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GILFORD, N.H. - FREE

December brings holiday fun to Gilford

BY ERIN PLUMMER

mnews@salmonpress.news

A craft fair, visits with Santa, gingerbread and cookie decorating, and many more holiday themed activities will be going on in Gilford in the next few weeks.

People of all ages can get in the holiday spirit thanks to several activities starting this weekend and going through the end of December.

On Saturday, Gilford High School's senior class will be hosting the annual Gilford Middle and High School Holiday Craft Fair. From 9 a.m.-2 p.m., an array of arts and crafts will span both the middle school and high school buildings. Students will sell food in a food court



FILE PHOTO

(Left) Kids will be decorating gingerbread houses at the Gilford Public Library again on Dec. 12-14.

day, families can enjoy a holiday wonderland in the Gilford Youth Center during Santa Land. There will be games, crafts, a bouncy house, a cookie walk, stories, face painting, and much more. Kids will also have the opportunity to visit and have their photos taken with Santa.

Santa Land is sponsored by the GYC and the Parks and Recreation Department and will run from 5-7:30 p.m. on Friday and 10 a.m.-noon on Saturday.

Children can also receive a call from Santa through the GYC. Parents can sign up on the GYC website (www.gilfordyouthcenter.com) for \$2 per child, \$3 for SEE HOLIDAY PAGE A10

Advice from visiting professor helps GHS band develop skills

BY ERIN PLUMMER

mnews@salmonpress.news

In the week leading up to its big holiday concert, Gilford High School's band had the chance to learn some helpful music skills from a college professor.

On Tuesday, Rick Cook, Director of Music at Southern New Hampshire University, did a clinic with students in the band as part of an ongoing effort to interact with high school musicians from across the state.

Band director Lyvie Beyrent said Cook will travel to high schools across New Hampshire and work with bands. Beyrent said Cook aims to get a better understanding of high school

groups so he better knows what to look for. Cook was supposed to visit on Oct. 31, but school was cancelled that day due to the late October storm and power outages.

Beyrent said Cook was told what piece they would be playing and conducted the piece without any preparation (known in music terms as sight reading). Cook would offer different suggestions to the group members on improving their performance.

"It's nice to have a second set of eyes," Beyrent said. She said while she is used to hearing the band play this, "the second set of eyes might pick up things I might have not heard."

She said it also helps if someone from outside notices the same things she does, validating the point to the students. One included Cook doing a rhythm exercise they Beyrent is doing with her middle school students now.

Beyrent when Cook came in the students hadn't really looked at this music in a week.

"They sounded as good as they did not looking at the music for a week," Beyrent said.

Band president Michael Wernig and senior band member Callie McGreevy both said they had fun and learned a lot from Cook's visit. McGreevy said the band always works with Beyrent and it was a great SEE COOK PAGE A10

at the middle school and cafeteria. Members of the Class of 2018 will be selling meatball subs, whoopie pies, coffee

and doughnuts, and raffle tickets for special gift baskets and other items.

On Friday and Satur-



ERIN PLUMMER

Senior class officers Taryn Breton, Chris Remick, and Olivia Trindade join their classmates in getting ready for this Saturday's Holiday Craft Fair at Gilford Middle and High School. (Not pictured is class vice president Brendan Bergman).

School Holiday Craft Fair this weekend

BY ERIN PLUMMER

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Tables and displays full of handmade items will again line the halls

of Gilford Middle and High Schools on Saturday for the annual Holiday Craft Fair.

The Gilford Middle and High School Holiday Craft Fair is a longtime tradition and a major fundraiser for the Class of 2018. From 9 a.m.-3 p.m., more than 130 crafters will display various creations.

Tables for the crafters traditionally sell out. Fair co-chair Meg Jenkins said the tables sold out in August and there was a waiting list of around 30 people to get a spot. A number of crafters will be returning and there are also around 20 crafters taking part in the fair for the first time. Some of the new tables include painted gourds, blue jean crafts, pottery, photocards, bandanas, repurposed glass and wood, fairy houses, upcycled lawn art, and many more.

Already members of the senior class have worked on putting out advertisements to hey the word out.

For the past four years the seniors have put together baskets that will be raffled off.

Class president Olivia Trindade said each of the senior advisories put together their own baskets with items collected by the class. Class secretary Chris Remick said each advisory out together baskets in a different theme.

Around 12 baskets were collected and will be on display at the fair. They also receive items donated by the crafters to raffle off.

A number of local businesses have donated free advertising on their electronic signs.

Members of the senior class will also be selling meatball subs, whoopie pies, and coffee and doughnuts.

Seniors in general are expected to sign up for a time slot to help out on Friday and Saturday. Jenkins said by Monday a lot of students had signed up to help.

Seniors will take on many different tasks including setting up, taking down, checking people in, and assisting the different crafters among others. Jenkins said some of the crafters are elderly and appreciate SEE CRAFT FAIR PAGE A10

GYC character breakfast sells out for two weeks

BY ERIN PLUMMER

mnews@salmonpress.news

A special breakfast with some cartoon friends was in high demand at the Gilford Youth Center as Mickey and Minnie's Breakfast sold out for two weeks in a row.

Families came to the GYC on Saturday morning to enjoy a pancake breakfast with special guests Mickey, Minnie, Daisy, Donald, and Olaf. The characters interacted with the kids and kids could get their pictures taken with them.

The breakfast also offered face and nail painting as well as arts and crafts. The breakfast took place at the same time as the Gilford Winter Farmer's Market and guests could check out the market while vis-



ERIN PLUMMER

Mickey and Minnie's Breakfast brought some special cartoon friends to the Gilford Youth Center.

iting the main event.

GYC Director Scott Hodsdon said they wanted to have an event on Saturday that not only brought

people out to have a good time but also to come see the winter market.

In September, the GYC hosted the Kids'

Market, where kid could sell their own items. It was such a success another Kids Market has been

SEE BREAKFAST PAGE A10

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

Wouldn't it be amazing if we could just look up the answer to the age-old question 'How can I become happy and successful?' in a book? Well, the literary world is amazing and you can, straight up. There are answers in self-help, religion, psychology, and neuroscience, to start, with plenty of overlap between them.

Many readers have recognized that self-help books are not

only for people trying to fix a specific problem, or people who have a great shortcoming. Plenty of self-help books focus on making use of strengths you already have. I am partial to books that draw upon neuroscientific studies to give advice on how to make the best of our brains.

"Barking up the Wrong Tree" by Eric Barker points out that human brains have certain tendencies, and that those tendencies are not always

helpful to us. What some parts of the brain think will make us happy and successful won't. As an example from the book, Barker talks about studies that show that conflicting thoughts are usually different parts of the brain reacting simultaneously. When you see a donut, part of your brain screams "Calories! Sugar! Fat! EAT IT!" and another part says, "I know donuts are unhealthy, so let's walk away from it." He explains that it possible to increase your control of impulses through some techniques recommended by neuroscientists (and buddhists, the original neuroscientists). For more Buddhist neuroscience, try Robert Wright's "Why Buddhism Is True."

Barbara Oakley came out with "Mindshift: Break Through Obstacles to Learning and Discover Your Hidden Potential." This read is empowering be-

cause Oakley explains, with neuroscientific support, that plenty of conventional ideas about learning, mental pliability, and 'bad' mental traits are misleading and limiting, particularly as they apply to age and background. She explains that if the old dog goes about it the right way, then they can learn new tricks.

You might be thinking that learning and success are one thing, but happiness is more elusive. Well, maybe. There are several resources to suggest that success, gratitude, giving, and happiness are all tied together. People who are grateful tend to be happy. Happy people tend to be successful, and vice versa. Successful, happy people tend to be grateful, and they give... 'Happiness' is hard to quantify, but people try. Meik Wiking is CEO of The Happiness Research Institute in Denmark, and he recently authored "The Little Book of Hygge: Danish Secrets to Happy Living." The book is adorable in the way an afghan is comfy, but the real message is that, instead of focusing on being happy in the distant future when you have achieved some goals, you can find daily happiness, right now, by making minor adjustments to your home, your habits, and your time. Although Hygge is not a cure-all for serious problems and woes, the idea that

simple changes in your immediate environment can help rings true.

It's a strange question to ask, "How can I be more happy and more successful?" but there are answers out there. Try one out this season and see if it works.

Classes & Special Events Nov. 30 to Dec. 6

Thursday, Nov. 30
Music and Movement, 10:30-11:30 a.m.

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

Stop by the children's room to create something great! Ages K-4 with caregiver.

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

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

Teens can play games at the library every Thursday after school!

Conversational French, 4-5 p.m.

Foreign Movie Night, 7-9 p.m.

This month's movie is "A Man Called Ove," from Sweden.

Friday, Dec. 1

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

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

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

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

Monday, Dec. 4

Fiber Friends, 10

a.m.-12:15 p.m.
Mahjong, 12:30-3 p.m.

Tuesday, Dec. 5

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

Drop-in storytime. Stories, songs, lap bounces, puppets, and more! Children up to age two and their caregivers. Must be a GPL cardholder.

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

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

Mystery Book Group, 6-7 p.m.

This month's book is "Raven Black," by Anne Cleaves. Copies will be available at the front desk, and the discussion will be led by Betty Tidd.

Wednesday, Dec. 6

Line Dancing, 9-10:30 a.m.

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

Teen Early Release 3D Printing, 12:30-2:30 p.m.

Learn to make 3D prints with two 3D printers at the library during Early Release. These printers will only be available for a short while, so see them in action while you can.

Book Bites, 5-6 p.m.

Book Bites is a monthly cooking club at the library. This month's theme is "Party Foods!" Sign up at the front desk, cost is \$5.

Gilford Public Library Top Ten Requests

1. "The Family Lawyer" by John Grisham
2. "Rooster Bar" by John Grisham
3. "The People Vs. Alex Cross" by James Patterson
4. "Count to Ten" by James Patterson
5. "End Game" by David Baldacci
6. "Two Kinds of Truth" by Michael Connelly
7. "Hardcore Twenty-Four" by Janet Evanovich
8. "The Midnight Line" by Lee Child
9. "Merry and Bright" by Debbie Macomber
10. "The Story of Arthur Truluv" by Elizabeth Berg

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GILFORD POLICE LOG

The Gilford Police Department responded to 169 calls for service and made the following arrests during the week of Nov. 20-27. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld.

Barbara Pratt, age 42, of Gilmanton was arrested on Nov. 21 for Driving While Intoxicated.

Norman Fleck, age 34, of Gilford was arrested on Nov. 21 in connection with a bench warrant.

Keith J. Lyman, age 29, of Gilford was arrested on Nov. 21 in connection with a bench warrant, and for Possession of a Controlled Drug. Lyman was subsequently arrested again on Nov. 25

for Breach of Bail, Possession of a Controlled Drug, and Driving After Revocation or Suspension.

Mark T. Robinson, age 66, of Gilford was arrested on Nov. 22 in connection with a bench warrant.

Derek Taylor, age 37, of Meredith was arrested on Nov. 22 for Violation of a Protective Order, and in connection with two outstanding warrants.

Izaiah Conway, age 20, of Meredith was arrested on Nov. 22 for Receiving Stolen Property in an amount less than \$1,000 and Misuse of or Failure to Display Plates.

Kenneth S. Fleming, age 52, of Laconia was arrested on Nov. 24 for Operating with a Suspended or Revoked License.



Help your child to choose friends wisely

Get to know your child's friends and their parents. Discuss your no-alcohol rule with the parents and enlist their support. Ensure that teens and their friends have planned activities with appropriate adult supervision.



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Friends and peers

The single most predictive risk for underage drinking is if your child's peers drink. Encourage your kids to choose friends who support your family values and no-alcohol rules.

Students with high-refusal-assertiveness skills are less likely to drink underage. Find good ways to say "no" and practice them often in role-play situations. Some ideas are:

- "No thanks. Drinking is not my thing."
- "No thanks. I need all the brain cells I've got."
- "No thanks. I've only got one brain. Why would I want to trash it?"
- "No thanks. Drinking before your brain is developed can dumb yourself down."

If there is alcohol at a party, LEAVE.
Keep your social environment alcohol-free.



Peers
Children often think that other people their age are drinking and smoking regularly, but most are not.

The Law
Furnishing or supplying alcohol to a minor is a criminal offense-punishable by a \$2,000 fine and 12 months in jail.
Buying or supplying tobacco to anyone under 18 is also a punishable offense

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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



Mix 94.1 FM's Cash and Cans Money & Food Drive kicks off Friday

BY DONNA RHODES

drhodes@salmonpress.news

REGION — "Making a difference one donation at a time," Mix 94.1 FM's 31st annual Cash and Cans Money & Food Drive for the 2017 holiday season is set to head out to a number of locations in the Lakes Region to collect non-perishable food items and cash that will benefit area families in need of support over the holidays. All monies and food donated to the drive stays local and benefits numerous non-profit organizations in the area. Among those

programs and agencies are both the Franklin and Belmont Police Toys for Tots Programs, Twin Rivers Interfaith Food Pantry, Bread & Roses Soup Kitchen in Franklin, the Community Action Program, the 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. While last year was another record year for the cause when Cash and Cans raised \$39,000 in cash and collected

over 30,000 non-perishable food items, they hope to do even better in 2017. Mix 94.1FM's radio personality Fred Caruso, who started the program 31 years ago, said the annual seven day campaign for donations is something he looks forward every year.

"It's a heart-warming week. From kids giving their piggy bank money to the business community donating, all we ask is people give what they can. As long as the need is there, we'll be out there. And the best part is it all

stays right here in our central New Hampshire community," Caruso said.

Beginning Friday, Dec. 1, he and his co-host Amy Bates will broadcast live from more than 20 different locations throughout the next seven days, accepting both cash and food donations.

The week will kick off with a trip to the Bessie Rowell Community Center in Franklin for Santa & His Workshop from 3:30-6 p.m. where children will be invited to have their picture taken with San-

ta. On Dec. 2, the Mix 94.1 duo will be at the Pines Community Center in Northfield for the annual Christmas Breakfast from 7:30 until 10 a.m. and on the following day they will take part in the Laconia Rod & Gun Club's Christmas Breakfast from 7:30 until 10:30 a.m.

Dec. 4th will be another busy day for the crew. From 10 a.m. until noon they will be set up at George's Diner in Meredith before heading over to Vista Foods in Laconia for appearances and fundraising rallies from noon-2 p.m. From there, they will head to Sal's Pizza in Laconia until 5:30 p.m. then they are off to Grevior Furniture in Franklin to wrap up their day.

On Dec. 5th Caruso, Bates and the rest of their team will make an early morning stop at Tilton Diner from 5:30 to 10 a.m., head to HK Powersports in Laconia until 1 p.m., then spend 4-6 p.m. at Belknap Suburu.

The following day Mix 94.1FM will be at Willow Hill Food & Beverage in Franklin from 5:30-8 a.m. and Stafford Food in Tilton from 8-10 a.m.. Next up will be visits to Kramer & Hall Goldsmiths and neighboring Prescott Florists in Laconia from 11 a.m. until 1

p.m., Irwin Motors from 1-3 p.m., then the day will end with Tilt'n Diner's Cash and Cans Spaghetti Dinner from 4 to 7 p.m..

Cash & Cans donations will be accepted at Northfield's Park and Go location on Dec. 7 from 5:30-10 a.m., T-Bones Restaurant in Laconia from 11 a.m. until 1 p.m., and the Wining Butchers in Meredith from 1-3 p.m.. After that busy daytime schedule, the crew will then head to Ciao Pasta in Northfield from 4-7 p.m. to cap off the day.

The week long fund drive will come to a close on Dec. 8 with a 5:30-10 a.m. appearance at the Tilton West Main Street Dunkin Donuts, an 11 a.m. - 2 p.m. stop at Benson Auto in Franklin, and finally a 2-6 p.m. visit at Franklin Savings Bank's Upper Central Street location in downtown Franklin.

Besides each of the live broadcast and collection centers, cash donations are also being accepted by mail. Checks should be made payable to Mix Cash and Cans and sent to Mix 94.1FM, P.O. Box 941, Franklin, N.H. 03235. For more information about the Mix Cash and Cans program, visit www.mix941fm.com or contact Fred Caruso at fred@mix941fm.com.

GILFORD PARKS AND RECREATION NEWS

BY HERB GREENE

Director

Gilford Parks and Recreation

Santa Land Program scheduled for Dec. 1 and 2!

The Gilford Parks and Recreation Department and Gilford Youth Center will be sponsoring the Ninth Annual Santa Land Program on Friday, Dec. 1 from 5-7:30 p.m. and Saturday, Dec. 2 from 10 a.m.-noon in the Gilford Youth Center. This fun filled program offers area youth the opportunity to participate in some holiday themed games and activities leading up to opportunity for their parents to take their picture with Santa Claus.

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

Senior Moment-um Programs

Senior Moment-um Patrick's Pub Lunch Date on Dec. 4

The Gilford Parks and Recreation Department will be sponsoring a Senior Moment-um program on Monday, Dec. 4. We will meet at the Patrick's Pub and Eatery in Gilford at 11:30 a.m. Participants are invited to join us for some delicious food at the locally owned and operated eatery. Participants will order right off the menu and will be responsible for the cost of their own lunch. Participants are asked to RSVP by Thursday, Nov. 30.

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

Senior Moment-um Holiday Luncheon on Monday, Dec. 11

The Gilford Parks and Recreation Department will be sponsoring a Senior Moment-um program on Monday, Dec. 11. We will be meeting in the Gilford Community Church at 11:45 a.m. for a Holiday Luncheon of ham with all the fixings! Lunch will be served promptly at noon. The fourth grade chorus from the Gilford Elementary School will also be joining us to perform holiday music. There is no charge for this program, but space is limited and participants must RSVP no later than Thursday, Dec. 7.

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

Boston Celtics bus trip scheduled for Feb. 26, 2018

The Gilford and Belmont Parks and Recreation Departments are co-sponsoring a Bus Trip to Boston to see the Celtics take on the Memphis Grizzlies on Monday, Feb. 26, 2018. Cost of the trip is \$120.00 for lower level Loge seats and \$70 upper level balcony seats and includes round trip motor coach from Gilford or Belmont and tickets to the game. Our deluxe motor coach will depart from Gilford High School at 5 p.m. and the Belmont Park & Rideshare (Route 106) at

5:15 p.m. You will have time to visit the pro-shop and get dinner on your own prior to the game. Our seats are in section #19 (Loge) and #310 & #311 (Balcony) for the 7:30 p.m. game. Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable.

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

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. 6, 2018 and will continue through Jan. 27, 2018 (in the event a day is cancelled because of poor weather, it will be made up the week(s) following Jan. 27). 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.



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Put a little love in your heart

Along with the bright red ribbons, boughs of holly, and countless images of Jolly old Saint Nick that seem to greet us everywhere we go during the holidays, those of you who have braved the malls or, better yet, stayed closer to home and browsed the shops in your own community this season have likely encountered another iconic holiday staple in your travels — the dedicated volunteers who bundle up and brave the chilly air to collect donations for organizations such as the Salvation Army.

These hearty souls can be seen everywhere, from their traditional outpost on Main Street in Laconia to the entrance of the Wal-Mart supercenters in Gilford and Tilton. Always ready with a cheerful greeting and a warm smile for the crowds of shoppers who file past them every day, their presence serves as an important reminder to all of us that now, more than any other time of year, is the time to turn our thoughts toward the less fortunate among us ... and that sometimes, the greatest gift of all can be a helping hand in a time of need.

Even though all indications seem to point to our economy being on the rebound, caution continues to lead many of us to tighten our belts more than usual when it comes to our holiday shopping. That, coupled with the stress of dealing with family dysfunction or traveling away from home for the holidays can make it all too easy to forget that times are that much harder for those who were not fortunate enough to be buoyed along by our recovery from the recession of just a few years ago. Right here in our own backyard, there are a great many families who have fallen on hard times, often through no fault of their own, and who have nowhere left to turn for help but the generosity of strangers.

Fortunately, there is no shortage of charitable organizations throughout the Lakes Region and beyond that are prepared to meet the growing demand for assistance, but only with the support of their respective communities. So, as you rush around this season grabbing those last-minute stocking stuffers or that much sought-after game system, we encourage you, our readers, as we do every year at this time, to think of your fellow man and, as Jackie DeShannon so eloquently said, put a little love in your hearts. Take a moment amid the hustle and bustle to remember the true meaning of the season by offering a helping hand to those who need it. Whether it involves dropping off a toy for the Wolfeboro Police Department's Children's Christmas Fund; a donation of canned goods to the Lakes Region Food Pantry in Moultonborough; a monetary gift to the Tilton-Northfield-Sanbornton Christmas Fund; a donation of used clothing to Goodwill in Belmont; a shopping trip to fulfill the wish list at Bristol Community Services; a donation in support of the annual Keep The Heat On fundraiser in Plymouth; or simply by slipping a handful of bills into one of the bright red Salvation Army coffers manned by those spirited, bell ringing volunteers, remember that it only takes a small amount of effort to make the season a little brighter for a neighbor in need.

Pet of the Week: Bronx

60lbs of glorious rippling muscles draped in an alluring tan and white coat describes Bronx the American Staffordshire Terrier, aged about two.

He was surrendered to New Hampshire Humane Society in August – his former owner could no longer care for him -life at the animal welfare agency was bumpy for him until he started to understand the rhythm of the shelter and got to know his staff and volunteer handlers.

He's a very strong boy but he loves to cuddle and snuggle. Bronx is learning what it means to be a dog that doesn't have to worry about



social settings and has developed quite the human fan club here.

We want to do right by him, place him in a home that can handle and encourage appropriate play, get him

used to and monitor him when enjoying the great outdoors (there was an incident with a groundhog in his former life) take him for rides in the car and immerse him in your life as a committed

dog owner.

Bronx is outgoing and a bit of a clown, a great companion in the waiting for an energetic owner – come and visit him or check www.nhhumane.org

NORTH COUNTRY NOTEBOOK

Recent finds make Bering Strait theory much harder to accommodate the facts



By JOHN HARRIGAN
COLUMNIST

Archeological digs in Randolph, Jefferson, Berlin and Colebrook during the past two decades are helping spur new debate over just when the peopling of the Western Hemisphere occurred, and from whence.

A recent report by three well-known paleoindian experts helps challenge to the conventional wisdom that the first people came to this hemisphere by crossing the Bering Sea land bridge approximately 15,000 years ago.

Conjecture derived from recent digs in northern New England now puts the first human



JOHN HARRIGAN

Part of the Presidentials skyline as seen from Route 2—pretty much what people 14,000 years ago would have seen, except for the trees.

habitation here, around the edge of the melting glaciers, at about 14,000 years. And many other digs and carbon datings far to the south, in Florida, California, Central America, and South America, have yielded bones and artifacts dating to 15,000 to 20,000 years ago, and perhaps more.

This does not square with the Bering land-bridge theory, or for the number and dispersal of people who arrived over

what is now accepted as a much longer time. Under the old scenario there simply would not have been enough time, the growing argument goes, for people to have reached from the Pacific to the Atlantic, and from the Arctic Circle to the southern tip of South America.

Dick Boisvert, New Hampshire's state archaeologist, has been refreshingly open and candid while presiding over various digs north

of the notches, and this has earned much public interest in who came here before us, and how they lived.

He is among the contributors to "Paleoindian Adaptation to the Landscape of Northern New Hampshire," which ran in a Texas A & M publication on early human migration and dispersal.

Hunters today, with modern gear and chip-generated trappings, might have a hard SEE **NOTEBOOK** PAGE A10

FROM OUR READERS

A heartfelt thank you

To the Editor:

On Saturday, Dec. 9, Central New Hampshire VNA & Hospice will be holding its annual Tree of Memories Celebration of Life at Huggins Hospital in Wolfeboro, the Town Halls in Wakefield and Alton, at the Main Street Building in Ossipee and at Moulton Farm in Meredith. Celebrations will begin at 11 a.m., and all are welcome to attend.

We would like to share the following letter written to the staff of Central New Hampshire

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
5 Water Street • Meredith, NH, 03253

Our fax number is 279 3331.

E-mail us at steamer@salmonpress.com.

We're looking forward to hearing from you!

VNA & Hospice on behalf of the Kent family.

Dear Staff,

Ian and I would like to thank you again for the amazing care you and your whole team gave to my Uncle Ralph Kent. He was determined to stay at home in his own bed and on his mountain for as long as possible and we could not have made that happen without the care and support you provided. Trying to manage his medications and get him comfortable was a struggle and for two people who are unaccustomed to providing that level of care, you all were angels. The home health aides and nurses that came in were phenomenal not just with Ralph, but with Ian and me as well. The team called and stopped in almost daily at the end to check on Ralph – even when it wasn't scheduled. It takes a supremely special kind of person to work in Hospice and the care, concern patience and love you all showed this family was truly touching. Ian and I really can't thank you enough.

All our best,

Ian and Becky Jacobs
And the Kent family at large

Barbara Lobdell
Central NH VNA & Hospice

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Gilford Rotary's 31st annual tree sale benefits local charities

The Gilford Rotary Club will launch their 31st season of selling Christmas trees to benefit local charities Friday, Dec. 1 – Sunday, Dec. 10 at the Gilford 8 Cinemas on Route 11, Gilford.

Browse the great selection of fresh cut trees from noon till 8 p.m. Monday- through Thursday and 9 a.m. to 8 p.m. Friday, Saturday and Sunday. These New Hampshire grown, freshly cut, premium trees include hundreds of 1st quality fraser fir and balsam trees in all shapes and sizes from table top to 12 feet tall. Plus decorative holiday wreaths and bird wreaths.

Stop by the Gilford Rotary Trailer for free hot chocolate, hot dogs and yummy corn chowder and register to win special raffle items.

The 31st annual Gil-



Gilford Rotarians unloading Christmas Trees for the annual sale to benefit local charities.

ford Rotary Club Christmas tree sale. Noon till eight Monday-Thursday and nine till eight Friday, Saturday and Sunday. Now entering a third year at the Gilford

Cinema 8 Plaza, Route 11, Gilford. Happy Holidays from everyone at Gilford Rotary.

Gilford Rotary is an organization of business and professional men

and women who have accepted the ideal of service as a basis for attaining fulfillment in their business, personal, and professional lives, and by serving their community. Gilford Rotary meets Fridays at 7 a.m. at the Laconia Elks Lodge off Route 11A/Gilford Avenue in Gilford.



COURTESY

Treats for the troops

On Nov. 1, children at Gilford Elementary School donated some of their Halloween candy in the annual Treats for Troops program. Winnisquam Dental provided toothbrushes in exchange for candy that was sent to active military. Here, 2nd Lt. Wesley P. Medeiros shows his appreciation in receiving the candy which he shared with his platoon buddies at The Basic School in Quantico.



COURTESY

Gilford Seniors at the Rev Ray Wixson Memorial Christmas Dinner.

Gilford Rotarians honor local seniors at Wixson Memorial Dinner

The 31st annual Rev. Ray Wixson Memorial Gilford Senior Citizen Dinner & holiday celebration will take place on Tuesday, Dec. 5 at 5:30 p.m. at Gilford Community Church. This event is put on every year by the members of the Gilford Rotary Club to thank the seniors of Gilford for their many contributions to Gilford over the years.

There will be a traditional turkey dinner with all the "fixings" at 6 p.m. with entertainment by local students start-

ing at 5:30 p.m. There is also a rumor that Santa himself might stop by! Please leave a message with your name and phone number for Gilford Rotarian Sandy McGonagle at 524-31-34 to make your reservation. Please give the names of all the people in your group and a telephone number. Transportation is available if needed.

If you live in Gilford and are 62 and over you won't want to miss this fun-filled holiday celebration. The 32nd annual Rev. Ray Wixson

Memorial Gilford Senior Citizen Dinner Tuesday December 5th at 5:30pm at Gilford Community Church.

Gilford Rotary is an organization of business and professional men and women who have accepted the ideal of service as a basis for attaining fulfillment in their business, personal, and professional lives, and by serving their community. Gilford Rotary meets Fridays at 7 a.m. at the Laconia Elks Lodge off Route 11A/Gilford Avenue in Gilford.



COURTESY

Opechee Garden Club prepares for Christmas Greens sale

Helen Murphy and Hollis Thompson prepare for the Opechee Garden Club's popular Christmas Greens sale, which will be held on Dec. 9 from 9 a.m. to 2 p.m. at the Leavitt Park Clubhouse, 334 Elm St., Laconia. Balsam Fir wreaths, handmade in New Hampshire with fresh greens, and creatively decorated by Garden Club members, or un-decorated, will be available for sale along with swags, centerpieces, and loose boughs to complete your Christmas decorations.

Maggy D's Garden Center partners with NH Humane Society for the Holidays

LACONIA — Maggy D's Garden Center, located at 263 Court Street in Laconia, is generously donating 10 percent of the proceeds from every Christmas tree sold this holiday season to the New Hampshire Humane Society. Maggy D's donated a portion of the proceeds of Christmas tree sales to the shelter for the last two years and has pledged to continue their support this holiday season. Maggy D's will also serve as a drop off point for animal food and supplies throughout the holiday season, including canned dog and cat food, non-clumping clay cat litter, and shelter supplies such as paper towels, laundry detergent, and stamps. Check out nhhumane.org for the full Wish List and other ways to donate.

"This is the third year Maggy and I have donated the proceeds

of our late season tree sales to the Humane Society, every year we want to do more," says David Gouette,

head grower & owner of Maggy D's Garden Center. "As animal owners and animal SEE MAGGY D'S PAGE A11

Maggy D's Garden Center

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Henry O. Luscher, 92

Henry O. Luscher, 92, of Gilford died Nov. 21, 2017, at his home, after a brief period of failing health.

Born in Tauffelen, Bern, Switzerland on Nov. 13, 1925, he was the son of Otto and Rosa (Meyer) Luscher.

Henry grew up in Switzerland and attended Swiss schools where he graduated from the Institute of Onken, in Switzerland, with a degree in engineering. He traveled to England between 1949 and 1951, to further his engineering education and to learn the English language.

After coming to the United States in October of 1952, Henry worked for twenty-three years as an engineer representing the Cosa Corporation, in New York. He resided in Wayne, N.J., for over 20 years. In 1976, Henry moved his family to a place that reminded him of his home land, and settled in Gilford. Henry started his own business, Swisset Tool Company, which he operated with his family for over



twenty-five years until his retirement in 2003.

Henry enjoyed being involved with the Christian Service Brigade, in New Jersey, and the Northern Frontier Camp in Indian Lake, N.Y., mentoring boys in their Christian walk.

Henry was a World War II veteran in the Swiss Military.

Henry was predeceased by his son, Peter, and his brothers, Paul and Werner.

Henry's love for the Lord was only equaled by his love and devotion to his family. Travels to Switzerland, hikes thru the Adirondacks and White Mountains, and skiing in Vermont and New Hampshire with his family brought him

great joy. He provided a wise and strong example of how to live having the love of Jesus in his heart.

Henry is survived by his wife of 63 years, Annemarie (Schiesser) Luscher of Gilford; daughter, Sylvia McCarthy and her husband Kevin of Gilford; son, Paul Luscher and his wife Heidi of Holderness; his grandchildren, Ashley, Brianna and Mariah Luscher and Morgan McCarthy; as well as several nieces and nephews of Switzerland.

Funeral services were held in the Evangelical Baptist Church, 50 Washington St., Lakeport, on Tuesday, Nov. 28, at 10 a.m. The Rev. Brian Green, Pastor, officiated. Burial followed in the Pine Grove Cemetery, Gilford.

The Mayhew Funeral Homes and Crematorium, in Meredith and Plymouth, are assisting the family with their arrangements. To sign Henry's Book of memories, visit www.mayhewfuneralhomes.com.

Arline Marion Pratt, 90

FIVE POINTS, Ala. — Arline Marion Pratt, 90, of Five Points, Ala., passed away Nov. 17, 2017, in Lawrenceburg, Tenn.

She was the daughter of the late Roland and Gladys Hill. She was a Catholic, retired, and a member of the Eastern Star.

She is survived by her two sons, Harold Pratt II of Tennessee and Jay Pratt of New Hampshire; two daughters, Robin Osenbach of Pennsylvania and Jacqueline Fick of Tennessee; two brothers, Roland Hill of New Hampshire and Charlie Hill of New

Hampshire; one sister, Joanne Jenkins of South Carolina; nine grandchildren and 13 great grandchildren.

In addition to her parents, she was predeceased by her husband, Harold Frances Pratt, in 2008; two sons, Brent Pratt and Tim Pratt; and one sister, Kathleen Wicks.

There will be no calling hours.

A graveside service was held at 11 a.m. on Wednesday, Nov. 22, at Union Cemetery, Academy Street, Laconia.

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.

Central New Hampshire VNA & Hospice feels your pain – Grief in the Holidays

REGION — In our final installment in National Hospice Month, Central New Hampshire VNA & Hospice discusses grief in the holidays.

If you have lost a loved one, you know that holidays can be hard – but know that you are not alone. The feelings you may be experiencing are common and there is help available. And if you are supporting a friend

or family member who is experiencing the very real effects of grief, you are not alone either.

We all experience grief differently, and there is no “right way” to grieve. HospiceNet.org offers some thoughts that you may find helpful.

The expression of grief can be affected by one's history and support system. It can be a cultural response. It

can depend greatly on one's current circumstances. Taking care of yourself and accessing the support of friends and family can help you cope with your grief experience. Grief lasts as long as it takes to adjust to the changes in your life after your loss. It can be for months, or even years. Grief has no timetable; thoughts, emotions, behaviors and other re-

SEE GRIEF PAGE A11

LRGHealthcare, Partnership for Public Health team up on flu shots for schools

LACONIA — Caring for Kids, LRGHealthcare's new pediatric practice opening early 2018, recently completed a joint effort with the Partnership for Public Health to provide flu shots to schools throughout the Lakes and Three Rivers Regions. In all, the school-based flu clinics provided 813 flu vaccinations between September 27 and Nov. 16.

For nearly the last decade, LRGHealthcare and the Partnership have worked together on school-based seasonal flu clinics as part of the Department of Public Health Immunization Program.

“The flu vaccine offers the best defense against getting the flu and spreading it to others,” said Susan Laverack, Associate Director, Partnership for Public Health.

Before this year, LRGHealthcare has provided nurses to administer the flu vaccines at the school-based flu clinics coordinated by the Partnership. Unique this year, LRGHealthcare decided to send the new pediatricians of Caring for Kids, Doctors Maude Al-



COURTESY

Woodland Heights student, Skyler Jordan receives her flu vaccination from Dr. Maude Aldridge of new pediatrics practice, Caring for Kids (opening soon).

dridge, Susan Coulter, and Laxmi Ghimire to help vaccinate students at 11 schools.

“LRGHealthcare was happy to assist the Partnership in this endeavor,” commented Rebecca Woods, Vice President Provider Relations, LRGHealthcare. “We saw this as a great opportunity to not only help our community, but give our doctors and the students

a chance to say hello without the anxiety that sometimes comes with having a formal doctor's appointment.”

Laverack added, “The Partnership is grateful for the ongoing collaboration with LRGHealthcare staff in its efforts to prevent flu-related illness, doctor visits and missed school days.”

Other partners, without which the school-based flu clinics would not be possible, include HealthFirst Family Care Center; Lakes Region Community Emergency Response Team (LR-CERT); Franklin, Central, and Lakes Region VNAs; Lakes Region Community College; and the Lakes Region Medical Reserve Corps (LR-MRC).

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Santa Claus goes to space on LRPA this weekend

LACONIA—Join Lakes Region Public Access Television at 10:30 p.m. this Friday and Saturday night (December 1 & 2) for our “LRPA After Dark” presentation of 1964’s Christmas sci-fi adventure (!) “Santa Claus Conquers the Martians,” starring John Call as Santa Claus and a very young Pia Zadora as Martian girl Girmar.

The plot of “Santa Claus Conquers the Martians” is simple: children on Mars are jaded, dispirited and unhappy. They can monitor Earth’s news stories and are envious of how happy Santa Claus makes children on our planet. Their fearless leader decides to send an expedition to the North Pole to kidnap Santa and bring him back to the Red Planet to cheer up their children. Why not? “Santa Claus Conquers the Martians” is a low budget film that has earned a place on most “Worst Movies of All Times” lists, and with good reason. None of the production crew, including the director or producer, had much experience making films. The cast included New

York-based actors with mostly minor stage roles or small-budget television commercials in their credits. The movie was filmed in Long Island in a former aircraft hangar. The film does make good use of stock footage of U.S. Air Force jets and aircraft, and is saturated in wonderful 60’s color. Reviewing the film on Dec. 17, 1964 edition of the New York Times, Howard Thompson wrote, “‘Santa Claus Conquers the Martians’ is aimed at the very small fry, who will probably eat it up ... Santa and the children finally return home, leaving a happy planet behind them, and if that isn’t the Christmas spirit, we don’t know what is.” That’s what this movie is all about—making the viewer happy! If you’ve never seen “Santa Claus Conquers the Martians,” join us for this silly, amusingly awful movie. Grab your popcorn and meet us after dark for this holiday treat.

Join LRPA After Dark as we celebrate the holidays all month long:

Dec. 8 & 9: 1944’s “Christmas Holiday”
Dec. 15 & 16: 1980’s

“A Christmas Without Snow”

Dec. 22 & 23: 1935’s “Scrooge” followed by Christmas cartoons

Dec. 29 & 30: 1941’s “Meet John Doe”

And on Monday, Dec. 25: a day of family-friendly holiday movies, shows and cartoons!

And mark your calendars for the annual Greater Lakes Region Children’s Auction presented by CruCon Cruise Outlet, Tuesday, December 5 – Saturday, December 9. Join LRPA for minute-by-minute coverage all week long on MetroCast Channel 25 and also on Live Stream at <https://livesream.com/lrpatv/ca2017>. Or listen in with our radio partners 104.9 FM The Hawk and 101.5 FM WEEI.

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

About Lakes Region Public Access Television (LRPA)
Lakes Region Public Access Television

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

Gilford, Laconia, Meredith and Northwood, and around the world via LiveStream at www.lrpa.org. Programming is produced by and for the people of the greater Lakes Region. LRPA’s mission is to empower our community members to produce content that:

- fosters free speech and the open exchange of ideas,

- encourages artistic and creative expression,

- promotes a well-informed public through governmental transparency, and

- unites our communities through the power of media and technology.

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

Ed Gerhard returns to Belknap Mill Dec. 2

LACONIA — Ed Gerhard returns to Laconia on Dec. 2 for his 26th Annual Christmas Guitar Concert at The Belknap Mill, The Mill Plaza, 25 Beacon St. E., Laconia. Showtime is 7:30 p.m. Tickets are \$22 in advance and \$25 at the door. They are available by calling 664-7200, at Greenlaw’s Music in Laconia and the League of New Hampshire Craftsmen

in Meredith, and on the Web at www.edgerhard.com.

Join us for this very special evening with one of the country’s finest acoustic guitarists. Gerhard will

perform soulful arrangements of well-loved carols, as well as his own concert favorites. Fans of guitar music and Christmas alike will want to be a part of this memorable

show.

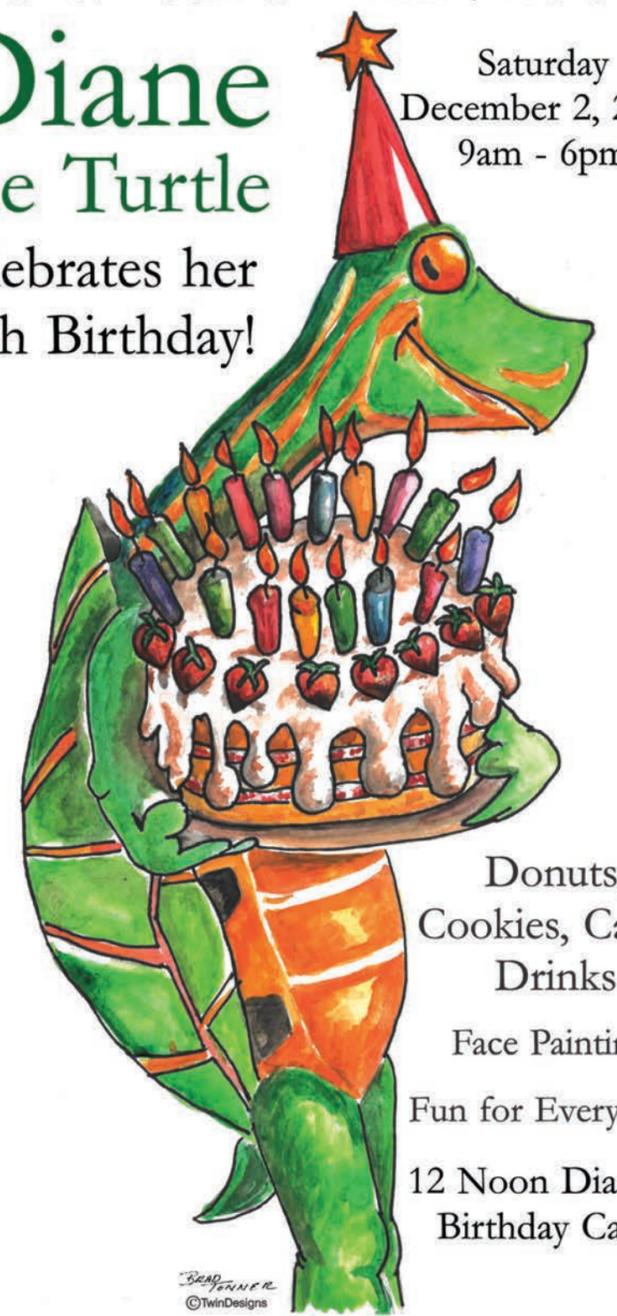
Gerhard celebrates a successful year touring worldwide in support of his new Ed Gerhard Signature Model Guitar built and presented to him by Breedlove Guitars in Bend, Ore. He is honored to have a second signature model built for him by Breedlove Guitars. His first model was released in 1997, SEE GERHARD PAGE A11

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Melcher & Prescott Insurance delivers Thanksgiving baskets to LRCS Family Resource Center

LACONIA — Melcher & Prescott Insurance has been a supporter of many LRCS events, programs, and activities through the years. This week M&P went above and beyond in its generosity when Accounting Associate Candice Murray coordinated an enormous Thanksgiving donation drive with her colleagues from the Melcher & Prescott offices in Laconia, Plymouth, Meredith and Moultonborough. M&P employees teamed up to create ten overflowing Thanksgiving baskets for local families who receive services from the LRCS Family Resource Center.



COURTESY (Left) Pictured (left to right) are Bill Bald, Holly Marston, Candace Murray and Butch Schuck of M&P Insurance who helped deliver the donations to Lakes Region Community Services.

Among the countless items in each family's delivery was a turkey, large ham, potatoes, onions, rice, la-

sagna noodles, brownie and corn bread mix, breakfast cereal, stuffing, cranberry sauce,

gravy, paper products, containers for leftovers, and the requisite large baking pan to fit the 20 pound turkey.

Erin Pettengill, Director of the Family Resource Center commented, "We are very grateful for this lobby-full of donations from Candice and her colleagues at Melcher & Prescott. I am continuously amazed by the caring and kindness displayed by the Lakes Region community. We know first-hand what a difference these baskets will make to families who struggle to meet holiday expectations and how great it is to see those smiles." Candace humbly

deflects any thanks. "Don't thank me. I am very lucky to work with such generous co-workers and for an organization that encourages and supports our efforts! It warms my heart to know the baskets are well received by the recipients."

One grateful recipient of the donation was able to change her Thanksgiving Day plans: "I was going to take my family to the diner for Thanksgiving. I just didn't have what I needed to make the meal."

Melcher & Prescott has helped bring a joyful and memorable Thanksgiving to ten local families. Thank you!

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Edward Jones: Financial Focus

Take Action on 'Giving Tuesday'... and Beyond

You probably already know about the two big shopping days – Black Friday and Cyber Monday – that follow Thanksgiving. But did you know that Giving Tuesday is observed on Nov. 28? By showing your generosity on this day and throughout the holiday season, you can benefit charitable organizations and your loved ones – and your gifts can even provide you with some potential financial advantages. So, what sort of gifts should you consider? Here are a couple of suggestions for the charitable organizations you support:

Give cash. Any charitable group will welcome cash contributions. And if the charity has 501(c)(3) status (named after the section of the Internal Revenue Code that governs such groups), your gift can offer you a tax deduction. So, for example, if you are in the 25 percent tax bracket and you give \$1,000 to a qualified charity, you will be able to deduct \$250 from your taxes. (You will need to itemize deductions to gain this tax benefit.) Generally speaking, your maximum deduction is limited to 50 percent of your adjusted gross income. You might be able to expand the reach of your cash gifts through your workplace. Some companies will match some of your contributions to charitable organizations. Also, your employer may allow you to apply for larger grants to support nonprofit groups, especially those in which many employees are actively involved.

Donate appreciated stocks. If you have stocks that have grown significantly in value, you may want to donate them to a charitable group. You will be allowed a charitable deduction for the full fair market value of the gift on the date of the transfer, even if your original cost was only

a fraction of today's value. Furthermore, you will avoid the capital gains taxes you'd have to pay if you sold the stock, provided you've held the stock for at least a year.

You don't have to restrict your giving to charitable groups. If you have children or grandchildren, you might want to provide them with the gift of higher education by contributing to a 529 college savings plan.

A 529 plan offers several benefits. Contribution limits vary from state to state, but are generally quite high – you can accumulate more than \$200,000 per beneficiary in many state plans, although special gifting provisions may apply. And you can typically invest in the 529 plan offered by any state, even if you don't live there, although you might not receive the tax benefits – such as deductions or tax credits – you'd get if you invested in your own state's plan.

Also, all withdrawals from 529 plans are free from federal income taxes, and possibly from state income taxes, as long as the money is used for a qualified college or graduate expense of the beneficiary you've named – typically, your child or grandchild. (Withdrawals for expenses other than qualified education expenditures may be subject to federal, state and penalty taxes.) Be aware, though, that 529 plans may affect financial aid, particularly if you've set up a plan for your grandchild, so you might want to consult with a college's financial aid office before the child heads off to school.

Through your gifts to charitable groups and your family members, you can take the spirit of Giving Day and extend it throughout the holiday season – and even beyond.

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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Member SIPC

International Film Series continues with "The Man Who Knew Infinity"

LACONIA — The Laconia Human Relations Committee in cooperation with the Laconia Public Library offers the film, "The Man Who Knew Infinity," as the December selection for the International Film Series. It will be shown on Monday, Dec. 4 at 6:15 p.m. This film was a summer selection when a monthly selection is made available at the Laconia Library but not publicly shown.

"The Man Who Knew Infinity" is based on the story of Sriniva-

sa Ramanujan, a self-taught mathematical genius born in India, who forever changed the nature of the mathematical world. At the turn of the twentieth century he is a struggling and indigent man whose employer finally recognizes that he seems to have exceptional mathematical skills. He is brought to the attention of Professor G. G. Hardy at Cambridge University in England.

This is the story of Ramanujan's fight for recognition at Cam-

bridge in spite of racial prejudice and poverty while he strives to conform to the requirements of being accepted at the college. He has left his wife and family to live in the harsh English weather without friends or the means to communicate well. Prof. Hardy trusts his mathematical skills. It is only over time that he comes to understand the effect on Ramanujan of the racial prejudice and refusal of other faculty to accept his gifts.

This exceptional international film stars Dev Patel playing Srinivasa Ramanujan in this 2016 film. This is a not-to-be missed film.

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

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Art Association announces winners of November drawing

TILTON — Starting again this past October, the Lakes Region Art Association (LRAA) Gallery will be holding its monthly “Free Art Drawing.” Each month, a piece of art with a minimum retail value of \$50 or more is donated by an LRAA member and featured at the gallery along with other works by that artist for the month. At the end of the month, a drawing is done from the entries submitted and the featured art piece is given away to the lucky winner.

This past week, Dean and Elisa Owens of Hopkinton were the winners of the featured October artwork, “Loons on the Lake,” by area photographer Matthew Fassett.

When contacted about having won the photograph, Elisa was surprised as she didn’t remember having entered the drawing. It seems, however, that when they stopped at the Outlets to do some shopping, her husband, Dean, who works



Photographer Mathew Fassett, of Alton, right, presented his photograph “Loons on the Lake” to Elisa and Dean Owens of Hopkinton who won the photograph in the monthly free drawing held by the Lakes Region Art Association Gallery. While at the gallery Dean and Elisa also purchased to additional nature photographs by Fassett.

location, they would visit the gallery again and also recommend it to their friends as they show off the piece they won and the others they purchased. While in the gallery they also fell in love with and purchased two more of Matthew’s photographs—a loon with babies on its back and a picture of a mother fox and her baby.

“Loons on the Lake,” the photograph won in the drawing, was taken by Alton Photographer Matthew Fassett. Fassett started taking photographs at the early age of eight when he got his first camera, but really got “into” photography in the last 30 years. While he has taken a number of photography classes, he is primarily self-taught. Matthew operated a photography studio in Alton for 15 years and particularly enjoys photographing people and capturing unique facial expressions. He also specializes in photographing nature, such as his “Loons on the Lake” picture, and has been known to spend hours in the woods or on the water to get just the right picture. His photographs at the LRAA gallery include a number of nature pictures as well as a panoramic of the seasonal “airport” at Alton Bay. In addition to being an LRAA member, Fassett has been a member of the Lakes Region Photo Club for 15 years and also teaches photography at the Alton Senior Center.

Artwork for the November drawing at the LRAA Art Gallery, which will be held at the end of November, has been donated by LRAA member Rebec-

ca Frame of Bristol, whose primary art medium is watercolor. Frame’s original watercolor titled, “Mushroom & Leaf” is the featured artwork for this month’s free art drawing and is on display at the gallery. Rebecca has been one of LRAA’s Artists of the Month a number of times in the last couple years and primarily focuses on landscapes and botanicals. Several of her other pieces can also be seen at the LRAA gallery in Tilton.

The LRAA Art Gallery is located in the Tilton Tanger Outlets (across from the Chocolate Factory) and is open Thursday, Friday, Saturday and Sunday, 10 a.m. to 6 p.m. Matthew and Rebecca, along with all of the other artists who have art panels at the gallery, are part of the gallery staff. The Lakes Region Art Association (LRAA), originally founded in 1940, is a nonprofit group providing education and support to local artists, both emerging and professional, in the Lakes Region. For more information LRAA and the gallery, see www.lraanh.org or “like” our Facebook page.

Anyone interested in art, as well as a chance to win free art, should stop by the gallery to view Frame’s artwork piece which is displayed just inside the gallery doors. Registration slips for the drawing are available on the display; no purchase is necessary to register, however you need to be eighteen years or older. One registration per person, per drawing. The drawing is held at the end of the month.

Lakes Region welcomes Dr. Dori Lang Columbus to Dental Expressions

LACONIA — Dr. Dori Lang Columbus, a General Dentist from Hudson is excited to announce her recent acquisition of Dental Expressions in Weirs Beach. Dental Expressions has provided exceptional dental care to the greater Laconia area since 2004, a practice previously operated by Dr. Darren Boles.



Dr. Columbus began her career as a dental assistant while attending the world-renowned McGill University and completed her dental training at the University of Maryland, Baltimore College of Dental Surgery. After graduating Dental School in 1991, Dr. Columbus began practicing in Lancaster, PA before moving to Hudson in 2002. She prides herself in her advanced education which gives her the knowledge and experience to treat complex cases. She is highly skilled in all phases of general dentistry including implant dentistry, periodontal therapy, and orthodontics. Dr. Columbus’ philosophy is to treat the whole person with a comprehensive approach that extends beyond tooth health; her total care method considers her patients facial structures, functionality of their smiles, and cosmetics when recommending the best care tailored for their individual well-being.

Dr. Dori Columbus has extended her dental services to the people of Uganda, East Af-

Entebbe where she is helping to establish a teaching clinic to train other dental professionals.

Dr. Columbus has always loved the Lakes Region—spending her childhood on Bear Island and camping with her family. Today she maintains a camp on the island and is eager to call Laconia her permanent home. She is looking forward to meeting both new and existing patients of Dental Expressions.

For news, dental tips, and office updates follow Dr. Columbus on Twitter (@DrDoriColumbus) and Facebook (@DentalExpressionsNH).

rica, and has traveled to the region multiple times. She has worked in the remote villages of Mitala Maria and Buyoga, in addition to an orphanage in Kanakobe. Her nonprofit, Humanity Foundation for Uganda is affiliated with Kisubi Hospital in

for an insurance company in Boston, did some shopping at the gallery himself. After purchasing a painting by another local artist he also entered Elisa in the drawing. They were delighted to have won the photograph as they both love nature related artwork. And although neither of them are artists, they both greatly appreciate art, especially that of local New Hampshire artists, and enjoyed stopping at the gallery to see the different artistic styles and art mediums available at the gallery. They said that now that they were aware of the gallery’s

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HOLIDAY

(Continued from Page A1)

two children, and \$5 for three or more children. Santa will be calling between Dec. 17 and 19. Proceeds will go to GYC programming.

Teams will be back on the barstools at Patrick's Pub and Eatery for 24 hours for the annual Pub Mania. From 9 a.m. on Thursday, Dec. 7 through 9 a.m. on Friday, Dec. 8, a gathering of 24 teams from across the Lakes Region will have members at the bar to raise money for the Children's Auction of the Greater Lakes Region. For schedules and information visit <https://www.patrickspub.com/pubmania>.

Next week the Gilford Public Library will be offering a number of different holiday themed activities. On Wednesday, Dec. 6 at 1 p.m., elementary school aged kids can make their own ornament as part of an early release

activity. People of all ages can make a holiday greeting card on Thursday, Dec. 7 at 6 p.m.

Preschool kids can make gingerbread houses at the library on Tuesday, Dec. 12 from 10:30-11:30 a.m. and from 1:30-2:30 p.m. Elementary school students will make gingerbread houses on Wednesday, Dec. 13, and on Thursday, Dec. 14; both sessions from 3:30-4:30 p.m.

The library will hold a holiday open house on Saturday, Dec. 16 from 5-7 p.m. featuring treats, crafts, music, and a visit from Santa Claus.

Mrs. Claus will be at the library on Tuesday, Dec. 19 when kids ages two through six will make an ornament.

Teens will be able to decorate their own holiday cookies at the library on Wednesday, Dec. 20 from 3-4 p.m.

COOK

(Continued from Page A1)

experience to work with a new conductor once in a while.

"I like having it because different directors have different ideas how a piece should be played," Wernig said.

The band and chorus are getting ready for the holiday concert this Thursday, which Beyrent said is always fun.

Students have been getting ready for the concert since the school year started.

"Just putting it all together from seeing it in action and show people what you've been working on," McGreevy said she especially liked.

Wernig said a lot of senior members graduated last year and this band has a lot of new performers.

The Gilford High School band and chorus will hold their winter concert on Thursday, Nov. 30 at 7:30 p.m. in the GHS auditorium.



Rick Cook from Southern New Hampshire University meets with Gilford High School band students.

CRAFT FAIR

(Continued from Page A1)

getting some assistance from the students.

Setup begins around 11 a.m. on Friday, crafters come in between 7-9 p.m., and the students will usually leave around 9 p.m. The seniors will be back around 6 a.m. on Saturday to get ready for the fair.

Teardown after the fair takes about two hours.

"We get great support from the facilities department, they are just fabulous," Jenkins said.

Jenkins said facilities workers will help out with setup, run wires for tables, put tarps on floors, put out signage, and clean throughout the day.

"We couldn't do it without them," said fair co-chair Margie Cybart.

Jenkins noted that there will also be plenty

of handicapped parking spots in the schools' front loops.

A number of classes and organizations from GMS and GHS will sell food and other items throughout the day, especially turning the cafeteria of GMS into a food court. Class advisor Sue Clark said this class has done a table of baked goods and baskets since they were freshmen. Class officers said they have also been selling items for the different clubs they have been part of.

"Definitely a lot of kids contribute to a bunch of clubs at once," Trindade said. "We have one shift right after another."

Class officers said the fair is a fun experience.

"It's fun to see the school turn into some-

thing different," Trindade said.

Class treasurer Taryn Breton said it's fun watching everything get set up. Breton and Remick also said it's fun to look around at the different items.

"Its cool looking around and seeing what people made," Remick said.

Trindade said the items at the fair make great "mom gifts."

Clark said students also get excited about how much money their classes and organizations can make during the fair.

All proceeds will offset the cost of yearbooks, t-shirts for events like Winter Carnival, and the class trip to Maine for every senior that helps out at the fair.

BREAKFAST

(Continued from Page A1)

scheduled for on Dec. 9. Hodsdon said they came up with a few more ideas on how to get kids out and periodically the GYC will hold special parties with characters.

Mickey and Minnie's Breakfast was scheduled for Nov. 18. The event sold out in just a few days and they decided to hold a second one the next week on Nov. 25, which also sold out fast. Hodsdon said it's amazing that they have been able to have that kind of re-

sponse for two weeks straight.

Hodsdon said more than 100 children came with their families over the two weeks. The event drew people from all over the Lakes Region and beyond. Hodsdon said this was a great opportunity to get people see the GYC and what it has to offer.

The event was a fundraiser for the GYC, but Hodsdon said this was intended to be more of a fun, community event especially after the Thanksgiving

holiday. Hodsdon said they are looking to do this again after the holidays.

A large group of volunteers helped out with the breakfast including members of the GYC board and the Gilford Community Church as well as students from the middle and high schools.

Volunteer Sue Clark and GYC board member Sandy McGonagle were a few of those who donated their time for the event.

"It's fun to see the children interacting with the characters," McGonagle said.

Clark said she especially had fun watching the kids.

"It's a nice way to begin the season too," McGonagle said.

"The magic of the season is great to see through the kids' eyes," Clark said.



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NOTEBOOK

(Continued from Page A4)

time identifying with hunters back then, except on basics like animal behavior and the lay of the land.

Hunters then, armed with spears and arrows tipped with sharp points made by chipping chert, or obsidian, herded animals--chiefly caribou--into very wide containment areas that narrowed to chokepoints where they could be killed. It's worth noting to me, a hunter who loathes weasel-words, that the report uses "harvest" rather than "kill" at every opportunity. Whenever I see this I can't help thinking "Come on--how preachy."

But how did primitive people, whose populations in far northern climes were never very large, muster enough people to herd, or drive, or push, such skittish animals toward pinchpoints that would enable close-striking and kills? It is worth noting that in these vast barren-lands there was no fencing material whatsoever.

During my travels in the far north, on several trips, I noticed what looked like the stone cairns along hiking trails here and around the world, built as path-finders during darkness and storms. But these in the sub-Arctic, I soon learned, were

piles of stone built to resemble people--to help herd caribou toward a choke-point, where hunters using bows and spears would have their best chance.

For many years I lived on Route 2 east of Jefferson, very near to where archeologists and helpers were excavating one of the better Jefferson sites. I had often hunted that hillside, and further news about paleoindian hunting made me want to visit the dig again.

I did so, and scouted around a bit above the dig and just east of it, all within the area where the ancient people are thought to have camped. And it appeared, through a hunter's eyes, to be the perfect place to live and work and be on the lookout for approaching herds--the prevailing wind in your face, and on barren ground, long vistas in all directions.

It wasn't too much of a stretch to picture people camped there, knocking the edges off pieces of chert to make arrowheads and spear points, while lookouts strained their eyes for caribou.

But with all that's going on--the carbon-dating of tools, fire-pits and bones from all over the Western Hemisphere--it's hard to get a handle on just where these people came from, and how long ago.

(This column runs in a dozen papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Letters should include town and telephone numbers in case of questions. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

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MAGGY D'S

(Continued from Page A5)

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our animal shelter," said Mary Lee Gorham, Executive Director of New Hampshire Humane Society. "Care of our animals is our number one priority, and servicing over a thousand animals per year requires a very generous community outpouring of support."

The New Hampshire Humane Society is a 501(c)3 non-profit whose mission is to find responsible and caring forever homes; provide shelter for the lost, abandoned and unwanted animals; ad-

vocate and be the voice for the voiceless. The Society works hard to prevent cruelty to animals and offers education and outreach programs, pet therapy, and many community initiatives to help people and their pets. The New Hampshire Humane Society accepts monetary donations online at www.nhhumane.org, or specific items, which can be found online at our "Wish List," can also be dropped off during shelter hours or by special arrangement.

GRIEF

(Continued from Page A6)

sponses may come and go.

There are, however, some commonalities. Here are a few that may help you feel less alone:

People often wonder how long this will go on. At first, grief feels overwhelming, but with time you will find you have greater control over which memories and emotions you access. Though the loss is never forgotten, a time will come when your happy memories far outweigh the devastation you are currently feeling.

Sometimes people feel as if they are going crazy. This is particularly true when the individual's need to grieve is out of step with social and cultural expectations. Remember that grief affects people physically, emotionally, psychologically and spiritually. You may be required to change just when you feel least able to do so. Validation and permission to grieve from your family and friends can be a powerful comfort. You are not going crazy - you are adjusting to your new normal.

Many people are afraid to "inflict" their grief on others. This is not an unrealistic perception. Others will feel uncomfortable with your emotion. It is important that you are honest about your needs and wishes, rather than leave others guessing about what would be useful and comforting. And to family and friends - never underestimate the power of listening and being a warm presence. Don't avoid your friend - this can further increase his or her feeling of isolation. There are no magic words or actions. Trust your ability to care.

Lastly, does counseling help? The short answer is yes. You may find it much easier to talk about what you're feeling with others

who are experiencing the same emotions. A safe and supportive environment can make a great difference.

Central New Hampshire VNA & Hospice offers many free grief counseling groups. You are invited to attend this one time support group, Grief in the Holidays, to help you cope. You can choose from one of two sessions: in Laconia (780 North Main St.) on Nov. 30, 3-4:30 p.m. or in Wolfeboro (First Congregational Church, 115 South Main St.) on Dec. 12, 7-8:30 p.m. Pre-registration is required. To register, please contact Dan Kusch, Bereavement Coordinator, 524-8444 or email dkusch@centralvna.org. For future group counseling opportunities, please visit www.centralvna.org. Services are free to all. You do not need to have had a loved one in their Hospice Program to avail yourself of this service.

GERHARD

(Continued from Page A7)

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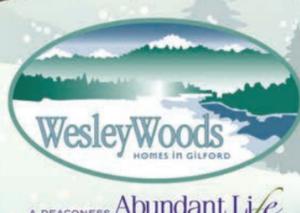
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SPORTS



BOB MARTIN

Wide receiver Tanner Woods snags the ball and races down the sideline in a game against John Stark.



BOB MARTIN

Quarterback Greg Madore drops back to pass.



BOB MARTIN

Dylan Gansert led the Golden Eagles in rushing this past season.

Marzahl reflects on Gilford-Belmont football season

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — It was a tough season for the Golden Eagles football team due to an array of injuries and a tough schedule, but while Gilford-Belmont finished the season with a 1-7 record, coach Josh Marzahl reflected on the positives and looked toward next season.

"I thought the team did a really good job fighting through the adversities they encountered throughout the season," Marzahl said, noting that the injury of lineman Ethan Ormes

in week two was tough to bounce back from. "From schedule changes to injuries of key players, the guys didn't give up. They had a positive attitude throughout and with our JV program being 5-2, I'm pretty positive about the future.

Marzahl said the coaches will spend time in the offseason reviewing the JV squad to see who can be difference makers on the varsity level. He also said there are several returning players that should be able to propel the Golden Eagles up the rankings, such as running back

Blake Descoteaux and wide receiver Brandon Gallagher, who will be sophomores. Descoteaux averaged more than 10 yards per carry and two touchdowns in limited time, while Gallagher became a key receiving

target at the end of the season.

"Blake is one of the best freshman running backs I've seen in a long time," said Marzahl. "I am looking forward to seeing how he does next year."

Quarterback Greg Madore will also be returning for his senior season, and Marzahl has high hopes that he will show improvement.

He also commended the seniors from this past season, as they

demonstrated the type of leadership and resilience needed to succeed. Marzahl said Ormes is likely to be playing division 1 college football, with his eye on Montana State, so having him on

SEE FOOTBALL PAGE B3

Ski season right around the corner

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — The temperatures are starting to dip and there has already been some snowfall in the Lakes Region, which means that opening day for Gunstock is right around the corner.

Gunstock will be open for skiing on Friday, Dec. 1, and General Manager Greg Goddard is amped up for the 80th anniversary season, saying there are a few major up-

grades at the mountain this year that skiers will benefit from.

"The big new thing this year is the RFID gate technology that we have installed," Goddard said. "What that is going to do is, for season pass holders, they will now have a piece of media that will get them direct to lift and they can reload at their convenience. This means any renewals of your pass you can do on your own through the internet."

Goddard said season pass holders will still need to come down to the mountain and get their picture taken for the pass, and get the new piece of media. He encourages people to come down before their first day out skiing so there isn't a major rush causing unneeded delays.

The upgrade will also work for regular lift tickets. He explained that instead of having a ticket, skiers will now have a card with an RFID chip in it

with a specific number on it unique to the person who bought it.

"If someone were to come on a Monday and loved the conditions and wanted to come back the next day, all they would have to do is go online to reload it," said Goddard. "You don't have to come back to the ticket window. You can go straight to the lift, plus get a 25 percent discount."

Goddard said this has been an endeavor they were looking to

SEE GUNSTOCK PAGE B2



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Gilford High School announces fall sports awards

Boys' varsity soccer:
Golden Eagle: Connor Legget

NHIAA Sportsman-ship: Ethan Warren
Coaches: Tyler Hanf
Most Improved: San-
dor Gamache

Boys' JV soccer:
NHIAA Sportsman-

ship: Maxwell Stephan

Varsity football:
Golden Eagle: Ethan Ormes

NHIAA Sportsman-ship: Andrew Shoemaker

Coaches: Brandon Cole
Most Improved:

Ethan Roy

JV football:
NHIAA Sportsman-ship: Alex Cheek

Golf:
Golden Eagle: Bren-
dan Bergman
NHIAA Sportsman-ship: Austin Milligan

Coaches: Hunter Wil-
son

Boys Cross Country:
Golden Eagle: Mat-
thew McDonough

NHIAA Sportsman-ship: Michael Wernig
Coaches: Jonas Bilo-
deau
Most Improved: Beck
McLean

Girls' Cross Country:
Golden Eagle: Eliza-
beth Relf

NHIAA Sportsman-ship: Madison Relf
Coaches: Chloe Schwartz
Most Improved: Kay;a
Loureio

Girls' Varsity Field Hockey:
Golden Eagle: Kellie

Ryan
NHIAA Sportsman-ship: Emily O'Connor
Most Improved: Taryn Fountain

Girls' Varsity Volleyball:
Golden Eagle: Brooke Beaudet

NHIAA Sportsman-ship: Bailey Hildreth
Coaches: Kasey Moore and Karly San-
born
Most Improved: Lexi Boisvert
Rookie of the Year: Lindsey Sanderson

JV Volleyball:
NHIAA Sportsman-ship: Jennie Gannon

Freshman Volleyball:
NHIAA Sportsman-

ship: Leilani McMath

Girls' Varsity Soccer:
Golden Eagle: Taryn Breton

NHIAA Sportsman-ship: Sophie Leggett
Most Improved: Aria Stephan

Girls' JV Soccer:
NHIAA Sportsman-ship: Kyla Mercier

Unified Soccer:
Golden Eagle: Jona-
than Nelson
NHIAA Sportsman-ship: Katlynn Hamel
Coaches: Adin Cis-
nero
Most Improved: Kaitlyn Griffin

Registrations accepted for Amy Annis Volleyball Tournament

GILFORD — The Annual Amy Annis Volleyball Tournament is scheduled for Sunday, Jan. 7, starting at 11 a.m. and will take place in both the Gilford Middle School and High School gymnasiums.

This fundraising event is a fun recreational co-ed volleyball tournament for high

school age students through adults. All proceeds go to the American Cancer Society for breast cancer research as well as the Amy Annis Scholarship Fund.

This scholarship is given annually to a graduating senior. The entry fee is \$100. There is a 16-team limit and will be on a first reg-
istered basis. Sixteen

teams will be playing on four courts and each team will be guar-
anteed three matches in pool play and one match in the tourna-
ment round.

To register a team or find out more infor-
mation, please contact Joan Forge at 387-1202 or forge@worldpath.net.

Dates announced for Great Meredith Ice Fishing Derby

MEREDITH — The Meredith Rotary Club is pleased to announce that the dates for its 39th annual ice fishing derby will be Feb. 10-11. The Great Meredith Ice Fishing Derby brings anglers and families from all over New England to enjoy the beauty of New Hampshire and also be in the running for more than \$50,000 in prize awards.

The derby draws participation from all over the country to the scenic Lakes Region of New Hampshire, which provides a great variety of lakes teaming with fish. The region is truly a winter wonderland, and the Great Meredith Ice Fishing Derby head-
quarters is located in the picturesque town

of Meredith, a popular tourist destination on the shores of famous Lake Winnepesaukee. There are plenty of lodging options, from rustic to fancy, all nearby to all the lake-side action. There are also plenty of dining options and attractions in the region, which makes the 39th annual fishing derby a great family getaway adven-
ture.

The 2018 event boasts more than \$50,000 in cash prizes and a Disney World dream vacation for four. Event producers encourage everyone to register, since you don't even need to fish to win one of the many cash prizes that are drawn throughout the weekend. Registration for the event is just \$40

per person. Each registration provides the opportunity to win one of the cash prizes as well as the Disney trip. Each registration in-
cludes a \$10 dining certificate from T-Bones and Cactus Jack's. Prizes for the top win-
ning fish are \$15,000, \$5,000 and \$3,000.

For more informa-
tion regarding the Great Meredith Ice Fishing Derby, visit meredithrotary.org. Information will also be posted on the Mer-
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GUNSTOCK

(Continued from Page B1)

get going for years, but in the past there was a high hardware cost of millions of dollars for the installations. With technology upgrading by the second, it became more affordable and easy to integrate into the existing system.

"It is so versatile and allows us to do so many different things," Goddard said. "We used to do morning and half day lift tickets, and in the past if someone came at 11 a.m. we would tell them to come back at 12:15 so we could issue the ticket. Now we have a true four-hour lift ticket. If you come in at 10 a.m. and get a ticket, the clock starts

at your first lift ride that day."

Goddard said another upgrade this year is making all mid-week night skiing all-inclusive. It will come with free rentals, tubing and quick tips from instructors. Mid-week night skiing goes from 3 to 8 p.m., which he said is great because skiers can get a couple runs off the summit lift before it closes at 4 p.m. Night skiing goes until 9 p.m. on Friday and Saturday.

There are also new snowmaking upgrades this year, which should give the mountain top notch conditions. Gunstock purchased 37 new energy efficient air/water snow guns this

year. The majority are sled mounted, and now for the first time the mountain can make snow with 100 percent energy efficient snow gun technology. Goddard said this has paid off already. By Nov. 12, Gunstock already made as much snow as the entire month of November in 2016.

"This is another really cool thing this year," said Goddard.

Goddard is confident in the mountain having a great opening, saying there will be plenty of snow that will near top-to-bottom skiing.

For more information, and to purchase lift tickets, log onto www.Gunstock.com.



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BOB MARTIN

The Golden Eagles girls' basketball team faced Moultonborough Academy in a scrimmage last week, and while no score was taken, it was the first competitive game for both squads this winter season.



BOB MARTIN

Karly Sanborn shoots a jump shot in the first scrimmage of the season between Gilford High School and Moultonborough Academy.

The making of a champion

Lakes Region teen pedals to cyclocross championship

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — David Sandoval of Wolfboro was riding his mountain bike for the Jewett State Farms team when the season was coming to an end and he was interested in finding something else to do.

"They were doing cyclocross and I tried it," Sandoval said. The rest, as they say, is history, as the Kingswood Regional student has turned himself into a New Hampshire state champion in the 15-16 age group.

Cyclocross is a unique sport that involves cyclists riding on a course that features pavement, wooded trails, grass, steep hills and obstacles, some of which require riders to dismount and carry their bicycles.

"It's a mix between obstacles and riding on pavement and dirt," Sandoval said, noting there are jump barriers, stairs, steep dirt run-ups and sand, among other obstacles.

Sandoval has moved on to the Barker Mountain Bikes team out of Bethel, Maine and now competes around the northeast in cyclocross events throughout the fall. The season starts in September and runs through November. In his most recent race, he finished second on Saturday and first on Sunday in a field of more than 130 racers in Northampton, Mass.

Sandoval notes that the size of the races varies, with smaller races running anywhere between 20 and 50 riders, while the larger races can feature upwards of 120 racers. In cyclocross, all racers are on the course together. He noted that the biggest races he's been part of have been races that offered World Cup points, with more than 130 racers at a time.

Sandoval began riding with a group of men that ride on Sundays throughout the Lakes Region, usually doing 80 to



JOSHUA SPAULDING

DAVID SANDOVAL shows off his medals and numbers from cyclocross races.

90 miles in a trip and he has used that as a training vehicle, trying to do high-intensity rides and the youngster's father, Vincent, noted that riding with a group helped prepare his son for cyclocross.

"Riding with a group helps him learn to ride with the pack," the elder Sandoval said.

The Kingswood freshman get in to as many races as he can throughout the season, which is 16 races long. Over the course of the season he's built up points to help earn a chance to compete in larger competitions.

At the beginning of the season, the US Cycling rankings had Sandoval predicted for a 27th place finish and as of the end of October he has shown himself to be among the best in the northeast. The national championships are being held in Reno, Nev. and he is waiting to see if he can qualify for that race.

Sandoval noted that he enjoys racing against some of the top competitors from around the region and the country, as they push him to be better.

"All the kids train in the winters, so it's cool

to see them, they're so good," he said of the high-level competition.

At the same time, he noted that it's tough to train specifically for cyclocross, as there are not a lot of tracks around to work with. He does get out and ride on the Sewall Woods and Abenaki Ski Area trail systems.

"You can't really prepare for it," Sandoval said. "Once you get out there, you're out there and you do what you need to do."

His work on the circuit got him noticed last year and he was invited

to take part in the Killington Mountain School cyclocross camp, where he trained with some of the top athletes in the sport.

"We were immersed in a week of cyclocross, learning with national champions," Sandoval said.

The work paid off, as he was won the state championship for his age group in Keene in late October.

"It's always a pleasure to see him compete at that level," Vincent Sandoval said.

However, as the winter slowly begins to set in, cycling gets a bit more difficult, so Sandoval turns to another form of training, something that he's used over the last year-plus.

That training is Nordic skiing. Last year, as an eighth grader, he was one of the top skiers in the state and this year he moves up to the high school team. He said, like cyclocross, Nordic skiing involves a lot of endurance, something he's built up over the years. He noted that he's still learning the skills of the sport of Nordic skiing, but on endurance alone, he's moved up the rankings in the sport.

And it's pretty likely his rise in the cyclocross world this year has prepared him for continued success there and in the upcoming Nordic season.

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

FOOTBALL

(Continued from Page B1)

the sidelines assisting the young players this year great for the future of the Golden Eagles.

"It was good for the younger kids to look up to these guys and learn from them," said Marzahl. "Ethan is likely to play in college at some level, and it was tough to lose a player like him. But he was still a big part of our team, and football isn't done for him."

Season statistics:

Passing:

Greg Madore: 56/99 for 568 yards and six touchdowns

Alex Cheeks: 6/13 for 56 yards and one touchdown

Rushing:

Dylan Gansert: 144 rushes for 649 yards and two touchdowns

Blake Descoteaux: 8 rushes for 87 yards and two touchdowns

Brandon Cole: 25 rushes for 153 yards and

one touchdown

Receiving:

Patrick Carr: 10 catches for 205 yards and two touchdowns

Brandon Cole: nine catches for 138 yards

Tanner Woods: 10 catches for 99 yards and two touchdowns

Dylan Gansert: six catches for 23 yards

Evan Merrifield: six catches for 81 yards and one touchdown

Ethan Roy: 5 catches for 42 yards and one touchdown

Brandon Gallagher: three catches for 12 yards and one touchdown

Matthew Thurber: four catches for 33 yards and one two-point conversion

Defensive leaders:

Ethan Roy: 11 tackles, three tackles for loss

Dylan Gansert: seven tackles

Tanner Woods: three tackles, one sack

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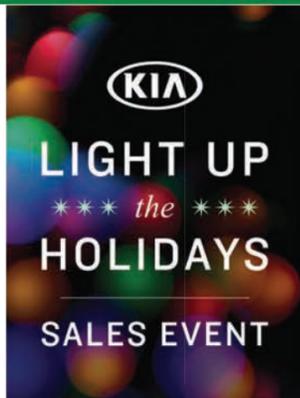
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