

Refining a “Portrait:” Gilford teachers work on implementing districtwide program

BY ERIN PLUMMER
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Gilford teachers took some time to discuss the best ways to integrate the district’s Portrait of a Learner program into their classrooms during a special workshop.

Schools were closed on Friday for teacher workshops. From 8-11 a.m. teachers at Gilford Middle and High Schools took part in a rotating series of workshops and discussions on how to integrate the Portrait of a Learner attributes into their classrooms and curriculum.

Portrait of a Learner is a districtwide program that identifies different qualities and attributes all students should strive toward for their future choices after school including work and higher education. The four key attributes for students are Innovate, Self-Direct, Critically Think, and Collaborate.

GHS Principal Anthony Sperazzo said the workshops were a way for teachers to discuss how to embed these principles into their classrooms and how to assess for progress.

“It’s important that we embed these attributes into our culture or curriculum and everything we do in the Gilford School District,” Sperazzo said.

SEE GILFORD PAGE A10

“Beauty and the Beast” takes the stage this weekend



Kendall Madon, Charli Eddy, and Julianna Decesase are three of the many Gilford Middle School performers who will take the stage this weekend for the production of “Beauty and the Beast.”

BY ERIN PLUMMER
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The Gilford Middle School production of “Beauty and the Beast” is taking the stage this weekend and showcasing the talents of many young performers.

The GMS production of Disney’s “Beauty and the Beast” will take place this Thursday through Saturday with the classic characters played by two different casts. The show includes everyone from younger students new to the stage to eighth graders who are theater veterans.

Several of the characters were members of the Beast’s house staff who were turned into objects by the enchantress.

SEE BEAUTY PAGE A10

Betty White Challenge raises thousands for local animal shelters

By Erin Plummer
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REGION — On Jan. 17, animal charities across the world saw an outpouring of support and donations in honor of the legendary actress Betty White on what would have been her 100th birthday, including many local animal shelters and humane societies.

Betty White passed away on Dec. 31, at the age of 99. As White was a strong advocate and supporter of animals, a viral campaign swept across social media

SEE CHALLENGE PAGE A10



Battling the Bears

Maura Hughes reaches in to try and snare a rebound in action at Newfound on Saturday. The Golden Eagles dropped a 50-40 decision after picking up a pair of wins earlier in the week against Belmont (44-32) and White Mountains (39-34). Gilford is slated to be in action on Friday, Jan. 28, at Berlin at 6:30 p.m., at Winnisquam on Monday, Jan. 31, at 7 p.m. and at St. Thomas at 6:30 p.m. on Wednesday, Feb. 2.

Catherine Stow skis to victory in Coaches Series race

MITCHELL TOWNSEND FINISHES SECOND FOR BOYS

BY JOSHUA SPAULDING
Sports Editor

WHITEFIELD — With all the Nordic ski teams in the state of New Hampshire taking to the course at White Mountains Regional High School on Saturday, Gilford skiers represented pretty darn well.

The New Hampshire Nordic Coaches Association races bring together teams from public schools, private schools and ski associations from around the state and puts them all on the same course.

In the girls’ A race, Gilford senior Catherine Stow took the overall win with a time of 13:59.

Georgia Eckhardt finished in 39th place in a time of 17:39 and Sydney Eastman was Gilford’s third skier, finishing in a time of 19:49 for 66th place overall.

In the boys’ A race, Mitchell Townsend finished in second place overall, crossing with a time of 12:24.



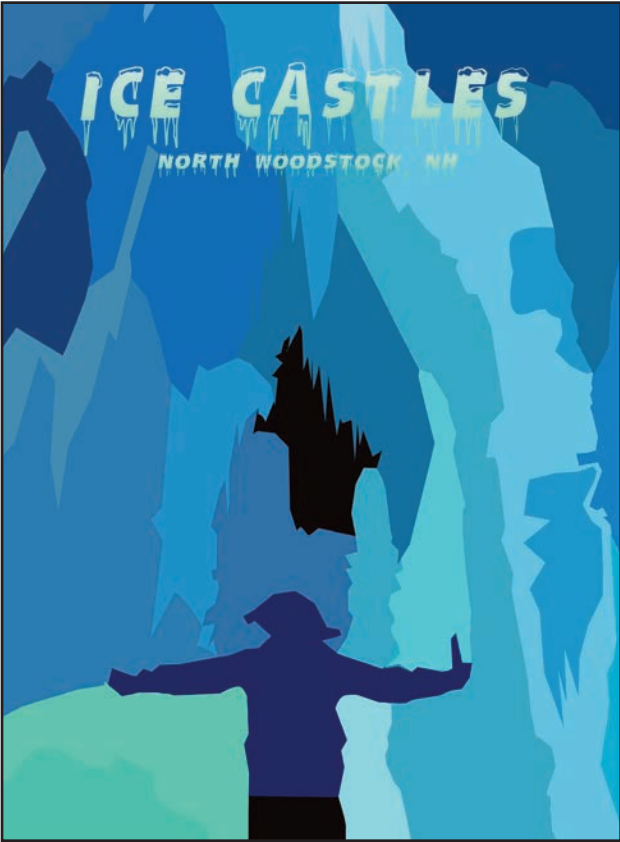
Catherine Stow won the girls’ A race at White Mountains on Saturday.

Aiden Bondaz was 11th overall in a time of 13:03 and Patrick Gandini finished in 22nd place in 13:41.

Henry Stow finished in 14:02 for 27th place to finish out the scoring.

Carter Forest was 43rd overall in a time of 14:51, Scott Kulcsar finished in 44th place overall in a time of 14:54, Alden Townsend finished in 57th place in a time of 15:30, Haukur Karlsson was 64th in 15:49, Ian Lofblad was 75th in 16:25 and Clark Blackwelder finished in 76th place in

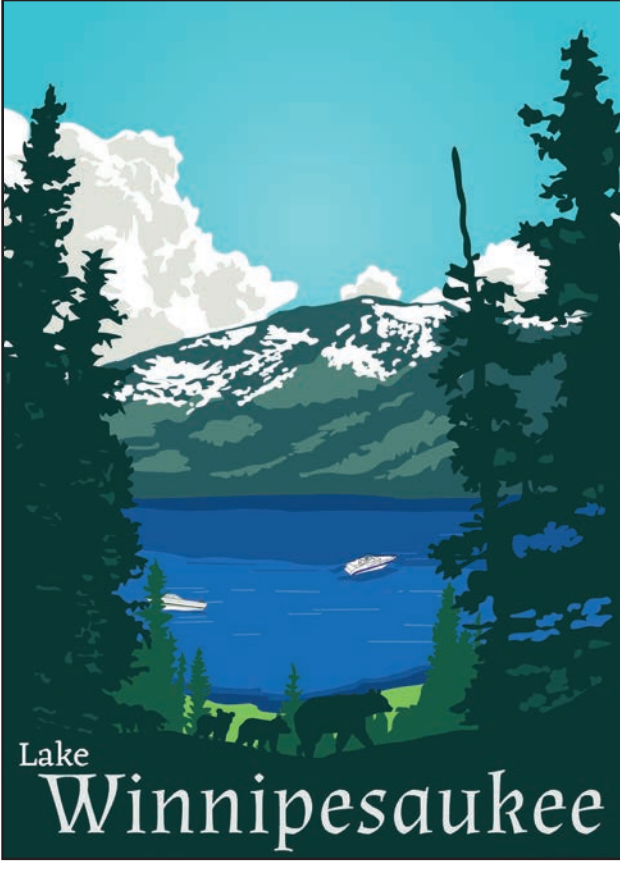
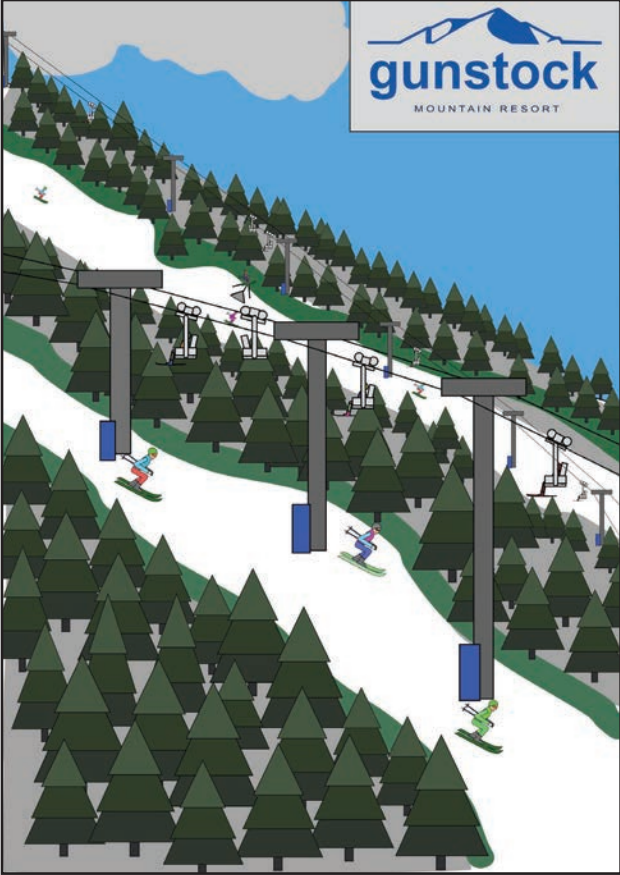
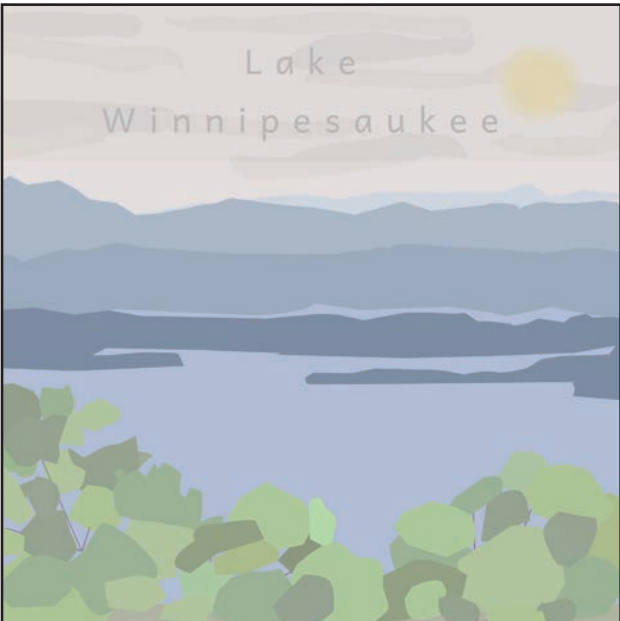
SEE RACE PAGE A10



GHS art students inspired by local landmarks

In Graphic Design class at Gilford High School, the students researched and then created Vintage Style Lakes Region Travel Posters. They loved being able to highlight an attraction, area, or activity of the Lakes Region with their design skills.

IMAGES COURTESY AARON WITHAM



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GILFORD POLICE LOG

The Gilford Police Department reported the following arrests during the week of Jan. 14-23.

Nicholas J. Buzzotta, age 35, of Gilford was arrested on Jan. 20 for Driving Under the Influence-Impairment.

Charles P. Morin, age 36, of Laconia was arrested on Jan. 21 for Domestic Violence-Second Degree Assault-Bodily Injury & DW and Domestic Violence-Simple Assault-Bodily Injury.

A 37-year-old male from Gilford was taken into protective custody for intoxication on Jan. 23.

Champs get back to work, knock off Belmont



Jalen Reese of Gilford goes up to try and block a shot from Belmont's Jacobb Bivens in action last week.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford hoop boys were coming off a break and hadn't been together in a week. The Belmont hoop boys remained short-handed with some kids out of the lineup.

So, when the two teams met up in Gilford on Tuesday, Jan. 18, there was bound to be some things that had to be worked out.

In the end, the Golden Eagles held on for the 52-33 over their local rivals win to remain undefeated on the season.

"When you deal with being off, you have to work to get back to where you before (being off), then you have to get better from there," said Gilford coach Rick Acquilano. "This is the first time I've seen the guys in 10 days, as much as it didn't look smooth, we'll continue to chase playing better and I know this group well enough to know they'll get there."

"I thought the defensive effort in the first was exactly what we wanted," said Belmont coach Jim Cilley. "We handled the pressure

well, but they (Gilford) adjusted well."

Isaiah Reese got Gilford on the board first, but Jacobb Bivens and Keegan Martinez responded with hoops for the Raiders. Jalen Reese tied the game at four, but Bivens hit another hoop to put the Raiders back in front.

Gilford got a hoop from Mitch Pratt, two from Jalen Reese and one from Riley Marsh to open the lead up to 12-6 before Martinez finished off a Juan Montoya feed to cut the lead to 12-8 after one quarter of play.

Gilford opened up the lead by scoring the first 10 points of the second quarter. Jalen Reese put back a rebound to start things and then his brother Isaiah hit consecutive hoops and drained two free throws. Isaiah Reese closed out the Gilford run with a hoop for a 22-8 lead.

Hunter Stephens got Belmont on the board, but Sam Cheek answered for the Golden Eagles. Stephens drilled another hoop before Isaiah Reese drained a three-pointer for the 27-12 lead. Bivens was able to put back a rebound to



Sam Cheek battles toward the basket in action last week against Belmont.

make it a 27-14 game at the halftime break.

Austin Normandin started the second half for Gilford with a hoop before Jamison Gaudette finished off a great hustle play from Montoya at the other end. Normandin drained another hoop and Gaudette again responded for Belmont.

Cheek hit a hoop for Gilford and Jalen Reese added a free throw before Martinez finished off a Montoya feed at the other end of the court. Isaiah Reese then drained another three-pointer to push the lead to 37-22.

Martinez hit a hoop and Hutch Haskins drained a three-pointer for Belmont, but Jalen Reese hit two free throws and Gilford took the 39-25 lead to the final eight minutes of the game.

Stephens opened the fourth quarter with a hoop, but Marsh responded with a three-pointer for the Golden Eagles and Pratt added a bucket. Martinez finished off a good steal from Bivens but Cheek came up with a steal and finished at the other end.

Martinez hit back-

to-back buckets for the Raiders but Jalen Reese responded with a pair of hoops for the Golden Eagles, the second on a thunderous dunk and Cheek answered with a hoop to finish out the

scoring with the 52-33 final score.

"We were gassed and you could tell, we knew that coming in," Acquilano said. "Give them (Belmont) credit for playing with energy and doing a good job."

"After the game, the kids said to me that we need to practice," the Golden Eagle mentor continued. "We'll get back to work."

"We have work to do and challenges in front of us," Acquilano continued.

"They know what they are supposed to do, but we're just not experienced enough to make those adjustments," Cilley stated. "We wanted to make them play, nobody attacks them and we had the mentality that we wanted to attack, we wanted to make them feel like they played."

"When we were able to get the ball in to Jamison, he attacked and we got open looks, we just didn't make them," the Raider coach continued. "We did a lot of things we wanted to do, we just have to get more polished."

Jalen Reese led the way with 17 points for Gilford while Isaiah Reese finished with 14 points. Belmont was led by Martinez with 14 points.

Belmont is back on the court on Friday, Jan. 28, at Mascenic at 6:30 p.m., on Monday, Jan. 31, they will be at Prospect Mountain at 6 p.m. and will host Inter-Lakes at 6 p.m. on Wednesday, Feb. 2.

Gilford will be back at it on Friday, Jan. 28, hosting Berlin at 6 p.m., will be hosting Winnisquam on Monday, Jan. 31, at 6 p.m. and hosting St. Thomas on Wednesday, Feb. 2, at 6 p.m.

GHS 12-15-12-13-52
BHS 8-6-11-8-33

Gilford 52
Pratt 2-0-4, I. Reese 5-2-14, Normandin 2-0-4, Marsh 2-0-5, Cheek 4-0-8, J. Reese, 7-3-17, Totals 22-5-52

Belmont 33
Haskins 1-0-3, Bivens 3-0-6, Gaudette 2-0-4, Martinez 7-0-14, Stephens 3-0-6, Totals 16-0-33

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

Gilford Parks and Recreation News

BY HERB GREENE
DIRECTOR
Gilford Parks and Recreation

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 first two hikes will be held on Jan. 25 and Feb. 1. 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. 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.

Boston Celtics bus trip scheduled for March 1

The Gilford Parks and Recreation Department and Moultonborough Recreation Department are co-sponsoring a Bus Trip to Boston to see the Celtics take on the Atlanta Hawks on Tuesday, March 1. The cost of the trip includes round trip motor coach from Moultonborough or Gilford and your ticket (section 324 of the balcony) to the game. Our deluxe motor coach will depart from Moultonborough Central School at 4 p.m. and the Gilford High School at 4:45 p.m. for the 7:30 p.m. game. You will have time to visit the pro-shop and get dinner on your own prior to the game. Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable. Please be sure to review COVID-19 restrictions for the Coach Company, TD Garden and the City of Boston prior to registering.

Cost: \$100 per person

For more information, please contact the Gilford Parks and Recreation Department at (603) 527-4722 or visit their Web site at www.gilfordrec.com.

Senior Moment-um Lunch and Movie - Feb. 14

The Gilford Parks and Recreation Department is sponsoring Senior Moment-um Program on Monday, February 14th. We will meet in the Gilford Community Church's Fellowship Hall at 11:30 a.m. We will be enjoying a lunch that includes a variety of sandwich options, pickles and chips. Soda, coffee, tea and water will also be provided along with cookies for dessert. Once lunch is served, we will enjoy a viewing of the romantic comedy, "Crazy Stupid Love." The movie is free of charge, but the cost for those interested in lunch is \$4 per person. Participants must RSVP by Wednesday, Feb. 9. To RSVP or for more information, please contact the Gilford Parks and Rec. Department at 527-4722.

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Ora Schwartzberg, Esq.

New programs coming in February at GYC

BY ERIN PLUMMER
mnews@salmonpress.news

Space is still open for some special programs going on at the Gilford Youth Center in February from crafts for toddlers to basketball for students in middle school and high school.

Spend time with some special friends and enjoy a delicious breakfast during "Mickey and Minnie's Valentine's Breakfast Bash" on Feb. 12. Families can come to the GYC gym between 9-11 a.m. and enjoy a pancake breakfast with special appearances by Mickey, Minnie, and other costumed friends. Kids can also do some arts and crafts and families can enjoy music and dancing.

The party costs \$5 per person for kids over 2 and adults to be put on the guest list.

Kids can stretch their imagination and test

their skills with Crafts in Motion starting on Feb. 24. Children ages two to four can make simple machines and other projects that are usable and interactive during this five-week program, giving them a chance to use problem solving and coming up with new ideas.

All kids must have an adult assistant with them.

The program runs every Thursday from Feb. 24 to March 31 starting at 9:30 a.m. and until around 10:30 a.m. depending on how long the craft takes to make. The five-week session is \$45 per child, but free for caretakers.

Space is limited for both events. Visit gilfordyouthcenter.com for more information and to register.

The GYC's basketball league Lakes Region

Elite will be holding tryouts in February for their spring program.

The LR Elite Raptors for grades 9-12 will have tryouts on Sunday, Feb. 5. Ninth grade boys will try out from 6-7:30 p.m. and boys in grades 10-12 will try out from 7:30-9.

The LR Elite Lakers for students in grades 5-8 will run Feb. 6 and 13 with each team based on gender and age group. On Sunday, Feb. 6, eighth grade boys will have tryouts from 1:30-2:45 p.m. and girls in grades 7-8 will try out from 3-4:30 p.m. On Sunday Feb. 13, fifth grade girls will try out from 11:30 a.m.-12:45 p.m., boys in grades 6-7 will try out from 1-2:15 p.m., and fifth grade boys will try out from 2:30-4 p.m.

Visit <http://www.lrelitebasketball.com> for more information and to register.

OPINION

Vitamin D is more important than ever now

Recent studies have suggested that Vitamin D is one way to build our immune systems against inflammation and viruses, including COVID-19. During summer months, it's easy to get our daily dose by eating fresh fruit and vegetables and by spending more time outdoors. However, winter brings a challenge, with shorter days reducing the ability to absorb the much needed vitamin.

During a hike last weekend, we encountered a doctor who went on to explain how during winter months the vitamin D, the sun gives off does not radiate to the levels high enough for our bodies to absorb it. He suggested taking Vitamin D supplements until about April, advice he takes himself. We can also find vitamin D in oily fish, mushrooms and certain dairy products.

Individuals who live in the northeast during winter at higher latitudes are at higher risk of having a deficiency in the vitamin. Experts say adults should get at least 600 IU per day of vitamin D.

It was during the 1980's when it was discovered that our immune cells had receptors for Vitamin D and that it played a crucial role in the gastrointestinal tract. Experts suggest that the more vitamin D in your system, the less likely you will suffer from inflammatory bowel disease or Crohn's disease. Lung and gut health was also improved. Vitamin D offers aid to the gut by keeping the micro-biome healthy.

Of course, with all things, do not go overboard. It is recommended that individuals do not take more than 4,000IU per day to avoid any toxic side effects. Vitamin D aids in calcium absorption, so if those levels spike, calcium levels may spike, affecting the kidney. As with all things, always check with your doctor before taking any supplements.

On another note, this winter seems to be flying by for some of us. The holidays have come and gone in a flash. We are just one week away from what many call the longest month of the winter, the dreaded February. Usually, temperatures drop well below zero, and stay there for far too long. However, we find that if you embrace these winter months, enjoy your snowy walks and hot cocoa you might actually find yourself missing these chilly, refreshing days when the extreme heat hits this summer, or maybe not.

We can't let this week's Editorial slide without mentioning Superbowl LVI. This year's game will take place at the SoFi Stadium in Inglewood, California. This year's logo seems to have received a lot of attention, as some say the red palm trees look like something out of a commercial for CSI. Championship Sunday will take place on Jan. 30. The big game is slated for Feb. 13. Teams that are in the running to win, according to football fans, include the Green Bay Packers, Kansas City Chiefs, Buffalo Bills, Tampa Bay, LA Rams and the Tennessee Titans. Half-time guests are a throwback to the '90's with legends such as Mary J. Blige, Dr. Dre, Snoop Dogg and Eminem performing.

Whatever team you end up rooting for, it's sure to be one for the ages.

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RC GREENWOOD

Bulldogs over Lakers

Belmont-Gilford's Zoltan Stefan moves in on net during his team's game with rinkmates Laconia-Winnisquam-Inter-Lakes. The Bulldogs came out with the 5-0 win over the Lakers. Belmont-Gilford is slated to compete at Kearsarge-Plymouth on Saturday, Jan. 29, at 2 p.m. and will host Kennett on Wednesday, Feb. 2, at 5 p.m.

North Country Notebook

Making history come alive: Just turn around, and point



By JOHN HARRIGAN
COLUMNIST

How to make history mean something to today's students--make a connection with something visible today--is one of teaching's great challenges. The "head-wall" on the 7th fairway at the Colebrook Country Club is a clear example of the last glacier's work, and is a great lesson right there for all to see, golfers or not.

Audubon magazine is published quarterly and is one of the best publications in the country. The Winter edition now being circulated contains a fine feature on the Big Bend region along the Rio Grande River, a wild and barely accessible region that just happens to harbor millions of birds, numbering hundreds upon hundreds of species.

How to bring a story like that home? You might know that Neil Tillotson, who was born in Hereford, Quebec, just across the line from Beecher Falls, Vermont, and who bought and saved the Balsams Grand Resort Hotel from rack and ruin and ran it for several generations of ordinary mortals and was a friend to many people still around today, was a pretty active guy back around the turn of the last century and served in the U.S. Calvary along the Rio Grande. An outlaw named Poncho Villa gave U.S. troops in the region a tough time for several years, and Mr.



JOHN HARRIGAN

Herb Gifford's book on the history of one of the state's northernmost towns contains a wealth of information on everything from language left by early Portuguese fishermen to examples of Paleo-Indian tools

T's cavalry unit finally chased him back across the border.

Mr. and Mrs. Tillotson were regular guests in many local homes during young people's growing-up years, and we learned to call them, as instructed, "Neil and Louise." While Jeanette Shatney and I entertained ourselves after wolfing down supper one night by digging deep snow-holes in the front lawn of their bungalow at the Balsams, we watched the newly launched Sputnik etching its atmosphere-induced zig-zag course against the sub-zero January night sky.

Despite the fact that evidence of the last glacier to scrape the area was all around us, and for all to see every single day of our lives, I cannot recall a single solitary line on the subject during school. All that I know came from reading every book I could get my hands on, and conversations with kindred spirits all over the country.

I can tell you that there is not much in print for the layman, although that body of work is slowly growing. A simple Google search will now turn up several extremely informative books on what went on in North America some 15,000 years ago, when the mile-deep Wisconsin ice sheet covered the lion's share of the continent, and so much of Earth's water was locked up in ice that the Bering Strait land bridge linking today's Siberian coast with northwestern Alaska was high and dry.

+++++

William Herbert Gifford married into the family of one of Colebrook's pioneer clans, and exhibited great curiosity about what shaped the land during the all too brief time he was on it. His history of the region, "Colebrook: A Place Up Back of New Hampshire," is an odd book that is organized alphabetically and is often improperly catalogued, hence its shaky perch among the region's re-

cords.

During my growing-up years, I was fortunate to be exposed to people who were curious as to what shaped the land, and knew something about it. There was not much in the way of scientific papers and such--a pretty thin paper-trail--but these were people who knew enough to get a kid started.

A genial Marine we all called "Sarge"--when we were old enough--was Tom Carlson, a career Fish and Game officer who also happened to be one of the best birders in the territory. He was also a Lewis & Clark buff who'd read everything written on the topic and with wife Joanne traced many of the explorers' routes west of the Mississippi.

Sarge had heard about the incredible prehistoric tool Dr. Gifford had. "You oughtta see if Doc will show it to you," he said.

I went straight up to Rocky Knoll, Doc and
SEE NOTEBOOK PAGE 5

Aerospace summer camps scheduled

GILFORD — WinnAero, the STEM education for youth non-profit group, has finalized plans for this coming summer’s popular ACE Academies. The one-week day camps will operate in July with multiple sessions based on grade levels of the attendees. All camps will take place at the Laconia Airport.

The scheduled ACE Academies will run the weeks of July 11-15 and July 18-22. The break-out is as follows: Grades 3-5 have a choice of three different dates/times. 11-15 July Morning Session 8:30 a.m. - noon or Afternoon Session 12:30-4 p.m. Grades 3-5 third session is July 18-22 Morning 8:30 a.m.-Noon. Grades 6-8 sessions run July 11-15, 8:30 a.m.-4 p.m. Middle School students may choose

which theme or “track” within the session they wish to pursue. Tracks offered include Pilot/Air Traffic Control, Pilot/Search and Rescue & Emergency Services, and Pilot/Aerospace Engineering/Manufacturing. The week of July 18-22, grades 6-9 students can opt for Space Academy which will run from 8:30 a.m.-4 p.m. This session will focus on model rocketry, astronomy, the space environment, spacecraft and space station design. Grades 9-12 students have one session scheduled July 18-22; 8:30 a.m.-4 p.m., but with two separate tracks offered: Pilot/Aerospace Engineering & Manufacturing and Drone/UAS Academy operations. All sessions are taught by, and/or under the supervision of, NH-certified current

or retired STEM Educators with licensed pilots and other aerospace professionals augmenting the teachers in select subject areas. Each ACE session is limited to ten students on a first come-first served basis. Tuition for the Middle and High School-aged full day sessions is \$450 for the week. Elementary-aged half day sessions are \$250 with the Drone Academy tuition at \$550. Some financial assistance is available. Applications for ACE 2022 sessions are now being accepted. See a.winnaero.org for details, applications, financial assistance information, sponsor information and staff directory. Additional specific questions may be addressed to Education Director Caron at dan.caron@winnaero.org or (603) 556-9762.



WinnAero Education Director and ACE Academy Coordinator, Dan Caron, points out the hangar floor plan for the upcoming ACE Academies in July. Looking on are fellow WinnAero Board members Duke Kline, President Karen Mitchell, Dave McDonald and John Seeler. Local manufacturing business owner Seeler donates the use of his hangar for the ACE Academy schedule.

Rylie Treat achieves Dean’s List at Belmont University

NASHVILLE, Tenn. — Rylie Treat of Laconia qualified for the Fall 2021 Dean’s List at Belmont University. Eligibility is based on a minimum course load of 12 hours and a quality grade point average of 3.5 with no grade below a C.

Approximately 50 percent of Belmont’s 7,076 undergraduate students qualified for the Fall 2021 Dean’s List. Belmont Provost Dr. Thomas Burns said, “Students achieving the Dean’s List recognition at Belmont University are highly committed to success in their educational endeavors. They have clearly demonstrated a deep investment in their studies and in their

future. We are thrilled to celebrate their hard work and know their continued, consistent and comprehensive dedication to their academic work will equip them to become what we call ‘future shapers’ at Belmont as they impact the world around them.”

About Belmont University

Located two miles from downtown Nashville, Tennessee, Belmont University consists of nearly 8,800 students who come from every state and 33 countries. Consistently recognized by U.S. News & World Report for innovation and commitment to undergraduate teaching, Belmont

brings together the best of liberal arts and professional education in a Christ-centered and student-focused community of learning and service. As a campus that aims to Let Hope Abound, the University is committed to producing graduates who are Hope Inspiring, Character Forming, Future Shaping, Community Engaging and Bridge Building people. With more than 115 areas of undergraduate study, 41 master’s programs and five doctoral degrees, there is no limit to the ways Belmont University can expand an individual’s horizon. For more information, visit www.belmont.edu.

Students named to Clarkson University Dean’s List

POTSDAM, N.Y. — Students have been named to the Dean’s List for the fall 2021 semester at Clarkson University

Aria L Stephan of Gilford, a senior majoring in chemical engineering, was named to the Dean’s List for the fall 2021 semester at Clarkson University.

Maxwell Stephan of Gilford, a sophomore majoring in mechanical engineering, was named to the Dean’s List for the fall 2021 semester at Clarkson University.

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

As a private, national research university, Clarkson is a leader in technological education and sustainable economic development through teaching, scholarship, research and innovation. We ignite personal connections across academic fields and industries to create the entrepreneurial mindset, knowledge and intellectual curiosity needed to innovate world-relevant solutions and cultivate the leaders of tomorrow. With its main campus located in Potsdam, N.Y., and additional graduate program and research facilities in the New York Capital Region, Beacon, N.Y., and New York City, Clarkson educates 4,300 students across 95 rigorous programs of study in engineering, business, the arts, education, sciences and health professions. Our alumni earn salaries that are among the top 2.5 percent in the nation and realize accelerated career growth. One in five already leads as a CEO, senior executive or owner of a company.

HIGH SCHOOL SLATE

Friday, Jan. 28

BELMONT

Boys’ Hoops at Mascenic; 6:30

Girls’ Hoops vs. Mascenic; 6

GILFORD

Alpine Skiing at Gunstock; 10

Boys’ Hoops vs. Berlin; 6

Girls’ Hoops at Berlin; 6:30

WINNISQUAM

Boys’ Hoops vs. Prospect Mountain; 7

Girls’ Hoops at Prospect Mountain; 6

Saturday, Jan. 29

BELMONT

Girls’ Hoops vs. Mascoma; 12:30

BELMONT-GILFORD

Hockey at Kearsarge-Plymouth; 2

WINNISQUAM

Boys’ Hoops vs. Prospect Mountain; 2:30

Wrestling at Concord; 8

Monday, Jan. 31

BELMONT

Boys’ Hoops at Prospect Mountain; 6

Girls’ Hoops vs. Prospect Mountain; 6

GILFORD

Boys’ Hoops vs. Winnisquam; 6

Girls’ Hoops at Winnisquam; 7

WINNISQUAM

Boys’ Hoops at Gilford; 6

Girls’ Hoops vs. Gilford; 7

Tuesday, Feb. 1

GILFORD

Boys’ Soccer vs. Berlin; 3

Girls’ Soccer at Mascoma; 4

Wednesday, Feb. 2

BELMONT

Boys’ Hoops vs. Inter-Lakes; 6

Girls’ Hoops at Inter-Lakes; 6

Nordic Skiing at Whitaker Woods; 3

BELMONT-GILFORD

Hockey vs. Kennett; 5

GILFORD

Boys’ Hoops vs. St. Thomas; 6

Girls’ Hoops at St. Thomas; 6:30

Nordic Skiing at Whitaker Woods; 3

WINNISQUAM

Wrestling at Con-Val; 6

All schedules are subject to change.

NOTEBOOK

(Continued from Page A4)

Parsie’s home on an ancient bedrock outcrop just north of town, and buttonholed Herb, who as usual jumped at any chance to discuss anything having utterly nothing to do with medicine. “Here,” he said, sliding a heavy cabinet door open and handing me a heavy object wrapped in gauze. It was a mastodon flensing tool, a round, extremely sharp-edged, palm-sized, purplish piece of quartz-jasper, actually—quarried from the ancient Paleo-Indian vein near the top of Mount Jasper in Berlin, three-quarters of the way up the sinuous Androscoggin River.

The flensing tool’s story was pretty straightforward. When it was completed in 1911, the Azischohos Dam on the Androscoggin’s headwaters flooded the valley of the Little Magalloway, rich in prehistoric artifacts. In the 1970s, workers drained Azischohos for dam repairs, and paleontologists jumped at the opportunity to investigate. They found a trove of implements at ancient campsites throughout the valley, and the flensing tool that Dr. Gifford wound up with was among them.

Doc’s eyeballs danced as he watched me turn

the stone tool over and over in my hands. I could see giant beasts stomping around in my head. “Jee-zus,” I said as reverently as possible under my breath.

+++++

Every digging season, somewhere in this vast region a few thousand hardy souls call home, archaeological teams from universities or institutions are quietly at work, uncovering the past bit by bit. They are slowly layering a thread here, some scrapings there, ancient hulls of grass or grain, microscopic bits of sinew and skin.

Woodland caribou were here then, a species that survived up to the turn of the last century and still roam the Pacific Northwest.

When I lived in Jefferson toward the end of my stewardship of a regional institution (the Coös County Democrat), near the end of the last century, State Archaeologist Dick Boisvert and his crew were working on a major Paleo-Indian dig not far from my home. I’d grouse-hunted the area for years, and wanted to visit the dig and experience the site with a hunter’s ears, eyes, nose,

and all other senses in play.

With the usual precautions, Dick and his diggers and sifters put up with my wanderings, and after a while in the alder swamps, along the tributaries of Israel’s River, I could see the woodland caribou, shoveling up the succulents with their hooves, moving along slowly, their noses into the wind.

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

Jacqueline Nash named to Castleton University Dean’s List

CASTLETON, Vt. — Jacqueline Nash of Gilford was recently named to the Castleton University Dean’s List for the fall semester of the 2021-22 academic year.

To qualify for this academic honor, students must maintain full-time status and a semester grade point average of 3.5.

About Castleton University

Castleton University is small enough to be a community where every student matters, yet large enough to offer more than 75 programs of study for undergraduate and graduate students, 28 varsity sports, and over 50 clubs and organizations. The university stresses experiential learning through internships, community service, and research opportunities provided by more than 400 community partnerships. For more information, visit castleton.edu.

Kathryn Osburn named to Castleton University President’s List

CASTLETON, Vt. — Kathryn Osburn of Gilford was recently named to the Castleton University President’s List for the fall semester of the 2021-22 academic year.

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

About Castleton University

Castleton University is small enough to be a community where every student matters, yet large enough to offer more than 75 programs of study for undergraduate and graduate students, 28 varsity sports, and over 50 clubs and organizations. The university stresses experiential learning through internships, community service and research opportunities provided by more than 400 community partnerships. For more information, visit castleton.edu.

Gilford resident named to Dean’s List at Dean College

FRANKLIN, Mass. — Dean College is pleased to announce that Damon Shute of Gilford has earned a place on the Dean’s List for the Fall 2021 semester. Students named to the Dean’s List have demonstrated a serious commitment to their studies while at Dean College.

Founded in 1865, Dean College is a private, residential college located in Franklin Massachusetts, 45 minutes from Boston, Massachusetts, and Providence, Rhode Island. Dean College offers baccalaureate degrees, associate degree programs, as well as a robust schedule of part-time continuing and professional education credit and certificate programs throughout the calendar year.

Fall 2021 graduates announced at UA

TUSCALOOSA, Ala. — The University of Alabama awarded 2,362 degrees during its fall commencement ceremonies on Dec. 10 & 11.

Local students receiving honors:

Jaclyn Attar of Gilford received a Bachelor of Science in Commerce & Business Administration

Joseph Lulka of Gilford received a Bachelor of Science in Mechanical Engineering

With a beautiful campus, dozens of challenging academic programs, expert faculty and numerous opportunities for service and growth, The University of Alabama is a place where legends are made. UA offers its students a premier educational, cultural and social experience with more than 200 undergraduate, graduate and professional programs. The campus gives students the opportunity to interact with faculty performing cutting-edge research. The University of Alabama, part of The University of Alabama System, is the state’s flagship university. UA shapes a better world through its teaching, research and service. With a global reputation for excellence, UA provides an inclusive, forward-thinking environment and nearly 200 degree programs on a beautiful, student-centered campus. A leader in cutting-edge research, UA advances discovery, creative inquiry and knowledge through more than 30 research centers. As the state’s largest higher education institution, UA drives economic growth in Alabama and beyond.

Francoeur- Babcock Youth Basketball Tournament canceled for 2022

The Gilford Recreation Department has made the difficult decision to cancel the Annual Francoeur-Babcock Youth Basketball Tournament this season. This decision was made with concern for the health and safety of players, coaches, spectators and volunteers in light of the ongoing virus surge, as well as the logistical complications that trying to run this event at this time could bring. We appreciate the public’s understanding and we look forward to the Tournament’s anticipated return in 2023. For more information, please contact the Gilford Parks and Recreation Office at 527-4722.



COURTESY

Artists of the Month

The Lakes Region Art Association has named its Artists of the Month for January: Front (L-R): Gail Brunt, Lynn Casey, Barbara McClintock, and Martha AuCoin. Standing, (L-R): Sally Hibberd and Sherwood Frazier. Artists’ winning entries will be on public display in locations around the Lakes Region during the upcoming month. Membership in the Lakes Region Art Association is open to artists and patrons of the arts. LRAA is a non-profit organization supported entirely by membership dues and club activities. The Association is most appreciative of local support. Lakes Region Art Association/Gallery is open Thursday, Friday, Saturday, Sunday from 10 a.m. to 6 p.m., and is located at 120 Laconia Rd., Tanger Outlets, Suite #300, Tilton.

CHALLENGE

(Continued from Page A1)

called “The Betty White Challenge” or #Betty-WhiteChallenge asking people to donate at least \$5 to their local animal shelter on what would have been her 100th birthday. Published reports have estimated the campaign raised more than \$12 million for animal charities.

Local animal shelters and rescue organizations saw several thousand dollars in donations in White’s memory.

The New Hampshire

Humane Society in Laco-
nia received over \$22,000 in donations through the challenge.

NH Humane Society Executive Director Charles Stanton said by the end of the day on Jan. 20 they had received \$19,100.

“When we posted that result on social media, three people reached out to donate the \$900 remaining to get us to \$20,000!” Stanton said. “Each person still donated knowing we would exceed the \$20,000 mark.”

As of Friday afternoon, the NH Humane Society had received \$22,400 in Betty’s memory, with more donations coming in.

“A lifelong fan of Betty’s, I realize her amazing career was so much more than Rose Nylund on ‘The Golden Girls,’ but that is how so many of us came to love her so much,” Stanton said. “I offer my sincere gratitude to each person who generously donated to us and to other animal welfare groups. We all owe Betty White a sincere ‘thank you for being a friend’ to animals.”

The Lakes Region Humane Society in Ossipee raised more than \$8,000 as of Friday afternoon. Executive Director Megan Williams said as soon as they heard about the Betty White

Challenge, they spread the word about the campaign.

“Alongside thousands of non-profit animal organizations, we marketed the #BettyWhiteChallenge campaign on our Facebook and Instagram Pages,” Williams said. “We had no idea what sort of response this challenge would receive.”

As of Jan. 21, the Lakes Region Humane Society had raised \$8,309.

“The outpouring of support for animals in Betty’s honor has been nothing short of incredible!” Williams said, adding, “We are thrilled to be a part of this PAWsome tribute and hope it becomes an annual tradition. To those of you who participated, ‘thank you for being a friend,’ we are honored to have

your support.”

Donors gave over \$7,000 to the Franklin Animal Shelter. President Tom Seymour said they also jumped on the social media campaign for the Betty White Challenge for the week of Jan. 17.

“We thought there was a chance we might pull in a few dollars to help our efforts and the donations trickled in,” Seymour said. “However, when the 17th arrived, we were in awe! That day set a record for Franklin Animal Shelter single day donations! We accepted 80 donations specifically designated for this one cause on the 17th. Never have we ever experienced such a massive single day response to an event...of any kind. To date we have received \$7,000...and the dona-

tions continue to roll in.”

Seymour expressed his appreciation for White’s devotion to animals and the campaign that did a lot of good.

“Betty White was a tremendous advocate for animals of every kind,” Seymour said. “To have an event of this scale, this magnitude, stretching across the nation speaks to the impact she had on the humane treatment of animals. We are truly honored to be one of thousands of beneficiaries of this effort. We could not be more happy or more proud to carry Betty White’s message forward into our supporting community. We are hoping to turn this into an annual event so that Betty White’s message does not gentles over time.”

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BEAUTY

(Continued from Page A1)

Eighth graders Kendall Madon, Charli Eddy, and Julianna Decesase are just a few of the performers who will be on the stage this weekend. All of them play “Enchanted Objects, members of the prince’s house staff who were turned into living objects by the enchantress. Madon and Decesase both play Mrs. Potts in their respective casts. Mrs. Potts is a living teapot and the mother of the little teacup Chip. Decesase described her as “a

very motherly teapot.” Eight grader Charli Eddy plays Lumiere, a living candelabra who she described as easy going. “He’s very friendly and kind of romantic and flirty,” Eddy said. This was their first big production since the start of the pandemic. Previously, they did “Once Upon a Mattress” while standing onstage and reading their lines. Madon and Decesase said there they really didn’t move around and there

were no set changes. All three said they were happy to be back doing a production with movement, set changes, choreography, and other parts of the onstage experience. “At first, it’s scary; you don’t really know how to act,” Eddy said. “(When) I did it I just imagined myself as a character.” Madon said she took a similar approach. “You almost become your character to play the best version of your

character,” Madon said. The production has been getting help from a few high school students and all three said they loved working with them. Madon said she already knew them well and Eddy said she already knew a few of them from the production of “Frozen.” “They’re really fun to work with; they’re really helpful,” Eddy said. Decesae said this was really the first time she had worked with the high schoolers.

“They were super nice from the time that I’ve known them,” Decesase said. While the high schoolers have been helping them, the three of them recognized they are role models for the younger students as well. Madon said the eighth graders have this extra duty to help the younger students, especially with so many new sixth graders taking part. “I really think that we gave a great show,” Eddy said. “It’s fun help-

ing the younger kids, set an example for them.” Decesase said she enjoyed being a role model for the younger students, commenting “It’s just really fun to be that role model.” “Beauty and the Beast” will take the stage at the GHS auditorium on Thursday, Jan. 27 at 6:30 p.m.; Friday, Jan. 28 at 7 p.m.; and on Saturday, Jan. 29 at 2 p.m. and 7 p.m.

GILFORD

(Continued from Page A1)

A little over two years ago, the district met with a group of community partners including educators, parents, business leaders, and community members in the GHS auditorium and asked what they thought the most essential skills were for students. After discussion the results were assembled into the Portrait of a Learner program and its essential attributes. “These are some of the most essential skills that they would like to see in an employee,” Sperazzo said. The program is being worked into the classrooms of all three schools. The district has a Portrait of a Learner committee that includes teachers, administrators, school staff that meets once a month. Sperazzo said the district worked a lot with Portrait of Learner before the pandemic hit. Afterward the project was put on the back burner as the district worked on managing the situation in the schools. “Now we feel it’s a

good time to put some energy into Portrait of a Learner,” Sperazzo said. Sperazzo said the schools will work to embed more of the POL attributes in the classrooms over the next few months. The session was part of the schools regularly scheduled professional development day in January. During that workshop, 13 teachers took part in seven different mini workshops focused on different content areas and topics. Some topics discussed in a session with English teacher Jessica Bishop and science teacher Lorienne Valovanie included how to embed these attributes using student interests and the curriculum, the best ways to do student presentations, overcoming challenges such as math phobia, and many others. Superintendent Kirk Beitler sat in on the sessions throughout the morning. He said this was a great way to have teachers teach teachers. “This is something

we’ve been working on pre-COVID and trying to continue this work,” Beitler said. He said this was a great opportunity to focus on teaching and learning and these are all ideas that educators will be applying in their classrooms. Math teacher Jason Javalgi was part of the initial Portrait of a Learner committee and led a session that Friday with fellow math teacher Wyman Eckhardt. Javalgi said it was a great way for teachers to come together and discuss these different ideas so they can integrate them into their classrooms. “I really believe in it because it’s something you can just naturally go into,” Javalgi said. Social studies teacher Anna Barksdale said she was getting ideas on self-direction so students in her class could take a more independent approach to their learning. “This is actually the purest form of professional development when you can actually



PHOTOS BY ERIN PLUMMER

Gilford High School teachers meet in one of a series of workshops on the district’s Portrait of a Learner Program.

listen to your peers and what they do,” Barksdale said. Barksdale said all of these skills and attributes are things that will be important for students in their college and career choices.



At right: Gilford Middle School teachers take part in one of the Portrait of a Learner discussions on Friday.

RACE

(Continued from Page A1)



Mitchell Townsend raced to second place at the Coaches Series race Saturday in Whitefield.



Georgia Eckhardt skis through the Coaches Series course Saturday in Whitefield.



Aiden Bondaz races during the New Hampshire Nordic Coaches Series Saturday.

16:26. In the B race for the boys, Joseph Schelb was 27th in 20:42, Dylan Wright was 41st overall in 25:31 and Kyle Gandini finished in 42nd place in 25:54. In the middle school race, Maria Tilley was ninth overall in 18:58, Addison Stroud was 32nd overall in 24:37 and Tess Eckhardt was 44th

in 27:12. Gilford is slated to be at Whitaker Woods in North Conway on Wednesday, Feb. 2, at 3 p.m.

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

PETS OF THE WEEK



Sweet Pea

Little Sweet Pea is an adorable pug/ beagle mix. This older girl still loves to go for long walks, but would also love hanging out on a comfy couch and relaxing. She can be a little shy at first but warms up quickly. Since she is part beagle, Sweet Pea can be vocal when excited, so she may not be the best fit for apartment living. We think Sweet pea may do well with an easygoing dog friend or two, may be ok with cats if managed and introduced appropriately, and could do well with gentle kids aged 12 and up. Sweet pea will need some continued medical care for her skin, and we will require that adopters have an appointment scheduled with their chosen vet before sending Sweet Pea home.



Cuke Roll

If this picture doesn’t tell you how adorable I am then I don’t know what will. Me and my adorable face came to NH Humane from living as a stray, so there is not much in the way of background. I am FIV+, meaning I would need to be the only pet in the household or living with other FIV+ cats.

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Brown, Howard pace Gilford at Gunstock

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford alpine ski team continued its run on home snow, as the Golden Eagles raced at Gunstock on Friday, Jan. 21.

The Gilford girls skied to the win in the morning giant slalom with Shealagh Brown finishing in 59.83 seconds for second place.

Harper Meehan was

third overall in 1:01.99 and Tessa Tanner finished in sixth place with a time of 1:06.27.

Megan Legro finished out the scoring in eighth place in 1:11.38.

Ava Lein finished in ninth place overall with a time of 1:12.03.

Brown again finished in second place in the slalom, finishing with a time of 1:31.83.

Meehan finished in

third place with a time of 1:38.55 and Lein was seventh overall with a time of 1:57.59.

Legro rounded out the scoring with a time of 2:08.25 for 12th place overall.

The Golden Eagle boys finished second in the giant slalom, led by Cole Howard's fifth place in 57.87 seconds.

Ben Wolpin finished in eighth place in 1:02.64

and Caleb Clough finished in ninth place with a time of 1:03.21.

Tyler Davignon finished out the scoring with a time of 1:05.3 for 11th place overall.

Patrick Gandini was 18th in 1:08.92, Gavin Gandini was 19th overall in 1:08.97 and Teddy Brown finished in 1:22.76 for 30th place.

The Golden Eagles took the win in the after-

noon slalom, with Howard finishing in fourth place in 1:22.19.

Clough was sixth overall in a time of 1:36.28 and Davignon was ninth overall in a time of 1:44.3.

Patrick Gandini rounded out the scoring with a time of 1:47.78 for 10th place.


Gavin Gandini was 21st in a time of 2:16.25 and Brown was 23rd

overall with a time of 2:22.28.

The Golden Eagles are slated to race at Gunstock again on Friday, Jan. 28.

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

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Laconia’s Emma Greco named to University of Iowa dean’s list

IOWA CITY, Iowa — Emma Greco of Laconia was among the more than 6,900 undergraduate students at the University of Iowa named to the dean’s list for the 2021 fall semester.

Greco is a Third Year student in Iowa’s College of Liberal Arts and Sciences and is majoring in English and Creative Writing.

Dean’s list status was earned by only 1,402 first year undergraduates during the 2021 spring semester at Iowa, only 1,427 second year students, only 1,836 third

year students, and only 2,304 fourth year students.

Guidelines for inclusion on the list are:

Courses offered on a satisfactory/unsatisfactory (S/U) or pass/non-pass (P/N) basis do not count toward graded credit for inclusion on the dean’s list.

Undergraduate students in the College of Liberal Arts and Sciences, the College of Education, the College of Engineering, the Tippie College of Business, and University College who achieve a grade-point average (GPA) of 3.50 or higher on nine semester hours (spring 2021) or more of UI graded coursework during a given semester or summer session and who have no semester hours of “I” (incomplete) or “O” (no grade reported) during the same semester are recognized by inclusion on the dean’s list for that semester.

Undergraduate students in the Roy J. and Lucille A. Carver College of Medicine with fewer than nine semester hours (spring 2021) of graded credit, if deemed appropriate by the college.

College of Nursing students participating in clinical courses who have a total of nine semester hours of earned credit (spring 2021), with eight semester hours of graded credit with a GPA of 3.50 or higher.

About the University

of Iowa

As a top global university, Iowa is the ideal destination for learning, discovery, and innovation. We bring art and science together to create a truly unique interdisciplinary education. With over 200 areas of study to choose from, students are encouraged to mix and match majors, minors, and certificates to earn a degree that reflects their unique interests.


From inside our world-class medical center to the most prestigious creative writing program in the U.S., students have access to quality academic support and are equipped with the tools they need to stand out in a competitive workforce. Our 15:1 student-to-faculty ratio allows students to work directly with experts in their field while earning valuable, practical skills.

Our campus seamlessly blends into the heart of downtown Iowa City, making it easy to access academic resources and belong to a larger, welcoming community. With over 500 student organizations, clubs, and communities on campus, and countless in-town events scheduled throughout the year, Iowa makes it easy to build a network of friendships and connections that last a lifetime.

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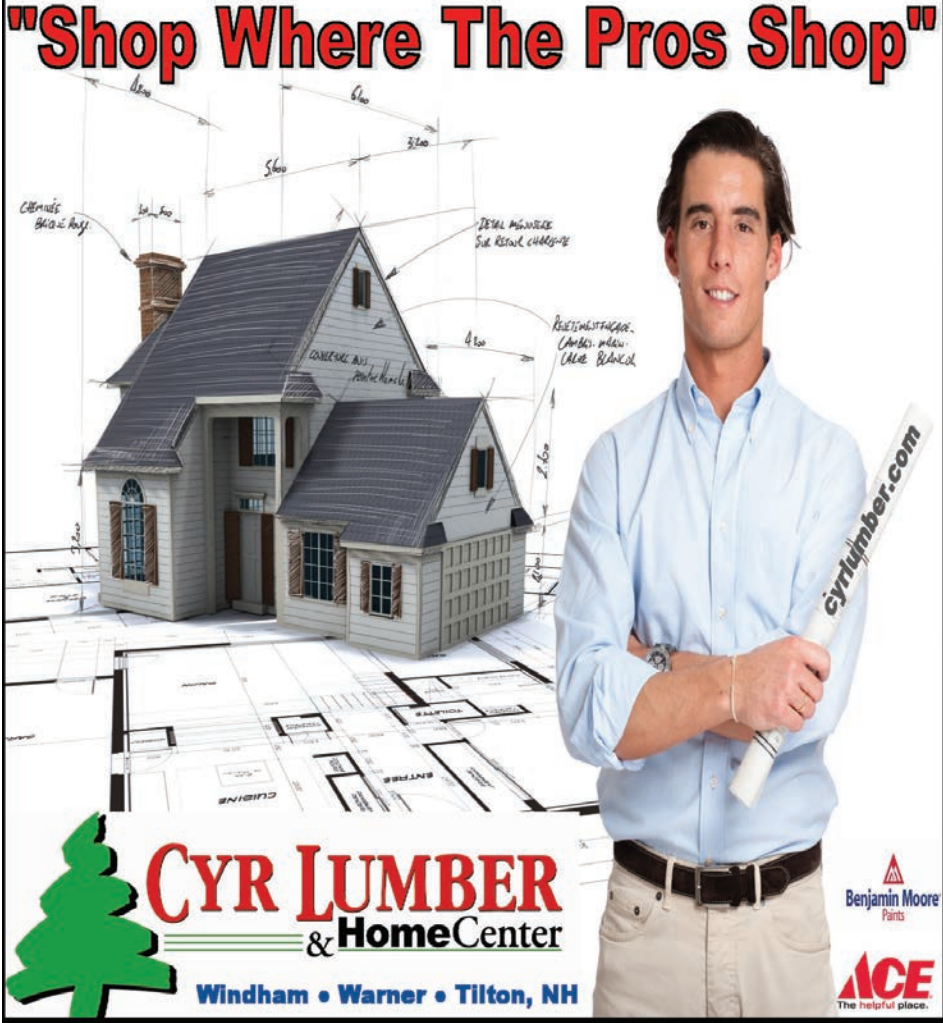


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