THURSDAY, FEBRUARY 25, 2021

GILFORD, N.H.

2021 road plan moving forward

BY ERIN PLUMMER

Mnews@salmonpress.news

The selectmen approved the 2021 road plan, and a five-year plan is in the works, including maintaining good roads and using some new materials.

Public Works Director Meghan Theriault presented the proposed rod plan to the board during the Feb. 10 meeting.

Theriault said the department used data from the Lakes Region Planning Commission and combined that with several road inspections to come up with a road plan for 2021 as well as a five-year plan.

plan is a combination keeping the good roads good, addressing issues on roads that need a little more work, and reclaiming failed roads. She said this kind of plan is better than just focusing on failed roads. Reclaiming a mile of road costs around \$650,000 while a

shim and overlay costs

around \$140,000 and an

asphalt rubber seal costs

\$60,000.

"You can do four times as many overlays as you can a reclaim, so you want to kind of do a combination of work because if we only dealt with those worst first roads, we're going to have four roads on our

Shealagh Brown skis for the Gilford alpine ski team in a meet earlier this season. She

was one of three Golden Eagle girls that scored in both the slalom and giant slalom in the

Division III State Meet, joining Bethany Tanner and Kendall Jones. Sophia Lehr scored in

Theriault said the list every year instead of an is a combination 20," Theriault said.

Gilford will also be adding a new sealing technique called Stress Membrane Adjusted (SAM) Sealing to the road plan. SAM Sealing uses a precoated mix of asphalt with recycled tires to help seal the road. This technique reduces cracks and can help roads stay good for another 10 years. Theriault said the state has been using this material as have communities such as Manchester, Goffstown, and locally Meredith, Belmont, and Moultonborough.

"I'm definitely inter-

SEE **PLAN** PAGE A10

JOSHUA SPAULDING

GHS student wins stock trading competition



PHOTO BY EDIN PLLIMME

Owen Richardson with the certificate, medal, and banner he received after winning the regional title in The Stock Market Game.

BY ERIN PLUMMER

Mnews@salmonpress.news
A Gilford High School student made a simulated killing on Wall Street and won the state title in

and won the state title in a national stock market competition.

GHS junior Owen Richardson took the top spot in New Hampshire over 550 other teams in The Stock Market Game, a national contest put on by the Security Industry and Financial Association (SIFMA). The contest is a stock investment simulator where students get a virtual \$100,000 to trade in any stock on the New York Stock Exchange and the NAS-DAQ with certain rules. The students who made the most virtual money at the end of the contest

Richardson won in his region, ending the game with a virtual \$165,000 after carefully trading a number of stocks.

Business teacher Steve O'Riordan's business class does a unit on business ownership, which includes stocks and publicly traded companies. O'Riordan said this is the third time GHS has had a winner in this competition, though the first one in recent memory.

"The whole point of it all is for them to learn investing money every week over the rest of their lives can accumulate wealth," O'Riordan said.

When the Stock Market Game was introduced to students, O'Riordan said he taught the students stocks are a matter of supply and demand.

Stocks have been especially in the news lately with the surge of GameStop and other company's stocks.

"We have students in high school right now that are engaged in the stock market," said GHS Principal Anthony Sperazzo. "It's been in the headlines especially with GameStop."

O'Riordan advised the students so start investing in products they're familiar with and said he would rather that students didn't take the same buying and selling practices of day traders in this game.

SEE **COMPETITION** PAGE A10

Library hoping to ease restrictions

the giant slalom and Delilah Smock scored in the slalom.

BY ERIN PLUMMER
mnews@salmonpress.news

State champs

The Gilford Public Library is hoping to ease some pandemic-related restrictions after March 1, including allowing a few more people in the building and offering virtual and in-person programs.

Library Director Katherine Dormody gave the selectman a regular update on the library during the Feb. 10 meeting, including estimates on when some restrictions might be lifted depending on the local coronavirus numbers.

Currently, the library is open from 9 a.m.-6 p.m. Monday though Friday and 10 a.m.-2 p.m. on Saturday. Curbside pickup is available weekdays from 9 a.m.-5 p.m.

"We've had a lot of people coming in, they're very positive about us being open and are very grateful for the services not being shut down at this time," Dormody said.

Door count numbers are down by 60 percent, but Dormody said material circulation is only down 10 percent.

There are time and capacity limits for people physically entering the building. Right now, only 10 members of the public can be in the library at any one time and have a limit of 30 minutes in the building.

Selectman Gus Benavides asked how often people get asked to leave the building. Dormody said patrons usually see the signs and come in and out.

"If it's super cold or raining, we don't say anything, but if it's a nice day, we will ask people to wait outside so people can come out," Dormody said. "(We) try not to make too much of a big deal of it."

SEE **LIBRARY** PAGE A10

National Honor Society welcomes new members



PHOTO BY ERIN PLUMMER

Sofia Sawyer and Blake Bolduc, co-presidents of Gilford High School's chapter of National Honor Society, speak to the new

inductees.
mnews@salmonpress.news

Gilford High School's chapter of National Honor Society welcomed 27 new members to the organization after the winter induction ceremony.

Students in grades 10-12 who displayed strong qualities in each of NHS' four pillars of

Scholarship, Service, Leadership, and Character were inducted into the service organization during a ceremony on Wednesday night.

Inductees, NHS members, and the family members and faculty who attended the ceremony were all required

to wear masks and sit sor Jessica Wallace, also socially distanced. saying their member-

Students were recognized for their achievements, presented with the NHS emblem, and asked to sign the club's book.

"Your membership reflects your excellence as scholars," said advisaying their membership shows the qualities of the four pillars.

In order to qualify students must demonstrate the qualities of Scholarship (have at least a 3.0 grade point average),

SEE **NHS** PAGE A10



Gilford Public Library

Top Ten Requests

"Before She Disappeared" by Lisa Gardner

"The Children's Blizzard" by Melanie Benja-

"The Russian" by James Patterson

"Serpentine" by Jonathan Kellerman

"The Four Winds" by Kristin Hannah

"Deadly Cross" by James Patterson

"A Simple Murder" by Linda Castillo

"The Midnight Library" by Matt Haig

"Faithless in Death" by J.D. Robb

"The Last Traverse" by Ty Gagne

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Notes from the Gilford Public Library

Classes Special **Events**

Feb. 25 - March 4 *Sign up required

Thursday, Feb. 25 Book Discussion, 1-2

This month's book is "The Henna Artist" by Alka Joshi, a vivid and compelling story of one woman's struggle for fulfillment in 1950s Jaipur. The discussion will be led by Maria Suarez, and copies of the book are available at the front desk.

Friday, Feb. 26 Gilford Library Games, 3:30-4:30 p.m.

Join Hayden Twitch.tv (GPLHayden) interactive games! Check out our Teen Discord Server for more information. Email hayden@gilfordlibrary.org for an invite.

Monday, March 1 NO EVENTS

Tuesday, March 2 Cupcakes & Crafts, 10:30 a.m.

It's Dr. Seuss' birthday! Drive by to meet a special guest, The Cat in the Hat and grab a cupcake and crafts to enjoy at your home!

Wednesday, March 3 Phone-In Check out an Expert, 10 a.m.-noon Kids in the Kitchen, 4

Looking for nutrient-dense food options for your family? Want your children to have fun in the kitchen, while developing life-long kitchen skills? Please join Misa, from Misa's Clean Kitchen in baking simple and delicious food, free of gluten, dairy, and processed sugar. Class will take place via zoom. *Recommended for preschool and elementary aged children.

After School Teen Club, 2:30-3:30 p.m.

Hangout with friends, play games, and make stuff. This club is whatever you want it to be! 5th-12th grade.

Thursday, March 4 Mother Goose On the Loose (Virtual), 10:30-11

GILFORD POLICE LOG



The Gilford Police Department reported the following arrests from Feb. 12-21. John Paul Boisvert, age 74, of Gilford was arrested on Feb. 15 on multiple counts of being a Felon in Possession of a Dangerous Weapon.

Emedin Dizdarevic, age 26, current address unknown, was arrested on Feb. 16 in connection with a warrant.

Cameron F. Clairmont, age 29, of Gilford was arrested on Feb. 16 in connection

Garrett Duane Korytko, age 29, of Gilford was arrested on Feb. 17 for Second Degree Assault-Strangulation, Simple Assault-Bodily Injury, and Obstructing a Report of a Crime or Injury.

Rory Shane McHugh, age 38, of Laconia was arrested on Feb. 18 for Driving After Revocation or Suspension, operating an Uninspected Vehicle, and violating Driver's License Prohibitions.

Derek A. Emans, age 33, of Gilford was arrested on Feb. 18 for Disorderly Conduct and two counts of Domestic Violence-Simple Assault-Physical Contact.

Carla O. Miller, age 50, of Tilton was arrested on Feb. 20 for Driving After Revocation or Suspension.

Henry L. Moussette, age 49, of Laconia was arrested on Feb. 21 for Disobeying an Officer, Resisting Arrest or Detention, and

Townsend skis to win in Jackson

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Breach of Bail.

Edward Jones: cial

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Now that we're a few weeks removed from 2020, it's a good time to reflect on such a momentous year. We can think about developments in the social and political spheres, but we also learned or perhaps re-learned - some valuable lessons about investing.

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Here are four of them: • A long-term perspective is essential Volatility in the financial markets is nothing new, but, even so, 2020 was one for the books. Of course, the COVID-19 outbreak was the driving force behind most of the wild price swings. Soon after the pandemic's effects were first felt, the S&P 500, a common index of U.S. large-cap stocks, fell 34% but gained 67% by the end of the year. Consequently, investors who stuck with their investment portfolios and kept their eyes on their long-term goals, rather than on shocking headlines, ended up doing well. And while 2020 was obviously an unusual year,

the long-term approach will always be valuable to investors.

• Investment opportunities are always available

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The pandemic drove down the prices of many stocks - but it didn't necessarily harm the long-term fundamentals of these companies. In other words, they may still have had strong management, still produced desirable products and services, and still had good prospects for growth. In short, they may still have been good investment opportunities and when their prices were depressed, they may also have been "bargains" for smart investors. And this is the case with virtually any market downturn some high-quality stocks will be available at favorable prices.

• Diversification pays off

Bond prices often move in a different direction from stocks. So, during a period of volatility when stock prices are falling, such as we saw in the weeks

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after the pandemic hit in March, the presence of bonds in your portfolio can lessen the impact of the downturn and stabilize your overall returns. And this, in essence, is the value of maintaining a balanced and diversified portfolio. (Keep in mind, though, that diversification can't guarantee profits or prevent

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all losses.) • The market looks ahead

The pandemic-driven market plunge may have been stunning, but it made a kind of intrinsic sense - after all, the sudden arrival of a pandemic that threatened lives, closed businesses and cost millions of jobs doesn't sound like a positive event for the financial markets. But the strong rally that followed the initial drop and continued into 2021 has surprised many people. Af-

ter all, the pandemic's effects were felt throughout the rest of 2020, and are still being felt now, so why did stock prices rise? The answer is pretty straightforward: The financial markets always look ahead, not behind. And for a variety of reasons - including widespread vaccinations, anticipated economic stimulus measures from Congress and the Biden administration, and the Federal Reserve's continued steps to keep interest rates low - the markets are anticipating much stronger economic growth, possibly starting in the second half of 2021.

All of us are probably glad to have 2020 behind us. Yet, the year taught us some investment lessons that we can put to work in 2021 - and beyond.



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Jacqueline Taylor

BY JOSHUA SPAULDING

JACKSON — The Gilford Nordic ski team put up a solid performance in Jackson last week in a race hosted by Kennett at the Eagle Mountain House.

Mitchell Townsend skied to the overall victory with a time of 13:41.

Aiden Bondaz was not far behind, finishing in 13:44 for second place while Patrick Gandini was sixth overall in a time of 15:10.

Henry Stow finished in a time of 16 minutes for seventh place and Aiden Townsend finished in eighth place in 16:16.

Carter Forest skied to 11th place in a time of 16:42, Scott Kulcsar was 15th overall in 17:32 and Haukur Karlsson was 19th overall in 18:08 to round out the field of Gilford boys. For the Gilford girls, Madeline Burlock was the

lone Golden Eagle, finishing with a time of 22:29 for 11th place overall.

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Strong showing from local skiers at Meet of Champions

BY JOSHUA SPAULDING

Sports Editor

FRANCONIA — The best alpine skiers from each of the four divisions in New Hampshire high school racing descended on Mittersill Ski Area at Cannon Mountain on Thursday, Feb. 18.

Among local skiers, the star of the day was Dylan Welch of Plymouth, who won the giant slalom and the slalom after sweeping both races in the Division III championships at Gunstock the previous week.

In the giant slalom, Welch finished in a time of 1:15.37 to take the win.

Lin-Woo finished in third place in 1:17.5 and Adam Bell of Profile was next amongst local skiers in a time of 1:19.96 for seventh place.

Lin-Wood's Jacob Morris skied to 10th place in 1:20.74, Jack Price of Profile was 12th in 1:21.86 and Mitchell Berry of Belmont placed 19th overall in 1:24.27. Silas Weeden of Lin-Wood was 21st in 1:24.81, Reed Karnopp of Kennett was 22nd in 1:25.56 and Andrew Wilson of Lin-Wood placed 23rd in

In the slalom, Welch

Charles Loukes of finished in a time of 1:10.34 to lead the way.

Morris was next, finishing in seventh place in a time of 1:17.14 and Berry skied to 11th place in a time of 1:19.45.

Parker Coleman of Kennett skied to 16th place in a time of 1:21.03, Wilson was 17th overall in 1:22.35 and Weeden placed 19th with his time of 1:25.68. Loukes skied to 23rd overall in 1:27.57, Karnopp was 24th in 1:29.57 and Nathan Lorrev of Plymouth was 25th in a time of 1:30.07.

For the girls in the giant slalom, Emme Bell of Profile was the top local skier, finishing in a time of 1:22.37 for second place.

Ashley Garside of Kennett finished in third place in 1:22.95 and Isabella Cronin of White Mountains placed sixth in a time of 1:24.19

Syler Sayers of Kennett placed seventh in 1:25.07, Bethany Tanner of Gilford placed 12th in a time of 1:26.84, Sydney Pickering of Lin-Wood finished in 15th place in 1:27.7 and Ella Stephenson of Profile finished in a time of 1:27.92 for 16th

Sumaj Billin of Plymouth was 20th in 1:29.47,

Mackenzie Carr of Kennett was 21st in 1:30.97. Sophia Lehr of Gilford was 23rd in 1:31.53 and Holly Hoyt finished in 27th place in 1:39.91.

In the slalom, Sophie Bell of Profile took the overall win with a time of 1:18.18.

Garside skied to fifth place with a time of 1:23.01 and Sayers was seventh in 1:25.24. Allie Hussey of Kennett placed ninth in 1:27.31 and Tanner placed 11th in 1:27.63.

Elaina DiMaggio of Profile was 12th overall in a time of 1:28.47, Stephenson was 18th with

a time of 1:31.66, Carr finished in 21st place in 1:37.48 and Billin was 25th in 1:41.9.

Hoyt finished in 27th place in 1:45.82, Pickering was 28th in 1:49.21 and Amy Burton of Kennett finished in 2:05.44 for 30th place.

The Meet of Champions was open to all skiers who finished in the top seven in either the slalom or giant slalom at their respective division championships.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. orjosh@salmon-

Basketball postseason tournament brackets set

BY JOSHUA SPAULDING

Sports Editor

REGION — The New Hampshire Interscholastic Athletic Association has announced the brackets for the upcoming basketball tournament for all four divisions.

Teams have been divided into different regions and then each team was randomly given a seeding within that region, which determines where they play to start the tournament.

For the Division II boys, Plymouth, Kennett and Kingswood are all in the same region. Plymouth will open the tournament on Monday, March 1, at Merrimack

Valley. The winner of that game moves on to play Laconia on Thursday, March 4. Kingswood will host Kennett on Thursday, March 4, and the quarterfinals will take place on Saturday, March 6.

For the Division III boys, Winnisquam, Newfound, Berlin, White Mountains, Belmont, Inter-Lakes and Gilford are all in the same region. Winnisquam will host Newfound, Berlin will host White Mountains and Belmont will host Inter-Lakes, all on Monday, March 1. Gilford will play the winner of the Winnisquam-Newfound matchup Wednesday, March 3.

Prospect Mountain is in a different region and will get a bye in the first round, hosting the winner of the first round game between Somersworth and St. Thomas on Wednesday, March 3. All quarterfinal games in D3 are Saturday, March 6.

Division Woodsville, Lin-Wood and Lisbon are all in the same region. Woodsville will host Lin-Wood on Monday, March 1, and the winner will face off with Lisbon on Wednesday, March 3. The quarterfinals are Saturday, March 6.

Littleton, Groveton, Profile and Gorham are in a different region,

with Groveton hosting Gorham on Monday, March 1, and the winner visiting Profile on Wednesday, March 3. Littleton will host the winner of Colebrook Pittsburg-Canaan on Wednesday, March 3. The quarterfinals are Saturday, March 6.

For the girls in Division II, Kingswood, Kennett and Plymouth are in the same region, with Kingswood visiting Merrimack Valley on Tuesday, March 2, with the winner moving on to face Laconia on Friday, March 5. The quarterfinals are Sunday, March

In Division III. Newfound will host Gilford.

Berlin will host White Mountains and Winnisquam will host Inter-Lakes, all on Tuesday, March 2. Belmont will play the winner of Newfound-Gilford matchup on Thursday, March 4. The quarterfinals are Sunday, March

Prospect Mountain will open the tournament on Thursday, March 4, at Somersworth, with the quarterfinals again on Sunday, March 7.

For Division IV's girls, Woodsville will be at Concord Christian and Lisbon will host Lin-Wood, on Tuesday, March 2. Moultonborough host the Concord Christian-Woodsville winner and Franklin will host Lisbon-Lin-Wood winner, both on Thursday, March 4, with the quarterfinals on Sunday, March 7.

Gorham will be hosting Profile on Tuesday, March 2, with the winner moving on to visit Littleton on Thursday, March 4, while Groveton will host the winner of Colebrook and Pittsburg-Canaan, also on Thursday, March 4. The quarterfinals are Sunday, March 7.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. orjosh@salmon-

NH LAKES announces new slate of board officers

REGION LAKES recently voted on a new slate of board officers to carry out the organization's mission of working for clean and

healthy lakes. **Incoming NH LAKES** Board Chair, Bruce Freeman, has served on the board since 2017. Bruce is a retired business executive. His career began at GE in manufacturing management and executive roles, eventually serving as General Manager of the GE Meter business headquartered in Somersworth. New Hampshire, and as president of two GE Capital companies.

Bruce greatly enjoys being part of the NH LAKES community and has strong interests in protecting our beautiful lakes for current and fu-

ture generations. Bruce and his wife reside yearround on Bow Lake in Strafford.

In the words of Stu outgoing NH Lord, LAKES Board Chair, "Bruce has extensive experience in organizational assessment and management and has helped us position NH LAKES to achieve its current and future successes. I am confident he will do a great job for NH LAKES and I look forward to working with him in the last year of my term."

Stu Lord joined the NH LAKES Board in 2013. In 2017, Stu stepped up to serve as board chair and, now, going into his ninth and final year of board service, he has stepped down as board chair to mentor

his replacement, Bruce Freeman.

Tom O'Brien, NH LAKES President, commented, "Perhaps the best thing a leader can do is to find and prepare their replacement. Stu has done just that. Fortunately for us, his work is not yet done."

Added to the slate of officers this year is Bob Reed, as treasurer. He will also serve as chair of the finance committee—a committee he has served on for the past two years. Reed has an MBA and a lengthy international corporate career, some of it in accounting. He retired to New Hampshire with his wife, Cathy, and they have a home along Bow Lake in Strafford. He is passionate about preservation of New

Hampshire's waters and natural resources. Reed will continue, and build upon, the good work that has been done by his predecessors to create financial integrity and stability at NH LAKES.

To learn about the talented individuals serving on the NH LAKES Board of Directors, visit nhlakes.org/board-staff. If you are interested in serving, please contact Tom O'Brien, NH LAKES President, at tobrien@nhlakes.org or

226-0299. Established in 1992, the mission of NH LAKES, a statewide, member supported non-

profit organization, is to ensure that New Hampshire's 1,000 lakes are clean and healthy, now and in the future. To achieve its mission, NH LAKES works with partners, promotes clean water policies and responsible use, and inspires

the public to care for our lakes. For more information, visit nhlakes.org, email info@nhlakes.org, or call 226-0299.

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The Art Place Presents More New Works by Peter Ferber continuing through February



View virtually on our website as well as in our store windows. These additional paintings will be for purchase beginning February 27th. Doors open at 9:30 a.m. Phone lines open at 9:40 am.

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OPINION

On voting

This is not an editorial about politics. This is not a column written in support of a candidate. This is not even about any particular upcoming town or school district election, or ballot initiative. This is actually an editorial just about voting.

For most of us, voting isn't super exciting. It's not a holiday around which we can theme a cook-out or picnic or party. No one wishes anyone a Happy Election Day and children definitely do not clamor to be taken to the polls to watch the voting process. But wouldn't it be terrific if they did? What if we treated elections the way we treat Super Bowl Sunday? What if we made it the "Big Deal" that it truly is? Why don't all Americans love voting? Does voting need a marketing makeover? Maybe so.

Think about it: your vote is your voice. It is your most powerful way to decisively state your preference. No one can or should influence your vote. Your vote is an actual, documented and counted opinion. It's better than a Facebook "like," or a retweet or a swipe. It means even more than holding a sign, or having a bumper sticker, signing an online petition, or sending an email.

Voting, in our country, is a right. It cannot be taken from you. Throughout American history, it has been fought for, debated, argued, amended and signed into law...for you. What was once a privilege restricted to a single, narrow segment of the population is now a freedom that all Americans are literally born with

Yet for many, voting is a guilt-driven, exasperating "Why do I have to do this?" burdensome task. It's one more thing to do on a busy workday and inspires inner arguments: "What if the lines are long?" "I can't stand any of these politicians!" "Should I vote for or against Issue whatever?" "I don't want to admit how little I really know about anything on the ballot." In the same spirit of granting Election Day a status equal to major football games, what's needed is just a little pre-game prep. You wouldn't predict your Super Bowl winner without at least knowing the teams' records. Do the same with those candidates and issues! We have so much information at our fingertips today, including right here in the newspaper you are reading. You know more than you think.

Along with voting, we are granted the right to express opinions. Active, engaged citizens can and do discuss issues and situations and very often disagree with one another. Voting is the civilized expression of putting action behind words. Anyone can speak an opinion. Anyone can also vote in matters relating to that opinion. If someone chooses not to vote, their opinion, while no less valid, is nonetheless wasted. Your vote is your choice to use your voice...and to truly make it heard.

This Town Meeting season, don't sit this one out. Your vote is real. It is counted. It matters. Vote!

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: Gilford Steamer

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Our fax number is 279 3331. E-mail us at brendan@salmonpress.news. We're looking forward to hearing from you! RC GREENWOOD

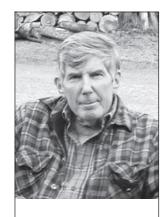
Driving

Maegan Shute drives to the basket during the Gilford girls' hoop team's game with Laconia last week. Gilford s scheduled to finish the season today, Feb. 25, hosting Kennett at 6 p.m. Gilford will open the Division III tournament on the road at Newfound on Tuesday, March 2, with the winner of that game moving on to take on Belmont on Thursday, March 3.



NORTH COUNTRY NOTEBOOK

A land in the North, waiting for mistakes



By John Harrigan

COLUMNIST

For quite a stretch of my days in the Lancaster-Jefferson area, one of the best seasonal events was Holiday in the Hills, held in late summer in the Northeast Kingdom town of Granby (and Victory) Vermont. It was originally organized to help pay for getting electricity to the town, which became a reality in 1963.

At this event, held willy-nilly along the looping main road through town, kids large and small could watch chunks of wood become smaller by means of a belt-driven wood-splitter. They could see cedar shakes (shingles) come out of a complex gizmo of gears, belts and chutes powered by an antique engine.

They could also bob for apples, and there were pies aplenty. In fact, there was food everywhere.

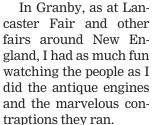
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Veteran pressman Calvin Crawford and I had just shut down New Hampshire's last newspaper press using the old letterpress method, in which inked type was impressed onto newsprint, leaving an impression you could think about and feel.

It was a bittersweet for me. Even as I took the paper's page-negatives all the way over to Newport, Vermont, and came back with printed newspapers weighing my old Scout down to the axles, I missed the old process and the old, clanking press, which still stood there, its big brass oilcups already filled for a next time that would

never come.

Colebrook's newspaper had been produced on a huge old press right in Colebrook. Now, the paper was dependent on a press across the river and an hour and a half away. The paper could still live up to its motto, "Independent but not neutral," but it was no longer fully independent.



About half the people wandering up and down the long stretch of road in Granby, I figured, were aficionados who went to many shows like this and simply loved old engines and odd contraptions.

The other half were drawn in by the signs out along main roads pointing the way, or something they saw in publications, various ranging from small-town newspapers to seasonal magazines.

+++++

When I bought the Coös County Democrat in 1978, it had a full commercial print-shop, with a long list of customers for envelopes to letter-

heads to business cards. I had never run a job-printing press in my life, and certainly was not prepared to run an entire printing shop. Yet the Coös County Democrat had a full print-shop with a full list of customers, and when their orders were due they wanted them, now.

The newspaper itself, like the majority of weekly newspapers all over New England, was printed on someone else's press, and the reason for this was a completely new approach to the job, called offset printing. The offset method cut preparation time to a fraction, and produced vastly superior photographs.

But a totally new process required a totally



This McCormick Deering hit-or-miss engine, typical of engines with large, heavy flywheels that could power all sorts of contraptions and run all day on a gallon of gas, was used as an all-around farm engine in Pennsylvania. It was for sale on ebay for \$799. (Courtesy ebay)

new piece of machinery doubt.) to print the paper, and offset printing required a press that was not only new and expensive but also required a lot of room. Thus, legions of small weekly newspapers had no choice but to embrace the new technology, shut down their own newspaper presses, and get their newspapers printed somewhere else.

This was the early evolution of the centralized printing plant, and in areas with no nearby daily newspaper, larger weekly often assumed the role. While the News and Sentinel elected to take its paper all the way over to Newport, Vermont to have its paper printed by the Newport Daily Express, the Littleton Courier, one of the state's larger weeklies, elected to put in a new offset newspaper press of its own, and began lining up other papers to print. Thus, the Coös County Democrat was printed on the Courier's press, as were several other weekly papers in the region.

+ + + + +

In England, they've thrown all the old cabs onto the scrap heap, those great little black cabs that had real fenders and narrow hoods and plenty of room in the boot (trunk). The back of the cab where the patrons sat, by the way, was designed to accommodate a top-hat. (White scarf and black coat, no

The other day, I was thinking about this, and envisioning a scene not so long ago when there was a huge demand for a new top hat made from felt from the undercoat of a beaver pelt. The beaver trade was a major factor in the exploration and later colonization of much of North America, another being gold. This is not to minimize silver, timber, hides, and the very land itself, in a quantity unfathomable to Europeans who thought it was theirs for the taking.

All this was going through my mind when I happened onto a documentary about narrow boats used on England's thousands of miles of canals by thousands of weekend fans, tourists, and people who simply live that way.

At one point the narrator stopped in at a regatta featuring antique boats. One especially old vessel came along, and I heard a distinctive "Bang!-poppop-pop," and recognized it instantly as a hit-or-miss engine, the kind that could run all day on a half-gallon of gas and would turn a big fly-wheel, which in turn would step down to a smaller wheel that would power just about anything.

There are lots of these old engines out there around northern New England, often with

SEE **NOTEBOOK** PAGE 5

Winni Dip fundraiser to take place March 6 & 7

LACONIA — Geography has always played an important role in the Special Olympics New Hampshire Winni Dip events. The "Winni" being short for Lake Winnipesaukee.

It's still too soon to be considering any gatherings on the shores of the Big Lake, but the Winni Dip events are important fundraisers for Special Olympics New Hampshire and will be held this year in a socially-distanced manner.

Like the Dip's big brother fundraising event The Penguin Plunge, this year's Dips will be "DIY" events leaving the "when" and "where" of participants' Winni Dip completely up to them. Winni Dip events include the Community Winni Dip, the Cool Schools Winni Dip for middle and high school students, the Law Enforcement Winni Dip for police and public safety personnel and the 24-Hour MEGA Dip event that requires one dip an hour for 24 consecutive hours. The 2021 Winni Dip is presented by Coca-Cola Beverages North-

Registration is open now online at www. SONH.org and most fundraising is done via website and individual social media channels. SONH launched a new online fundraising platform this year and those who used it for the plunge event report that it was fun and

easy. Most people can meet fundraising minimums in just two or three days.

"While there are no in-person training or sports activities right now, we continue to keep our athletes as active as possible with online and remote initiatives like our just-launched Hope Challenge One," according to SONH President and CEO Mary Conroy.

"Our athletes score points towards virtual walks around three of New Hampshire's lakes through at-home activities both physical and social," she continued.

Funds raised from the Winni Dip events will go towards programs like the Hope

Challenge and eventually for returning in-person programs. All funds raised from the Winni Dip stay in the Granite State.

SONH will deliver a "Dip Tank" to all participants. The tank will include the participant's brand-name incentive item along with other items to help complete the Winni Dip experience. The theme this year is "Oh, The Places We'll Go" and it is up to each dipper to determine where they will find water and safely take the plunge. The Dip Window is March 3-7.

Participants are asked to always keep safety in mind. Follow all state and local guidelines regarding Covid-19 for wherever you may be while dipping. If you get any pictures or video, please post to your social media using the #sonhdip.

In addition to Coca-Cola Beverages Northeast as presenting sponsor, the 2021 Winni Dip is also sponsored by TD Bank, Sheehan Phinney, Associated Grocers of New England, Commonwealth Financial Group and Eversource.

More information about all events can be found at www.SONH.org. More information about Coca-Cola Beverages Northeast can be found at www.cokenortheast. com/.

About Special Olympics New Hampshire

Special Olympics New Hampshire (SONH) is an accredited program of Special Olympics International (SOI) and is part of an international global movement that unleashes the human spirit through the transformative power and joy of sports, every day around the world. We empower people with intellectual disabilities to become accepted and valued members of their communities, leads to a more respectful and inclusive society for all. Using sports as the catalyst and programming around health and education, Special Olympics is fighting inactivity,

Zimmermann to ski at Junior World Ski Championships

BY MEGAN HARROD

US Ski Team

COLORADO SPRINGS, Colo. — U.S. Ski & Snowboard has named eight athletes to the 2021 FIS Alpine Junior World Ski Championships Team to represent the Land Rover U.S. Alpine Ski Team in

events, from March 3-10. Included on this list of athletes is Zoe Zimmermann of Gilford, who skis for Burke Mountain Academy.

The 2021 squad is derived from the Land Rover U.S. Alpine Ski Team B, C, D teams, and the U.S. Ski & Snowboard Bansko, Bulgaria, in six National Development

Group, as well as top U.S. Ski & Snowboard club program athletes from across the nation. Headlining this year's team are 2019 Junior Worlds' silver medalists and FIS Ski World Cup mainstays, Ben Ritchie and AJ Hurt. Due to COVID, quotas have been halved

Though 2020 World Juniors at Narvik, Norway, were cut short due to the coronavirus outbreak, Keely Cashman led the way with three

NORTHFIELD,

vour

Rosa-

Gilford

Vt. — The following

readership area have

the Dean's list at Nor-

the Fall 2020 semester:

*Samuel T. Drew, Gilford

Full-time undergraduate

students, who earned a

semester grade point av-

erage of at least 3.40 and

had no failures in the

previous Fall or Spring

semester are award-

ed Dean's List honors.

These students cannot

students from

been recognized

wich University

Margaret

McNeil,

top-10 results, including bronze in the alpine combined. Hurt finished in sixth just behind Cashman in the super-G at Worlds and has skied consistently strong on the World Cup, scoring points across four disciplines during the 2020-21 season (parallel, slalom, giant slalom, and super-G). Additionally, Nicola Rountree-Williams was the second-fastest U18 last year in the giant slalom, and Bradshaw Underhill had a top-10 super-G result, in ninth.

"We are sending a strong team to the World Junior Championships this year, with multiple medal contenders and a goal of being on the podium in the overall Hodler Cup team competition," said Land Rover U.S. Alpine Ski Team Alpine Development Director Chip Knight. "Many of our athletes have been racing at the Europa Cup and World Cup levels in recent months, so

they are well prepared to compete with their international peers. We are looking forward to a great event."

injustice and intolerance.

The 2021Junior Worlds will not include downhill, alpine combined, and team events but will feature men and women's super-G, giant slalom, and slalom. Live timing will be provided by FIS.

Gilford Parks and Recreation News

BY HERB GREENE

Gilford Parks and Recreation

Full Moon Snowshoe Hike on Friday, Feb. 26 The Gilford Parks and Recreation Department is sponsoring a fun full-moon snowshoe hike on Friday, Feb. 26 for all ages. Participants will check in at the Gilford Elementary School Parking Lot at 6:50 p.m. before heading out for a quick hike through the Village. Although we hope the moon will be bright, we encourage all participants to bring a flashlight or head lamp! If you are in need of snowshoes, we do have a limited supply available. They may be reserved on a first come basis by calling the Parks and Rec office in advance. All interested participants are asked to RSVP ahead of time.

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

Adult Snowshoeing program on Tuesday mornings The Gilford Parks and Recreation Department will once again be sponsoring snowshoe hikes for any adults looking for fresh air, fun and exercise on Tuesday mornings this winter as conditions allow. The next two hikes will be held on Feb. 23 and March 2nd. Participants will meet in the Gilford Town Hall at 9:30 a.m. prior to each hike. If you are in need of snowshoes, we do have a limited supply available for each hike. They may be reserved one hike in advance on a first come basis by calling the Parks and Rec office. Participants should bring a mask to wear during check in and for any times when stopped on the trail where we cannot practice social distancing. All interested participants must RSVP at least one day prior to each hike.

For more information or to RSVP, please call the Parks and Recreation Office at 527-4722.

NOTEBOOK

(Continued from Page A5)

no place nearby for a go-and-show gathering, so only the people with time, ability, and desire can or will take their antique machines to often far-off events.

I've always thought that these machines would be a great addition to Lancaster Fair, and properly managed and promoted, the event would grow like

People are drawn to these old engines and the machinery they powered. They offer a look at the past and a display of knowledge, the kind of thing that should be seen, understood, appreciated, and passed on before it slips away.

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

from a normal year.

have any pending Incomplete (I) grades. Dean's List honors are noted on the official transcript each term earned.

In addition to the above criteria, students in the Fall 2020 semester had to meet the following criteria relative to the University's transition to online instruction in response to the COVID-19 pandemic, which introduced the option for students to choose an alternative grading system or to maintain earned letter grades. To be eligible for President's (GPA 4.0) and Dean's lists (GPA 3.40) for the Fall

2020 Semester, students must have letter grades and full-time enrollment for the Fall 2020 Semester and must not have received any Incomplete or No Pass grades. In addition, to meet to the above criteria, students in the Fall 2020 semester who elected to use any of the alternative grading system options must have at least full-time status with letter grades.

About wich University

Norwich University is a diversified academic institution that educates traditional-age students

recognition at Norwich University and adults in a Corps of Cadets and as civilians. Norwich offers a broad selection of traditional distance-learning programs culminating in Baccalaureate and Graduate Degrees. Norwich University was founded in 1819 by Captain Alden Partridge of the U.S. Army and is the oldest private military college in the United States of America. Norwich is one of our nation's six senior military colleges and the birthplace of the Reserve Officers' Training Corps (ROTC). www.norwich.

LRPC TAC Committee meets Wednesday

Local students earn Dean's List

REGION The Lakes Region Planning Commission's Transportation Technical Advisorv Committee (TAC) will meet Wednesday, March 3, from 2 to 4 p.m.

State Representative Mark McConkey of Freedom will be the guest for an informal discussion of transportation funding in New Hampshire. Rep. Mcconkey, who represents Carroll County's District 3, is Vice Chair of the House Public Works and Highways Committee.

Updates will be provided on the state's Ten Transportation Plan (2023-2032) and the Transportation Alternatives Program (TAP).

As a result of the coronavirus/COVID-19 public health crisis and pursuant to Emergency Order #12 issued by Gov. Sununu on March 23, 2020 regarding the state of emergency currently extended through March 4, pursuant to the Governor's Executive Order 2021-02, the Lakes Region Planning Commission has determined that this meeting of its Transportation Advisory Committee will not be held at a physical location, but will be conducted via Zoom.

There ways for the public to access the meet-

ing: Online at https:// u s 0 2 w e b . z o o m . us/j/88329227074 or by telephone at 1-929-205-6099 and enter Zoom Meeting ID 883 2922 7074. These instructions are also provided on the LRPC website atwww. LakesRPC.org.

Anyone who has trouble accessing the meeting can call 279-5334

or email admin@lakesrpc.org for assistance.

The LRPC TAC encourages all members of the public who are interested in any aspect of transportation to provide input during the meeting. For additional information about this meeting, please contact the LRPC at 279-5334.

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NH Mutual Bancorp welcomes Mark Danahy as Senior Vice President, Residential Lending



Mark Danahy

MEREDITH — Mark Danahy has joined New Hampshire Mutual Bancorp (NHMB) as Senior Vice President of Residential Lending. In this role, Danahy leads and oversees the mortgage and personal lending programs for Meredith Village Savings Bank (MVSB), Merrimack County Savings Bank (the Merrimack) and Savings Bank of Walpole (SBW). He is based in Concord, at NHMB's operations center on 16 Foundry Street.

Danahy is responsible for the development and implementation of the strategic vision for residential lending at MVSB, the Merrimack and Savings Bank of Walpole. In doing so, he will maintain the residential lending policies,

products and the technology platforms needed to best serve community banking customers. Danahy will also provide the individual direction of mortgage sales that best align with NHMB's company values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship.

"We're happy to have Mark join our team," said Gregg Tewksbury, President and CEO of New Hampshire Mutual Bancorp. "His depth of experience leading several mortgage companies and financial institutions makes him uniquely qualified to guide residential lending for our banks into the future. Aligned with our company culture and values, Mark is intensely focused on the customer experience and the well-being of his staff. I'm excited to welcome him aboard!"

"It's fun to be a part of this organization, with their commitment to the customer and the community," said Danahy. "Our unique model allows for unmatched support to the local community through volunteerism, monetary contributions and financial expertise. I'm incredibly proud to represent MVSB, the Merrimack and Savings Bank of Walpole."

Prior to NHMB, Danahy served as the President and CEO at Key-Bank Mortgage, based in Cleveland, OH, and in executive leadership roles at Citibank and PHH Mortgage, based in Mt Laurel, NJ.

Danahy is Board

New Hamp-Mutual Bancorp (NHMB) was cre-

ated through a unique alliance between three mutual community banks and a wealth management firm who maintain separate organizations and management. The companies are able to achieve best in class software, services and staffing while providing efficiencies through their shared service provider, NHMB. NHMB provides risk management, facilities, marketing, human resource, finance, compliance, information technology, deposit operations, loan operations and digital banking services to Meredith Village Savings Bank, Merrimack County Savings Bank, Savings Bank of Walpole and NHTrust. strategic partnership has positioned the banks to leverage each other's strengths as they work together to advance a shared vision of maintaining and enhancing



How to thank a hero

TILTON — How, with social distancing and

There is, and here's how, under the chairmanship of the 'Hearts for Heroes' recognition program, Jackie Sandstrom, a member of the Lakes Region Art Association is encouraging everyone to create a heart, no larger than nine by 12 inches, with a message ac-

"All interested are invited join us at the Lakes Region Art Association/Gallery, Tanger Outlets, 120 Laconia Rd., Tilton, suite 132, Thursday-Sunday, 10 a.m. – 6 p.m. and create a heart at the 'Art for Heart' table that's all set-up with art supplies and materials to create your Heart for a Hero," said Sandstrom.

"Or, you may do this at your home instead using any medium you'd like. It doesn't matter how old you are, if you are an artist or not to participate, everyone is encouraged to join-in, and it's free," she

All completed hearts will be on public display

community

standards and values.

banking

the need to avoid hugs and handshakes because of Covid-19, can we sincerely thank our heroes, the doctors, nurses, first responders, fire, police etc. who have dedicated their time to saving and improving lives, not only during the Covid-19 Pandemic, but all the time, and thank our veterans who've given so much to keep us free, is there a way?

knowledging and/or praising a hero.

the month of March in the LRAA/Gallery, and then gifted to our heroes at the NH Veteran's Home, Tilton. For information: info@lraanh.org.

Local students named

to Dean's List at RIT

ROCHESTER, N.Y. — The following local residents made the Dean's List at Rochester Institute of Technology for the 2020 Fall Semester. Undergraduate students are eligible for Dean's List if their GPA is greater than or equal to 3.40 for nine credit hours of traditionally graded coursework; they do not have any grades of "Incomplete," NE, D, or F; and they have registered for, and completed, at least 12 credit

Tyler Hanf of Gilford, who is in the computer science program.

Brayden Casella of Laconia, who is in the computer science program.

Joshua Crandall of Laconia, who is in the biomed-

ical sciences program. Eliya Fischev of Gilmanton, who is in the comput-

er engineering program.

Rochester Institute of Technology is home to leading creators, entrepreneurs, innovators and researchers. Founded in 1829, RIT enrolls about 18,600 students in more than 200 career-oriented and professional programs, making it among the largest private universities in the U.S.

The university is internationally <u>recognized and</u> ranked for academic leadership in business, computing, engineering, imaging science, liberal arts, sustainability, and fine and applied arts. RIT also offers unparalleled support services for deaf and hard-of-hearing students. The cooperative education program is one of the oldest and largest in the nation. Global partnerships include campuses in

China, Croatia, Dubai and Kosovo. For news, photos and videos, go to www.rit.edu/







Hearts for Heroes

The Lakes Region Art Association/ Gallery is hosting its 'Heart for Heroes' program in recognition of all those who are engaged in saving and improving lives during the Covid-19 Pandemic, and our veterans. Anyone may participate by creating an image of a heart in 2D or 3D. It's free, size is limited to no larger than nine by 12 inches, and once completed, bring your heart to the LRAA/Gallery, Tanger Outlet Mall, Tilton, suite 132. There, it'll be on display until the end of March, and then brought to the NH Veterans Home. Tilton, and gifted to a veteran.

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Bulldogs battle in Conway but Eagles get the win



JOSHUA SPAULDING

Wade Volo of Kennett and Owen Guerin of Belmont-Gilford battle for the puck in action on Saturday

BY JOSHUA SPAULDING

Sports Editor

CONWAY — Games between the Kennett and Belmont-Gilford hockey teams have had some pretty good games over the years.

On Saturday, Feb. 21, the Eagles got the better of the Bulldogs at the Ham Arena in Conway, finishing with a 4-0 win in a game that saw both teams get plenty of chances on net.

"There were some good things and some things we need to clean up," said Kennett coach Mike Lane. "It's always competitive, every time we play them, we know it will be a game."

"We've got a bunch of players out, including our top defenseman, that makes a big difference," said Belmont-Gilford coach Jason Parent. "When you're playing guys like (Wade) Volo, you want to have your best defenseman on the ice."

Robbie Murphy and Jack Robinson had early chances for the Eagles while Owen Guerin, Zach Gilbert and Aidan McKenzie all had shots on net for the Eagles that were turned away by Kennett keeper Bryson Wrobleski. Colin McGreevy was able to stop another bid from Kennett's Sam Seavey.

However, with 10:40 to go in the period, the Eagles were able to get on the board, as Volo made a pass in front of the net that Matt Cormier tapped into the net for the 1-0 lead.

The Eagles kept pressuring, with Murphy ringing a shot off the post and Cormier sending the rebound on net, but Mc-Greevy made the save. Volo also had a shot denied by the B-G keeper and Brady Shaw turned in a strong defensive stop on Guerin.

Logan Moulton had a chance go wide for the Bulldogs while Noah Keefe got in close for the Eagles and Seavey and Volo also had shots gave themselves a little turned away. Guerin had a shot stopped by Wrobleski and Guerin and McKenzie teamed up on another bid, with Colby Olivier making a nice defensive stop. Dylan Flannery had a late shot for the Bulldogs that was stopped and the period ended with Kennett up

McGreevy made a big save on an early chance from Cormier and Volo, sweeping the puck away from the line. Volo also sent a shot off the crossbar while at the other Jackson Collins had a shot that Wrobleski stopped. Olivier and Seavey both had chances for Kennett while Guerin and Brendan Folan had bids for the Bulldogs. Keefe got in close for the

Eagles but couldn't convert while Gilbert sent a shot wide for the Bulldogs.

With 9:40 to go in the period, the Eagles got their second goal, as Volo put home a rebound for the 2-0 lead, with Olivier getting the assist on the tally. Colby Hall came back with a chance that was denied by Mc-Greevy and both Geena Cookinham and Collins had chances for B-G that Wrobleski stopped. Moulton also had a chance denied while Hall had a chance at the other end.

With 32 seconds to go in the period, the Eagles more cushioning heading to the third, as Volo sent a shot toward the

net that Hall got a stick on, popping it over Mc-Greevy's shoulder and in for the 3-0 lead after two periods.

While Wrobleski was forced to make an early save in the third period, it was Kennett that got on the board, as the Eagles scored just 52 seconds into the period, with Hall tipping home the puck on a shot from Shaw for the 4-0 lead.

Folan sent a shot wide for the Bulldogs while Olivier made a nice defensive stop on a bid from Flannery. Volo sent a shot wide for Kennett and Moulton and Eric Ellingson came back with chances that Wrobleski stopped. Guerin had another bid denied while

Hall, Olivier and Shaw all had chances for the Eagles that McGreevy kept from going in the

The game's first power play came with 6:57 to go for the Bulldogs and Guerin had a couple of good bids but could not find the net. Olivier made a nice defensive play on a close in bid from McKenzie to help kill off the penalty.

Kennett took another penalty with 4:13 to go and Olivier again was solid on defense for Kennett and Murphy had a nice clear. Guerin, Gilbert, Folan and Cookinham all got good chances for the Bulldogs but could not put the puck past Wrobleski as the

penalty was killed.

Just two seconds after the penalty ended, Belmont-Gilford back on the power play and Guerin had a couple more chances denied. Shaw and Seavey both had good clears to kill off the penalty and finish off the 4-0 win.

McGreevy finished with 25 saves on the night while Wrobleski had 22 to earn the shutout.

"We made a few adjustments after things they did the other night," said Lane. "But there's only so much we can do with our numbers.

"There are little things we have to clean up and we move forward," the Eagle coach continued. "But 6-2-1 feels good."

"Somebody has to step up and we haven't really had that this year," said Parent, referencing the players who are out. "I believe we haven't played our best hockey yet, I think our best hockey is ahead of us.

"We have a lot of young kids who are getting good experience," he continued. "If we have our best defenseman out there, maybe it works out better. But that doesn't help us put the puck in the net."

Belmont-Gilford scheduled to be at Kingswood for a 7 p.m. game on Saturday, Feb. 27, to round out the regular

Kennett is scheduled to finish out the regular season at Laconia against Laconia-Winnisquam-Inter-Lakes on Saturday, Feb. 27, at 4:45 p.m.

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



Keeper Colin McGreevy makes a save in action in Conway on Saturday.

Local student earns President's List recognition at Norwich University

NORTHFIELD, — The following student from your readership area has been recognized on the President's List at Norwich University for the Fall 2020 semester:

Michelle Lynch Gallant, Gilford

Full-time undergraduate students, who earned a semester grade point average of 4.0 and had no failures in the previous Fall or Spring semester are awarded President's List honors. These stu-

dents cannot have any pending Incomplete (I) grades. President's List honors are noted on the official transcript each

term earned. In addition to the above criteria, students in the Fall 2020 semester had to meet the following criteria relative to the University's transition to online instruction in response to the COVID-19 pandemic, which introduced the option for students to

choose an alternative grading system or to maintain earned letter grades. To be eligible for President's (GPA 4.0) and Dean's lists (GPA 3.40) for the Fall 2020 Semester, students must have letter grades and full-time enrollment for the Fall 2020 Semester and must not have received any Incomplete or No Pass grades. In addition, to meet to the above criteria, students in the Fall 2020 semester

who elected to use any of the alternative grading system options must have at least full-time status with letter grades. About Norwich Uni-

versity

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Baccalaureate and Graduate Degrees. Norwich University was founded in 1819 by Captain Alden Partridge of the U.S. Army and is the oldest private military college in the United States of America. Norwich is one of our nation's six senior military colleges and the birthplace of the Reserve Officers' Training Corps (ROTC). www.norwich. edu



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~ Comfort Keepers ~ Post-hospital care after pneumonia

BY MARTHA SWATS Owner/Administrator Comfort Keepers

Nothing can put a halt to our daily routines and favorite activities like an illness. Staying well is especially critical for the physical and mental health of seniors, but sometimes illness is unavoidable.

Even though pneumonia is a serious illness, it can often be successfully treated at home. Seniors, specifically, however, those with compromised immune systems or other health issues, may require hospitalization.

For those that do need to monitored and treated

in a medical facility, being discharged from the hospital does not mean that recovery is complete. Pneumonia is particularly taxing on the body, resulting in a feeling of tiredness. It may take a while for an older adult to regain strength and feel good again.

The home recovery period can be crucial for pneumonia patients. In order to fully recover, it is important to follow the health care provider's directions. Seniors should be aware of their body and take note of changes they feel so they can contact their doctor at any sign of the illness coming back.

Home recovery can include continuation of an antibiotic, prescription medication, or a nebulizer for breathing treatments. Medicine, including every dose, should be taken for as long as it has been prescribed. Failure to do so may allow levels of bacteria to remain, grow and possibly cause a relapse. Drinking plenty of water can help and eating nutritious food to regain strength has an impact too. Additionally, cool mist humidifiers or vaporizers help keep the air moist inside the home and may make breathing easier and ease lingering coughs.

Seniors can expect

a cough and general fatigue to last for some time after pneumonia subsides. It is essential for them to get ample sleep as well as proper nourishment during this time. Rest helps the body's healing process just as maintaining a healthy diet can boost the immune system. It is important that the senior not smoke and avoid spending time outdoors if there is smoke from a fire. This type of air pollution can hinder the breathing process and cause infection in the lungs. Alcohol consumption should also be avoided as it can inhibit the effectiveness of anti-

Above all, seniors should remember to ask for help. Pneumonia recovery at home can be difficult to manage alone, and a helping hand from family, friends, or a professional caregiver can be critical for a successful recovery. For seniors and their loved ones, the goal is to get them back to good health so they can do the things they love – and sometimes, a helping hand can make all the difference.

About Com-Keepers fort

Comfort Keepers is a leader in providing inhome care consisting of

such services as companionship,

transportation, housekeeping, meal bathing, preparation, 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 for more informa-

MVSB donates to local non-profits, families through Mitten Tree program

MEREDITH — Meredith Village Savings Bank (MVSB) is pleased to announce the results of this year's Mitten Tree Program with contributions of \$2,932 to local food pantries. Thanks to the generous support of the community, 1,466 winter weather accessories, including hats, mittens and scarves, were collected and distributed to local families in need.

The Mitten Tree Program has been an MVSB community tradition for many years. In the weeks preceding Christmas, each of MVSB's 13

offices accepted donated handmade or purchased mittens, hats and scarves. For each donated, MVSB gave \$2 to food pantries in the communities the Bank serves. All items donated by customers, community members and businesses are distributed in January to members of the community who need help staying warm during the winter season. Recipient organizations of MVSB's matching contribution included the Lakes Region Food Pantry located in Moul-

tonborough, Plymouth

Area Community Clos-

et and Food Pantry, the Salvation Army Food Pantry in Laconia and Gather Food Pantry of Portsmouth.

Numerous groups and individuals participate in the distribution of donated items, including the Visiting Nurses Association, local school nurses and childcare centers. The Moultonborough Women's Club donates annually to the Mitten Tree program, and came through again this year with a record contribution of over 100 handmade items. Another contributor deserving of special



Lucienne Boisvert with some of the 135 scarves she made by hand for this year's Mitten Tree Program. Lucienne is 91 years young and blind and has been making and donating scarves to the Mitten Tree program for the last 10 years. She estimates she has donated 1,635 scarves to the program over the years!

GILFORD CANDIDATES NIGHT TUESDAY, MARCH 2ND 6:00 P.M.

Gilford High School Student Council is cordially inviting community members to hear candidate platforms and ask questions at the Gilford "Meet the Candidates Night."

This public forum will be held on Tuesday, March 2nd at 6:00 p.m. in the Gilford High School Auditorium.

Masks will be required and social distancing will be observed.

The event will be livestreamed for viewing only. If you would like to submit a question, email candidates@sau73.org

> Link to view the livestream: https://zoom.us/j/97791358049

To access by phone, dial 1-312-626-6799 Webinar ID: 977 9135 8049

Although 91 years old and blind, it is estimated

she has donated approximately 1,635 scarves that she hand-knits herself for the Mitten Tree program. The Bank is grateful for all the donations received for this program.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-be-

recognition is Lucienne ing of the community Boisvert, mother of since it was founded in Mike Boisvert, VP of In- 1869. For over 150 years, ternal Audit for MVSB. Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of Central NH. 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 mysb.

Shaker Regional School District

PUBLIC NOTICE

SHAKER REGIONAL SCHOOL DISTRICT

ABSENTEE VOTING

According to law, provisions shall be made by the

school district so that any voter who is absent

from that school district on the day of the annual

or special election or meeting, or who, by reason

of religious observance or physical disability, is

unable to vote in person, may vote at such election

or meeting for said district officer. Such voter shall

be provided with all official ballots, which are to be

provided at the polling place on the day of the balloting.

If you are interested in obtaining an absentee ballot,

please contact Stacy Kruger, Clerk, at 267-7552

evenings; or the Superintendent of School's Office;

58 School Street; Belmont, NH 03220, or by phone

at 267-9223.

Serving the Communities of Belmont & Canterbury

CHILDFIND CLINIC

All school districts using the special education process shall find, identify, and evaluate all children suspected to be children with disabilities. Anyone may refer a child they suspect may have a disability and need special education. We will be holding a "Child Find Clinic" on Monday, March 29, 2021 at Canterbury Elementary School from 1:00 – 3:00 pm for children age 2.5 years or older, but less than 21 years of age. Certified staff will screen students for possible learning disabilities, speech and language disabilities, motor skills, and overall developmental functioning. The clinic is open to any resident of Belmont or Canterbury, but APPOINTMENTS ARE REQUIRED. Please contact the SAU office at 267-9223 ext. 5306 for additional information or to make an appointment.

LEGAL NOTICE

The Canterbury Supervisors of the Checklist will be in public session at Elkins Public Library, 9 Center Rd, Canterbury, NH for any changes and corrections to be made to the vote checklist on:

Saturday, February 27, 2021, from 11 - 11:30 a.m.

Supervisors of the Voter Checklist:

Mary Ann Winograd, Denise Sojka, Brenda Murray

LEGAL NOTICE

The Belmont Supervisors of the Checklist will be in public session for any additions, changes, or corrections to be made to the voter checklist at the Belmont Town Hall,

143 Main Street, Belmont NH on: Saturday, February 27, 2021,

from 11 am - 11:30 a.m.

DUE TO COVID restrictions, MASKS are required.

Supervisors of the Voter Checklist:

Brenda Paquette, Donna Shepherd, Nikki Wheeler



Derby brings families, friends to the ice



PHOTOS BY ERIN PLUMMER Jon King and Keith McCarthy pull out their latest catch. They released it a few seconds later.

Members of the Dube BY ERIN PLUMMER and Eggleston families mnews@salmonpress.news MEREDITH - The came up Danville for a

dith Bay.

fun weekend on Mere-

he and his friend Andy

Dube hadn't been up to

the derby in about six

or seven years as they

raised their families, but

they finally got the op-

portunity to return this

year with their families.

caught a big pickerel

that was second place

on the board for a while.

She said she as "excited"

liked the prize options

and how people on the

ice seem to enjoy them-

running to the flag,"

said 9-year-old Lila

board is fun," said Ava

of Ashburnham, Mass.,

came up with a num-

ber of other friends and

family members in ar-

eas ranging from Bow to

Western Massachusetts.

Bob has been coming to

the derby for 29 years

and other members of

the group had been up

from six to nine years.

"We like the fish and

"Also getting on the

Father and son anglers Bob and Jon King

selves.

Eggleston.

Eggleston said he

to catch a fish that big.

Arianna Dube even

Brett Eggleston said

Great Meredith Rotary Ice Fishing Derby brought out tens of thousands of people to the ice, including many families, groups of friends, local organizations, and so many others for a fun weekend outside.

Despite some changes in the derby due to the pandemic, bob houses and tents still dotted Meredith Bay over the weekend, bringing out people from all over New England and beyond.

Mark Hallee and Cory Strout of Litchfield both came up to the tournament for the first time.

The two are avid anglers and were looking for someplace fun to go.

"It's always looked like a good time," Hallee said.

Over the weekend they did catch some fish including perch and pickerel, but nothing significant. Meeting people on the ice was one of the best parts of the experi-

"It seems everyone we've talked to seems in good spirits." Hallee said.

Both said they definitely want to come back another year.



Ari caught her big fish.

Bob said.

on right now.

the boys.

said the troop was look-

ing for a fundraiser and

an outdoor activity for

to do a lot of stuff this

year," he said. "Most of

our events and jambo-

Rotary, they decided to

come to the derby and

sell food and hot drinks

on Meredith Bay. The

venture was a big suc-

cess, and they got a lot of

business over the week-

we had a great turnout,"

said assistant scoutmas-

ter Chandler Jones.

(Continued from Page A1)

"We did really great,

After talking with the

rees got canceled."

"We weren't able

Brett Eggleston checks a line with Arianna Dube and Lila

Boy Scout Troop 243 of Gilford sold food on the ice at Meredith Bay as a fundraiser and troop activity. From left to right: Alex Wallace, Assistant Scoutmaster Chandler Jones, Oliver Leandro, Landon Jones, Sebastian Jones, Patrick Gandini, Derek Kelly, Kyle Gandini, and Scoutmaster Courtney



Courtesy Photos

The members of Troop 243 serving food to visitors on the ice.

Jones said a lot of the money they raised will go to some upcoming outdoor adventure trips

with ideas including Acadia National Park and Alaska.

Kelly said this activ-

ity also helped the boys get some time and experience toward merit badges.

NHS

Service (volunteer efforts), Leadership (show of being resourceful and good problem solvers in the school and/or community), and Character (respectfulness, strong ethics). Different officers lit candles representing these four pillars.

Officers talked about the organization's mission and work. Members were told they also owe their success to all the friends and family members who have helped them along their journey, and they were encouraged to thank those who made a difference in their lives.

The NHS inducted 27 new members during the ceremony including seniors, juniors, and sophomores. Students took the oath of membership in the organization. Each new inductee was then called up and introduced with aspects of their personality and how important service was to them or what they hoped to accomplish.

individuals "These should be commended for what they accomplished so far," said GHS principal Anthony Sper-

Sperazzo recognized the students' achievements as they have endured the pandemic for almost a year.

"Your world has been

(Continued from Page A1)

LIBRARY

Dormody said they are aiming to relax these restrictions on March 1 depending on the local COVID-19 numbers, such as allowing 20 members of the public ion the building.

The library also stopped offering in-person programming and went to an all-virtual format including storytimes, one-on-one instruction, baking instruction, book discussions, and many more. They are offering oneon-one in-person help with a computer expert to assist people with registering for the vaccine.

Dormody said after March 1, they hope to bring back a hybrid of virtual and in-person

programming, which has been a success in the

The library is also aiming to restart a community outreach project that was put on hold because of the pandemic. Dormody said the trustees were working on an advocacy campaign when the library shut down because of the pandemic. Dormody said they had heard from community members that there was a lack of communication and awareness about the library's services, especially for seniors.

The library was one of 200 small and rural libraries in the state to receive a \$3,000 grant from The New Hampshire Library Association to address community needs. With the grant money, they are hoping to continue that effort and schedule a community forum. She said this is why the library wanted to partner with the town on The Hub newsletter and the Gilford Senior Resources Team, which has a new volunteer buddy program to check on seniors.

"We heard a lot about social isolation even before COVID," Dormothat's increased. We're looking for to get some services to those people that are having a difficult time."

dy said. "You can just imagine that's a problem

(Continued from Page A1)

board unanimously approved the 2021 road plan as presented. Theriault and Town Administrator Scott Dunn said the five-year plan was in the works and subject to some tweaks before being finalized and would come to the board at a later time.

COMPETITION

Richardson said he wasn't that familiar with stocks before coming into the class but learned a lot in the process.

"It definitely taught me a lot about the stock market," Richardson said.

Richardson said he went into the game considering the election and what stocks would be worth more depending on if Donald Trump or Joe Biden won. With Pres. Biden winning the election, Richardson said he invested in Moderna's stocks and stocks

related to solar energy. O'Riordan said the investment in Moderna, which produces a COVID-19 vaccine, was an example of foresight. Moderna's stock was around \$69 a share when Richardson first bought it and by the end it was closer to \$169 a share.

"They're playing to win but they're using strategy they wouldn't necessarily use in real

Richardson also invested in different social media platforms such as SnapChat and companies like 3M.

life," O'Riordan said.

In the game, when a stock is purchased at 10:30 a.m. it goes into the game's system at the price it is at that time. Richardson said he was checking his stock prices every morning before class, methodically deciding how to proceed with each choice.

By the end of the game Richardson had around \$165,000 in virtual money. As Richardson got closer to the end, he said there was one person from a different school who was coming from behind and looked to be closing in on him. O'Riordan said he would have been nervous for Richardson if Moderna's stock ended up tanking.

Richardson won a certificate and a medal

turned upside down this year and no one has experienced (this in recent times)," Sperazzo said.

He said they have been constantly told "do this, do that" and they have done all of it.

Sperazzo said the inductees have been making great accomplishments quietly, but other people are looking to them.

"I have no doubt in my mind you will have a critical role in this world someday," Sperazzo said. "Whatever it is I'll be smiling, cheering you on because I know all of

(Continued from Page A1)

you have it in you."

and the school received a banner.

"I don't really win things, it's pretty nice," Richardson said, later adding, "I was lucky and it worked out."

Richardson said he learned a lot through this experience and he is thinking of getting a Junior Investment Account.

O'Riordan said he loves that the students are so interested. He said he had no idea about the stock market when he was in high school and didn't learn about it until his 20's.

"I love that I can pass it on at this age," O'Riordan said.

He recalled a statement from financial advisor and radio host Dave Ramsey who said people who invest \$25 every week starting at age 18 can be millionaires by their 50's.

PLAN

ested to try it," Theriault said. "We'll do it on a few roads and see how we like it."

Theriault said the material does have its pros and cons. It will give the roads a bit more texture, which can also help with traction in the winter.

Some roads being sealed in general might need some culvert work as well and Theriault said they will be inspecting the pipes and determining what needs to be

done.

The 2021 plan carries a proposed cost of \$1.75 million. The five-year plan is based on this year's road plan and assumes a five percent cost escalation for the next few years. Theriault said this plan is flexible and is meant to be a guide.

Board chair Chan Eddy said this is a situation of "you can pay me now or you can pay me later" and said he would prefer to keep good pavement lasting much lon-

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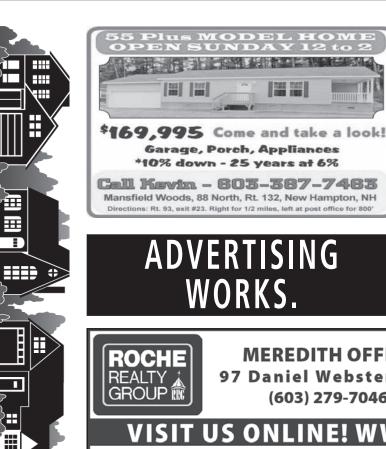
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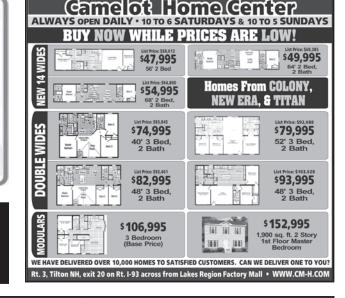
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You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write

The Commission at 163 Loudon Road, Concord, NH 03301 Neither the Publisher nor the advertiser will be liable for misinformation, typographically errors, etc. hereincontained. The Publisher reserves the right to refuse any advertising.







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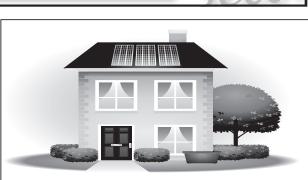
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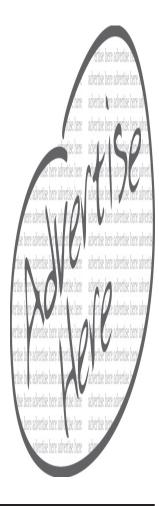
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Town of Gilford Parks and Recreation Lifeguard Staff

The Gilford Parks and Recreation Department is currently accepting applications for seasonal Lifeguards (American Red Cross Waterfront Lifeguard Certification Required, WSI preferred, but not mandatory) (pay range \$11.75-\$14.00) for summer employment at the Gilford Town Beach. The beach is open mid-June through the end of August. Call the Gilford Parks and Recreation Dept. at 527-4722 for an application. Applications will be accepted until all vacancies have been filled by qualified candidates. EOE

SHAKER REGIONAL SCHOOL DISTRICT COACHING POSITIONS

Shaker Regional School District has the following Coaching Positions available for the 2020-2021 School Year:

Middle School Boys Baseball **High School Track**

(2 positions available)

Past playing and/or coaching experience preferred. Interested candidates should send a cover letter and resume to Cayman Belyea, Athletic Director, at cbelyea@sau80.org, or mail to Belmont High School, 255 Seavey Road, Belmont, NH 03220. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprinting, is required.

SHAKER REGIONAL SCHOOL DISTRICT GIRLS VARSITY SOCCER COACH

Shaker Regional School District has an opening for a Girls Varsity Soccer Coach for the 2021-2022 School Year. Past playing and/or coaching experience preferred.

Interested candidates should send a cover letter and resume to Cayman Belyea, Athletic Director, at cbelyea@ sau80.org, or mail to Belmont High School, 255 Seavey Road, Belmont, NH 03220. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprinting, is required.

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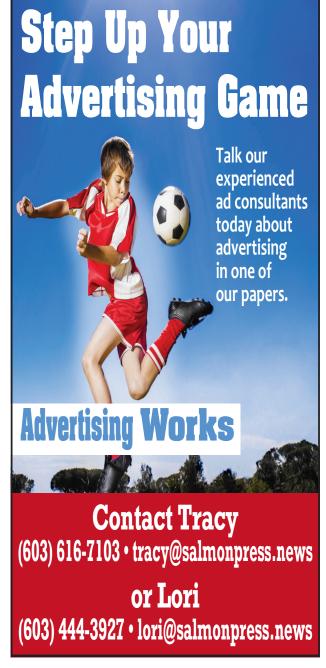
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Local students named to University of Hartford Dean's List

WEST HARTFORD, Conn. — The University of Hartford is pleased to announce the following students have been named to the Dean's List for Fall 2020. Ryan Dee of Laconia

Jack Harding of Gilford

Spread across seven dynamic schools and colleges, the University of Hartford has been guiding the purpose and passion of students for over six decades. On our 350-acre campus alongside Connecticut's capital city, approximately 4,600 undergraduate and 2,000 graduate students representing 49 states and 47 countries come together for a common purpose: to collaborate across different disciplines, diversify perspectives, and broaden worldviews. We're a four-year private university focused on advancing the public good through meaningful connections within our communities. Our unique approach to comprehensive education gives us the critical perspectives that lead to impactful change, regionally and beyond. With degree programs spanning the arts, humanities, business, engineering and technology, education, and health professions, we focus on doing the work that matters. For more information, visit hartford.edu.

COVID TESTING AVAILABLE FOR OUR COMMUNITY.



HealthFirst Family Care Center in Laconia is now offering COVID-19 testing to all residents of the surrounding communities by appointment only, Monday through Friday between 1pm and 4pm.

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If you are in need of a COVID-19 test or are looking to establish care, **visit healthfirstfamily.org** or call us today at 603-366-1070.

The preparation of this ad was financed under a Contract with the State of New Hampshire, Department of Health and Human Services, with funds provided in part by the State of New Hampshire and/or such other funding sources as were available or required, e.g., the United States Department of Health and Human Services.



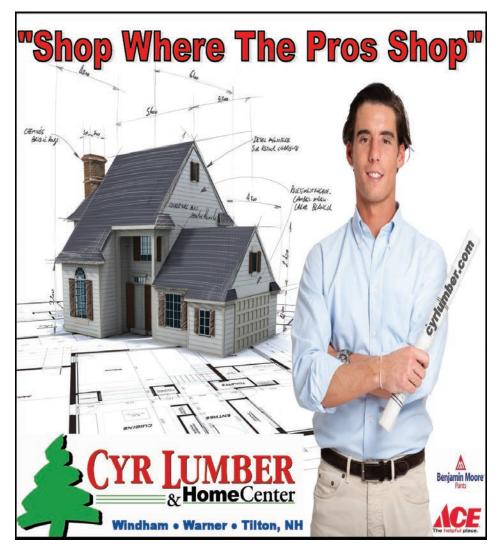
22 Strafford Street #1, Laconia, NH | M-TH-F 8am-5pm; T-W 8am-7pm



RC GREENWOO

Rising up

Riley Marsh rises toward the hoop during the Gilford boys' basketball team's 47-40 win over Laconia last Monday. The Golden Eagles dropped their first game of the season to the Sachems three nights later in Laconia, 52-37. Gilford is scheduled to finish the season today, Feb. 25, at Kennett at 6 p.m. Gilford gets a bye in the first round of the playoffs and will host the winner of the first round game between Winnisquam and Newfound on Wednesday, March 3.





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