

Gilford teen dies in accident at Gunstock

BY ERIN PLUMMER
mnews@salmonpress.news

GILFORD — The community is mourning a 15-year-old Gilford High School student who died in a skiing accident.

Sydnie Quimby, a freshman at GHS, passed away on Jan. 16 after an accident at Gunstock.

Gilford Fire Chief Steve Carrier said emergency crews were called to Gunstock around 12:11 p.m. for someone who suffered a head injury, though subsequent reports indicated someone sustained more serious injuries.

Crews responded and transported Quimby to Concord Hospital Laconia. She was later transferred

SEE ACCIDENT, PAGE A11



COURTESY

Book buddies

Fourth graders at Alton Central School have been reading with their “Kindergarten Book Buddies” each Friday. This helps build community within our school, and more excitement around reading. Another benefit is that reading aloud not only helps students build fluency, but also helps students increase their confidence in their reading abilities. This is something they look forward to each week.

Prospect hoop girls rally past Spartans



JOSHUA SPAULDING

Sophia Capsalis squeezes between White Mountains defenders in action last Thursday.

SPAULDING
Sports Editor

ALTON — If you left the Prospect Mountain-White Mountains girls’ basketball game on Thursday, Jan. 19, after the first quarter, you may have been a bit surprised by the final outcome.

The visiting Spartans came out and dominated the first frame, opening up a 15-8 lead after one quarter, but Prospect Mountain shut the Spartans down in the second quarter, allowing just two points and pulled away in the second half for the 61-35 win.

“We just need to start a little quicker,” said Prospect coach Ryan McKenna. “But it was nice holding the opposing team to just two points in the second quarter.”

Emma Simpson drilled a three-pointer for the Spartans to start the game, but Sophia Capsalis answered with

a three at the other end for the Timber Wolves. Simpson then hit a hoop to start a nine-point run for the Spartans, with Ainsley Savage hitting a pair of baskets and Ava Simpson sinking a three-pointer for the 12-3 lead for the visitors.

Ella Misiaszek and Ella Smith got baskets for the Timber Wolves to cut the lead to five before a three from Aubrey Merrill pushed the White Mountains lead to 15-7. Michaela Vernazzaro hit a free throw for the Timber Wolves and the Spartans had the 15-8 lead after one quarter.

Jaylin Bennett hit a free throw to start the second quarter for White Mountains, but it was all Timber Wolves after that. Vernazzaro hit two free throws and then Smith finished off a Misiaszek steal with a bucket. Capsalis finished her own steal and a Smith hoop pulled Prospect even at 16.



Ella Smith looks to the basket in action against White Mountains last week.

A Capsalis steal and hoop gave Prospect their first lead of the game and Smith hit a hoop and a three-pointer. After a Bennett free throw, Misiaszek put back two rebounds in a row to close out the half and Prospect Mountain had the 27-17 lead at the break.

The Timber Wolves continued their strong play to open the third quarter, scoring the first 11 points of the frame. Capsalis hit two free throws to start things, then Smith and Vernazzaro drained baskets. Capsalis then hit a hoop and a three-pointer and Prospect’s lead was 38-17 before a rebound and hoop from Emma Simpson got the Spartans on the board.

Katie Caldwell finished off a steal by Paige Harding for the Timber Wolves and Misiaszek hit a free throw to push Prospect’s lead to 41-

SEE GIRLS, PAGE A11

Town office filings open Jan. 25-Feb. 3

BY ERIN PLUMMER
mnews@salmonpress.news

REGION — The filing period is now open for town offices with several offices open across the area.

The filing period for town and school district offices opened on Wednesday, Jan. 25, and will remain open until 5 p.m. on Friday, Feb. 3. All candidates must be registered voters in the town or district in which they will be filing.

In Alton, two seats are open on the board of selectmen, each for a three-year term.

Two positions on the Library Trustees are open, each with a three-year term.

The Planning Board and the Zoning Board of Adjustment are each also seeing two candidates with each seat having a three-year term.

One three-year position is open for Trustee of the Trust Funds and the Budget Committee.

A five-year position is open for Supervisor of the Checklist.

To register for this and all other Alton offices, visit the Alton Town Clerk’s Office from 8 a.m.-4:30 p.m. Monday through Friday with filing open until 5 p.m.

SEE FILINGS, PAGE A11

GMS presents “Singin’ in the Rain” this weekend



COURTESY PHOTO

Gilford Middle School will present “Singin’ in the Rain” this weekend at the Gilford High School Auditorium.

BY ERIN PLUMMER
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GILFORD — Gilford Middle School students will present the classic musical “Singin’ in the Rain” this weekend, showing off their talents in a show that has been a

fresh experience.

“Singin’ in the Rain” will take the stage at the Gilford High School Auditorium Jan. 26, 27, and 28 at 7 p.m. with a matinee performance at 2 p.m. on Saturday, Jan. 28.

Two different casts will be performing two shows each.

Sixth grader Finn Butler plays Cosmo Brown in one cast, a studio executive involved

SEE GMS, PAGE A11

Alton Parks and Recreation Community Connection

Valentine's Day Cards for Seniors

We need your help to send smiles this Valentine's Day! Alton Parks and Recreation is collecting Valentine's Day Cards for our Seniors. Our goal is to collect 50 cards, which will be hand delivered to the Seniors in town in partnership with the Alton Senior Center. Send or drop off your cards by Feb. 5 to the Alton Parks and Recreation Department at 328 Main St. For more information contact Alton Parks and

Recreation at parksrec-asst@alton.nh.gov or 603-875-0109.

Men's Basketball 18 years and over
The Alton Parks and Recreation Department is sponsoring Men's Basketball 18+ pickup games at Alton Central School on Thursdays from 6-8 p.m., starting Feb. 16. The program is free, drop in any time. For more information contact Alton Parks and Recreation at 603-875-0109 or parksrec@alton.nh.gov.

Yoga Flow to Yin Class with Sheila Marston

Join an inspiring and fun flow Yoga Class on Sundays at the Alton Bay Community Center from 9-10 a.m. \$10 drop in fee. Yoga Flow to Yin is an all levels flow class incorporating strength, core and balance. Class will end with a relaxing meditation and Savasana. Modifications will be offered. Fun music and a view of our special lake. Bring your mat and water. For more information contact Alton Parks and Recreation at parksrec-asst@alton.nh.gov or 603-875-0109.

Weight Training Classes- Mondays and Wednesdays

The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednesdays, 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abilities. Learn new exercises to build strong muscles and bones. \$20 per month or \$5 drop in. Bring light hand weights, a mat and water. For more information contact parksrec@alton.nh.gov or 603-875-0109.

Yoga Sculpt Class with Sheila Marston

February is Healthy Heart Month and we are celebrating with a Free Yoga Sculpt Class on Feb. 1- join in the fun, \$30 for the rest of February. An energetic class that is a combination of vinyasa, strength training, cardio and core at the Alton Bay Community Center 6:30-7:30 p.m. on Wednesdays. Bring two sets of weights, water and a yoga mat.

Ice Skate Swap
The Alton Parks and Recreation Department is sponsoring an Ice

Skate Swap for Alton residents now through Feb. 24. Stop by to see what we have collected so far and take what you need or donate your ice skates in good condition to the Swap. The Ice Skate Swap is available at the Parks and Recreation office at 328 Main St., 8 a.m.-4 p.m., Monday-Friday. For more information contact 603-875-0109 or parksrec-asst@alton.nh.gov. Public Ice Skating is planned this season in Alton at the outdoor skating area on Mill Pond as soon as the weather cooperates- thanks to the Alton Fire Department.

Gilford Parks and Recreation News

BY HERB GREENE
Director
Gilford Parks and Recreation

Boston Celtics bus trip scheduled for March 1 The Gilford Parks and Recreation Department is sponsoring a Bus Trip to Boston to see the Celtics take on the Cleveland Cavaliers on Wednesday, March 1. Cost of the trip is \$110 per person, and includes round trip motor coach from Gilford and your ticket (section 324 of the balcony) to the game. Our deluxe motor coach will depart from the Gilford High School at 4:45 p.m. for the 7:30 p.m. game. You will have time to visit the pro-shop and get dinner on your own prior to the game. Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable. For more information, please contact the Gilford

Parks and Recreation Department at 527-4722 or visit their Web site at www.gilfordrec.com.

Senior Strides weekly walking program continues on Wednesday mornings
The Gilford Parks and Recreation Department is sponsoring a weekly drop-in walking program for senior adults on Wednesday mornings from 9-10 a.m. at the Gilford Youth Center. Participants can track their progress or just walk for fun. Participants are also encouraged to wear comfortable shoes and bring their own water bottle. Chairs will be available for participants to take a break as needed. There is no fee for this program and participants can register their first day. For more information, please contact the Parks and Recreation Department at (603) 527-4722.

BY ERIN PLUMMER
mnews@salmonpress.news

GILFORD — The town will not move forward on a new bathhouse this year, instead voters will decide on an article putting money aside from the project.

The town's budget public hearing took place this Tuesday after a previous postponement.

The town's total proposed operating budget going into the deliberative session is \$16,913,194, an increase of \$1,358,046 or 8.73 percent from 2022. This figure does not include warrant articles. If this article fails, the default budget will be \$15,604,596. The town will also be voting on a total of \$1,752,138 in special warrant articles across the whole warrant.

The board of selectmen have removed a proposed \$1 million warrant article for a new bathhouse at the Gilford Town Beach.

Gilford beach bathhouse shelved this year

The selectmen initially held a public hearing on Jan. 11 for the proposed project with a \$1 million bond. Town officials cited the building's advanced age and complicated utility issues as a major reason for the replacement. After hearing from several residents, the board agreed to bond \$900,000 for the

project. The board held a special meeting on this project before the hearing. According to the draft minutes of the Jan. 17 public hearing, the selectmen announced that instead it was proposing an article putting \$100,000 into a capital reserve fund for a new bathhouse.

After much discussion, the Budget Committee voted to recommend the proposed article in a vote of 8-3. Committee members David Tyler, Angelo Farruggia, and Kyle Sanborn voting not to recommend. According to the draft minutes Farruggia said he was opposed to spending any money on the design of this building, saying this could be done for free at a lumber supply yard.

Other warrant articles include costs from two collective bargaining agreements, deposits into various capital reserve funds and expendable trust funds, and funding for a number of nonprofit organizations.

According to the draft minutes, Town Administrator Scott Dunn said that if the budget recommendations are approved, this will have an anticipated municipal tax increase of 2.5 percent, increasing the municipal tax rate from \$4.25 per \$1,000 in assessed valuation from the current \$4.14.

The Budget Committee also voted unanimously in favor of recommending the Gunstock Acres Village Water District's proposed budget of \$826,570. The school district's proposed budget of \$27,768,068 will also be moving forward to the deliberative session.

The town and school district deliberative session is scheduled for Feb. 9.

Meeting House memories available at Gilman Library

ALTON — It was incorrectly identified in a press release published in the January 12th issue of The Baysider, that the East Alton Historical Society has published a new poster currently for sale at the Gilman Library. The correct name of the organization is the East Alton Meeting House Society. Please accept our apologies for the misnomer.

The East Alton Meeting House Society has published a new poster entitled "Meeting House Memories," by local renowned artist, Peter Ferber. The scene depicts the East Alton 4th of July Parade at Gilman's Corner, in East Alton. This area was the location of Alton's original settlement, a community of over 300 people, on the route from Farmington to Wolfeboro. The beautiful painting, created in 2020 has been printed into a 13 by 19 inch poster, which may be purchased for \$25 at the Gilman Library. Please visit our website for more information posted online at www.gilmanlibrary.org, or visit the library during open hours at 100 Main St., Alton.



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ABA Monthly Member Highlight: Office Services by Brandi, LLC

Every month, the Alton Business Association sit down with one of our amazing ABA members to get to know them a little better! For January, we spoke with Brandi Hawthorne, Owner of Office Services by Brandi, LLC. We ask each member the same questions, providing an opportunity for our members to highlight the important work that they do in our communities. If you're an ABA Member and would like to be considered for future Monthly Member Highlights, please reach out to us via email at info@altonbusinessassociation.com

Q: Tell us about your business?

A: I am a remote bookkeeper and remote office manager for restoration & construction companies all around the US. Some of my services offered are:

-Implementing Process / Procedures
-Introduction into Administrative & Financial Best Practices
-Facilitate Accounts Payable Processing & Check Runs
-Facilitate Accounts Receivable & Collections
-Monthly Reconciliation
-Rate & Material Billings (Pivot Table)

Q: Tell us about yourself?

A: I am happily married to my best friend, Jon and we have 4 small children who I homeschool and three adult children in three different states. We enjoy the outdoors; especially hiking, shooting and waterfalls. We recently got a Border Collie that we named Jack and he is now part of our family. I enjoy my family and running my business. God has blessed me beyond measure.

Q: How did your business get started?

A: I worked for a Property Restoration Headquarters for over 11 years where I obtained quite a bit of knowledge & experience. We started a family and I decided I can help multiple restoration & construction owners become more organized and successful in their companies. So I opened my own business, and have proudly run it for four years and each year has been a success with growth.

Q: What has your relationship with the Alton Business Association done for you or your business?

A: Alton Business Association is a wonderful resource for finding quality candidates for many of our (consumer) needs. Furthermore ABA is a wonderful outlet for marketing your

company and there are many opportunities to donate to the community and give back.

Q: What do you value most about this community?

A: I enjoy the kindness Alton Bay/Alton offers one another in all sorts of scenarios. "Help they neighbor" shines through, in our community.

Q: Why did you want to open your business in this community?

A: I live in Alton Bay and have a large family, so working from home is a good fit for me and my circumstances. We moved from Michigan to Alton Bay and this is where we call home.

Q: What business accomplishment are you most proud of?

A: I believe that con-

tinuing ed and investing in yourself is very important. To keep working on oneself, to exceed expectations and rise to the next level is crucial. I am a QuickBooks Online Pro Advisor, I have a certificate for the QuickBooks desktop version as well. I am always adding to my services offered to best provide the dependable solution to the owners who need the structure to grow. I enjoy being part of the ABA. I also have participated two years in a row in DYOJO SOCKTember competition. This is a new sock raising competition in the restoration industry and this year I donated over 2000 pairs of socks to the children in the foster care system in the state of New Hampshire.

Q: What does the future hold for you and your business?

A: I enjoy helping

others and thoroughly enjoy running my business. It's very satisfying being part of another business growing to the next level. I will continue to serve my clients and increase my availability to take on new clients to keep the growth going.

Q: What is one piece of advice you wish you had as a new business member?

A: You don't have to have all the answers, just get started one step at a time and keep moving forward.

Q: How can people who want to learn more about you or your business get in touch with you?

A: Brandi Hawthorne Office Manager@gmail.com <https://www.officeservicesbybrandi.com/> I am on Facebook as well.

Rotarian Larry Hallin discusses AHC with fellow members

ALTON — "My wife Catherine and I were devastated when we learned our beautiful granddaughter Olivia at seven months of age was diagnosed to have a rare neurological disorder called AHC, or Alternating Hemiplegia of Childhood. This is a lifelong, devastating condition that has no cure and can cause severe disability," were Larry Hallin's opening words to members of the Alton Rotary Club.

He added how this disorder can cause delays in attaining developmental milestones and that episodes of AHC consist of sporadic repeated paralysis affecting first one side, then the other, or sometimes

both sides at once, causing quadriplegia. In

addition, it causes excruciating pain and muscle stiffness in the arms and legs, known as dystonia.

"Can you imagine being an infant or young child experiencing these painful symptoms and not understanding why your body will not work as it should?" he added.

To make sure everything possible can be done to find a cure or a way to control the debilitating effects caused by AHC, Larry and his wife Catherine are now fully engaged in raising funds for the AHC Foundation.

"The truth is there is still so much we do not know about AHC and research into this condition is desperately needed," Hallin stated.

Top hospitals such as Duke Medical in North

Carolina and Boston Children's Hospital are currently

researching this disorder, but are limited to monetary constraints. Simply put, we need to raise every dollar possible to fund scientific studies and clinical trials to better understand this condition better and eventually find a cure. Please send donations directly to the AHC Foundation by online or by mail to:

Alternating Hemiplegia of Childhood Foundation, 2000 Town Center Suite 1900, Southfield, MI, 48075. At the conclusion of Larry Hallin's presentation, members of the Alton Rotary Club made a financial contribution to the AHC Foundation.

School District filing periods open

By Erin Plummer mnews@salmonpress.news

REGION — Offices are open for candidates in the Gilford, Alton, Barnstead, and Governor Wentworth School Districts.

The filing period for town and school district offices began on Wednesday and will continue until 5 p.m. on Feb. 4. All candidates must be registered voters in the town or district in which they will be filing.

For the Gilford School District, one position is open on the Gilford School Board for a three-year term. The positions of school district moderator, clerk, and treasurer are also open, each for a one-year term.

To register, file at the Gilford School District's office on 2 Belknap Mountain Road Monday through Friday from 7:30 a.m.-4 p.m., except on Feb. 3 where filing is

open until 5 p.m.

The Alton School District is looking for one school board member for a three-year term.

The position of school district treasurer is open for a three-year term.

One-year terms are also open for school district clerk and moderator.

To register for this an all other Alton offices, visit the Alton Town Clerk's Office from 8 a.m.-4:30 p.m. Monday through Friday with filing open until 5 p.m. on Feb. 3.

The Barnstead School District is seeking two school board members, each for a three-year term.

The positions of school district moderator, clerk, and treasurer are also open. Each of these have a one-year term.

To file for these and other Banstead positions, register at the

Barnstead Town Clerk's Office on 108 South Barnstead Road. The Town Clerk's office is open from 8 a.m.-4:30 p.m. Monday through Friday, closing at 5 p.m. on Feb. 3.

New Durham residents can file for three open positions with the Governor Wentworth School District.

Two positions are open for school board member at large, one for a three-year term and one for a one-year term.

The Governor Wentworth School District is also seeking a School Moderator for a one-year term.

Filing can be done at the Superintendent of School's office on 140 Pine Hill Road in Wolfeboro. The office is open from 8 a.m.-4:30 p.m. Monday through Friday and will be open until 5 p.m. on Feb. 3.

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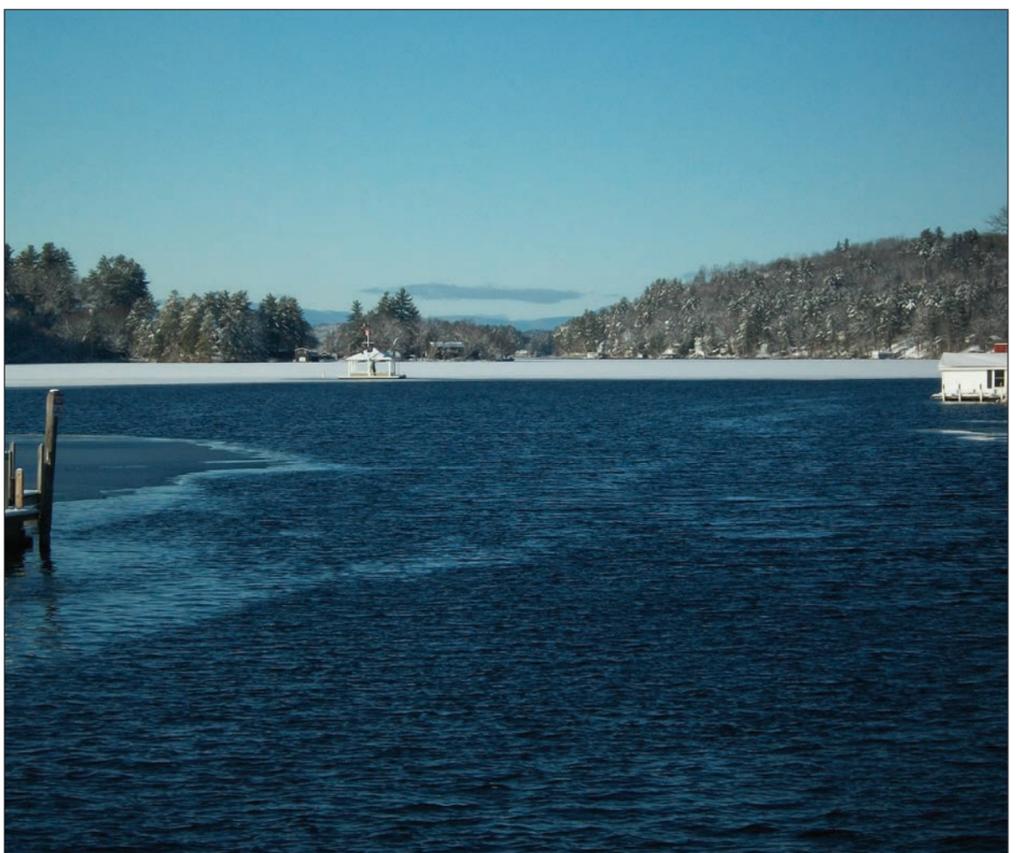
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Winter travel through the years

The first big storm of the season has come and gone, leaving us with anywhere from three to 12 inches of snow, depending on where you are. As with most things, we like to think about how our ancestors handled certain situations. It was during a snowy drive last winter that this writer became grateful for studded snow tires and heat. That experience prompted thoughts about how those who came before us dealt with travel during snowstorms. During the winter of 1717, a storm dumped four feet of snow, creating snowdrifts of up to 25 feet. Passing through the snow-covered roads was too much for a postman who traded his horse for a pair of snowshoes. Objects similar to skis were attached to carriages as a means of winter transportation. Streets had to be passable for wood and food deliveries. When the roads were not passable townspeople would gather together in large groups and dig out a path. The snow was placed into the back of a horse-drawn cart by gangs of men and driven to the closest river to be dumped. Salt was also used on streets, but many people complained because it ruined their shoes and clothes. Fast forward to 1840, when the first snowplow patent came to be. It wasn't until 1862 that the first snowplow was put into use. The plow was attached to a cart and pulled by a team of horses. Soon after, many cities began to use the horse-drawn snowplow. Typically, the use of the horse-drawn plow was only used to clear main streets, leaving side streets and sidewalks snowed in by large piles often blocking entrances to businesses. Many business owners actually brought lawsuits against the plowing companies as a result because their customers could not gain access to the storefronts. The solution to that conundrum, was the hiring of snow shovelers to accompany the plow. The blizzard of 1888, however, was too much for the "modernized" plow, leaving many people trapped inside their homes. This emergency was the catalyst cities needed to begin coming up with a better plan for snow removal. One idea was to stay on top of the storm as it started, instead of waiting for it to end. Different men driving the plows were assigned to certain neighborhoods as well. The invention of the automobile brought with it a crutch and a new possibility as far as snow removal went. The crutch being that an entirely new method needed to be engineered and put into use. In New York, in 1913 a dump truck could be seen on city streets. Seven years later the first snow loader, came on to the scene. It had a big scoop with a conveyor belt. The snow would go into the scoop via the belt, then dumped into the back of the truck. From there, off to the river it went. It wasn't until 1959 when the weather was able to be predicted more accurately, allowing towns and cities to better prepare for any incoming storms. Reading old diaries of our New England ancestors gives the perfect window as to what it was like to experience a bitter cold winter, prior to modern practices. A shining example is the quote below from literary critic Van Wyck Brooks. "All praise to winter, then, was Henry's feeling. Let others have their sultry luxuries. How full of creative genius was the air in which these snow-crystals were generated. He could hardly have marveled more if real stars had fallen and lodged on his coat. What a world to live in, where myriads of these little discs, so beautiful to the most prying eye, were whirled down on every traveler's coat, on the restless squirrel's fur and on the far-stretching fields and forests, the wooded dells and mountain-tops, --these glorious spangles, the sweepings of heaven's floor." — The Flowering of New England, 1815-1865



RUTH ARSENAULT – COURTESY

A quiet day at the bay

With the ice runway at Alton Bay officially canceled by the FAA this year due to unseasonably warm weather preventing sufficient ice buildup, all was quiet last week when reader Ruth Arsenault passed through.

Letters to the Editor

Hannaford's staff goes above and beyond

To the Editor: With a \$1.3 billion jackpot on Friday, Jan. 13, I went the lottery ticket machine at the Alton Hannaford grocery store and slipped in \$20, got my ticket, slipped it in my breast pocket and walked out. Once home I gave the ticket to my wife and noticed that it was for \$10. Not one to buy a ticket except rarely, I was unaware that the machine would dispense 2 \$10 tickets,

rather than a single \$20 ticket. I shrugged my shoulders and wished whoever found the ticket good luck. As fate would have it, my wife got a phone call from Chris at Hannaford the next morning and asked if I had forgotten to take my other ticket, which had won \$200 (the other ticket failed to match a single number). I suspect that the nice lady (Sherry) who was the cashier saw what

I had done and noted the Hannaford rewards phone number that I had entered during my purchase. They reviewed the video taken on the 13th and identified me as the suspect due to Sherry's recollection of me wearing my hat with a prominent D (Dartmouth). We gratefully retrieved our winnings. Since opening 10 or 15 years ago, Hannaford has consistently maintained a loyal, hard-

working, customer oriented staff who seem cheerful and respectful at all times. The facility itself is clean, well stocked, and orderly with an excellent selection of goods, particularly the fresh produce. This is testament to the good will and initiative of their employees.

Brian Carathern
Alton

Library Media Specialist position is essential

To the Editor:

We are responding to the current budget approved by the Prospect Mountain High School Joint School Board that will move forward to a deliberative session on Feb. 4. This budget reallocates funding from the Library and Media Specialist position to federal Title I funding, effectively splitting this position and requiring the Library and Media Specialist to additionally take on the role of Title I Reading Specialist.

We write this letter to support both the position of Library Media Specialist at PMHS and the individual who currently holds this role.

We are teacher-edu-

cators and researchers at the University of New Hampshire with expertise in reading, writing, and digital media instruction. In our professional careers, we work with pre-service and practicing educators to support their ongoing learning.

In today's highly digital world, information about literacy instruction across areas changes quickly. The COVID-19 pandemic revealed that New Hampshire teachers need quick professional learning to transition to digital education. NH Library Media Specialists were at the forefront of supporting this learning. If our children are to meet the digital demands of college and

careers, they need skills in research, accessing print and digital information, and navigating print and digital resources. Staying on top of these new developments is the responsibility of a Library Media Specialist. Similarly, research about how humans learn to read and write has transformed literacy education. Our most vulnerable students, whose education is supported federally by Title I funds, need Reading Specialists whose positions support this continued learning. In short: these positions cannot be easily combined. Both require specialized knowledge and ongoing professional learning, and combining them will lead to a position that one person cannot do well.

with Curiosity and Passion"), and she has participated in collaborative teacher-university partnerships for nearly a decade. During this time, we have each had the pleasure of working with her. She has a laser focus on supporting her students, colleagues, and the community. Her combination of expertise in theory and practice is unique and powerful. Beyond our own experiences, we see that PMHS recognizes her value to the school and community, having requested the reinstatement of the position. Especially in a time when schools face a drastic shortage of experienced educators, we must retain and support the ones we have.

We are so thankful for the time we have spent working with the PMHS Library Media Specialist, and we look forward to many more years of collaboration. We hope that the board will take into account the importance of both the Library Media Specialist and Title I positions — and that the members will reconsider this cut.

Alecia Magnifico &
Bethany Silva
Durham

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THE REAL REPORT

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Town	Address	Type	Price	Seller	Buyer
Barnstead	N. Barnstead Road	N/A	\$156,533	Mc-Allen RET and Ethel W. McConaghy	Matthew and Sara Currid
Barnstead	Rogers Road	N/A	\$340,000	Raymond C. and Patricia A. O'Brien	Tukcor Research & Development Co. Inc.

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve

additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

LETTERS FROM EDWIN

Retread

I thought that in my 30-plus years that I've lived here in my rustic hill top estate, that I had witnessed pretty much the extent of weather variations that I may ever expect to see here. Well as I'm always saying, I shouldn't think. It's just leaving myself open to failure.

I would have never expected to see mud season in January, but it happened this year. I drove down the road after that last storm and it was all squishy and acting like, at any moment, I could break through the top layer and my wheels would rip down into the sub-surface muck and I'd become one with my motor vehicle as we're scrambling to keep moving and not getting swallowed up by the ruthless mud.

I made it. After parking the truck, I wandered back to more closely inspect what was actually underfoot. The whole road was squishy. It's never been so completely so, even in the worst mud season. There are usually some islands of solid ground. Not this time. The entire surface was like some giant waterbed. I found seven sink holes, so I went and got the wheelbarrow, loaded it with stones from the pile, and filled them up and stomped it all down. That would help.

Days later I was still filling more sink holes as they became apparent. Crazy. This usually happens in March. Certainly, another one for the memory books. I bet the sap was even running.

I was over a

friend's house to welcome in the new year. While watching his flat screen, as he was switching things, up pops that familiar face of a pretty lady with monotonously colored hair and red lipstick that matches the credit card she holds in her hand.

As I fired up my browser today, there she was again, center screen. Her ad has transcended the yearly divide. They always seem to use pretty ladies holding credit cards. There have been a number of other similarly smiling lasses lately touting the superiority of the card in their hand. The ad companies know that they will definitely catch the eye of most of the red blooded males and likewise most of the ladies who will identify with these woman.

That's all that

really matters, the younger folks, who are immune to these images, can't afford a credit card in the first place. So there they are, cluttering up my browser screen. Smiling. They always look so happy. Don't you think? They must be. Happiness is a new credit card.

Lately, I've been wearing this new pedometer thing. I used to have others, but they didn't clip well to my belt and when I'd get home from walking, I'd discover that they fell off somewhere out in the woods and, oh well, that's the way it goes. Right? This one really grips on well so I don't suspect that I'll lose it.

I was trying to judge if it actually could be a trustworthy gauge of distance walked and started to wear it while

working. At the end of the day I would be amazed at how little my miles walked had been. Sometimes it would seem to read reasonable, others not. I was beginning to think that I had another useless piece of junk to send to the trash bin.

In total abandonment, I speculated that it just may be user error. It's a pretty simple device with really no adjustments. So how could it be me? The only user interface was the reset button. If I were somehow causing it to reset, that would explain the crazy variations in readings.

Now that it's colder out, I wear multiple layers of outer wear and sometimes a tool belt. It looked like an easy possibility for me to inadvertently press

the reset button. I had to somehow come up with a way to make that possibility lesser. I glanced over at my dresser and noted a small #4 stainless steel flat washer that, instead of being throwing away when I found it in my pocket, had been placed there in case some day I may find a need for it. It looked like a good fit. I took a small piece of tape and stuck it down over the reset button which now needs a small object like a pen to cause it to reset.

Ever since my miles walked have been much more realistic. Ain't it amazing how things that you forgot about years ago can still come and help you out?

E.Twaste

Correspondence welcome at edwintwaste@gmail.com

NOTES FROM WINDY HOLLOW

Caregiving inspires progress

BY VIVIAN LEE DION
Contributing Writer

My husband, Ray, took an unexpected fall last July and since that time each day has been challenging. Ray stands over six feet tall and needs lots of tender loving care due to a cracked pelvis and four spinal fractures. Doctors, nurses, physical therapists

and occupational therapists were the many professionals who worked with him to insure mobility and improvement. I remember the first time he walked up and down the corridors of Northeast Rehabilitation in Portsmouth. When I arrived, he had the biggest smile on his face. You would have thought he had just run a 5K race.

Rylie Treat achieves Dean's List at Belmont University

NASHVILLE, Tenn. — Belmont has announced the list of students recognized on the Dean's List for the Fall 2022 semester. Of the approximately 52 percent of Belmont's 7,100 undergraduate students who qualified for the Fall 2022 Dean's List, Rylie Treat of Laconia was listed.

Belmont Provost Dr. David Gregory said, "The Dean's List achievement among a majority of Belmont's student body exemplifies our campus commitment to exemplary education and the successful matriculation of our students. It is a privilege to recognize the accomplishments of our students in the academic space, and the University looks forward to the continued support, education and growth of those who have entrusted Belmont to equip them with the necessary tools to thrive at the local, national and global level."

Dean's List eligibility is based on a minimum course load of 12 hours and a quality grade point average of 3.5 with no grade below a C.

About Belmont University

Located two miles from downtown Nashville, Tennessee, Belmont University comprises nearly 9,000 students from every state and 33 countries. Nationally ranked and consistently recognized by U.S. News & World Report for innovation in higher education, the University offers more than 115 areas of undergraduate study, 41 Master's programs and five doctoral degrees. With a focus on whole person formation and data-informed social innovation, Belmont is committed to forming diverse leaders of character equipped to solve the world's complex problems. For more information, visit www.belmont.edu.

Family, friends and others helped boost his spirits by bringing books, discussing world events, and past experiences of camping and hunting adventures. The uplifting small talk helped him keep a positive attitude. I remember when we exchanged wedding vows over fifty years ago, and said "For better or worse, for richer or poorer and in sickness and health till death do us part." As a young bride I truly didn't comprehend the full meaning of "for better or worse." Now I do

The work of getting healthy and being mobile continues at home with care and compassion. Our family room looks like a hospital room: a reclining power chair, which takes the place of a hospital bed, a walker and a wheel-

chair. All things are at his beck and call.

Every morning I serve breakfast and we discuss the following, "How do you feel today? "How did you sleep?" The back and forth conversations are woven into the fabric of our lives that keeps us connected and aware of the journey we are on. Later he gives himself a sponge bath and I apply antibiotic cream in hard to reach places. Because he is a diabetic some type of pressure sores have developed and are slowly healing. After helping him dress he walks four steps to his constant companion, the walker, which waits nearby. He gingerly returns to the family room.

According to an article in the Greater Good Magazine, author, David Rakel, explains that "Passionate connections

are key to successful caregiving and how they can be established – whether between health care providers and their patients or within any caregiving relationship. Certain traits are shared by healers across history, including hope, trust, wisdom, caring, gratitude and mutual respect. Connection can affect our immune system as well." He writes, "How compassion benefits not only recipients but also caregivers, by improving their physical and emotional health and strengthening their immune system. Positive feelings from compassion can also help caregiving overcome burn-out."

We are approaching the sixth month in Ray's odyssey of healing and becoming mobile. It has been a learning curve

for both of us and has brought us closer in our marriage. We have had more quiet discussions of "remember when this or that happened" such as the excitement of bringing home a new baby or the sadness felt when our parents died. We talked of losing our precious cat, Fluffy, and the vacation adventures of cross country skiing in the White Mountains. These are building blocks of marriage and that makes life interesting. Yes, I would do it all over again and say, "I do" with stars in my eyes and hope for the future.

Vivian Lee Dion of New Durham is a writer and speaker and can be reached at windyhollow@metrocast.net.

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Edward Jones: Financial Focus											
Open the (back) door to a Roth IRA											
<p>There aren't many drawbacks to having a high income — but being unable to invest in a Roth IRA might be one of them. Are there strategies that allow high-income earners to contribute to this valuable retirement account?</p>			<p>59½. Furthermore, when you own a Roth IRA, you're not required to take withdrawals from it when you turn 72, as you would with a traditional IRA, so you'll have more flexibility in your retirement income planning and your money will have the chance to potentially keep growing. But given your income, how can you contribute to a Roth?</p>			<p>ute pretax dollars to a traditional IRA, your contributions lower your annual taxable income. However, if your income is high enough to disqualify you from contributing directly to a Roth IRA, you may also earn too much to make deductible (pretax) contributions to a traditional IRA. Consequently, you might have contributed after-tax dollars to your traditional IRA, on top of the pretax ones you may have put in when your income was lower. (Earnings on after-tax contributions will be treated as pretax amounts.)</p>			<p>from the converted IRA itself to pay for the taxes, you'd need another source of funding, possibly from your savings and other investments.</p>		
<p>Before we delve into that question, let's consider the rules. In 2023, you can contribute the full amount to a Roth IRA — \$6,500, or \$7,500 if you're 50 or older — if your modified adjusted gross income is less than \$138,000 (if you're single) or \$218,000 (if you're married and filing jointly). If you earn more than these amounts, the amount you can contribute decreases until it's phased out completely if your income exceeds \$153,000 (single) or \$228,000 (married, filing jointly).</p>			<p>You may want to consider what's known as a "backdoor Roth" strategy. Essentially, this involves contributing money to a new traditional IRA, or taking money from an existing one, and then converting the funds to a Roth IRA. But while this backdoor strategy sounds simple, it involves some serious considerations.</p>			<p>In any case, if you convert pretax assets from your traditional IRA to a Roth IRA, the amount converted will be fully taxable in the year of the conversion. So, if you were to convert a large amount of these assets, you could face a hefty tax bill. And since you probably don't want to take funds</p>			<p>Ultimately, then, a backdoor Roth IRA strategy may make the most sense if you have few or no pretax assets in any traditional IRA, including a SEP-IRA and a SIMPLE IRA. If you do have a sizable amount of pretax dollars in your IRA, and you'd still like to convert it to a Roth IRA, you could consider spreading the conversion over a period of years, potentially diluting your tax burden.</p>		
<p>A Roth IRA is attractive because its earnings and withdrawals are tax free, provided you've had the account at least five years and you don't start taking</p>			<p>Specifically, you need to evaluate how much of your traditional IRA is in pretax or after-tax dollars. When you contrib-</p>			<p>Consult with your tax advisor when considering a backdoor Roth strategy. But if it's appropriate for your situation, it could play a role in your financial strategy, so give it some thought.</p>			<p>Jacqueline Taylor Financial Advisor 3 Mill Street PO Box 176 Meredith NH 03253 603-279-3161 Fax 866-532-8685 jacqueline.taylor@edwardjones.com</p>		
<p><small>This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC. Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.</small></p>											

Gilford Public Library

Classes & Special Events
Jan. 26 – Feb. 2

Thursday, Jan. 26
Geri Fit, 9-10 a.m.
Spanish Storytime, 10:30-11:30 a.m.
French Club, 4-5 p.m.

Friday, Jan. 27
Senior Sculpt, 9-10 a.m.
Bridge, 10-11:30 a.m.
Preschool Storytime, 10:30-11:30 a.m.
Hand & Foot, 12:30-2:30 p.m.
Happy Crafters, 1:30-2:30 p.m.
Advanced Conversational German, 2:30-3:30 p.m.
Beginner Line Dancing, 4-5 p.m.

Saturday, Jan. 28
Beginner Line Dancing, 10:30-11:30 a.m.

Monday, Jan. 30
Geri Fit, 9-10 a.m.
Baby Storytime, 10-11 a.m.
Tai Chi, 10-11 a.m.
Mahjong, 12:30-1:30 p.m.

Tuesday, Jan. 31
Senior Sculpt, 9-10 a.m.
Bridge, 10 a.m.-noon
Brain Health, 10-10:30 a.m.

Come join us for this wonderful class. 1 in 6 people suffer from a neurological disorder, which includes anything from Alzheimer's disease, depression, anxiety, brain cancer, Parkinson's, and the list goes on. Our brain is essential for us to live vibrant lives. This class focuses on understanding how we can promote brain health through our lifestyle choices.

Presented by Dr. Amanda from Awakening Chiropactic.

Preschool Storytime, 10:30-11:30 a.m.
Dungeons and Dragons Club, 3-4:30 p.m.
Intermediate Line Dancing, 4-5 p.m.

Wednesday, Feb. 1
Hand & Foot, 10 a.m.-noon
Check out an Expert, 10 a.m.-noon
Homeschool Club, 12:30-2 p.m.
Chess Group, 1-3 p.m.
Paint Group, 1-3 p.m.
After School Teen Club, 2:30-4 p.m.

Science at the Library: Forces of Nature, 3:30-4:30 p.m.

Earthquakes, volcanoes, floods, and ice storms are incredible forces of nature. Kids will explore weather & forces of nature while

learning the science behind it involving fun hands-on activities.

Thursday, Feb. 2
Geri Fit, 9-10 a.m.
Spanish Storytime, 10:30 a.m.

Groundhog Scavenger Hunt, 3:30-4:30 p.m.
Join in on our scavenger hunt to find the wanted groundhog! Prizes will be rewarded when found.

French Club, 4 p.m.
Helen Keller: Champion of the Disabled, 6-7 p.m.

The program is written from Helen's mind's eye. The story is told on a taped voice over as Helen reenacts her full life from her childhood through her discovery of language when she was seven years old to the writing of her twelve

Gilford Public Library Top Ten Requests

1. "The House of Wolves" by James Patterson
2. "A World of Curiosities" by Louise Penny
3. "Lessons in Chemistry" by Bonnie Garmus
4. "The Boys from Biloxi" by John Grisham
5. "The Murder Sorority" by Marshall Karp
6. "Spare" by Prince Harry, The Duke of Sussex
7. "No Plan B" by Lee Child
8. "The Extraordinary Life of an Ordinary Man" By Paul Newman
9. "The Seven Husbands of Evelyn Hugo" By Taylor Jenkins Reid
10. "Lucy by the Sea" by Elizabeth Strout

books. She will show the audience how she speaks and reads in Braille, and her story continues through her graduation from college. This is one of our most unique, very special programs which helps us to understand and accept the different

ways people do the same things and inspires them to be the best they can be with the talents they possess. Presented by Sheryl Faye.

February Events at Oscar Foss Memorial Library

BARNSTEAD — Miss Jerissa's Storytime at the Library is THE event to attend every Wednesday at 10:30 a.m.! Here's your chance to mingle with other humans, test out your crafting and singing skills, and listen to children's stories.

Time to get your Yoga on at the Library! This program is weekly. On Mondays we have two classes: All-Levels at 10:15 a.m. and Seniors at noon. Tuesdays are for Intermediate Yoga at 5:30 p.m. There is a suggested donation.

Mead and Read this month is Wednesday, Feb. 1, at 6 p.m., at Over the Moon Farmstead in Pittsfield. We will be discussing the book, The Silent Patient, by Alex Michaelides. This psychological thriller should give us plenty to talk about. We will not be silent, of course, but we shall do our best to be patient. Afterwards, we will hand out The Guernsey Literary and

Potato Peel Pie Society by Mary Ann Shaffer for our March discussion.

Tween DnD will be Thursday, Feb. 2, from 4-6 p.m. The plan is to travel down below the mountain and past the Bullywugs. What will the party encounter next? Don't forget to bring your dice. FYI: You are always welcome to join, even if you miss sessions. Light refreshments provided.

Teen DnD is happening on Friday, Feb. 3, from 4-6 p.m. We plan to keep journeying down below the mountain. Have we escaped the crawling hands? What's that sound?! The bringing of dice is very important. Do Not Forget! Light refreshments provided.

Hey, everyone! It's National Bring Your Kids to The Library Day! Join us Saturday, Feb. 4, from 10 a.m.-1 p.m. for a tour of the library. Learn about the history of the

library and the many programs we offer. Try out our comfy chairs and meet the staff. Check out books and awesome items from our Library of Things. If you aren't yet a patron, you can even sign up for a brand new library card (just bring proof of Barnstead residence)!

Family Movie Night is on Friday, Feb. 10, at 6 p.m. We will be showing "Minions 2: The Rise of Gru" (rated PG). Learn about how a young Gru aspired to take over the world! We also have Minions 1 and the Despicable Me movies, to help you catch up on the Minions franchise beforehand.

Our monthly Homeschool Events happen on the second Tuesday of the month, from 12:30-2 p.m. This month it will be Feb. 14. Yes, that's Valentine's Day and you're going to love what we have for you. We will be discussing some common winter birds and then you'll get to dissect owl pellets. So romantic! Space is limited, so registration is required.

Anti-Bob Ross Paint Night. Yes, you read that right. But no, we're not anti-Bob Ross. However...Bob Ross says that in painting there are no mistakes, and we want you to do nothing but make mistakes. Bring your emotions, prepare to yell into the paint, and have an unmistakably (or would that be mistakably?) good time. Thursday, Feb. 16, from 6-8 p.m. Registration is required.

OFML Kids Club this month is on Friday, Feb. 17, from 3:30-5 p.m. Join us for a fun afternoon

creating zines and stickers using the library iPads. Snacks will be provided!

Teen Skate Night is coming! Friday, Feb. 17, from 5-7 p.m., is the night, and the rink by the library is the place. Skate with glow sticks provided by the library along to music provided by a mystery DJ. If you get cold, the library meeting room will be open as a warming room and the free hot chocolate should help, too!

Due to its popularity, we are hosting another OFML Makerspace event with Maddison Foss of Charmhouse Studios! On Thursday, Feb. 23, from 6-8 p.m., join Ms. Foss as she demonstrates DIY Sign Making, where you'll get to make your own spring-themed sign. For ages 16 and up. There is a \$10 supply fee, and pre-registration is required.

Our next Teen Advisory meeting will be on Friday, Feb. 24, from 6-8 p.m. Have a voice in your community! Meet with like-minded teens to discuss book suggestions, volunteer opportunities, and library events. Light refreshments provided.

Writers Forum is Friday, Feb. 24, from 6-7:30 p.m. Are you looking for inspiration? Support? Ideas? Feedback? You can get all that and more at our monthly meetings. For anyone who loves writing and anything related to it. Ages 14 and up.

For events that require registration, please contact us at 269-3900 or ofmlstaff@gmail.com to reserve your spot!

GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from Jan. 9-22.

Michael J. Carter, age 34, of Gilford was arrested on Jan. 14 for Domestic Violence.

Jessica Kristi Reitz Wallace, age 45, of Gilford was arrested on Jan. 14 for DUI-Impairment, Conduct After an Accident, and a Change of Address violation.

Gwendolyn Linn Edwards-Clarke, age 57, of Gilford was arrested on Jan. 15 for DUI-Impairment.

Robin Lee Johnson, age 58, of Gilford was arrested on Jan. 15 for Theft By Unauthorized Taking in an amount totaling less than \$1,000.

Trenton Francis McNutt, age 18, of Gilford was arrested on Jan. 16 for Criminal Mischief.

Eric French, age 38, of Gilford was arrested on Jan. 16 for Domestic Violence-Simple Assault-Physical Contact and multiple counts of Breach of Bail.

Janice C. Dignan, age 69, of Gilford was arrested on Jan. 17 for Unauthorized Use of a Firearm or Firecracker.

Alexander J. Miller, age 35, of Laconia was arrested on Jan. 18 for DUI-Impairment and Aggravated DUI.

Robert Mike Stone, age 51, of Gilford was arrested on Jan. 18 for Theft By Unauthorized Taking in an amount totaling more than \$1,500, Breach of Bail, and Operating After Certification as a Habitual Offender.

A 31-year-old male from Gilford was involuntarily admitted for emergency treatment on Jan. 19.

Barbara Marie Doe, age 56, of Belmont was arrested on Jan. 21 for DUI-Impairment.

Send all obituary notices to
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GOVERNOR WENTWORTH REGIONAL SCHOOL DISTRICT CORRECTION

The filing period for vacancies for school officer positions opens January 25, 2023 ending at 5:00 p.m. on February 3, 2023.

The following positions are open for filing:

- SCHOOL BOARD MEMBER FROM BROOKFIELD.....3 YEAR TERM
- SCHOOL BOARD MEMBER FROM WOLFEBORO.....3 YEAR TERM
- SCHOOL BOARD MEMBER AT LARGE.....1 YEAR TERM
- SCHOOL BOARD MEMBER AT LARGE.....3 YEAR TERM
- SCHOOL DISTRICT MODERATOR.....1 YEAR TERM

Filing papers available from School District Clerk at the Superintendent of Schools' Office, 140 Pine Hill Road (Route 109A), Wolfeboro, NH

Church Service SCHEDULE

ABUNDANT HARVEST FAMILY CHURCH
Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union.
Pastors Daniel and Sherrie Williams, 473-8914.
For more information, please visit abundantharvestnh.org or e-mail ahf@faith.com.

ALTON BAY CHRISTIAN CONFERENCE CENTER
Sundays throughout the summer 10am & 7pm. 875-6161.

BEFREE COMMUNITY CHURCH, ALTON
Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Ben Ruhl, www.befreechurch.net.

CENTER BARNSTEAD CHRISTIAN CHURCH
Worship Service 10:00am
Bible Study 11:15am
Rte 126 next to Town Hall
Call or Text (603) 269-8831
centerbarnsteadcc.org

CHRISTIAN COMMUNITY OF PRAISE C.C.O.P PRAISE GATHERING
Gathering Saturday evenings at 6-7 p.m.
The Gilmanton Community Church
497 Province Road, Gilmanton, NH
ccoppgather@gmail.com

COMMUNITY CHURCH OF ALTON
Prayer Meeting 9:00 am
Rev. Dr. Samuel J. Hodo, 875-5561.
Bible service 8:30am Alton Bay Gazebo, Alton, NH
10 am Worship Service
20 Church Street, Alton
Our services are live-streamed on YouTube
Sundays at 10 am
www.ccoalton.com

CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC
Sunday School and Worship Services
Rev. Rebecca Werner-Maccini
603-776-1820
Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom, Sundays at 10 a.m.
ccnorthernbarnstead.com

FIRST CONGREGATIONAL CHURCH UCC FARMINGTON
Worship Services 10:00 A.M.
Sunday School 10:15 AM
400 Main Street
Farmington, NH 03835
Pastor Kent Schneider 755-4816
www.farmingtonuucc.org

FIRST FREE WILL BAPTIST CHURCH
Sun. School 9:30am. Church 10:30am. Evening Service 6pm; Wed. Prayer Meeting 7pm. Depot St., New Durham.
Pastor James Nason.

PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H.
on the Parade in Barnstead
Sunday Morning Worship Service for all ages begin at 9:00 a.m.
Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings.
Pastor Sandy Pierson - 483-2846

ST. KATHARINE DREXEL
40 Hidden Springs Rd., Alton, 875-2548
Father Robert F. Cole, Pastor.
Mass Saturday 4pm;
Sunday 8:30 & 10:30am;
Daily Mass Mon., Tues., Wed., Fri. 8:00am.

ST. STEPHEN'S EPISCOPAL CHURCH
Sunday 9:30. 50 Main St., Pittsfield
Rev. Miriam Acevedo, 435-7908
www.ststephenspittsfield.com

UNITED METHODIST CHURCH
Rt. 171 at Tuffinboro Corner.
Sunday services 10:30 am. Church 603-539-8058

UNITARIAN UNIVERSALIST SOCIETY OF LACONIA
Sunday services and religious education 10:00 a.m.
All are welcome.
172 Pleasant St. Laconia • 524 6488 • uus.org

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Macayla Dutile of Laconia named to Harding University Dean's List

SEARCY, Ark. — Macayla Dutile, a Freshman, studying Bible and missions, is among more than 1,200 Harding University students included on the dean's list for grades achieved during the fall 2022 semester.

The dean's list is published each semester by Dr. Marty Spears, University provost, honoring those who have achieved high scholarship. To be eligible, a student must be carrying 12 or more hours with a 3.65 or higher grade-point average and no incompletes.

Harding University is a private Christian university located in Searcy, Arkansas. Accredited by the Higher Learning Commission, it is the largest private university in the state. Harding's student body is made up of students representing 49 states and 55 nations and territories. The University offers more than 100 undergraduate majors, graduate and professional degrees at the master's, specialist and doctoral level as well as numerous international study offerings including locations in Australia, Latin America, England, France, Greece, Italy and Zambia. For more information, visit harding.edu.

Kathryn Osburn named to Castleton University Dean's List

CASTLETON, Vt. — Kathryn Osburn of Gilford was recently named to the Castleton University Dean's List for the fall semester of the 2022-2023 academic year.

To qualify for this academic honor, students must maintain full-time status and a semester grade point average of 3.5.

About Castleton University

Castleton University is small enough to be a community where every student matters, yet large enough to offer more than 75 programs of study for undergraduate and graduate students, 28 varsity sports, and over 50 clubs and organizations. The university stresses experiential learning through internships, community service, and research opportunities provided by more than 400 community partnerships. On July 1, 2023, Castleton University will join together with Northern Vermont University and Vermont Technical College to become Vermont State University, a reimagined higher education institution building on the strong legacies of its founding institutions. Learn more at castleton.edu.

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List Price: \$175,995 \$175,995* 3 Bedroom, 2 Bath	List Price: \$208,995 \$208,995* 3 Bedroom, 2 Bath	List Price: \$208,995 \$208,995* 1,900sq. ft. 2 story - Master Bed 1st Floor

*Prices subject to change
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Haddocks brothers lead Gilford at UNH meet



Anthony Haddocks clears the high jump bar in a meet at UNH on Saturday.



Nicholas Haddocks rips through the hurdles during action on Saturday at UNH.



Allie Kenyon runs for Gilford during action at UNH on Saturday afternoon.



Kylie Kelly finished second in the 3,000 meters in Saturday's meet at UNH.

BY JOSHUA SPAULDING
Sports Editor

DURHAM — A number of Gilford indoor track athletes took to the Paul Sweet Oval at the University of New Hampshire on Saturday in an attempt to better

their qualifying times for the state championships.

The top performance for the Gilford boys came from Anthony Haddocks, who took the top spot in the long jump at 18 feet, 9.5 inches. He

was also fourth in the high jump at five feet, six inches and Nicholas Haddocks cleared the same height for fifth place overall.

Anthony Haddocks was also fifth in the shot put with a toss of 36 feet,

.5 inches while Nicholas Haddocks had a fifth place finish in the 55-meter hurdles with a time of 9.47 seconds and Cayden Krupnik was eighth in 10.19 seconds.

For the girls, Kylie Kelly finished in second

place in the 3,000 meters with a time of 12:05.78 and Allie Kenyon ran to 19th place in the 300 meters with a time of 50.23 seconds.

There will be a relay meet at UNH this coming

weekend as teams gear up for the state championships in February.

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

Strong showing for Gilford swimmers in Massachusetts



The Gilford swim team competed in a meet in Winchendon, Mass. on Sunday, Jan. 22.

COURTESY PHOTOS



JOSHUA SPAULDING
Sports Editor

WINCHENDON, Mass. — The Gilford swim team headed out of state over the weekend for a meet hosted by Conant High School in Winchendon, Mass. The Golden Eagles competed against the host Orioles along with Mascenic, Keene, Belmont and Monadnock.

The relay team of Elise Bartley, Alyssa McKenna, Bridget Wilcox and Callie McKay finished in fourth place in the 200-yard medley relay with a time of 2:53.73. The same team competed in the 200 freestyle relay with a time off 2:27.89 for second place overall.

Three Golden Eagles competed in the 100 freestyle, with Bartley finishing in ninth place, Wilcox in 11th place and McKenna in 13th place overall. McKay swam in the 50 free and came through with an 11th place finish.

In the 100 backstroke, Wilcox was third overall and McKenna came home in sixth place, while in the 100 breaststroke, Bartley finished in fourth place and McKay placed seventh in her first ever breaststroke race at a meet.

For the boys, Aidan Malek came in first in the 100 backstroke with a time of 1:03.56 and in the next race, the 100 breaststroke, he finished in third place with a time of 1:17.09.

The Golden Eagles will be back in action at the University of New Hampshire on Sunday, Jan. 29.

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

Prospect boys split with North Country teams

BY JOSHUA SPAULDING
Sports Editor

ALTON — The Prospect Mountain hoop boys took on the two most northern teams in Division III last week, edging out host Berlin and then traveling to White Mountains and falling to the Spartans.

The week began with a game against the Mountaineers and fell behind 14-13 after one quarter and 29-25 at the halftime break. However, Prospect outscored the Mountaineers 19-12 over the final two quarters to claim the win.

“Great game against Berlin, who beat us back in December,” said coach Tom Bourdeau. “Back and forth throughout the game.”

Prospect started the fourth quarter down two points and after Berlin added four more points, the lead grew to six. However, TJ Locke and Ethan Capsalis drained three-pointers to tie the game at 36. Berlin went

up 41-38 with less than a minute to play when Nathan Archambault came up with a huge steal and Locke drilled a three-pointer with 24 seconds to go.

The Mountaineers were trying to run the clock down for the final shot but turned the ball over with 11 seconds to go. Nathan Leavitt had a wide open look at a three and drained it with three seconds to go to give Prospect the 44-41 win.

Leavitt finished with 19 points and Locke chipped in with 10.

On Thursday, the Timber Wolves traveled to Whitefield for a game with White Mountains. The game was bumped up to a 4 p.m. start in an effort to beat the snowstorm.

The Spartans led 8-7 after one quarter and 22-18 at the halftime break, but the Timber Wolves were able to close the gap to one early in the third quarter. However, the Spartans closed the

game by outscoring the Timber Wolves 27-12 to secure the 49-33 win.

“Defensively, we did a great job on their best player, Avery Woodburn,” Bourdeau said, noting they held him to eight points and eight rebounds when he traditionally averages double-figures in both. “The rest of the White Mountains lineup did a great job.”

Locke and Leavitt both finished with eight points to lead the Timber Wolves, while Rex LeClerc hauled in seven rebounds.

Prospect is slated to be in action on Friday, Jan. 27, at home against Newfound at 6 p.m., then will be at Gilford on Tuesday, Jan. 1, at 6 p.m. and will host St. Thomas on Thursday, Feb. 2, at 6 p.m.

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



JOSHUA SPAULDING

Lone Wolf

Parker Wood fires the shot put during indoor track action on Saturday at the University of New Hampshire. Wood was the lone Timber Wolf competing at the meet and tossed a personal best of 38 feet, six inches to finish in third place.

ALL WE KNOW IS LOCAL ~ SalmonPress.com





COURTESY PHOTO

Back on the ice

After a two-year hiatus, the Wolfeboro She-Wolves women's hockey program is back on the ice. They will be scrimmaging every other Sunday from 7 to 8 p.m. at the Pop Whalen Arena and they welcome players of all abilities. Upcoming ice time includes Jan. 29, Feb. 5, Feb. 19, March 5 and March 12. There is a \$20 drop-in fee. For more information, e-mail Cathy Moeller at cathy17@rcn.com.



RC GREENWOOD

Champs roll

Logan Grant rises toward the hoop during Gilford's 79-42 win over Hopkinton last week. The Golden Eagles are slated to be hosting Berlin on Friday, Jan. 27, at 6 p.m. and Prospect Mountain on Tuesday, Jan. 31, at 6 p.m.

HIGH SCHOOL SLATE

Thursday, Jan. 26
 BELMONT
 Boys' Hoops vs. Inter-Lakes; 6
 Girls' Hoops at Inter-Lakes; 6
 Unified Hoops vs. Laconia; 3
 GILFORD
 Boys' Hoops vs. Conant; 6:30
 Girls' Hoops vs. Conant; 4:30
Friday, Jan. 27
 BELMONT
 Alpine Skiing at Gunstock; 4
 GILFORD
 Alpine Skiing at Waterville Valley; 10
 Boys' Hoops vs. Berlin; 6
 Girls' Hoops at Berlin; 6:30
 WINNISQUAM
 Boys' Hoops vs. White Mountains; 7
 Girls' Hoops at White Mountains; 6:30
Saturday, Jan. 28
 BELMONT
 Boys' Hoops vs. St. Thomas; 11:30
 Girls' Hoops at St. Thomas; 4:30
 BELMONT-GILFORD
 Hockey at Sanborn (Dover Arena); 8:15
 GILFORD
 Indoor Track at UNH; 10
 Nordic Skiing at Waterville Valley; 10:30
 WINNISQUAM
 Wrestling at Concord; 8:15
Sunday, Jan. 29
 GILFORD
 Swimming at Oyster River; 8
Monday, Jan. 30
 WINNISQUAM
 Girls' Hoops vs. Kearsarge; 7
 Unified Hoops at Hanover; 4
Tuesday, Jan. 31
 BELMONT
 Boys' Hoops at Somersworth; 6:30
 Girls' Hoops vs. Somersworth; 6
 GILFORD
 Boys' Hoops vs. Prospect Mountain; 6
 Girls' Hoops at Prospect Mountain; 6:30
 WINNISQUAM
 Boys' Hoops at Kearsarge; 6:30
Wednesday, Feb. 1
 BELMONT
 Unified Hoops at Prospect Mountain; 3:30
 BELMONT-GILFORD
 Hockey vs. Laconia-Winnisquam-Inter-Lakes; 5
 WINNISQUAM
 Hockey at Belmont-Gilford; 5
 Wrestling vs. Pelham, Concord; 6
Thursday, Feb. 2
 GILFORD
 Boys' Hoops at Kearsarge; 6
 Girls' Hoops at Kearsarge; 4:30

All schedules are subject to change.

HIGH SCHOOL SLATE

Thursday, Jan. 26
 KENNETT
 Boys' Hoops vs. Kingswood; 6
 Ski Jumping at Plymouth; 6
 KINGSWOOD
 Boys' Hoops at Kennett; 6
Friday, Jan. 27
 KENNETT
 Alpine Skiing at King Pine; 10
 Boys' Hoops at Kingswood; 6
 Girls' Hoops vs. Kingswood; 6
 KINGSWOOD
 Alpine Skiing at King Pine; 10
 Boys' Hoops vs. Kennett; 6
 Girls' Hoops at Kennett; 6
 PROSPECT MOUNTAIN
 Alpine Skiing at Gunstock; 10
 Boys' Hoops vs. Newfound; 6
 Girls' Hoops at Newfound; 6
Saturday, Jan. 28
 KENNETT
 Boys' Hockey vs. Lebanon; 6
 Girls' Hockey at Exeter; 12:10
 Nordic Skiing at Waterville Valley; 10
 KINGSWOOD
 Boys' Hockey vs. Kearsarge-Plymouth; 7
 Girls' Hockey at Lebanon-Stevens; 6:10
 Wrestling at Nashua North; 9
 PROSPECT MOUNTAIN
 Indoor Track at UNH; 10
Monday, Jan. 30
 KENNETT
 Hockey vs. John Stark-Hopkinton; 5
Tuesday, Jan. 31
 KENNETT
 Alpine Skiing at Cranmore; 10
 Boys' Hoops vs. Plymouth; 6:30
 Girls' Hockey vs. Bishop Brady; 6
 Girls' Hoops at Plymouth; 6:30
 KINGSWOOD
 Alpine Skiing at Cranmore; 10
 Boys' Hoops vs. John Stark; 6
 Girls' Hockey vs. Concord; 7
 Girls' Hoops at John Stark; 6
 PROSPECT MOUNTAIN
 Boys' Hoops at Gilford; 6
 Girls' Hoops vs. Gilford; 5
Wednesday, Feb. 1
 KENNETT
 Boys' Hockey at Berlin-Gorham; 6
 Nordic Skiing at White Mountains; 3
 Ski Jumping at Hanover; 6
 Unified Hoops vs. White Mountains; 3
 KINGSWOOD
 Boys' Hockey at Sanborn (Dover); 4:30

Wrestling at Bow; 6
 PROSPECT MOUNTAIN
 Alpine Skiing at Sunapee; 10

Thursday, Feb. 2
 PROSPECT MOUNTAIN
 Boys' Hoops vs. St. Thomas; 6
 Unified Hoops at Farmington; 4

All schedules are subject to change.

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PETS OF THE WEEK



Jenni

I'm Jenni and I bet you want my number, or the one for the shelter to come adopt me! I am most comfortable around the people I know and would probably do best with adults only. There is potential for me to share a home with a male dog, of course we'd have to meet first. A low traffic home able to help me build my confidence with new people would be best!



Kitty

Sweet + adorable + cuddly = Kitty! Miss Kitty is such a gentle girl who is looking for a home to settle into slowly. She is nervous of shelter life, but loves to receive chin rubs. She is excited to find her forever home to relax in.

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FILINGS

(continued from Page A1)

on Feb. 3.

Barnstead has two seats open on the board of selectmen, each for a three-year term.

Two three-year seats are also open on the Planning Board and the Budget Committee.

A three-year term as Road Agent is open.

The position of Treasurer is open for a two-year term.

The town also has one seat open for Library Trustee and trustee of the Trust Funds, each for a three-year term.

The office of Overseer

of Public Welfare is also open for a one-year term.

To file for these and other Banstead positions, register at the Barnstead Town Clerk's Office on 108 South Barnstead Rd. The Town Clerk's office is open from 8 a.m.-4:30 p.m. Monday through Friday, closing at 5 p.m. on Feb. 3.

In New Durham, the town is seeking three members of the Budget Committee: two for a three-year term and one for a one-year term.

One three-year term is open on the board of selectmen.

Two positions on the Planning Board are open each for a three-year term.

The Library Trustees have two seats open, one for a three-year term and one for a one-year term.

The Supervisors of the Checklist also have two seats available, one for a two-year term and one for a one-year term.

The Zoning Board is seeking two candidates, both for three-year terms,

One seat is open for Cemetery Trustee for a three-year term. One seat is open for Trustee of the Trust Funds, a

three-year term.

To file visit the New Durham Town Clerk's Office at 4 Main Street Monday through Thursday from 8 a.m.-4 p.m., except for Thursday, Jan. 26 when the office will be open until 6:30 p.m. The office will be open on Friday, Feb. 3 until 5 p.m. only for candidate filings.

A list of open town offices in Gilford wasn't available as of press time. Contact the town clerk's office at 603-527-4713 or email dlafond@gilfordnh.org for more information.

PMHS 8-19-15-20-61
WMRHS 15-2-5-13-35

Prospect Mountain 61
Capsalis 8-0-20, Misiaszek 8-1-17, Smith 6-0-13, Wittenberg 0-2-2, Caldwell 1-0-2, Vernazzaro 1-5-7, Totals 26-8-61

White Mountains 35
Ford 1-0-2, E. Simpson 3-1-8, Merrill 1-0-3, Bennett 0-2-2, Savage 6-1-13, A. Simpson 3-0-7, Totals 14-4-35

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

this coming weekend's production of "Singin' in the Rain."

ACCIDENT

(continued from Page A1)

to Dartmouth-Hitchcock Medical Center in Lebanon, where she passed away.

"We are saddened by the outcome and our hearts go out to the family," Carrier said.

Carrier said Gilford Fire and Rescue will work with Gunstock Safety Services to review the incident.

"Our hearts are with our local community in this time of loss," Gunstock wrote on its social media pages. "On behalf of all of us at Gunstock, please take good care and hug your loved ones."

GHS principal Anthony Sperazzo announced Quimby's death to the school community in a letter to families. Sperazzo said students were notified of Quimby's death by their teachers during the first block of the school day on Tuesday.

The letter offered resources on coping with grief and the school's counseling team are available talk with students. They also have one-on-one and group support available.

"We know it is important for peers to support one another during this difficult time," Sperazzo wrote. "We also know that it is helpful for them to be in an environment where they can be provided with support to deal with their loss."

Sperazzo himself later shared some fond memories of Sydnie.

"Sydnie always brought a smile to my face when we saw her skiing at Gunstock and she'd have a huge wave for my daughters," he said. "She loved being at the mountain and skiing with her friends. Her enthusiasm was infectious."

Sydnie's family set up a GoFundMe to help with funeral expenses, setting a goal of \$15,000. As of Jan. 22, the page had raised over \$72,700. The page can be found at <https://www.gofundme.com/f/help-layour-syddie-to-rest?qid=a846a01d28adb4649611383bd11e0f68>.



PHOTO BY ERIN PLUMMER

Signs across the area, including this one at Belknap Tire in Laconia, are paying tribute to Sydnie Quimby. The 15-year-old Gilford High School student died in a skiing accident this past week.

GIRLS

(continued from Page A1)

19. Savage converted a three-point play and the Timber Wolves led 41-22 heading to the final eight minutes.

Capsalis got the scoring started in the fourth quarter before Ava Simpson put back a rebound for the Spartans. Misiaszek hit consecutive baskets for the Timber Wolves before Savage answered at the other end. Vernazzaro and Abby Wittenberg both hit two free throws to stretch Prospect's lead to 51-26.

Savage and Ava Simpson both put back rebounds for the Spartans before Capsalis hit

a hoop for the Timber Wolves. After another Savage rebound and hoop, Misiaszek hit for two for the hosts. Emma Simpson connected on a free throw and Misiaszek and Capsalis hit consecutive baskets for the 61-35 lead. Isabella Ford got the final basket for the Spartans for the 61-35 final score.

"It was nice our bench could come out and be as aggressive as our starting five," McKenna said. "We were able to utilize doubling down on their bigs, keeping them outside, forcing them to take tough shots who work hard and they

really work around their bigs inside," the Timber Wolf coach added.

Capsalis finished with 20 points to lead the Timber Wolves, while Misiaszek had 17 and Smith finished with 13. Savage paced the Spartans with 13 points on the night.

The Spartans are scheduled to compete on Friday, Jan. 27, at home against Winnisquam at 6:30 p.m. and will be at Groveton at 5 p.m. on Tuesday, Jan. 31.

Prospect Mountain will be at Newfound on Friday, Jan. 27, at 6 p.m. and will be hosting Gilford at 6 p.m. on Tuesday, Jan. 31.

GMS

(continued from Page A1)

in the change between silent films and talkies.

"He's really funny," Butler said. "Really he just tries to cheer everyone up."

Seventh grader Amelia Costea plays Lina Lamont in one of the casts, a silent film star making a rough transition into talking pictures.

"She's a bit of a diva and she has a squeaky voice and accent," Costea said. "She's a funny character."

Eighth grader Grace Powers plays Don Lockwood in one cast.

"He's a silent film actor who fell in love with a girl, Kathy Seldon, that he saw in the theater," Powers said. "He is really nice and caring about Kathy."

All three said they had never seen the show

before, but when they found out what the next production would be they watched it.

"I think it's a fun show to do," Costea said. "It's an older one, it's different than the ones we normally do."

All three have been in several GMS productions. Butler said this was his first big role.

The company has done several Disney shows for the past few years and students said this was a nice change of pace. Butler said it was fun to do a show more based in a real-life environment. Powers said there are also a variety of roles available to make and female performers.

"For 'Singin' in the Rain' it gives boys more of an opportunity," Powers said.

The show has presented some creative oppor-

tunities and challenges for the performers.

Costea has been working on a New York-style accent for the show and she said she has been watching a lot of things with people using that accent to help her get ready

Powers is playing a male character and she said it has taken a little while to figure that out, especially singing a little lower.

Butler said this is the first time he is really working with dance choreography.

Student said everyone has been working well together during the rehearsal process.

"It's like a family," Costea said.

Tickets for all shows available online through gms.sau73.org and at the door. Photo by Erin Plummer

Students rehears for

Shaker Regional School District PUBLIC NOTICE

NOTICE OF TIME LIMIT FOR FILING CANDIDACIES FOR SCHOOL BOARD MEMBERS OF THE SHAKER REGIONAL SCHOOL DISTRICT

The undersigned clerk of the School District herewith gives notice of the time limit for declaration of candidacy from this school district for election of a moderator and school board members of the Shaker Regional School District. The filing period will start Wednesday, January 25, 2023.

The election will occur during the annual voting on Tuesday, March 14, 2023 and will be conducted under the non-partisan ballot law.

Positions to be filled at the election are:

School District Moderator – one member to serve for two years
Belmont – two members to serve for three years
Canterbury – one member to serve for three years

Written declaration of candidacy must be filed with the clerk prior to 5:00 pm on Friday, February 3, 2023 in order for the name of the candidate to appear on the ballot. A filing fee of \$1.00 is required. Forms may be obtained from the Superintendent of School's Office; 58 School Street; Belmont, NH 03220, telephone number 603-267-9223, or by calling Gretta Olson-Wilder, Clerk, at 603-998-7998 evenings.

No person may file a declaration of candidacy for more than one position of the School Board to be elected at such election. Any qualified voter in each of the pre-existing districts named above is eligible to file for the position to be filled from that District. All candidates will be elected at large.

Gretta Olson-Wilder, Clerk
Shaker Regional School District

PUBLIC NOTICE
ALTON SCHOOL DISTRICT
DELIBERATIVE SESSION
AT
PROSPECT MOUNTAIN
HIGH SCHOOL AUDITORIUM
SATURDAY, FEBRUARY 4, 2023
1:00 PM

Snow Date: February 6, 2023

Same Location at 7:00 pm

242 Suncook Valley Road, Alton, NH 03809

TOWN OF NEW DURHAM
ZONING BOARD
PUBLIC HEARING NOTICE
TUESDAY, FEBRUARY 14, 2023
7:00 PM @ NEW DURHAM TOWN HALL

Barry and Darlene Checci

You are hereby notified that a Hybrid Zoom Public Hearing will be held by the New Durham Zoning Board on Tuesday, February 14, 2023 at 7:00 pm for case # 2023-002. The hearing is regarding an application submitted by Varney Engineering, LLC on behalf of Barry and Darlene Checci for property located at 38 South Shore Road Map 120 Lot 16. The applicants are requesting a variance to Article XIV Section C. (5). The applicants are requesting to replace an existing garage and shed with a new garage. The full application is on file at the New Durham Town Offices for review during normal business hours. If you have any questions on Zoom application, please contact the Land Use Assistant at ndlanduse@newdurhamnh.us or the Zoning Board.

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

PLYMOUTH — A total of 330 students have been named to the Plymouth State University Dean's List for the Fall 2022 semester. To be named to the Dean's List, a student must achieve a grade point average between 3.5 and 3.69 during the Fall 2022 semester and must have attempted at least 12 credit hours during the semester.

- Antoinette Tarara of Laconia
- Steven May of Laconia
- Alyssa Craigie of Laconia
- Emily Lafond of Gilford
- John Guest of Gilford
- Meghan Hogg of Laconia
- Jack Ritchie of Laconia
- Riley McDonough of Gilford
- Emily Vansteensburg of Laconia
- Morgan Frazier of Laconia
- Faith Pakasuk of Laconia
- Hannah Lowell of Laconia

Tyler Newhouse of New Durham

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

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

PLYMOUTH — At total of 889 students have been named to the Plymouth State University President's List for the Fall 2022 semester. To be named to the President's List, a student must achieve a grade point average of 3.7 or better for the Fall 2022 semester and must have attempted at least 12 credit hours during the semester.

- Emma Molloy of Barnstead
- Alexander Seigars of New Durham
- Taylor Leitao of New Durham
- Amber Fernald of Alton
- Ryan Banuskevich of Center Barnstead
- Taren Brownell of Alton
- Makenzy Holden of Alton Bay
- Jordan Witham of Gilford
- Rebecca Bladecki of Laconia
- Ashley Gagne of Laconia
- Austin Jewell of Laconia
- Jaquelyn Santagate of Laconia
- Joshua Chandler of Laconia
- Mackenzie Roys of Gilford
- Eva Bondaz of Gilford
- Taryn Fountain of Gilford
- Erin Hart of Gilford
- Ashley Hart of Gilford
- Thomas Pouliot of Gilford
- Madison Lemire of Gilford
- Ashley Loureiro of Gilford
- Thomas Bullimore of Gilmanton

- William Cone of Laconia
- Edgar Conroy of Laconia
- Ryann Hendricks of Laconia
- Alexander Rives of Gilford
- Olivia Salesky of Gilford
- Lindsey Sanderson of Gilford
- Christopher West of Laconia
- Cameron Whitty of Laconia
- Callie McGreevy of Gilford
- Connor Johnson of Laconia
- Kyle Brent of Laconia
- Joshua Reynolds of Laconia

About Plymouth State University
Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.



JOB OPPORTUNITIES

Spotlight Positions:

Phlebotomist	Health Unit Coordinator
Registered Nurse	Environmental Services Technician
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RN – Med/Surg Charge Nights	Multi-Modality Radiologic Tech
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Endoscopy Technician	Medical Technologist
Physical Therapist	

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Shaker Regional School District IT Support Specialist

Shaker Regional School District has an immediate opening for an IT Support Specialist to provide technical support and assistance to staff and students using a wide range of software and hardware. This is an 8 hour/day; year-round position that qualifies for a District contribution toward Health Insurance, plus fully paid Dental, Life, and Long-Term Disability Insurance. Other benefits include Personal, Sick, and Vacation Days. Participation in the NH Retirement System is required. Pay is \$20 - \$22/hr. For the complete job posting and to apply for this position please visit the Human Resources section of the District website, www.SAU80.org.

Shaker Regional School District Custodian Canterbury Elementary School

Shaker Regional School District has an immediate opening for a custodian at Canterbury Elementary School to perform cleaning duties according to an established schedule. Also responsible for removing snow, sanding, and salting, as necessary, during the winter months. Must be reliable, have the ability to work independently, and to follow written and verbal instructions. Reliable transportation is required. Work hours are 11 am – 7 pm; pay is \$14.37/hr. Benefits include District contribution toward Health Insurance plus fully paid Dental, Life, and Long-Term Disability Insurance. Participation in the NH Retirement System is required. Successful completion of a post-offer, pre-employment physical and criminal background check is required. For additional information please contact Steve Dalzell, Director of Buildings & Grounds, at 603-267-9223 x5309 or via email at sdalzell@sau80.org.

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BELMONT HIGH SCHOOL OUTDOOR TRACK AND FIELD COACHING POSITION

Belmont High School is seeking an Outdoor Track and Field Coach for the 2022-2023 School Year. Past coaching experience preferred. Interested candidates should send a cover letter and resume to Cayman Belyea, Athletic Director, at cbelyea@sau80.org, or mail to Belmont High School, 255 Seavey Road, Belmont, NH 03220



Clerical Office Support Needed

Great Waters Music Festival located in Wolfeboro, NH has an immediate opening for a part-time office support person 15 – 20 hours a week with the potential for expanded hours during the summer months. Applicant must have excellent communication skills both verbal and written including attention to detail and proofreading skills, ability to multi-task and work with others. Experience with a variety of computer applications including prior database experience a must. Applicant will be trained in the use of the Choice ticketing system.

To apply, send a letter of interest and resume to admin@greatwaters.org. Position open until filled.

Living 50 Plus



Top Five Misconceptions Regarding Hospice Care

Explained by Pemi-Baker Hospice & Home Health

ANNA SWANSON

(Plymouth, NH)—There are many misconceptions around hospice care that often keep patients and caregivers from seeking it out when it could be of benefit and provide much-needed comfort to loved ones in their last days. Here are some of the top misconceptions patients and caregivers have:

Misconception 1: Hospice care is a death sentence. Because it often comes at the end of life, it is a popular belief that hospice care means death is imminent. This can certainly be the case if hospice care is delayed until the very end, but waiting until the last minute is not an ideal situation for the patient or the hospice provider. The Medicare benefit has structured hospice benefits for the last six months of life. Patients may remain in hospice care longer if their illness continues to run its course and there is no cure.

Misconception 2: Hospice care means giving up. Hospice care does mean giving up active treatment for your disease. This choice is made



Tori Clark, MMHC, Hospice & Palliative Care Supervisor because treatments no longer work or the side effects of treatment are worse than the disease itself. However, hospice never gives up hope for the patient; hope just takes a different form. It might not be hope for a long life but hope for another year, or to make it to an event or milestone. End-of-life care focuses on making the remainder of one's life as fulfilling as possible. Patients can still travel, enjoy family reunions and celebrate life events.

Misconception 3: Hospice care is expensive. Medicare pays for hospice, and most insurances will have hospice benefits. Hospice covers medications, durable medical equipment and

medical supplies related to terminal illnesses. This is a substantial help to families. For more information on what's covered by Medicare, visit <https://www.medicare.gov/coverage/hospice-care>

Misconception 4: Hospice care ends with the passing of the patient. Hospice continues to follow the bereaved family for 13 months beyond the life of the patient, understanding that those "left behind" continue to need support, people to confide in and sometimes just notes to say someone is there for them if they need to talk. Pemi-Baker Hospice & Home Health offers in-person and on line grief support groups and individual support with their chaplains, Guy Tillson and Salvatore Ippolito.

Misconception 5: Hospice care means 24-hour care. It is important to know that hospice care does not mean somebody is there with your loved one all hours of the day. Our nurse, chaplain or social worker will visit according to your needs and preferences; the visit times and days

are flexible. The bulk of hands-on care is provided by family or private caregivers throughout a patient's time in hospice. Our hospice team will teach caregivers how to give medications, address symptom management and deliver the correct care.

I have questions, when should I reach out to get them answered?

If you have questions about the stage of your loved one's illness, Pemi-Baker Hospice & Home Health will meet with you in-person or via a phone call to answer your questions. It's never too early to start asking. It is best to reach out while your loved one is still undergoing treatment for their serious illness. Our Palliative care team helps those with Cancer, Diabetes, Stroke, COPD, ALS, Emphysema, Parkinson's, Alzheimer's, Congestive Heart Failure, Liver or Kidney Disease, Dementia or other serious progressive illness.

"Being involved with the patient soon after prognosis allows our nurses to help manage the symptoms, pain and stress that comes with their illness. We work with their primary care physician and family to make them as comfortable as possible and improve their quality of life," said Tori Clark, MMHC, Hospice & Palliative Care Supervisor.

If you have questions about Palliative or Hospice care, call today: 603-536-2232.

Pemi-Baker Hospice & Home Health is a trusted, nonprofit agency proudly serving 29 towns in central and northern NH since 1967. Expert services include

at-home healthcare and physical therapies (VNA), hospice and palliative care, and community programs including: American Red Cross CPR/AED/FA, Caregiver and Bereavement Support Groups and Ask A Pemi-Baker Nurse days at your local senior centers. Providing compassionate care with experienced staff

who are trained, certified professionals and also your neighbors. In your time of need, we're right where you need us.

Pemi-Baker is located at 101 Boulder Point Drive, Suite 3, Plymouth, NH. To contact us please call: 603-536-2232 or email: info@pbhha.org Like our Facebook Page: [@pemibakerhospicehomehealth](https://www.facebook.com/pemibakerhospicehomehealth)

Did you know?

Older adults hoping to retire this year may have a new factor to consider. Aspiring retirees may have to play it very smart to ensure they can maximize their savings for the long haul. It's a one-two punch caused by continuously rising costs of everyday items and a bearish market for bonds — one of the most common hedges retirement plans use to offset stock declines. Bonds have been suffering historic losses, according to data from Barclays Aggregate Bond Index. The typical rule of thumb used to be to spend no more than 4 percent of a portfolio's original value each year to plan for retirement. With no gains or losses, that money would last around 25 years. However, experts at The American College of Financial Services say that, in today's economy, 4 percent and even 3 percent may be too aggressive. According to Nora Dowd Eisenhower, executive director at the Philadelphia Mayor's Commission on Aging, higher food prices, longer life expectancies and higher rents/housing costs often lead to financial challenges for people in retirement. Data from the U.S. Current Population Survey shows a trend in the number of people no longer in retirement. In September 2022, the unretirement rate was 2.6 percent, up from 2.4 percent in August. Wealth advisors indicate retirees need to look long and hard at their spending habits, even spending less than their wealth could support. This can help them ride out the ups and downs of the market that affect prices on goods and services. Working with a good financial advisor also can help retirees manage their savings to maximize their money for the years to come.

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Littleton Eye Care Offers New Solution For Dry Eye Management

OptiLight, A Bright Solution for Dry Eyes

[Littleton, NH January 20, 2023] – Littleton Eye Care has announced the expansion of their dry eye management options to include OptiLight, a light-based treatment.

Dry eye is a common disease, with up to 49 million suffering from it in the US alone. This disease can have a significant impact on quality of life, leading to a foreign body sensation in the eyes, pain, blurry vision, and dry or watery eyes.

OptiLight is a light-based, non-invasive treatment done in the area below the eyes that addresses many of the key factors in dry eye disease: inflammation, tear break-up time, and meibomian gland functionality. The first and only IPL FDA-approved for dry eye management.

One OptiLight appointment lasts approximately 10-15 minutes. The treatment is safe, gentle, and effective with no downtime, typically allowing the patient to return to their daily activities straight away.

If you would like more information on Littleton Eye Care's dry eye solutions, please call (603) 444-2592.

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Living 50 Plus



Pros and Cons of a Family Limited Partnership

What is a family limited partnership?

An FLP is an entity owned by two or more family members, created to hold the accounts, properties, or businesses that are owned by one or more of the family members. An FLP has at least one general partner who is responsible for the management of the partnership, has unlimited liability, and is compensated by the partnership for their work according to the partnership agreement. An FLP also has one or more limited partners who are permitted to vote on the partnership agreement and are not authorized to manage the partnership. The limited partners receive the income and profits of the partnership and have no liability. Often, one or both parents are general partners because they contribute accounts, properties, or

a business they own to the FLP and want to retain control of them as they transfer them to the next generation. To facilitate this transition, the children are given limited partnership interests while the parents retain general partnership interests.

What are the benefits of using an FLP?

This estate planning strategy is useful for the following reasons:

An FLP can help protect accounts, properties, and businesses in the entity from your and your family's creditors, because those items are not owned by you and your family as individuals but instead are owned by the entity. If a creditor obtains a judgment against you or your family for a claim not related to the FLP, it can be difficult for the creditor to access any-

thing that the FLP owns to satisfy that claim.

Because of its lack of control and restrictions on selling a partnership interest, the value of the limited partnership interest that you give to a family member can be discounted, allowing you to maximize your annual gift tax exclusion and lifetime estate and gift tax exemptions.

Transfer of partnership control can occur slowly, minimizing transfer taxes, allowing you to maintain control, and giving your family a share of the income and profits. Your family can take time to become more familiar with the business. Meanwhile, they will not be exposed to the partnership's liabilities.

If you own real property in a different state, transferring ownership of the property to the FLP allows your loved ones to avoid an ancillary probate proceeding at your death because the entity will own the property, not you.

What are the downsides of using an FLP?

While there are several benefits to using an FLP, there are a few disadvantages that must be considered:

An FLP must have at least one general partner that will have unlimited liability for the partnership's debts and obligations.

An FLP is a business entity, so the formalities of operating a business must be observed, including holding regular meetings, keeping track of minutes, and paying the general partner appropriate compensation.

If you want to give

a limited partnership interest to a minor, additional planning may be needed to make sure that the interest is held either by a trust for the minor's benefit or in a Uniform Transfer to Minors Act account.

The creation and management of an FLP is a sophisticated planning strategy that requires experienced professionals and continued management by

involved parties.

Could this be the best solution for you?

If you have a business or investment portfolio that you want to plan for, and pass on to the next generation while protecting your life savings, minimizing taxes, and maintaining control for as long as you want, a FLP might be good for you..

Lakes Region Mental Health Center receives grant from the Dobles Foundation

Lakes Region Mental Health Center (LRMHC) recently received a \$10,000 grant from the Dobles Foundation. The grant will help further LRMHC's mission to provide integrated mental and physical health care for people with mental illness while creating wellness and understanding in our community.

The funding from the Dobles Foundation will help to support the Lakes Region Mental Health Center initiative for increased access to care.

About Lakes Region Mental Health Center

Lakes Region Mental Health Center is the NH-designated community mental health center serving 24 towns in Belknap and Southern Grafton Counties. A non-profit, private corporation founded in 1966, LRMHC provides integrated care to children, adults, elders and their families who are living with and recovering from mental illness and/or emotional distress. LRMHC professionals provide the highest quality of care, and by working in partnership with other health care providers, hospitals, law enforcement, corrections, courts, school districts,

social workers and public health officials, LRMHC is able to provide a continuum of care for patients and improve the quality of life in the Lakes Region. In Fiscal Year 2022, LRMHC's 200+ employees served 3,512 children, adolescents, adults and families and provided over \$372,000 of charity care. For more information, visit lrmhc.org or call 603-524-1100.

About the Dobles Foundation

The Dobles Foundation was founded by Arthur and Olive Dobles, long-time New Hampshire residents and successful business, who had a significant history of quiet charitable giving during their lifetimes with the goal of improving the lives of New Hampshire residents. The Trust became fully charitable as a Section 501(c)(3) private foundation in 2016 and since that time has awarded 216 discretionary grants totaling approximately of \$3.6 million dollars to New Hampshire public charities. The focus of the Dobles Foundation for the next two years is in the area of mental and behavioral health.

How to protect long-term cognitive health

Cognitive health is not something to take for granted. Although a certain level of memory loss can be expected as people age, when the ability to clearly think, learn and remember is compromised, those changes can affect an individual's ability to perform daily activities and should serve as a cause for concern.

Brain health should be a priority for everyone. The National Institute on Aging says brain health is an umbrella term that encompasses a host of factors, including:

- cognitive health, which is how well you think, learn and remember
- motor function, or how you make and control movements
- tactile function, which is how you feel sensations; and
- emotional function, or how emotions are interpreted and responded to.

Individuals can safeguard brain health — particularly cognitive health — by taking these steps.

Be more health-conscious

Working with doctors, individuals can put

their health first. This includes getting routine screenings, managing chronic health problems, limiting or avoiding alcohol and nicotine products, and getting the recommended amount of sleep each night.

Manage high blood pressure

All chronic conditions cause long-term repercussions, but the NIA indicates that observational studies show having high blood pressure in mid-life increases the risk of cognitive decline later in life. Lowering blood pressure lowers the risk for mild cognitive impairment and possibly dementia.

Challenge your brain
Harvard Medical School says nurturing social contacts, engaging in stimulating mental activities like reading and doing puzzles, seeing new places, and learning new things can help keep the brain in top form.

Manage stress

Stress can take its toll on the body, and there is reason to believe that it may adversely affect cognitive health as well. Make every stride to reduce stress, wheth-

er that involves taking vacations, meditating, laughing with friends and family, or engaging in relaxing activities that relieve stress.

Get enough vitamin D

Vitamin D is linked to a host health benefits, including its potential to promote a healthy brain. Individuals can get more time outdoors to get vitamin D naturally from the sun and eat foods rich in vitamin D. If doctors find that vitamin D levels are exceptionally low, supplementation can help.

Pay attention to hearing loss

Certain hearing loss has been linked to cognitive decline, says Healthline. Researchers in Italy concluded that people with central hearing loss had a higher risk of mild cognitive impairment than those with no hearing loss or peripheral hearing loss. Individuals with central hearing loss are urged to speak to their physicians to determine if they can take preventive action to stave off further decline.

Cognitive health should be a priority. Adults can employ various strategies to reduce their risk of cognitive decline as they age.

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Living 50 Plus



Life & Estate Planning and Elder Law

Attorney Edward Adamsky of Adamsky Law Offices has an office in Ashland, New Hampshire! It is located at 44 Main Street in a nicely restored antique building at the corner of Main Street and Riverside Drive. Future plans include an accessible ramp and further restoration. There is street parking right in front of the building and across the street. The new office is right next to the Quince and Quail Antiques and

Vintage Store. This office increases the area that Adamsky Law Offices can serve. Attorney Adamsky said, "This location will allow us to serve clients in the Lakes Region who have not had the chance to work with an experienced Elder Law Attorney."

Attorney Adamsky's law practice concentrates on Life & Estate Planning and Elder Law. This includes preparing the required planning tools such as Trusts,

Wills, Powers of Attorney and Health Care Directives. Attorney Adamsky counsels clients regarding Long Term Care issues including planning for nursing home stays and Medicaid eligibility. Attorney Adamsky is licensed to practice law in Massachusetts and New Hampshire. He is a member of the National Academy of Elder Law Attorneys and the New Hampshire Estate Planning Council. Edward H. Ad-

amsky, has been practicing law since 1993. Attorney Adamsky is a cum laude graduate of the Massachusetts School of Law in Andover and

a summa cum laude graduate of Plymouth State University where he majored in Business Management. He served for four years as an in-

fantryman in the United States Army. He and his wife, Madelyn, enjoy Ballroom Dancing.



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Vietnam vet speaks to Rotary about service in US Navy



Rotarian Duane Hammond introduced Guest Speaker Sherwood Frazier (right), who spoke to Alton Rotary Club members about his time spent in the US Navy, flying over 180 reconnaissance missions above enemy territory in Vietnam. On one of his missions his plane had to crash land on an aircraft carrier after being shot-up by enemy fire. The crash nearly took his and the pilots life.

ALTON — New Hampshire native, Sherwood Frazier, graduated from Laconia High School

in 1964. Along with three of his classmates, they joined the US Navy under the Navy's special "Early in Early Out" Buddy Program for attracting recently graduated students. " Boy, were we excited, the idea of seeing the world, adventure and fun and all for free was a no brainer for us. Vietnam? What's that? Little did we know then, it didn't take long for us to find-out," were his opening remarks.

Once sworn into the Navy, he continued, "We were all able to choose our specialty. From the age of 12, I've always wanted to fly so I chose aviation. While

in basic training I had a test to see if I qualified for flight School and was accepted on the first try. I spent the next six months in 1965 attending Boot camp and familiarizing myself with jet aircraft and flight crew training, traveling between Memphis, Tenn., Sanford, Fla. and Washington State. Final stop was on an aircraft carrier trained and ready for duty flying reconnaissance missions to take photographs over North Vietnam. Next, I did a tour of duty in the Med., then back to Vietnam. Not only was I photographing enemy positions and marking targets for our bombers, a number of the 180 missions I flew was to fly over where our bombers had struck the previ-

ous day to do an assessment of damage and take photos.

"Unfortunately, this second time the enemy knew we were coming and were well prepared to shoot us down... very dangerous. In fact, too many times, on these second runs, our jets were fired on, hit and never made it back to the aircraft carrier. On one mission, we were hit by

enemy fire and lost our hydraulics. The jet was losing both fuel and its loss of hydraulics made it hard to land because our landing gear was non-functional. We crash landed on the deck of the carrier, spun around hitting the super structure and came close to going overboard. The pilot was se-

riously hurt, and I suffered two broken wrists, two broken ankles, and a head injury. Lucky to have survived! I was honorably discharged in 1969 and like so many other vets suffered from PTSD. With the help of my wife and renewed friendships I was able to 'get my head on straight,' became a tool and die maker and got my degree in mechanical engineering. I ended my career in 2016 as a Quality Engineer at New Hampshire Ball Bearings. Today I enjoy flying WWII aircraft, dealing with old and rare books and photography, having won some awards for my photos," he concluded.

Terrapin Tours announces travel scholarship award winners

NORTH WOODSTOCK — Terrapin Tours is pleased to announce the first Travel Scholarship of the year has been awarded to Noah Smith of Gilmanston. The \$500 Travel Scholarship has been provided for Smith to put towards his education-based travel opportunity. Noah's completed application included a strong letter of recommendation from a staff member of Gilford High School and an essay detailing his travel plans, why this travel opportunity is important to him, and how he intended to use the award.

A student at Gilford High School, Smith will

be traveling to Costa Rica in February with his Advanced Spanish Conversation Class instructor, Janice Stowell. The class will be using their language skills and knowledge of Costa Rica helping in a service project, donating items to a local school, getting to know some of the students, and planting trees, as well as learning about music, food and dance.

The scholarship fund, which is part of Terrapin's "Give Back Initiative," is available to New Hampshire High School students with the goal of the helping students experience cultural, educational, and personal

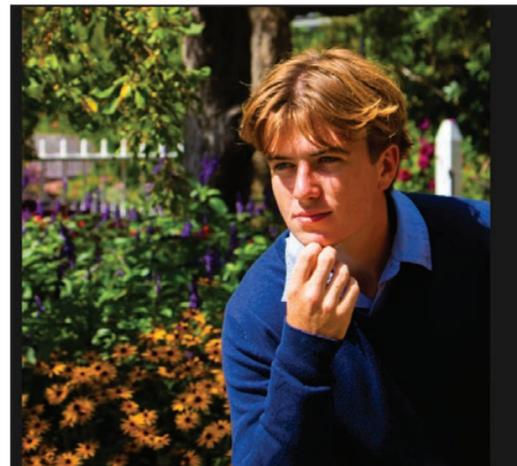
growth through travel. In 2022, Etta Wobber of Inter-Lakes High School was awarded a Travel Scholarship to participate in a French language immersion semester in Québec through the Edu-inter program. Etta's brother, Amos Wobber, was a recipient of an award in 2019. Overall, the Terrapin Tours Travel Scholarship fund has awarded over \$3200 in student scholarships since the "Give Back Initiative" inaugural year of 2018.

Terrapin Tours owner, Kelly Cooke, participated in an education-based tour to Europe as a high school student and is excited

to support students that have the same opportunity.

"Traveling to Europe at a young age inspired me and helped shape my personal and professional career," explained Mrs. Cooke.

A travel industry professional for more than 25 years, Mrs. Cooke has seen first-hand the benefits of travel, and says, "Whether it's the chance to gain independence and confidence or to deepen your knowledge and understanding of other cultures, the benefits of travel are endless. I am thrilled that Terrapin Tours can support students in their quest to learn and grow through



Noah Smith

travel."

Terrapin Tours looks forward to continuing their scholarship program and is currently accepting applications. For more information about Terrapin Tours

and their Travel Scholarship program, visit terrapintours.com, call 603-348-7141, or email info@terrapintours.com.

Hannaford "to bag it" for Rotary during February

ALTON — The Alton Centennial Rotary Club, including the towns of Barnstead and New Durham, has been selected as a beneficiary of the Hannaford Community Bag Program for the month of February.

The Hannaford Bag Program, which launched in 2015, is a reusable bag program that

facilitates community support with the goal to make a difference in the communities where shoppers live and work. The Alton, Barnstead and New Durham Rotary Club was selected as the February beneficiary of the program by store leadership at the Hannaford located in Alton. The Rotary club

will receive a \$1 donation every time a \$2.50 Hannaford Community Bag is purchased at the Alton Hannaford store location during February, unless otherwise directed by the customer through the Giving Tag attached to the bag.

"This donation of giving our Rotary Club a \$1 for each Community

Bag sold by Hannaford's is very much appreciated, and we can't thank them enough for their generosity. The club will use this additional income to help save and improve lives, especially children, both locally and internationally," said Alton Rotary Club

President, Terry Small.

The Alton Centennial Rotary Club is a non-profit, non-political, non-religious, 501 C3 service

organization that meets weekly at the Alton Community Center, Pearson Road. For information on Joining

Rotary, contact Rotarian Duane Hammond, 603-569-3745. Or visit: www.AltonRotary.org.

For information on the Hannaford Community Bag Program, visit Hannaford.2giveocal.com.

AUCTION

Aubuchon Anchored Multi-Tenant Retail/ Office Building (Rt. 16)
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Thursday, February 16th at 1:00 p.m.
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38 GLEN AVENUE (Route 16) is highly visible and accessible as you enter downtown. This multi-unit retail/office building includes 13,853 sq.ft. of rentable space and is sited on a .67± acre, corner lot with 342' of road frontage on Route 16 and Diana Street. There is a lower parking area for the retail portion and an upper lot for the office space. Aubuchon occupies 8,890± sq.ft. with an office tenant occupying 1,750 sq.ft. The property is serviced by city water and sewer and natural gas. Zone: Downtown. Tax Map 118, Lot 137.

PROPERTY INSPECTION: One hour prior to the auction.

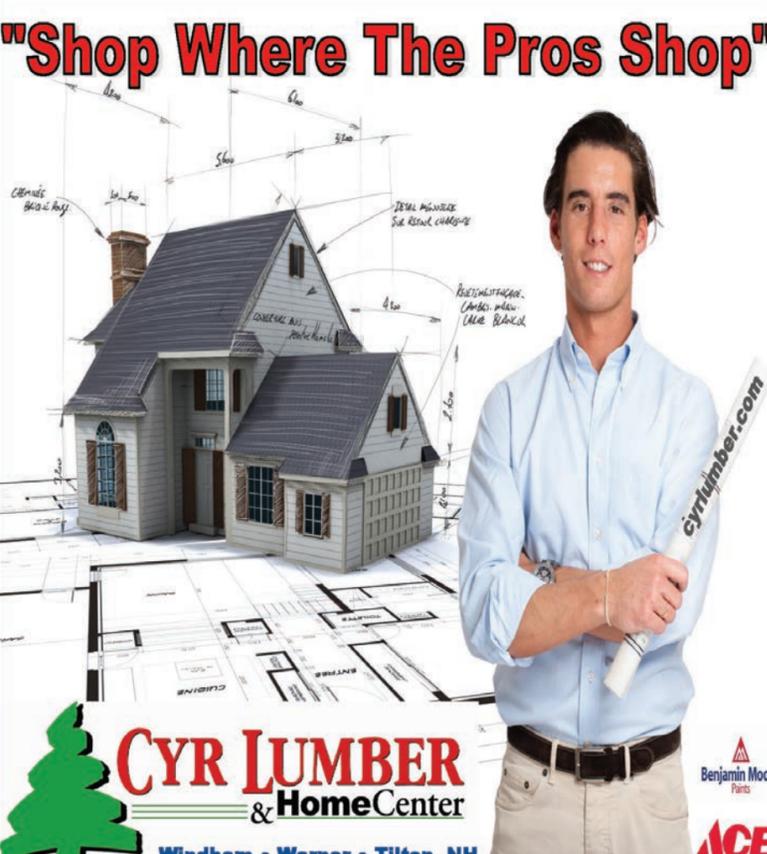
TERMS: A \$10,000 deposit by certified check or E-check through Earnnest payable to Paul McInnis LLC Escrow or other funds acceptable to auctioneer will be required as a qualification to bid. Successful bidder to increase deposit to a total of 10% of the Total Purchase Price at time of sale with the balance due at closing within 30 days of the auction. A 10% Buyer's Premium will be added to the high bid price to become the Total Purchase Price. Subject to all Terms of Sale. Property is being sold with marketable title free and clear of all liens. Sale is subject to all terms of sale.

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