

Gilford Steamer

THURSDAY, FEBRUARY 4, 2021

GILFORD, N.H.

Unusual season off to solid start for Gilford swimmers

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford swim team has certainly had an unusual season, but the Golden Eagles are making the most of it.

The team started the year with the first meet on Jan. 17. These meets are asynchronous, which means that each school is competing separately and the results all getting combined. The Golden Eagles competed with Bishop Brady and Hollis-Brookline in the first meet.

Aidan Malek captured first place in the 50 freestyle and the 100 free. Bridget Wilcox and Claire Bartley placed first and second place respectively in the 100-yard butterfly. Elise Bartley took first place in the 100 breaststroke. Lauren Sikoski came in



Avery Totten Taryn Wernig and Jessica Gannon between sets.

COURTESY

first in the 200 IM and second in the 100 freestyle.

Coaches Dave and Karen Gingrich noted that they were pleased with the results, especially given that the team had just three practices at the Health Club of Concord.

“The swimmers had only brief recovery periods between their individual and relay events since (Gilford) was the only team at the meet,” the Golden Eagle coaches stated. “To help the athletes get in shape for competition, the team has been supplementing the time in the pool with dry-land workouts.”

Gilford got in the pool again for another meet on Jan. 24, once again competing against Bishop Brady and Hollis-Brookline.

SEE **SWIMMERS** PAGE A10

Engineering proposals sought Governor’s Island bridge repairs

BY ERIN PLUMMER
mnews@salmonpress.news

The town is now seeking proposals for engineering services for future work on the Governor’s Island Bridge.

A Request for Proposal (RFP) was put out on Jan. 27, posted on the

town’s Web site and in other relevant locations seeking bridge engineering services for the replacement and/or repair of the bridge’s expansion joints and supporting concrete structures. The RFP asks for an engineer to come up with

the design and preparation for bidding and construction documents for the project as well as aid with the bidding and contract as well as construction administration services.

SEE **BRIDGE** PAGE A10

Registration open for Phase 1b of COVID-19 vaccine process

BY ERIN PLUMMER
mnews@salmonpress.news

REGION — Registration is open for the COVID-19 vaccine for those who qualify under Phase 1b of the state’s vaccination plan, including people age 65 and over, those with two or more eligible medical conditions, and those in certain workplaces. Registration for Phase 1b opened on Jan. 22 and is still in progress and vaccinations started on Jan. 26. Those who are eligible under this phase

must take part in a specific process to register for the vaccine.

The New Hampshire Department of Health and Human Services issued an alert on Jan. 17 outlining the vaccination and registration process under Phase 1b. According to DHHS, Phase 1b is open to people age 65 and over, those under 65 who have two or more listed medical conditions that make them more vulnerable to COVID-19, residents and staff

of residential facilities for people with intellectual and developmental disabilities, corrections workers and staff at correctional facilities, and health workers and first responders who haven’t been vaccinated yet. All of these categories have different places to register.

People 65 and over can register at <https://vaccines.nh.gov>. Those without internet access can call 211 for assistance.

SEE **VACCINES** PAGE A10

Take-home crafts, winter hikes on Library’s February schedule



PHOTO BY ERIN PLUMMER

February doesn’t have to just mean being buried under snow: the Gilford Public Library is offering a number of different activities for all ages.

BY ERIN PLUMMER
mnews@salmonpress.news

The Gilford Public Library is presenting take home crafts, winter hikes, story times, virtual presentations, and more during February.

The library will be hosting a number of events for everyone from babies to adults over the

month of February.

There will be a number of “take and make” craft activities as well as some virtual offerings.

Make Valentine’s Candy Boxes starting Wednesday, Feb. 10. Kids ages two to 12 and their families can pick up materials at the library during regular hours to

make a fun Valentine’s Day craft at home.

Learn how to make Valentine’s Day hot cocoa bombs on Thursday, Feb. 11. Assistant Director Kaylie Thomas will show how to make this hot cocoa treat on Facebook Live on Feb. 11

SEE **LIBRARY** PAGE A10



COURTESY

On the Go

The Gilford High School Introduction to Engineering class recently presented the second Go Baby Go car to a student at Gilford Elementary School. Thea took to the controls quickly and was able to drive on her own. GHS students who worked on the car were: Nate Beaumeister, Jack Cenamo, Kaleena Dyer, and Jacqueline Wright. Pictured, left to right: Dan Caron (GHS teacher), The Ammann family, mom Kari, Thea, dad Colin, and sisters Freya and Megara. Oldest daughter, Avah, was not available for the photo.

ALMANAC

Notes from the Gilford Public Library

What's new at the Gilford Public Library?

The Gilford Public Library was selected as one of 200 libraries to participate in Libraries Transforming Communities: Focus on Small and Rural Libraries, an American Library Association (ALA) initiative that helps library workers better serve their small and rural communities.

The competitive award comes with a \$3,000 grant that will help the library create a space for community members to come together to share insight into the many faces of the pandemic experience in our community and what the library can do to help, whether it is extended hours, wider Wi-Fi reach or any other community-based issues.

As part of the grant, the Gilford Public Library staff will take an online course in how to lead conversations, a skill vital to library work today. Staff will then host a "conversation cafe" with residents about what they are looking for from the library and use the grant funds to address those needs. The library has already responded to some immediate feedback and purchased an additional

wireless access point for the first floor children's room: expanding their wireless capabilities. The library and other community institutions have undergone drastic changes; both in the way we operate and the way we serve patrons due to COVID-19, and having an informed guideline of what people are in need of is very important. With this forum we intend to continue our evolution as a community resource and meet the needs of our patronage these new and flexible ways.

If you are interested in getting involved or taking part in the conversation, please contact Kayleigh Thomas at kayleigh@gilfordlibrary.org, or visit gilfordlibrary.org for more information.

Classes & Special Events

Feb. 4 – Feb. 11

*Sign up and face masks required

Thursday, Feb. 4
Mother Goose On the Loose (Virtual), 10:30-11 a.m.

Friday, Feb. 5
Gilford Library Games, 3:30-4:30 p.m.

Join Hayden on Twitch.tv (GPLHayden) for interactive live games!

Monday, Feb. 8
NO EVENTS

Tuesday, Feb. 9
Bilingual Storytime, 10:30-11 a.m.
Join Miss Maria ev-

ery Tuesday to read, sing, dance, and play in both English and Spanish!

Wednesday, Feb. 10
Wacky Wednesday Take & Make Craft: Valentine's Candy Boxes
Phone-In Check out an Expert, 10 a.m.-noon

Thursday, Feb. 11
Mother Goose On the Loose (Virtual), 10:30-11 a.m.

Valentine Hot Cocoa Bombs, 11:30 a.m.-noon
Watch Kayleigh on Facebook Live and learn how to make a delicious hot cocoa treat for yourself, a loved one, or a friend to enjoy this Valentine's Day.

Gilford Public Library Top Ten Requests

1. "The Russian" by James Patterson
2. "NYPD Red 6" by James Patterson
3. "The Last Traverse" by Ty Gagne
4. "A Promised Land" by Barack Obama
5. "Deadly Cross" by James Patterson
6. "A Time for Mercy" by John Grisham
7. "The Sentinel" by Lee Child
8. "Hush-Hush" by Stuart Woods
9. "The Midnight Library" by Matt Haig
10. "The Scorpion's Tail" by Douglas Preston

HIGH SCHOOL SLATE

Thursday, Feb. 4

GILFORD

Boys' Hoops at Inter-Lakes; 6

Girls' Hoops vs. Inter-Lakes; 6

Friday, Feb. 5

BELMONT

Alpine Skiing at Gunstock; 10

Boys' Hoops vs. Winnisquam; 6

Girls' Hoops at Winnisquam; 6

GILFORD

Alpine Skiing at Gunstock; 10

WINNISQUAM

Boys' Hoops at Belmont; 6

Girls' Hoops vs. Belmont; 6

Hockey at Kearsarge-Plymouth (Waterville Valley); 7:30

Saturday, Feb. 6

BELMONT-GILFORD

Hockey at Berlin; 6

WINNISQUAM

Wrestling at Bow; 1

Monday, Feb. 8

BELMONT

Alpine Skiing at Gunstock (Girls' State Meet); 10

Boys' Hoops at Prospect Mountain; 6

Girls' Hoops vs. Prospect Mountain; 6

GILFORD

Alpine Skiing at Gunstock (Girls' State Meet); 10

Boys' Hoops vs. Kingswood; 6

Girls' Hoops at Kingswood; 6

Tuesday, Feb. 9

BELMONT

Alpine Skiing at Gunstock (Boys' State Meet); 10

Unified Hoops at Prospect Mountain; 3:30

GILFORD

Alpine Skiing at Gunstock (Boys' State Meet); 10

WINNISQUAM

Boys' Hoops vs. Franklin; 6

Girls' Hoops at Franklin; 6

Wednesday, Feb. 10

BELMONT-GILFORD

Hockey vs. Laconia-Winnisquam-Inter-Lakes; 4:30

GILFORD

Nordic Skiing at Beaver Meadow; 2:30

WINNISQUAM

Hockey at Belmont-Gilford; 4:30

Thursday, Feb. 11

BELMONT

Boys' Hoops vs. Prospect Mountain; 6

Girls' Hoops at Prospect Mountain; 6

GILFORD

Boys' Hoops at Kingswood; 6

Girls' Hoops vs. Kingswood; 6

All schedules are subject to change.

Local residents named to Dean's List at Saint Anselm

MANCHESTER — Saint Anselm College has released the Dean's List of high academic achievers for the first semester of the 2020-2021 school year. To be eligible for this honor, a student must have achieved a grade point average of 3.4 or better in the semester with at least 12 credits of study which award a letter grade. A total of 547 students representing 24 states and 3 countries received this honor.

Mark W. Cronin, Dean of the College, announced that Samuel T. Buzzotta of Gilford has been named to the Dean's List for the fall 2020 semester at Saint Anselm College, Manchester.

Nicole Berube named to University of Delaware Dean's List

NEWARK, Del. — Nicole Berube of Gilford has been named to the University of Delaware Dean's List for the Fall 2020 semester.

To meet eligibility requirements for the Dean's List, a student must be enrolled full-time and earn a GPA of 3.5 or above (on a 4.0 scale) for the semester.

GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from Jan. 25-31.

Stephanie D. Farrar, age 43, current address unknown, was arrested on Jan. 27 for Unlawful Activities-Litter Control.

Faith Yvonne Millet, age 44, of Gilford was arrested on Jan. 29 in connection with a warrant.

Bradley J. Swinton, age 45, of Laconia was arrested on Jan. 30 for Conduct After an Accident.

John M. Stebbins, age 46, of Laconia was arrested on Jan. 30 for Unlawful Activities-Litter Control.



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Stay Safe! Stay Healthy!

Wash your hands!

HAPPY VALENTINES DAY!

Brake for Moose.

It could save your life!

University of New Hampshire’s announces Dean’s List for Fall 2020 Semester

DURHAM — The following students have been named to the Dean’s List at the University of New Hampshire for the fall 2020 semester.

- Alexa McNamara of Gilmanton, earning Highest Honors
- Samantha Knowles of Gilmanton, earning Highest Honors
- Emily Waite of Gilmanton, earning Highest Honors
- Beth Newton of Laconia, earning Highest Honors
- Molly George of Laconia, earning Honors
- Jacquelyn Pia of Laconia, earning Highest Honors
- Victoria Dean of Laconia, earning Highest Honors
- Aarohn Dethvongsa of Laconia, earning High Honors
- Kate Persson of Laconia, earning High Honors
- Isabella Lovering of Laconia, earning Highest Honors
- Ranuli Abeysinghe of Laconia, earning Highest Honors
- Nemanja Boskovic of Laconia, earning Highest Honors
- Adrianna Dinsmoor of Laconia, earning Honors
- Aiden Moser of Laconia, earning Honors
- Christian Remick of Gilford, earning Honors
- Erica Cao of Gilford, earning Honors

- Natalie Fraser of Gilford, earning High Honors
- Kaylee Lemire of Gilford, earning Highest Honors
- Jonathan Nelson of Gilford, earning Highest Honors
- Brandon Sasserson of Gilford, earning Highest Honors
- Alden Blais of Gilford, earning High Honors
- Matthew McDonough of Gilford, earning High Honors
- Ren Rodgers of Gilford, earning Honors
- Riley Glover of Gilford, earning High Honors
- Bryce Workman of Gilford, earning High Honors
- Grant Workman of Gilford, earning Highest Honors
- Michael Wernig of Gilford, earning Highest Honors
- Sean DeSautelle of Gilford, earning Highest Honors
- Shannon Anderson of Gilford, earning High Honors
- David Hart of Gilford, earning Highest Honors
- Natalie Noury of Gilford, earning High Honors
- Christian Workman of Gilford, earning Highest Honors
- Colton Workman of Gilford, earning Highest Honors
- Gabrielle Podmore of Gilford, earning Highest Honors

Shaun Edson of Gilford, earning Highest Honors
Brad Ferreira of Gilford, earning High Honors
Students named to the Dean’s List at the University of New Hampshire are students who have earned recognition through their superior scholastic performance during a semester enrolled in a full-time course load (12 or more graded credits). Highest honors are awarded to students who earn a semester grade point average of 3.85 or better out of a possible 4.0. Students with a 3.65 to 3.84 average are awarded high honors and students whose grade point average is 3.5 through 3.64 are awarded honors.
The University of New Hampshire is a flagship research university that inspires innovation and transforms lives in our state, nation and world. More than 16,000 students from all 50 states and 71 countries engage with an award-winning faculty in top ranked programs in business, engineering, law, liberal arts and the sciences across more than 200 programs of study. UNH’s research portfolio includes partnerships with NASA, NOAA, NSF and NIH, receiving more than \$100 million in competitive external funding every year to further explore and define the frontiers of land, sea and space.
To learn more about the opportunities at the University of New Hampshire visit: www.unh.edu.

Gunstock holding virtual terrain park contest

By Erin Plummer
mnews@salmon-press.news
Skiers and snowboarders can show off their moves on a few of Gunstock’s popular terrain parks and have the chance to win some sweet prizes in a virtual contest.
The #ParkStyle21 contest is open through Feb. 7 where people can show off their skills in a socially distanced way and the best ones can win lift tickets, gift certificates, and a feature on Gunstock’s Web site, Instagram page, and YouTube channel.

Contestants are invited to film a one-minute run through Gunstock’s Blundersmoke or Side Arm Progression Parks showing their skills on each park’s different features. People can go through both parks and submit separate videos. Extra credit will be awarded for showcasing how to use Park Smart.
To enter the video, follow @gunstockmtn on Instagram and post the video to Instagram mentioning @gunstockmtn or @gunstockparks and using the hashtag #ParkStyle21 and choosing the #Blundersmoke or

#SideArmPark hashtags depending on the park in the video. The profile needs to be public to be eligible for the contest.
Prizes will be given in seven different categories: Best Male Run, Best Female Run, and Fan Favorite for each of the two parks and one Best Overall. Best Male, Best Female, and Best Overall will be judged by a panel of “Gunstock Experts.” The Fan Favorite categories will be decided by the most number of Likes on each video.
“The experts are judging more on the skills you show-

case than the video edits, so practice runs are encouraged!” said the website.
Prizes include Gunstock lift tickets for the 2021 season and gift certificates to local businesses including Patrick’s Pub and Eatery,

Cactus Jack’s, and Craft Beer Xchange, among others. The winners will also be featured on Gunstock’s Instagram and YouTube channels as well as gunstock.com.
Entries must be received before 11:59 p.m. on Sunday, Feb. 7. Win-

ners will be contacted through Instagram on Feb. 12 and must reply by Feb. 19 to claim their prizes.
For more information and a full list of rules visit <https://www.gunstock.com/on-snow/terrain-parks/parkstyle21>.

Brigette Doherty displays academic excellence on USCB Chancellor’s List

BLUFFTON, S.C. — University of South Carolina Beaufort (USCB) is proud to announce that Brigette Doherty of Laconia has been named a Fall 2020 Chancellor’s List honoree! The exemplary academic performance of our Chancellor’s List students is highly commendable. We recognize that higher education presents the unique challenge of balancing academic and personal goals, especially during these tough times. We are proud of those who strive for greatness, surmount all obstacles, and thrive in their academic careers.
To be eligible for the President’s List, students must obtain a term grade point average of 4.00 earned on a minimum of 12 credited semester hours. To be eligible for the Chancellor’s List, students must obtain a term grade point average of 3.50 or higher earned on a minimum of 12 credited semester hours.
USCB is the fastest growing four-year institution within the University of South Carolina System. It offers 20 baccalaureate degrees on three campuses-Bluffton, Beaufort and Hilton Head Island. Its 2,100 students hail from multiple states and more than a dozen international locations. Its award-winning faculty of scholars and professionals is committed to undergraduate teaching and research in small-class settings. USCB is ranked among the top 10 regional public colleges in the South. The Lowcountry is an exceptional place to learn and live-it’s a dynamic, vibrant setting amid picturesque coastal barrier islands.

LRPC Transportation Advisory Committee meets Feb. 3

REGION — The Lakes Region Planning Commission’s Transportation Technical Advisory Committee (TAC) will meet Wednesday, Feb. 3, from 2 to 4 p.m.
The TAC will discuss Road Surface Management services offered by LRPC, and will be joined by Executive Council Joseph Kenney for an informal discussion of transportation issues in the Lakes Region.
As a result of the Coronavirus/COVID-19 public health crisis and pursuant to Emergency Order #12 issued by Gov. Sununu on March 23 regarding the state of emergency currently extended until Jan. 22, pursuant to the Governor’s Executive Order 2020-25, the Lakes Region Planning Commission has determined that this meeting of its Transportation Advisory Committee will not be held at a physical location, but will be conducted via Zoom.
There are two ways for the public to access the meeting: Online at this link: <https://us02web.zoom.us/j/82016194023> or by telephone at 1-929-205-6099 and enter Zoom Meeting ID 820 1619 4023. These instructions are also provided on the LRPC Web site at www.LakesRPC.org.
Anyone who has trouble accessing the meeting can call 603-279-5334 or e-mail admin@lakesrpc.org for assistance.
The LRPC TAC encourages all members of the public who are interested in any aspect of transportation to provide input during the meeting. For additional information about this meeting, please contact the LRPC at 279-5334.

Gilford Parks and Recreation News

BY HERB GREENE
Director
Gilford Parks and Recreation

Adult curling program continues on Thursday evenings
The Gilford Parks and Recreation Department is sponsoring a pick-up curling program for adults on Thursday evenings. The program will be held on Thursday evenings at the Arthur A. Tilton Gilford Ice Rink from 6:30 - 7:30 p.m. through February 25th. Curling is the sport of “sliding stones” down the ice in an attempt to get your “stones” closer to the target than your opponent. Although this activity is held on the ice, participants do not wear ice skates. Participants should dress to be outside and should wear sneakers or boots. Cost for this program is \$1.00 per evening and participants can register at the start of the program. All participants are required to wear a facemask during the program!

For more information, please contact the Gilford Parks and Recreation Department at 527-4722.
Senior Strides weekly walking continues on Wednesday mornings

The Gilford Parks and Recreation Department is sponsoring a weekly drop-in walking program for senior adults on Wednesday mornings from 9:00 am-10:00 am at the Gilford Youth Center. Participants can track their progress or just walk for fun. All participants should bring and wear a mask throughout the program. Participants are also encouraged to bring their own water bottle, as water will not be provided. There will be plenty of chairs available, spaced 6 feet apart, for participants to take a break as needed. Hand sanitizer and disinfectant will be available. There is no fee for this program and participants can register their first day.

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



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We can bridge the divide between us

It has been one of the most tumultuous times in recent history in regard to politics, and the divide taking place across the country is very real. This Editor has noticed plenty of disagreements take place between individuals with opposing viewpoints. Being privy to all sorts of news stories and situations where politics are discussed puts us right in the heart of it.

This may not be the case in every situation; however, we have noticed that residents in small towns do not let politics divide them. Sure, you have members of various select boards going head to head about an issue, you have citizens up in arms over certain topics, but people out about the town have remained quite hospitable to each other.

During one event we recently covered, we witnessed two long-term residents from the same town who could not be further apart in viewpoints have a refreshingly peaceful and genuine discussion. Imagine a long haired ‘hippie’ woman holding protest signs and a die-hard Republican, former Marine and hunter dressed in steel toe boots, joking around with each other and having a genuine laugh, then wishing each other well with sincerity, you wouldn’t have believed it. But it happened.

Since that moment, we have noticed more and more situations like this unfold. Hands are being shaken and smiles are being exchanged despite the so called political ‘divide’ that has ripped through the country. We think citizens in small towns, no matter who or what they are about can genuinely appreciate each other’s differences. A person may not agree with hunting or wouldn’t head out into the woods themselves, however they could see a neighbor who shot an eight-point buck and offer a friendly congratulations. We have seen conservatives with a snowbank of over a foot covering their drive-ways be plowed out by someone with a ‘Bernie’ sticker on their plow truck. We have seen posts on social media that have nothing to do with politics invoke laughter from both sides.

In a small town everyone knows everyone, and if they don’t they are only separated by one person. In such small towns, that allows for communities to rally around each other and to make sure at the end of the day, that we all had a good one. It’s cold up here, the winters are long and brutal. That camaraderie of wanting to protect our small town niche has benefits that have always stood the test of time. You may be a Republican, Independent or a Democrat but you all root for the New England Patriots. Perhaps now maybe Tampa, but having that home town pride is something that connects us all.



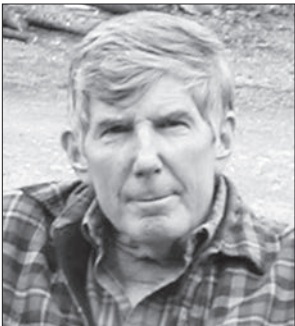
PHOTO BY ERIN PLUMMER

Winter in Gilford

Wintery New England scenes can be found all over Gilford, including the Tannery Hill Bridge surrounded by snow and evergreens.

North Country Notebook

Imagine the North Atlantic, at the whimsies of the wind

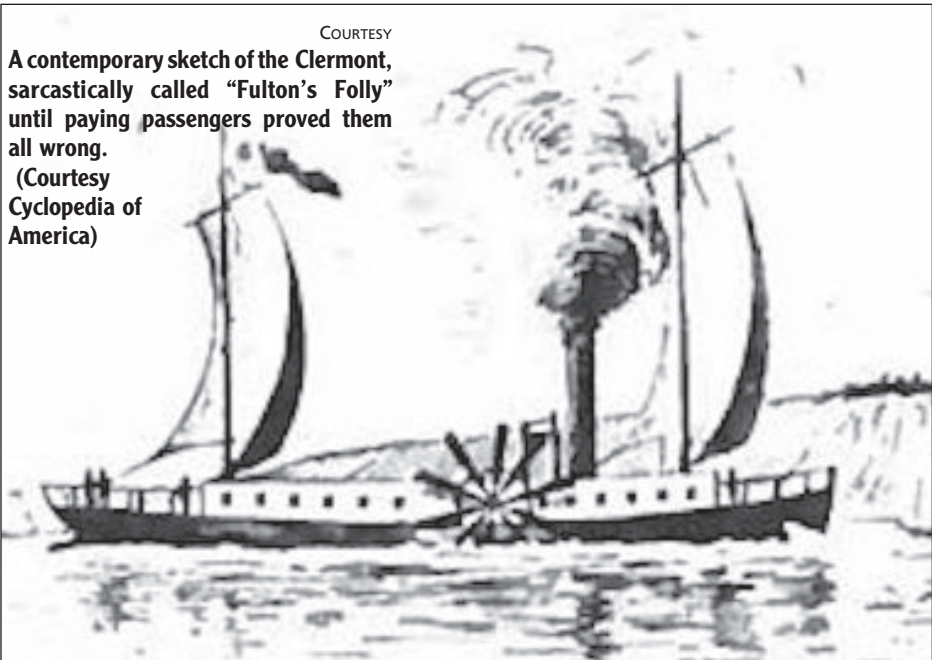


By JOHN HARRIGAN
COLUMNIST

The days of sail have always intrigued me, perhaps because of my maternal grandfather’s habit of whistling doleful sea-chanties he heard from his family Down East. They were what back-woods Yankees called “herring-chokers,” and proud of it.

“Two Years Before the Mast,” the 1840 account of a boy who signs on with a ship bound for California, is one of my favorite books. Richard Dana’s description of Tierra del Fuego and rounding Cape Horn were enough to make me want to never go there. For that kind of wind and cold, we have the Presidentials.

There was a certain age of innocence that went along with the wind ruling the waves, just as there was when grass and horsepower still ruled the world on terra firma.



The number and variety of jobs and products that sail and horsepower enabled and required boggle the mind. Every coastal city and town had its purveyors of provisions, sailmakers and rope-walks for ships’ rigging. Every town up the rivers had blacksmiths, harness-makers, and the means to make myriad products from wood.

Still, no human had yet traveled beyond the speed of a fast horse.

+++++

The displacement of horsepower and the wind was already underway as Dana and the trading and cargo vessel he crewed on, the Pilgrim, set sail. Looking back from this end of

the spectrum, going from wind and horse to steam and beyond seems almost an overnight transition. But it really spanned several generations as new methods proved tried and true, in an age when information still traveled slowly.

Thomas Savery brought a centuries-old idea—the use of vapor from boiling water to power something—to fruition in 1698 with his invention of a steam-driven engine to pump water out of coal mines. A bit more than a century later, English inventors were setting up the first steam locomotive to run on steel tracks.

Our own Robert Fulton is credited with inventing the steam-powered ship, a doubtful claim. That honor probably goes to a French inventor who ran a steam-powered paddleboat in 1783. Oddly enough, he had demonstrated one powering oars in 1776, a contraption hard to fathom.

Nonetheless, Fulton is credited with inventing the first practical, commercially viable steamship in America with the Clermont. In 1807, he took passengers up the Hudson River to Albany and back. The round-trip was about 300 miles, and took 62 hours.

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Steam spelled the end of commercial sail, at least on a grand scale. Still, the wind was free, and coal or wood had to be brought from afar and was difficult to load and handle. Small wind-powered vessels are still used for subsistence and commercial fishing all over the world.

Many old hulls, stripped of their masts, were used as coastal cargo barges well into the 1900s. As these hulks were beached and rotted away, they became favorite subjects for artists and tourist photographers.

None were more famous than the two old sailing vessels beached just downriver from Route 1 in Wiscasset, Maine. Both were launched before the First World War, and had brief commercial careers before being bought at auction in the 1930s and towed to Wiscasset. For much of my adult life they were still there, ghosts of a past that survives only in movies and books.

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

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Comfort Keepers

Alcohol consumption in seniors: A delicate balance

BY MARTHA SWATS
OWNER/ADMINISTRATOR
COMFORT KEEPERS

Many of us enjoy having a cocktail with friends or drinking a glass of wine with dinner. For seniors, with a doctor's approval, this doesn't have to change. However, it's important to be aware of the ways that alcohol can physically affect older adults, and how the signs of alcohol abuse look different for seniors that suffer from the negative effects.

As we age:
How we process alcohol changes - Slower metabolism can cause alcohol to stay in the body for longer periods

of time. Also, having less muscle mass means alcohol stays in the blood for a longer period, prolonging the effects.

Being intoxicated feels different - Seniors have a lower tolerance to the effects of alcohol. Intoxication typically happens more swiftly and lasts longer than in someone younger.

Older adults are more likely to have other conditions made worse with alcohol consumption - Health conditions more common in seniors can be made worse with alcohol use. Seniors are also more likely to be using medications that should not be mixed with alcohol.

Some seniors may

discuss their personal situation with their physician, and find they are able to consume alcohol without any health issues. However, those that may have a problem with alcohol can exhibit the following signs and symptoms:

- Feeling ill-tempered when not drinking
- Sleep difficulties
- Sustaining injuries while intoxicated
- Drinking to fight depression or anxiety
- Loss of appetite
- Developing social or financial problems related to drinking
- Lying about drinking habits
- Poor hygiene
- Drinking against the advice of their physician

or healthcare provider

There are many programs in place that can help seniors that are abusing alcohol, and research shows that programs are more effective when they are targeted to people in this age group. If you think someone may have a drinking problem, encourage them to reach out for help.

Comfort Keepers® Can Help

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About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all

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Tanner leads Gilford to win at Gunstock



JOSHUA SPAULDING

Bethany Tanner won the giant slalom at Gunstock on Friday.



Kendall Jones skis the giant slalom Friday morning at Gunstock.



Cole Howard led the way for the Gilford boys at Gunstock last Friday.



Patrick Gandini skis through the giant slalom course at Gunstock last week.

BY JOSHUA SPAULDING
Sports Editor

GUNSTOCK — The bone chilling cold on Friday, Jan. 29, didn't slow down the Gilford alpine ski team, as the Golden Eagle girls skied to the overall win in a meet at Gunstock. Hopkinton, St. Thomas, Bishop Brady, Laconia and Belmont also competed.

The day kicked off with the giant slalom and Bethany Tanner paced the field with a time of 52.87 seconds.

Sophia Lehr was fourth overall in a time of 56.95 seconds and Kendall Jones was fifth in 58.28 seconds.

Harper Meehan rounded out the scoring for Gilford with a time of 58.31 seconds for sixth place overall.

Lily Locke finished in 1:19.26 for 23rd place and Bridget Wilcox finished in 1:23.44 for 24th place.

In the slalom, Tanner was again Gilford's top skier, finishing second overall with a time of 49.67 seconds.

Lehr was next in, finishing in a time of 53.82

seconds for fifth place and Jones finished in 55.47 seconds for sixth place.

Meehan finished in 1:02.02 for seventh place to finish out the scoring for the Golden Eagles.

Locke was 18th in a time of 1:23.12 and Wilcox placed 23rd in a time of 1:45.45.

The Gilford boys finished in fifth place in both disciplines, with Hopkinton winning the giant slalom and St. Thomas winning the slalom.

Cole Howard led Gilford with a time of 53.23 for sixth place overall.

Patrick Gandini was next in, finishing in 1:03.08 for 22nd place and Dev Patel finished in 28th place in 1:13.45.

Aiden McBey finished in 29th place in 1:14.69 to close out the scoring for Gilford.

David Boyajian finished in 30th place overall with a time of 1:15.18.

In the slalom, Howard again led the way for the Golden Eagles with a time of 49.74 seconds for sixth place.

Gandini finished in 27th place in a time of 1:24.09 and Boyajian was 28th in 1:28.56.

McBey finished in 29th place in a time of 1:30.4 to finish out the scoring.

Patel finished in a time of 1:38.77 for 31st place overall.

Gilford is scheduled to race at Gunstock again on Friday, Feb. 5,

rounding out the regular season and the state meets are also at Gunstock, the girls on Monday, Feb. 8, and the boys on Tuesday, Feb. 9.

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

NOTICE OF PUBLIC HEARING

Shaker Regional School District will hold a public hearing relative to the receipt of Supplemental Public School Response Funds (SPSRF) on Tuesday, January 26, 2021 at 6:00 pm. The meeting will be held at Belmont Middle School.

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Edward Jones: Financial Focus

With Ultra-low Rates, Should You Still Invest in Bonds?

If you've been investing for many years and you've owned bonds, you've seen some pretty big changes on your financial statements. In 2000, the average yield on a 10-year U.S. Treasury security was about 6%; in 2010, it had dropped to slightly over 3%, and for most of 2020, it was less than 1%. That's an enormous difference, and it may lead you to this question: With yields so low on bonds, why should you even consider them?

Of course, while the 10-year Treasury note is an important benchmark, it doesn't represent the returns on any bonds you could purchase. Typically, longer-term bonds, such as those that mature in 20 or 30 years, pay higher rates to account for inflation and to reward you for locking up your money for many years. But the same downward trend can be seen in these longer-term bonds, too - in 2020, the average 30-year Treasury bond yield was only slightly above 1.5%.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC

Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

Among other things, these numbers mean that investors of 10 or 20 years ago could have gotten some reasonably good income from investment-grade bonds. But today, the picture is different. (Higher-yield bonds, sometimes known as "junk" bonds, can offer more income but carry a higher risk of default.) Nonetheless, while rates are low now, you may be able to employ a strategy that can help you in any interest-rate environment. You can build a bond "ladder" of individual bonds that mature on different dates. When market interest rates are low, you'll still have your longer-term bonds earning higher yields (and long-term yields, while fluctuating, are expected to rise in the future). When interest rates rise, your maturing bonds can be reinvested at these new, higher levels. Be sure you evaluate whether a bond ladder and the securities held within it are consistent with your investment objectives, risk tolerance and financial circumstances.

Furthermore, bonds can provide you with other benefits. For one thing, they can help diversify your portfolio, especially if it's heavily weighted toward stocks. Also, stock and bond prices often (although not always) move in opposite directions, so if the stock market goes through a down period, the value of your bonds may rise. And bonds are usually less volatile than stocks, so they can have a "calming" effect on your portfolio. Plus, if you hold your bonds until maturity, you will get your entire principal back (providing the bond issuer doesn't default, which is generally unlikely if you own investment-grade bonds), so bond ownership gives you a chance to preserve capital while still investing.

But if the primary reason you have owned bonds is because of the income they offer, you may have to look elsewhere during periods of ultra-low interest rates. For example, you could invest in dividend-paying stocks. Some stocks have long track records of increasing dividends, year after year, giving you a potential source of rising income. (Keep in mind, though, that dividends can be increased, decreased or eliminated at any time.) Be aware, though, that stocks are subject to greater risks and market movements than bonds.

Ultimately, while bonds may not provide the income they did a few years ago, they can have a place in a long-term investment strategy. Consider how they might fit into yours.

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Golden Eagles pull away from Plymouth in second half

GILFORD HOOP BOYS TAKE CARE OF BUSINESS IN AFTERNOON TILT



Plymouth's Parker Keeney (left) and Griffin Charland defend against Gilford's Malik Reese in action Saturday afternoon.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Plymouth boys' hoop team hadn't been together in almost two weeks before Saturday's game in Gilford. While the Gilford hoop boys had been together the last couple of weeks, the Golden Eagles had also endured a long layoff early in the season.

So, to say that both teams were eager to hit the court on Saturday afternoon was probably an understatement.

And while the Bobcats put up a good fight in the first half, the Golden Eagles proved to be too strong in the long run and they pulled away in the second half for the 69-39 win.

"We talk about playing for 32 minutes," said Gilford coach Rick Acquilano. "They're a good team and they challenged us and made us work."

"We were happy for the competition," he continued. "In the end, we get better by playing this game for sure."

"It's been crazy, we kept in touch every day, the point was to keep them engaged," Plymouth coach Mike Sullivan stated. "But the physical component of basketball is so important, that's why you practice."

"We ran out of gas in the second half," the Bobcat coach added. "They're (Gilford) a really good team."

Griffin Charland got the first hoop for the Bobcats but Malik Reese answered with two free throws for Gilford. Jake Crowley hit a hoop for Plymouth but Reese followed with a free throw and then hoops from Austin Normandin and Curtis Nelson put the Golden Eagles in front by a 7-4 score.

Zach Puga drained a



Jalen Reese goes to the hoop for two points against Plymouth on Saturday.

three for the Bobcats to tie the game at seven but Nelson hit a pair of hoops for Gilford, sandwiched around a hoop for Jalen Reese, giving the hosts the 13-7 lead. Isaiah Reese hit a free throw and Jalen Reese rounded out the first quarter with a basket, giving the hosts the 16-7 lead heading to the second quarter.

Nelson started the second frame with a hoop to push the lead to 11 but Parker Keeney answered with a hoop inside for the Bobcats. Isaiah Reese drained a three-pointer to stretch the Gilford lead to 21-9 but Plymouth battled back.

Crowley hit a hoop and then Kolby Kross drained a three-pointer and Crowley hit another hoop, cutting into the Gilford lead. The Golden Eagles got a hoop from Malik Reese but Crowley answered with a three-pointer for Plymouth. Jalen Reese got the final hoop of the first half, giving Gilford a 25-19 advantage at the half-

time break.

The Golden Eagles got off to a 14-1 start to kick off the third quarter, effectively sealing the win. Riley Marsh hit back-to-back baskets to start the frame and then Jalen Reese hit a hoop and Normandin hit a free throw. Charland got the Bobcats on the board with a free throw 3:20 into the quarter, but Gilford kept going.

Malik Reese hit a free throw and then Isaiah Reese sank consecutive hoops. A basket from Jalen Reese pushed the Gilford lead to 39-20 before Will Fogarty and Kyle Joyce drained consecutive three-pointers for Bobcats.

Marsh then hit a three to start a 9-0 run for Gilford to close out the quarter. Jack McLean hit a hoop, Jalen Reese hit two from the line and Nelson hit the last basket of the quarter to give Gilford a 48-26 lead heading to the final eight minutes.

The Golden Eagles got the first six points

of the fourth quarter on hoops from Malik Reese, Jalen Reese and Mitchell Pratt. Kross and Charland sank three-pointers sandwiched around a hoop from Jalen Reese and then Keeney hit two free throws. Isaiah Reese hit a three and a free throw and then Sam Cheek and Marsh hit consecutive hoops for the 64-34 lead.

Charland ended the Gilford run with a free throw for Plymouth but Gilford got a free throw from Alex Cheek and two from Sam Cheek and a hoop from Andrew Flanders. Plymouth got a three-point play from Brady Ciechon to close out the game, with Gilford getting the 69-39 win.

"Everybody is just trying to find their way through it," said Acquilano of the strange season thus far. "Both coaches said we're lucky to have great kids to work with."

"This was a great old-fashioned high school basketball game with both teams trying to push their will," the Gilford coach added.

"We talked about how we'd get punched in the mouth to start the third and we did," Sullivan said. "We knew it was coming."

"We can't win games with scores in the 70s, we have a chance to win in the 50s," the Bobcat coach added. "But the goal is to enjoy each other and be out here playing."

er and be out here playing."

Jalen Reese led the Golden Eagles with 16 points while Isaiah Reese putting in 12 points and Nelson adding 10. The Bobcats were led by Crowley with nine points.

Plymouth is scheduled to host Kennett today, Feb. 4, at 6 p.m. and next week take on Laconia, on the road on Monday, Feb. 8, and at home on Thursday, Feb. 11, both at 6 p.m.

Gilford is scheduled to visit Inter-Lakes today, Feb. 4, at 6 p.m. and takes on Kingswood next week, at home on Monday, Feb. 8, and on the road on Thursday, Feb. 11, both at 6 p.m.

GHS 16-9-23-21-69
PRHS 7-5-7-12-38

Gilford 69
Flanders 1-0-2, Nelson 5-0-10, I. Reese 4-2-12, Pratt 1-0-2, A. Cheek 0-1-1, Marsh 4-0-9, S. Cheek 1-2-4, M. Reese 2-4-8, Normandin 1-1-3, McLean 1-0-2, J. Reese 7-2-16, Totals 27-12-69

Plymouth 38
Cross 2-0-6, Joyce 1-0-3, Fogarty 1-0-3, Puga 1-0-3, Crowley 4-0-9, Charland 2-1-7, Ciechon 1-1-3, Keeney 1-2-4, Totals 13-4-38

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

VACCINES

(Continued from Page A1)

tance. People who are under 65 and have two or more listed medical conditions need to register through their healthcare providers. The list of conditions includes cancer, chronic kidney disease, COPD, diabetes, Down Syndrome, heart conditions (including coronary artery disease, heart failure, and cardiomyopathies), immunocompromised states, obesity (a BMI of over 30), pregnancy, and sickle cell disease. Healthcare providers will register eligible patients and sign them up for vaccine clinics through their respective healthcare organizations (locally these include LRGHealthcare, Huggins Hospital, Speare Memorial Hospital, and others). Those healthcare providers that have access to the vaccine can vaccinate their patients, while those who don't have access to the vaccine can refer them to a specific site through the system.

Others can also register through <https://vaccines.nh.gov> and 211. They can also go through their respective workplace and organization or through a vaccine clinic organized by the Regional Public Health Network. Vaccines in New Hampshire are available only to New Hampshire residents. The only exception is if someone who lives out of state but works at a business or organization in the state that makes them eligible, such as a healthcare worker, first responder, corrections worker, or

others. All others must register through their respective state of residence. Right now, vaccine registration in New Hampshire is going through the CDC's Vaccine Administration Management System (VAMS), though NH DHHS is transitioning to their own Vaccine Management System (VMS) Visiting <https://vaccines.nh.gov> will take people step-by-step through a registration process. After registering online for the vaccine, people will receive an email from vams@cdc.gov to complete the registration process. This is a legitimate email and should not be deleted or marked as Junk. If this email doesn't arrive in an inbox, check the Spam or Junk folder. For more information on the vaccine registration process and COVID-19 in the state, visit the state's official COVID-19 page at <https://www.nh.gov/covid19/index.htm>. For more information on the VAMS system and for questions on the process visit <https://www.cdc.gov/vaccines/covid-19/reporting/vams/index.html>. This contains a list of Frequently Asked Questions related to the registration, system, and appointment process. More information on the vaccine and state's vaccination process can also be found on a fact sheet through NH DHHS at <https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/vaccination-planning-faq.pdf>

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PET OF THE WEEK

This beautiful and sweet girl, hasn't yet learned that the world isn't scary. She will need a patient and understanding person to show her positive reinforcement, go at her pace and help her understand that things aren't so terrifying! Once Lucy warms up to you, holy moly is she just so excited and wants nothing more than to play, and be your best friend.

Lucy would do best in an adult only home and may not do well in a busy environment with frequent visitors. She would do well with a confident dog friend or two at home. Miss Lucy is a little fearful of cats, but may do well with a slow introduction and proper management.

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SWIMMING

(Continued from Page A1)

The relay team of Madison Heyman, Elise Bartley, Claire Bartley and Avery Totten came in second place in the lead-off event, the medley relay. Sikoski posted a pair of second place finishes in both the 200 freestyle and 100 freestyle. Malek posted a first place finish in the boys' 50 free with a time of 27.64. He came in second place in the 100-yard

freestyle. Taryn Wernig swam a 1:41.77 in the 100-yard breaststroke for a first place finish. Claire Bartley, Elise Bartley and Heyman captured second, third and fourth-place finishes in the 100-yard backstroke. Catherine Pingol and Jessica Gannon rounded out the event in third and fourth places. Pingol was the lead swimmer for the second-place relay team

that also included Wernig, Totten and Sikoski in the girls' 200 freestyle relay. Gilford girls came in second overall. Gilford finished behind Hollis-Brookline but finished ahead of Bishop Brady.

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



Claire Bartley swims in the breaststroke at the Concord Health Club.



Catherine Pingol swims the backstroke for the Gilford swim team.



Lauren Sikoski, Madison Heyman and Aidan Malek dive into the pool for Gilford.



Taryn Wernig grabs some air while swimming for Gilford recently.

LIBRARY

(Continued from Page A1)

from 11:30 a.m.-noon.

Another take home craft will celebrate Chinese New Year by making dragons and drums. Materials for "Chinese New Year Craft: Dragons and Drums" will be available for pickup at the library.

Kids ages three to 12 can make their own snow globe featuring the beloved beagle Snoopy on Wednesday, Feb. 17 with material pickup at the library.

Later in February the library will be offering a few outdoor activities.

The library and Gilford Parks and Recreation will have a Winter Wildlife Snowshoe Hike at Ramblin Vewe Farm on Friday, Feb. 19. Wendy Oellers-Fulmer and Ron Fulmer will lead the hike, which runs from 12:30-2 p.m. Sign up is required and Parks and Rec has a limited number of snowshoes. Call the library to reserve a spot on the hike and to reserve a pair of snowshoes.

Families are welcome on a Snowy Story Walk on Tuesday, Feb. 23. Meet at the library at 10:30 a.m. and Children's Librarian J'Lil-

lian Mello will lead the hike through the woods. Masks are required and winter gear is recommended.

The NH Humanities Council will present "Granite Gallows" on Tuesday, Feb. 23 with a presentation by Chris Benedetto on the history of the death penalty in New Hampshire. The presentation will take place over zoom at 5 p.m. Register at <https://us02web.zoom.us/join/register/tZErdu-oqDMtHNPAEKU-jpQerPaPqx3iN-W2D>.

The Gilford Public Library, the Parks and Recreation Department, and the Gilford Village Store will team up to present a virtual baking competition on Feb. 24 for "Nailed It! Gilford Edition." The contest is a version of the popular baking competition show. Gilford Village Store co-owner and baker Alex Fraser will show contestants how to bake a cake over Zoom and contestants will recreate the recipe. There will be one adult and one child (age eight and over) winner with prizes including a gift card to the Gilford Village Store and

a feature on the store's social media.

New Hampshire Humanities will present "Granite Gallows" on Tuesday, Feb. 23 with a presentation by Chris Benedetto on the history of the death penalty in New Hampshire. The presentation will take place over zoom at 5 p.m. Register at <https://us02web.zoom.us/join/register/tZErdu-oqDMtHNPAEKU-jpQerPaPqx3iN-W2D>.

Join children's librarian Maria Suarez on Facebook Live every Thursday at 10:30 a.m. for "Mother Goose on the Loose," a virtual storytime for babies and toddlers up to 3-years-old. The half-hour story time features nursery rhymes, songs, and a book.

Miss Maria also leads Bilingual Storytime on Tuesdays at 10:30 a.m. with stories and songs in English and Spanish.

Teen / Emerging Tech Librarian Hayden Jurius can be found on Twitch for interactive games. Gilford Library Games is on Twitch.tv under GPLHayden on Fridays from 3:30-4:30 p.m.

BRIDGE

(Continued from Page A1)

Public Works Director Meaghan Theriault spoke to the selectmen in the fall of 2020 about the state of the Summit Avenue bridge after getting opinions from some experts.

According to the Jan. 27 RFP, the three-span steel girder bridge was constructed in 1981, spans, 169 feet, and has a curb-to-curb width of 24 feet.

In November, Theriault said representatives from the Department of Transportation visited the bridge as did Mike Ferrari, Project Manager with the Evroks Cor-

poration; both gave the opinion that the expansion joints were in bad shape.

"The NHDOT rates the bridge deck as a 5 (fair) due to the failure of the compression joint seals on both ends of the bridge," reads the town's RFP. "NHDOT notes in their biennial bridge inspection report that the expansion glands have failed, joints have been patched and are leaking. NHDOT further notes that the concrete armor has spalled - broken off and fallen onto the wash below, and is ineffective."

Some temporary repairs were done on the expansion joints to get it through the winter with the plan to look at a bigger project starting in 2021.

The full RFP and list of specs can be found at https://www.gilfordnh.org/assets/municipal/10/RFP_Summit_Ave_Bridge_Rehab_Design.January_2021.pdf.

Bid specifications must be submitted to the town website or the Public Works office before 2 p.m. on Thursday, Feb. 18.

Lakes Region Lacrosse Club
spring registration is open

REGION — Lakes Region Lacrosse Club (LRLC) is calling all first-eighth grade lacrosse fans present and future to join their spring 2021 season. It's hard to imagine, but spring is right around the corner, and with it will come the opportunity for first through eighth grade girls and boys to head outside to play lacrosse, dubbed "the fastest game on two feet." LRLC offers US Lacrosse-certified coaches committed to providing a safe, organized and fun environment for all participants as they all anxiously await relief from the pandemic. LRLC's spring 2021 program is open to most towns around the Lakes Region, with Laconia being the notable exception as it has its own Laconia Lacrosse Club. LRLC is always looking for coaches/assistants looking to help create a positive experience as well. Check out www.lrlacrosse.org for registration info and other details.



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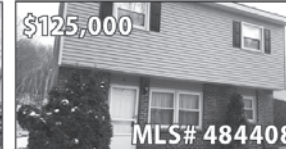
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HUNDREDS OF COLLISIONS

Local battle house fire on Weirs Road

On Feb. 1 at 3:16 a.m., Gilford and Laconia companies were dispatched to a reported building fire at 271 Weirs Rd. The fire was reported by an occupant, who awoke to smoke detectors sounding and smoke in the home. All occupants were able to leave the building, safely, prior to the fire department's arrival.

Based on a report of "fire showing" from Gilford Police, a 1st alarm was requested while the fire departments were still responding. Laconia's Engine 2 from the Weirs Station arrived on scene to find fire showing from an ell between the main house and the garage. They immediately stretched a line and knocked down the fire. Gilford's Engine 3 arrived and stretched additional lines into the building. Crews were

able to stop the fire as it begun to extend into both the main house and the garage. Overhaul was extensive as many ceilings and walls had to be pulled and cut to access numerous void spaces that contained hidden fire. A water supply was established at Misty Harbor's Barefoot Beach and tankers shuttled water to the scene. 2nd and 3rd alarms were requested for additional manpower. Firefighting was difficult due to the building construction and also icy conditions due to the cold weather.

The large residence was occupied by 5 people and had hard-wired smoke detectors, throughout.

Gilford Fire Chief Stephen Carrier stated, "This was a great stop. Unfortunately, there is a lot of damage, but the home was built in 1830 and it has been renovat-

ed and upgraded a number of times. These are tough buildings to fight fire in. Smoke detectors alerted the occupants and provided early notification – giving us a chance to stop the fire before it became even worse."

Three engines, a tanker, an ambulance, a Utility, and two command vehicles responded to the scene from Gilford along with an engine, a ladder, and two chiefs from Laconia. Additional Mutual Aid was received from Belmont, Meredith, Tilton-Northfield, Sanborn-ton, Franklin, Alton, Barnstead, Center Harbor, Holderness, New Hampton, and Loudon. Gilford Police assisted at the scene; as well as NH DOT and Gilford DPW. Sandwich and Meredith EMS covered the Gilford Station and handled a medical emergency in Town during the fire.



Red Cross was contacted to provide housing assistance to the displaced occupants.

There were no injuries and no damage to any other buildings or vehicles. Damage is estimated to be at least \$350,000.

The cause of the fire is under investigation. There was significant fire damage to the ell and a rear apartment. Fire also extended into the second floor and attic of the main house and into the upper level of the garage. There is extensive smoke and water damage throughout the structure.

Chief Carrier also

stated, "We really appreciate the support from our mutual aid partners. This was a labor-intensive fire in very cold weather. Everybody pitched in and did a great job."

Most companies were clear of the scene by 7:30 a.m. One engine remained on scene to continue to check for hot spots.

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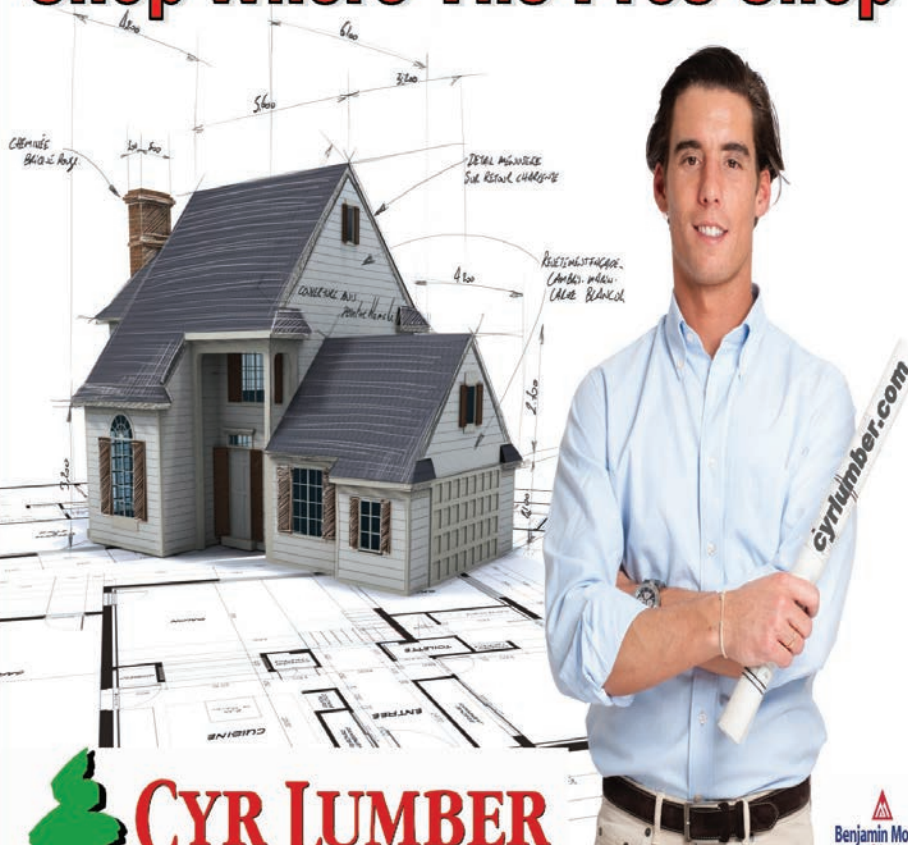
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