



THURSDAY, JANUARY 22, 2026

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Answering the call

NH Veterans Home to host community blood drive Feb. 2



Allan Bailey, US Army Vietnam War veteran and NH Veterans Home resident, encourages all who are able to give the gift of life.

TILTON — The New Hampshire Veterans Home (NHVH) will host a community blood drive with the American Red Cross on Monday, Feb. 2 from 11 a.m. to 3:30 p.m. at 139

Winter St. in Tilton. All donors will receive a \$20 e-gift card to a merchant of choice from the Red Cross. Donors can help save a life in just an hour. To make an appointment to donate

blood or ‘Power Red’ collections, call 1-800-RED CROSS (1-800-733-2767) or register online at <https://rcblood.org/3PqwToE>. “The New Hampshire Veterans Home’s vision

is to be veterans’ chosen home and community where caring is assured,” said Commandant Kim MacKay. “We care about our veterans’ wishes in what they would like to have happen in their home. The Veterans Home annual drive began when our 2023 Resident Council President, Allan Bailey, asked his New Hampshire Veterans Home Resident Council Officers, our veterans, and our staff, about holding a Blood Drive. We were honored to fulfill Allan’s vision and hold our first Blood Drive in 2023.” “In addition to fulfilling Allan’s wishes, there’s no better feeling than knowing that your blood donation may give someone a second chance at life. To continue to help save lives, please join us,” said MacKay.

Blood is a perishable product that can only come from volunteer blood donors. With someone in the U.S. needing blood every two seconds, blood products must be constantly replenished, according to the

Red Cross. According to the Red Cross, donors with all blood types are needed, especially those with types O negative, A negative and B negative. After the holidays during the cold New England winter months, the American Red Cross sees a decline in donors which can impact patient care. It’s critically important that donors make an appointment to give now to help maintain a stable blood supply. About the New Hampshire Veterans Home Home to 150 men and women who have served their country and fellow Granite Staters, the New Hampshire Veterans Home has been a cornerstone of care and community since its founding in 1890 as the Soldier’s Home for Civil War Veterans. With a mission to provide high-quality, professional long-term care services to elderly and disabled veterans with dignity, honor, and respect, NHVH is the state’s only long-term care facility dedicated exclusively to veter-

ans. The Home has been honored with the Platinum Veteran-Friendly Business award from the Department of Military Affairs & Veterans Services, as well as recognition for excellence in care and business leadership. For more information, call (603) 527-4400 or visit www.nh.gov/veterans, www.facebook.com/nhveteranshome, or www.instagram.com/nhveteranshome/. About the American Red Cross The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40 percent of the nation’s blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, visit redcross.org or on Twitter at @RedCross.

Lewandoski named Interim Police Chief in Northfield

NORTHFIELD — The town of Northfield is excited to welcome Mark Lewandoski as Interim Police Chief following his appointment by the Board of Selectmen during their Jan. 6 meeting. Lewandoski brings an impressive 45 years of law enforcement experience, most recently serving as Chief of the Belmont Police Department. “As we move forward with the search for a permanent Police Chief, we are fortunate to have Mark’s leadership, experience, and steady guidance supporting the department, especially during this time of important transition. We’re thrilled to have him on board!” town officials said in a statement announcing Lewandoski’s appointment.

Belmont Parks & Rec announces Snowman Building Contest

BELMONT — Now through March 15, Belmont Parks & Recreation invites the community to join in a Snowman Building Contest. What’s better than enjoying a snowy winter day building a snowman? Gather your family and friends to create a traditional snowman or build one embodying this year’s theme, “NH Winter Games.” To enter, snap a photo of your creation, create a fun title and brief description you would like others to know about it, and submit the photo and description to Recreation@belmontnh.gov by March 15. Entries will be considered in two prize categories, Best Themed Snowman and Best Group/Snow Family. All photos will be posted on the Belmont Parks & Recreation Facebook Page.

Carter drops 41 as Bears cruise past Newfound



Caidyn Carter drives toward the hoop during action Friday night against Newfound.

BY JOSHUA SPAULDING
Sports Editor
TILTON — The Winnisquam hoop girls took control early, scoring the first 10 points of the game and cruised to a 71-42 win over visiting Newfound to close out last week on Friday, Jan. 16. Caidyn Carter got the scoring started with a pair of free throws and Bella Soucy followed by putting back a rebound and Alissa Jean hit two free throws. A Carter hoop and a Claire Hart putback gave the Bears the 10-0 lead before Taelynn Hannagan drained a three-pointer to get Newfound on the boards. Leah McFarland followed with a hoop for Newfound to cut the lead to 10-5 before Jean put back a rebound and Soucy finished off a steal

for the 14-5 lead. Evie Bastarache hit a free throw for the Bears before Carter hit two from the line and Jean hit one from the stripe. Alyssa Seymout put back a rebound and Bailey Dow connected for a hoop as the visitors cut the lead to 17-10 but Soucy sunk a hoop to start a 12-0 run for Winnisquam to end the quarter. Carter hit a free throw and three hoops in that run and Jean drilled a three-pointer as Winnisquam took the 29-10 lead after one quarter. Carter drained a three to start the second quarter and after Ayla Dolloff added a hoop for the visitors, Jean connected for Winnisquam. Dow hit two hoops in a row for Newfound to



Alissa Jean drives toward the basket during Winnisquam’s win over Newfound on Friday.

SEE BEARS, PAGE A8

MVSB welcomes Lauren Young as Vice President, Residential Mortgage Sales



Lauren Young

MEREDITH — MVSB (Meredith Village Savings Bank) is pleased to welcome Lauren Young as Vice President, Residential Mortgage Sales NMLS# 1890212. In this role, Lauren will lead the Bank’s Mortgage Lending team, supporting continued growth and development while ensuring exceptional service for homebuyers across the Bank’s footprint. She succeeds Charlie Dowd, who recently retired after a distinguished 24-year career in banking.

“We are thrilled to welcome Lauren to the MVSB mortgage leadership team,” said Jaime Frederes, Senior Vice President, Residential Mortgage Lending. “Her expertise in residential lending and strategic, relationship-driven leadership will be instrumental

in advancing our growth objectives and reinforcing the exceptional service experience our customers and partners value.”

Young brings extensive experience in mortgage lending and team leadership. Prior to joining MVSB, she previously served as a Mortgage Loan Officer and a Sales Manager.

“I was drawn to MVSB by the opportunity to take on a leadership role that builds on my experience while allowing me to contribute strategically to the Bank’s long-term vision,” said Young. “I’m excited to support their strong sales team and to serve our community in a meaningful way. Even in my short time here, it’s clear that MVSB genuinely values people and relationships.”

Active in the community, Lauren has been a member of the Lakes Region Board of Realtors for six years and was honored as the organization’s 2025 Affiliate of the Year. She is also a 2025 Fellow in the New Hampshire Housing Homeownership Fellows Program and regularly volunteers at her children’s school.

Lauren lives in the Campton with her husband and their two daughters. She enjoys reading historical fiction and spending time outdoors with her family and their two dogs, Maple and Brutus.

MVSB has been serving the essential banking needs of people, businesses, nonprofits and municipalities for over 150 years.

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

Backwards brilliance: Paint, sip & flip the magic!

TILTON — “Forest Stillness” invites participants to create a tranquil moonlit forest lake scene using the fun reverse painting method on clear styrene. Sized to fit a standard 11-by-14-inch frame. (a clear plastic like acrylic, often used as a modern alternative to glass for safety and ease.) A glowing, ethereal artwork with perfect symmetry in the water re-

flection, evoking peaceful stillness under a colorful night sky. Perfect for beginners — no drawing skills needed, just follow along step-by-step while sipping your favorite drink!

Reverse painting means you paint the foreground elements first (like trees in the front, leaves, branches, or details that appear closest to the viewer), then layer midground, and fi-

nally the background (like distant trees, sky, or mist). When complete, you view it from the unpainted side, giving it a glossy, luminous depth as light passes through the clear styrene. It’s the opposite of traditional painting order, which can be tricky and fun—perfect for a guided sip-and-paint event!

Join us for “Forest Stillness” — a relaxing

Paint & Sip event! Friday, Feb. 20. 5 – 7 p.m. Lakes Region Art Gallery, Tanger Outlets, 120 Laconia Rd., #300, Tilton.

Price: \$40 donation (all supplies provided)

Registration: <https://forms.gle/SST9EB-Dyhw42osLr8>

About Lakes Region Art Association

The Lakes Region Art Gallery is run entirely by volunteer artists and is dedicated to fostering creativity and community through exhibitions, classes, and outreach programs. Visitors not only enjoy an inspiring cultural experience but also directly support the arts in the Lakes Region.

For Advertising Information Call 603-279-4516 email: Tracy@salmonpress.news



COMMUNITY CALENDAR January 22-29

Thursday, Jan. 22
Sanbornton Budget Public Hearing — 7 p.m., Old Town Hall, 19 Meeting House Hill Rd., Sanbornton.
Hall Memorial Library — Kids Art Class — 12:30–1:30 p.m., Hall Memorial Library, 18 Park St., Northfield/Tilton.
Hall Memorial Library — Teen Cooking with Mr. Steve — 3–4 p.m., Hall Memorial Library.
Friday, Jan. 23
Hall Memorial Library — Baby Lapsit Storytime — 10–10:45 a.m., Hall Memorial Library.
Hall Memorial Library — Sewing Group — 10 a.m.–2 p.m., Hall Memorial Library.
Saturday, Jan. 24
Hall Memorial Library — Toddler Time — 11 a.m.–noon, Hall Memorial Library.
Monday, Jan. 26
Hall Memorial Library — Chess Club — 3–5 p.m., Hall Memorial Library.
Tuesday, Jan. 27
Hall Memorial Library — Chair Yoga — 9:30–10 a.m., Hall Memorial Library.
Hall Memorial Library — Toddler Time — 11 a.m.–noon, Hall Memorial Library.
Wednesday, Jan. 28
Sanbornton Recreation Commission Meeting — 12:30–1:30 p.m., Old Town Hall, 19 Meeting House Hill Rd., Sanbornton.
Sanbornton Selectboard Meeting — 5–9 p.m., Old Town Hall, 19 Meeting House Hill Rd., Sanbornton.
Belmont Zoning Board Meeting — 3–4 p.m.; Candidacy Filing continues through Jan. 30, and Zoning Board meets on Jan. 28.
Thursday, Jan. 29
Sanbornton Zoning Board of Adjustment (ZBA) Meeting — 7 p.m., Old Town Hall, 19 Meeting House Hill Rd., Sanbornton.
Hall Memorial Library — Teen Cooking with Mr. Steve — 3–4 p.m., Hall Memorial Library.



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Laconia Adult Education Winter 2026 Class Schedule

Course Title	Day(s) of the week	Start date	Times	# of weeks	Cost	Location	Instructor Name
Enrichment Classes							
Arts & Crafts							
DIY Wedding and Event Flowers	Wed	3/11/2026	6:00-8:00pm	3	** \$175.00	LHS-509	Shirley Glines
Health & Wellness							
Freedom Through Forgiveness	Thu	5/7/2026	6:30-8:30pm	1	\$45.00	LHS-615	Brenda Paquette
Introduction to Spiritual Energies	Thu	3/12/2026	6:30-8:30pm	1	\$45.00	LHS-615	Brenda Paquette
Meditation 101	Thu	4/16/2026	6:30-8:30pm	1	\$45.00	LHS-615	Brenda Paquette
What are Angels & How to Communicate w/them	Thu	3/26/2026	6:30-8:30pm	1	\$45.00	LHS-615	Brenda Paquette
Yoga for Everyone: Beginning (Tues & Thurs) Session 1	Tue, Thu	1/27/2026	5:00-6:15 pm	4	\$50.00	ctc-H	Bonnie Morin
Yoga for Everyone: Beginning (Tues & Thurs) Session 2	Tue, Thu	3/3/2026	5:00-6:15 pm	4	\$50.00	ctc-H	Bonnie Morin
Yoga for Everyone: Beginning (Tues & Thurs) Session 3	Tue, Thu	3/31/2026	5:00-6:15 pm	4	\$50.00	ctc-H	Bonnie Morin
Yoga for Everyone: Beginning (Tues & Thurs) Session 4	Tue, Thu	5/5/2026	5:00-6:15 pm	4	\$50.00	ctc-H	Bonnie Morin
Learning a skill							
Basic Woodworking	Thu	2/5/2026	6:00-8:30pm	8	** \$110.00	LHS-517	Wes Anderson
CERT Training (Community Emergency Response Team)	Tue	3/3/2026	6:00-9:00pm	12	\$35.00	LHS 615	Heather Stanley
Dog Obedience: Beginner	Wed	3/4/2026	6:15-7:15pm	8	\$70.00	WHS-Gym	Carolyn Bancroft
Intro to Intermediate Woodworking	Wed	TBA	6:00-8:30 pm	8	TBA	LHS-517	Ed Philpot
Open Shop Woodworking	Tue	2/3/2026	6:00-8:30 pm	10	**\$110.00	LHS-517	Ed Philpot
Diploma Classes							
Economics/ Civics	Mon	1/26/2026	6:00-9:00pm	15	\$300.00	LHS-603	P. Mignanelli
English	Tues	1/20/2026	6:00-9:00pm	15	\$300.00	LHS-612	J. Ratcliffe
US History	Wed	1/21/2026	6:00-9:00pm	15	\$300.00	LHS-305	S. Burdette
Foundations of Math II	Thurs	1/22/2026	6:00-9:00pm	15	\$300.00	LHS-611	A. Stefanik

* * Additional Supply/book fee or pre-class requirement is additional in this course.

CHECK ONLINE FOR MORE DETAILED COURSE INFORMATION (Including materials, book fees or Labs)
REGISTER AND PAY ONLINE at: adulthoodlaconia.weebly.com
Still have questions? Call Laconia Adult Education at 524-5712



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Powerhouse fundraising raffle offers a chance to stay at the Lake Estate!

LACONIA — Powerhouse Theatre Collaborative, the resident theatre company of the Colonial Theatre in Laconia, is pleased to announce a raffle fundraiser to help support its exciting 2026 season. On Dec. 19, several Power Players went to the beautiful, brand new resort The Lake Estate on Winnisquam in Tilton to sing Christmas carols. In appreciation the resort offered a gift certificate to Powerhouse to be used for a fundraiser.

Powerhouse will offer only 500 tickets for the raffle at \$10/ticket, giving people a 1 in 500 chance for each ticket purchased to win the fabulous prize - a one-night stay in a Deluxe King room and breakfast for two at the resort worth an estimated \$800-\$1000. Please note, gift certificates

have no cash value, cannot be combined with any other offer and may not be transferred. Reservations cannot be reserved before 30 days prior to desired arrival date. Valid Sunday through Thursday nights only. Not valid during holiday or special event periods, or during the months of July, August or October. Subject to availability.

Says Powerhouse producer Johanna Halperin, "We so enjoyed caroling at The Lake Estate on Winnisquam resort. It's a beautiful new venue that is sure to bring lots of new guests to the Lakes Region. We appreciate their generosity in allowing us to raffle off this chance to give someone a remarkable overnight experience."

Raffle tickets can be purchased via <https://www.powerhousenh.org/raffle>

and will be available until all 500 tickets are sold or through Feb. 15, the closing performance of Powerhouse's exciting adaptation of "A Midsummer Night's Dream" at the Colonial Theatre, whichever comes first. So don't wait 'til the last minute to make a contribution to support Powerhouse programs and give yourself a chance to win this amazing prize.

For all the details on Powerhouse Theatre Collaborative, auditions, and other events in the exciting 2026 season check out powerhousenh.org or email info@powerhousenh.org. There are still opportunities available for businesses to sponsor events in the 2026 season. For information on The Lake Estate on Winnisquam check out <https://thelakeestatenh.com/>.



Left to right: Laura Iwaskiewicz, Fran Page, Kyle Sidders, Joel Iwaskiewicz, Sheree Owens and Katie Duncan caroling at the resort on Dec. 19.

Lakes Region Board of REALTORS® hosts Broker/Manager Meeting at Hart's



President Chris Kelly addresses attendees at the recent Broker/Manager Meeting hosted by the Lakes Region Board of REALTORS®.

MEREDITH — The Lakes Region Board of REALTORS® (LRBR) hosted a well-attended Broker/Manager Meeting Thursday at Hart's Turkey Farm, bringing together brokerage leaders from across the Lakes Region for a morning focused on collaboration, education, and industry updates.

LRBR President Chris Kelly welcomed attendees and shared his excitement about having leaders from across the region gathered together to discuss the year ahead.

"It's energizing to have so many industry leaders in the same room," said Kelly. "These conversations are critical as we continue to strengthen our profes-

sion and support our members and the communities we serve."

The meeting featured guest speakers Bob Quinn, Chief Executive Officer of the New Hampshire Association of REALTORS® (NHAR), and Josh Greenwald, 2026 President of NHAR. Both provided valuable insight into statewide initiatives and highlighted numerous legislative bills currently under discussion that could impact the Lakes Region real estate market. The legislative updates prompted discussion among attendees and the importance of REALTOR® involvement at the local and state levels.

Jamie Frederes of Meredith Village Savings

Bank also joined us as a guest speaker. He shared insights from the lending perspective. Frederes discussed current market conditions, and lending trends that brokers and managers should be aware of as they guide clients through today's evolving real estate landscape.

LRBR extends a sincere thank you to Meredith Village Savings Bank for their continued support.

The Lakes Region Board of REALTORS® looks forward to building on the momentum of this meeting and continuing to provide valuable leadership, education, and advocacy throughout the year.

Lasell University's Lilyana Auger receives Collaboration Recognition Award

NEWTON, Mass. — Lilyana Auger of Sanbornton was selected to receive the Collaboration Recognition Award at Lasell University for the Fall 2025 semester. This peer-nominated award recognizes students who demonstrate excellence in collaboration through effective communication, idea-sharing, and teamwork. The award reflects Lasell's emphasis on collaboration as a core learning outcome and a key career readiness competency identified by the National Association of Colleges & Employers.

salmonpress.com



Congratulations to Belmont Fire Chief Deborah Black on her well-deserved retirement after almost 28 years of service! An announcement posted on the department's Facebook page expressed thanks to Black for her dedication to the community's safety and her commitment to the townspeople of Belmont, and wished her a retirement filled with fun, relaxation, and everything she enjoys.

Wonderful Things
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Pendant

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Opinion

Letter submission policy

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

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

The quiet value of shared spaces

Some of the most important places in a community are the ones we rarely think about until they are gone.

Libraries, walking trails, ball fields, community rooms, playgrounds, and town greens rarely demand attention. They do not lobby for funding or advertise their value. They simply exist, woven into the everyday rhythms of town life. A parent brings a child to story hour. A teenager meets friends after school. A senior attends a weekly program or lingers over a conversation. None of it feels extraordinary, yet all of it matters.

These shared spaces are where community happens without obligation. There is no ticket to purchase, no membership to maintain, no expectation beyond basic respect for others. People come and go on their own terms. That accessibility is not accidental. It is a reflection of long-standing local values that place importance on inclusion, familiarity, and neighborliness.

What makes these places especially valuable is their ability to bring together people who might otherwise never cross paths. Different generations, backgrounds, and routines intersect naturally in shared spaces. A library reading room, a trailhead, or a recreation field becomes neutral ground, where community identity is reinforced simply through shared presence.

In recent years, many towns have been forced to take a closer look at how these spaces are maintained and supported. Buildings age. Fields need care. Programs require staffing and planning. These are not glamorous concerns, but they are essential ones. When shared spaces decline, it is often the most vulnerable residents who feel the loss first.

At the same time, the role of shared spaces has quietly expanded. As more daily interactions move online, physical places where people can connect casually have become even more important. A chance conversation in a library aisle or a familiar nod on a walking trail can carry more weight than we realize. These moments build trust, familiarity, and a sense of belonging that cannot be replicated digitally.

There is also a mental and emotional value to these places that is harder to measure but easy to feel. Shared spaces offer respite. They provide routine. They give people something to look forward to, especially those who may be retired, living alone, or navigating major life changes. For families, they create memories that anchor childhood to a specific place and time.

Preserving these spaces does not always mean expanding them or reinventing their purpose. Often, it simply means recognizing their value and ensuring they remain welcoming, functional, and accessible. A well-maintained room, a clearly marked trail, or a thoughtfully scheduled program can make the difference between a space that feels alive and one that quietly fades from use.

This responsibility is shared. Town officials manage budgets and facilities. Staff and volunteers provide programs and care. Residents contribute simply by using these spaces respectfully and consistently. When a place is used, it remains relevant. When it is valued, it endures.

A strong community is not defined only by its institutions, its development projects, or its economic growth. It is also defined by the everyday places where people feel comfortable being themselves, where they are neither customers nor constituents, just neighbors.

Those quiet spaces do not ask much from us. They simply ask that we notice them, use them, and care enough to ensure they remain part of town life for generations to come.



COURTESY

Belmont Middle School hikers braved the elements last week and had an absolute blast hiking Rattlesnake Mountain in Holderness. Students all donned spikes and were well prepared for some freezing precipitation, laughing and telling jokes almost the whole descent. Huge shout out to Mr. Friend for joining as a chaperone and Mrs. McKim for her steadfast mountain positivity. Photo courtesy of the Shaker Regional School District’s Facebook page.

When the morning gets quiet enough to hear yourself think

There is a certain kind of quiet that only shows up in New Hampshire in winter.

It is not the quiet of a library or a church sanctuary. It is deeper than that. It is the quiet that settles in after a fresh snowfall, when the world seems wrapped in a thick wool blanket, and even the usual hum of traffic softens to a distant whisper.

I noticed it the other morning, when I stepped outside before sunrise. The air had that sharp, clean bite to it, the kind that wakes you up better than coffee ever could. My breath made little clouds that drifted away like they had someplace important to be. The sky was just beginning to lighten, that pale blue-gray color that only lasts a few minutes if you are lucky enough to catch it.

We do not talk much about quiet these days. Everything around us seems designed to fill every spare second with noise. Radios, televisions, phones, alerts, reminders, voices coming from small screens we carry in our pockets. Silence

KIND FOLKS, COLD WINTERS

By CHIPPY

has become something people rush to avoid. Yet winter has a way of insisting on it, at least for a little while.

I stood there longer than I planned to. No grand reason. No dramatic moment. Just standing, listening to nothing in particular. And that is when I realized how rare it has become to simply let your mind wander without an agenda.

In those quiet minutes, I found myself thinking about small, ordinary things. The warmth waiting inside the house. The comfort of a familiar chair. The simple luck of having a roof that keeps the cold out and heat that works when you turn the dial. None of these are headline-making thoughts. But they are the kinds of thoughts that keep a person grounded.

There is a temptation in January to rush straight into the year at full speed. New plans, new goals, new expectations. None of that is bad. But I sometimes think we would all benefit from starting the year the way winter mornings do: slowly, deliberately, with

room to breathe.

Our grandparents understood this better than we do. They were not surrounded by constant noise. They knew how to sit quietly after supper. How to watch the weather roll in. How to let a long pause exist in a conversation without rushing to fill it. Silence was not awkward to them. It was normal.

These days, silence makes people nervous. We check our phones at stoplights. We scroll while waiting in line. We turn on background noise just to avoid the sound of our own thoughts. But those thoughts, inconvenient as they can sometimes be, are where clarity often lives.

I am not suggesting anyone swear off technology or move to a cabin in the woods. That is not realistic, and it is not necessary. What I am suggesting is something much simpler. Step outside for five minutes. Sit in your car before turning on the radio. Drink your morning coffee without reaching for a screen. Let a little quiet back into your routine.

Winter gives us permission to slow down in ways other seasons do not. The

days are shorter. The nights come early. The landscape itself seems to say, “Ease up. Take your time.” There is wisdom in listening to that message.

I have noticed that when I allow myself a few quiet moments, I carry them with me the rest of the day. I am more patient in small frustrations. I listen a little better. I react a little less quickly. It does not make life perfect, but it makes it steadier.

In a world that seems louder and faster every year, steadiness has real value.

So if you find yourself tomorrow morning staring at a snowbank, or watching frost trace patterns on your window, or standing in the cold air while your car warms up, do not rush the moment away. Let it be what it is. Let the quiet do its quiet work.

It may not change the world. But it might just make your corner of it feel a little calmer, a little kinder, and a little easier to carry.

And in the middle of a New Hampshire winter, that feels like a gift worth accepting.

Comfort Keepers

When should you take away the car keys?

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Seniors are usually reluctant to give up driving. Taking the car keys removes their own ability to

drive to the store, church, senior center, or library — or to simply meet up with friends for coffee. The experience can be quite traumatic.

Remember: Age is just a number. A senior’s age is not reason enough for

taking away the car keys. There are people in their 90s who drive safely, while others decades younger can be a real danger to themselves and others.

Focus on physical and mental health and abilities, not age

The fact is, people age differently. Several factors place seniors at much greater risk for road accidents and affect seniors’ driving ability, including:

Vision problems. Cat-

SEE **JUMPWORD**, PAGE A5

Winnisquam Echo

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Mill Falls Resort Collection celebrates renovation completion, blending new comfort with timeless lakeside charm

MEREDITH — Mill Falls Resort Collection announced the renovations of Chase House and Palmer Inn (formerly The Inn at Mill Falls) are now complete, offering a signature blend of rustic warmth and modern comfort. These two locations join the already-transformed Church Landing and Bay Point, culminating in a complete, resort-wide up-

grade of all four buildings. For more information and to see photos of the renovations, visit www.millfalls.com/renovation/. “Through this project, we looked to bring the tranquility found all around Mill Falls inside through organic elements, tranquil palates and ample natural light,” said General Manager Barbara Beckwith. “Mill Falls

offers a truly restorative experience for our guests from overnight rooms to outdoor activities in nature and extending to our Cascade Spa and on-site yoga sessions.” Announced in October, the comprehensive renovations touched almost every aspect of the buildings’ interiors, including guest rooms and common areas. Both properties feature a coastal

modern style, with a curated palate of deep indigo, crisp white and charcoal grey with warm wood furnishings. Across the street from Meredith Bay, Chase House offers views of the bustling Town Docks. All 21 guest rooms feature crackling fireplaces, spacious walk-in showers and stunning lake views, with balcony and suite options available.

Palmer Inn, a restored nineteenth-century linen mill with a 40-foot waterfall, envelopes guests in a warm, comforting, relaxing atmosphere. This 54-room inn offers an indoor pool and convenient access to the Marketplace shops, restaurants and main street attractions. A variety of guest room configurations are available to suit guest needs, including kings and doubles as well as pet friendly and sofa sleeper rooms — or upgrade to the Bell Tower Room, a couple’s sanctuary with two-person whirlpool tub, fireplace and private balcony.

All four Mill Falls Resort Collection properties are available for booking and share amenities including the Cascade Spa & Salon, six on-site restaurants, the EKAL Activities Center and The Marketplace. The fully renovated Mill Falls Resort Collection is now accepting

bookings for 2026, including corporate retreats, weddings and other private events.

About Mill Falls Resort Collection

Located on Lake Winnepesaukee in historic Meredith, New Hampshire, Mill Falls Resort Collection is a timeless, year-round destination blending New England charm with modern comfort. The collection features four distinct accommodations — Church Landing, Bay Point, Chase House, and Palmer Inn — connecting guests with the lake and the breathtaking alpine surroundings. Guests can relax at the Cascade Spa & Salon, dine at six on-site restaurants, and explore and stroll around The Marketplace. With four-season recreation and breathtaking views, the EKAL Activities Center offers countless activities on the lake or land. Mill Falls Resort Collection is the perfect destination for getaways, weddings, and corporate retreats. For

more information or to make a reservation, visit www.millfalls.com. Follow the Mill Falls Resort Collection on Facebook and Instagram. About TPG Hotels & Resorts

TPG Hotels & Resorts is a premier operator of hospitality assets across all chain scales, including luxury, full-service, and select-service properties, as well as its upscale boutique and independent division, the INTERA Collection. With a history spanning more than four decades, the firm’s resume includes more than 650 branded and independent hotels and marinas, totaling more than 65,000 guestrooms across 42 states. TPG Hotels & Resorts is a vertically integrated organization, actively engaged in operations, development, acquisitions, and asset repositioning of hotels and marinas nationwide. For more information, please visit www.tpghotelsandresorts.com.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Jan. 5-12.

Jessica M. Cyrus, age 46, of Laconia was arrested on Jan. 7 for Criminal Trespassing.

Eric P. Poire, age 41, of Belmont was arrested on Jan. 9 for being a Felon in Possession of a Dangerous Weapon and Violation of a Protective Order.

Brian D. Kimball, age 49, of Laconia was arrested on Jan. 9 for False Information-Hand Guns.



The School-to-Career program at Belmont High School hosted Mr. Ethan G. Wood, Esq. on Tuesday, Jan. 13 to give a special presentation about the legal profession and what it takes to become a lawyer. Working with the firm Normandin, Cheney & O’Neil in Laconia, Wood represents a wide variety of clients, focusing primarily on land use issues and landlord/tenant disputes. Nine students participated in the session, and they learned about what law school is like; the differences between civil and criminal cases; what’s expected of lawyers while they’re in court, and more. He let students know that a good indicator of whether or not they could thrive in this profession is how much they enjoy reading and writing...and public speaking, too. Thank you, Mr. Wood! The students very much appreciated your willingness to take time out of your day to spend time with them. Photo courtesy of the Shaker Regional School District’s Facebook page.

COMFORT

CONTINUED FROM PAGE A4

aracts, macular degeneration, glaucoma, and diabetic retinopathy can hamper driving ability. (Cataracts and glaucoma can be surgically corrected.) Poor depth perception narrowed peripheral vision, poor judgment of speed, poor night vision, and increased sensitivity to bright sunlight, headlights, and glare can all become problems with age.

Lack of physical ability. Driving takes dexterity, ability, and strength to control a vehicle at all times. Range-of-motion issues, such as inability to look over the shoulder, trouble shifting gears, or confusing gas and brake pedals can be a problem.

Drowsiness may also occur in older adults, even during the day.

Diseases and chronic conditions. Those with Alzheimer’s disease can become disoriented anywhere, and a severe diabetic

may fall into a coma. Rheumatoid arthritis, Parkinson’s disease, sleep apnea, and heart disease can impair seniors’ driving ability and skills.

Medications. Older people often take more medications. This can result in risky, unpredictable and dangerous side effects and drug interactions that cause drowsiness and/or a slowing of the person’s reaction time. The senior’s doctor(s) can discuss side effects and a pharmacist may be able to do a quick computer-based analysis.

Warning signs that mean it’s time to act

According to the National Institute on Aging, there are several critical indications that a senior may

be losing the judgment or ability to drive. These are:

- Poor driving at night, or drastically reduced peripheral vision — even if 20/20 with corrective lenses
- Struggling to drive at higher speeds, or erratic driving such as abrupt lane changes, braking or acceleration, hitting curbs, missing turns, or barely missing cars or pedestrians
- Getting lost frequently, even on familiar roads, and having trouble reading street signs or navigating directions
- Acting startled, claiming that cars or pedestrians seem to appear out of nowhere
- At-fault accidents, more frequent near-crashes, dents and scrapes; traffic tickets or “warnings” by authorities
- Not using turn signals/keeping them on without changing lanes, lane drifting, driving on the wrong side of the road

Having the conversation

Talking to a senior about the need to stop driving is one of the most difficult discussions you may ever face, and there may be resistance. However, it’s better to get advice from someone familiar than by an order from a judge or the DMV. Harriet Vines, author of Age Smart: How to Age Well, Stay Fit and Be Happy suggests the following:

- Be empathetic, not confrontational
- Keep the conversation non-accusatory, honest, and between “adults”, not “child and parent”
- Help the senior gain comfort in asking for assistance

Alternative transportation Research other available transportation. Call the local Area Agency on Aging for ideas — and talk to your family members about being volunteer drivers. Also, help the senior make a schedule. He or she can plan activities and combine trips on days when a caregiver can drive.

Stress your concern for safety

Involve the senior in the conversation. You may find a positive reaction when talking honestly about your care and concern for their safety. A person 70 or older involved in a car accident is more likely to be seriously hurt, require hospitalization, or die than a younger person involved in the same crash.

If a senior is still capable of driving, suggest enrollment in a Mature Driving course. It may qualify a senior for a discount on auto insurance. AARP has a driver’s safety course at <http://www.aarpdriversafety.org/>.

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DeGange leads Raider girls to fourth place at Gunstock



Riley DeGange races through the giant slalom course at Gunstock on Friday morning.



Eva Ashworth races at Gunstock during Friday's giant slalom race.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Belmont alpine ski team competed in a big meet at Gunstock on Friday, joining host Gilford, Hopkinton, Newfound, White Mountains, St. Thomas, John Stark, Lebanon, Prospect Mountain, Hillsboro-Deering and Laconia for two runs of giant slalom in the morning and two runs of slalom in the afternoon. The Belmont girls skied to fourth place in the morn-

ing giant slalom behind host Gilford, Hopkinton and St. Thomas. Riley DeGange led the way for the Raiders with a 19th place finish in 58.75 seconds. Eva Ashworth was 20th overall in 59.01 seconds and Meg Soucie was 23rd in 59.88 seconds. Anna McDonald rounded out the field of Raiders in 34th place in 1:09.06. The Raiders were also fourth in the afternoon slalom behind the same four teams as in the giant sla-



Ryan Cribbie powers through the giant slalom course on Friday morning at Gunstock.



Henry Ashworth races in the giant slalom during action at Gunstock on Friday morning.

lom. DeGange was again the top Belmont finisher, putting up a time of 1:09.99 for 21st place with Soucie in 24th in 1:18.16 and McDonald in 28th in 1:24.4. Ashworth finished up the field of Raiders with a 38th place finish in 1:45.24. The Raider boys had just two skiers and finished 10th in the morning runs with Ryan Cribbie leading the way in 11th place in 56.78 seconds and Henry Ashworth in 15th place in 59.04 seconds.

The Raiders were also 10th in the afternoon slalom with Ashworth finishing in a time of 1:26.14 for 25th place overall. The Raiders are scheduled to ski at Gunstock again on Friday, Jan. 23, at 10 a.m.

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

Slow start dooms Raider girls on road in Whitefield

BY JOSHUA SPAULDING
Sports Editor

WHITEFIELD — The White Mountains hoop girls welcomed Belmont to town on Friday, Jan. 16, and used a strong first half to keep visiting Belmont at bay and took the 51-25 win. The Spartans took a 10-2 lead after one quarter of play and held the Raiders to just one point in the second quarter to take a 17-3 lead at the break. Both teams got the offense moving in the third quarter with the Spartans outscoring the Raiders 19-16 to take the 36-19 lead heading to the final eight minutes. White Mountains won the fourth quarter by a 15-6 difference to take the 51-25 win. Olivia Lorenz led the way for the Spartan girls, finishing with 16 points while Laycee Ingerson added nine points. The Raiders were led by eight points from Payton Ellis. The Raiders are slated to be back in action on Friday, Jan. 23, at home against St. Thomas, will be hosting Somersworth on Monday, Jan. 26, both at 6 p.m. and will be at Gilford on Tuesday, Jan. 27, at 6:30 p.m. The Spartans will be in action on Friday, Jan. 23, at home against Winnisquam at 6 p.m. and will be hosting Groveton on Tuesday, Jan. 27, at 5 p.m.

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

Bear boys come up short in Friday night tilt in Bristol

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Winnisquam hoop boys got out to the halftime lead on the road at Newfound on Friday, Jan. 16, but the hosts battled back in the second quarter and edged past the visitors by a 47-45 score. Winnisquam won the first quarter by a 15-9 score and while Newfound won the second quarter by an 11-10 advantage, Winnisquam still held the lead at 25-20 heading to the halftime break. Newfound then outscored the visitors 11-5 in the third quarter to take a 31-30 lead heading to the final eight minutes and Newfound won the final quarter by a score of 16-15 to take the two-point win. Caiden Herbert led the way for the Newfound boys with 17 points while Jayden Belyea finished with 16 points. Isaac Singleton was the top scorer for the Winnisquam boys, finishing with 15 points. Newfound is slated to be in action on Friday, Jan. 23, at home against Hillsboro-Deering and will be hosting Berlin on Tuesday, Jan. 27, both at 6 p.m. Winnisquam is scheduled to be at home against White Mountains Regional on Friday, Jan. 23, at 7 p.m. and will be at Derryfield for a 6 p.m. game on Tuesday, Jan. 27.

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

Filteau, Lacasse pace Raiders at University of New Hampshire

BY JOSHUA SPAULDING
Sports Editor

DURHAM — While the Patriots were hitting the field in Foxboro on Sunday, the Belmont indoor track team was hitting the track at the University of New Hampshire for a busy afternoon of action. Ava Lacasse led the way for the Belmont girls, running to second place in the 300 meters in a time of 42.12 seconds with Cora Takantjas in 10th in 49.3 seconds. Lacasse won the preliminaries in the 55 meters in 7.56 seconds and Hannah Young was sixth in 7.64 seconds while in the finals, Lacasse was second in 7.56 seconds and Young was fifth in 7.95 seconds. Sadie Sturgeon was 11th in 8.23 seconds and Takantjas was 25th in 8.87 seconds. Young finished in third place in the long jump with a distance of 14 feet, 9.25

inches with Takantjas in seventh place at 12 feet, 8.75 inches. Haven Rivera finished in 13th in the shot put with a toss of 19 feet, 3.5 inches. Violet Smith ran to eighth overall in the 1,000 meters in 4:08.1 while in the 600 meters, Devyn VonKadich was 16th in 2:13.86, Zoe Perlot was 17th in 2:20.51 and Augusta Alexander-Provençal was 18th in 2:34.18. Mia Ellis ran to eighth in the 55-meter hurdles in 9.98 seconds and Takantjas was 10th in 10.14 seconds. For the Belmont boys, Brady Filteau finished second in the shot put with a toss of 43 feet, three inches with Ethan Rivera in third at 42 feet, 8.75 inches and Ryan O'Connor in 12th at 34 feet, five inches. Daniel Tripp was 18th at 32 feet, five inches and Josh Marsh

was 21st at 29 feet, 10.25 inches. Brock Smith jumped to fourth in the long jump at 18 feet, 9.5 inches with Sacha Artis in 12th at 16 feet, 1.5 inches and Trey Schnelle in 14th at 15 feet, 8.5 inches. Smith was also third in the preliminaries in the 55 meters in 7.1 seconds with Nick Wright in 18th in 7.45 seconds, Schnelle in 23rd in 7.58 seconds, Brennan Geoffrey in 31st in 7.79 seconds, Devlin McPherson in 33rd in 7.87 seconds, Artis in 35th in 7.89 seconds and Gabriel Sarquis in 37th in 7.93 seconds. Artis was seventh in the 55-meter hurdles in 10.04 seconds, Brodie Henry was ninth in 10.97 seconds and Dane Smith was 10th in 11.14 seconds. Dane Smith was 20th in the 300 meters in 44.67 seconds, Wright was 22nd in 45.51 seconds, Sarquis was 30th in 47.81 seconds and Jack Foster was 36th in 52.54 seconds. Sean Andrews placed fourth in the 1,500 meters

in a time of 4:52.26 while in the 600 meters, Henry was 15th in 1:48.46, Andrew Cryans was 18th in 1:53.26 and Connor Brunelle was 20th in 2:04.7. In the 1,000 meters, Aiden Milmore was 11th in 3:17.3, Jack Crockford was 12th in 3:17.93 and Jacob Blanchette was 18th in 3:37.86. The Raiders are slated to compete at Phillips Exeter on Saturday, Jan. 24, at 2 p.m. Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

HIGH SCHOOL SLATE

Friday, Jan. 23
BELMONT
Alpine Skiing at Gunstock; 10
Boys' Hoops at St. Thomas; 6:30
Girls' Hoops vs. St. Thomas; 6
Unified Hoops vs. Laconia; 3
GILFORD
Alpine Skiing at Gunstock; 10
Boys' Hoops at Prospect Mountain; 6
Girls' Hoops vs. Prospect Mountain; 6:30
WINNISQUAM
Boys' Hoops vs. White Mountains; 7
Girls' Hoops at White Mountains; 6
Saturday, Jan. 24
BELMONT
Indoor Track at Phillips Exeter; 2
BELMONT-GILFORD
Hockey at John Stark-Hopkinton; 8
WINNISQUAM
Hockey at Kennett; TBD
Sunday, Jan. 25
GILFORD
Indoor Track at UNH; 10
Swimming at Oyster River (UNH); 9:30
WINNISQUAM
Indoor Track at UNH; 3
Monday, Jan. 26
BELMONT

Girls' Hoops vs. Somersworth; 6
WINNISQUAM
Girls' Hoops at Inter-Lakes; 6
Tuesday, Jan. 27
BELMONT
Boys' Hoops vs. Gilford; 6
Girls' Hoops at Gilford; 6
Unified Hoops vs. Somersworth; 3
GILFORD
Boys' Hoops at Belmont; 6
Girls' Hoops vs. Belmont; 6
Unified Hoops vs. Newfound; 3
WINNISQUAM
Boys' Hoops at Derryfield; 7
Wednesday, Jan. 28
BELMONT-GILFORD
Hockey vs. Monadnock; 4
WINNISQUAM
Hockey vs. Kingswood; 6
Wrestling vs. Plymouth; 6

All schedules are subject to change.

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Belmont Elementary School Basketball kicked off the new year on Saturday, Jan. 10 with our annual clinic hosted by the BHS boys' and girls' basketball teams. Photo courtesy of the Shaker Regional School District's Facebook page.

Cats fall in overtime battle with Bulldogs



JOSHUA SPALDING

Belmont-Gilford's Tyler Mull and Kearsarge-Plymouth's Jasper Majerksy battle for the puck during action last Wednesday.

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Kearsarge-Plymouth and Belmont-Gilford hockey teams needed a little extra time to decide a winner on Wednesday, Jan. 14, at Plymouth State University.

But as it turned out, very little time, as Max Ryder buried a goal just 10 seconds into the extra frame to lift the visiting Bulldogs to the 3-2 win over the host Cats.

Nolan Johnson had an early chance for the Cats that goalie Jacoby Drouin stopped and Cam McClary came back with a chance at the other end that went over the top of the net. Ryder Francis had a chance denied by Drouin and Brayden Drew answered with a chance that was stopped by K-P goalie Asher Smith. Landon Custance had a bid denied by Drouin and Smith stopped a chance from Jack Rodrigue while McClary sent another shot wide of the net and Noah Van Vught had a bid denied for the Cats by Drouin.

Kearsarge-Plymouth took the 1-0 lead with 9:14 to go with Trenton Judkins getting the hosts on the board on assists from Francis and Johnson. Francis sent a shot over the top of the net and Alex Beaman had a bid go wide of the net as well. Drew sent a shot wide at the other end while Jaxen Lien, Sean Ellis and Ethan Girard all had chances for the Bulldogs that Smith denied. McClary made some nice moves through the defense, with Smith coming up with another save and

Francis went the other way
with a shot that went high.

Alex Rowley had a chance in close for the Bulldogs that Smith stopped and Lien had a chance that the Cat defense turned back. Madden Gagnon had a shot for the Cats that Drouin stopped before the Bulldogs got on the board in the final minute of the first period.

Will Hazelton got the Bulldogs on the board with 58 seconds to go on an assist from Ellis, tying the game at one. Colton Byars and Ellis had late shots denied by Smith and Drew had a shot go wide as the first period ended with the score knotted at one.

Francis had a bid denied by Drouin and Tyler Mull came the other way for a chance that Smith stopped. Johnson, Judkins and Will Carson all had chances that Drouin handled and Francis sent a shot wide of the net. Judkins had a nice centering pass that McClary was able to clear out from in front of the net. Ryder had a bid denied by Smith, Byars sent a shot wide and Ellis made a nice defensive stop on a run from Custance.

Kearsarge-Plymouth went on the power play with 6:58 to go in the middle period and Ellis and Mull had good penalty kills for the Bulldogs while Byars had a good clear. Francis and Judkins had chances denied by Drouin as the penalty was killed off. Declan Hackett had a bid stopped by Smith and Derik Swanson had a chance denied by Drouin while Ryder and Mull had

bids in close.

The Bulldogs took the lead with 3:22 to go in the period, as Mull put home a rebound of a shot from Thomas Murphy to give the Bulldogs the 2-1 advantage. After Drouin stopped a Custance chance, Belmont-Gilford went on the power play with 2:33 to go in the period. Drew had a bid denied and Byars and Rowley teamed up on a chance that Smith handled while Francis had a good stop to kill the penalty. Keasarge-Plymouth went on the power play with 18 seconds left in the second and the Bulldogs went to the final frame with the 2-1 lead.

The Cats needed just eight seconds of that power play to start the third, as Isaac Son finished off a feed from Francis to tie the game at two with Custance getting the secondary assist. Murphy had a centering pass cleared and Son made a run into the zone that Drouin handled. Will Custance made a good defensive stop in front of the net and Ryder had a bid stopped by Smith. Judkins and Landon Custance had chances stopped by Drouin and McClary had a chance at the other end that Smith stopped.

Will Custance and Landon Custance teamed up on a chance for the Cats while Gagnon cleared a centering pass from Rowley. Drew and Byars had chances that Smith turned back and Lien sent a shot wide of the net. Francis and Son teamed up on a chance and Landon Custance sent a shot off the post. Murphy got in close for a bid



Ryder Francis works the puck along the boards during action last Wednesday against Belmont-Gilford.

that went wide and Girard made a good defensive stop on Francis.

Drew, Girard and Ellis had chances that Smith turned back and Francis made a nice defensive stop on a bid from Lien. Drouin stopped another chance and Judkins sent a shot wide for the Cats as the game went to the end of regulation tied at two.

Just 10 seconds into the eight-minute overtime, Ryder finished off a feed from Drew and Belmont-Gilford had the 3-2 win.

Kearsarge-Plymouth is scheduled to take on Kingswood at Proctor Academy at 6 p.m. on Saturday, Jan. 24, and will be at John Stark-Hopkinton on Wednesday, Jan. 28, at 8 p.m.

Belmont-Gilford will be in action on Saturday, Jan. 24, at John Stark-Hopkinton at 8 p.m. and will be hosting Monadnock on Wednesday, Jan. 28 at 4 p.m.

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

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BEARS

CONTINUED FROM PAGE A1

cut the lead to 34-16 but Jean hit a hoop and Carter drilled a three-pointer for the 39-16 lead. Dolloff got the final basket of the quarter and Winnisquam took a 39-18 lead to the halftime break.

Carter drilled a three-pointer to start the second half before McFarland hit a hoop and Han-

nagan sunk a three-point-er. Carter drained another hoop before McFarland hit a hoop at the other end. Mia Wolfe connected on a three-pointer for Winnisquam before Dow hit a hoop and Katie Braman connected for two from the line for Newfound to make it 47-28.

Winnisquam got back on the board with hoops from Hart and Carter before Seymour hit for the

visitors. Carter got the final point of the third quarter with a free throw and Winnisquam took the 52-31 lead to the final eight minutes.

Emily MacLean hit two free throws for Newfound to start the fourth quarter and Seymour followed with a hoop. Carter hit two free throws and a bucket sandwiched around a hoop from Bastarache at the other end.

MacLean drilled a three before Carter hit two free throws and two three-pointers to open the lead to 64-40 and Jean added a hoop and a three-pointer sandwiched around another Carter bucket. Bastarache got the final basket of the game and Winnisquam took the 71-42 win.

Carter had a monster game as she closed in on 1,000 career points, scoring 41 points to lead the hosts while Jean finished with 17 points. Dow led the way for the visitors

with eight points.

Newfound will be back in action on Friday, Jan. 23, at Hillsboro-Deering at 5 p.m. and will be at Berlin for a 6 p.m. game on Tuesday, Jan. 27.

Winnisquam will be in action on Friday, Jan. 23, at White Mountains Regional and Monday, Jan. 26, at Inter-Lakes, both with 6 p.m. scheduled starts.

WRHS 29-10-13-19-71
NRHS 10-8-13-11-42

Winnisquam 71

Carter 13-10-41, Hart 2-0-4, Soucy 3-0-6, Jean 6-3-17, Wolfe 1-0-3, Totals 25-13-71

Newfound 42
McFarland 3-0-6, MacLean 1-2-5, Hannagan 2-0-6, Dolloff 2-0-4, Seymour 3-0-6, Bastarache 2-1-5, Braman 0-2-2, Dow 4-0-8, Totals 17-5-42

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

Freestyle athletes get final Olympic tune-up at Waterville Valley



JOSHUA SPAULDING

Ikuma Horishima soars over the Waterville Valley snow during the Intermountain Health World Cup on Friday.
BY JOSHUA SPAULDING



Kylie Kariotis competes in the Intermountain Health World Cup mogul competition during action on Friday afternoon.



Olivia Giaccio receivers her third place trophy from New Hampshire Governor Kelly Ayotte after Friday's World Cup competition at Waterville Valley.



Reigning Olympic silver medalist Jaelin Kauf rotates in the air during action in the Intermountain Health World Cup at Waterville Valley.

Sports Editor

WATERVILLE VALLEY — Thursday's foggy weather forced the best mogul skiers in the world from competing in the Intermountain Health Freestyle World Cup at Waterville Valley, but Friday's blustery wind and cold didn't stop anyone, including the spectators lining the finish area and the side of the course.

The original schedule had the single moguls on the course on Thursday and dual moguls on Friday as the athletes got in their final tuneup for the Milan-Cortina Olympics. However, Thursday's weather scrapped that day's competition and it was re-

scheduled for the next day, with the dual moguls competition cancelled.

The event was originally slated to take place in Deer Valley, Utah and was rescheduled to Waterville Valley due to a lack of snow across much of the western U.S. in the early season. Waterville Valley stepped up to host on short notice, continuing the resort's reputation of putting on high caliber events.

The men kicked off the day with qualifying and Asher Michel, Landon Wendler, Charlie Mickel and Nick Page all earned spots in the finals. For the women, Kylie Kariotis, Alli Macuga, Jaelin Kauf, Tess Johnson, Kasey Hogg, Olivia Giaccio and Liz

Lemley all punched tickets to the next round.

For the men in the finals, Mickel and Page made their way into the super final, with Page finishing in fifth and Mickel finishing in fifth place. Japan's Ikuma Horishima opted for safety in icy conditions, recording a score of 85.56 points for first place. Filip Gravenfors of Sweden took second spot with 80.54 points, while Shota Hirayama of Japan earned his first World Cup podium in third place with 79.47 points.

"I was a little bit nervous for the finals. These were very tough conditions. I couldn't do a double full in the top air," Horishima said. "It's very nice to have a podium together with another Japanese, and I hope there will be many more to come."

For the women in the finals, New Hampshire native Hogg, Giaccio and Lemley all earned bids in the super final and Lemley eventually finished second and Giaccio finished in third. Australia's Jakara Anthony, the reigning Olympic champion, continued her stellar season and continued the momentum by bringing home the win on the day.

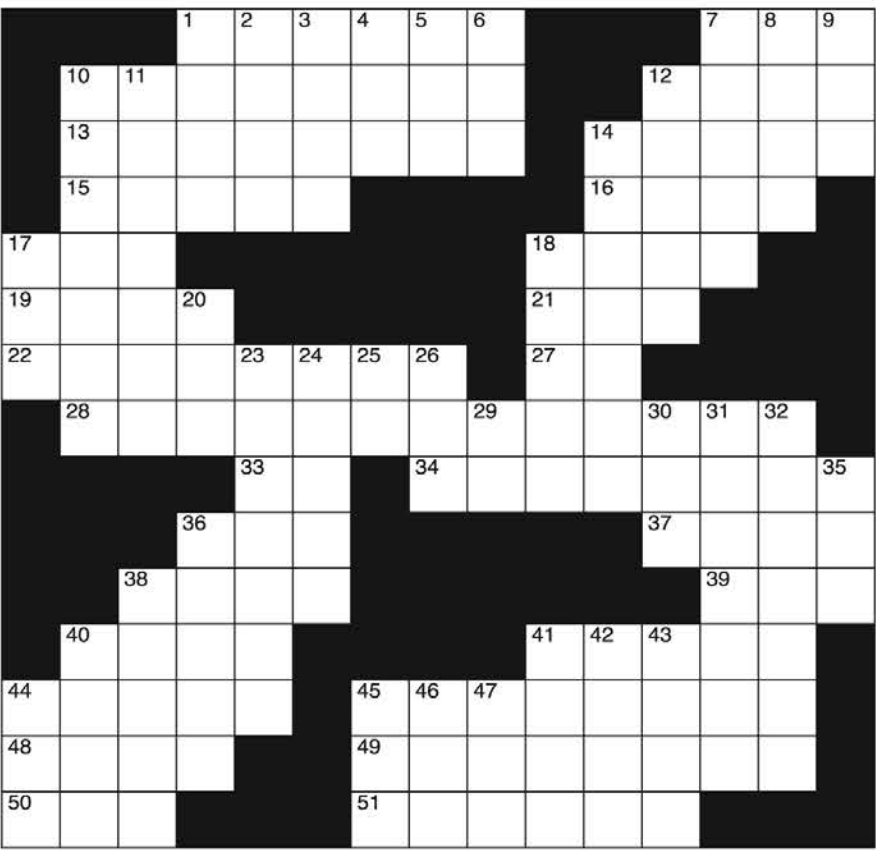
"I guess I have a good track record here now," said Anthony, who was a double winner in Waterville last season. "It's a nice place to leave the World Cup season on hold until the next one."

"I had a good day," Giaccio told US Ski and Snowboard. "I'm very excited about my skiing and the momentum I'm building. There's room to grow, but I'm trending in a direction that matters."

Following the competition, a couple of the athletes got some good news regarding the upcoming Olympics. Johnson and Page both earned their second Olympic nod while Lemley was officially named to her first Olympic team. They join Kauf, the silver medalist from the 2022 Beijing Olympics, who had already secured her spot on the 2026 Olympic Team. The rest of the Olympic team is slated to be named on Friday, Jan. 23.

"I knew I was in a good position, but our team is so strong, you never know what could happen," Page said to US Ski and Snowboard. "I had to come in today, really put my foot on the gas, put a stamp on it and make this team. To finish it out this way was pretty special."

"I'm feeling pretty awesome," Lemley noted. "I've dreamed of it since I was a kid, like everybody. And it feels great after a lot of work this summer. I'm just super proud of myself."



CLUES ACROSS

1. Mechanical lever

7. Rocky peak

10. Leave a country

12. Discount

13. D.C. ballplayer

14. Partner to "ooohed"

15. Engine sound

16. Japanese ornamental box

17. Fido is one

18. Amounts of time

19. DiFranco and Phyo are two

21. Yearly tonnage (abbr.)

22. Make secret plans

27. "Tiny Bubbles" singer

28. "His Airness"
33. Morning

34. Perfected

36. Winger guitarist Beach

37. Abba __, Israeli politician

38. Self-immolation by fire ritual

39. A way to save money

40. Pulpit

41. Make ecstatically happy

44. Once more

45. Works on

48. Nocturnal S. American rodent

49. State again

50. Expression of disappointment

51. Type of door

CLUES DOWN

1. Yugoslavian communist leader

2. Exchange rate

3. High school dance

4. Peter's last name

5. When you anticipate arriving

6. Israeli city __ Aviv

7. Goat-like mammals

8. Margarine

9. End-of-the-spectrum color

10. Make poisonous

11. Popular beverage

12. Actress Lathan

14. Where planes land and depart

17. Political fundraising entity

18. The distinctive spirit of a people or an era

20. Buffer used in microbiology

23. Light, open carriage

24. Metrical feet
25. Email subject line feature

26. A street with lots of nightmares

29. Rapper Rule

30. River in Scotland

31. One who settles a dispute

32. Most chummy

35. We all have our own

36. Arab tribe

38. Slap

40. Ottoman military commanders

41. Scottish or Irish Gaelic language

42. Emit coherent radiation

43. Sun or solar disk (Egyptian mythology)

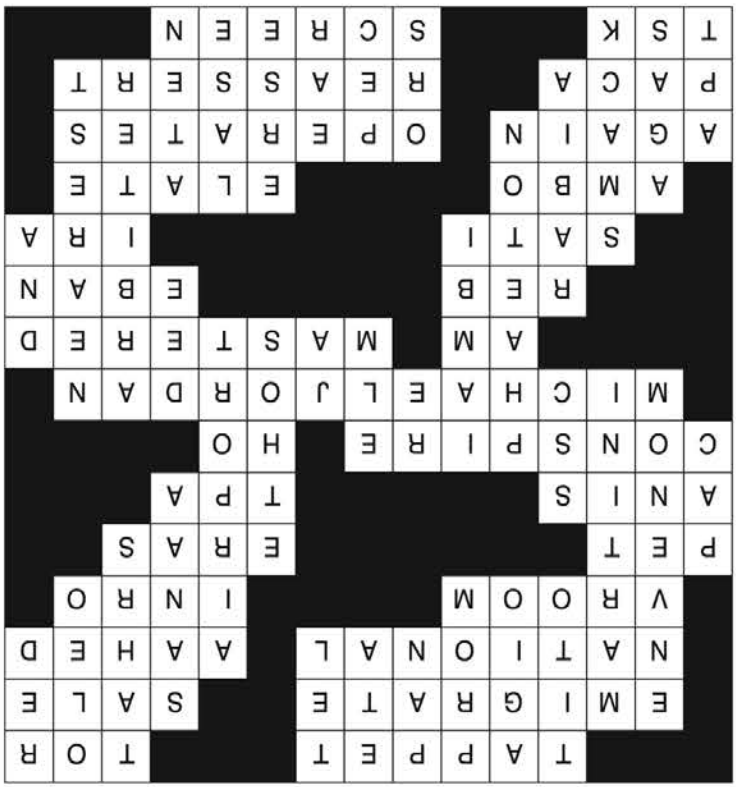
44. Inclined to

45. Olfactory reference syndrome

46. Chest muscle (slang)

47. Body part

PUZZLE SOLUTION



Bears hit the track for meet at UNH

BY JOSHUA SPAULDING
Sports Editor

DURHAM — The Winnisquam indoor track team made the trip to Durham for a Sunday morning meet on Jan. 18.

The top individual performance of the day for the Bear girls came from Phoebe Timmons in the shot put with a toss of 27 feet, 11.25 inches with Danica Weymouth in sixth place at 26 feet, two inches. Zariah Moore was 15th in the long jump at 11 feet, nine inches, Eliza Allen was 21st at 10 feet, six inches and Milan Pham was 23rd at nine feet, 11.5 inches.

Bella Dalzell ran to eighth place overall in the 1,500 meters in 6:28.33 while Kaiden Robb was 10th in the 600 meters in

1:59.91. Alexandria Myers was 12th in the 300 meters in 48.92 seconds, Denesa Williams was 20th in 50.41 seconds, Emily Tripple was 24th in 52.29 seconds and Allen was 26th in 53.23 seconds.

In the 55 meters, Myers was 20th in 8.4 seconds, Weymouth was 30th in 8.68 seconds, Moore was 33rd in 8.79 seconds, Allen was 34th in 8.89 seconds, Pham was 44th in 9.61 seconds and Timmons was 46th in 9.76 seconds.

The Bear 4X160-meter relay girls finished in eighth place in 1:35.64 while the 4X160-meter boys finished in seventh in 1:41.41.

Nolan Abbott ran to eighth in the 300 meters in 39.58 seconds and Chris-

topher Collins was 34th in 50.1 seconds. Collins was 50th in the 55 meters in 8.5 seconds, Chase Tripple was 53rd in 9.66 seconds and Khongr Makaev was 54th in 10.33 seconds.

Kyren Whitmore finished in eighth place in the 55-meter hurdles in 10.58 seconds while in the 600 meters, Simon Ahlgren was 17th in 1:45.07, Jesse Vienneau was 25th in 2:01.21 and KamdyN Reagan was 28th in 2:06.13.

Whitmore was also 11th in the 1,500 meters in 5:19.05 with Tristan Honeman in 13th in 5:22.05 and Andrew Paquette in 18th in 6:34.32. Cullen Desrochers ran to 11th overall in the 3,000 meters with a time of 10:28.44.

The Bears are slated to compete at the University of New Hampshire at 3 p.m. on Sunday, Jan. 25.

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

HOTWORX brings 24/7 infrared fitness experience to Tanger

TILTON — Tanger Outlets Tilton offers a new health and wellness option just in time for the new year with the recent opening of HOTWORX, a virtually instructed, infrared fitness studio now welcoming members. Located next to Eddie Bauer, the 3,000-square-foot studio offers a unique, technology driven workout experience designed to fit any schedule.

HOTWORX combines infrared heat with a variety of isometric and high-intensity interval training workouts, all delivered through virtual instruction. Members can access the studio 24 hours a day, seven days a week, making it easy to prioritize fitness on their own time. Workouts take place in infrared saunas, which are designed to enhance calorie burn, improve circulation and promote faster recovery.

The studio features multiple sauna environments offering sessions such as hot yoga, Pilates, barre, cycling and HIIT-style workouts, allowing members to customize their routines based on personal goals and fitness levels. HOTWORX's innovative approach delivers an efficient, low-impact workout option for both seasoned athletes and those new to fitness.

"The opening of HOT-

WORX adds an exciting new dimension to Tanger Tilton," said Eric Proulx, Marketing Director at Tanger Tilton. "As our guests continue to seek experiences that support healthy, active lifestyles, HOTWORX provides a convenient and modern fitness option that complements our existing retail and dining mix."

About Tanger Tilton
Tanger Tilton is Lakes Region's upscale, open-air outlet shopping destination, featuring a coveted collection of top brands and local shops. The 250,000-square-foot center features more than 50 pre-

mier outlet stores offering real style and real savings every day. Shopper-favorite brands at Tanger Tilton include American Eagle, Bath & Body Works, Coach, Kate Spade New York, Old Navy Outlet and Under Armour. For a full store listing and map, as well as directions, events and scoop on the latest sales, visit tanger.com/tilton, download the Tanger App or connect on Facebook and Instagram. Guests can also access the ultimate shopping experience by joining Tanger Club, Tanger's exclusive loyalty program, for curated offers and rewards.

Beckett Nichole Gilbert of Belmont named to Clarkson University's Dean's List

POTSDAM, N.Y. — Beckett Nichole Gilbert of Belmont, a freshman majoring in mechanical engineering, was named to the Dean's List for the Fall 2025 semester at Clarkson University.

Dean's List students must achieve a minimum 3.25 grade-point average and also carry at least 14 credit hours.

Clarkson University is a proven leader in technological education, research, innovation and sustainable economic development. With its main campus in Potsdam, N.Y., and additional graduate program and research facilities in the Capital Region and Hudson Valley, Clarkson faculty have a direct impact on more than 7,800 students annually through nationally recognized undergraduate and graduate STEM designated degrees in engineering, business, science and health professions; executive education, industry-relevant credentials and K-12 STEM programs. Alumni earn salaries among the top 2 percent in the nation: one in five already leads in the c-suite. To learn more, go to www.clarkson.edu.


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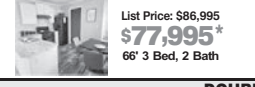


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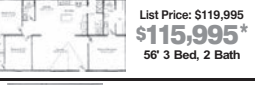


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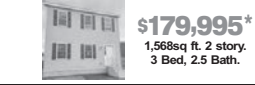
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Take it Easy with EagleMania at The Colonial

LACONIA — The Colonial Theatre of Laconia will present EagleMania - The World’s Greatest Eagles Tribute Band on Thursday, July 30, at 8 p.m. Tickets to the show are on sale now at ColonialLaconia.com or by calling 1-800-657-8774.

EagleMania has been dazzling audiences for over a decade by spectacularly reproducing the music of The Eagles. EagleMania thrills internationally sold-out audiences with their stunning five-part harmony, virtuoso guitar work, and uncanny ability to emulate the distinct sound of The Eagles. The EagleMania show consists of the Eagles’ greatest hits, as well as select Don Henley, Glenn Frey, and Joe Walsh solo efforts.

The original owner of the Colonial Theatre, Benjamin Piscopo, was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. In August of 2002, the theatre closed after 87 years of operation. On June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to various performances, including music, theatre, comedy, and civic events. Spectacle Management manages the Colonial Theatre and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main St., Laconia, NH 03246. www.coloniallaconia.com

Founded in 2012, Spectacle Live offers venue operations, booking, programming, marketing, and production services across New England from offices in Lexington and Lowell, Mass. and Laconia. The company partners with over a dozen venues to manage facilities and promote a variety of events, including concerts, comedy, theater, and family entertainment. For more information, contact Pete Lally atplally@spectaclelive.com or 617-531-1257. www.spectaclelive.com

Ella Stanley named to College of Charleston Fall Dean’s List

CHARLESTON, S.C. — Ella Stanley of Tilton was named to the College of Charleston Fall 2025 Dean’s List. Stanley is majoring in Business Administration

To qualify for the Dean’s List (Distinguished), students must earn a GPA of 3.500 or higher and complete a minimum of 12 semester hours.

Located in the heart of historic Charleston, S.C., the College of Charleston is a nationally recognized, public liberal arts and sciences university. Founded in 1770, the College is among the nation’s top universities for quality education, student life and affordability. Its beautiful and historic campus, combined with contemporary facilities, cutting-edge programs and accessible faculty, attracts students from across the U.S. and around the world.

Lakes Region Art Association seeks entries for Youth Art Exhibition

TILTON — Lakes Region Art Association, is thrilled to announce a call for art submissions for our upcoming Youth Art Show, celebrating the creativity of young artists from kindergarten through 12th grade. Homeschoolers are warmly welcome to participate! Pre-register at <https://forms.gle/JEzQdQbMyaQSdNqB6>

This exciting exhibition provides a professional gallery setting for children and teens to showcase their talents. One piece per child, with all submissions required to be 11 by 14 inches, unframed. Artwork will be accepted in a variety of media, including:

- Acrylic
- Oil
- Pastel
- Oil Pastel
- Watercolor
- Digital (no AI-generated art)
- Photography

Entries will be grouped and judged by grade level:

- K–2nd Grade
- 3rd–5th Grade
- 6th–8th Grade
- 9th–12th Grade

Prizes will be awarded in each group!

Drop-off Dates: May 2 & 3 (during gallery hours)

Reception & Awards Ceremony: May 9, 4–6 p.m.

Location: Lakes Region Art Gallery, 120 Laconia Rd., Suite #300, Tilton (Tanger Outlets)

“We can’t wait to see the incredible imagination and skill of our young artists

on display,” says Sherwood Frazier, President. “This show is a wonderful opportunity to inspire creativity and build confidence in the next generation.”

Submissions are free and open to all young artists in the community. For more details or questions, visit <https://www.lakesregionartgallery.org/> or contact Stephanie@mcquadefinearts.com.

About Lakes Region Art Association

The Lakes Region Art Gallery is run entirely by volunteer artists and is dedicated to fostering creativity and community through exhibitions, classes, and outreach programs. Visitors not only enjoy an inspiring cultural experience but also directly support the arts in the Lakes Region.

Media Contact: Stephanie C. McQuade
Email: Stephanie@mcquadefinearts.com
Website: www.lakesregionartgallery.org
Gallery Phone: 603-998-0029 (Lakes Region Art Association)



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TOWN OF TILTON 2026 FILING NOTICE

Declarations of Candidacy for elected Town Office positions will begin on Wednesday, January 21 and expire on Friday, January 30. You may file at the office of the Town Clerk at Town Hall, 257 Main St, during regular business hours.

The office will remain open until 5:00 p.m. on January 30th.

SELECTBOARD	2 (3) year terms
BUDGET COMMITTEE	2 (3) year terms
TOWN CLERK TAX COLLECTOR	1 (3) year term
MODERATOR	1 (2) year term
SEWER COMMISSION	1 (3) year term
SUPERVISORS OF THE CHECKLIST	1 (6) year term
TRUSTEES OF THE TRUST FUNDS	1 (3) year term

Shaker Regional School District PUBLIC NOTICE

The Canterbury Supervisors of the Checklist will be in public session for any additions, changes, or corrections to be made to the voter checklist at Sam Lake House, 10 Hackleboro Rd, Canterbury, NH on Tuesday, January 20, 2026, from 7:00 pm – 7:30 pm. and on Saturday, February 28, 2026 from 1:00 pm – 1:30 pm.

Supervisors of the Voter Checklist:
Brenda Murray,
Denise Sojka,
Pamela Smarling

Shaker Regional School District PUBLIC NOTICE

The Belmont Supervisors of the Checklist will be in public session for any additions, changes, or corrections to be made to the voter checklist at Belmont Town Hall, 143 Main Street, Belmont NH on Tuesday, January 20, 2026, from 5:00 pm – 5:30 pm; and on Saturday, February 28, 2026 from 11:00 am – 11:30.

Supervisors of the Voter Checklist:
Brenda Paquette,
Donna Shepherd,
Nikki Wheeler



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 moderator and school board members of the Shaker Regional School District. The filing period will start Wednesday, January 21, 2026

The election will occur during the annual voting on Tuesday, March 10, 2026 and will be conducted under the non-partisan ballot law.

Positions to be filled at the election are:

Belmont School Board Member – two members to serve for three years
Canterbury School Board Member – one member to serve for three years

Written declaration of candidacy must be filed prior to 5:00 pm on Friday, January 30, 2026 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.

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.

Diane Clary, Clerk
Shaker Regional School District



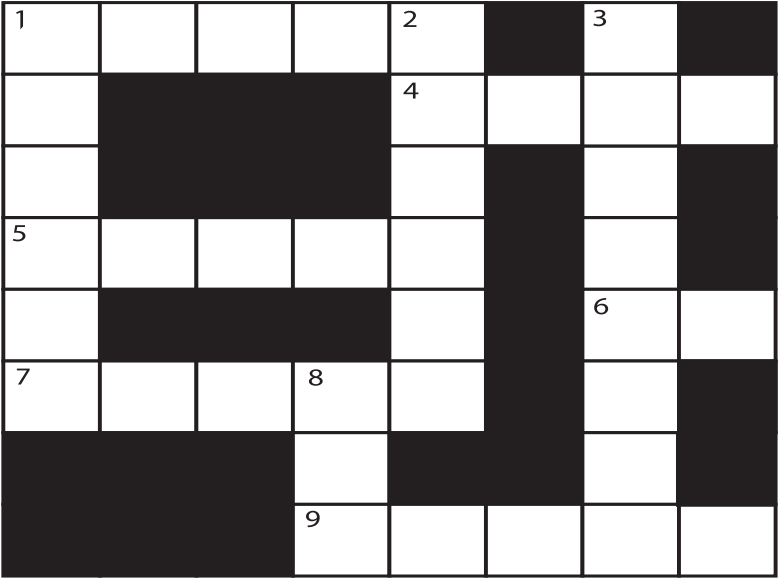
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Crossword Puzzle



ACROSS

- 1. Related to onions
- 4. Passage of minutes
- 5. Reason
- 6. Artificial intelligence
- 7. Liquid meals
- 9. Browned bread

DOWN

- 1. Scoops liquid
- 2. Bases for soups
- 3. Importance given
- 8. Cooking vessel

Answers:
Across
1. Leeks 4. Time 5. Logic 6. AI 7. Soups
Down
1. Ladles 2. Stocks 3. Emphasis 8. Pot 9. Toast

THIS DAY IN HISTORY



1789: The first American novel is printed in Boston.

1915: Kiwanis International is founded in Detroit.

1948: The Flag of Quebec is adopted and flown for the first time over the National Assembly of Quebec.

NEW WORD

CHOWDER
thick, hearty soup defined by its chunky texture

Food FACT:

This soup is traditionally smooth and creamy and often begins with a shellfish stock.

Answer: Bisque

How they say that in...

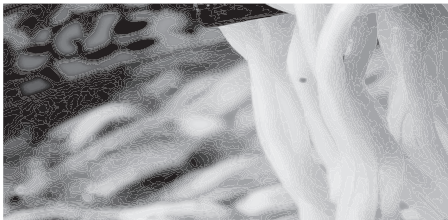
English: Soup
Spanish: Sopa
Italian: Minestra
French: Soupe
German: Suppe



The earliest archaeological evidence of consuming soup dates back to 6,000 BC, when the soup featured hippopotamus meat, sparrows, lentils, and vegetables.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Noodle soup



Students in grade 2 at Belmont Elementary School studied erosion with Miss Ashley from Prescott Farm this week. Students were challenged to use items from the forest to prevent the erosion of a dirt base. After one attempt, students were given another opportunity to improve their design. Thank you to B.E.S.T. PTO for supporting this opportunity for students. Photo courtesy of the Shaker Regional School District Facebook page.

Hermit Woods to host evening of original music at January Songwriter Round-Up

MEREDITH — The partnership between Katie Dobbins Music (Gilford) and Hermit Woods Winery & Eatery (Meredith) which has brought the monthly music series Songwriter Round-Up to the Lakes Region is set to deliver another great show at the end of this month. Held in the region’s premier listening room, The Loft located on the second floor of the Winery, this series has been giving audience members a chance to experience the original music of talented singer-songwriters from the New England area and beyond. At each show three artists share their songs and stories in a unique in-the-round style performance.

Moultonborough - Lumber Counter

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Now held on the last Thursday of each month, this intimate series features two different songwriters each month alongside host performer Katie Dobbins.

The series presents area residents and visitors an opportunity to experience the show “magic” that each new lineup creates. Winery co-founder and owner Bob Manley is thrilled to have his establishment be home to the monthly Songwriter Round-Up Series. Remarking on the success of the series, Bob reaffirms the valued partnership the Winery has developed with Katie Dobbins Music expressing “Working alongside Katie Dobbins and her Songwriter Round-Up Series has been an absolute delight. Katie brings an engaging presence to the stage, effortlessly connecting with our audiences and showcasing incredible talent with each performance.”

The next Songwriter Round-Up show takes place on Thursday, Jan. 29, featuring the Lakes Region’s own Katie Dobbins, a singer-songwriter who delivers heart-felt lyrics with beautiful vocal tones wrapped in guitar and piano melodies. Temple Mountain, a singer-songwriter born and raised in New York and now residing in New Hampshire, with thoughtful lyrics supported by acoustic guitar, and Molly Shuvani, a multi-instrumentalist singer-songwriter from Maine who blends folk, R&B, and Jazz elements to support hard-hitting lyrics delivered through powerful vocals. All of these artists bring their own unique life-lyrics, melodies, and styles to the stage. This promises to be an evening of great original music and dynamic entertainment that you won’t want to miss. Learn more about each of these artists on the Hermit Woods Winery website.

A complimentary wine tasting will begin at 5:30 p.m., the Loft opens at 6pm for seating & dinner orders, and music starts at 7 p.m. Patrons can further enhance their evening by selecting from a menu of tasty items available from Chef Kaylon Sweet of Sweet Mercy’s Kitchen. Tickets can be purchased in advance at hermitwoodswinery.com/the-loft or in-person at the Winery.

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