

Gilford Steamer

THURSDAY, JANUARY 25, 2018

GILFORD, N.H. - FREE



ERIN PLUMMER

Gilford Middle School students put the finishing touches on the coming production of "Bye, Bye Birdie."



ERIN PLUMMER

The GMS production of "Bye, Bye Birdie" will come to the stage this weekend.

GMS theater presents "Bye, Bye Birdie" this weekend

BY ERIN PLUMMER
mnews@salmonpress.news

Gilford Middle School students will be rocking stage with their production of "Bye, Bye Birdie" this weekend.

The story of a musi-

cal idol getting ready for one last concert and publicity stunt before going into the Army will come to life on the stage of the Gilford High School Auditorium on Thursday, Friday, and Saturday.

Director Matt Demko said the process has been really good and the students have been working hard.

The production ran into some challenges due to school cancellations. He said they lost

some rehearsal time, but worked to make up for it.

"The tech crew's been working hard," Demko said. "They're awesome; they're doing a great job."

Demko said they have also had a number of parent volunteers who have helped with various aspects of the production. He said the parents have been helping with costumes,

props, food, and general support.

Fifth grader Mia Davila plays the Mayor's wife, who swoons over Conrad Birdie alongside his fans. Davila said she has done plays before, though as a fifth grader she is getting to know this cast.

She said she's been having fun meeting new people and watching them play their roles.

Maria Uiker plays Kim in one of the casts, a 15-year-old who wins the chance to have a kiss from Conrad on national television.

"I really enjoy it, it's a lot of fun," Uiker said.

She said it is also a good mix of people.

Sixth grader Abby Kenyon plays Mrs. Peterson, the mother of Conrad's agent Albert
SEE BIRDIE PAGE A16

\$13 million budget, fireboat among Gilford warrant articles

BY ERIN PLUMMER
mnews@salmonpress.news

A new fireboat, bridge replacement, and other capital expenses are some of the major warrant articles expected to be on his year's ballot going into the deliberative session.

The town and school district budget hearing took place on Tuesday night with presentation of the warrants.

Article 3 is the town's budget of \$13,019,334, with the default budget of \$12,648,499 if the article is defeated.

Budget Committee

Chair Norm Silber said the board of selectmen's initial proposed budget was \$13,037,633, though the Budget Committee reduced that number by \$18,299 to reach the final number for the article.

Article 7 would enter into a \$275,000 lease purchase agreement for a new fireboat. The article would also put \$65,000 or the first year's payment.

The town will replace Old Lakeshore Road Bridge in Article 10, which would put \$1.1 million toward the project.

The replacement will be done with \$880,000 from the State Aid Bridge Program with the remaining \$220,000 from the town's Bridge Replacement Capital Reserve Fund.

Article 11 would establish a capital reserve fund to construct and reconstruct sidewalks with \$50,000 to go into the fund.

Other major purchases will include \$200,000 for a heavy duty dump truck (Article 8), \$50,000 for a used excavator (Article 9) \$30,000 for a 4X4
SEE BUDGET PAGE A16

Voters to decide in \$26 million school budget, capital reserve fund deposits

BY ERIN PLUMMER
mnews@salmonpress.news

Voters will decide on a proposed school district budget of around \$26.2 million, which reflects a decrease of more than \$6,000 made from the initial school board budget.

The town and school district's budget hearings took place last

Tuesday night.

Budget Committee Chair Norm Silber said all of the school articles

were approved by the Budget Committee, and each of the amounts are

SEE SCHOOL PAGE A16

Regional agency funding leads to heavy discussions

BY ERIN PLUMMER
mnews@salmonpress.news

The Budget Committee and the selectmen voted last week to not recommend four articles putting money toward regional agencies, with a number of residents questioning their rationale.

Discussion took place on these and other warrant articles during the town's budget hearing on Tuesday, leading up to the Feb. 8 deliberative session and March 13 voting.

Both the selectmen and the Budget Committee voted to not recommend articles 25-27, all of which are petition articles to provide funding to different community organizations. Article 24 is \$9,000 for Lacomia Area Center of Community Action Program, Article 25 is \$23,500 for Central New Hampshire VNA

and Hospice, Article 26 would put \$21,000 towards Genesis Behavioral Health, and Article 27 is \$2,630 for New Beginnings Without Violence and Abuse.

"I don't think that anyone questions the good work that they do," said Budget Committee Chair Norm Silber.

Silber, however, opposed the town putting tax money toward these organizations. He said there are other organizations, like the Salvation Army and the Boy Scouts, that also do good work in the community and don't ask for town funding.

"The thinking at least from the perspective of the Budget Committee is if the taxpayers want to support a particular outside agency they need to work with that outside agency," Silber said.
SEE AGENCY PAGE A16



COURTESY

Edgewater Academy of Dance hosts women's self defense class

Women of all ages braved the cold elements to attend the second annual Women's Self-Defense class and fundraiser at Edgewater Academy of Dance! Three local business came together again this year to offer the class, and along with the class participants, raised \$450 for New Beginnings, a non-profit women's shelter. The class, taught by White Dragon Martial Arts of New Hampshire, who donated their time and expertise, was both fun and empowering! The class centered on helping each participant to be more prepared, to find her voice and strength, and to practice many self defense techniques. Thanks also to Edgewater for organizing and hosting the event and to Rice Law Office who made a donation per participant attending the class. We are looking forward to our third annual class around this time next year!

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

Mark: Today is a day for empowerment, for mutual support, for positivity, and validation. Today, like every day, is a good day to hear what women are thinking, and to celebrate womanhood. Kristin Maslow will host a new women's group here at the library. It will be a place where woman of any age can gather to share their experiences and thoughts without judgment. Kristin, what is 'Women's Circle?'

Kristin: Women's circle is place for wom-

en of any age to come to find a community of women willing to share and listen. It is a safe place, where women can express themselves, be honest and open. It is a place to connect, without reservation, and in the confidence of the group.

Mark: What is special about a group specifically for women?

Kristin: I believe that magic happens when women come together in a circle. There is a primal connection that we all have as women, that comes from being con-

nected to the Earth, our hearts, and the way we interact. Sometimes it's challenging in the modern world, which still has patriarchal structures, to be honest about experiences of women and about expectations. I believe that women have a way of understanding one another.

Mark: What can someone expect to find when they come? What will you talk about? Will there be snacks?

Kristin: Yes, there will be light snacks! We'll start with a simple meditation to help people become thoughtful and focused. We'll check in with how everyone is feeling. Sharing is core, often times in a circle like this there will be common themes, and we will dwell on those. The discussion will flow from what people are thinking and feeling.

Mark: Kristin, thank you for starting this group. Can you tell us a little bit about yourself?

Kristin: I am a nurse with my degree from the University of New

Hampshire. I've practiced for five years in various settings. Then I started having babies! I've had doula and yoga teacher training, Reiki training, intuitive healing training. So, I've sat in many circles, especially with women.

Mark: Kristin, thanks for chatting with me. What would you say to a woman thinking of coming?

Kristin: I'd say hooray! Thanks for joining us. I would love to have a diverse circle. Diversity adds depth, so please come and talk with us.

Classes & Special Events

Jan. 25 to Jan. 31
Thursday, Jan. 25
Yoga Fun (two to four Year Olds), 10:30-11 a.m.

Come enjoy an introduction to yoga through songs and games! Ages two to four with caregiver. Sign up in the children's room.

Yoga Fun (four to six Year Olds), 11:15 a.m.-noon

See 'Yoga Fun (two to four Year Olds)' above.

Crafty Kids Drop In, 1-4 p.m.

Stop by the library to create something great! Ages K-4 with caregiver.

Homeschool Game Club, 1:15-2:30 p.m.

Teen Table Toppers, 2:30-3:30 p.m.

Conversational French, 4-5 p.m.

Friday, Jan. 26

Preschool Storytime, 10:30-11:30 a.m.

Social Bridge, 10:30 a.m.-12:30 p.m.

Knit Wits, 1:30-2:30 p.m.

Conversational German, 2:30-3:30 p.m.

Saturday, Jan. 27

Acrylic Painting Class, 11:30 a.m. - 1:30 p.m.

Give acrylic painting a try in this two hour class with Roney Delgadillo! Sign up at the library, cost is \$5 and includes all materials. Leave with your very own beautiful painting, no prior experience or skills required.

Monday, Jan. 29

Fiber Friends, 10 a.m. - 12:30 p.m.

Mahjong, 12:30 - 3 p.m.

Lego Creator Club, 3:15 p.m.

Join us for a new

challenge every week! K - fourth grade.

Tuesday, Jan. 30

Baby and Toddler Storytime, 10-10:30 a.m.

Preschool Storytime, 10:30-11:30 a.m.

Bridge, 10:30 a.m.-12:30 p.m.

Tuesdays at the Library, 3:15-4:15 p.m.

It's Volunteer Day! Help us out with a Children's Room project and enjoy a yummy snack as a thank you. Ages K-4

Women's Circle, 5-6:30 p.m.

Start the new year off right by making time for yourself, and join us for this empowering group. Gather with women of any age, connect and share in the joys and trials of womanhood in the modern world.

Wednesday, Jan. 31
Line Dancing, 9-10:30 a.m.

Check Out an Expert, 10 a.m.-noon

Teen Early Release Game Day, 12:30 - 1:30 p.m.

Elementary Early Release: Winter Fun, 1:30 - 2:30 p.m.

Winter fun with Wendy Oellers! Ages K-4, younger kids with caregiver.

Gilford Public Library Top Ten Requests

1. "Rooster Bar" by John Grisham
2. "Fire and Fury: Inside the Trump White House" by Michael Wolff
3. "The Midnight Line" by Lee Child
4. "Year One" by Nora Roberts
5. "The Family Lawyer" by James Patterson
6. "End Game" by David Baldacci
7. "Natural Disaster" by Ginger Zee
8. "Unbound" by Stuart Woods
9. "The Woman in the Window" by A. J. Finn
10. "The Wanted" by Robert Crais



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GILFORD POLICE LOG

The Gilford Police Department responded to 445 calls for service and made the following arrests from Jan. 8-22. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld.

Seth Abram Stephens, age 28, of Hudson was arrested on Jan. 10 for Possession of a Controlled Drug (Methamphetamine) in an amount less than one ounce, a separate count of Possession of a Controlled Drug, prohibited pos-

session of a dangerous weapon by a convicted felon, and in connection with three outstanding warrants.

Brandy S. Tuttle, age 29, of Gilford was arrested on Jan. 11 in connection with a warrant.

Matthew F. Goupil, age 34, of Belmont was arrested on Jan. 11 for Driving After Revocation or Suspension.

Eric Gonyer, age 34, of Belmont was arrested on Jan. 12 for Criminal Trespassing and Possession of a Controlled Drug.

Izaiah Conway, age 21, of Meredith was ar-

rested on Jan. 12 in connection with a warrant.

Bonnie E. Cote, age 58, of Gilford was arrested on Jan. 13 in connection with a bench warrant.

Kimberly A. Fogg, age 41, of Belmont was arrested on Jan. 13 on five counts of Theft By Unauthorized Taking or Transfer (Larceny).

Jonathan Pagliarulo, age 36, of Meredith was arrested on Jan. 13 for Unlawful Activities; Litter Control.

Rick James Joyce, age 53, of Gilford was arrested on Jan. 14 for Driving While Intoxicated, and for an Open Container

violation.

Kimberly Marsh, age 46, of Laconia was arrested on Jan. 20 in connection with two warrants.

Christopher S. Gagnon, age 43, of Gilford was arrested on Jan. 20 for Aggravated Driving While Intoxicated.

Patrick G. Stitt, age 43, of Belmont was arrested on Jan. 21 on three counts of Theft By Deception in an amount less than \$1,000 and one count of Willful Concealment.

John McCarthy, Jr., age 34, of Belmont was arrested on Jan. 21 for Disobeying an Officer.

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Gilford Parks and Recreation News

BY HERB GREENE
Director

Gilford Parks and Recreation

Adult Curling program continues on Thursday evenings

The Gilford Parks and Recreation Department is sponsoring a seven-week pick-up curling program for adults on Thursday evenings. The program will be held at the Arthur A. Tilton Ice Rink from 6:30 - 7:30 p.m. through March 1.

Curling is the sport of "sliding stones" down the ice in an attempt to get your "stones" closer to the target than your opponent. Although this activity is held on the ice, participants do not wear ice skates.

Participants should dress to be outside and should wear sneakers or boots. Cost for this program is \$2 per evening, and participants can register at the start of the program. For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

Space is still available on a bus trip to Boston to see the Celtics take on the Memphis Grizzlies on Monday, Feb. 26. Cost of the trip is \$120.00 for lower level Loge seats and \$70 upper level balcony seats and includes round trip motor coach from Gilford or Belmont and tickets to the game. Our deluxe motor coach will depart from Gilford High School at 5 p.m. and the Belmont Park & Ride-share (Route 106) at 5:15 p.m. You will have time to visit the pro-shop and get dinner on your own prior to the game. Our seats are in section #19 (Loge) and #310 & #311 (Balcony) for the 7:30 p.m. 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.

For more information or to RSVP, please contact the Gilford Parks and Rec. Department at 527-4722.

Space still available for Boston Celtics bus trip on Feb. 26

For more information, please contact the Gilford Parks and Recreation Department at 527-4722 or visit their Web site at www.gilfordrec.com.

Adult Snowshoeing program held on Tuesday mornings

The Gilford Parks and Recreation Department is once again sponsoring a series of snowshoe hikes for any adults looking for fresh air, fun and exercise on Tuesday mornings this winter. Participants will meet in the Gilford Town Hall at 9:30 a.m. prior to each hike. The scheduled hikes continue on Tuesday, Jan. 23. If you are in need of snowshoes, we do have a limited supply available for each hike at a nominal fee. They may be reserved one hike in advance on a first come basis by calling the Parks and Rec office. All interested participants must RSVP at least one day prior to each hike. The cost of snowshoe rentals are \$3 per hike.

For more information or to RSVP, please contact the Gilford Parks and Recreation Department at 527-4722.

Senior Strides Weekly Walking Program on Wednesday mornings

The Gilford Parks and Recreation Department and Gilford Youth Center are co-sponsoring a weekly 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 and socialize with friends. There will be plenty of chairs available to take a break as you wish and coffee, tea and water will be provided. A \$1 donation is suggested and fees will go towards monthly raffles and prizes.

For more information, please contact the Parks and Recreation Department at 527-4722.

Senior Moment-um Winter Potluck on Jan. 29

The Gilford Parks and Recreation Department will be sponsoring a Senior Moment-um program on Monday, Jan. 29. We will meet at the Community Church, Fellowship Hall at noon for a potluck lunch. Participants are invited to bring a dish to share with the group and join us for a great meal. If you have a copy of the recipe for your dish please feel free to bring it to share with the rest of the group. Participants are asked to RSVP and let us know what they plan to bring by Thursday, Jan. 26.

For more information



COURTESY

Wood carving gift presentation

Dr. Margaret Laneri, Lt. Col., US Army (ret.) and Sarah Somogie, (left), Doctoral student intern, present Camp Resilience Program Coordinator, Olivia Kimmel with an original wood carving for the New Hampshire-based veterans non-profit group. Laneri is the Director of the Worcester, Mass. Veterans Center, where Somogie is doing her internship. The artwork was created by John Fleming, a veteran at the Worcester Center and a previous Camp Resilience attendee. "John just wanted to express his appreciation to the staff at Camp Resilience for the opportunity to attend one of their sessions and for the life skills he learned while at the Camp" said Laneri. For more information about the services provided by Camp Resilience and how you can help veterans with a tax deductible donation, please visit www.prlf.us.

Reading Challenges at the Gilford Public Library

The Gilford Public Library, with the support of the Friends of the Gilford Public Library, challenges all of its patrons to read. Going on right now is the Winter Reading Program for kids in grades K-5th. Until March 2, kids are challenged to read at least 20 minutes each day, receiving a token prize and a raffle entry for each completed weekly reading log. Three winners will be drawn at a party for Dr. Seuss' Birthday on March 2.

Adults can begin reading for the 2018 Reading Challenge right now. Patrons can complete the Reading Challenge by checking out and reading books that qualify for the 30 out of 33 categories chosen this year before the end of 2018. Books must be initialed by a librarian when they are returned. Everyone who completes the 2018 Reading Challenge will receive a \$25 gift card to a local business of their choice. Both of these reading challenges are totally sponsored by the Friends of Gilford Public Library. Interested participants can contact the Gilford Public Library at library@gilfordlibrary.org, call 524-6042, or text 367-0264 with any questions.



COURTESY

Pictured are President of the Friends of the Gilford Public Library, Pam Hayes, on the left. Kayleigh Mahan, the Assistant Librarian, is on the right. Patron Debbie Wood is middle left, and patron Alexandra Breed is middle right.

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Pet of the Week: Buddy



Our pets simply want to just BE with us. Sitting in our laps, cuddling, providing quiet, non-judgmental companionship.

They are always there for us even as we weather the storms of our lives. Buddy, aged about 10 years, has been a GOOD CAT.

His original owner fell upon very hard times and brought him to us. We placed Buddy in a wonderful home – but the change of pace was difficult for him, he may have mourned his previous comfy, cozy life since adjusting to a more lively household with children, proved to be a difficult transition. Buddy was returned in June 2017. Seven months later, he still awaits a permanent home. Such a handsome, sturdy, grey and white boy simply

should not have been overlooked for so long. Buddy is quiet and reserved. He prefers not to indulge in the social scene with the other cats, not because he is unfriendly, he is just so terribly sad.

His prior home said he was a wonderful sweet lap cat. Image what his perspective is now – and his favorite toy – a Santa Claus treat toy is nowhere in sight. He was nice all year, but did not get what must have been on his Wish List this holiday season, a new loving home!

Surely Buddy has completed his stint at New Hampshire Humane Society and surely should start the new year off properly, with people who will love him always.

Call 524-3252 or check www.nhhumane.org.

NORTH COUNTRY NOTEBOOK

Remembering a close race

I wouldn't want to run now



By JOHN HARRIGAN
COLUMNIST

The year was 1960. I was a scrawny, 13-year-old kid lugging firewood into the kitchen one afternoon when the phone rang just before supper time. Because I was there, I grabbed it.

It was Dave Patrick, a wildlife biologist for Fish and Game and a family friend.

"Let me speak to your mother," he said.

She wiped her hands on her apron, took the receiver, and then turned to me.

"Mr. Patrick says that if you're clear you can come along and help him and Karl Strong trap deer tomorrow," she said.

Permission, I knew, was a given.

I had been tipped off on this little charade. Homework would wait and home chores were done. In fact, my pack was packed.

At 4 a.m. the next morning, a truck pulled into the yard and I was out the door. Soon I was in the warm confines of a Fish and Game truck, sandwiched between two big (to me) wildlife guys on their way to see what



COURTESY

Wintering deer congregate in yards, where mature softwoods shield against wind and snow, hardwoods are available for food, and well-trampled trails increase their chances of escaping coyotes and free-running dogs.



COURTESY

A Polaris snowmobile of about the vintage used in the Kilkenny forays. Early models had throttles that sometimes stuck and were infamous for running away from dismounted operators.

the deer of the Kilkenny basin could tell them about the health of New Hampshire's deer herd.

As for me, I knew nothing at all about wildlife management (some say I still don't), and was just happy to tag along.

+++++

At that time, New Hampshire was in the midst of its highest-ever

deer kills--10,000 one year, 12,000 the next. Hunters, guides, lodge owners and the many businesses catering to hunters were happy, but biologists were not.

The high hunting season kill reflected a burgeoning deer population enabled by a succession of mild winters. In northern New England, winter is the great leveler concerning how many

deer will be around in summer and fall. Road kills, free-running dogs, coyotes, disease and the hunting season all take their bites, but in the end the weather calls the tune.

Wildlife experts were worried about the boom-and-bust cycles in the deer herd. The state still featured just two hunting zones--one geared for the region north of the notches, the other for the two-thirds of the state to the south. Wildlife research and management were in many ways still in their infancy.

Karl and Dave had been working with local game wardens and loggers to lure deer into places where they could be netted. They did this by felling middle-aged hardwoods and small spruce and fir near yarding areas. The deer were desperate to browse the growth-tips of hardwood limbs, and the tops of spruce and fir--all that were left, because the deer had eaten everything they could reach.

Softwood tips, I remember Karl and Dave telling me, are starvation food, about as much good to a deer as an apple is to a rabbit.

It's odd that I don't remember much about the netting procedure. All I know is that when we got to the study site, three or four deer were thrashing around in nets, visibly upset about things but otherwise seemingly okay. I helped wrestle these hapless animals. SEE NOTEBOOK PAGE A16

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STRATEGIES FOR LIVING

Created to be one

BY LARRY SCOTT

In the book of Genesis, chapter 2, we are told that God took one of Adam's ribs and from that created Eve as a much-needed helpmate and companion. Commenting on this event in The New American Commentary, Vol. 1, page 216, Kenneth Matthews notes that, "The building block for constructing the woman is a portion of the man's essential skeletal frame. ... The woman was taken from the man's side to show that she was of the same substance as the man and to underscore the unity of the human family, having one source."

The two were, indeed,

one. She was created out of his very body, and, in intimate union, the two became "one flesh." Although each of us is a unique individual, a reflection of our parents, we are nevertheless a part of the human family that dates back to Adam himself. There is a "oneness" to the human family that, despite our individual differences, has much in common with that very first man.

The Apostle Paul picks up on this when, in the New Testament letter he wrote to the Corinthian church, he needed to address a moral issue that demanded attention. "Do you not know," he writes in chapter 6, verse 16, "that one who

joins himself to a prostitute is one body with her? For He says, 'The two shall become one flesh.'"

The problem, as Paul saw it, was much greater than the rampant immorality for which the city of Corinth was well known. The "oneness" and harmony within the family was at stake. Beyond the moral implications, Paul's concern was that illicit activity led to union in a way God never intended. In dealing with immoral activity, the issue here was far broader than its devastating effect on all involved.

This was just the point of I Corinthians 6. Specifically naming prostitution, homosexuality and adultery, these issues destroy the oneness God meant to be inherent in the human family from the very beginning. Man, we are told in Genesis 1, was created "in the image of God" and the human family was meant to reflect the harmony and the unity that existed in the Godhead between the Father, the Son and the Holy Spirit.

Sorry for a bit of theology there, but there was a divine purpose in the creation of man. The human family, in a very different way from the animal kingdom, was to reflect the love, the mutual respect, and the peace of God. The Apostle Paul saw this; aside from being counter-productive, immoral activity destroyed the very purpose for which man had been created.

One need not look far to discover the tragedy of what rebellion against the divine pattern has brought about. Sin has marred the "product," and conflict, disharmony and rebellion has followed as a result. In marriage and in parenting, how different reality is from the dream. The state of the American family gives testimony to the tragedy that often follows when the divine pattern is ignored. Far from the disharmony, the divisiveness, and the conflict to be seen in so many families today, God meant for us to be one – together, in love.

You want to talk about it? Hit me up at rlarryscott@gmail.com.

Send us your letters!

We seek your input! Tax rate got you down? Glendale too congested for your liking? Do you approve of a recent selectmen decision? Hate the paper? Love the paper? Let us know!

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We're looking forward to hearing from you!

MARK ON THE MARKETS

Five questions for your advisor



BY MARK PATTERSON

if you're looking for a new advisor or just meeting with your current advisor, I have what I believe are five relevant questions that need to be asked and answered honestly.

1) Does your advisor and their firm act in a fiduciary capacity, in other words, do they work for you, the client? If yes, have them put it in writing.

2) Does your advisor really know the purpose and needs of the money you have invested with them and their firm? Is your portfolio custom designed for you or a model portfolio for the masses?

3) Does your firm engage in revenue-sharing with fund companies, and if so, were you informed by the advisor or was it buried in their disclosure documents?

4) Is your account held with a third-party custodian that gives you a transparent view of your accounts and your accounts performance?

5) Is your advisor well-versed in asset management or are they being paid a fee to manage the relationship with you?

These five questions represent a good place to begin if you are interviewing a potential new advisory firm or if you are meeting with your current firm.

Most advisers will claim that they work for you in a fiduciary capacity, however that is not often the case. It's not that your advisor is lying to you, they probably just don't realize that working for you in a fiduciary capacity should be well specified and not just a general feeling. That's why say, get it in writing. My firm, MHP Asset Management, states in our client agreement that we work in a fiduciary capacity for our clients. If your advisor and their firm are in fact working for you in a fiduciary capacity

they will have no problem furnishing that in writing.

I've stressed very recently that your money must be invested not only with proper risk tolerance, but with the proper purpose. Many advisors are good at accumulating money through various funds stocks or bonds. It is key to your financial well-being to understand that when you are relying on your assets for income you must manage them not for accumulation but for distribution. Many of the investment vehicles that are there for accumulation are not suitable for distribution those assets as income. That's why I say to those who have left 401(k)s or 403B plans in place after they leave a job and heading for

retirement, redirect that money to an IRA where you have multiple choices for investing that money for the proper purpose. I have yet to see a 401(k) or 403B that is suited for distribution of assets as income.

Revenue-sharing is one of my pet peeves that I believe is a very disingenuous means of collecting more money for the company coffers at the client's expense.

Very few advisory firms hold custody of client funds. TD Ameritrade institutional, Fidelity, Charles Schwab and Pershing are top custodians for

client funds that most advisers use to hold their client's money.

My question number five is a bit self-serving, but I believe that most people should work directly with the asset management firm as opposed to an advisor who charges a fee to manage the relationship but then passes on your money to other money managers who charge you a fee in addition to your advisory fee.

Mark Patterson is an advisor with MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.

Thoughts from the Thrift Shop

News from the Gilmanton Community Church Thrift Shop and Food Pantry

The volunteers at the Gilmanton Food Pantry & Thrift Shop wish to reach out to our community and neighboring communities to thank everyone for their generous support this past year.

It is through volunteerism, donations from individuals, businesses, and our youth who have participated in food drives, of both food items, and money as well as clothing to be sold in our Thrift Shop, that we are able to assist Gilmanton residents who may be struggling.

Along with helping

families have access to food, with support from the community, we have also been able to provide food baskets at both Thanksgiving and Christmas; and to sponsor winter clothing and Christmas gifts for children.

We look forward to continuing this important outreach in 2018.

If you wish to continue to support this important endeavor with time, money or donations, the Pantry and Thrift Shop is open Wednesdays from 3 - 6 p.m. and Saturday 10 a.m. - 2 p.m. Dona-

tions may be dropped off during those times. Food collection boxes are located at the Town Offices in the Academy Building and at the Gilmanton Year Round Library. Monetary donations may be mailed to the Gilmanton Food Pantry at Post Office Box 16, Gilmanton, NH 03237. New volunteers are welcomed.

Our Thrift Shop

is located at 1817 NH Route 140 in Gilmanton Iron Works. Parking is available in the Harvest Bible Church parking lot.

Phone: 364-0114. Check the Gilmanton Community Sharing and Information page on FaceBook for our Thrift Shop monthly sales and special events.



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Daryl Herbert Arnold, 68

LACONIA — Daryl Herbert Arnold, 68, of 101 Logan Drive, Briarcrest Estates, Laconia died Sunday, Jan. 14, 2018 at Dartmouth Hitchcock Medical Center in Lebanon after a sudden illness.

Daryl was born on Dec. 16, 1949 in Laconia, son of the late Herbert A. and Virginia L. (Cox) Arnold. He was raised in Laconia and graduated from Laconia High School. Daryl had worked for a number of businesses including Laconia Malleable Iron, Laconia Citizen, and Vernitron. Most

recently, Daryl worked for Lowes in Gilford as a sales associate. He enjoyed reading and spending time with his cat, who was a well loved companion to him. He was a collector of items reminiscent of the past. He had a tremendous love for animals.

He is survived by his sister, Jerilyn O'Hearn, and her husband David of Northfield, and one nephew, Jeremy Bernier of Cranford, N.J.

There will be no calling hours.

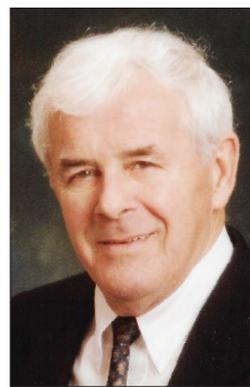
A graveside service will be held in the

spring at Union Cemetery, Academy Street, Laconia.

In lieu of flowers, the family has requested that memorial contributions may be made to the New Hampshire Humane Society, PO Box 572, Laconia, NH 03247.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to www.wilkinsonbeane.com.

Leo Alec LaFrance, 87



CONCORD — Leo Alec LaFrance, 87, passed away peacefully from age-related causes on Jan. 14, 2018 at The Birches Assisted Living Center in Concord, where he was a resident.

Leo was born in Berlin on Sept. 2, 1930 to Alphonse and Marie Alma (Montminy) LaFrance. Leo met the love of his life, Marguerite (Bagley) LaFrance, as a teenager when he made twice weekly deliveries of ice to the Bagley home. Leo and Marguerite married at the age of 21 and lived in Berlin until 1963, when they moved to Laconia, where they resided for the next 52 years. They were married for 66 years until Marguerite preceded him in death on Aug. 26, 2016.

Leo grew up as the fourteenth of sixteen children. His father died when he was nine, which led by necessity to the development of a lifelong, strong work ethic. As a young teen, Leo worked long hours hauling blocks of ice (pre-refrigeration) to help support his family while his older brothers were on active military duty during World War II. He spent his first two years of high school preparing for the priesthood at St. Charles Seminary in Sherbrooke, in Quebec until returning to Berlin to attend Notre Dame High School where he was elected president of his 1949 graduating class. Leo was well known as a hard-working athlete, excelling at hockey and baseball. He was captain of Notre Dame's state champion hockey team and he played hockey after high school for semi-professional teams.

After a short stint as a hosiery mill manager in Franklin, Leo was

engaged in the wine and liquor distribution business for over 30 years, traveling extensively throughout New Hampshire and Maine. He was also active in the community, with a focus on educating children in Laconia. He was a founding member of, and served as Chairman of, the Board of the Holy Trinity Catholic School and later served as a member of the Laconia School Board.

Leo left ample time for fun with his family on Lakes Winnisquam and Winnepesaukee. He also had a passion for tennis, playing every Tuesday evening up through his late seventies with a spirited sense of competition among lifelong friends, many of whom eventually and affectionately called themselves The Grumpy Old Men's Club.

In all aspects of work and play, Leo will be remembered by his family and friends for his even temperament, his wry and understated sense of humor and, most notably, for his absolute belief in the values of hard work, education, family loyalty, and the importance of service to one's family, church and community.

Leo leaves four sons (David LaFrance and his wife Jill of Kirkwood, Mo., Shawn LaFrance and his wife Rebecca Farver of Concord, James LaFrance

of Gilford, and Thomas and his wife Lynn of Chicago, Ill.); ten grandchildren (Jane of Kirkwood, Mo., Matthew and his wife Meghan of Irvine, Calif., John and his wife Danielle of Conroe, Texas, Christine of Chicago, Ill., Stephen of Boston, Mass., Ethan of Philadelphia, Pa., Aidan of Concord, and Ryan, Joshua and Emily of Gilford); and six great-grandchildren (Kaden, Kai, Nichole, Ellie, Trey, and Luke LaFrance). Leo is also survived by his sister Therese and brother Robert, both of Berlin.

In addition to his parents, Leo was preceded in death by six brothers (Antonio, Telesforre, Roland, Maurice, Lucien and Normand LaFrance) and seven sisters (Florence, Rose, Annette, Cecile, Doris, Laurette and Lorraine LaFrance).

There will be no calling hours.

Leo and Marguerite were parishioners of St. Joseph's Church in Laconia for decades. A Mass of Christian Burial was celebrated at 11 a.m. on Saturday, Jan. 20, 2018 at St. Andre Bessette Parrish - St. Josephs Church, 30 Church St., Laconia, followed immediately by interment in Sacred Heart Cemetery, Garfield Street, Laconia.

In lieu of flowers, a charitable contribution can be made in Leo's memory to Holy Trinity School, 50 Church St., Laconia, NH 03246.

Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to www.wilkinsonbeane.com.

Barbara J. Dagney, 63

GILFORD — Barbara J. Dagney, 63, lost her brave battle with cancer on Sunday, Jan. 14, 2018 at her home, surrounded by loving family.

Anyone that knew Barbara knew that she did everything on her own terms, and this held true even in her death. Barbara was living with her daughter, Kimberly Lesnewski, and son-in-law, Mark Lesnewski, in Gilford. Barb's passion for health care was evident from her early days as an EMT. It continued to grow throughout the highlights of her career. Her affinity for the medical field was displayed by her dedica-



tion to the patients and her fellow colleagues while serving as an office manager for Total Vision Eye Care, Colchester Internal Medicine, and Windham Medical Group located in Connecticut.

Barb was happiest spending time in her garden, going to NASCAR races, fishing, and camping on the

beach with friends and family.

Born on Nov. 23, 1954 in Orleans, Vt., Barb was the youngest of three children.

She was predeceased by her parents, Richard and Kathleen Calkins, and her brother, Steve Calkins.

She is survived by her daughter and son-in-law, Kimberly and Mark Lesnewski, and her daughter Jennifer Harward, as well as her grandchildren, Dylan Lesnewski, Mikhayla (Lesnewski) Torgerson, Codey Lesnewski, Devin Scott, and Daniel Harward. She has two great-granddaughters, Scarlett and Amelia Torgerson. She is also survived by her sister and brother-in-law, Paula and Edson Calderwood, as well as her nieces, Christy, Heather, Heidi and Summer and her nephew Brett; and her former husband and friend, Michael Dagney.

A celebration of life will be held on Saturday, Jan. 27, 2018 from 1-4 p.m. at 1 Irish Setter Lane, Gilford.

In lieu of flowers, Barbara requested donations be made to Anderson-Ganong Cancer Center, 80 Highland St., Laconia, NH 03246.

Your time as a caterpillar has expired. Your wings are ready. Now you will fly with the butterflies.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to www.wilkinsonbeane.com.

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Haley Andersson earns Fall 2017 Dean's List Honors at Roger Williams University

BRISTOL, R.I. — Haley Andersson, of Laconia has been named to the Fall 2017 Dean's List at Roger Williams University, in Bristol, R.I. Full-time students who complete 12 or more credits per semester

and earn a grade point average of 3.4 or higher are placed on the Dean's List that semester.

About RWU
With campuses on the coast of Bristol and in the heart of Providence, R.I., Roger Wil-

liams University is a forward-thinking private university committed to strengthening society through engaged teaching and learning. At RWU, small classes, direct access to faculty and guaranteed opportunity for real-world projects ensure that its nearly 4,000 undergraduates - along with hundreds of law students, graduate

students and adult learners - graduate with the ability to think critically along with the practical skills that today's employers demand. Roger Williams is leading the way in American higher education, confronting the most pressing issues facing students and families - increasing costs, rising debt and job readiness.

Nikki Fain named to SNHU's Dean's List

MANCHESTER — Nikki Fain of Laconia has been named to Southern New Hampshire University's fall 2017 Dean's List. Eligibility for the Dean's List requires that a student accumulate an academic grade point average (GPA) of 3.5-3.699

and earn 12 credits for the semester. Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 85-year history of educating traditional-age students and working adults. Now serving more than 85,000

students worldwide, SNHU offers over 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the "Most Innovative" regional university by

U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each student. Learn more at www.snhu.edu.

Kayla Serra of Laconia named to Emerson College Dean's List for Fall 2017

BOSTON, Mass. — Kayla Serra, a resident of Laconia has been named to the Emerson College Dean's List for the Fall 2017 semester. Serra is majoring in Media Arts Production. The requirement to make Emerson's Dean's List is a grade point average of 3.7 or higher.

Mass., opposite the historic Boston Common and in the heart of the city's Theatre District, Emerson College educates individuals who will solve problems and change the world through engaged leadership in communication and the arts, a mission informed by liberal learning. The College has 3,750 undergraduates and

750 graduate students from across the United States and 50 countries. Supported by state-of-the-art facilities and a renowned faculty, students participate in more than 80 student organizations and performance groups. Emerson is known for its study and internship programs in Los Angeles, Washington, D.C., the

Netherlands, London, China, and the Czech Republic. A new, permanent facility on Sunset Boulevard for its L.A.-based program opened in January 2014. The College has an active network of 32,000 alumni who hold leadership positions in communication and the arts. For more information, visit www.emerson.edu.

Kyle Robert Gaudet named to Husson University's Fall 2017 Dean's List

BANGOR, Maine — Gilford resident, Kyle Robert Gaudet, has been named to Husson University's Dean's List for the Fall 2017 semester.

With a commitment to delivering affordable classroom, online and experiential learning opportunities, Husson University has come to represent superior value in higher education. Our Bangor campus and off-campus satellite education centers in Southern Maine, Wells, and Northern Maine provide advanced knowledge in business; health and education; pharmacy studies, science and humanities; as well as communication. In addition, Husson University has a robust adult learning program. For more information about educational opportunities that can lead to personal and professional success, visit Husson.edu.

Gaudet is a sophomore who is currently enrolled in Husson's Bachelor of Science in Health Sciences program. Students who make the Dean's List must carry at least 12 graded credit hours during the semester and earn a grade point average of between 3.60 to 3.79 during the period.

For more than 100 years, Husson University has prepared future leaders to handle the challenges of tomorrow through innovative undergraduate and graduate degrees.

Area residents named to Dean's List at University of New England

BIDDEFORD/PORTLAND, Maine — Brogran C. Hurst, Sarah A. Lachapelle, and Michael F. Madore of Gilford have been named to the Dean's List for the 2017 fall semester at the University of New England. Dean's List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

education mission built on a pioneering inter-professional approach that includes pharmacy, nursing and an array of allied health professions.

Caitlin Houston named to Castleton University President's List

CASTLETON, Vt. — Caitlin Houston of Gilford was recently named to the Castleton University President's List for the fall semester of the 2017-18 academic year.

To qualify for this highest academic honor, the student must maintain full-time status and a semester grade point average of 4.0.

Gilford resident named to Fall 2017 Semester Dean's List at Dean College

FRANKLIN, Mass. — Dean College is pleased to announce that Daisy Medeiros of Gilford has earned a place on the Dean's List for the Fall 2017 semester.

well as a robust schedule of part-time continuing and professional education

credit and certificate programs throughout the calendar year.

Founded in 1865, Dean College is a private, residential college located in Franklin, Mass., 45 minutes from Boston, Mass., and Providence, R.I. Dean College offers baccalaureate degrees, associate degree programs, as

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Edward Jones: Financial Focus

Time for Your Pre-retiree Checklist?

Like everyone, you want to enjoy a comfortable lifestyle when you retire. But a successful retirement doesn't just happen - it requires a lot of planning. And that's why it's a good idea to draw up a "pre-retiree checklist."

to help you meet your expected costs. From this point, monitor your progress every year.

an extended stay in a nursing home. Solutions to long-term care may become much more expensive later in life.

of your expenses - health care in particular - will likely rise during the later years. It's important to plan for health care and long-term care, given the costs and ability to qualify for coverage later in life.

investment dollars from the "growth" portion of your portfolio to the "income" side.

• One year before retirement: Now it's time for some key decisions: How much can you withdraw each year from your 401(k), IRA and other retirement accounts without running the risk of outliving your money? Have you lined up your health care coverage? And, finally, are you really set on retiring in a year or could you delay retirement to improve your financial picture?

Such a checklist might look like this:

- Twenty years before retirement: Try to estimate a "price tag" for your retirement, incorporating a variety of factors-where you might live, how much you might travel, what activities you'll pursue, and so on. Then, assess if your retirement savings are on track

- Fifteen years before retirement: Although you're still fairly far away from retirement, you'll want to bring your goals and challenges into a clearer focus. For starters, try to establish a firmer target goal for the assets you'll need during retirement. Also, consider your legacy goals and start developing your estate plans, if you haven't already done so. You might also explore methods of dealing with potentially enormous long-term care costs, such as

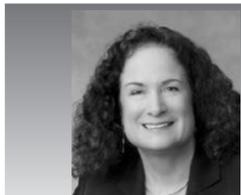
- Ten years before retirement: At this stage, in addition to reviewing your target asset and spending levels, you'll want to get more precise about how much income you can expect as a retiree, whether through your investments or retirement accounts (such as your 401(k) and IRA), or through some type of part-time work or consulting. Maintaining an adequate income flow is extremely important, because you could spend two or three decades as a retiree, and some

- Five years before retirement: Re-evaluate your investment mix to help reduce the risk of having your portfolio vulnerable to a market downturn when you plan to retire. Generally speaking, stocks and other growth-oriented investments are more volatile than bonds and other income-producing vehicles. So, you may want to consider shifting some - but certainly not all - of your

such as major home repairs. In addition, you'll want to think about whether you should take Social Security right away or if you can afford to wait until your monthly checks will be bigger.

This checklist isn't exhaustive - but it can give you a good idea of the various issues you'll need to consider on the long road to retirement. And the sooner you start planning for that journey, the better.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.



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Living Well

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The importance of staying active for seniors in assisted living

As seniors age, it's important for them to stay active to help maintain their health and mobility. Physical therapy is a great way for seniors to maintain a more active lifestyle as it can help them retain their independence and increase

their strength and balance. It can also help manage long-term illnesses and alleviate pain from arthritis, hypertension and other disorders.

At Golden View Health Care Center's assisted living options,

seniors take advantage of our in-house therapy program where they work with physical therapy, occupational therapy, and speech therapy. These therapies can help with managing long-term illnesses, as well as help maintain balance

and strength, and can be accessed on a long-term or short-term basis. Not all assisted livings have this added benefit so it is important to inquire about the availability of these services when shopping around.

Physical therapy, which focuses on large muscle movements to increase or maintain muscle tone and endurance, can help improve the abilities of assisted living residents with poor balance or decreased strength. Working with physical therapy can help decrease the risk for falls and allow seniors to keep performing their daily tasks as independently as possible. Consistent physical activity promotes better blood flow and can increase quality of life by helping to reduce physical pain for many seniors with arthritis, hypertension and similar disorders.

Occupational therapy focuses on fine motor skills and hygiene tasks. Occupational therapists will often help assisted living residents

with mobility deficits learn new ways to do their everyday tasks with or without the help of adaptive equipment. Working with occupational therapy can help seniors regain confidence and maintain their independence in a safe way.

Speech therapy can be beneficial to assisted living residents with dementia or who have had a stroke as speech therapists will work with them on safety concerns, language deficits, and other cognitive issues. Speech therapists also play a big part in helping residents who have trouble swallowing or chewing food do so in a safer way.

Some of the benefits of on-site programs such as in Golden View's assisted living is that seniors can easily access the in-house therapy department for one-on-one therapy sessions in the comfort of their own familiar surroundings with staff employed directly by Golden View. Because therapy is

done in-house, seniors and their families don't have to make and manage appointments or arrange transportation. There's also the benefit of working with the same therapists each session. Working with a therapist they know and trust can be very important for seniors, and allows for a more individualized plan of care. Because the therapists are in-house, they are able to work with nursing staff, dietary staff and caregivers to create a cohesive plan of care for each resident that focuses on wellness, independence, and safety.

For many assisted living residents, therapy is the best way for them to increase their overall health, strength and balance, decrease their risk of falls, alleviate pain, regain confidence, maintain independence, and much more.

Those interested in learning more about assisted living at Golden View, may call Becky at (603) 279-8111, ext. 4194 or visit www.GoldenView.org.



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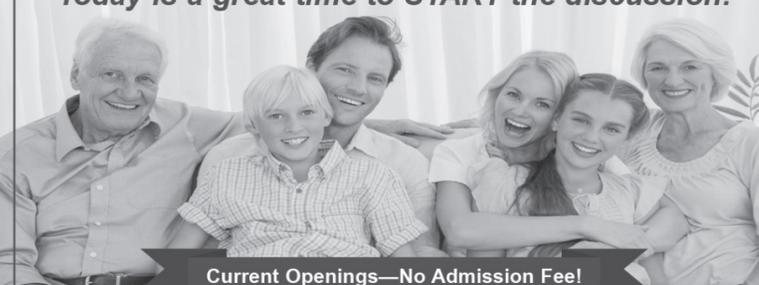
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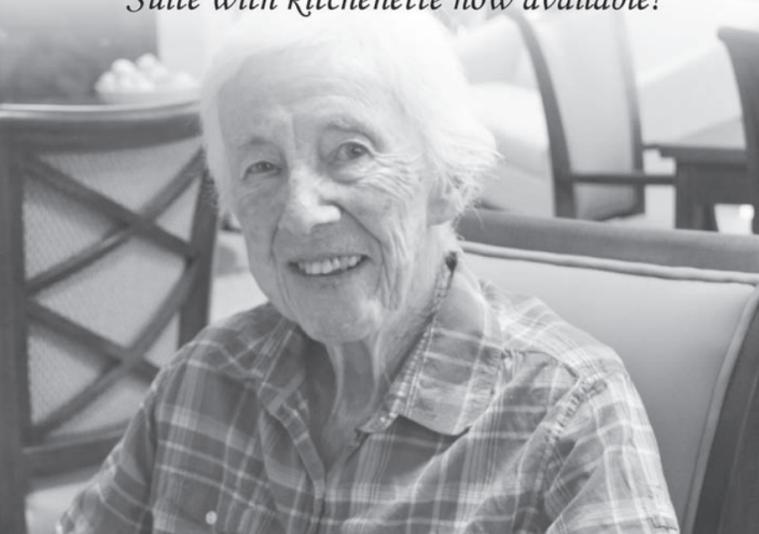
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Living Well

SUPER SENIORS

The Cost Of Long-Term-Care

By Edward H. Adamsky, Attorney at Law

A major newspaper headline says that Dementia care could cost \$730,000! That's a scary number that should make you want to plan for your aging needs. However, is it really a valid estimate? The newspaper got that number by using Genworth Financial's figure of \$91,250 for full-time (24 hour) care for eight years. Many nursing homes charge \$10,000 to \$12,000 per month so only five years of care could add up to that headline number.

Five to eight years of full-time care is a possibility, but it's really a worst-case scenario. Most people with dementia live at home for many years with help from family and paid caregivers. Only when they are really bad, which is often close to the end of their lives, do they go to a full-time nursing home. A better estimate is that most individuals with dementia will spend between \$100,000 to \$200,000 on their care with only a few spending anywhere near that \$730,000 number. Still, even \$200,000 is a lot of money, so you need to plan for your care needs.

Some people with advanced dementia still have relatively healthy bodies, and they may live a long time while needing full-time care. But more often than not, dementia symptoms coincide with bodily failures. The mind controls not only the voluntary functions, but also the autonomous systems such as heartbeat and breathing. In the end, dementia is always fatal as the brain no longer works to keep the body alive.

Some of the worst cases,



in terms of living a long time with severe mental impairment, are with early onset dementia. Dementia may occur in a person with a fairly strong body and perhaps a strong will to live. Such a person could live for years while needing expensive care. On the other hand, many older people who get dementia already have other health issues that will most likely shorten the time under care. Not that this is comforting, but it does lower the estimates of the cost of care.

The key issue is that, if you have money, you have to pay for your care. If you have no money then the Medicaid program will most likely pay for your nursing

home care. A better choice is to have the funds allocated to pay for your care. You can do this by saving a whole lot more than you thought you might need for retirement, or you can consider purchasing Long Term Care Insurance. That way you can leverage your premium dollars into a larger amount of money from the insurance company if you do need care.

What it may cost to care for you or your loved one is pretty hard to estimate. Many people need no long-term-care at all, while others could hit that three-quarters of a million dollar mark. Whatever the risk, it makes sense to see your local Elder Law Attorney and arrange the right plan for you.

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From left to right Patti Thompson, Pam Baker and Patty Stewart
Debunking The Broker Myth
by Patty Stewart

One of the questions that we are most frequently asked is "how much will your services cost me?" Most people do not understand that using a broker is a free service to them. Having a broker compare plans with you is beneficial and does not cost you any fees. Brokers are paid by the insurance companies. A good broker will compare several plans for you each year to make sure you are with the right plan that meets your coverage and budget needs. In the long run, broker fees are built into the cost of coverage so everyone should use a broker, it just makes good sense!!

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in-a-lifetime tour to the Polar Bear Capital of the World - we have something for every taste and budget. You can hop on the bus, sit back, relax and enjoy the ride! We are going to some great places this year, and if you haven't joined us on a tour yet, now is the time.

Already have cabin fever and thinking about spring? We kick off our season in March when we head south on our Southern Coastal Discovery Tour (March 14-25). For a shorter tour, join us for our Taste of Providence & the Celtic Woman Tour (April 7-9). Get a "taste" of Providence during this weekend getaway ~ from Federal Hill's famous Italian cuisine to the Celtic Woman concert at the Providence Performing Arts Center. Art lovers will enjoy our Pennsylvania Arts



& Architecture Tour (April 30-May 6), which highlights Pennsylvania's incredibly varied art & architecture - from Frank Lloyd Wright's masterpiece Fallingwater, to the vibrant art scene in Pittsburgh. See why Harper's Bazaar named Pittsburgh one of the "Best Places to Travel in 2017."

We have over 20 tours planned for 2018 including: day trips to see shows in Boston and Ogunquit; the Ottawa Tulip Festival; the Canadian Maritimes; Tanglewood & the Berkshires; Churchill, Manitoba - considered to be the Polar Bear Capital of the World; Plymouth, Salem & the Cape Cod Canal; Martha's Vineyard; Veteran's Day in Washington, DC and so much more!

With so many new and exciting adventures on the horizon there should be something that will suit you! What are you waiting for? C'mon, join the fun!

Kelly Cooke is the Owner of Terrapin Tours, loves traveling and has almost 20 years experience in the travel industry. You can learn more about Terrapin Tours and the exciting places we will be visiting in 2018 on our website www.TerrapinTours.com or by calling 603-348-7141.

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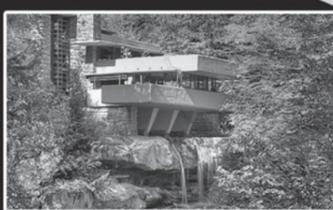
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Bank of New Hampshire Prestige Plus members attend identity theft and fraud prevention seminar

GILFORD — Bank of New Hampshire's Prestige Plus members recently attended an Identity Theft and Fraud Prevention seminar held at the Bank's Operations Center in Gilford.

The seminar was presented by Bank of New Hampshire's Ralph Wegner, Assistant Vice President - Information Security Officer. Fraud and identity theft is a global problem and is recognized as the fastest growing crime. In the worst cases of identity theft, the burden of proof is on the victim. During the seminar, Ralph explained why Prestige Plus members need to take precautions and how they can accomplish that to protect themselves from identity theft. Prestige Plus members also learned about safeguarding their personal information, IRS fraud calls, ATM skimmers, computer safeguards, online banking protections, checking credit reports and many other identity theft and fraud preventions. Bank of New Hampshire offers seminars to its Prestige Plus members at no charge.

To learn more about Bank of New Hampshire's Prestige Plus program, visit BankNH.com or contact Valerie Drouin, Senior Vice President - Prestige Plus Manager at 527-3207 or DrouinV@banknh.com.



COURTESY Bank of New Hampshire Prestige Plus members attend an identity theft and fraud prevention seminar.

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Bank of New Hampshire, founded in 1831, provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and Southern Maine. With 24 banking offices and assets exceeding \$1.5 billion, Bank of New Hampshire is the oldest and largest independent bank in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

Comedy legend Lenny Clarke returns to Pitman's Feb. 10

LACONIA — After two straight sell out performances at Pitman's Freight Room in Laconia, comedy legend Lenny Clarke returns Saturday, Feb. 10 for an 8 p.m. engagement. Tickets are \$25 in advance and \$30 at the door. For tickets, call Pitman's at 527-0043 or 494-3334. Tickets may also be purchased at the door the night of the show if not sold out in advance.

For additional information on this show check Pitman's Web site at www.pitmansfreightroom.com or for comedy information email msmith789@comcast.net. Pitman's is a "bring



your own food and drinks venue."

Also appearing with Clarke will be New England favorites Mike Koutrobis and Jack

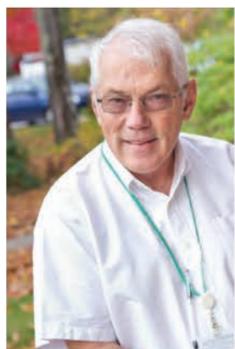
Walsh.

"We brought Lenny here the first time in Dec. of 2016, said Pitman's owner Dick Mitchell. "The response was over-

whelming so we brought him back again in July and he sold out both shows.

"People love Lenny," added Mitchell. "It's not just that he's a great act, but he is a genuinely warm and likeable person."

Clarke sells out virtually everywhere he plays and is a well-known national act playing Las Vegas, Atlantic City and appearing in film and television. He has a prominent roll in the current hit film, "Stronger," which centers around the Boston Marathon bombing and he had a starring role in the hit TV series "Rescue Me."



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Roche Realty Group, Inc.'s Top Producer in Sales and Rentals for 2017- Kevin Shaw!

LACONIA — Roche Realty Group, Inc., with offices in Laconia and Meredith, would like to congratulate Realtor® Kevin Shaw as their top agent in sales and rental income for 2017 with \$19.7 million in sales and rental volume, up from \$15.7 million in 2016!

When asked about his plan for 2017 and how he achieved this, Shaw explained that the key to his success is teamwork and having a good base of people around him, including other Realtors®, staff, finance, and closing companies.

Shaw states, "We don't necessarily sell homes; homes sell themselves. The key is to listen to your clients. A good agent will listen to their clients and find out what their wants and needs are. The reward of being a Realtor® is seeing your client happy, in a home

that fits their family and lifestyle perfectly."

2017 was an exciting year for Shaw, not only in sales and rentals; he was also chosen by the national magazine "Top Agent Magazine" as their Top Real Estate Agent and was featured on the front cover of the publication.

In the business since 2000, Shaw has been one of the top five agents at Roche Realty Group for the past 9 years. His hard work has paid off as he is now Roche Realty Group's top agent in sales income for 2017. One of the advantages that Kevin has selling property in Central New Hampshire is being born and raised in the Lakes Region with a comprehensive knowledge of the topography of the Region and Lake Winnepesaukee. Kevin is also the Property Manager for many homeowners and over-



sees their yearly, weekly or seasonal property rentals.

Shaw is an active member of the community, and has coached soccer and baseball in Gilford at both the middle and high school levels. He is an avid skier, mountain biker, swimmer and loves sports and boating.

Since 1997, Roche Realty Group has sold \$1,983,000,000 of New Hampshire properties, involving 7,372 transaction sides and has ranked in the Top 10 Real Estate Firms in the entire State of New Hampshire out of 2,392 firms statewide reporting sales during this 21-year period*

You can reach Kevin Shaw at the Laconia/South Down Shores office of Roche Realty Group, by calling 528-0088 or 387-4478 or by email, kshaw@rocherealty.com.

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Orson Welles shines on both sides of the camera in "The Stranger" on LRPA

LACONIA—Join Lakes Region Public Access Television at 10:30 p.m. this Friday and Saturday night (Jan. 26 & 27) for our "LRPA After Dark" presentation of 1946's suspenseful thriller "The Stranger," starring Orson Welles (who also directed), Loretta Young and Edward G. Robinson.

Wilson (Robinson), an investigator with the Allied War Crimes Commission, is looking for Franz Kindler (Welles), a notorious Nazi war criminal — the mastermind behind their death camps — who has made his way from Germany to a sleepy Connecticut town. There, he has carefully constructed a new identity. He is now living incognito as Charles Rankin, a college professor and antique clock enthusiast who will soon marry lovely Mary Rankin (Young), the daughter of a respected judge. His cover is intact until Wilson, tailing another escaped Nazi prisoner, begins to suspect that there may be more to Professor Rankin than meets the eye.

Released in 1946, "The Stranger" holds the distinction of being the first American feature film to include documentary footage of Nazi concentration camps. "The Stranger" is by far the least well known, and perhaps most conventional, of Orson Welles' movies. In fact, he only took on the project to prove to studio executives that he could direct a film that came in on time, within budget and without any prob-

lems, unlike his earlier masterpieces "Citizen Kane" and "The Magnificent Ambersons." Welles readily accomplished that task, although the artistic and personal compromises he was forced to make on "The Stranger" resulted in it being his least favorite film.

Despite all of Welles' misgivings, "The Stranger" is a tense and suspenseful thriller with exceptional performances from its entire cast. Variety reviewed it as "... socko melodrama, spinning an intriguing web of thrills and chills." If you love American film noir, this is the one for you. So grab your popcorn and join LRPA after dark for this thriller from the past.

You can't find television like this it anywhere but LRPA TV, MetroCast Channel 25. Not a subscriber? Then log onto Live Stream through our website (www.lrpa.org) where you can catch all the fun.

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on MetroCast channels 24 (education), 25 (information and entertainment) and 26 (government) to nearly 12,000 viewers in our member municipalities of Belmont, Gilford, Laconia, Meredith and Northwood,

and around the world via Live Stream at www.lrpa.org. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower

our community members to produce content that:

- fosters free speech and the open exchange of ideas,
- encourages artistic

and creative expression, • promotes a well-informed public through governmental transparency, and • unites our communities through the pow-

er of media and technology.

LRPA's slogan: Community empowered by media. Visit us on the Web at www.lrpa.org.

Pitman's welcomes guitarist Chris Fitz

LACONIA — Pitman's Freight Room, located on New Salem Street in Laconia, welcomes blues guitarist Chris Fitz Friday Jan. 26, at 8 p.m., \$20 in advance via Web site or reservation, \$25 at the door.

Chris Fitz broke into the Boston music scene back in 1994 after a five-year stint in the San Francisco area. He honed his blues guitar chops by floating around all the blues clubs in the Bay Area and finding inspiration in the local and national blues artists who frequented them.

Upon moving back to Boston, his hometown, he wasted no time hitting the various blues jams around the city. His blistering guitar work soon began to



make an impact!

More than 20 years and thousands of gigs later, the Chris Fitz Band, with Fitz as band leader/singer/songwriter/guitar player, Dan Bunge on Drums and "Fretless Dave Kendarian" on bass,

remains one of the premier "original" blues and roots acts in all of New England.

Joining the band is keyboardist Ben Knight, who has been tearing up the local music scene with his keyboard, which he

plays like he was playing the drums!

Admission \$20 in advance, \$25 at the door. Doors open at 7pm and we are a BYO Venue. For reservations, call 527-0043 or visit www.pitmansfreightroom.com.

International Film Series continues with "Loving"

LACONIA — The Laconia Human Relations Committee in cooperation with the Laconia Public Library offers the film, "Loving," as the February selection for the International Film Series. "Loving" will be shown on Monday, Feb. 5 at 6:15 p.m.

Richard Loving, a white construction worker fell in love with Mildred Jeter, a black woman. They grew up together in Virginia,

part of a group of black and white children who played together throughout their childhood in the 1940s and 1950s. This is their true story of their falling in love and marrying at a time when such marriages were called miscegenation.

In 1958, Richard and Mildred drove to Washington, D.C. to marry where such marriages were legal. Upon returning to Virginia Richard built

their home near where they grew up. Soon after, the sheriff came to arrest them for an illegal marriage. They were sentenced to a year in prison. The judge suspended the sentence on condition that they not return to Virginia for 25 years.

They moved to Washington, but returned over the years at various times to be with family and eventually were arrested again. This is the sto-

ry of their long fight in Virginia for a legal marriage that had to go all the way to the Supreme Court. After a long fight, the Court unanimously found anti-miscegenation laws illegal across the nation.

It seems so appropriate that the last name of this couple is Loving. Throughout the legal wrangling, Richard found the whole process ab-

SEE **LOVING** PAGE A17

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Roche Realty Group reports strongest year in history with sales in excess of \$166 million For 2017

MEREDITH — Frank Roche, President of Roche Realty Group with offices in Meredith & Laconia, has reported a record year in sales volume for the 12 months ending Dec. 31, 2017. The firm produced a sales volume of \$166,715,670, involving 569 transaction sides.

“This figure represents the highest sales achievement in our company’s 26-year history,” Roche indicated. “We surpassed our 2016 sales volume of \$161 million, which previously was our strongest year in history. I attribute this record setting year to our dedicated real estate professionals and our hardworking administrative and marketing staff. Their commitment to superior service day in and day out certainly made things happen. The company averaged \$3.2 million in sales volume per week during 2017. The average selling price amounted to \$293,000.”

Roche continued, “We invested a significant amount to improve our worldwide internet exposure. We have continually upgraded our website www.RocheRealty.com, our internet optimization, SEO and our marketing presence on approximately 80 national and interna-



tional websites. Just recently we launched a brand new and improved state of the art website, which was a huge project. Through our worldwide connections with LuxuryRealEstate.com, LuxuryHomes.com and other portals, we have increased our market reach immensely. RocheRealty.com is one of the most visited websites in the Lakes Region.”

Since 1997, Roche Realty Group has sold

\$1,983,000,000 of New Hampshire properties, involving 7,372 transaction sides and has ranked in the Top 10 Real Estate Firms in the entire State of New Hampshire out of 2,392 firms statewide reporting sales during this 21-year period.

The company produced a strong showing in 2017 in waterfront sales on many of the lakes throughout the Lakes Region. The semi-retirement and second home mar-

kets also produced strong results fueled by a growing economy, strong stock market and low interest rates. Communities such as South Down Shores, Long Bay, Lakehouses at Christmas Island, Misty Harbor, Nature’s View, Samoset, Broadview Condominiums, Gunstock Acres, Winnepesaukee Beach Colony Club, Patrician Shores and other water access communities showed excellent activity. The primary home market in our surrounding

communities experienced strong demand with increasing prices and declining inventory levels. We were also very productive in land sales all over the state, involving some large tracks as well as smaller parcels. We also sold a number of notable commercial sales throughout the region.

Frank Roche, a 41-year veteran of Lakes Region Real Estate, commented, “I’m very proud the company has continued to maintain

a group of very knowledgeable and experienced Realtors®. We’re also fortunate to have several younger associates join our firm who have had an exceptional year. I’m particularly proud that our firm has grown consistently on its own, unaffiliated with any national franchises. We always want to stay a local, family owned, independent firm. Today, we are one of the largest, volume wise, in the entire state of New Hampshire.”

Interlakes Summer Theatre brings you Valentine's Day with the Rat Pack

MEREDITH — The Interlakes Summer Theatre will present a special show for Valentine's Day, “Rat Pack in Love.” The show will feature Interlakes favorite Solomon Kee singing the love songs of Sammy Davis, Jr., with Interlakes newcomers Tony DiMeglia and Carter Ellis singing Frank Sinatra and Dean Martin.

There will be three performances in Feb-

ruary, Saturday, Feb. 10 at 7:30 p.m. at Inter-Lakes Auditorium; Sunday, Feb. 11 at 2 p.m.; and a special performance at Pitman's Freight Room in Laconia on Valentine's Day, Feb. 14 at 7:30 p.m. Patrons who attend Pitman's are invited to BYOB.

Tickets can be purchased online at interlaketheatre@gmail.com or by phone at 707-6035.

Harvard Pilgrim announces addition of LRGHealthcare to ElevateHealth Provider Network

LACONIA — Harvard Pilgrim Health Care has announced the addition of LRGHealthcare to the ElevateHealth provider network effective December 1. LRGHealthcare includes Lakes Region General Hospital, Franklin Regional Hospital, and 16 affiliated medical practices.

“We are very pleased to add LRGHealthcare to our ElevateHealth network, which significantly strengthens our presence in central New Hampshire and provides improved access to care for Lakes Region businesses and residents,” said William Brewster, M.D., Vice President of Har-

vard Pilgrim Health Care New Hampshire. “Our ElevateHealth and ElevateHealth Options plans are designed to improve the quality of care and lower premiums for our New Hampshire members.”

The addition of LRGHealthcare increases the ElevateHealth New

Hampshire hospital count to 20, plus one in Vermont. This change also moves all LRGHealthcare-affiliated providers from tier 2 to tier 1 for ElevateHealth Options, lowering the out-of-pocket expense for members.

“Employers in Belknap County now have SEE LRGH PAGE A17

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Streetcar Company hosting auditions for "Big River"

GILFORD — Community theatre in central New Hampshire has been alive and well for a long time. Community Players of Concord is celebrating 90 years! Franklin and Pittsfield both have active groups locally and The Tilton area has a brand new well received company in One Light Theatre. Streetcar Company is the longest running community theatre group in the Lakes Region and this spring they are hoping to broaden the scope of the kind of show's local audiences can see and performers can participate in.

"It's not a surprise to anyone that this area is not very ethnically diverse," company president J Alward notes. "Because of this, groups have been limited to productions that either feature all white casts or a severely limited amount of characters of other racial backgrounds."

This year, St. Car wants to take a leap of faith and produce a community version of a play specifically centering on both white and black characters.

On Feb. 4 & 5, the company will hold open auditions for the musical "Big River," which tells the classic story of Huckleberry Finn and his friend Jim. Theirs is a story of worlds colliding, social injustice, prejudice, honor and in the end understanding. Huck is a poor, white, young man and Jim is a slave. The musical with songs and lyrics by Roger Miller tells the Mark Twain story of their escape down the river and all the people they meet along the way. It is a story of misunderstanding, fear, compassion, growth and eventually over coming. Through their travels they meet people who treat them poorly and who are kind. They meet other black people and other white people and prejudice is felt in many directions not always because of race but sometimes due to class, or gender or education.

Alward continues, "Up until now, community groups in this area have been hesitant to try any show with a diverse cast. Recently, we have seen a more open attitude toward Color Blind casting. Progressive casting is now being seen in the Broadway version of 'Frozen' and in several recent mainstream movies. The Broadway hit of a couple years ago, 'Hamilton,' really brought the idea into the limelight, and we feel as though the timing is right to give that type of thing a try in this area."

Streetcar Company has always and will always welcome anyone and everyone who wants to be involved in one of their produc-

tions. "Big River" will be no different. People of all backgrounds, ages 10 and up are enthusiastically encouraged to come try out. No experience is required to audition. What is different this time is that the production has roles that are specifically non white characters that will be filled by the best possible performer regardless of race. The St.

Car board of directors is well aware that this may be met with positive and negative audience and community reactions. The company welcomes feedback and input into the production and will offer a post-show talk back to focus on the content, artistic interpretation, casting choices and other areas of concern from the production. Alward notes that

"this is show is a chance for our community to have the opportunity to do some great theatre that has so far been off the table in New Hampshire."

The production team for this show includes J. Alward as director, whose credits include "Les Mis," "Mary Poppins," "Agnes of God" and "Jekyll and Hyde"; Frank Stetson, Assistant director; Phil Bret-

on, accompanist; Erin Lovett Sherman with choreography; Oriana Filiault as costumer; Mark Lambert building sets; and Raelyn Cottrell as producer.

Auditions will take place at the Methodist church at 18 Wesley Way in Gilford on the 4th and 5th of February at 7 p.m. Those auditioning should come with sheet music and be prepared to sing

one verse of a song of their choice (no pop music please!) with a provided accompanist. Performers will also be asked to read, dance and participate in some acting exercises. Shows are at the Interlakes Community Auditorium during the last week in April. Questions or concerns should be emailed to the director, at alward@metrocast.net.

My Hannaford Rewards gives grocery shoppers a game-changer

Reinvents supermarket loyalty programs, provides customers with savings in every aisle on the items they buy most

REGION — Hannaford Supermarkets announced this week the launch of My Hannaford Rewards, a reinvention of grocery store loyalty programs that adds rewards for store-brand items and leaves prices un-

touched.

Shoppers who choose to participate earn a two percent reward on every store-brand item purchased -- including fresh meat, seafood and deli items, as well as thousands of packaged prod-

ucts across the store. About 5,200 fresh and center-store items qualify for rewards in an averaged-sized Hannaford store. Shoppers also will receive personalized coupon offers for the national- and regional-brand

products they buy.

"My Hannaford Rewards is a new way to thank customers, with a two percent reward on private-brand items and coupon offers that are meaningful to them as individuals," said Hannaford Pres-

ident Michael Vail.

"The things that people love about Hannaford -- including great fresh food, low everyday prices and excellent service -- are our foundation. My Hannaford Rewards builds on that SEE HANNAFORD PAGE A17

Laconia Adult Education Winter/Spring 2018 Enrichment Catalog

Course Title	Day(s)	Start date	Time	# weeks	Cost	Location	Instructor Name
Arts & Crafts							
Shading & Coloring Techniques with Eye Shadow	Thurs	1/25/2018	6:00-8:00	4 weeks	\$45.00	LHS-514	Ellen Olson
Intro to Pastel Painting	Thurs	3/15/2018	6:00-8:00	4 weeks	\$55.00	LHS-509	Elizabeth Keefe
Oil Painting Studio	Tues	3/6/2018	6:30-8:30	6 weeks	\$70.00	LHS-509	Carole Halsey Keller
Sewing: Learn Paper Piecing	Tues	3/6/2018	6:30-8:30	4 weeks	*\$40.00*	LHS-514	Ardy Eaton
Cooking							
Chinese Cooking	Thurs	3/15/2018	6:00-8:30	5 weeks	*\$60.00*	ctc-H220	Yan Li
Easy Cooking: Quick, Healthy & Delicious	Wed	1/24/2018	5:30-7:30	3 weeks	*Free*	ctc-H220	Elizabeth White RD,LD
Health & Wellness							
Abundance and the Law of Attraction!	Tues	1/23/2018	6:30-8:00	1 week	Free	LHS-603	Celeste Lovett
Acupuncture, Herbs, & Holistic Medicine	Tues	1/23/2018	7:00-8:30	1 week	Free	LHS-608	Brian Paterson, ND
Belly Dancing Fun & Exercise for Beginners	Mon	2/12/2018	6:15-7:30	10 weeks	\$65.00	LHS-Café	Andrea Aldrovandi
Holistic Roots to Healthy Living & Life Style Choices	Tues	2/6/2018	7:00-8:30	6 week	Free	LHS-608	Brian Paterson, ND
Intro to Exercise	Mon	1/22/2018	6:00-6:30	8 weeks	\$45.00	LHS-916	Downtown Gym
Line Dancing	Thurs	3/22/2018	6:30-7:45	5 weeks	\$45.00	LHS-Café	George Maloof
Mah Jongg Made Easy and Fun	Wed	1/24/2018	7:00-9:00	5 weeks	\$50.00	LHS-514	Sharon Fleishman
Mindful Movement and Meditation with Chi Kung	Mon	1/29/2018	6:00-7:30	6 weeks	\$50.00	ctc-H235	Richard Hochsprung
T'ai Chi Chih	Wed	1/24/2018	5:15-6:30	8 weeks	\$70.00	ctc-H235	Nancy Frost
Yoga for Everyone: Beginning	Tues	1/23/2018	5:00-6:15	8 weeks	*\$55.00*	ctc-H225	Bonnie Morin
Informational Classes/Seminars							
Estate, Wills, Trusts & Guardianship Planning	Tues	1/23/2018	7:00-9:00	1 week	Free	LHS-613	Kristen Gardiner
1st Time Homebuyer Seminar	Thurs	2/1/2018	6:00-8:00	1 week	Free	LHS-613	Donald McLelland
Savvy Social Security & Medicare Planning	Wed	1/24/2018	6:30-8:30	1 week	Free	LHS-613	Greg Caulfied
Smart Retirement Strategies	Wed	1/31/2018	6:30-8:30	1 week	Free	LHS-613	Greg Caulfied
Wealth Planning 101	Wed	2/7/2018	6:30-8:30	1 week	Free	LHS-613	Greg Caulfied
Understanding Your Taxes-Putting the fun in refund	Mon	1/22/2018	6:00-8:00	2 weeks	Free	LHS-614	Cary Gladstone(Granite United Way)
Language							
French for Beginners (Conversation)	Mon	1/22/2018	7:00-8:15	10 weeks	*\$50.00*	LHS-201	Marta Burke
Italian Travel & Language	Tues	3/6/2018	6:00-7:45	4 weeks	\$50.00	LHS-205	Lorraine LoRusso
Spanish for Beginners	Mon	1/22/2018	6:00-7:00	10 weeks	*\$45.00*	LHS-202	Mark Frattarola
Spanish Intermediate Level I	Mon	1/22/2018	7:00-8:00	10 weeks	*\$45.00*	LHS-202	Mark Frattarola
Spanish Intermediate Level II	Mon	1/22/2018	8:00-9:00	10 weeks	*\$45.00*	LHS-202	Mark Frattarola
Learning a skill							
Dog Obedience: Beginning	Wed	3/21/2018	6:00-7:00	8 weeks	*\$70.00*	WHS	Carolyn Bancroft
Dog Obedience: Advanced	Wed	3/21/2018	7:00-8:00	8 weeks	*\$70.00*	WHS	Carolyn Bancroft
Fly Tying	Mon	1/22/2018	6:30-8:30	9 weeks	*\$50.00*	LHS-509	Mike Cox
Genealogy: Problems Finding your Family Roots?	Thurs	1/25/2018	6:30-8:30	4 weeks	\$30.00	LHS-205	Chuck North
Welding Basics: ARC, GAS, MIG & TIG	Tues	1/23/2018	5:30-8:30	10 weeks	*\$295.00*	LHS- Welding LAB	Rick Hewitt
Welding Basics: ARC, GAS, MIG & TIG	Wed	1/24/2018	5:30-8:30	10 weeks	*\$295.00*	LHS- Welding LAB	Rick Hewitt
Welding: Advanced MIG, TIG, Stick, Fabrication	Thurs	1/25/2018	5:30-8:30	10 weeks	*\$295.00*	LHS- Welding LAB	Rick Hewitt
Woodworking	Tues	1/23/2018	6:00-8:30	10 weeks	*\$110.00*	LHS-517	Ed Fellona

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

Check out our other great offerings:	A.B.E.- Free Adult Basic Education Tuesday & Thursday nights 6:00-8:30
	HiSET (Formerly GED) Prep- Free Tuesday & Thursday nights 6:00-8:30
	E.S.L.- Free for those learning English Tuesday & Thursday nights 6:00-8:30
	A.D.D.- Free for Adults with Developmental Disabilities Tuesday & Thursday nights 6:00-8:30

CHECK ONLINE FOR MORE DETAILED COURSE INFORMATION (Including materials, book fees or Labs)

REGISTER AND PAY ONLINE at: adultedlaconia.weebly.com

Still have questions? Call Laconia Adult Education at 524-5712

BIRDIE

(Continued from Page A1)

Peterson. Kenyon described her as a loving mother who dotes over her son even though he's in his 30's.

"I just like the whole story of it, it's very fun," Kenyon said.

She said she likes the fact that it takes place in an older time.

"You get to wear this cool coat," she said, re-

ferring to her fur-style coat.

Fifth graders Lauren Nazer, McKenzie Leroux, Sophie Powers, and Molly Hagan all play members of the Teen Chorus, singing their love for Conrad.

The girls said they have wanted to act and joined the cast.

"I want to be an ac-

triss," Powers said.

"I've always been interested in singing and dancing," Nazer said.

Both Powers and Nazer were in a production of "Annie."

"Bye, Bye Birdie" will show Jan. 25-27 at 7 p.m. with a matinee presentation at 2 p.m. on Saturday, Jan. 27.

SCHOOL

(Continued from Page A1)

the same as the ones that had been approved last year.

"This is a sign of really good stewardship by the school board and the SAU to establish these capital reserve funds so taxpayers don't get socked with unanticipated expenses," Silber said.

The articles on the warrant would put \$75,000 into the School Buildings Maintenance Capital Reserve Fund, \$25,000 into the School Buildings Roof Maintenance fund, and \$30,000 into the School Buildings Technology Infrastructure fund. All of these articles would take money from the June 30 unrestricted fund balance and not from taxation.

The school board had proposed a budget of \$26,237,939. Silber all parts of this budget were examined by the Budget Committee, who only reduced the amount by \$6,203.

Silber said the Budget Committee cut \$5,200 for the New Hampshire School Boards Association and \$909 from the high school budget for fees and dues. Silber said many line items were presented as professional fees and dues to various organizations and had not been broken out into individual items.

Silber said many of these items were optional and the committee had asked some people if they were still paying some dues out of pocket, which they were told yes.

"Theres a whole long list of 20 to 30 different organizations, we just felt it was excessive," Silber said.

Resident Joe Wernig said he hopes the committee will take another vote and put that money back in the budget.

Wernig said he has been "outspoken" on the town and school budget for many years. He asked that since he no longer has children in the district like many of the budget committee members, "will that make me not part of the Gilford school establishment?" He said he will continue to volunteer in the schools and said he hoped some of the Budget Committee members would not be reelected.

Budget Committee member Tim Sullivan said while his children were going through the school district, he was aware that the district was receiving tax money from people who did not have children in the schools.

"I feel no lesser obligation to do the same now that my children have passed through the system," Sullivan said.

He said there has been an increase in labor costs in the district, which has put pressure on the budget. He said the overall increases have been large and possibly unsustainable.

Voters can discuss and amend the warrant articles during the school district's deliberative session on Tuesday, Feb. 6 at 7 p.m. in

the Gilford High School auditorium. Following the deliberative session the amended articles will appear on the ballot for voting on March 13.

AGENCY

(Continued from Page A1)

"These organizations need to do dialing for dollars."

Silber said someone from Central New Hampshire VNA and Hospice came to a meeting, and Silber requested that the organization send materials explaining what they do and giving information on their budget and financial details.

"If I'm convinced this is good, I'll write a check," Silber said. "I give a lot of money to charity."

Silber said he has not received that information.

A number of residents spoke in favor of these articles.

Meg Jenkins said she believes the town will ultimately vote in favor of this funding.

"I think we, as conscientious human beings, need to do that," Jenkins said.

Carol Young-Podmore spoke about how her parents received help from VNA and Hospice.

"I don't need a budget, I don't need reports

pickup for the Parks and Recreation Department (Article 17).

Article 23 is a petition warrant article to create a Police Dog training Capital Reserve Fund for the purchase and training of a new police dog, putting \$2,900 into the fund.

"We feel the responsibility for providing a police dog and training lies with the town instead of repeated solicitations from individuals, businesses, and grants," the article read.

The Budget Committee voted to not recommend Article 22 for \$9,305 for the annual membership to the New Hampshire Municipal Associ-

ation. In relation, Article 34 is a petition article that would prohibit the town from being a member of the NHMA and not spend any money for this. The article states this would not prohibit the town from only paying registration fees for NHMA educational seminars.

Silber initiated the petition for Article 34. He the NHMA will send representatives paid with tax money to the legislature on a regular basis to lobby legislators on different issues.

"My view is we should not be spending tax dollars to support what is essentially a lobbying organization," Silber said.

Silber said not all municipalities belong to the NHMA, Alton being a local example of one that has withdrawn.

Silber said the NHMA does put on some good seminars and the town can still pay the fees to be part of the seminars while not being members of the association.

Voters can discuss and amend the warrant articles during the town's deliberative session on Thursday, Feb. 8 at 7 p.m. in the Gilford High School auditorium. Following the deliberative session the amended articles will appear on the ballot for voting on March 13.

form them to tell you the value of hospice," Young-Podmore said.

Anne Nichols of Lakes Region Mental Health Center (formerly known as Genesis), said they provide services to almost 4,000 people a year and the organization is designated by the state as a community mental health agency.

"They're not charitable events, they're medically necessary services supervised by a physician or masters level clinician," Nichols said.

She said they have under \$13 million a year in revenues and give away \$1 million in charitable care with a deficit of \$219,000 for emergency services. She said they are not asking the towns to reimburse that money but to give them something to close the gap.

Deborah Pendergast, a Genesis board member, said in 2017, they saw 193 Gilford residents, 48 of whom received emergency services. She said they provide 24/7 service to

anyone regardless of their ability to pay.

"These are the schoolchildren, they're the elderly, many are veterans; certainly, they're our neighbors," Pendergast said.

David Emberly of Central New Hampshire VNA and Hospice said the organization made 3,088 visits to Gilford residents in the past fiscal year.

"We appreciate the support of the people in this community and the work we are able to do here," Emberly said.

Chan Eddy, selectmen's representative to the Budget Committee, said the selectmen do not have the option of offering no recommendation for any articles. He said the board typically votes to not recommend because it believes it is the voters' decision if they want to put money towards these organizations.

Silber said the average income for a Gilford resident is \$41,317 according to information from the state. He

said information from the Web site GuideStar, which compiles IRS information for non profits, states (in one example) that seven listed employees at Genesis make a combined \$1,611,707; an average of more than \$230,000 per person.

Fred Butler asked that the selectmen do more research into these organizations and have a better rationale for voting against these every year.

"The reality is, we can't change the system that's given to us even if the system isn't perfect on the federal and state level," Butler said.

He asked what the budget impact would be to the town if these organizations didn't provide these services. Silber said the town has budgeted \$49,919 for welfare administration, which offers many different services, including food, housing, electricity and fuel assistance, and more to Gilford residents.

NOTEBOOK

(Continued from Page A4)

imals to the ground so bone marrow, age, temperature and other data could be gathered before they were set free.

+++++

What I do remember is that one of the wardens was on something

I had scarcely seen before, a snowmobile. It was a red Polaris, driver up front, engine in the rear.

I studied the thing as it motored around the work site, emitting plumes of blue. It seemed to me to be, well, a bit lethargic, phlegmatic, even.

We were packing up to head back out, and I was a petty lean and mean (I thought) teenager and, you know, full of it, and so I asked Dave, who was driving the snowmobile out, how fast he figured it would go, and how far it was (about two miles), and I said "Give me one minute's head start," and took off on my snowshoes at as much of a dead run as snowshoes will allow, and beat the machine out to the road, although by then every top layer was unbuttoned. Which says something about the feeble state of snowmobiles at the time, or the wonderful state of me, or maybe a little bit of both.

(This column is syndicated in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Address letters, with town and telephone numbers in case of questions, to campguyhooligan@gmail.com or to Box 39, Colebrook, NH 03576.)



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NOTICE TO BELMONT RESIDENTS

Declaration of Candidacy for the March election will be accepted at the Town Clerk's Office between the hours of 7:30 AM to 4:00 PM from Wednesday January 24, 2018 through Friday February 2, 2018. On Friday February 2, 2018 we will be open 7:30 AM-5:00 PM

Only Declarations will be accepted between 4:00-5:00 PM on February 2nd.

The following Positions are open:

POSITION	OPENINGS	TERM
Selectmen	(1)	3 Year Term
Budget Committee	(4)	3 Year Term
Budget Committee	(2)	2 Year Term
Cemetery Trustees	(1)	3 Year Term
Library Trustees	(1)	3 Year Term
Planning Board	(2)	3 Year Term
Town Moderator	(1)	2 Year Term
Trustee of Trust Funds	(1)	3 Year Term
Zoning Board	(2)	3 Year Term

Power Outage Tips

BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts




Who to Call


Where to Meet


What to Pack



GIVE SAFETY A

Green Light.

School is in session, and before you can say, "red light, green light, one...two...three", a child can dart out of nowhere, and get hurt. Please be prepared to stop and exercise extra caution when driving near playgrounds and schools.

Please Drive Carefully.
Our Kids Are Depending On You.

LOVING

(Continued from Page A13)

surd. He simply loved his wife and she loved him. They just wanted everybody else to go away and leave them alone.

Historically, this time period includes the March on Washington where Dr. Martin Luther King, Jr. gave his "I have a dream" speech. The March in-

spired Mildred to take on the fight. Attorney General Robert Kennedy asked the American Civil Liberties Union to take on the case. This 2016 British-American film acknowledges the importance of Black History Month in the U.S.

This is another in the International

al Film Series shown monthly from September through June at the Laconia Library. Check the International Film Series shelf at the library for this and other films shown over the past several years. Order films from this series through your own library if you do not live in Laconia!

The Laconia Human Relations Committee is a committee of the mayor of Laconia dedicated to expanding our horizons for the appreciation of the diversity found among us and in the wider world. For more information contact Len Campbell at lcampbell@nh-cc.org.

LRGH

(Continued from Page A14)

the ability to purchase plans for their employees that offer lower premium costs while still accessing local providers," said LRG-Healthcare President and CEO, Kevin W. Donovan.

About Harvard Pilgrim Health Care

Harvard Pilgrim and its family of companies provide health benefit plans, programs and services to more than 3 million customers in New England and beyond. A leading not-for-profit health services company, we guide our members – and the communities we serve – to better health.

Founded by doctors nearly 50 years ago, we're building on our legacy. In partnership with our network of more than 70,000 doctors and 182 hospitals, we're improving health outcomes and lowering costs through clinical quality and innovative

care management.

Our commitment to the communities we serve is driven by the passion of the Harvard Pilgrim Health Care Foundation. Through its work, low- and moderate-income families are gaining greater access to fresh, affordable food—a cornerstone to better health and well-being.

To learn more about Harvard Pilgrim, visit www.harvardpilgrim.org.

About LRGHealthcare

LRGHealthcare is a not-for-profit health-care charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRGHealthcare's mission is to provide quality, compassionate care and to strengthen the well-being of our community.

HANNAFORD

(Continued from Page A15)

to provide customers with additional benefits for the shopping they do each week."

The program is different from traditional supermarket loyalty programs because in-store prices remain the same for all customers whether they enroll in My Hannaford Rewards or not. By contrast, club models or two-tiered loyalty programs require customers to subscribe to access a better level of store pricing.

My Hannaford Rewards has been launched in all 181 Hannaford stores across the Northeast. As an additional "thank you" for participating in My Hannaford Rewards, the

first 400,000 customers who sign up will receive free-grocery offers.

It is easy to join and easy to use. Customers can sign up in one of three ways:

Download the app from iTunes or the Android App Store and use it as your gateway to sign up for the program, and to access the many benefits of My Hannaford Rewards.

Go to Hannaford.com and sign up right through the website.

Visit any Hannaford store, where you can sign up in person.

Users earn rewards every time they shop by scanning their app or entering their phone number at the register. These rewards may be

redeemed quarterly, with the total earned being deducted from the customer's bill during their next shopping trip.

The two percent reward applies to all Hannaford, Taste of Inspirations, Nature's Place, Home 360, Chaching, Etos, Companion, CareOne and Healthy Accents products.

Customers also receive personalized coupon offers for national- and regional-brand products on a regular basis, reducing the price of those items at the time of purchase.

Earlier this year, Hannaford launched My Hannaford Rewards among associ-

ates and as a pilot in 11 stores around Burlington, Vt. In each case, enrollment and use of the program far surpassed expectations, as participants enjoyed the benefits of regularly shopping with My Hannaford Rewards.

About Hannaford Supermarkets

Hannaford Supermarkets, based in Scarborough, Maine, operates 181 stores in the Northeast. Stores are located in Maine, New York, Massachusetts, New Hampshire, and Vermont. Hannaford employs more than 26,000 associates. Additional information can be found at www.hannaford.com.

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Gilford Steamer

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Encouraging news:

Central to this media campaign to eliminate underage drinking is the encouraging news that studies show parent disapproval is the **No. 1** reason children choose not to drink alcohol. Parents empowered can trump peer pressure.

The most effective parenting techniques are among the most simple, including:

- Set clear rules about no underage drinking
- Know where your children are and whom they are with
- Know your children's friends
- Ensure your children's social environments are alcohol-free
- Have daily, positive communication and interaction with your children
- Eat dinner together

Research shows teens who regularly eat as a family (5-7 times per week) are 33 percent less likely to use alcohol.

Most parents don't realize they are the No. 1 influence in their children's lives.

When parents were asked to draw the greatest influences on their teens, they placed themselves last.

Parents' view

When teens were asked to draw the major influences in their lives, they placed their parents first, before peers and activities.

Teen's view

Partnership for **drugfreeNH.org**
1-800-804-0909

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BOB MARTIN

Freshman Bobby Brodeur makes a save for the Belmont/Gilford hockey team.



BOB MARTIN

Harrison Parent has been an offensive force for the Bulldogs this season, including a game with couple of goals against Laconia/Winnisquam.



BOB MARTIN

Troy Gallagher had an assist against Laconia/Winnisquam last week for the Bulldogs.

Bulldogs bounce back with win over Wolfpack

BY BOB MARTIN

Bob@Salmonpress.news

LACONIA — Coach Dave Saball knew it

wasn't going to be smooth sailing to start this season, but things are starting to come to-

gether for the Belmont/Gilford hockey team, as the squad is starting to click together.

Last week the Bulldogs had the difficult task of facing perennial powerhouse Kennett, but also hosted a struggling Laconia/Winnisquam team. Belmont/Gilford came away with a 6-0 loss to Kennett on Jan. 18 and bounced back with a 9-3 win over the Wolfpack on Jan. 20.

Saball said the Kennett game was a tough one, with the defending Division 3 champion bringing back a fantastic team this season.

"They have three very strong lines," Saball said. "We played

them tight most of the way through, but they were just that strong of a team. They won last year, they didn't lose anyone, picked up some guys and are well coached. They are a good team."

It was a 2-0 game after one period but Saball said he was happy to see his team skating fairly well with the team. He said the second period was a killer for the Bulldogs, as the team allowed four goals and put the game out of reach.

The game against Laconia/Winnisquam was a blowout, but it didn't start off that way. Laconia/Winnisquam took a 1-0 lead

with Cole Reid scoring his first of three goals for the Wolfpack. The Bulldogs then tied the game with 5:02 left in the first period with a goal by Miles Defosses, assisted by Harrison Parent. This was the first of four goals on the day for Defosses.

Parent then scored 10 seconds later to make it a 2-1 game. It was assisted by his brother Hayden Parent.

Laconia/Winnisquam showed some fight and tied up the game 2-2 in the second period with another goal by Reid, unassisted. The tie didn't last long, however. Defosses scored again with

10:12 left in the second period with an assist by Harrison Parent. This started a scoring onslaught by the Bulldogs.

With 9:54 left in the second period Zack Gilbert scored, with assists by Cam Jarvi and Joey Blake. With 7:05 left in the period, Harrison Parent scored his second goal of the day with an assist by Hayden Parent to make it 5-2.

The third period started off with a quick goal by Defosses, assisted by Hayden Parent to make it 6-2. The Wolfpack didn't lay down and quit, however. Reid scored his third goal to complete the hat trick with 12:37 left in the period to make it 6-3. This would be all the Wolfpack could manage against freshman goalie Bobby Brodeur.

With 12:04 left in the game J.T. Alfieri scored with assists by Blake and Jarvi. Defosses scored his final goal of the day with 8:25 left, assisted by Troy Gallagher and Harrison Parent. With 1:26 left in the game Broedy Gagnon scored with an assist by Harrison Parent.

Saball was very happy with the way his team bounced back from the tough loss against Kennett. He said this type of play is necessary for the team to make a push in the second half of the season. He also took the time to commend the Laconia/Winnisquam team, which Saball said has come a long way since last year.

"They actually fought us pretty tough," said Saball. "They came in and played us hard and got a lead on us, but I think we kind of wore them down. But they never quit and they gave it all they had."

Saball said the team is coming along, but he said this is a process that could take some time. He said the players are starting to find their roles, with many playing new positions this season. He said it was great to see Defosses

SEE HOCKEY PAGE B3

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Gilford swimmers gearing up for State Meet

BY BOB MARTIN
Bob@salmonpress.news

GILFORD — The Gilford swim team may be young with new swimmers, but there will be three swimmers qualified for the state meet on Feb. 10 at the University of New Hampshire.

Olivia Morea will be competing in two events, Laurel Gingrich will be in six events and Beck McLean will be in six events. The swimmers will choose to compete in two events, plus relays.

On Jan. 12, the swim team traveled to Concord YMCA for a meet hosted by Bow High School involving Bow, Bishop Brady, Hopkinton, Concord and Belmont. The women's medley relay team placed second and the men's relay placed fourth.

McLean placed first in the 100-meter backstroke. Morea was second in the 50-meter freestyle with a time of 28.61 seconds. Morea was also

third in the 100-meter fly.

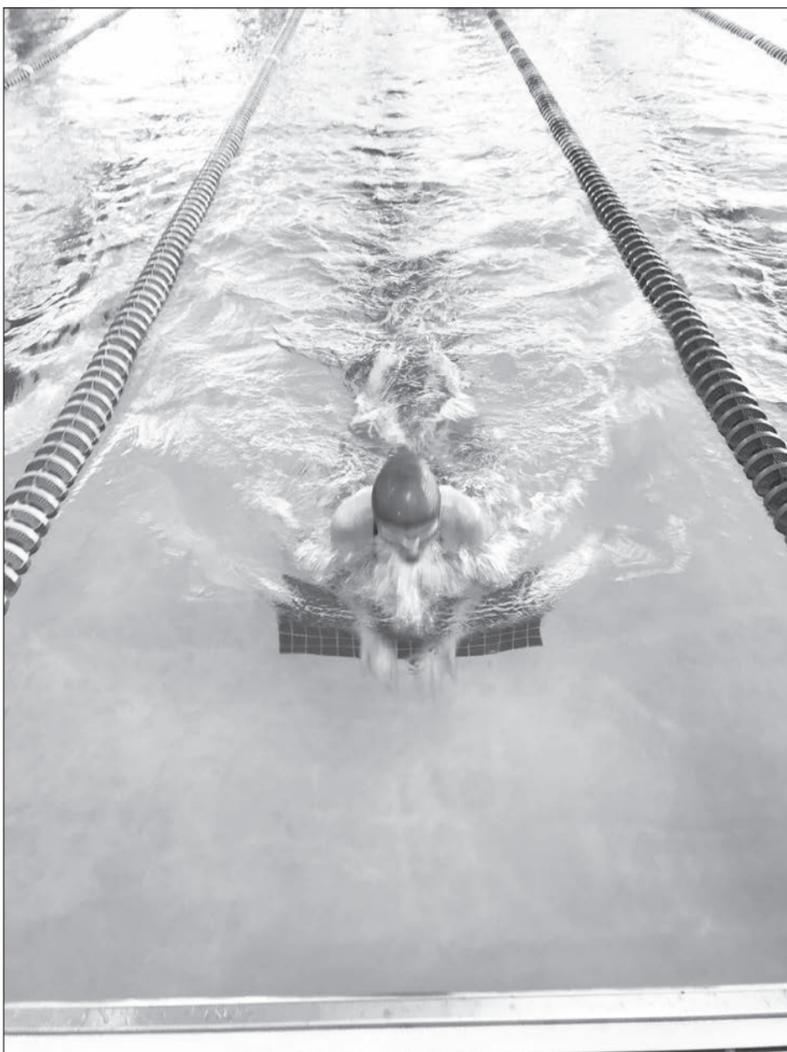
Gingrich was second in the breaststroke with Catherine Pingol placing sixth. Pingol and Ryan Witham placed third in the 200 IM race.

Kaitlyn Callahan was fourth with a time of 29.89 seconds. McLean was third in the 50-meter freestyle with a time of 25.87 seconds and James Richardson was sixth with a time of 30.51.

Michele Young was fourth in the 100-meter freestyle, while Cynidal Vansteenburgh was sixth, Angie Bonnel was seventh, Madison Heyman was eighth and Jillian Cookinham was 11th.

In the men's 100-meter freestyle Jeremy Wilson was third, Richardson was fourth and Griffin Plourde was seventh.

Grace Shoemaker was fourth in the 500-meter freestyle with a time of 7:26.20. In the back-



COURTESY
(Left) Laurel Gingrich has been a top swimmer for Gilford this year and has qualified for the state meet in February at UNH.

and Witham.

In the 50-meter freestyle, Gingrich was third out of 219 swimmers, with Morea placing 22nd. For the boys, McLean placed 27th out of 125 swimmers.

In the 100-meter fly, Gingrich placed eighth, Morea placed 14th and Young placed 21st. McLean placed fifth for the boys.

In the backstroke, Gingrich placed 12th with a time of 1:11.15.

"Coach Dave Gingrich and I were impressed with our team at both of these meets," said coach Lynne Morea. "We have a young team with many new swimmers who have never competed in swimming until this year. They have made tremendous progress in the past few weeks. They are led by two wonderful team captains Michele Young and Olivia Morea."

The team had two more meets this season with Kearsarge and Hanover, followed by the state meet at UNH on Feb. 10.

Lakes Region Lacrosse registration is open

REGION — Registration for Lakes Region Lacrosse is open now through Feb. 28 for all interested athletes. Girls' and boys' teams for grades seventh/eighth, fifth/sixth, third/fourth and first/second are planned, offering a fast-paced spring sport. New players are welcomed and encouraged to sign up. Last year, more than 150 youth athletes began or continued the development of their skills, sportsmanship and knowledge of the culture and tactics of lacrosse. Registration can be completed at lrlacrosse.org. If you have questions about the Lakes Region Lacrosse Club or registration, e-mail lrlcraig@gmail.com. Winter skills clinics will be offered, watch the web site for details. Scholarships available upon request.

The Lakes Region Lacrosse Club is open to girls and boys of all abilities who reside in the

Lakes Region of NH's surrounding towns that do not currently have a youth lacrosse program. Participants include residents of Alton, Center Harbor, Gilford, Gilmanton, Belmont, Meredith, Moultonborough, Northfield, Sanbornton and Tilton. The club is a member of the New Hampshire Youth Lacrosse Association (www.nhyla.org). The club's home field is the Meadows Complex in Gilford.

Practices typically begin in late March, with weather/field conditions being the primary factor. Practices are held 2-3 times per week. Seven regularly scheduled league games occur on Sundays and an occasional Saturday, beginning April 8 through mid-June. Approximately one half of the games are held locally and one half require travel to host towns in New Hampshire.

stroke, Callahan was third followed by Catherine Pongol in sixth.

The team also competed at the Bobcat

Invitational the UNH on Jan. 14 where there were 25 teams from Division 1 and 2. Bonnell and McLean were the

top swimmers in the 200-meter freestyle on the day. In the 200 IM, the top finishers for Gilford were Shoemaker

and McLean were the top swimmers in the 200-meter freestyle on the day. In the 200 IM, the top finishers for Gilford were Shoemaker

Strong day for indoor track Eagles

BY BOB MARTIN
Bob@salmonpress.news

DURHAM — Natalie Fraser has had a great season for the Gilford High School indoor track team, and her excellence continued on Jan. 21 at the University of New Hampshire, where she took home wins in the 55 meters and 300 meters in the Division 3 meet.

Fraser won the 55-meter dash with a time of 8.14 seconds and won the 300-meter dash with a time of 45.24 seconds. She was also the anchor of the 4 X 160-meter relay team, which finished fourth on the day with

a time of 1:38.34. Other runners on the relay team were Emma Ramsey, Reese Clark and Brianna Fraser.

"Natalie had a heck of a day," said coach Joe Wernig.

Ramsey had a strong all-around day with a third place finish in the long jump with a leap of 13 feet, 2.5 inches. She threw the shot put 22 feet, 6.25 inches, which was good for fifth place. Ramsey also finished seventh in the hurdles with a time of 10.74 seconds.

Clark had a 14th place finish with a time of 11.54 seconds in the hurdles. Madison

Relf finished seventh in the 1,500-meter run with a time of 6:13.54.

The girls' indoor track team finished sixth overall.

For the boys' indoor track team, Michael Wernig finished seventh in the shot put with a throw of 34 feet, 6.25 inches.

Next week's meet has Natalie Fraser competing in the 55 meters and 300 meters; Ramsey will be competing in the hurdles and the 4 X 160-meter relay team will compete.

Coach Wernig was happy with the way the team went out and

competed, saying there were several personal records. He was proud of the relay team for taking four seconds off its time.

"This was by far the most successful meet we have had in my six years coaching indoor track," said Wernig. "It was a lot of fun and by far the most fun we've had. The kids all did well, ran fast and had PRs. It was all we could ask for at this point."

The next meet is an open qualifier meet that will take place at 9 a.m. on Sunday at the University of New Hampshire.

Ice fishing classes offered around the state

CONCORD — The recent record-breaking cold weather has formed some great early season ice this year on lakes and ponds. Why not get outside and enjoy New Hampshire's ice-covered waterbodies by learning how to ice fish?

The New Hampshire Fish and Game Department's Let's Go Fishing Program offers free ice fishing classes at many locations around the

state. Classes are designed for families and individuals who are new to ice fishing, or people who would like a refresher to get back into the sport. Instructors are trained volunteers who love to teach others the skills needed to get out on the ice.

Registration is required to save your spot. To register, visit www.fishnh.com/fishing/lets-go-fishing.html, select "Register

for Ice Fishing Classes," and then choose the date and location that works for you.

Students will learn about ice fishing equipment, ice safety, fish identification, knot tying, regulations and more before heading out to a local pond or lake to put newly learned skills to the test. All fishing gear and materials are provided, but participants are always welcome to bring along

gear from home.

No experience is required. All participants in the program are exempt from holding a fishing license during the program. Classes are open to anyone age eight years or older, however, those age 16 and under must be accompanied by an adult.

"Ice fishing is a great way to introduce beginners to fishing and also to get out with friends and family for the day," said Kyle Glencross, NH Fish and Game's Let's Go Fishing program coordinator.

The Let's Go Fishing Program has taught thousands of children and adults to be safe, ethical, and successful anglers. The program is federally funded through the Sport Fish Restoration Program.

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Golden Eagle boys knock off undefeated 'Toppers

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — The Gilford High School basketball teams have been cruising of late, with both teams winning a pair of games last week.

The boys' basketball team beat Franklin High School 94-67 on Jan. 16 but the biggest win of the season for the Golden Eagles came in a 62-53 win over top-ranked Somersworth. The team was led by sophomore Adrian Siravo, who ended the night with 19 points. Nate Hudson also chipped in with 13 points and Greg Madore got into double figures with 11 points.

"Somersworth was undefeated, 7-0, and ranked number one," coach Chip Veazey said. "It was a great team effort and our best win to date."

The girls' basketball team had a 69-40 win over Franklin in a game that they dominated from beginning to end. It was a 22-10 game after one quarter and 34-11 at the half. The Golden Eagles were led by Brooke Beaudet's 16 points. Also chipping in on offense was Lauren Dean with 13 points, Shelby Cole with 12 points, Hannah Perkins with nine points, Olivia Harris with eight points and Abby O'Connor with seven

points. Gilford had its way with Somersworth with a 55-13 win, which saw the Golden Eagles dominate.

"The Golden Eagles jumped out to a 31-7 halftime lead and went on to defeat a young Hilltopper squad," said coach Rick Forge.

Leading the way with 20 points was Perkins, with Cole chipping in 14 points in the big win.

The boys' basketball team traveled to Inter-Lakes on Jan. 23 after deadline and will travel to Prospect Mountain on Jan. 26. The girls' basketball team hosted Inter-Lakes on Jan. 23 and Laconia on Jan. 25



Coach Chip Veazey talks with his players during a timeout.

BOB MARTIN



Nate Hudson has had a strong season for the Golden Eagles boys' basketball team.

BOB MARTIN



COURTESY PHOTO

Anticipating the Olympics

Maida Kreis delivers a stone during the Lakes Region Curling Associations kickoff matches on Sunday, Jan. 14, at Pop Whalen Ice Arena in Wolfeboro. With the Winter Olympics set to highlight curling's combination of skill and strategy, the LRCA's nine teams play an eight-game schedule through mid-March. LRCA leagues are for men and women of all ages and experience levels, and, during Wolfeboro's Winter Carnival, the LRCA will host a free learn-to-curl for the public on Tuesday, Feb. 27. For more information about curling and the LRCA, visit lakescurlingnh.org.

HOCKEY

(Continued from Page B1)

ses come away with a big four goal game, and the Parent brothers continued to shine.

"It doesn't happen overnight," said Saball. "But overall I think defensively we are playing a lot better than we were and offensively we are playing better. There is room for improvement on both but we are making progress. We are a different team this year. The

older kids are used to rolling over teams and that just won't happen this year."

Saball said the team has had a few games with poor starts, but he likes that his team puts up a good fight to get back into games. Overcoming adversity like this helps in the long run, he said.

Saball also took the time to congratulate Brodeur for her first

win as a varsity goalie.

"She is a young freshman who plays a solid game," said Brodeur. "She has worked hard and earned a game in net, and she played really well."

Belmont/Gilford traveled to Berlin/Gorham on Jan. 22 and on Jan. 27 the team hosts Hollis Brookline/Derryfield for a 1:40 p.m. matchup.

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Deadlines and the Olympics

MEREDITH — Sports Editor Joshua Spaulding will be covering the Winter Olympics in Pyeongchang, South Korea coming up in February.

Because of the time difference and the Olympic schedule, this will require a few deadline changes for a couple of weeks while he is out of the country.

All sports items for the North Country papers (Littleton Courier, Coos County Democrat, Berlin Reporter) for the issues of Feb. 14 and Feb. 21 must be submitted by noon on the Sunday

prior to publication.

All sports items for the Lakes Region papers for the issues of Feb. 15 and Feb. 22 must be received by 8 a.m. on the Monday prior to publication.

All items not received by these times may miss being included in that week's issue.

And a reminder, if you know of an Olympic athlete with local connections, send an e-mail to josh@salmonpress.news so we can hopefully catch up in Korea.

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Campton: 5 ac. Building lot in the foothills of the White Mountains. Privacy with woods and views of the mountains. Road is a quiet secluded area. Land is away from it all but just minutes to I-93. Bear Owl's Nest Golf, Loon Mountain Ski Area, Waterville Valley and Squam Lake. **\$29,000 MLS# 4668447**

Northfield: Rustic camp in a totally private location surrounded by nature. This cottage is accessed by a Class VI road and sits upon 5.65 acres with its own creek. No power, no water, no electricity; its the perfect getaway. **\$69,900 MLS# 4663732**

Meredith: Develop-able 50+ acre parcel with 1,100' of road frontage on Route 3/Daniel Webster Highway. The location is perfect! North of the Laconia/Meredith town line. Municipal sewer is available at the streets and lots of engineering has been completed over the years. **\$925,000 MLS# 4501312**

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MOULTONBOROUGH // Immaculate 3BR/3BA custom built contemporary/cape on 1.37 acres with Lake Winnepesaukee access. Spacious open concept design with cathedral ceilings, and lots of upgrades and amenities to enjoy. **\$369,000 (4670011) Call 253-9360**

NEW DURHAM // Beautiful country setting. Updated 1830 two bedroom farmhouse with attached barn sits on 18.4 acres mostly mowed pasture with pond. Also included large kennel building offers many possibilities. **\$349,900 (4658274) Call 875-3128**

ALTON // Custom Cape w/detached 2-car garage on a 1.26-acre wooded lot that abuts Camp Kabeyun. Main floor Master BR/BA. New Hickory flooring & new furnace. Full unfinished walk-out basement. **\$240,000 (4641369) Call 875-3128**

MEREDITH // In town condominium within walking distance to village shops, restaurants, parks and Waukegan Beach plus all other area activities. 2BR/1.5BA, garage, small association. **\$199,000 (4656501) Call 253-9360**

MOULTONBOROUGH // **PRICE REDUCED!** 1.6 Acre level wooded lot located in the quaint village district in Comm. zone "A". Driveway permit w/ installed culvert, expired permit for office bldg. and garage. Agent interest. **\$159,000 (4504096) Call 253-9360**

MOULTONBOROUGH // Build your dream home in the private beach access community of Suissevale. 1.2 acre lot has State approved 4 bedroom septic, plus enjoy all of Suissevale's amenities. **\$71,800 (4656851) Call 253-9360**

MOULTONBOROUGH // NEW CONSTRUCTION Located on 5+ acres in rural setting. Master Bedroom with bath on main level, full walk out basement and great floor plan with hardwood floors throughout. **\$319,500 (4653156) Call 875-3128**

MEREDITH // .85-acre lot with seasonal camp with deeded ROW to Lake Winnepesaukee. Come enjoy as-is or tear down and rebuild! **\$135,000 (4670965) Call 253-9360**

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ALTON // 150' Waterfront bldg. lot on Hills Pond ideal for exploring with a kayak or fish, swim, sail, motor boat & more. 1.75-acre lot features a mostly level wooded lot w/mtn. & water views. **\$249,000 (4659123) Call 875-3128**

SANDWICH // FABULOUS VIEW PROPERTY! Total of two lots features views of the Sandwich Mountain Range, Mt. Whiteface, and more! Private, partially cleared with a small pond! **\$199,000 (4433403) Call 253-9360**

ALTON // Level 1+ acre lot in desirable Fernhill Subdivision. Rural setting with deeded access to a wonderful beach on Halfmoon Lake. **\$87,500 (4665904) Call 875-3128**

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EOE



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UNLIMITED
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#CT18087, MSRP \$33,095
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LEASE FOR
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BUY FOR **\$31,500*** OR LEASE FOR **\$399*** PER MO. FOR 48 MOS.

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ALTITUDE



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