

Gilford Steamer

THURSDAY, DECEMBER 26, 2019

GILFORD, N.H.

Library hosts a sweet competition

BY ERIN PLUMMER
mnews@salmonpress.news

Kids took part in some creative holiday fun with a little friendly competition involved at the Gilford Public Library's annual gingerbread house decorating.

Every year, the library hosts decorating sessions for different age groups. Kids in preschool and elementary school decorated houses made from graham crackers glued to a cardboard base that was similar to a milk carton. Middle school students decorated houses made from salt dough. Kids were given icing and a variety of candies to decorate their houses with.

The library's annual gingerbread house building took place in



ERIN PLUMMER

The finalists of the gingerbread decorating competition on Thursday: Grayson, Charlotte, Josiah (the winner), Ryan, Eila, and Yao Yao.

multiple sessions for different age groups. There were two preschool sessions, one with the Holiday Extravaganza featuring a storytime with Mrs. Claus. Kids could also make a bird feeder and write letters to Santa. Children's librarian Maria Suarez said the Holiday Extravaganza was a huge success with a lot of kids coming out.

There were also two elementary school sessions, including one on Thursday.

This year's decorating included a little friendly competition. A panel of judges went around to each of the houses and gave out a bag of goodies to the winner. A number of finalists were also rec-
SEE GINGRBREAD PAGE A8

Registration open for GYC programs in early 2020

BY ERIN PLUMMER
mnews@salmonpress.news

With the holidays almost over the new year just a week or so away, registration is open for a number of Gilford Youth Center programs starting up in January.

The GYC has a number of different programs for kids and teens that are open for registration, though they tend to fill up quick.

A new session of Junior Chef will run

from Jan 14-Feb. 11. Students in grades 1-4 can take part in the five-week program every Tuesday from 3:15-5 p.m. Kids will learn different culinary skills such as ingredients, using kitchen tools, and different cooking techniques as well as other topics like kitchen safety and the use of math and science in an everyday way. The class is \$65 for the five ses-
SEE GYC PAGE A7

Conference draws school officials from across the state

BY ERIN PLUMMER
mnews@salmonpress.news

Educators from school districts across the state met at Gilford High School for a roundtable discussion on "Portrait of a Learner" to trade ideas on how to implement this required program.

On Dec. 12, around 45 people representing 12 school districts met for a roundtable discussion at the GHS library on the best ways



ERIN PLUMMER

Educators from around the state engaged in roundtable discussions regarding the "Portrait of a Learner" program at a conference hosted by the Gilford School District.

Gilford Library offers holiday activities for all ages

BY ERIN PLUMMER
mnews@salmonpress.news

The Gilford Public Library has been the place for people of all ages to have some holiday fun, including some fun activities for adults and teens.

In the past few weeks, the library scheduled a number of different fun activities for kids, teens, and adults.

All day Thursday, the library hosted a holiday recipe swap. A box was set up where people could leave recipes and make copies of different recipes left there. There were recipe cards available and people could make photocopies of recipes. People could also use the recipe cards to write down recipes they found in books.

Assistant director Kayleigh Thomas said this activity was in place of a cookie swap as many people are busy and don't have time to bake. This way people could try out and share different recipes.

That night people could make ornaments out of book pages.

Every month, the library also hosts Book Bites Cookbook club, a



ERIN PLUMMER

Making an ornament with book pages was one activity that adults (and some kids) could take part in at the Gilford Public Library.

cooking demonstration of different food items from books.

There were a number of activities for teens as well. Teens had their own gingerbread house decorating session, though the gingerbread houses were made from salt dough. Students from the elementary and middle schools also took part in a "Code Your Hero" activity that brought out 80 kids. All month long, the

library has been hosting Donation December collecting donations of items and money for the New Hampshire Humane Society. People could make donations in place of paying fines, though Teen/Emerging Technologies librarian Mark Thomas said a number of people who didn't have fines were still donating.

Mark Thomas said a lot of the different ideas for holiday programs

were ones library staff were already familiar with and had seen at other libraries. He said they will also come up with ideas for things they want to do themselves.

He said the list of activities is always changing and there is always something new to offer.

"We get to see people enjoying themselves and learning which is very satisfying as a li-
SEE ACTIVITIES PAGE A7

to come up with a "Portrait of a learner" program for their schools and share ideas.

GHS Principal Anthony Sperazzo said "Portrait of a Learner" is meant to be the overall skills necessary to teach students to be ready for high school, college, career, and their lives overall. "Portrait of a Learner" is the way those skills should be embedded in different lessons and units so that the students master those attributes.

The New England Association of Schools and Colleges (NEASC) is requiring that schools in their area have a "Portrait of a Learner" plan as part of the 10-year accreditation process. NEASC will be visiting Gilford in 2020 and Sperazzo said the district will be reviewed on how it is implementing 21st century learning skills.

Starting this trimester Gilford has been piloting a "Portrait of a Learner" program and providing students the opportunity to engage in the four aspects of a plan. As this is a pi-

lot program, Sperazzo said students won't be assessed on these aspects this year.

Gilford's "Portrait of a Learner" aims are to, "Be more intentional about fostering...21st century skills our young people need to thrive in this complex, rapidly changing world," "A chance to engage our 'larger community' to develop a 'collective vision that articulates the community's aspirations for all students,'" "To 'provide a strategic direction' and a 'collective vision' that is 'locally developed, but globally positioned' and that 'reinvigorates and re-engages students, teachers, and community stakeholders,'" and, "To support students in becoming successful for 'college, career, and citizenship.'"

"Since it's so new to New Hampshire we figured let's learn from everybody else where each school district is at, what it looks like," Sperazzo said. "We are in all different areas, very few schools have
SEE CONFERENCE PAGE A8

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

All of us here at the Gilford Public Library wish you a very happy holiday and happy New Year! We hope that you and yours enjoy these festive couple of weeks. Be sure to stop in and say hello, grab something to read or watch with the family, or just warm up by the fire. Please note the library's holiday hours when planning your visit. We look forward to seeing you soon!

Classes & Special Events Dec. 26-Jan. 2

Thursday, Dec. 26
NO EVENTS. Library open from noon-8 p.m.

Friday, Dec. 27
Bridge, 10:30 a.m.-12:30 p.m.
PJs and a Movie, 10:30 a.m.-noon

Is your child already bored of playing with their new toys? Do you they need a change of scenery? Bring them over in their pajamas

to enjoy a movie and snacks with us! Movie to be shown is "Abominable."

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

Monday, Dec. 30
Mahjong, 12:30-3 p.m.

Tuesday, Dec. 31
Hook Nook, 10-11

a.m.

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

Closed at 1 p.m. for New Year's Eve

Wednesday, Jan. 1

Closed for New Year's Day

Thursday, Jan. 2
Conversational French, 4-5 p.m.

MARK ON THE MARKETS

Absence of value



BY MARK PATTERSON

Any fee in the absence of value is too high. I'm referring specifically to fees regarding your investments, whether it is a fee that you are fee-only advisor charges, fee and commission advisor

charges, registered rep or insurance representative. Whether we are in the business of charging fees for advice, fees for asset management or commission and fees for product, the fee should be made known and very transparent to the client.

The registered representative or financial advisor, as many call themselves, typically sells product such as loaded mutual funds, or variable annuities which all have commission and ongoing fees attached. Mutual funds with an A share designation usually charge an upfront commission

and an ongoing management and marketing fee known as a 12b1 fee. So using a fund from a very popular broker sold fund family, you might pay a 5.75 up front commission, and close to 1% management and marketing expense of which the broker may receive .25 basis points in what is called trail commission. Other shares of mutual funds that are designated as C shares may have little or no commission upfront but provides a 1% annual trail to the broker. The client usually pays about 1.75 percent to the fund company. These fees are not a line item charge but they are extracted from the return to the client.

That same registered representative may have a fee platform to manage your assets. Investment advisors that are fee-only will manage assets for a predetermined fee based on the assets under management. So for the sake of this example, let's say your asset management fee is 1% annually. Then you must determine if there are any additional fees or expense for any mutual funds or exchange traded funds that are being used inside the management platform that has a 1% asset management fee already in place. Even if the advisor is using advisor class funds, that tend to have lower fees, you are still looking at probably 50 to 100 basis

points for a managed mutual fund. So, all in you may be at one and a half to 2 percent.

What I have seen in client accounts more recently, are third party asset managers. These TPAM's charge a fee that may be split with the advisor who is using this TPAM, because the advisor may not have the skill to manage the money "in house" or they do not want to spend the time. The fee that you pay to these advisors is usually more than double what you would pay an Asset Management firm. This fee can have major consequences to your portfolio over time.

Variable annuities sold by registered reps can have fees that approach 4 percent. The compounded annual total return for the S&P 500 over the last 15 years including dividends has been just over 4 percent. It has been my experience that most advisers whose business is made up primarily of fee-based or fee-only typically try to use very low cost mutual funds or exchange traded funds to keep the overall fees low to the client.

My advice to you, the client, would be to find out what the advisor plans to use in your account to manage your money, what the typical fees would be for those funds or if they're going to use individual stocks and bonds before you

SEE **MARKETS** PAGE A7

Gilford Public Library
Top Ten Requests

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

THE GILFORD STEAMER:
The next best thing to word of mouth advertising!

MEET YOUR SALES REPRESENTATIVE

TRACY LEWIS

603-616-7103

Call Tracy today at (603) 279-4516 ext. 182 or e-mail tracy@salmonpress.news

Our advertisers trust us, our readers trust our advertisers!

www.salmonpress.com



Gilford Steamer


WWW.SALMONPRESS.COM
(603) 279-4516

A SALMON PRESS PUBLICATION
STEAMER STAFF DIRECTORY

ADVERTISE WITH US ADVERTISING EXECUTIVE Tracy Lewis (603) 575-9127 tracy@salmonpress.news	SEND US YOUR NEWS AND PICS Moments@SalmonPress.news	PRESIDENT & PUBLISHER FRANK G. CHILINSKI (603) 677-9083 frank@salmonpress.news	EDITOR BRENDAN BERUBE (603) 677-9081 brendan@salmonpress.news
TO SUBSCRIBE OR FOR SUBSCRIPTION SERVICES: SAM LOVETT (603) 677-9085 sam@salmonpress.news	TO FAX THE STEAMER: CALL (603) 279-3331	BUSINESS MANAGER RYAN CORNEAU (603) 677-9082 ryan@salmonpress.news	SPORTS EDITOR JOSH SPAULDING (603) 941-9155 josh@salmonpress.news
TO PRINT AN OBITUARY: E-MAIL: er.in@salmonpress.news	TO SUBMIT A LETTER TO THE EDITOR: E-MAIL: brendan@salmonpress.news	OPERATIONS DIRECTOR JIM DiNICOLA (508) 764-4325	PRODUCTION MANAGER JULIE CLARKE (603) 677-9092 julie@salmonpress.news
TO SUBMIT CALENDAR ITEMS: E-MAIL: brendan@salmonpress.news		DISTRIBUTION MANAGER JIM HINCKLEY (603) 279-4516	

USPS 024967

The Gilford Steamer is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals, postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to the Gilford Steamer, P.O. Box 729, Meredith, NH 03253.



Help Wanted
Wakefield School District
SAU 101

The Wakefield School District is seeking to fill the following positions:

- **School Bus Driver** – CDL School Bus certification preferred
- **Special Education Paraprofessionals** – Full time, certified paraprofessionals preferred
- **ABA Tutor** – full time, Paraeducator II certification required as is experience working with students with autism
- **Custodian** – Full or part time

Health and medical insurance, paid time off and other benefits offered depending upon position. For more information on these jobs, visit the SAU website at www.sau101.org > Employment Opportunities, and to apply, download a Support Staff Application and submit a completed & signed application by mail to the Wakefield School District, SAU 101, 76 Taylor Way, Sanbornville, NH 03872, or via email it to info@sau101.org. Applications are also available at the SAU office, Monday – Thursday, 8 a.m. to 4 p.m. and Fridays from 8 a.m. to 2 p.m.



TEXTING AND DRIVING
MAKES GOOD PEOPLE LOOK BAD.

STOPTEXTSSTOPWRECKS.ORG



Give the gift of nature-experiences

An exciting new year of programs coming to Prescott Farm

LACONIA – Make the holiday season extra special for everyone on your ‘nice’ list by giving the gift of experiences in nature. With flexible membership plans, plenty of returning favorite programs, and exciting new offerings, Prescott Farm can help you and the ones you love create a new nature connection in the new year.

Give the gift of membership

Prescott Farm strives to help residents and visitors of the Lakes Region make connections with nature every day - and now it's easier than ever to share those connections with the ones you love. Stumped holiday shoppers can give the gift of Prescott Farm Membership.

A membership to Prescott Farm provides a wide array of benefits, including access to more than 140 Community Connections Programs for free or at reduced rates, discounts on Wild-Quest Nature-based Day Camps, and invitations to exclusive members-only events. Nine membership levels allow gift givers to choose the perfect level for the lucky folks on their holiday list.

Popular favorites and exciting new programs



COURTESY

Make the holiday season extra special for everyone on your ‘nice’ list by giving the gift of experiences in nature. With flexible membership plans, plenty of returning favorite programs, and exciting new offerings, Prescott Farm can help you and the ones you love create a new nature connection in the new year.

Beginner Snowshoeing kicks off the month on Saturday, Jan. 4, 2020; 9-11 a.m. This is the perfect opportunity for adults who are new or returning to snowshoes and looking for a little guidance. Prescott Farm educators will cover the

basics of snowshoeing and take it slow.

Explorers of all ages will have a blast during Snowshoe Fun & Games, a new program kicking off on Saturday, Jan. 11; 1-3 p.m. Games and challenges perfect for fun-seekers of any age

and any snowshoe experience level.

Artists of all experience levels will want to join Prescott Farm for the debut of a brand new series on Saturday, Jan. 4; 1-3 p.m. During Painting at Prescott Farm: Winter Wonders,

educators will provide instruction on painting and the natural world as participants take inspiration from the beauty of Prescott Farm. Materials will be provided.

Later in the month, Prescott Farm welcomes back one of the most popular programs of 2019, Snowshoe Yoga. In this unique and peaceful snowshoe experience, participants are in nature as they practice yoga in snowshoes, are guided through a walking meditation, and are introduced to shinrin-yoku, or “forest bathing.” Guest instructor Kate Kretschmer’s adaptable style is per-

fect for individuals of all yoga and snowshoe levels. The series kicks off on Saturday, Jan. 25; 1-2 pm. (Pre-registration for Snowshoe Yoga is highly recommended.)

Every season of 2020 is bursting with exceptional programs to help residents and visitors to the Lakes Region connect with nature. In addition to the programs above, additional programs in January include:

Full Moon Snowshoe Walk (Friday, Jan. 10; 6-8 p.m.)

Farm to Table Cooking: Winter Squash SEE **PRESCOTT** PAGE A7



COURTESY

Children smile from ear to ear as they pose for a picture with Santa.

LRMHC is awarded MVSB Bank Fund Grant

LACONIA — Lakes Region Mental Health Center (LRMHC) is the recipient of a \$25,000 grant awarded by the Meredith Village Savings Bank Fund which makes grants every year to local non-profits that make a significant impact upon the lives of people. The grant-making process seeks to benefit a wide range of environmental, social, educational, economic development, cultural, arts and historic projects throughout the local region.

The primary challenge facing almost every healthcare provider is having adequate service delivery capacity to support timely and effective access to treatment. In an era of integrated healthcare reform, access to treatment is even more critical. In the next few months, LRMHC will be implementing a new initiative; SAME DAY ACCESS which is an engagement strategy whereby organizations offer an assessment on the same day it is requested by the consumer, without a scheduling delay or waitlist, resulting in an eradication of consumer no shows for assessments. LRMHC has contracted with MTM Services, who has helped 800 publicly funded, private not-for-profit and private for-profit physical and specialty healthcare providers and state departments in 46 states, Washington, D.C. and two foreign countries, manage transformational change and increase capacity to deliver critical services to the most vulnerable populations.

“Implementing SAME DAY ACCESS will significantly improve our capacity to serve more individuals who are in need of services,” said Maggie Pritchard, Chief Executive Officer for LRMHC. “We will be able to offer blocks of time when patients are invited to walk in and have an intake assessment completed by a clinician and at least one goal of the treatment plan based on the patient’s presenting problem. The patient then leaves the office with a therapy appointment and a psychiatric evaluation appointment (if warranted). The grant funds will be used to support the purchase of technology needed to automate current paper workflows, the investment of IT resources needed to rewrite code, build Electronic Medical Record (EMR) integration programs and conduct data mapping for the project and conduct all-staff and management training on new data processes,

procedures and outcome measurement protocols.”

“Meredith Village Savings Bank has been a long-time supporter of the important work that we do at LRMHC and we are grateful for their contribution to organizations like ours that provide support for individuals and families in challenging circumstances,” said Pritchard.

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, 7 days a week, to anyone in the community experiencing a mental health crisis, regardless of their

ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 524-1100 or visit the Web site at www.lrmhc.org. Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.

Holiday magic surrounds Family Resource Center

LACONIA — It was a night to remember for local families around the Lakes Region. Children lined up with their lists and waited in anticipation for their shopping elf to take them to the gift selection room. The annual Family Fun Night held on Monday, Dec. 9 provides children the opportunity to select gifts for their family members at a penny sale held at Lakes Region Community Services in downtown Laconia.

The event, which takes weeks to organize, is not just for the kids. Entire families enjoyed getting their pictures taken with Santa, creating holiday crafts, dancing to live music by Don

Bergeron, and eating a wonderful catered dinner, courtesy of Fratello’s in Laconia. Family Fun Night grows year after year, this time setting a record at 197 children and 140 adults in attendance.

“The local community comes together in such a fantastic way to support this event,” said Erin Pettengill, Vice President of the Family Resource Center. “Staff, volunteers, local businesses, and community partners provide these children with a holiday full of joy and support. From the gifts that were donated to the volunteers who gave their time to make this night so special, we would not be able to do this without them.”



Ossipee Owl

Used Books and MORE!
603-539-4296

“Hand-Made”

**Tree Skirts • Table Runners • Lap Quilts • Pot Holders
Hot Mats • Doll Clothes • Spoon Bracelets**

Used Books!! Lots of ‘em

COOKBOOKS 1/2 off

OPEN: Wednesday - Saturday 9:30 - 5:00
#485 ROUTE 16, OSSIPEE, NH “NEXT TO Big Moose RV”



**Sweeps • Stonework
Brick Repairs • Liners
Caps • Installations
Fire Place Makeovers**



603-520-7217

BETTER BUSINESS BUREAU
Fully Insured

STRATEGIES FOR LIVING

When God is in control

BY LARRY SCOTT

The attempted impeachment of the President of the United States is, for many of us, an embarrassing commentary on the partisan self-interests of American leadership. This is the third time the nation has had to endure the impeachment of a sitting President and this endeavor seems to be more of a political vendetta than a search for justice.

But presupposing – and this is a presupposition that remains to be seen – the effort does not succeed this is more than likely to insure a second term for our beleaguered President. Whether that is good or bad is, again, a matter of personal opinion.

As the affairs in Washington unfold toward a final resolution in January, many of us are praying that we can soon put all of this behind us. America needs an active congress, and it is hoped our legislators will soon be able to get back to the business for which they were elected.

And I remain optimistic for I am convinced that, even in affairs of State, God is in control. Jesus invited His disciples to pray, “Thy kingdom come, thy will be done, on earth as it is in heaven.” Yes, heaven is also interested in matters of State, and without passing judgment on the merits of the case against our President, I suspicion God has been far more involved in the process than some might think.

And what I believe to be true for our nation has been true in my own experience as well.

If you have followed me in this column, you

know that for me life has been no walk in the park. Being a Christian is no cop-out from the pressures of life. We must all live within the mortal framework of our existence. Accidents happen, the unforeseen takes us by surprise, and we do stupid things that get us into deep trouble. We’d rather make our own decisions, serve our own interests, and hope the consequences will be to our good.

But I am fortunate in that I have been influenced by my Christian heritage. Yes, there are limits to my freedom. I cannot always do as I please. But don’t misunderstand; I am neither bragging nor complaining. I have taken the easy way out. Were it not for heaven’s oversight, I would have self-destructed long ago.

When God is in control, and this is my point, “all things,” to quote the Apostle Paul in the New Testament, “work together for good to them that love God.” We do not despair for we know we have not been forgotten. Heaven knows where we are and what we are going through. God is more than able to bring good from evil, to turn our scars into stars, and to give us a song in the night.

How thankful I am to know that, when God is in control, sooner or later, He will give us, as per the prophet Isaiah, “a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair.”

What an honor it is to be in the control and protective care of the Living God!

For more thoughts like this, follow me at indefenseoftruth.net.



COURTESY

Lions donate holiday baskets

Members of the Laconia-Gilford Lions Club continued their annual Christmas tradition of gathering food in holiday baskets to donate to disadvantaged families in the community. Each overflowing basket included canned and non-perishable items, along with a ham and a chicken. Pictured are club members (from left: Nancy O’Connor, Lois Smith, Lori Chandler, Bill Chandler, Jaimie Caldwell, Matt Soza, Jacob Caldwell, Marilyn Brown, Corey Kingsborough, Kathryn Kingsborough; in front: Ryan Kingsborough, Jamison Caldwell and Jayde Caldwell). The Laconia/Gilford chapter invites new members (528-2663) to help with the causes they support which includes sight and hearing aid assistance, college scholarships for local students, food pantries, area youth sports programs and more.

NORTH COUNTRY NOTEBOOK

Rudolph with your nose so bright, how’d you get so far that night?



By JOHN HARRIGAN
COLUMNIST

So, here we are on Christmas Day, or the day after, depending on where you live and how badly you want to read the paper. Santa has probably come and gone. One of the day’s big challenges is explaining about the cookies.

When I was much younger, back when our parents really and truly hung a blanket above

the stairway to prevent us from seeing what was under the tree, I had a big problem figuring out Santa.

This was when we had grandparents in Littleton and Lisbon, and there was no way I could figure out how a sled and a string of reindeer could make it from our house in Colebrook all the way 80 miles downriver to Cottage Street and onward, now Donner, now Blitzen, to the road to Landaff. This is not quite when I decided to stop believing in Santa, but I was beginning to have my doubts. It was a story increasingly full of holes, perhaps shot with the pair of realistic six-guns I found under the tree one year.

They were Authentic Gene Autry Six-Guns, too, with realistic met-

al-casing rubber bullets and rolls of caps to fire. Today, it’s a safe bet that sets of toy six-guns are hard to find as proper gifts for children. It’s the stuff of memories and the occasional column.

But you know, here is where the Hunter Safety training kicks in, as well as stern lessons we learned from hunters at camp. Never, ever point a gun at anyone. I’ve seen grownups flinch at even a toy gun, including me. And always assume that your gun, any gun, anywhere and whatsoever, is loaded.

+++++

There was a time, back when I was cooking Christmas breakfast for what seemed like a Cecil B. DeMille cast of thousands, that I’d take great

delight in putting a tape of what I always called Manhattan Steamroller (Mannheim Steamroller) into the big boom-box and playing it at full volume to wake everyone up. Even the kids do not look back at this as a fond Christmas tradition.

I had a bone-handle three-time fork I deployed as an excellent bacon-turner, and in fact still have it. It’s the same fork my grandfather White used, or at least I think it is. It’s a fond Christmas story that came close to crashing down when I found what was supposed to be a set of four such forks far back in a drawer at the family farm, with one fork missing. Sometimes it’s not a good thing to go poking far into the way-back of drawers.

SEE NOTEBOOK PAGE A7

Send us your letters!

We seek your input! Tax rate got you down? Glendale too congested for your liking? Do you approve of a recent selectmen decision? Hate the paper? Love the paper? Let us know!

Send your letters to:

Gilford Steamer
5 Water Street • Meredith, NH, 03253

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

Power Outage Tips

BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM’s may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts



BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

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

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

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

• Some seniors develop sensitivity to environmental factors affecting sleep, including noise and temperature.

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

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

In addition, seniors

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

• Inadequate rest affects mood– Not getting a full night of sleep can cause irritability, stress, problems with concentration, and mood swings. Long-term sleep deprivation can lead to cognitive

issues and depression.

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

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

SEE COMFORT PAGE A8

RE/MAX Bayside holds successful toy drive

MEREDITH — The staff and associates of RE/MAX Bayside and Bayside Rentals would like to thank everyone who has so generously donated to the 2019 Toys for Tots program. “We feel very strongly about helping to make every holiday special for the youth in our area,” said Chris Kelly.

Bart Merrill, local Toys for Tots Coordinator, said, “This year the donations have been more generous than ever for our area children. We could not be more thankful to everyone who has contributed to make this Christmas special for so many young people.”

Toys for Tots sup-



COURTESY

Toys received for the Annual Toys for Tots open house held on Dec. 5.

Roaring ‘20’s New Year’s Eve Party to benefit Belknap Mill

LACONIA — The Belknap Mill and Tavern 27 are pleased to announce that they will co-host a Roaring 20’s themed New Year’s Eve Soiree at the Belknap Mill, 25 Beacon St. East, Laconia NH, to ring in 2020. Proceeds of the party will benefit programming at the Belknap Mill.

The team from Tavern 27 is beyond thrilled to transform the third floor of the Belknap Mill into a Roaring 20’s Speakeasy to host a party the likes of which Laconia hasn’t seen in a hundred years.

“The biggest question we have gotten so far is ‘Why not just have your regular party at the tavern?’” Leslie Judice, co-owner and chef of Tavern 27, states.

She goes on to explain that Ray (Simanson, Jr., co-owner of Tavern 27) wanted to host a New Year’s Eve event larger than the tavern could accommodate to bring the community together to celebrate the new era of the 20’s, an easy excuse for an extraordinary party.

A few of the amazing venues Laconia has to offer came to mind, but the couple decided on the Belknap Mill for several reasons. “The Belknap Mill is an extraordinary piece of Laconia history and is centrally located. Not sure how many people realize this but the Mill

is the oldest, largely unaltered, brick textile mill in the country and was partially responsible for kicking off the Industrial Revolution. Bonus for us and our event team, the event space is absolutely magnificent!” says Judice. She goes on to state “The architecture is timeless and provides such an incredible setting for any event, I am hoping to showcase the space so that more of our community can see what a treasure we have here for events in Laconia”. Judice further states that they knew it was the perfect place when they learned the Belknap Mill was constructed in the 1820’s, bringing the 20’s themed event into a 200-year full circle. The couple was even more pleased when the opportunity to collaborate with the Mill by using the event as a fundraiser to support the historical, artistic and educational programs that the Belknap Mill provides to our community. “Serendipity in full force!” Judice exclaims.

“We are delighted to be collaborating with Tavern 27 and are grateful that proceeds from the event will help to support our programming. Many years ago, the Mill would host a New Year’s Eve Gala and we hope this event will become a new tradition!” stated Karen Prior, Ex-

ecutive Director of the Mill.

The event will take place at the Belknap Mill in downtown Laconia. Included in the regular price of admission is entrance to the party, exquisite dining, dancing, a champagne toast at Midnight, party favors and a host of amazing memories. Judice and the culinary team from Tavern 27 have contrived an extravagant smorgasbord to accommodate guests with any dietary preferences. There will also be a full bar available as well as 1920’s inspired cocktails and mocktails. Guests are encouraged, but not required, to dress up in themed attire from the 1920’s, think Great Gatsby style. There will be a Photo Booth set up to capture the moments. There will also be a New Year’s Resolution Station to inspire partygoers to revel in the new year. Larry Frates, the Artist-in-Residence at the Belknap Mill will be present to do a limited number of caricatures. The event planners

also have a few surprises up their sleeves to be revealed the night of the event.

“We are limiting the number of tickets so that there is plenty of room for mingling, dancing and good times. We are so excited to be well over the half way point to maximum capacity, so I highly encourage people to purchase their tickets immediately if they are interested in attending,” states Judice.

There are a few sponsorship tables of varying levels still available for corporate sponsors or for friends that want to support the event as a group. The event coordinators are also requesting items for a Silent Auction to benefit the Belknap Mill.

Purchase tickets at www.tavern27.com. More details are there as well or by visiting tavern 27, 2075 Parade Road Laconia, or calling 528-3057. Silent Auction items can be dropped off at the Belknap Mill with Program and Operations Director, Tara Shore.

plied seven million children with toys last year. It’s one of the top rated charities, with 97 percent of donations going to toys, books and other gifts to less fortunate children. 3 percent is spent on support to cover fundraising expenses. Not one donated dollar goes to pay for salaries

or any other manpower costs.

RE/MAX Bayside and Bayside Rentals are some of the region’s busiest drop off locations. For more information about the Toys for Tots program call RE/MAX Bayside’s Meredith Office at 279-0079 or e-mail info@baysidenh.net.

Everyday Living and Diabetes

LACONIA — Are you or someone you care for living with diabetes? Would you like to learn ways to better manage and live well with this disease? If so, this class is for you!

This free four-week class will be offered on Wednesdays from 9:30 - 11:30 a.m. beginning Jan. 8, and on Tuesdays from 12:30-2:30 p.m. beginning Feb. 4. Both classes will be held at Lakes Region General Hospital.

Those attending this class will learn skills for living a healthy life with diabetes. Learn to set goals for improving your diabetes with topics including manag-

ing blood sugar levels, healthy eating, physical activity, relieving stress, and more.

For more information on this class, future sessions or to register please call LRGHealthcare Community Education at 527-2948.

LRGHealthcare is a not-for-profit healthcare charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRGHealthcare’s mission is to provide quality, compassionate care and to strengthen the well-being of our community.

Forest Pump & Filter Co.

Serving The Greater Lakes Region Area for Over 50 Years

WE DO IT ALL

WELL DRILLING

PUMP SYSTEMS

FILTERS

Family Owned Business for 40 Years

CALL FOR SERVICE

FOREST PUMP & FILTER CO., INC.

603-332-9037

Paid Advertisement

Edward Jones: Financial Focus

Time for Some New Year’s Financial Resolutions

Have you thought about your New Year’s resolutions for 2020? When many of us make these promises, we focus on ways we can improve some form of our health. We vow to get more physically healthy by going to the gym, or we promise to improve our mental health by learning a new language or instrument. But it’s also important to think about our financial health – so it’s a good idea to develop some appropriate resolutions for this area, too.

What kinds of financial resolutions might you make? Here are a few suggestions:

- Increase your retirement plan contributions. One of the best financial moves you can make is to take full advantage of your 401(k) or similar employer-sponsored retirement plan. If you contribute pre-tax dollars to your plan, the more you put


in, the lower your taxable income will be for the year, and your earnings can grow on a tax-deferred basis. So, if your salary goes up in 2020, increase the amount you put into your plan. Most people don’t come close to reaching the annual contribution limit, which, in 2019, was \$19,000, or \$25,000 for those 50 or older. You might not reach these levels, either, but it’s certainly worthwhile to invest as much as you can possibly afford.- Use “found” money wisely. During the course of the next year, you may well receive some money outside your normal paychecks, such as a bonus or a tax refund. It can be tempting to spend this money, but you may help yourself in the long run by investing it. You could use it to help fund your IRA for the year or to fill a

gap in another investment account.


- Don’t overreact to market downturns. You’ve probably heard stories about people who lamented not getting in “on the ground floor” of what is now a mega-company. But a far more common investment mistake is overreacting to temporary market downturns by selling investments at the wrong time (when their prices are down) and staying out of the market until things calm down (and possibly missing the next rally). The financial markets always fluctuate, but if you can resolve to stay invested and follow a consistent, long-term strategy, you can avoid making some costly errors.
- Be financially prepared for the unexpected. Even if you’re diligent about saving and investing for your long-term goals, you can encounter

obstacles along the way. And one of these roadblocks could come in the form of large, unexpected expenses, such as the sudden need for a new car or some costly medical bills. If you aren’t prepared for these costs, you might have to dip in to your long-term investments to pay for them. To prevent this from happening, you may want to keep sufficient cash, or cash equivalents, in your investment accounts. Or you might want to maintain a completely separate account as an emergency fund, with the money kept in low-risk, liquid vehicles. If possible, try to maintain at least six months’ worth of living expenses in this account. It will take some effort but following these resolutions could help you move closer to your financial goals in 2020 – and beyond.

Devon Sullivan
Financial Advisor
164 NH RTE 25
Suite 1A
Meredith NH 03253
603-279-3284
Fax 844-644-4469
devon.sullivan@edwardjones.com



This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.



Member SIPC

Jacqueline Taylor
Financial Advisor
3 Mill Street
PO Box 176
Meredith NH 03253
603-279-3161
Fax 866-532-8685
jacqueline.taylor@edwardjones.com



Tanger Outlets donation to benefit LRGHealthcare breast health initiatives

TILTON — Tanger Factory Outlet Centers, Inc. announced today that the company raised a total of \$17,518.33 in the Lakes Region as a result of the 26th annual Pink Campaign and Tanger-FIT 5K Run/Walk, to benefit patients receiving care at the Anderson Ganong Cancer Center at LRGHealthcare.

“For the last 26 years, Tanger Outlets has been making a difference in the lives of those affected by breast cancer on a local and national level,” said Eric Proulx, General

Manager of Tanger Outlets in Tilton.

“Our success story can only be written with the support of our local and national retailers, area businesses and our shoppers, so we are eternally grateful for our expansive support system,” added Proulx.

The 2019 Pink Campaign was celebrated across 40 Tanger Outlet Centers in the United States and Canada. Beginning in September, customers were able to purchase a PinkCard to save 25 percent off on a

single item at participating stores. Purchases of the unlimited savings card benefitted breast cancer programs in local communities, such as the Anderson Ganong Cancer Center at LRGHealthcare, as well as nationally through the Breast Cancer Research Foundation (BCRF), the nation’s highest-rated breast cancer organization. Additionally, the Tanger Outlets in Tilton held their 11th Annual TangerFIT 5K Run/Walk in September which contributed to this year’s total donation.

“On behalf of our patients, providers and staff at LRGHealthcare I thank everyone at Tanger Outlets in Tilton, the Tanger Family, and the many community supporters who came out to support the Tanger 5K and Pink campaign this past fall,” states LRGHealthcare President & CEO Kevin W. Donovan. “It takes all

SEE **DONATION** PAGE A8

Taylor Community presents musical performance by the Rockin’ Daddios

LACONIA — The music of the 1950’s and ‘60’s conjures up many special memories for those of us commonly referred to as Baby Boomers. The Rockin’ Daddios bring back some of the best-loved songs of this era, with the accent on harmonies and fun.

Join us Monday, Jan. 6 at 6:30 p.m. at Taylor Community’s Woodside Building for a free musical performance by Lakes Region residents Jim Rogato, Bo Guyer, Angelo Gentile and Drew Seneca – the Rockin’ Daddios. These men have been performing together in various shows and reviews for well over 10 years. Collectively, their community theater experience spans six decades!



The Rockin’ Daddios

Come enjoy a variety of songs including, Book of Love, Little Star, Wake Up Little Suzie, The Lion Sleeps Tonight, Walk Like a Man and Sherry. All are guaranteed

to warm your heart and bring a smile to your face. Follow Taylor Community on Facebook to keep up with all our free, public events. Visit www.taylorcommunity.org, or call 366-1400 for more information about this premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.

Integrated health care delivery projects make a difference locally

REGION — It may seem like an alphabet soup of acronyms, but abbreviations such as DSRIP, IDN, and CHSN represent an important shift in how health and social service providers are delivering care and striving to improve health for residents in the Central New Hampshire and Winnepesaukee Regions.

Since 2016, New Hampshire has used federal funding from the Centers for Medicare and Medicaid Services (CMS), available under New Hampshire’s Section 1115 Delivery System Reform Incentive Payment (DSRIP) transformation waiver, to work on new and better ways to address critical community health needs through projects that deliver integrated physical and behavioral health care.

Responding to the alarming rise of substance misuse and overdose, as well as continual difficulties in accessing behavioral and mental health services, the five-year DSRIP demonstration program focuses on providing resources to states for regional projects that address these health crises by working to expand capacity, reduce gaps in care transitions and integrate physical and behavioral health care. Regional health and social service provider partners, working together at every level of health care delivery, form the basis of change. Although the DSRIP programs’ primary target is New Hampshire Medicaid members, changes being made to the regional health service delivery system are having a positive impact on all residents.

Acknowledging the power of locally-identified community health needs and plans for successful change, DSRIP funds are distributed through the State to seven New Hampshire regions. Each region has developed an Integrated Delivery Network (IDN), a group of health and social service partners that committed to working together to understand the issues facing that region’s Medicaid population, developed project plans to bring services together in a coordinated way, and have been acting on those plans for three years now.

The Central New Hampshire and Winnepesaukee Regions were combined and identified

in NH’s seven-region structure as Integrated Delivery Network Five (IDN5). Geographically, IDN5 spans northern Merrimack, Belknap, and southern Grafton counties and includes the towns of Alexandria, Alton, Ashland, Barnstead, Belmont, Bridgewater, Bristol, Campton, Center Harbor, Danbury, Ellsworth, Franklin, Gilford, Gilmanton, Groton, Hebron, Hill, Holderness, Laconia, Lincoln, Livermore, Meredith, New Hampton, Northfield, Plymouth, Rumney, Sanbornton, Thornton, Tilton, Warren, Waterville Valley, Wentworth, and Woodstock.

The IDN5 commitment to partnership relationships working for positive change resulted in the formation of Community Health Services Network (CHSN) LLC. In an effort to provide “whole-person” care, CHSN includes members and affiliates from all areas of the community such as hospitals, primary care, mental and behavioral health, home health and hospice, recovery support, public health, counties and various other social or community services. CHSN, synonymous with IDN5, is comprised of thirty-one partner organizations in total.

For participation in the DSRIP program, each IDN participates in six projects, three of which are required projects determined by CMS, and three of which were chosen by each IDN to address that region’s specific issues. The three required projects are designed to address behavioral health workforce capacity development in NH, health information technology infrastructure to support integration, and integrated healthcare.

The IDN5 region-specific projects include “Community Re-Entry for Justice Involved Adults and Youth with Substance use Disorder (SUD) or Significant Behavioral Health Issues,” “Expansion in Intensive SUD Treatment Options,” and “Enhanced Care Coordination for High-Need Populations.” All of these projects use extensive team structures and systems to create region-specific solutions. The team model addresses various areas in people’s lives that affect their physical

SEE **HEALTHCARE** PAGE A7



COURTESY

Celebrating the season

The Congregational Church of Laconia UCC, 18 Veterans Square, Laconia, celebrates the birth of Jesus with a life-size Nativity Scene which is lit in the evenings. Christmas Eve services at the church are at 5 and 11 p.m. (special music begins at 10:30 p.m.).



Dining & Entertainment

LAKES REGION



“Really-Aged” Cheddar Cheese

vintage May 2017

Free Samples

Fine Gourmet Items • Pure Maple Products

Horseradish, Muffalietta, Hot Pepper, and Sage Cheeses

Harman’s Smoked Cheddar & Many New Products

Saturday Special:

Free Cup of White Mt Gourmet Coffee

Ship 2 Pounds of

Harman’s Really-Aged Cheddar Cheese

with Westminster Cracker Squares

Gift-Wrapped for the Holidays

Only \$32.95 to anywhere in the USA

Harman’s Cheese & Country Store

1400 Route 117 ~ Sugar Hill, NH 03586

Open Monday-Saturday, 9:30am to 4:30pm

Phone: 603-823-8000

www.HarmansCheese.com

SUGAR HILL, NEW HAMPSHIRE

CORNER HOUSE

RESTAURANT & BAR

Thank You

Jane & Don Brown

FOR 39 YEARS

OF DEDICATION

to Sandwich, NH.

Lexi Welcomes

You to Explore

Sandwich...

Visit Us on Facebook & Instagram

for Our Weekly Events.

22 MAIN ST, CENTER SANDWICH, NH 03227 (at RT. 109 & 113)

PHONE: 603-284-6219



GYC (Continued from Page A1)

sions. Kids at Gilford Elementary School can take the #1 bus to the GYC right after school. The classes will be held in the kitchen of the Gilford Community Church next to the GYC. Kids will receive an apron and are asked to bring a snack and drink. The GYC's Half Day, Let's Play after school program for early release days will continue on Jan. 8. Each session will run from 1-4 p.m. will have hands

on activities from a different theme. The next sessions will be on Jan. 8 and 29, Feb. 12, March 18, April 8, and May 6. The program is \$30 per child and \$40 per sibling. Registration is required. The GYC will continue to hold its Daily Drop-In program after school from 2:30-5 p.m. This is a free program for kids in grades 5-12. The Lakes Region Elite Basketball program will be starting spring sessions in early 2020. Tryouts for

the Lakes Region Elite Lakers competitive travel team will be held on Feb. 1 for boys in Grades 5,6,7, and 8 and girls Grade 7. The spring season costs \$275 per player and the teams will play games across New Hampshire with a game in Maine. For registration forms and more information, visit www.gilfordyouthcenter.com or contact director Scott Hodsdon at 524-6978.

ACTIVITIES (Continued from Page A1)

brarian," Mark Thomas said, "and in all things there's a connection to literacy, especially in children's program-

ming." Kayleigh Thomas said she liked the variety in the different activities.

"Everything changes every week, which is what I like," she said. "We're always doing something different."

PRESCOTT (Continued from Page A3)

Soups (Saturday, Jan. 11; 10 a.m.-noon) New series! Discover Nature: Animal Tracking (Saturday, January 18; 9:30-11:30 a.m.) New series! Wilderness Survival: Winter Shelters (Saturday, Jan. 18; 1-3 p.m.) New series! Homeschool: Winter Series (begins Wednesday, Jan. 22; 1:30-3 p.m.) Which program is right for you? A complete calendar of programs and de-

scriptions - along with a guide to physical demands and recommended ages - can be found on the Community Connections Program page of the Prescott Farm website - prescottfarm.org. Registration for programs throughout 2020 are open now, giving guests the chance to plan ahead. Pre-registration is not required but highly recommended because many programs reach capacity well before the program date. Additional ques-

tions and inquiries should go to Andie Hession, School & Community Programs Director, ahession@prescottfarm.org or 366-5695. Prescott Farm -exploring and preserving the natural world, one adventure at a time.

MARKETS (Continued from Page A2)

really concern yourself of what the asset management fee would be, because any fee in the absence of value is too high. I have also seen some financial advi-

sors charge a "financial planning" up-front fee for nothing more than an asset allocation! Work with a Fiduciary advisor who will work for you!

Mark Patterson is an advisor and portfolio manager with an MHP asset management and can be reached at 447-1979 or Mark@MHP-as-set.com.

NOTEBOOK (Continued from Page A4)

Every seven or eight years, Christmas falls on a Wednesday, the very worst day for anyone publishing a weekly newspaper. The boss wants to give the crew time off for whenever it'll do the most good. But he also has to handle the telephone calls the next morning from people who are mad about their papers being late. There's no such thing as a win in this

scenario, except being glad that people want their paper badly enough to call and complain.

should, all year-'round-Merry Christmas. And next week, along with the usual list of resolutions I have absolutely no intention of keeping, it'll be "All the best for 2020, and beyond."

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

HEALTHCARE (Continued from Page A6)


and mental health, such as employment, education, housing, transportation, legal issues, childcare, and social isolation. Simply stated, CHSN members and affiliates are working hard so that individuals and families in the region are able to identify early on what they need, get connected to resources in a timely fashion, and live a healthier life. Progress is measured throughout the program, with an eye to the future for optimal community and population health. Strategies that are already working are maintained and expanded. Personnel, services, and systems are added in new ways, as partnerships and projects have matured into 2019 and beyond. CHSN has demonstrated significant advances in all six of its projects to date. Some of these include the creation of an inter-agency Care Coordination Team with 18 member organizations, Belknap County Department of Correction's implementation of the Supportive Community Re-Entry Program, expanding intensive

SUD treatment options with multiple additions of qualified professional counseling service providers at the outpatient level, a Community care team that works closely with patients who have a high utilization of local Emergency Departments, enhanced access to Medication Assisted Treatment, improvements to regional information technology systems to support integration for improved patient care and much more. For more information, watch for planned future CHSN articles where provider partners and CHSN staff will share details about specific projects and agency involvement, as well as client impact stories of positive experiences and outcomes in individual lives and communities served by the program. Additional information on the 1115 DSRIP waiver can be found by visiting <https://www.dhhs.nh.gov/section-1115-waiver/index.htm> or for more information on CHSN, visit <https://www.pphnh.org/special-initiatives/integrated-delivery-network-idn/>.


PET OF THE WEEK

Waiting for a forever home since November 5, 2019

Mindy came to us as an owner surrender through no fault of her own. At 13 years old, she is patiently awaiting the right family to give her the retirement home she deserves! She is very friendly and loves the attention of people. She could do okay with another older mellow cat, but would prefer to be the only cat in the home if possible. Mindy does have asthma, and is currently on medication to help control it. You can ask our adoptions staff more about her medical care if you are interested in adopting. If she sounds like the one for you, contact Joanna at 603-524-3252 ext. 3312 for more information on how to take her home!




MINDY



NH Humane Society

Over a century of love for those without a voice.

1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539



How to Submit Obituaries & Announcements To Salmon Press Publications

Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.

Obituaries can be sent to: obituaries@salmonpress.com

Wedding, engagement, and anniversary announcements are welcome at: weddings@salmonpress.com

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

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



Here Comes the Guide!

2020 New Hampshire Weddings & Parties Guide

Published: February 13, 2020

Sales Deadline: January 15, 2020

- Full Color on Every Page
- Limited Availability

Please Book Your advertising EARLY!

Contact us today to reserve your advertising space!

Call Tracy or Lori at 603.444.3927

tracy@salmonpress.news • lori@salmonpress.news



CONFERENCE

(Continued from Page A1)

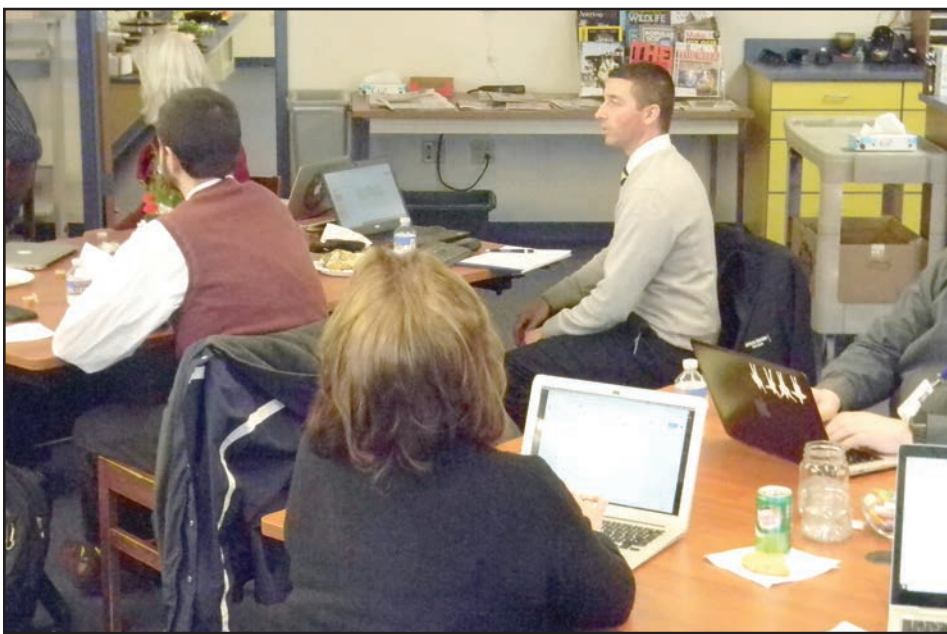
totally implemented it.”

Gilford hosted an afternoon conference and invited schools around the state to attend. This year Gilford also hosted a similar roundtable discussion on intervention blocks: scheduled school blocks that let students get deeper into learning during the day when they don't have the time after school to do it.

“It’s a chance to engage our larger community to help develop a collective vision that articulates the communities’ aspirations for all children,” Sperazzo said.

The conference took place Dec. 12 in the GHS library where around 45 representatives from 12 different school districts across the state attended including Inter-Lakes, Plymouth Regional, Shaker Regional, Farmington, ConVal, Berlin, Kearsarge, Lebanon, Bow, Goffstown, Pinkerton Academy, and Gilford itself.

As “Portrait of a Learner” is mostly being implemented in high schools, most



Gilford High School Principal Anthony Sperazzo leads discussion during the “Portrait of a Learner” conference on Dec.12 at GHS.

of the representatives came from high schools. A few districts are using this program district-wide a few came from elementary schools including Inter-Lakes Elementary School and Sandwich Central School.

“We’re here because our district started this process as a whole district,” said ILES principal Kathleen Hill.

Hill said when they saw this conference at Gilford, “we went, ‘We want to go to this.’”

At the conference

Sperazzo said staff from the different school districts tend to work in their own silos and this was a good opportunity to hear from each other and steal some ideas.

The conference utilized menti.com to poll attendees on different questions, including how far their districts are in implementing Portrait of a Learner. There were a number of discussions and group activities with districts sharing where they are on Portrait of a Learner and getting ideas.

GINGERBREAD

(Continued from Page A1)

ognized.

“Everyone did an awesome job,” said judge Nicole Hogan.

The overall winner at Thursday’s session was nine-and-a-half-year-old Josiah.

He said he especially liked trying out different things.

“(I) love to try different designs and stuff,” Josiah said.

He said he was happy to win.

Suarez said she



Around 45 educators from 12 different New Hampshire School Districts attended Gilford’s “Portrait of a Learner” conference.

Sperazzo said this was a great opportunity to learn from colleagues.

“We definitely got some ideas on how

other schools are implementing this and how we can tweak it to make it fit for our Gilford learners,” Sperazzo said.

COMFORT

(Continued from Page A4)

with an increase in risk of breast cancer.

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

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

- Being mindful about eating habits—Alcohol, spicy foods, caffeine and a diet high in sugar can all cause sleep issues. Eating and drinking close to bedtime can also be a problem for some –

rather than having a full meal before bed, it’s better to have a light snack or warm milk.

- Creating an individualized sleep plan—Changing nighttime routines, and daily activities, can have an impact on sleep. It’s important for people to find out what works for them and create a schedule that they stick to – consistency is key! Some people find that more physical activity during the day helps them sleep better. Others find that napping during the day makes it harder to sleep at night, while some aren’t affected. Meditation before bed, a warm bath or reading time at night can all be part of a sleep plan, if they help.

Comfort Keepers® Can Help

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

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

today.

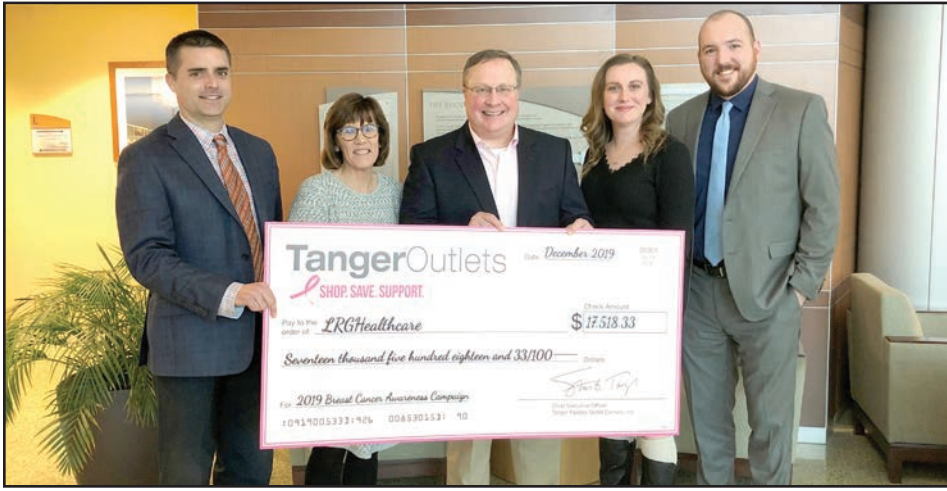
About Comfort Keepers

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

DONATION

(Continued from Page A6)

(Right) Tanger Outlets in Tilton recently presented a check for more than \$17,000 to LRGHealthcare to benefit patients receiving care in the Anderson Ganong Cancer Center at Lakes Region General Hospital. Pictured left to right: Tanger Outlets General Manager, Eric Proulx; LRGHealthcare Vice President of Clinical Support Services, Marge Kerns; LRGHealthcare President & CEO, Kevin W. Donovan; Tanger Outlets Office Administrator, Justine Ellis and Tanger Outlets Associate Assistant General Manager, Chris LaBranche.



again be named their local beneficiary.”

LRGHealthcare is a not-for-profit healthcare charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical

providers. LRGHealthcare’s mission is to provide quality, compassion-

ate care and to strengthen the well-being of our community.

Kids decorate their own gingerbread houses at the Gilford Public Library.

loves the amount of joy this activity brings the kids. She said this is one of the happy activities that she knows the kids will remember through their lives.

“They’ll look back

fondly at making gingerbread houses at the library,” Suarez said.

Suarez said this was all made possible by the Friends of the Library and help from volunteers.

PENNY CANDY SHOP

GOING ON VACATION

50% OFF EVERYTHING SALE

6 DAYS ONLY
DECEMBER 26 - 31, 2019

FUDGE • CHOCOLATES • TRUFFLES • SPECIALTY CANDY
GUMMIES • LICORICE • PICK AND MIX • JELLY BELLIES
AND MORE!

On Vacation from January 1-January 31, 2020;
Reopening on February 1, 2020
with all New Inventory

15 North Main Street, Durgin Stables, Wolfeboro, NH
603-569-9800

Like us on Facebook

No Hassle. No Frills. No Cover Charge

NYE 2020 PARTY

- DJ KEVIN AT 9PM
- INTERACTIVE PHOTO BOOTH AREA
- AWESOME PARTY FAVORS
- FOOD & BEVERAGE SPECIALS
- CHAMPAGNE TOAST AT MIDNIGHT

For event menu visit patrickspub.com/NYE

patrickspub.com • (603) 293-0841 • 18 Weirs Rd. Gilford, NH 03249

KITCHEN ENCOUNTERS

Exceptional Cabinetry for the most Discriminating Taste

KraftMaid
KITCHENS FOR THE REAL LIVING ROOM™

603-366-9933 • Route 3, 730 Endicott Street • Laconia, NH

Everyone goes through a tribulation or two when doing a new kitchen.

We can create a kitchen that reflects who you are. We will go to great lengths to make everything from concept to installation go as smoothly as possible.

Call our kitchen and bath design professionals for an appointment today!

Lakers hang tough, but Gilford gets the win

BY BOB MARTIN

Bob@Salmonpress.news

MEREDITH – The Inter-lakes boys' basketball team hosted Lakes Region rival Gilford on Wednesday night, and while the Lakers hung around and came within four points, the Golden Eagles were able to fend off the young Laker squad

for a 49-30 win.

The first quarter was a back-and-forth battle for the first five minutes, with the game tied at 5-5 with five minutes remaining and only a one-point game in favor of Gilford with three minutes on the clock. This is when the Golden Eagles took off on an eight-point run to

end the quarter thanks to some strong defense and good finishes by sophomore guard Riley Marsh, who had a steal and back-to-back quick baskets to make it an 18-9 game.

The second quarter was a defensive battle to start, with both teams scoreless for the first three minutes. Gilford



BOB MARTIN

Jalen Reese shoots off a pass against the Lakers in a win on Wednesday.

benefited from the strong defensive play by Jalen and Malik Reese, while Gwen Carranza of the Lakers also made some good stops. With two minutes to go Harrison Hicks nailed a three-pointer to make it a 21-14 game, but the half ended with Gilford holding a 25-15 lead.

There were several chances where the Golden Eagles appeared they would take off and put the game out of reach, but the energetic Lakers were pesky and made Gilford work for every bucket and foul shot.

The Lakers came out in the third quarter with a spark and outscored Gilford 8-7 to end the quarter at 32-23. Then the Lakers

went on a quick five-point run to start the final quarter, highlighted by a corner three by Hicks and a quick layup to follow. Gilford had a 32-28 lead with 6:45 left, and the Lakers were surging with hopes of a comeback win. The Golden Eagles responded by dominating the rest of the quarter going on a 17-2 run to close out the win. Connor Sullivan was the star of the quarter, as he had 11 of his game high 24 points.

Malik Reese played well defensively and was key on the boards, while also putting up eight points. Logan Hughes pitched in with seven points while Marsh had five points in the game.

Gilford was without its top player in Adrian Siravo, so getting a win against a quick, athletic team in a tough court to play in was big in the early season for Gilford. Coach Rick Acquilano was happy to walk away with the win, but admitted there is plenty for his Golden Eagles to work on.

"I think we have a long way to go to get better," said Acquilano. "This was a good test. These guys are scrappy, but we've got to play better. I think our free throws hurt us and we had trouble finishing inside. It's hard to complain about the defense as we gave up only 30 points but at the

SEE HOOPS PAGE B6

Bretton Woods
Ranked #12 Ski Resort in the World by Condé Nast Traveler.

PHOTO TAKEN 12/17/19

UPCOMING EVENTS brettonwoods.com/calendar

LAST CALL FOR SEASONAL PROGRAMS Check out a variety of seasonal programs for adults & kids. Act fast - deadlines approaching! brettonwoods.com/seasonal-programs

RACE SERIES TO KICK OFF IN JANUARY Grab some friends or strike out on your own for the Friday night Fireball Series starting January 3 or Monday Saloon Series starting January 6. brettonwoods.com/racing

SPECIAL OFFERS brettonwoods.com/specials

DECEMBER 25 Our gift to you, hit the slopes on Christmas Day for just \$50, or Nordic skiers can get 2-for-\$21 trail passes. Open 10am-4pm.

DECEMBER 26-31 POWDER & PASTA Ski or ride from 4pm-close and enjoy a pasta dinner for \$29. Or hit the slopes starting at 2pm for \$53.

\$110 ZIP & SKI Hit the slopes then soar above them for one low price.

LOCAL'S SPECIALS Visit brettonwoods.com/locals for exclusive deals for our neighbors!

Offers may not be combined, restrictions & black-out dates may apply. Residency qualifications apply for Local's Specials. Events & activities subject to change without notice. Valid during 2019-20 ski season.

OMNI RESORTS
mount washington | new hampshire

Route 302, Bretton Woods, New Hampshire • (603) 278-8989 • brettonwoods.com



TURN YOUR PASSION INTO A CAREER

OPEN HOUSE
Express

January 8th, 4pm-7pm

- ✓ Apply for Admission
- ✓ Schedule your Classes
- ✓ Apply for Financial Aid
- ✓ Tour the Campus & Student Apartments

What's your passion? Great careers start at Lakes Region Community College, and with more than 40 degrees and certificates to choose from, we can help you get started. Our students will tell you what they love about LRCC the most is the small town feel. They'll also tell you that we get to know our students and support them every step of the way for their time spent here – and beyond.

Come see for yourself. Attend our Open House Express and see what's possible. Complete the entire admission process and schedule classes on the spot...and there's NO application fee!

Don't wait to take the next step toward your career!

Pre-Register
Online &
Save Time



LAKES REGION
COMMUNITY COLLEGE
379 BELMONT RD,
LACONIA, NH 03246
(603) 524-3207



LAKES
REGION
COMMUNITY
COLLEGE



Town-to-Town CLASSIFIEDS

www.salmonpress.com | 603.279.4516
Call to place your ad today or visit our website!



Misc. For Sale

OLD NH FISH and Game, ca. 1890, bearing laws, penalties and seasons on moose, caribou, furbearers, fish, etc. measures 12"x18"/ May be seen at the Coos County Democrat, 79 Main St., Lancaster, NH. Price, \$4; if mailed, \$10. Call 603-788-4939 or email lori@salmonpress.news

Lost & Found

Found Ads

Are published Free of Charge.
30 words for 1 week.

Lost Ads

Are Charged at our regular classified rates.

Call Toll Free

Mon-Fri 8:00-4:00
1-877-766-6891

or go to
www.salmonpress.com
24/7

Still Lost!

Shane - Shetland Sheepdog
White/Tan/Black
10 Years old
We are hoping someone may have him or have seen him?
-Lost in Laconia NH-
August 27, 2016
Do not chase. Old and New Leads appreciated.
For more info see
www.facebook.com/shaneshetlandsheepdog

Call Owner 603-365-1778
or Granite State Dog Recovery
1-855-639-5678

Thank-You

Our line ad classifieds are on our website!

www.salmonpress.com

is the place to check our weekly classifieds online!
More great coverage and information from the

**Salmon Press
Town To Town
Classifieds!**

Why place your ads anywhere else?
1-877-766-6891

Thank you for browsing
**The Town To Town
Classifieds** in the

Gilford Steamer

Publication Rates (30 words)

\$12 - 1 Week
\$20 - 2 Weeks
\$27 - 3 Weeks
\$36 - 4 Weeks

Call Our main Call Center
1-877-766-6891
Mon-Fri 8:00-4:00

or place online 24/7 at
www.salmonpress.com

Deadline:
Monday 10:30 am

Pets/Breeders

LOW COST SPAY/NEUTER

Mobile Feline Fix It Wagon,
Cats \$70-\$85. Dogs at Conway clinic, starting at \$100. NH and Maine income qualified plans. Military discounts. Rozzie May Animal Alliance, a dedicated spay/neuter nonprofit. Sign up on line www.RozzieMay.org or call 603-447-1373

General Help Wanted

GSIL is seeking dependable and caring individuals to assist our consumers in their homes to help them maintain independent living. As a PCA, you will help with personal care, light housekeeping, meal prep, laundry and errands, making a difference in someone's life. Pay is \$10.25-\$10.75/hr. Please contact Ashley at (603) 568-4930 or atruong@gsil.org for more information. A background check is required. GSIL is an EOE

General Help Wanted

Mountainside Landscape Inc. is now accepting applications for a full time mechanic. Must have experience working on trucks, heavy equipment and boats. Must be able to obtain a medical card. Please call Jim at 603-455-5700 or email mtnsidelandscape@roadrunner.com to set up an interview.

Mountainside Landscape Inc. is now accepting applications for an experienced plow driver. Must have CDL and current medical card. Must be willing to work nights and weekends as needed. Excellent pay for the right person. Please call Jim at 603-455-5700 or email mtnsidelandscape@roadrunner.com to set up an interview.

Lawn/Garden

Clean Out Services

We have openings for yard and culvert clean-ups. Call us to clean up and take away your brush, downed trees, and damage from winter storms. We help with cellar and garage clean-outs too. Winter is the perfect time to get a head start on that spring cleaning! Call Kevin from SummerScape at 812-5721.

Real Estate



Equal Housing Opportunity

All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal

"to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, r an intention to make any such preference, limitation or discrimination."

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call HUD toll free at 1-800-669-9777

For The Washington DC area, please call HUD at 275-9200.

The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call

**The New Hampshire
Commission for Human Rights**
at 603-271-2767

or write

The Commission at
163 Loudon Road,
Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographically errors, etc. hereincontained. The Publisher reserves the right to refuse any advertising.

Legal Notices

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



3 EASY WAYS TO PLACE YOUR CLASSIFIED LINE ADS!

EMAIL:

classifieds@salmonpress.news

ONLINE:

www.salmonpress.com

PHONE:

(603) 279-4516

Advertise your:

Items for Sale, Jobs, Vehicles,
Pets, Real Estate, Apartments,
Summer Rentals, Services & more.
We have categories for everything!

From the Lakes Region to
the Great North Woods.

**START YOUR
AD TODAY!**



Place Your Classified Line Ads ONLINE!

24-Hours A Day • 7-Days A Week

www.salmonpress.com

To place your classified line ad, please call our TOLL FREE number: 1-877-766-6891

TOWN•TO•TOWN CLASSIFIEDS



Help Wanted

Town of Gilford

P/T Recreation Program Assistant

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

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



Now Hiring!

Full Time
Laborers
Site Foreman
Heavy Equipment Operators
Truck Drivers

We offer Competitive Salary based on experience
Health Insurance Benefits, Paid Vacation and Paid Holidays
Must have Valid Driver's License and OSHA 10 Card
Pre-Employment Physical and Drug Screen Required
Call Us at (603)539-2333
Email Resume to info@integrityearthworks.com
Or find our Application online at integrityearthworks.com



Upper Connecticut
Valley Hospital

JOB OPPORTUNITIES

*SIGN ON BONUS!

Full-Time

*RNs

with two years' experience

Additional Full-Time Opportunities

Coder
Radiologic Technologist

Physical Therapist
Ultrasound / Echo Technologist

Per-Diem Opportunities

RN
Materials Mgmt. Technician

LNA
ED Technician

APPLY ONLINE

WWW.UCVH.ORG

Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603)388-4236
ucvh-hr@ucvh.org
EOE



Tuba City
Regional Health Care Corporation

Have a Career that Changes Lives

Live and work on the beautiful Navajo Reservation,
near national parks and forests, canyon country,
ski area a day trip away.

The unique community of Tuba City offers a culturally rich
environment and a rewarding career in an underserved area.

Emergency Physicians

CAREERS

- Very close, collaborative medical staff
- Loan Repayment Program through NHSC
- \$25K Sign-on bonus with 2-year service commitment

To learn more about Tuba City Regional Health Care Corporation, call our
Human Resources at 928-283-2432 or e-mail TCRHCHRR@TCHEALTH.ORG

WWW.TCHEALTH.ORG

SHAKER REGIONAL SCHOOL DISTRICT

FULL-TIME YEAR-ROUND GROUNDS

Shaker Regional School District has an opening for a full-time, year-round, grounds worker to perform grounds work. Hours are 6:30 am – 3:00 pm, with a half-hour lunch. Must be reliable, have the ability to work independently and follow written and verbal instructions. Our full time positions qualify for our comprehensive benefit package including health, dental, life, long-term disability and paid sick, personal and holidays.

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



GIVE THE GIFT OF NEWS



Berlin Reporter
Meredith News
Littleton Courier
Record Enterprise
Coös County Democrat
Granite State News
Carroll County Independent

SUBSCRIBE TODAY!



Call 877-766-6891 or
go online to activate
your Subscription
www.SalmonPress.com



REAL ESTATE

LISTINGS APPRECIATED
27 South Main Street • Wolfeboro, NH
603-569-0101
www.wolfeborobayrealestate.com

SOLD
We Represented Buyers

Moultonboro Waterfront features Southwestern exposure, over 4,000 sq ft of finished living space, level lot, magnificent views, private dock, gazebo, fireplace, 4 garage bays, impressive landscaping and stone work. **\$1,999,000**

SOLD
We Represented Buyers

The Broads of Wolfeboro! 110 ft of Lake Winni water frontage with a 4200 sq ft contemporary and gambrel garage. The home features floor to ceiling windows, breakwater, sandy perched beach and wooded privacy. **\$1,695,000**

SOLD
We Represented Buyers

Wolfeboro Neck Contemporary! A stunning home with remarkable craftsmanship that has all the bells and whistles, 4 bedroom suites, 3 finished levels featuring a chefs kitchen, wood floors, fireplace and 2 bay garage. **\$749,000**

SOLD
We Represented Buyers

Mirror Lake Cottage! Year round and 3 bedrooms with a bunkhouse and 2 car garage is the perfect getaway. Private with lovely views and a dock. **\$480,000**

Visit our new "live" webcam at: www.wolfeborocam.com

Camelot HomeCenter
ALWAYS OPEN DAILY • 10 TO 6 SATURDAYS & 10 TO 5 SUNDAYS

<p>NEW 14 WIDES</p> <p>Sale Price \$36,995 56' 2 Bed</p>	<p>Sale Price \$39,995 64' 2 Bed, 2 Bath</p>
<p>Sale Price \$41,995 68' 3 Bed, 2 Bath</p>	<p>Sale Price \$69,995 72' 3 Bed, 2 Bath</p>

DOUBLE WIDES

<p>\$64,995 Was: \$70,000 48' 3 Bed, 2 Bath Display Home Only #31002</p>	<p>\$69,995 Was: \$79,000 48' 3 Bed, 2 Bath #3342</p>	<p>\$79,995 Was: \$96,000 56' 3 Bed, 2 Bath Drywall Home - One Only #30259</p>
---	--	---

SEE OUR AD AT WWW.CM-H.COM - HOMES FROM COLONY, NEW ERA, & TITAN

<p>\$87,995 38x26 Sunny Cape</p>	<p>\$128,995 1,900 sq. ft. 2 Story 1st Floor Master Bedroom</p>
---	--

\$139,995
56x28 Cape You'll love the kitchen and incredible bathroom! Plus extra space upstairs!

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?
Rt. 3, Tilton NH, exit 20 on Rt. 1-93 across from Lakes Region Factory Mall WWW.CM-H.COM

CLASSIFIED
A-D-V-E-R-T-I-S-I-N-G
an idea that SELLS.

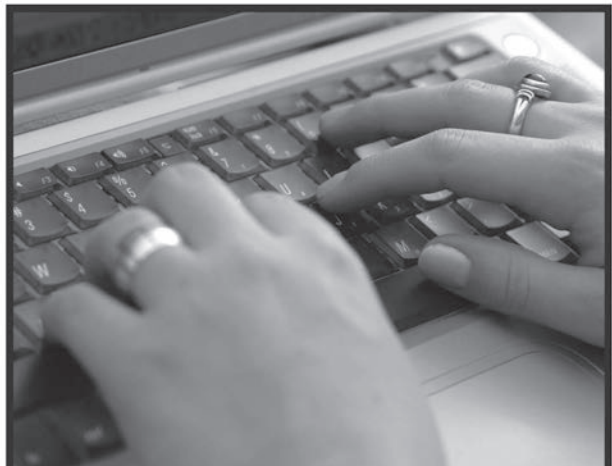
**55 Plus MODEL HOME
OPEN SUNDAY 12 to 2**

\$169,995

Come and take a look!

**Garage, Porch, Appliances
*10% down - 25 years at 6%**

Call Kevin - 603-387-7463
Mansfield Woods, 88 North, Rt. 132, New Hampton, NH
Directions: Rt. 93, exit #23. Right for 1/2 miles, left at post office for 800'



You can now place your
**CLASSIFIED
LINE ADS
ONLINE!**
**24-Hours A Day
7-Days A Week**
Visit:
www.SalmonPress.com
For more information or to place your ads TODAY!

ROCHE REALTY GROUP

*Wishing you the best for the holidays and the
new year from all of us at Roche Realty Group*

Meredith Office: (603) 279-7046 • Laconia Office: (603) 528-0088 • www.rocherealty.com

Nordic teams kick off season on Jan. 3

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford and Belmont Nordic skiing teams will kick off the season at the beginning of next month and coach Nina Gavrylyuk sees big things for her racers this winter.

“Two leaders, Catherine Stow and Vanessa Genakos on the girls’ team are still looking strong for this coming season,” said Gavrylyuk, referring to the top racers on the Gilford Nordic team. “Last year both freshmen were winners at Division 3 state championships. I have strong feeling they will be looking good again.”

Gavrylyuk feels that this year’s girls’ Nordic team has a true chance to compete for the state title. She said the leadership of the two star sophomore skiers, along with a couple new teammates, have impressed her and she is looking forward to seeing how the team will fare.

The boys’ team, she said, is also looking strong. Sophomore Mitchell Townsend is coming off a second place finish in last year’s state meet and is looking to improve on that this winter. Joining the team is Patrick Gandini, who was one of the state’s top cross country runners this past fall as a freshman.

“Patrick Gandini had a great cross country running season and I hope his endurance skills will transfer into the Nordic season,” Gavrylyuk said.

Gavrylyuk is also coaching the Belmont High School Nordic team, which consists of only one skier in freshman William Riley.

“He is a very athletic boy and will be top 10 in our Division 3 races,” she said.

The Gilford and Belmont Nordic teams start the season at Gunstock on Jan. 3 at 2:30 p.m.

Gilford High School hands out fall sports awards

GILFORD — Gilford High School recently handed out the fall sports awards.

Golden Eagle Awards:
Field hockey: Sydney Lehr
Cross country: Patrick Gandini
Volleyball: Abigail Warren
Boys’ soccer: Max Stephan
Football: Logan Hughes
Girls’ soccer: Shelby Cole
Unified soccer: Annabelle Eisenmann
Golf: Cody Boucher

Sportsmanship Awards
Field hockey: Shealagh Brown
Cross country: Bethany tanner
Varsity volleyball: Samantha Holland
JV volleyball: Ashley Sanderson
JV boys’ soccer: Drake Bolduc
Varsity boys’ soccer: Colton Workman
JV girls’ soccer: Christine Pingol
Varsity girls’ soccer: Gwen Knipping
Varsity football: Cooper Brown
JV football: Stratford Kenny
Unified soccer: Rachael Bradstreet
Golf: Austin Milligan

HOOPS (Continued from Page B1)



Rick Acquilano is in his first season coaching for the Gilford boys’ basketball team, and is off to a 2-0 start. BOB MARTIN

BOB MARTIN
(Right) Malik Reese fights for a rebound in a win for Gilford.

end of the day there is a lot of room to grow. We just have to keep getting better.

The Lakers were led offensively by Hicks, who had 14 points in the game and battled all night in the paint and hitting jumpers. Luke Brown added eight points and Carranza had four points and was solid on defense and running the point

Inter-Lakes coach Mike Rathgeber went into the season knowing that his team was young, but also had plenty of talent. He took positives from the loss, but added that the team has to learn from the experience it gains along the way.

“It’s youth,” said Rathgeber. “We came within four but couldn’t wrap it up. We just have to keep working through it. The only thing that is going to cure it is playing.”

BOB MARTIN
(Right) Rick Acquilano is in his first season coaching for the Gilford boys’ basketball team, and is off to a 2-0 start.



SANTA'S BIG ORANGE HELPER

Clean Up Before the Guests Arrive!

\$395

Wishing You A Happy & Healthy Holiday Season

THE DUMPSTER DEPOT®
Waste Recycling Services

TOLL FREE 1-866-56-DEPOT
LOCAL 603-783-8050
WWW.DUMPSTERDEPOT.COM

TOLL FREE 1-866-56-DEPOT
LOCAL 603-783-8050
WWW.DUMPSTERDEPOT.COM

SAVE WITH OUR DUMPSTER DEPOT BUCKS

Dumpster Depot Bucks limit 1 per client on rental or pick-up on any regular priced dumpster. Not valid on Recycling, Concrete, or any specialty dumpster rental. Cannot be combined with other offers. Must present coupon at the time of order. Expires 1/30/20.

In the spirit of the Season
We extend a heartfelt thanks,
Happy Holiday Season to all of you
from
Miami Hair Salon

603-253-6550

78 Whittier Highway, Moultonboro NH 03254

"Shop Where The Pros Shop"

CYR LUMBER & HomeCenter
Windham • Warner • Tilton, NH

Benjamin Moore
ACE
The helpful place.