front before Martinez connected

on a pair of hoops to put Belmont back in front. However, the Eales got a three-pointer and two free throws to take a 41-38 lead to the final eight minutes.

Belmont scored the first six points of the fourth quarter on a free throw from Carroll and a three-pointer and two free throws from Ennis, putting them up by a 44-41 score. PCA drained a three and a free throw to take the lead by one point before Ennis hit a hoop and Martinez connected on two free throws to give the Raiders the 48-45 lead.

A free throw and a hoop from the Eagles tied the game at 48 but Belmont answered with seven points in a row to take the lead. Ennis and Carroll each hit hoops, Martinez connected from the free throw line and Bamford had a hoop to give the Raiders the 55-48 lead. Two hoops from the Eagles cut the lead to three but Carroll connected on another bucket. Portsmouth Christian got a three-point play to cut the lead to two but Martinez got the final basket of the third quarter to take the 59-55 lead to the final eight minutes.

Martinez owned the fourth quarter, scoring nine of Belmont’s 11 points in the frame and single-handedly pulled the Raiders to the win. Martinez put back a rebound to start the quarter and then connected on a three-point play. PCA connected for a hoop before Martinez connected for two more sandwiched around an Eagle basket. Viar got the final basket of

the game for Belmont and the Eagles hit the final two baskets of the game for the 70-63 final score.

Ennis finished with 23 points to lead the way for the Raiders while Martinez chipped in with 20 points and Carroll added 10.

The Raiders defeated Division II Kennett on Saturday morning in bracket play by a 63-48 score. Martinez led the Raiders with 22 points and Carroll finished with 12 points. In the quarterfinals on Sunday, the Raiders picked up a 76-49 win over Nute, led by Ennis with 26 points and Martinez with 21 points.

Belmont played in the semifinals against Derryfield after deadline on Monday afternoon.

The Raiders return to regular season action on Wednesday, Jan. 7, at Derryfield at 6 p.m.

BHS 19-17-21-11-70
PCA 17-24-14-8-63

Belmont 70
Carroll 4-2-10, Viar 3-0-6, Martinez 8-4-20, Ennis 8-5-23, Divers 2-1-5, Fysh 1-0-2, Bamford 1-1-3, Totals 27-13-70

Portsmouth Christian 63

Ludwig 5-0-13, Malone 3-4-10, L. Summer 1-0-2, Zhu 1-0-2, Monahan 3-2-9, Beal 1-1-3, Marquis 2-1-6, C. Summers 7-4-18, Totals 23-12-63

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

PETS OF THE WEEK

Meet Simi!

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

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nature, Simi loves nothing more than being right by your side, soaking up all the love he can get. When he gets excited, he proudly picks up his favorite toy to show it off — and yes, he insists

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

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Carter's big day not enough as Bears fall in tourney opener

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Winnisquam and Moultonborough girls opened the Lakes Region Holiday Basketball Tournament on Saturday, Dec. 27, in the Gilford Middle School gym.

The Panthers outscored the Bears 14-6 in the first quarter and held tight the rest of the way, finishing off a 53-35 win to kick off the tournament.

Moultonborough got six points from Payton Bernow in the opening quarter while Madison Hart added a three-pointer, Molly Hart hit a hoop and Lauren Grinavic hit a hoop and a free throw while for the Bears, Caidyn Carter had a three-pointer and a free throw and Alissa Jean added two free throws.

The Panthers outscored the Bears 16-9 in the second quarter for the 30-15 lead at the break. Madison Hart, Molly Sturgeon and Bernow each had two hoops in the frame for the Panthers while Grinavic and Emma Jameson each added a hoop. Carter had a three-pointer and two buckets for the Bears while Bella Soucy added a hoop.

Carter started the third quarter with a free throw before Bernow and Grinavic connected on back-to-back hoops for the Panthers, Grinavic's coming from long



JOSHUA SPAULDING
Caidyn Carter poured in 25 points in Winnisquam's holiday tournament opener against Moultonborough.

distance. Carter hit another pair of free throws before Marley Polosky and Bernow answered with hoops for Moultonborough.

Carter drilled a three-pointer and finished off her own steal to cut the

lead to 39-23 before Ally Gleeson hit a pair of hoops for the Panthers, giving them the 43-23 lead heading to the final eight minutes.

Gleeson finished off a nice feed from Maddie Hart



Alissa Jean puts up a shot during action against Moultonborough in the Lakes Region Holiday Basketball Tournament.

to start the fourth quarter before Carter added a bucket at the other end. Jameson and Madison Hart hit back-to-back hoops and Carter hit two more free throws for the Bears.

Gleeson added another

hoop and Maddie Hart also hit a field goal before Carter hit another two from the stripe. Winnisquam got two free throws from Jean and then consecutive buckets from Soucy to close out the scoring in the 53-35 Pan-

ther win.

Bernow led the way for the Panthers with 14 points and Madison Hart added 11 points while Carter finished with 25 points for the Bears.

Moultonborough moved on to face Laconia in the semifinals the next day while Winnisquam faced Newfound in the consolation round the next day. In the consolation round, the Bears finished their tournament with a win, defeating Newfound 54-24.

Moultonborough returns to regular season action on Wednesday, Jan. 7, at Littleton at 5 p.m.

Winnisquam is back in action on Tuesday, Jan. 6, at home against Gilford at 7 p.m.

MA 14-16-13-10-53

WRHS 6-9-8-12-35

Moultonborough 53

Ma. Hart 5-0-11, Mo. Hart 1-0-2, Gleeson 4-0-8, Sturgeon 2-0-4, Polosky 1-0-2, James 2-0-4, Grinavic 3-1-8, Bernow 7-0-14, Totals 25-1-53

Winnisquam 35

Carter 7-8-25, Soucy 3-0-6, Jean 0-4-4, Totals 10-12-35

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

Bears sweep Kingswood, Prospect Mountain and Exeter



JOSHUA SPAULDING
Jameson Dunn makes a move on his opponent during action on Saturday, Dec. 20.

BY JOSHUA SPAULDING

Sports Editor

TILTON — Prior to the holiday break, the Winnisquam wrestling team swept a four-team home meet, defeating Kingswood, Prospect Mountain and Exeter on Saturday, Dec. 20.

The Bears started the day against Prospect Mountain and picked up

the 65-6 win. Roman Berghmans got things started with a pin at 144 pounds and Nate Tassey picked up a forfeit win at 150 pounds. Jameson Dunn got a pin at 157 pounds and Lazar Arbentina on by a 24-7 score for the 23-0 lead for the Bears.

Isaac Timmons won by pin at 175 pounds and Noah Bassett got the pin

at 190 pounds for the 35-0 lead. Andrew Field was pinned at the heavyweight position to give the Timber Wolves their first points of the meet.

Lucas Durphey got a forfeit win at 113 pounds, Kane St. Hilaire got a pin at 120 pounds, Dayton Brigante got a pin at 126 pounds, Carl Edwardson

got the pin at 132 pounds and Dylan Griffin finished off the win with a pin at 138 pounds for the 65-6 final score.

The Bears took on Kingswood next and Tassey was pinned at 150 pounds to start the match, Dunn got a pin at 157 pounds to get the Bears on the board. Colin Parenteau got the pin at 165 pounds and Timmons did the same at 175 pounds. Bassett got the pin at 190 pounds while Field fell by a 19-1 score at 216 pounds and Hunter Muliniski was pinned at heavyweight.

Durphey at 113 pounds and St. Hilaire at 120 pounds both got forfeit wins and Aiden Sufert got a 7-5 win at 126 pounds. Edwardson got a pin at 132 pounds, Griffin got a pin at 138 pounds and Berghmans got a pin at 144 pounds to round out the 57-17 win for the Bears.

The Bears finished off the day with a 43-30 win

over Exeter.

The Bears are slated to be in action on Saturday, Jan. 3, at Merrimack High School and will be hosting Pelham at 6 p.m. on Wednesday, Jan. 7.

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

HIGH SCHOOL SLATE

Saturday, Jan. 3

BELMONT

Indoor Track at Phillips Exeter; 11

GILFORD

Indoor Track at Plymouth State; 2:30

BELMONT-GILFORD

Hockey vs. Kennett; 5:45

WINNISQUAM

Hockey vs. Kearsarge-Plymouth; 3:45

Indoor Track at Phillips Exeter; 11

Wrestling at Merrimack; 9

Monday, Jan. 5

GILFORD

Boys' Hoops at Monadnock; 5:30

Girls' Hoops vs. Monadnock; 5:30

Tuesday, Jan. 6

GILFORD

Boys' Hoops vs. Winnisquam; 6

Girls' Hoops at Winnisquam; 7

WINNISQUAM

Boys' Hoops at Gilford; 6

Girls' Hoops vs. Gilford; 7

Wednesday, Jan. 7

BELMONT

Boys' Hoops at Derryfield; 6

Unified Hoops at Gilford; 3:30

BELMONT-GILFORD

Hockey vs. Kingswood; 5

GILFORD

Unified Hoops vs. Belmont; 3:30

WINNISQUAM

Wrestling vs. Pelham; 6

All schedules are subject to change.



Roman Berghmans works for a pin during action on Dec. 20 in Winnisquam's quad meet with Exeter, Prospect Mountain and Kingswood.

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On Wednesday evening, Dec. 17, the Belmont Elementary School Drama Club presented “The Reindeer Whisperer,” a timely story about the importance of being kind. Congratulations to all of the students who participated in another outstanding performance! Photo courtesy of the Shaker Regional School District’s Facebook page.

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Bears drop a pair prior to holiday break

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam girls’ hoop team wrapped up the regular season portion of the schedule for 2025 with a pair of games prior to the holiday break.

On Friday, Dec. 19, the Bears took on a very strong Prospect Mountain team and dropped a 65-24 decision.

“Prospect Mountain is a very good team, give them credit, they played well,” said coach Mark Dawalga. “We just could not match their intensity.”

Caidyn Carter led the way with 16 points, seven rebounds and four steals while Claire Hart played well on defense and added two points and 10 rebounds.

The Bears wrapped up the regular season schedule for 2025 with a game

against Hopkinton on Monday, Dec. 22, where they dropped a 63-35 decision.

“I was happy with the effort in the third quarter,” said Dawalga. “The kids really worked hard.”

“We still have a lot to work on but one thing I know with this group is that they work hard every day in practice and it will eventually pay off,” he added.

Carter finished with 24 points, Alissa Jean had seven points and Bella Soucy finished with four points.

The Bears return to regular season action on Tuesday, Jan. 6, at 7 p.m. at home against Gilford.

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

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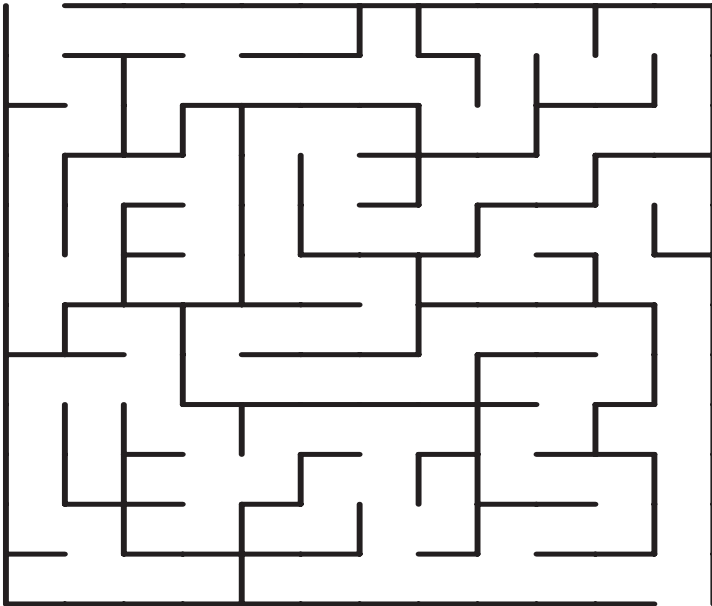
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FRANKLIN — Franklin Opera House is pleased to present Dueling Pianos on Jan. 17 at the Franklin Elks Lodge, 125 S. Main St., Franklin. Always a popular event, they’re back again for another rollicking good time!

Dueling Pianos of New Hampshire brings fast-paced, request-driven fun in a non-stop, high-energy show where you pick the set list! This isn’t just another concert; it’s a high-octane, audience-powered party where

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Jim Tyrrell has been a mainstay in the New England music scene for the last thirty years. He has written and recorded four solo albums (and two with folk trio the Midweeklings). He performs more than 200 solo, duo, Dueling Pianos, and full band shows annually. Over the years, he has opened for Don McLean (“American Pie”), Ellis Paul, the Avett

brothers, John Prine, and Weird Al Yankovic. Tyrrell’s newest album, “Box of Shells,” was released on Feb. 16th, 2023.

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

The fun starts at 7 p.m. Jan. 17. Franklin Elks #1280 will be hosting a

cash bar. Snacks will be sold and all snack & ticket proceeds benefit Franklin Opera House general operations. Get your tickets NOW-- this show is usually a sell-out!

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

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