

# Gilford Steamer

THURSDAY, DECEMBER 19, 2019

GILFORD, N.H.

## Candlelight Stroll draws a crowd despite rainy weather

BY ERIN PLUMMER

mnews@salmonpress.news

Rain couldn't hold back this year's Candlelight Stroll and hundreds of people still came out for some community holiday cheer.

From 5-7 p.m. on Saturday, Belknap Mountain Road was closed from Potter Hill Road to the Gilford Elementary School Imagination Station, allowing people to walk down a road lit with candles and enjoy a few hours of fun.

This year's stroll was almost postponed due to rain.

"I felt like the weather was definitely on everybody's mind," said co-organizer Steve Melbourne.

Co-organizer Mike Marshall said three members of the committee met around 11:30 a.m. on Saturday, a few hours before the stroll was scheduled to start, to look at the forecast and determine if the show would go on. Marshall said the weather was predict-

SEE CANDLELIGHT PAGE A9



The horse drawn carriage was still rolling despite the rain during the annual Gilford Village Candlelight Stroll on Saturday.

MIKE MARSHALL

### Gunstock schedules special events before the holidays

BY ERIN PLUMMER

mnews@salmonpress.news

GILFORD — From nighttime winter fun to visiting Santa on the slopes, Gunstock has some special activities and deals ready for the holidays.

Saturday is Belknap County Day at Gunstock. Residents

of any Belknap County community can show ID with a proof of residency and get a Flex Pass for \$29 as well as a free Mountain Coaster ride. Belknap County residents can also be entered into the Locals-Only Raffle.

Kids will have

SEE GUNSTOCK PAGE A9

### Nominations open for Spirit of Hope and Kindness Awards

BY ERIN PLUMMER

mnews@salmonpress.news

REGION — Nominations are open for the third annual Spirit of Hope and Kindness Awards where kids and teens can be honored for their community service.

The Spirit of Hope and Kindness Awards are given out each

year to kids from preschool through high school who have done acts of kindness and community service projects.

"We want to highlight the amazing children and youth that are in our region because they are really doing phenomenal things," said award

co-founder Laura

Brusseau. Nominations are now open for the awards, which will be handed out on Sunday, April 5, 2020 at the Laconia Country Club.

The awards are seeking nominations of any child up to age 18 who lives in the greater Lakes Region. Students can be nominated in the Elementary School, Middle School, and High School categories. People nominating kids for the awards can go onto the Spirit of Hope and Kindness Facebook page and fill out a questionnaire. A significant part of the form will be writing about why the individual should receive the award, including adding examples of their work in the community and their character. Brusseau said the decision to nominate someone is based solely off what is written on the application.

Applications close on Jan. 10. A few weeks later, the applications will be reviewed by a secret panel of philanthropists from across the state, who will then choose the nominees. The nominees will be announced by the end of February. The nominees will be

further reviewed and the winners will be chosen in each category.

"We are just blown away when we meet these students," Brusseau said. "They truly are a love and light in our community."

All nominees will be invited to the awards ceremony in April. Money from sponsors and ticket sales will be tallied up and the winners will receive a grand prize "kindness grant" to do good with, such as give to a nonprofit organization, arrange a special event, or do a random act of kindness. The winners will receive the most money, though all the nominees will receive a portion of the funds as well.

In the past two years, kids who have received the honor have supported numerous nonprofits as well as community projects such as decorating veterans' graves, volunteering at a local American Legion post, creating a package of sunscreen and beach towels for fellow kids who can't afford them, donating turkeys to St. Vincent de Paul, donating supplies to an animal shelter, and many more.

SEE AWARDS PAGE A9

### GMS getting ready to present "Little Mermaid"

BY ERIN PLUMMER

mnews@salmonpress.news

Gilford Middle School theater will once again journey "Under the Sea" for their coming production of "The Little Mermaid, Jr."

Rehearsals are in progress for the winter show coming in January, where two different casts will perform the classic Disney story.

GMS last did "The Little Mermaid, Jr." in 2012, and director Matt Demko said they are bringing it back better and bigger than ever.

Demko said he had a meeting with the incoming eighth graders in May and asked what they would want to be the winter show. He said he was going to go in a different direction, but the students seemed really inter-



Cast members from the upcoming Gilford Middle School show "The Little Mermaid, Jr." at rehearsal.

ERIN PLUMMER

ested in doing "Little Mermaid."

"They thought after the success of 'Frozen' another Disney princess show would be right for this year," Demko said.

He said there was even more excitement

hearing about the coming live production on TV (which aired in November) and the prospect of a live action movie.

Demko said the show has a big variety of different parts, which was perfect for

the number of performers. The show will have 70 performers divided into two different casts: the "Under the Sea" cast and the "Part of Your World" cast. Demko said there is a lot of variety in the

SEE MERMAID PAGE A9

# Notes from the Gilford Public Library

BY MARK THOMAS

Library Correspondent

The Library has been beautified by the kindness of others. Volunteers and the Friends of the Library helped to put holiday decorations up and spruced the place up with their selfless attitudes. Festive cheer extends wall to wall with lighting, the smell of cinnamon hanging in the air, and librarians and patrons alike beaming with delight. It's a fun time of year. We can all help to make the season a warm time for everyone. With colder temperatures coming in, now is a great time to

give. Give of your time volunteering at shelters, or donate funds or requested goods. There are so many ways to help out. Just ask and we can help connect you with an organization that fits your time, means, and skills!

One easy way to give is to donate to the New Hampshire Humane Society at the library until the end of the month. Donations in December is our pro-motion to encourage generosity this season. The New Hampshire Humane Society does so much with so little, so they are accepting donations of healthy

treats, toys, litter, paper towels, blankets, and more. Head to their website for the full list of needed supplies. Each day you donate, you can get up to \$5 in library fines waived!

Kindness, like everything, is something we can read about. You can pick up a light holiday story like this season's favorite title, "Dachshund Through the Snow" by David Rosenfelt, or you can dive deeper into

burgeoning research with a book like "The Rabbit Effect: Live Longer, Happier, and Healthier with the Groundbreaking Science of Kindness" by Kelli Harding. However you engage with the season, we hope that it's a warm, rewarding experience.

**Classes & Special Events  
Dec. 19-Dec. 26**

**Thursday, Dec. 19**  
Holiday Dessert

Recipe Swap, All Day p.m.

Do you have a signature cookie or cake that you make every holiday season? Are you dying to share the recipe for your favorite holiday bark? Well, bring in a copy of your favorite holiday dessert recipe to share and swap with other bakers!

Gerri Fit, 9-10 a.m.

**Friday, Dec. 20**  
Bridge, 10:30 a.m.-12:30 p.m.  
Knit Wits, 1:30-2:30

**Monday, Dec. 23**  
Tai Chi-Chih, 9:45-10:45 a.m.  
Mahjong, 12:30-3 p.m.

**Tuesday, Dec. 24**  
**CLOSED**  
**FOR HOLIDAYS**

**Wednesday, Dec. 25**  
**CLOSED**  
**FOR HOLIDAYS**

**Thursday, Dec. 26**  
**NO EVENTS.** Open noon-8 p.m.

## GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from Dec. 3-16.

A summons was issued on Dec. 11 for a dog deemed a Menace, Nuisance, or Vicious.

Christopher Michael Robinson, age 48, of Laconia was arrested on

Dec. 11 for two counts of Burglary, Theft By Unauthorized Taking in an amount valued at more than \$1,500, and Criminal Trespassing.

Eric Kyle Gonyer, age 36, of Belmont was arrested on Dec. 12 for Possession of a Controlled Drug.

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

Many things change as we get older. Something that we don't necessarily expect to change is how we sleep. In fact, 46 percent of adults 65 and older have trouble falling asleep and sleeping well through the night on a regular basis.

Adults over the age of 65 should be getting seven or eight hours of sleep per night. But getting quality sleep at night can be difficult for seniors.

- As we age, our bodies make less of the chemicals and hormones that help us sleep well.

- Some seniors develop sensitivity to environmental factors affecting sleep, including noise and tempera-

ture.

- The parts of the brain that control sleep are affected by conditions such as Parkinson's disease or stroke.

- Arthritis and other conditions can also play a role in sleep quality due to chronic pain.

In addition, seniors may fall asleep earlier than usual, wake up in the middle of the night, or suffer from insomnia – all of which can negatively impact quality of daily life. In addition to affecting mood, lack of sleep can lead to issues with memory and an increased risk of falling

- Inadequate rest affects mood – Not getting a full night of sleep can cause irritability, stress, problems with

concentration, and mood swings. Long-term sleep deprivation can lead to cognitive issues and depression.

- When seniors don't sleep, their bodies suffer – Headaches, body aches and weakness can sometimes be attributed to lack of sleep.

- Being tired can contribute to illness – When tired, an older adult's immune system doesn't perform as well, opening the door to illness and infection. Some studies have shown that lack of sleep can lead to heart problems, diabetes and it has even been associated with an increase in risk of breast cancer.

Seniors that are having a hard time sleeping can get help from their doctor. However, there are a few things they can try at home to help ensure a restful night's sleep:

- Having a sleep schedule – going to bed at the same time every night, and getting up at the same time every morning, helps a person adjust to a natural sleep rhythm.

- Being mindful about eating habits – Alcohol, spicy foods, caffeine and a diet high in sugar can all cause sleep issues. Eating and drinking close to bedtime can also be a problem for some – rather than having a full meal before bed, it's better to have a light snack or warm milk.

- Creating an individualized sleep plan – Changing nighttime routines, and daily activities, can have an impact on sleep. It's important for people to find out what works for them and create a schedule that they stick to – consistency is key! Some people find that more physi-

cal activity during the day helps them sleep better. Others find that napping during the day makes it harder to sleep at night, while some aren't affected. Meditation before bed, a warm bath or reading time at night can all be part of a sleep plan, if they help.

**Comfort Keepers® Can Help**

For seniors that want to change their daily routine and create a schedule for better sleep, the quality caregivers with Comfort Keepers can help. They can assist with scheduling and routine, increased activity during the day, physician-prescribed exercise and diet plans and can provide transportation to scheduled appointments. Better sleep leads to more happiness during the day, and our goal is to help every client live a joyful life, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

**About Comfort Keepers**

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, house-keeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items, all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at [www.nhcomfortkeepers.com](http://www.nhcomfortkeepers.com) for more information.

## Gilford Public Library Top Ten Requests

1. "Criss Cross" by James Patterson
2. "A Minute to Midnight" by David Baldacci
3. "Blue Moon" by Lee Child
4. "The Rise of Magicks" by Nora Roberts
5. "Olive, Again" by Elizabeth Strout
6. "The Giver of Stars" by Jojo Moyes
7. "Where the Crawdads Sing" by Delia Owens
8. "Dutch House" by Ann Pratchett
9. "Twisted Twenty-Six" by Janet Evanovich
10. "Inside Out" by Demi Moore

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## 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](http://www.Ready.gov/blackouts)

Who to Call → Where to Meet → What to Pack

Ready

# Black Heritage Trail supported by Meredith Village Savings Bank

MEREDITH — Meredith Village Savings Bank (MVSB) recently purchased \$25,000 in tax credits through the New Hampshire Community Development Finance Authority (CDFA) in support of the Black Heritage Trail of New Hampshire (BHTNH). The Bank's investment supports the Black Heritage Trail's mission to interpret and share New Hampshire's African American history through exhibits, programs and tours.

"We're very thankful for this generous contribution from Meredith Village Savings Bank," said JerriAnne Boggis, Executive Director, Black Heritage Trail of New

Hampshire. "Contributions like this one make it possible for us to continue our valuable work. Our organization works hard to honor and share a truer, more inclusive history through exhibits, educational programs, curriculum development and tours that can change the way we understand human dignity when it's free of historical stereotypes."

Portsmouth has been home to Africans and African-Americans for more than 350 years, and the Black Heritage Trail was founded from the examination and study of their stories. The state of New Hampshire has an African heritage dating



JerriAnne Boggis, Executive Director, Black Heritage Trail of New Hampshire, and Jim Carrigan, AVP, Branch and Business Development Manager, MVSB Portsmouth.

back to the arrival of Europeans. Much of that history centers on the state's only port in Portsmouth, where as many as 700 blacks were brought to New Hampshire by way of

the American Revolution, while others were part of a little-known free society. Against the odds of early enslavement and subsequent marginalization, Africans and their descendants built communities and families, founded institutions and served their town, state and nation in many capacities.

"One of the great joys I've experienced as President of the Bank is the ability to support a multitude of worthy nonprofits," noted Rick Wyman, President of Meredith Village Savings Bank. "Supporting the Black Heritage Trail was an easy decision for us. The organization ensures everyone has the opportunity

to learn about the full history of the people of New Hampshire. Both the BHTNH and MVSB have new offices in Portsmouth – and both have presence throughout the state and a rich history that is decades, even centuries, long. We hope that lots of people participate in their many programs, tours and visit the Trail throughout New Hampshire."

CDFA tax credits allow businesses to fund qualifying economic or community development projects in exchange for a tax credit that can be applied against state business tax payments. The tax credits are administered by the New Hampshire Community Development

Authority (CDFA). Any business with operations in New Hampshire that contributes to a CDFa tax credit project receives a New Hampshire state tax credit worth 75 percent of their contribution. The credit can be used over a period of five years to reduce the business' state tax liability (business profits, business enterprise or insurance premium taxes). The tax credit program allows New Hampshire businesses to use their state tax dollars to support local projects that they care about. CDFa reviews many project applications each year and awards tax credits to those they determine are feasible and will make the biggest impact on economic development in the state. For more information, visit nhcdfa.org.

Building on the 20 year success of the Portsmouth Black Heritage Trail, the Black Heritage Trail of New Hampshire connects stories of the state's African heritage by documenting and marking many of the important sites that testify to its rich history. The Black Heritage Trail provides education and public programs for

SEE TRAIL PAGE A9

## Gilford High School honor roll

Gilford High School has released its honor roll for the first trimester of the 2019-2020 school year.

### Grade 9

High Honors: Alex Burnham, Jordyn Byars, Samuel Cheek, Dane DeHart, Melody Gallant, Patrick Gandini, Murphy Harris, Sydney Irons, Michael Kitto, Gianna Knipping, Riley Logan, Autumn Maltais, Madison Nash, Savannah Neuman, Caleb Nimirowski, Jesse Powers, Jalen Reese, Ethan Roys, Ashley Sanderson, Joseph Schelb, Tessa Tanner, Maria Uicker, Emily Watson, and Taryn Wernig

Honors: Chance Bolduc, Ryan Caldon, Lily Cassiano, Anna Comeau, Carson DeHart, Alexie Dumond, Hannah Gannon, Jessica Gannon, Jonathan Gosselin, Madison Hazelton, Brady Heyman, Cole Howard, Natalie Hurst, Emily Jacques, Stratford Kenny, Aydin Kutuk, Louis Laurendeau, Landon Lewis, Camryn Marshall, Emily Moynahan, Lauryn Nash-Boucher, Brenna O'Connor, Christine Pingol, Lexi Shute, Lily Tierno, Avery Totten, and Izaak Walton.

### Grade 10

High Honors: Nicole Bahder, Claire Bartley, Eva Bondaz, Shealagh Brown, Jack Cennamo, Joshua Dery, Kaleena Dyer, Cassandra Ellis, Vanessa Genakos, Nicole Green, Hale Kutuk, Zoe Lehneman,

Avery Marshall, Bradley McIntire, Marlow Mikulis, Mackenzie Roys, Reece Sadler, Lauren Sikoski, Catherine Stow, Mitchell Townsend, Jacqueline Wright, and Esther Wrobel.

Honors: Rebecca Buttrick, Anna Cook, Caitlyn Costa, Emily Crowell, Danielle Giardini, Ashley Kulcsar, Van Langathianos, Alexa Leonard, Karina MacLeod, Jaiden McKenna, Anna Roy, Maegan Shute, Zoltan Stefan, Kate Sullivan, Jasmyn Watt, and Ry-lie Winward.

### Grade 11

High Honors: Alexandria Aquaro, Blake Bolduc, Tyler Browne, Jack Christensen, Peter Christensen, Kayla Cisneros, Bridgette Dahl, Caroline Dean, Annabelle Eisenmann, Andrew Flinders, Alyssa Gosselin, Chandler Green, Kendall Jones, Jennifer Laurendeau, Kayla Loureiro, Brayden McDonald, Madyson McDonald, Katalyna Mitchell, Jacqueline Nash, Kaelan O'Connor, Carson Ormes, Catherine Pingol, Chelsea Sasserson, Sofia Sawyer, Grace Shoemaker, and Charles Townsend.

Honors: Kiara Bates, Alexander Berube, Kyle Brent, Jordan Brown, Lily Burleigh, Alexander Cheek, Madelyn Gallant, Clohe Gunnerson, Ella Harris, Ashley Hart, Jacquelyn Jaran, Harrison Laflamme, Victo-

ria Markievitz, Logan McBride, Leah McClinton, Jack McLean, Stevie McSharry, Kathryn Osburn, Serena Pugh, Lindsey Sanderson, Grace Sherkanowski, Elizabeth Swarthout, Bethany Tanner, Emma Tierno, and Jordan Witham.

### Grade 12

High Honors: Alysha Burton, Colby Butterfield, Myranda Byars, Erica Cao, Jillian Cookinham, Jenna DeLucca, Samuel Drew, Brianna Fraser, Laurel Gingrich, Erin Hart, Sydni Lehr, Erin Madden, Kolbi Plante, Maxwell Stephan, Timothy Stevens, Connor Sullivan, Ian Taylor, Joshua Testa, Elena Uicker, Breanna Vezina, Joseph Voivod, Colton Workman, and Molly Wrobel.

Honors: Olivia Anastasy, Cody Boucher, Katrina Boucher, Jack Brown, Jaiden Carter, Adin Cisneros, Shelby Cole, Karin Desrosiers, Madison Eastman, Natalie Fraser, Michelle Gallant, Benjamin Gardiner, Shannon Gately, Timothy Gentile, Alexina Gillis, Camrin Gilson, Kathleen Hackley, Gwendalynn Knipping, Emily Lafond, Ramsey Landry, Olivia Lofblad, Hannah Lord, Neal Miller, Austin Milligan, Abigail O'Connor, Emily O'Connor, Jillian Palisi, William Perry, Taeylor Plante, Maddison Rector, Kyle Smith, James Teunesen, Jaylin Tully, Abigail Warren, and Hunter Wilson.



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## MARK ON THE MARKETS

*Five questions for your financial advisor*



BY MARK PATTERSON

Whether you are interviewing a potential new financial advisor or meeting with your current advisor, these five questions are key to determining if this advisor and their firm are working for you, or for the broker-dealer.

**Question one:** Does your advisor or firm have any “revenue-sharing” arrangements with any insurance or fund company? This is important because the advisors firm may be paid to promote certain fund families for the brokerage firms benefit, not yours. This arrangement is usually disclosed in the small print of a long and technical document.

**Question two:** Do you or your firm promote “proprietary products?” Again, proprietary products are products created by the broker dealer that may pay more to the broker if sold by them. These products may not be as transparent to you, the client, as they should be.

**Question three:** Who is managing my money? In many cases, the advisor is using third party asset managers that split their fee with your advisor whose role is just being a “relationship manager.” Typically, these fees will be double what you would pay to an actual asset manager.

**Question four:** Ask the broker or advisor about their background, education and experience pertaining to financial planning, asset management or

retirement planning. There is a significant difference between passing a securities exam that allows someone to sell securities versus working in an environment that demands continued education and encourages personal growth and knowledge regarding financial planning or asset management.

**Question five:** Are you a fiduciary? A fiduciary works for you, the client, and is obligated to do what is in the best interest of the client, not themselves or their broker dealer. The tricky part about being a fiduciary is that an advisor may have the license to act in a fiduciary manner, but that does not mean that they do so.

There was legislation that was set to go in effect on April 10 of 2017, that will not happen. This legislation would have required that any advisor, broker or insurance agent working with retirement money would have to act in the client’s best interest. Advisors like myself are obligated to act as a fiduciary by law. So, you can probably imagine that it is my opinion as well as other investment advisors that the brokers at the broker-dealers and banks and insurance agents should view their jobs as advisors and not salespeople and they should be held to the much higher standard of a fiduciary, not just a suitability standard that they are held to presently.

I realize I’ve already listed five questions for you, however I will give you a bonus sixth question to ask: How and how much are you compensated for your services?

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



COURTESY

### GES food drive supports Got Lunch

Gilford Elementary held a successful food drive this past week to help the Gilford Got Lunch program. These festive fourth graders are proudly showing off some of the items collected.

## NORTH COUNTRY NOTEBOOK

*A riverboat trip up Old Man River, against the current and into history*



By JOHN HARRIGAN  
COLUMNIST

Getting onto a riverboat and churning your way up the Mississippi is not something you do every day, so mention of it in a recent column drew some queries.

For some reason, I’ve long had a short list of things I’d like to do in the relatively short time I probably have to do them. Another one (other than owning an Austin Healey Mark 3000, circa 1965 or so) is to visit the Panama Canal, at the time (and with some of us still) a Seventh Wonder of the World, or at least close.

Anyway, I did indeed board an almost brand-new ship, the 345-foot American Harmony, to take a week-long trip upriver from New Orleans to Memphis. The food was excellent, the crew was great, the river traffic ranged from small boats to strings of barges pushed by enormously powerful tugs to ocean-going vessels, and the river is faster and much narrower than I’d thought (for much of the trip it wasn’t much more than a quarter of a mile wide).

+++++

For me, the worst part of any trip to the Outside (meaning south of Winni-



JOHN HARRIGAN

The American Harmony, docked and disgorging passengers at Vicksburg. She was christened this spring and fitted out to carry 187 passengers in time for this fall’s Mississippi cruising season.

pesaukee) is flying. On a trip involving New Orleans my only other choice was the train, which I vastly prefer, as long-suffering readers will know. But the timing was impossible.

Now, it should be said that I have utterly no fear of flying, except the basic kind of fear, like running out of fuel. Indeed, I’ve flown over much of northern New England, the Maritimes, the Far North and vast areas of Yukon and Alaska, mostly in single-engine float planes with the beastly power required to take off from tiny ponds and short stretches of river. This is flying, up close.

But back to reality. I trudged down the ramp to the plane for Detroit, and wedged myself into a seat that not even a shoe-maker would design, but no shoe-horn provided to help with the wedging, and endured (carefully chosen word) hops from Manchester to Detroit to New Orleans, and then, of course,

+++++



JOHN HARRIGAN

Somewhere on the Lower Mississippi: This powerful tug, used far more to push than pull, pushed a refueling barge up alongside the Harmony to fill her up for the trip.

a week later, back from Memphis to Detroit to Manchester.

I remember thinking “I’ve treated sheep better than this,” and then “Sure is good to see Manchester under the wing.” This is because I remember when flying was an adventure, and you even dressed up. These days, I could have gone in my household sweats.

I had some appropriate reading material along with me on the Mississippi, enough to rationalizing staying on board until the confluence with the Missouri, but perhaps another time.

A question you tend to get concerning photos of a new riverboat is “Where’s the paddlewheel?” Often, it’s right there, but it’s fake—a prop to revolve slowly

SEE NOTEBOOK PAGE A9

## 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!

Send your letters to:

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5 Water Street • Meredith, NH, 03253

Our fax number is 279 3331.

E-mail us at [brendan@salmonpress.news](mailto:brendan@salmonpress.news). We’re looking forward to hearing from you!



## FROM OUR READERS

### Do I understand the situation correctly?

To the Editor:

Let’s see if I understand the situation in Gilford.

The town is dissatisfied with the arrangement with Laconia for disposal of trash, so they decided to build a combined trash / recycling center at the recycling site.

A plan was proposed and approved and, as it turns out, the \$950,000 plan had flaws, so another \$400,000 was needed. I understand that the structure that was built did not adhere to the plan.

At the 2019 deliberative session, we learned that while one ton of trash costs taxpayers about \$78, due to major changes in the market, a ton of recycling costs us more than \$200. That didn’t seem to matter as the additional \$400,000 was approved.

Now I read that if the new solid waste center

regulations are approved, effective Jan. 1, 2020, recycling will be mandatory and people’s refuse will be subject to inspection, and non-compliance will result in fines. Also, residents will have to sort their recyclables into six categories (requiring, I expect, six receptacles). People who wish to throw everything into the trash will presumably have to contract with a private hauler to avoid the town penalties.

The proposed regulations also note that the town will do their best to sell the items collected. Perhaps someone can inform we ordinary people where that market may be.

Did I miss anything?

Regards,

Rick Notkin  
Gilford

# LRCS awarded grant to create supportive space for working mothers of infants

LACONIA — Lakes Region Community Services (LRCS) has been awarded a \$4,500 mini-grant to create a lactation room for working mothers of infants at its main office building in downtown Laconia.

The lactation project — an effort to improve workplace breastfeeding policies — is being led by Keene

State College's Public Health faculty in cooperation with the New Hampshire Department of Health and Human Services with funding from the Center for Disease Control and Prevention. LRCS was one of 12 businesses across the state of New Hampshire to receive grant support through the program this year.



COURTESY (Left) Joleen Welford, Director of Employee Relations at LRCS, accepts an award for funds to create a supportive space for working mothers of infants. Pictures from left to right is Joyce Kelly Chair, NH Breastfeeding Taskforce, Joleen Welford, Director of Employee Relations at LRCS, Dr. Amanda Hickey of Keene State College, and Dr. Meg Henning of Keene State College.

The room will be available to employees, and mothers who participate in the childcare classes offered by the LRCS Family Resource Center. The private room will include comfortable, relaxing furniture, mini-fridge, storage, and sink area.

Joleen Welford, Director of Employee Relations at LRCS, accepts an award for funds to create a supportive space for working mothers of infants. Pictures from left to right is Joyce Kelly Chair, NH Breastfeeding Taskforce, Joleen Welford, Director of Employee Relations at LRCS, Dr. Amanda Hickey of Keene State College, and Dr. Meg Henning of Keene State College.

## Temple B'nai Israel of Laconia announces installation of Rabbi Dan Danson

LACONIA — Rabbi Danson is delighted to be beginning a new chapter as the rabbi of Temple B'nai Israel. Rabbi Danson grew up in Ottawa, Canada and served the Jewish community of northern Wisconsin for 29 years at Mt. Sinai Congregation in Wausau.

After recently moving to Long Island, N.Y., Rabbi Danson says, "I am happy to be back among the 'frozen chosen' in New Hampshire."

He is particularly moved by the rich Jewish life that the congregation has established in the Lakes Region and their dedication to community service.

Rabbi Dan Danson holds a Bachelor of Arts (Honors) in Comparative Religion from Carleton University. He was ordained as a rabbi in 1988 at the New York campus of Hebrew Union College — Jewish Institute of Religion. Following ordination, as the rabbi of Mt. Sinai Congregation in Wausau, Wisconsin, he wore many hats including teaching Hebrew and Confirmation classes, leading adult education programs, and partnering with the congregation in many facets of synagogue organization.

He was also active in the broader community in interfaith social justice work, as well as serving on many non-profit boards and committees. He was a community member on two Institutional Review Boards, at the Marshfield Clinic and Aspirus Hospital, which oversaw the ethical aspects of medical research.

Rabbi Danson has served in many facets of the larger Jewish community. He is a past president of Midwest Association of Reform Rabbis, served on faculty at OSRUI, the URJ camp in Oconomowoc, Wisconsin, and was a vice-president of the Wisconsin Council of Rabbis. Since he left Wisconsin, he has been training in Clinical Pastoral Education programs and is now a board eligible chaplain. His last chaplaincy rotation was on the palliative care unit at Mount Sinai Hospital in Manhattan. He is also completing a Doctor of Ministry in pastoral counseling at Hebrew Union College in New York.

He is married to Dr. Julie Luks and they have three children, Ben (Sasha), Eli, and Leah. They live in Huntington, N.Y.

LRCS plans to match the grant money awarded to them to build a new, state-of-the-art lactation room, and continue ongoing efforts to make the organization friendlier to working mothers.

## GILFORD PARKS AND RECREATION NEWS

BY HERB GREEN

Director  
Gilford Parks and Recreation

### Bolduc Park Cross Country Ski Program

The Gilford Parks and Recreation Department will be offering four weeks of Cross Country Ski Lessons at Bolduc Park this winter. Lessons begin on Saturday, Jan. 4, and will continue through Jan. 25 (in the event a day is cancelled because of poor weather, it will be made up the week(s) following Jan. 25). Lessons begin at 10 a.m. and rental skis may be picked up at 9 a.m. at Piche's Ski Shop!

Registration forms are available at the Gilford Parks and Recreation Department, Bolduc

Park and Piche's Ski Shop. Please mail, fax or drop off your registrations directly to Piche's Ski Shop.

Cost: \$70 per person includes rental equipment!

\$40 per person if you have your own equipment!

If you have any questions, please contact Bob or Pat Bolduc at 524-2068.

### Boston Celtics bus trip scheduled for March 18

The Gilford and Belmont Parks and Recreation Departments are co-sponsoring a Bus Trip to Boston to see the Celtics take on the New York Knicks on Wednesday, March 18. Cost of the trip is

\$80 per person, and includes round trip motor coach from Gilford or Belmont and your ticket (section 311 of the balcony) to the game. Our deluxe motor coach will depart from Gilford High School at 4:45 p.m. and the Tioga Pavilion in Belmont at 5 p.m. for the 7:30 p.m. game. You will have time to visit the pro-shop and get dinner on your own prior to the game. Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable.

For more information, please contact the Gilford Parks and Recreation Department at 527-4722 or visit their Web site at [www.gilfordrec.com](http://www.gilfordrec.com).

### 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 (No program Dec. 25 or Jan. 1). 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 \$1.00 donation is suggested.

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

## Bank of NH named state's fastest growing bank

LACONIA — Bank of New Hampshire was recognized as the fastest growing bank in NH and the 36th fastest growing company in the state as reported by Business NH Magazine's Top 100 Private Companies. Bank of New Hampshire was the only bank to make the list.

"We are very proud to stand among the other top private companies in New Hampshire," stated Paul Falvey, President & CEO for Bank of New Hampshire, "and we want to congratulate all 100 companies being recognized."

Bank of New Hampshire's growth is organic. That is, the growth is the result of expanding existing relationships and building new relationships; not through acquisition.

Falvey noted, "We are fortunate to have a culture and staff that is focused on long-term relationships

which has resulted in a tremendously loyal and dynamic customer base."

Our focus is on taking care of customers and building relationships. The growth is a positive by-product of this effort.

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 25 banking offices and assets exceeding \$1.7 billion, Bank of New Hampshire is the oldest and one of the largest independent banks 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](http://www.BankNH.com).

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### Edward Jones: Financial Focus

**Financial Moves for Life's 'Inflection Points'**

You've probably heard or read about inflection points. The term has a specific definition in mathematics, but it's also used widely to describe historical or technological events, such as the Industrial Revolution or the creation of the internet — events that changed human existence in some important way. However, you have personal inflection points, too — and when they occur, you'll need to make the right financial moves. Here are four of the most important of these inflection points, along with suggestions on dealing with them:

- **Marriage** — When you get married, you and your spouse will need to discuss a variety of financial issues: What assets and liabilities do you each bring to the marriage? Should you combine your finances or continue with separate accounts? Is one of you a "saver" while the other is a "spender"? Do you share

similar investment philosophies, or is one of you much more aggressive than the other? You don't necessarily have to agree on everything, but you should at least try to gain enough knowledge so you can avoid unpleasant surprises, such as hidden debts, and find enough common ground so your household can advance toward your common financial goals.

- **New child** — When you welcome a new child into your family, you'll need to make sure you have adequate life insurance. You'll also want to review the beneficiary designations on any existing insurance policies, as well as on your IRA and 401(k). And if you can afford it, you may want to start contributing to a college fund, possibly using a 529 savings plan, which can provide you with tax advantages as you put money away for your child's higher

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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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## PET OF THE WEEK

Meet sweet little Velma! She came all the way from TX to find her new forever home. Velma is a petite 1 yr. old mix breed who is a little nervous in her new surroundings. With a little patience she is very sweet! She needs a adult home to teach her the world isn't so scary! Velma may do well with some dogs but would like a feline free home!

## VELMA

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## John Francis O'Callaghan, 86

MEREDITH — John "Jack" Francis O'Callaghan, 86, passed away at the New Hampshire Veterans Home, Tilton, on Saturday, Dec. 7, 2019, from complications of Alzheimer's disease.

Jack was born, the first of four boys, to James S. O'Callaghan and Helen (Knight) O'Callaghan on Aug. 3, 1933 in Lynn, Mass. He graduated from Marblehead High School in 1951 and Colby College in 1958. He interrupted his college education to serve in the United States Air Force during the Korean conflict. While in the Air Force he was enrolled at Baylor University in Texas. Jack grew up in Marblehead, Massachusetts, and in 1957, the O'Callaghan family moved full time to their Lake Winnepesaukee home next door to the cottage that had been their summer residence since 1942.

There he enjoyed fishing, boating, and water sports on Lake Winnepesaukee. He was a skilled alpine skier whose favorite locations included Tuckerman's Ravine, Sugarloaf Mountain while at Colby, and ski areas throughout New England. His prowess at card playing was well known and respected. (Yes, he could count cards.) His other activities and interests were bird and deer hunting, painting and drawing, astronomy and photography, combining these last two by expertly photographing the Hale-Bopp comet from his field in Meredith in 1997.

Jack was an avid sports enthusiast.



This included Formula One racing, traveling frequently to Watkins Glen, N.Y.; Long Beach, Calif.; and Montreal, Canada. He was also a passionate Boston sports fan of the Red Sox, Patriots and Bruins. After graduating from Colby College, he owned and operated a coffee shop in Stowe, Vermont. When the family-owned business, Tram Diamond Corporation, opened in 1959 in Winnisquam, Jack joined his father and brothers as a vice president. He traveled internationally with his father to Japan to import mobile citizen band radios from Toshiba and within the United States traveled to trade shows in Nevada, California and Louisiana promoting Tram Diamond base units designed and manufactured at their Winnisquam facility. In the 1970's Jack, on behalf of Tram Diamond, was instrumental in sponsoring professional race car driver, Randy Lewis, in the Can-Am Racing Circuit. In 1981, Jack and his wife, Nancy, opened a satellite dish/antenna business, Satellink Corporation, in Winnisquam; and later moved the business to route 104 in New Hampton in

1987. In 2004, after 23 successful years, they retired to their home in Meredith.

Jack is survived by his loving wife of 46 years, Nancy Louise (Laurier) O'Callaghan, who cared for Jack for six years before he became a resident of the New Hampshire Veterans Home. He is also survived by his daughter, Cara Abrantes, and her husband Joseph of El Cajon, Calif., and their six children; his son Sean O'Callaghan and his wife, Treacy, of Sacramento, Calif.; step-daughter, Wendy Murdock of Hoschton, Ga.; brothers Ronald J. O'Callaghan of New Hampton, and Richard A. O'Callaghan and his wife Susan of Meredith; and special niece Robin (O'Callaghan) Lamprey and her husband Scott and their son Jamie of Moultonborough. He also leaves cousins Maureen Spina, Peter Wormstead, Ed Wormstead and Kevin Wormstead of Massachusetts, and Geraldine O'Brien of Bedford.

He was predeceased by his parents, Jim and Helen O'Callaghan, and his younger brother, Paul E. O'Callaghan, in 2012.

His wife Nancy and Jack's family want to thank the New Hampshire Veterans Home doctors, RN's, LPN's, LNA's and all the staff for their "over the top" compassionate, professional and dedicated long-term care during Jack's nearly seven years at the Veterans Home.

Private services will be held in the spring at the convenience of the family.

For those who wish, the family suggest that memorial donations may be made in Jack's memory to the charity of your choice.

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](http://www.wilkinsonbeane.com).

## STRATEGIES FOR LIVING

### No room at the inn

BY LARRY SCOTT

There was no room at the Bethlehem Inn that first Christmas eve, not even for a young lady in labor. No one seemed concerned about a pregnant teen-ager looking for a room in which to deliver her first-born. It was party time! Nary a gentleman stepped forward, willing to sacrifice the use of his room for the evening. The young couple, consigned to the dark and drafty stable, would have to fend for themselves.

Not that there was anything wrong with the Inn. These people deserved a break. Living under the jurisdiction of the Roman government was no walk in the park. An evening at the Inn was a welcome change of pace, a chance to share some holiday cheer, an opportunity to forget if only for a few moments, the challenge of living in the real world.

As a matter of fact, however, it wasn't "holiday time." It would be years before this evening would be celebrated. For the majority, it was just another evening and, in the manger below, just another birth. Few of them would ever know that what took place that night was the greatest event in human history.

It is difficult to describe the uniqueness of that evening. Cleaning up the new baby and preparing Him for His first meal, not even Mary and Joseph realized the impact on all humanity that would emanate from this night. As Mary cradled her firstborn, little did she know she was holding deity in her hands.

It is significant that the first ones to learn of the events of that evening were shepherds. These were hard-working, salt-of-the-earth men, despised commoners, too poor and too busy to enjoy an evening at the Inn. But a host of singing angels had already put them on notice. Something special had taken place; this was one trip to town they would never forget.

They no doubt expected to be welcomed with pomp and ceremony. The heavens had announced the birth of royalty. What they found, however, was lowering cattle, perhaps a donkey or two, and a simple manger scene. For all the hoopla, they were surely surprised to find an apparently normal, newborn baby boy. But looks were deceiving for this precious youngster, although human in the fullest sense of the word, was far from typical. He

was God.

Not, I would note, like Adonis, the god of Greek mythology or Baal, the god of the Canaanites. He was no legend or the product of superstitious belief. This One came out of eternity. He had been there when the world was brought into being. He had walked with Adam, talked with Moses, and joined the three Hebrew children in Nebuchadnezzar's fiery furnace. God Himself had joined the human family. Some thirty-three years later, He would take upon Himself the penalty for sin and make possible the promise of eternal life.

For those at the Inn, the party would soon be over. For the shepherds, however, it was the dawning of a new day. Their hum-drum existence had been crowned with new meaning. They were the first to have an encounter with the living Jesus, and they went home "praising God." Fulfillment, they discovered, was not to be found in the Inn; it was to be found in a Person.

And that is the message of Christmas. Happiness ... is a man called Jesus!

For more thoughts like this, follow me at [indefenseoftruth.net](http://indefenseoftruth.net).

## Mix 94.1 makes a difference with annual Cash & Cans Food Drive

REGION — "Making a difference one donation at a time," Mix 94.1FM's 33rd annual Cash and Cans Money & Food Drive for the holidays took place on Dec. 5-13. All monies and food raised by the initiative each year stays local, benefiting several area organizations, including the Franklin and Belmont Police Toys for Tots Programs, Twin Rivers Interfaith Food Pantry, Bread & Roses Soup Kitchen, Community Action Program, Tilton/Northfield/Sanbornton Christmas Fund, Every Child Is Ours, Greater Lakes Region Santa Fund, Meredith Emergency Food Pantry and St. Joseph's Belmont Food Pantry.

Last year the drive had another record year for donations, with more than \$43,000 in cash and more than 30,000 non-perishable food items raised and this year is hoped to be another big success.

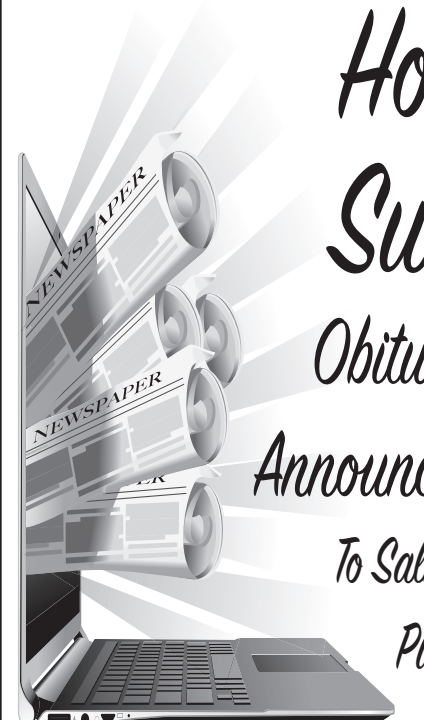
Radio personality Fred Caruso of Mix 94.1 FM's started the program in 1987 and said he looks forward to December's food and donation drive every year.

"We meet so many generous people during Cash and Cans week. It's a heart-warming week, from kids giving their piggy bank money to the business community donating. All we ask is that people give what they can. And the best part...it all stays right here in our

central New Hampshire Community," Caruso said.

There were many of special events held during the week. Caruso and morning co-host Amy Bates broadcasted live from more than 20 different locations, accepting Cash and Cans donations at each. Among their many stops was a spaghetti dinner, hosted by both the SALT Teams from Franklin and Winnisquam Regional High School and the FYI Program at Franklin Middle School.

Bates and Caruso also attended Santa's Workshop at the Bessie Rowell Community Center in Franklin where they SEE CASH & CANS PAGE A10



# How to Submit Obituaries & Announcements To Salmon Press Publications

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[weddings@salmonpress.com](mailto:weddings@salmonpress.com)

*Photos are also welcome, but must be submitted in jpeg format.*

Please contact Executive Editor  
 Brendan Berube at (603) 279-4516, ext. 101  
 with any questions regarding the submission process.

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The Tapply-Thompson Community Center Board & Staff want to thank the many volunteers that donated their time, funding, cookies and creativity to make the 2019 Santa's Village another successful year with over 1,000 visitors. We are so very grateful for all of the support we receive throughout the year from our Annual Fund donors, Volunteer coaches, support of the NASD with the use of our school buildings and our many program participants! We couldn't be successful without all of you! We wish all in our Newfound Community a very Merry Christmas and Happy & Healthy 2020!



**Merry Christmas & Happy New Year to all!**

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# GILFORD HIGH SCHOOL WINTER SPORTS SCHEDULE

## GIRLS VARSITY BASKETBALL

DATE	TIME	OPPONENT	PLACE
12/20/19	6:30 PM	Conant HS	A
12/27/19	TBA	Christmas Tournament (TBA)	H
12/28/19	TBA	Christmas Tournament (TBA)	H
12/29/19	TBA	Christmas Tournament (TBA)	H
01/07/20	6:00 PM	Prospect Mountain HS	A
01/14/20	6:00 PM	Belmont HS	A
01/17/20	6:00 PM	Monadnock Regional HS	H
01/21/20	6:00 PM	Somersworth HS	A
01/24/20	6:00 PM	Berlin HS	H
01/28/20	6:00 PM	St. Thomas Aquinas HS	H
01/31/20	6:00 PM	Campbell HS	A
02/04/20	6:00 PM	Laconia HS	A
02/07/20	6:00 PM	Fall Mountain Regional HS	H
02/11/20	6:00 PM	Winnisquam Regional HS	H
02/14/20	6:30 PM	Mascoma Valley Regional HS	A
02/18/20	6:00 PM	Newfound Regional HS	H
02/20/20	6:00 PM	Hopkinton Middle/High School	H

## BOYS VARSITY BASKETBALL

DATE	TIME	OPPONENT	PLACE
12/20/19	6:00 PM	Conant HS	H
12/27/19	TBA	Christmas Tournament (TBA)	H
12/28/19	TBA	Christmas Tournament (TBA)	H
12/29/19	TBA	Christmas Tournament (TBA)	H
01/07/20	6:00 PM	Prospect Mountain HS	H
01/14/20	6:00 PM	Belmont HS	H
01/17/20	6:30 PM	Monadnock Regional HS	A
01/21/20	6:00 PM	Somersworth HS	H
01/24/20	6:30 PM	Berlin HS	A
01/28/20	6:30 PM	St. Thomas Aquinas HS	A
01/31/20	6:00 PM	Campbell HS	H
02/04/20	6:00 PM	Laconia HS	H
02/07/20	7:00 PM	Mascenic Regional HS	A
02/12/20	7:00 PM	Winnisquam Regional HS	A
02/14/20	6:00 PM	Mascoma Valley Regional HS	H
02/18/20	6:30 PM	Newfound Regional HS	A
02/21/20	7:00 PM	Hopkinton Middle/High School	A
02/25/20	6:00 PM	Belmont HS	A
02/28/20	6:00 PM	White Mountains Regional HS	H



## GIRLS JUNIOR VARSITY BASKETBALL

DATE	TIME	OPPONENT	PLACE
12/20/19	5:00 PM	Conant HS	A
01/07/20	5:00 PM	Prospect Mountain HS	A
01/14/20	5:00 PM	Belmont HS	A
01/17/20	4:30 PM	Monadnock Regional HS	H
01/21/20	5:00 PM	Somersworth HS	A
01/24/20	4:30 PM	Berlin HS	H
01/28/20	4:30 PM	St. Thomas Aquinas HS	H
01/31/20	5:00 PM	Campbell HS	A
02/04/20	4:30 PM	Laconia HS	A
02/07/20	4:30 PM	Fall Mountain Regional HS	H
02/11/20	4:30 PM	Winnisquam Regional HS	H
02/14/20	5:00 PM	Mascoma Valley Regional HS	A
02/18/20	4:30 PM	Newfound Regional HS	H
02/20/20	4:30 PM	Hopkinton Middle/High School	H



## BOYS JUNIOR VARSITY BASKETBALL

DATE	TIME	OPPONENT	PLACE
12/20/19	4:30 PM	Conant HS	H
01/07/20	4:30 PM	Prospect Mountain HS	H
01/14/20	4:30 PM	Belmont HS	H
01/17/20	5:00 PM	Monadnock Regional HS	A
01/21/20	4:30 PM	Somersworth HS	H
01/24/20	5:00 PM	Berlin HS	A
01/28/20	5:00 PM	St. Thomas Aquinas HS	A
01/31/20	4:30 PM	Campbell HS	H
02/04/20	4:30 PM	Laconia HS	H
02/07/20	5:30 PM	Mascenic Regional HS	A
02/12/20	5:30 PM	Winnisquam Regional HS	A
02/14/20	4:30 PM	Mascoma Valley Regional HS	H
02/18/20	5:00 PM	Newfound Regional HS	A
02/21/20	5:30 PM	Hopkinton Middle/High School	A
02/25/20	4:30 PM	Belmont HS	A
02/28/20	4:30 PM	White Mountains Regional HS	H



## COED VARSITY NORDIC SKIING

DATE	TIME	OPPONENT	PLACE
01/03/20	2:30 PM	TBA	Gunstock Team Sprint/Freestyle
01/07/20	3:30 PM	TBA	Proctor Kearsarge Freestyle
01/15/20	2:30 PM	TBA	Great Glen Kennett Open FS Sprint & Relays
01/22/20	2:30 PM	TBA	Gunstock Paint Ball Classic
01/29/20	2:30 PM	TBA	WMRHS Freestyle (5km)
02/01/20	10:30 AM	TBA	Gunstock NHNCA Classic
02/04/20	3:00 PM	TBA	Proctor Ski Area Kearsarge Classic
02/19/20	2:30 PM	TBA	Jackson Lakes and Mtn Championship
02/22/20	10:30 AM	TBA	WMRHS - NHNCA Freestyle
03/03/20	10:00 AM	TBA	Great Glen - D111&DIV States
03/10/20	4:00 PM	TBA	Dublin- MOC



## BOYS VARSITY HOCKEY

DATE	TIME	OPPONENT	PLACE
01/04/20	7:30 PM	ConVal Regional HS	Jason Ritchie Ice Arena
01/08/20	5:00 PM	Laconia HS	Laconia Ice Arena
01/11/20	3:00 PM	Monadnock Regional HS	Laconia Ice Arena
01/15/20	6:00 PM	Kennett HS	Ham Ice Arena
01/18/20	3:00 PM	Kearsarge HS	Laconia Ice Arena
01/22/20	6:00 PM	Berlin HS	Notre Dame Ice Arena
01/25/20	6:40 PM	Hollis-Brookline HS	
01/29/20	5:00 PM	John Stark Regional HS	Laconia Ice Arena
02/05/20	5:00 PM	Pembroke Academy	Laconia Ice Arena
02/08/20	3:00 PM	Laconia HS	Laconia Ice Arena
02/12/20	5:00 PM	Kennett HS	Laconia Ice Arena
02/15/20	3:15 PM	Monadnock Regional HS	Keene Ice Arena
02/19/20	7:00 PM	John Stark Regional HS	Lee Clement Arena
02/22/20	12:30 PM	Kearsarge HS	Plymouth State University Ice Arena
02/26/20	4:00 PM	Hollis-Brookline HS	Laconia Ice Arena



## GUNSTOCK

(Continued from Page A1)

the chance to ski with Santa this Saturday from 11 a.m.-12:30 p.m. Santa will be on the slopes and ready to get his picture taken with kids.

Night Sessions began on Dec. 13 and the mountain will be open at night through the season. For a Night Session pass visitors can get lift access and ski or board at night. The sessions offer a basic rental package (though not including a helmet). Beginner lessons are available on the Wonder Carpet by the welcome

center from 4:30-6:30 p.m. There will be two runs of tubing and/or the Mountain Coaster while both are open.

Gunstock's holiday "12 Days of Deals" special will wind down. All month the ski shop offered specials on select items. On Dec. 19 get 35 percent off all hats, 25 percent off all Oakley goggles on Dec. 20, on Dec. 21 get 50 percent off pants with the purchase of a jacket, 15 percent off Nordic Day at the XC Ski center on Dec. 22, 20 percent off gloves and mittens on Dec. 23, and on

Dec. 24 get 40 percent off Oakley and Smith sunglasses.

Gunstock will celebrate the end of 2019 and the coming of 2020 with Gunstock Rocks New Year's Eve on Dec. 31. Special tickets will be available for skiing and riding that night. Anyone can come into the lodge and enjoy DJ dancing, s'mores, face painting, games, a selfie station, and more for free. There will be a champagne toast at midnight.

For more information, visit [www.gunstock.com](http://www.gunstock.com).

## CANDLELIGHT

(Continued from Page A1)

ing spotty showers plus a number of the entertainers wouldn't be able to come back on Sunday for a rescheduled stroll.

Numbers were a bit down this year due to the rain, though a lot of people still came out for the stroll.

"We still had a good turnout; the numbers obviously were down over last year," Marshall said. "The people that did come out were having a great time."

Co-organizer Katherine Dormody said roughly around 300 people showed up during the event.

"There wasn't quite as many people as in the past, the people that came really had a good time," Dormody said. "We were pleasantly surprised about (that)."

Melbourne said when he walked around to light candles around 6:30 p.m., there were still people out walking around.

The lighter crowds did mean anyone who wanted to get a carriage ride could do so, whereas in previous years people wouldn't be able to get the chance.

The library was a popular location and Melbourne and Dormody said plenty of people

were there sampling the cookies and chowder. Dormody said they went through the 14 dozen cookies that night.

All of the scheduled events took place and nothing on the schedule was called off due to the rain including outdoor events like the horse drawn carriage, the bonfire with s'mores in Village Field, visits from Santa, and more.

"It was happy despite the little rainy start that we had," Dormody said.

Dormody said committee member Sally Bickford visited all the buildings open on the stroll route to see how everything was going. She said Bickford reported that all the buildings had a good amount of people in them having a good time.

This year saw a new performer at the library. Local student and musician Carter LaLiberte performed at the library around 5:30 p.m. Carter had his own table at the Farmer's Market over the summer where he performed for visitors.

Melbourne said the event had a lot of great volunteers.

"People really step up," Melbourne said.

"The high school kids, they stepped up, put out the candles, helped us light them

All three said they love the Candlelight Stroll and its various elements.

"Its always a very nice event and one of my favorite to put on all year," Dormody said.

Marshall said he really liked the community aspect of the event.

"I like the how it pulls the community together," Marshall said. "Everyone just has a great time. Even though the weather was kind of dismal it still brought people into the holiday spirit and everyone had a smile on their face. It was a great time."

Melbourne said he loved the atmosphere of the event and interacting with all the people through the village.

"I just feel like it's a great community event to bring people in doing things you don't always get to do," Melbourne said.

Dormody said the committee is seeking feedback on the event and any suggestions on anything different they could be doing. The committee will hold a meeting after the first of the year that will be open to the public.

## AWARDS

(Continued from Page A1)

"They all have their passions," Brusseau said. "Not only are they doing a project and doing money, but

they are inspiring people to volunteer. Not only is it amazing to recognize the youth, seeing the influence

they're having on the community is just outstanding. They are our up and coming leaders."

## MERMAID

(Continued from Page A1)

casts and the students show a lot of talent.

Between the 70 students in the cast and the 30 working on tech, there are around 100 students in total working on this show.

"We have almost one third of the show involved in this program, which is really amazing," Demko said.

Rehearsals started right before Thanksgiving. Demko said the students have really been working hard and have been showing up to every rehearsal since then.

"It's such a great thing to say they showed up the day before Thanksgiving," Demko said.

Shows in the past

would get help from high school students, though that has become more difficult due to scheduling and commitments for the high school students. Demko said he has greatly appreciated the help of the high school students, though they have been moving more to using adult volunteers for various aspects of the show.

Heidi Noyes-Bourgeois is back doing choreography. They are also using the skills of Melissa Nutter as a vocal coach.

"She's taken the proverbial bull by the horns and making the kids sound great," Demko said.

Demko said they are fortunate to have these professionals offering their talents.

He said the process has been exciting so far and everyone has been having a great time. Demko said the students have been greatly supporting each other. He said when both the performers playing Ariel hit a hard to do high note the students applauded with genuine happiness.

"That's what I love, they're so supportive of each other," Demko said.

"The Little Mermaid" will take the stage Jan. 30 at 6:30 p.m., Jan. 31 at 7 p.m., and Feb. 1 at 2 and 7 p.m.

## NOTEBOOK

(Continued from Page A4)

out of synch and fulfill tourists' expectations.

In fact, there are several big commercial riverboats actually propelled by paddlewheels, a couple of them even driven by steam. And a large, enthusiastic group of individual or multi-owner stern-wheelers and side-wheelers try to arrange various annual gatherings, always at the mercy of weather, rapids, locks, shoals, and river depths.

The Harmony, built at Chesapeake Shipbuilding in Salisbury, Md., and launched and fitted out just a few months before I boarded, had no notion or space for a paddlewheel. Instead, we moved upriver effortlessly against a sometimes swift current, thanks to two 1810-hp. Caterpillar

diesel engines, aided in some tricky places and in docking by twin 544-hp. side-thrusters.

I could hear the main engines, and most certainly the thrusters, in my boat deck stateroom. But they didn't have to work hard most of the time, and anyway, in their own steady way much like a train, they lulled me to sleep.

+++++

One of the stops was at Vicksburg, site of one of the more infamous clashes during the Civil War, or War of the Rebellion, or (take your pick, the list goes on) War Between the States. But in this case, it was far more siege than clash.

For some reason the idea of an actual siege, on

the North American continent rather than in Medieval Europe, fascinated me during my more impressionable years, and my high school history teacher, Mr. Irwin, indulged me by furnishing me with a couple of books on the topic, which I devoured. Ergo, I had more than the usual interest in Vicksburg.

I chose to forgo the scheduled bus tour and

hoof it, a decision I later regretted, if only a bit. Suffice to say that Vicksburg occupies an extensive (and wicked steep) bluff--the high ground, of course, hence its storied history.

Ulysses S. Grant wound up being the hero of Vicksburg, whose defenders were forced by lack of food and water to surrender after more than 40

days. These days about the thing people know about Grant is that he's on the front of a \$50 bill, which is why I so seldom see him, and then only fleetingly.

*(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)*

(Continued from Page A3)

ic health and well-being of the community since it was founded in 1869. For more than 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of Central New Hampshire. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit [mvsb.com](http://mvsb.com).



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# Art Association to host animal painting course

TILTON — Learning how to paint animals in oils is a very rewarding, exciting and a fun thing to do, and there's not a better animal painter/instructor to learn from than Acacia Rogers, an award-winning and highly acclaimed artist who'll begin an eight week course,

limited to 10 students, from Tuesday, Jan. 7 until Feb. 25 at the Lakes Region Art Association.

Whether you're a beginner or an intermediate artist, Acacia uses the same combination of tested and proven teaching techniques she has for the past 15 years, assuring

everyone great results. She'll cover everything from animal anatomy, to form and perspective, how to improve your drawing skills, color mixing, matching and values, how to use layers to build dimension, discuss materials you'll need and where to buy them at the best prices, plus

tips on choosing references materials.

Side by side easel time with Rogers also includes group critiques, and at the conclusion of the course, students' works are posted on her Web site and social media. If it's fur, scales or feathers, Rogers has the background, skills and



talent to help any artist, amateur or intermediate, to successfully paint animals in oil. Contact Rogers at: AcaciaRogers.wix.com/fineart, or 965-5551 for information on course costs, materials needed, and to register.

The Lakes Region Art Association and Gallery, 120 Laconia Rd., Tilton, Tanger Outlet Mall, Suite 132 will be open during the month of December every day, 10 a.m.-6 p.m. For membership, inquire within.



COURTESY

## Laconia Christian Academy releases honor roll

Laconia Christian Academy has released its honor roll for the first quarter of the 2019-2020 school year. Grade 12: Carolyn Bixby, Kathryn Duddy, MacKenzie Glines, and Noah Longval. Grade 11: Ryann Hendricks, Ian Manning, and Deorah Umwiza. Grade 10: Sarah Glines, Caleb Longval, Abigail McKinney, and Grace O'Brien. Grade 9: Emma Blake, Grace Burton, Emma Desmarais, Katelyn Kilcup, Hannah Longval, Emily McLeod, Jacob Sheehan, Amber Stillion, Clarissa Wirth. Grade 8: Brycen Allen, Audrey Bond, Ava Hall, Robert Merola. Grade 7: Leanne Daigneau, Jillian Mitchell, and Emma Scott. Grade 6: Ian Blake, Natalie Bleiler, Oliver Bond, Luke Butler, and Brendan Call. Grade 5: Sophia Horne, Grace Longval, Zaidon Mentore, Adam Mitchell, Avery Murray, Mya Salesky, Myah Sheehan, Javan Swearingin, and Aubrey Tyrell.



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## GRANT (Continued from Page A5)

rector of Employee Relations for LRCS, underscores the value of this grant for Lakes Region Community Services, stating "LRCS works hard to ensure that its employment policies and practices reflect its values of dignity and inclusiveness, and of family-centered supports. This grant gives us an added opportunity to strongly signal to working mothers that they are valued and supported in trying to simultaneously raise

healthy children while also working."

"We believe strong families lead to healthy communities. And healthy communities support strong families. It's a virtuous cycle that we believe in investing in," noted LRCS President and CEO, Becky Bryant. "This grant gives us one more way to express that, and we're delighted to be able to make these improvements to our office space in support of working moms."

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14

## Golden Eagle girls battle by Belmont



BOB MARTIN

Shelby Cole led all scorers with 20 points in a win over rival Belmont.



BOB MARTIN

Tea Rodney had a big night off the bench for Gilford.



BOB MARTIN

Gilford's Allison Carr makes a move around Becca Fleming of Belmont last week.



BOB MARTIN

Rick Forge's Golden Eagles are off to a 3-0 start in the early season.

## Gilford alpine team kicks off the season

BY BOB MARTIN

Bob@Salmonpress.news

CARROLL – The Gilford High School alpine ski team kicked off its season at Bretton Woods last week and the boys' and girls' teams placed second in giant slalom and slalom.

For the girls' team in giant slalom, Bethany Tanner was fourth with a time of 1:13.58; Shea Brown was fifth with a time of 1:13.78; Sophia Lehr was 13th with a time of 1:16.74 and Kendall Jones was 14th with a time of 1:16.89.

In slalom, Brown was sixth with a time of 34.84; Tanner was seventh with a time of 35.34; Jones was 10th with a time of 36.67 and Lehr was 13th with a time of 37.37.

For the boys' team in giant slalom, for skiers who scored, Cole Howard was fourth with a time of 1:12.10; Colton Workman was ninth with a time of 1:14.75; Nick Kaminski was 15th with a time of 1:19.18 and Max Stephan was 16th with a time of 1:22.18.

For the slalom race, Workman was fourth with a time of 32.85; Kaminski was 10th with a time of 35.66; Howard was 11th with a time of 35.91 and Stephan had a time of 39.87 for 14th place.

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – The Gilford girls' basketball team hosted Belmont in the first of two meetings this season, and the Golden Eagles picked up a win by a score of 46-34.

It was a tight game to start with the two rivals tied 9-9 at the end of the first quarter. However things would change drastically in the second quarter with Gilford holding the Red Raiders scoreless while going on a 15-0 run. It was a truly dominant frame for the Golden Eagles, with excellent offensive and defensive performances by Shelby Cole, Tea Rodney and Allison Carr.

Gilford opened up the second half with a basket to continue the incredible run until Alexis Donovan scored on a floater. It was the first basket for the Red Raiders in 9:40. This started a 7-0 run for Belmont and the Red Raiders were quickly

back in the game, down 35-23 at the end of the third quarter.

The deficit created by the huge streak of points for the Golden Eagles was too much for the Red Raiders to overcome, however. Despite making a great effort to get back into the game, Belmont didn't have enough time on the clock to claw back and Gilford came away with the 46-34 victory.

Leading the way for the Golden Eagles was Cole, who put up 20 points to lead all scorers. Cole also had five steals, three blocks and three assists in what was a great all-around night.

"Shelby is a leader on the court and as Shelby goes, so go the Eagles," said coach Rick Forge.

Allison Carr pitched in with 11 points on the night. Kate Sullivan had four points, four assists and 14 rebounds. Abby O'Connor had 12 rebounds and four points. Rodney had seven points and three steals, and was a huge part of the 17-0 run with big offensive and defensive sparks.

"Always nice to start

off the season with a couple of wins," said Forge. "Belmont is the only team we play twice in the Lakes Region, so it is nice to get a win against a rival. It wasn't our smoothest effort out there, but it is early in the season and things look good."

Forge commended the play of Rodney, who came off the bench and made big plays down the stretch.

"It is always good to see a non-starter come off the bench and make a difference," said Forge. "She was ready and played well. She did a great job for us today."

The Red Raiders were led by Molly Sottak who had 14 points, with seven coming in the fourth quarter. Becca Fleming pitched in with seven points on the night.

Belmont coach Mark Dawalga was happy with the way the players battled back despite being down double digits at the half.

"I thought in the third quarter we started to find our roles as a team," Dawalga said. "We started sharing the

ball. It wasn't just one and done. Give credit to these kids, they are working hard. They are learning. There were four starters tonight that didn't start last year. It will take a little bit of time, but I was proud of them."

### Gilford

Last week Gilford also faced Franklin High School on the road and came away with a big 65-32 win. Gilford jumped out to an early 18-9 lead and never looked back, outscoring the Golden Tornadoes in every quarter.

Cole had 21 points, four steals, four assists and four rebounds. O'Connor had 12 points, eight boards and three blocks. Vanessa Flanders had 10 points and four steals. Carr had nine points, three steals and three assists. Sullivan had five points, three steals and three blocks. Gwen Knipping had four steals, three assists and nine rebounds. Maegan Shute added four points.

SEE HOOPS PAGE B3

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# Gilford indoor track kicks off new season

BY BOB MARTIN  
Bob@Salmonpress.news

PLYMOUTH – The Gilford High School indoor track team kicked off its season on Satur-

day at Plymouth State University and the girls' team tied for third place with Concord, behind first place Merrimack Valley and second place

Manchester Central. For the girls' events, Katiana Gamache was the winner in the shot put with a throw of 27 feet, six inches. Lauryn

Nash-Boucher was 13th with a throw of 18 feet, one inch and Savannah Neuman was 16th with a toss of 16 feet, nine inches.

In the 55 meters, Natalie Fraser was fifth with a time of 8.05 and Brianna Fraser was sixth with a time of 8.08.

In the 300 meters, Natalie Fraser was second with a time of 45.81 and Brianna Fraser was third with a time of 45.94. Allison Kenynon was 14th with a time of 51.19, Camyrn Marshall was 21st with a time of 57.70 and Lexi Shute was 24th with a time of 58.28.

In the 600 meters, Caroline Dean was 11th with a time of 2:15.81.

In the 1,000 meters, Lindsey Sanderson was third with a time of

3:28.17.

In the 55-meter hurdles, Emma Ramsey was second with a time of 10.11. Ashley Sanderson was fifth with a time of 10.87 and Reese Clark was eighth with a time of 12.04. Neuman was 12th and Marshall was 13th with a time of 12.11 and 12.35 respectively.

Gilford placed third in the 4X200-meter relay with a time of 2:01.96. The team included Ramsey, Clark and the Fraser sisters. Gilford was fifth in the 4X400-meter relay and the team included Dean, Christine Pingol and the Sandersons.

In the high jump, Lindsey Sanderson was eighth with a leap of four feet.

In the long jump, the top Gilford athlete was

Ashley Sanderson with a distance of 12 feet, 3.5 inches. Murphy Harris was 14th with a distance of 11 feet, 2.75 inches; Neuman was 16th with a distance of 11 feet, 0.75 inches; Marshall was 18th with a distance of 10 feet, 5.25 inches and Pingol was 20th with a distance of eight feet, 11.25 inches.

In the boys' events, Anthony Haddocks was 20th with a time of 7.93 and Sam Drew was 22nd with a time of 8.34 in the 55 meters.

In the long jump, Haddocks was 15th with a distance of 15 feet, 0.25 inches.

In shot put, Drew was 12th with a throw of 28 feet, one inch.



COURTESY PHOTO

Plymouth State Ice Arena will be offering an intro to curling class starting Jan. 5.

## Intro to curling offered at PSU Ice Arena

PLYMOUTH — Are you one of the many who have been fascinated by the sport of curling? Have you had the burning desire to deliver a stone down the ice and feverishly sweep it into the house, well now is your chance.

The Plymouth State Ice Arena will be offering a four-week Intro to Curling program, beginning Sunday, Jan. 5, at 7 p.m., each session will be two hours in length. Over the four weeks, they will focus on the fundamentals of curling, how to deliver a stone and how to sweep. The beauty of curling is that it can be enjoyed by an array of people. There is no running, there is no jumping, there is technique and strategy. Given that the game is played on ice wearing sneakers, balance is paramount. Luckily, this skill can be improved on by simply playing the sport. The most physical aspect of curling comes from furiously sweeping in front of the stone as it glides down the opposite end.

To sign up, please register online at [plymouth.edu/arena/curling](http://plymouth.edu/arena/curling), space is extremely limited so please don't hesitate, sign up today. If you have any questions, please contact the ice arena at [psu-icearena@plymouth.edu](mailto:psu-icearena@plymouth.edu) or 535-2758.

## HOOPS

(Continued from Page B1)

The Gilford boys' basketball team also had its first game of the season and the Golden Eagles led from the start in a big win over Franklin High School at home. Adrian Siravo led all scorers with 18 points.

### Belmont

The Red Raiders dropped the third game of the season by a score of 51-28 to Newfound. Sottak had nine points to lead the Belmont scoring. Freshmen Alyssa Edgren and Lena Rodrigues scored their first varsity points with four and six points apiece. Emma Roberts was praised by Dawalga for her work on defense.



BOB MARTIN

Kate Sullivan goes after a rebound for the Golden Eagles



OB MARTIN

Abby O'Connor had a good night on the boards against Belmont.



**UPCOMING EVENTS**

**DECEMBER** Find holiday spirit all month long with festive decorations and special events like Cocoa with Mrs. Claus and Breakfast with the jolly couple. Fees apply. [brettonwoods.com/calendar](http://brettonwoods.com/calendar)

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# Holiday hoop tournament kicks off Dec. 27

BY BOB MARTIN  
Bob@salmonpress.news

GILFORD – Local high school basketball teams have started up their respective seasons over the past two weeks and right around the corner is the 46th annual Lakes Region Holiday Basketball Tournament held each year at Gilford High School and Gilford Middle School.

The first round takes place on Dec. 27 at 11:30 a.m. The Kingswood girls' basketball team takes on Laconia High School in the Gilford High School gym. In the middle school gym is Prospect Mountain taking on the Belmont girls' basketball team.

Girls' basketball continues with Winnisquam going up against Newfound in the middle school gym at 2:30 p.m. Gilford and Moultonborough square off at the same time in the high school gym.

On Dec. 27, the boys' teams are also kicking off the tournament. At 1 p.m. the Sachems of Laconia go up against Newfound Regional High School in the high school gym. Over in the middle school gym at the same time is Belmont and Prospect Mountain. At 4 p.m. in the middle school is Winnisquam against Kingswood, while Moultonborough takes on Gilford in the high school gym.

The tournament continues on Dec. 28 with winners from the previous games moving onto games in the high school while consolation games take place in the middle school. For the girls' games there will be semifinal games at 11:30 a.m. and 2:30 p.m. in the high school. The boys' semifinal games are at 1 p.m. and 4 p.m.

The final games take place on Dec. 29 with the girls' finals at 4:30 p.m. and the boys' final at 6 p.m. in the high school gym.



BOB MARTIN  
Last year the Gilford boys' basketball team won the annual Lakes Region Holiday Basketball Tournament, which begins this season on Dec. 27.



BOB MARTIN  
The Gilford High School girls' basketball team was the runner up in last year's Lakes Region holiday Basketball Tournament and has high hopes to come out on top this season.

## Winter curling season kicks off in January

WOLFEBORO — Registration has started for Lakes Region Curling's Winter 2020 league. The season consists of eight Sunday matches, starting on Jan. 12 and running until March 8. No matches are scheduled for Feb. 2, Super Bowl Sunday.

Each match, held at Pop Whalen Ice Arena in Wolfeboro, runs for two hours, starting at 5:15 p.m.

Registration is open to men and women aged 14 or over. No previous experience is required, and participants may join as individuals, with a partner, or as part of a complete team.

The LRCA will offer new players a learn-to-curl session on Sunday, Jan. 5, during which experienced curlers provide instruction in the rules and game play of curling. Curlers can use the traditional sliding delivery seen in television matches or use a "delivery stick" that lets the player walk to send the stone down the ice.

All equipment is provided and organizers will assist unaffiliated registrants in finding a team.

Registration fee is \$195 per person. Registration forms as well as waiver forms for adults and for minors are available for download from the LRCA web site at lakescurlingnh.org.

Sometimes referred to as "chess on ice," curling originated on the marshes of Scotland in the early 1500s and came to North America with British colonists in the 18th century. First demonstrated at the 1926 Winter Olympics, it became an official Olympic sport in 1998.

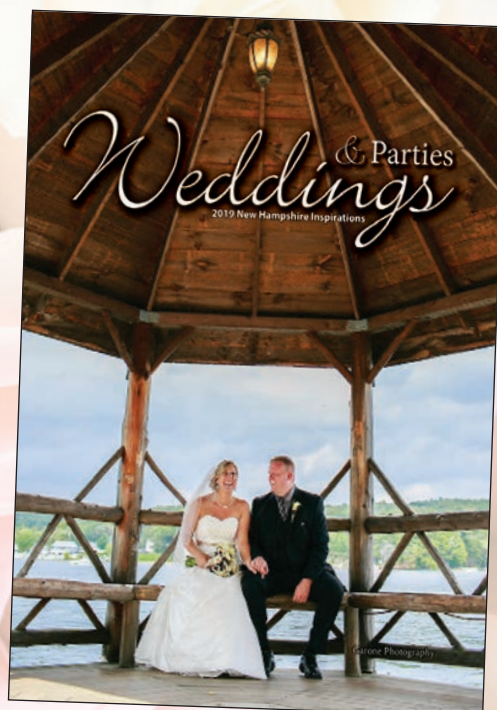
## PMHS seeking softball coach

ALTON — Prospect Mountain High School in Alton is looking for a varsity softball coach for the spring season. Anyone interested in more information can contact Athletic Director Corey Roux at 875-3800.

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**Mountainside Landscape Inc.** is now accepting applications for a full time mechanic. Must have experience working on trucks, heavy equipment and boats. Must be able to obtain a medical card. Please call Jim at 603-455-5700 or email [mtnsidelandscap@roadrunner.com](mailto:mtnsidelandscap@roadrunner.com) to schedule an interview.

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**Legal Notices**

Pursuant to RSA 7-19a. II(d), Mount Prospect Academy, Inc. intends to purchase real property located at 254 NH Route 25, Warren, NH for the sum of \$315,000 from SHARA, LLC. The purchase price is equal to the fair market value as determined by an independent appraisal. Jeff Caron, an officer of Mount Prospect Academy, is a partial owner of SHARA, LLC.



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[WWW.TCHEALTH.ORG](http://WWW.TCHEALTH.ORG)

## Help Wanted

### Town of Gilford

#### P/T Recreation Program Assistant

The Gilford Parks and Recreation Department is looking for a year round, part-time (averaging 18 h/p/w) Recreation Program Assistant. Position requires some evening and weekend work. Position will assist with the creation, implementation and supervision of recreation programs as well as supervise department facilities and volunteers. Qualified applicant should be energetic, have a positive attitude and a good working knowledge of athletics, recreational activities and facilities. The successful candidate will be required to pass a criminal background check. Starting pay rate of \$12.26-\$13.65 per hour.

Please send resume and cover letter to Gilford Parks and Recreation, 47 Cherry Valley Road, Gilford, NH 03249, or call 527-4722 for an application. Deadline to apply is January 6, 2020. EOE.

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Please submit an application and 3 letters of reference to Steve Dalzell, 58 School Street, Belmont, NH 03220. You may contact Mr. Dalzell at 267-9223 to obtain an application or visit the Human Resources section of our website: [www.sau80.org](http://www.sau80.org). Successful completion of a post-offer pre-employment physical and criminal background check, including fingerprinting, are required. Shaker Regional School District is an equal opportunity employer.

## Shaker Regional School District

### FOOD SERVICE SUBSTITUTES

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Applications may be found on the Shaker Regional School District website or can be picked up at the SAU Office at 58 School Street; Belmont, NH 03220. Please contact Nancy Cate, Director of Food Service at 603-267-6525 ext. 1352, if you have any questions.

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# Kingswood Legends Games set for Dec. 27 and 29

WOLFEBORO — The Kingswood Knights will host Kingswood Alumni "Legends" Games on Friday, Dec. 27, and Sunday, Dec. 29. This event provides Kingswood alumni the chance to play alongside their fellow alumni for the sports of basketball and ice hockey. All proceeds from the event will bene-

fit the current respective programs.

A limited number of roster spots are available. For alumni interested in participating in these "Legends" Games, players must be graduates of Kingswood Regional High School and have lettered in their respective sport.

The entry fee for the

Kingswood alumni girls' and boys' basketball "Legends" Games will be \$20. Each player will receive a game day "Legends" tee shirt.

The entry fee for the Kingswood alumni ice hockey "Legends" Game will be \$30. Each player will receive a complimentary "Legends" hockey jersey.

Visit [www.kingswoodathletics.org](http://www.kingswoodathletics.org) for more information on participating in the Alumni Games.

Both games are open to alumni families and the public. Each game will feature "even" graduation years squaring off against "odd" graduation years.

The Kingswood

alumni girls' basketball "Legends" Game will be played at 5 p.m. on Dec. 27 in the KRHS varsity gym. The Kingswood alumni boys' basketball "Legends" Game will be played after the girls' game at 7 p.m.

The Kingswood alumni ice hockey "Legends" Game is a co-ed game, and will be played on

Sunday, Dec. 29, at Pop Whalen Ice Arena. The puck will drop at 2 p.m.

For more information regarding these games, contact Kingswood Director of Athletics Aaron House via e-mail at [ahouse@sau49.org](mailto:ahouse@sau49.org) or by phone at 569-8100.

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