

# Gilford Steamer

THURSDAY, FEBRUARY 27, 2020

GILFORD, N.H.

## Students embrace spirited competition at Winter Carnival

BY ERIN PLUMMER  
mnews@salmonpress.news

Gilford High School classes banded together for a week of friendly and spirited competition during the annual Winter Carnival festivities.

The week before February vacation, the different classes became four different teams for a series of special events and activities throughout the week. Competition heated up Thursday and Friday with different activities and events.

Varsity Club organized Winter Carnival each year. President Abby Warren said planning started around a month and a half before Winter Carnival began.

"We try to do the most



ERIN PLUMMER

we could," Warren said.  
Varsity Club vice pres-

The seniors celebrate their Winter Carnival victory.

ident Adrian Siravo said Winter Carnival is all about fun.

"It's great school spirit and I encourage it," Siravo said.

Thursday saw events in the auditorium, including the class dance, best clean joke, best song, Oreo cookie stacking, trivia contests, a pie eating contest, and more.

Tripp said they wanted to have events for everyone of all interests and abilities.

"The class dances on Thursday were some of the best I've seen since I've been doing this," said Varsity Club co-advisor Amy Tripp. "I was really proud to be a Gilford High School teacher and a Gilford community

member."

Friday was for gym sports such as dodgeball, long jump rope, Hackeysack, and tug-of-war. Each of the classes competed for rankings in dodgeball and tug-of-war with the top teams going against faculty members.

Throughout the week, members of the class collected food to go to Gilford

Got Lunch and the Gilmanston Food Pantry and by the end of the week students had collected 231 items. The seniors won Winter Carnival with 226 points. The juniors came in second with 177, the sophomores were in third with 162, and the freshmen were in fourth place with 148 points.

Warren said it's sad that this is the seniors' last Winter Carnival.

"We ended strong so that's all that matters," she said.

Siravo said it's sad, but they're leaving with some great memories.

Tripp said this is an event where all the students come together and have great camaraderie.

This was also the last Winter Carnival for Varsity Club co-advisor Terry Wilson, who will be retiring at the end of the year. Tripp gave special recognition to Wilson at the end of the events and said he will be missed.

"This has been the best 25 years of my life, and it's all because of you," Wilson said.

SEE **WINTER CARNIVAL**  
PAGE A8

### Extra treatment helping to keep roads clear in storms

BY ERIN PLUMMER  
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This winter, Public Works crews are getting some extra help keepign the roads clear thanks to a special treatment used along with salt.

The Public Works Department has been using a brine solution o the roads during storms before applying salt. During the Feb. 12 selectmen's meeting, Public Works Director Meghan Theriault have an overview of the process of using brine on the roads,

saying it especially helped during the recent ice storm.

Theriault said during the ice storm at the beginning of the month three vehicles were hooked up with a system for spreading the solution on the road. This process allows salt to work longer in lower temperatures.

"It was working very well so when we got the ice storm... we ended up making our own, premixing it, and putting it in some trucks that

SEE **ROADS** PAGE A8

## Spirit of Hope and Kindness Awards finalists announced

BY ERIN PLUMMER  
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REGION—A number of local children and teens from elementary school through high school have been nominated for the Spirit of Hope and Kindness Awards for their community involvement

and selflessness.

The third annual awards ceremony will take place on April 5 at Laconia Country Club, hosted by Fred Caruso and Amy Bates of Mix 94.1.

Nominations were open for any kid who has shown kindness

and community involvement. The nominations detail the histories of civic involvement and kindness form each of these students, who range in age from six to 18.

All of the finalists will receive money for an organization, special event, or random act of kindness. The winners in each category will receive more money for such a project.

For the Elementary School category, finalists include Jayden Armstrong from Paul Smith Elementary in Franklin for kindness to classmates and love of animals and the planet.

Lilyanna Burhoe of Laconia runs a charity lemonade stand and bakes cookies for police and firefighters. She also donates turkeys and donated hair to children with hair loss.

Emily Cardinal of Laconia was recognized collecting food during the holidays, donating Hot Wheels cars to the Children's Auction, helping to clean up the WOW Trail, and helping out her neighbors.

Alison Shirey of Laconia earned Great Ridership Awards for

Good Behavior and Safety while riding the bus, helps out family and peers, and makes gift bags for people who are homeless.

The Middle School category includes Hailley Bezevich-McNeil of Laconia, who has volunteered at the Laconia Muskrat's concession stand, the Laconia Christmas Village, and other organizations.

Landen Brothers of Laconia was one of the founding members of the Cereal Heroes, a group of kids who collect breakfast foods for hungry kids. He has also helped at numerous organizations, donated to the Children's Auction, serves on the board of Stand Up Laconia, and many more.

Katie Cormier of Laconia helped out at an orphanage in Kyrgyzstan, worked to end bullying, and many more acts of kindness.

Carter Jones of Laconia has worked with Cereal Heroes and Make-A-Wish New Hampshire as well as being awarded Mr. Little League, helped make blankets for premature babies, helped veterans, and more.

Madison may of  
SEE **AWARDS** PAGE A8

## Barstool Sports brings pond hockey tournament to Meredith Bay

BY ERIN PLUMMER  
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MEREDITH—Hockey players returned to Meredith Bay for a brand new pond hockey tournament, as the popular Barstool Sports organized its first ever pond hockey tournament.

Players and spectators came to the ice in front of the Inn at Bay Point on Saturday for a series of games and plenty of time to enjoy some drinks, food, and entertainment.

Barstool Sports is an online resource for blogs, podcasts, and videos focused on sports and entertainment. Barstool Sports' executive vice president and head of production, development, SEE **POND HOCKEY** PAGE A8



ERIN PLUMMER

Teams from across New England gathered on Meredith Bay for the first ever Barstool Sports Pond Hockey Tournament.



# ALMANAC

## Notes from the Gilford Public Library

BY MARK THOMAS  
Library Correspondent

It's timey wimey for a birthday snarsy! Get the toofloofers, bake the takecake, and dress in your fleiniest playwearables for the best birthday snarsy of the year. Get excitidoodles for the main event: storytime. Thing is, it's not just storytime, it's the Storytime. It's Dr. Seuss' birthday!

This stupendous, momentous, tremendous day is technically Monday, March 2, but we're going to party on Thursday, March 5. The Cat in the Hat will join in for a special storytime from 10:30-11:30 a.m., with no sign up. Free and open to all! He'll bring cake, games, and amazing stories for children ages five and under.

Dr. Seuss' birthday is so special because it is a symbol for nationwide literacy. The day is commemorated as Read Across America Day, prompting teachers, librarians, parents, grandparents, and caretakers to

share a love for reading with children of all ages. Reading promotes cognitive development, creative thinking, empathy, and curiosity.

You can participate too just by reading or sharing a story with someone this coming week. If you don't know which book to read, just ask a librarian for a recommendation, or read one written by the birthday boy, Dr. Seuss, himself! Reading is flam-bogus, and you can have a funtubulicious time too. Happy birthday!

**Classes & Special Events**  
**Feb. 27-March 5**  
**Thursday, Feb. 27**  
Geri Fit, 9-10 a.m.  
Vacation Movie: TBA, 10:30-11:30 a.m.  
Homeschool Game Club, 12:15-2:15 p.m.  
Conversational French, 4-5 p.m.

**Friday, Feb. 28**  
Bridge, 10:30 a.m.-12:30 p.m.  
Harry Potter Escape Room, noon-5 p.m.

Knit Wits, 1:30-2:30 p.m.  
Advanced Conversational German, 2:30-3:30 p.m.

**Monday, March 2**  
Tai Chi Chih, 9:45-10:45 a.m.  
Mahjong, 12:30-3 p.m.

**Tuesday, March 3**  
Geri Fit, 9-10 a.m.  
Hook Nook, 10-11 a.m.  
Bridge, 10:30 a.m.-12:30 p.m.  
Read Between the Lines Book Club, 2:45-3:45 p.m.  
Read Between the Lines is a new book

club program for high school students! We are very excited to announce that students who sign up for this book club will be able to keep the new book after our meetings! Light refreshments will be provided.

"Bessie's Story: Watching the Lights Go Out," 6:30-7:30 p.m.  
"Bessie's Story: Watching the Lights Go Out" is the true story of Tom Farman's Labrador, Bessie, and her unexpected diagnosis of terminal blindness. The book looks at Bessie's impact on Tom and his

family's lives, and how she teaches them to grow old with grace and optimism. Tom and Bessie will be here for a discussion and book signing.

**Wednesday, March 4**  
Line Dancing, 9-10:30 a.m.  
Check out an Expert, 10 a.m.-noon  
Lakes Region Fiber Artists and Crafters, 10 a.m.-noon  
The IneTween: Library Tween/Teen Club, 2:30-3:30 p.m.  
Line Dancing: Advanced, 5:30-6:30 p.m.  
Are you ready for some serious dancing?

Advanced line dancers can join Bonnie Deutch to end their day with some high level moves.

**Thursday, March 5**  
Geri Fit, 9-10 a.m.  
Dr. Seuss Birthday Party, 10:30-11:30 a.m.  
It's the celebration of the year! Come and join us for a storytime with The Cat in the Hat, games, and of course cake to celebrate his birthday. Ages five and under.  
Homeschool Game Club, 12:15-2:15 p.m.  
Conversational French, 4-5 p.m.

## Granite United Way welcomes five new board members

REGION — Granite United Way recently welcomed five new members to the Board of Directors.

Granite United Way is the single largest United Way in New Hampshire. It serves more than 80 percent of the state and Windsor County, Vt. The organization has regional offices in Manchester, Lebanon, Concord, Laconia, Ossipee, Plymouth, Berlin and Littleton. Granite United Way is rated a Platinum Level Participant from GuideStar and a Four Star Charity by Charity Navigator, the highest possible ratings from these two nonprofit watchdog organiza-

tions.  
In 2018, Granite United Way's volunteer Board of Directors initiated a refresh of its 2013 Strategic Plan, with the goal of growing the organization over the next five years.

"Our Board of Directors is committed to drive impact across our communities, and we are excited to welcome four new members in to the fold," said Heather Staples Lavoie, Chair of Granite United Way's Board of Directors. "We are fortunate to have a dedicated team of volunteers leading the effort and look forward to working together to achieve our goals of \$11 million in campaign

revenue and delivering \$20 million in total community impact by 2023."  
"Each of our Board Members bring a unique skill set and experience to our Board," said Patrick Tufts, President and CEO of Granite United Way. "We are honored to welcome Dr. Larissa Baia, Joseph Bator, Doug DeLara, Pat Donahue and Dr. Chuck Lloyd to the Board. Each of them brings an expertise in their industry and an exciting perspective as a volunteer."  
The following individuals have been elected to Granite United Way's Board of Directors:

### Dr. Larissa Baia – Lakes Region Community College

Dr. Larissa Baia brings more than 18 years of higher education experience to her work as President of Lakes Region Community College. She began working at LRCC in July of 2012 as Vice President for Student Services and Enrollment Management. She previously served as Associate VP of Enrollment Management at Manchester Community College in Manchester, and Director of Graduate and Evening Admissions at Lynn University in Boca Raton, Fla.

Dr. Baia has been an adjunct instructor in Comparative Politics and International Relations. In 2016, she

returned to the classroom to teach LRCC's College Essentials seminar, a course aimed at transitioning new students to the college environment. She serves on variety of committees and boards, including the Lakes Region Chamber of Commerce Board of Directors and the Belknap Economic Development Council. Some of her professional interests are in the areas of student success, equity and inclusion, immigrant and refugee advocacy and internationalization of the curriculum.

Dr. Baia received a B.A. in Economics

with a minor in Latin American Studies from Brandeis University, an M.A. in Latin American Studies and Ph.D. in Political Science from the University of Florida. She and her husband, Carlos, have two children, Tatiana and Jonas, and live in Concord.

"Joining the Granite United Way Board was an easy decision because the missions of our organizations are aligned and the results of their work are evident throughout the community," said Dr. Larissa Baia.

### Joseph B. Bator – Primary Bank

Joseph Bator is the Executive Vice President and Senior Lender at Primary Bank, located in Bedford,

where he is responsible for all lending and commercial banking functions of the Bank.

Previously, he was the senior vice president and director of Business Banking at Eastern Bank, where he

oversaw the bank's portfolio of business clients with revenue up to \$10 million and or lending needs up to \$3 million. Additionally, he oversaw the Bank's SBA program that was number 1 in New England and ninth nationally in SBA loans to small businesses. He served as a commercial real estate team leader at Eastern Bank prior to stepping into his current role in 2006.

Prior to joining Eastern Bank in 2002, Bator served as Managing Director; New England Region at O'Neill Properties L.P. Previously, he spent seven years at Keybank National Association, primarily within the Commercial Real Estate Division financing in excess of \$1 Billion in commercial loans.

Bator serves on the Board of the Friends of Anie Foundation and is its Treasurer. Additionally, he serves on the Board of CRDC and Syracuse University's Boston Regional Counsel and is a board member

SEE UNITED WAY PAGE A9

## Gilford Public Library Top Ten Requests

1. "Blindside" by James Patterson
2. "Long Bright River" by Liz Moore
3. "Lost" by James Patterson
4. "The Museum of Desire" by Jonathan Kellerman
5. "Where the Crawdads Sing" by Delia Owens
6. "American Dirt" by Jeanine Cummins
7. "The Island of Sea Women" by Lisa See
8. "The Yellow House" by Sarah M. Broom
9. "Dear Edward" by Ann Napolitano
10. "The Wife and the Widow" by Christian White

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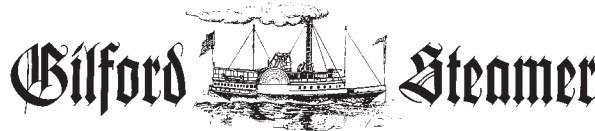
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# OPINION

## STRATEGIES FOR LIVING

### *The gateway to Hell*

BY LARRY SCOTT

Pornography, once available only in print, and then only in theaters, is now available for free on the internet. Easily accessible on all our electronic media, pornography is having a devastating impact on the moral standards of our society. For those caught up in its offering, it is indeed the gateway to hell.

The statistics are staggering. One popular site claims 33.5 billion visits in 2018 for a daily average of over 92 million visitors. Every minute saw 63,992 new visitors to the site, watching 207,405 videos through 57,750 searches. To feed the growing demand, there were 4.79 million new videos uploaded from amateurs, models, and contract partners.

Samuel Perry, in his book “Addicted to Lust,” writes that “data from a large probability sample of American adults surveyed in 2014 show that well over half of men and a quarter of women under age 40 seek out pornographic material monthly, and over 45 percent of men and 16 percent of women under 40 intentionally view porn in a given week.”

The reality here is that “normal” sex is no longer satisfying to our self-centered, sex-oriented society. Aberrant sex, child pornography, and sexual exploitation go with the package. And there is no end in sight. With the advent of virtual reality, one can only imagine where things are going to go from here. Pornography is, in a very real sense, the gateway to hell.

Significantly, that which is available on the internet is all an illusion. The subjects, mostly young and attractive, are performing before a camera crew, putting on an act they hope the market will find entertaining. Everything is fun and games, intimacy without shame, sex with-

out consequences.

But life isn’t like that. Pornography is all smoke and mirrors. Love is more than a five-minute tryst. Love demands commitment, respect, and yes, self-discipline. Sex may attract an audience, but showing pornography for what it is would devastate the industry. Who wants to look at the ravages of sexually transmitted diseases, teenage pregnancies, marital infidelity, rape, and sexual abuse. What you see is not what you get. Like so much of sin’s attraction, the dream is overshadowed by reality.

In writing about this, I am aware I raise the question as to how I have become such an “expert.” I will admit that if I allowed myself the freedom, I would find it easy to indulge. But I am not into pornography, for it gives the forces of evil access to my mind. My moral stability, the pleasure of a clean conscience, and my attitude toward women, to say nothing of my spiritual experience, are all on the line. I can accept no “time out” in my walk with God.

The conflict between what the Bible terms the “flesh and the Spirit” is a never-ending battle. “Every man is tempted when he is drawn away of his own lust and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.” That’s Bible for “the gateway to hell.”

“Be not deceived,” writes the Apostle Paul, “God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.” And that is a truth every one of us needs to take to heart.

You want to talk about it? Hit me up at [rlarryscott@gmail.com](mailto:rlarryscott@gmail.com).



### GHS Artist of the Month: Harry Laflamme

Every month, the Gilford High School Art Department spotlights a student artist. This recognition is given to an artist at Gilford High School who demonstrates perseverance, openness, innovation, confidence, passion, and leadership in the art classroom. The February Student Artist of the Month is junior Harry Laflamme. Harry’s creativity and attention to detail set him apart in all of his art classes. He is a free-spirit who throws himself completely into his projects creating work that transcends assignments. A passionate photographer and printmaker, he has recently been working on creating his own line of screen printed shirts. Harry also recently received notice at the NH Scholastic Art Awards taking home Gold Key and Honorable Mention recognition. When asked about the role art plays in his life, Harry says, “It gives me a moment to escape the stress of my day and put effort into something that I genuinely am interested in and want to work on.”

## NORTH COUNTRY NOTEBOOK

### *A cave in the headwall of a kettle-hole’s snow*



By JOHN HARRIGAN  
COLUMNIST



South Hill Road under a shining sun was a slippery slope in some spots Sunday. That shadow beside the mailbox is, of course, me.

Funny how the angle of sunlight in late afternoon can trigger a boyhood memory or two.

On Sunday, the sun poured onto the southwest side of South Hill and turned sections of the road to mush. There is a term for the slipperiness of it, having to do with geese. It is very much a case of Drivers Beware.

Longtime all-around public works guy Kevin McKinnon once succinctly explained this, to a group of non-experts who loved dirt roads but didn’t know much, as “the fines coming to the top.” Fines are the smaller particles of earth, in this case the little bit of clay that is of-

ten found in even the better grades of gravel.

Think of a warm afternoon in late February as spring-training for Mud Season, the Grapefruit League of life on a dirt road. As Daughter Number One put it so well in a recent editorial about a harrowing experience on a suddenly slippery road, “Turn into the skid.”

Good advice, that. Another one is “Never approach a runaway tractor

except from the rear,” but that’s another story, and one I’ll probably never tell (again).

+++++

With the sun’s rays slanting just so on Sunday, sixty years melted away.

This was the time of year when, finally, you could make a snowball. January’s snow was too cold to be sticky, and

making a snowball at 35-below was impossible unless it involved road-salt slush. Even then, a snowball would hardly stay together long enough to throw it.

But ah, late February. On the way home from school, you walked on the north side of the street so you could scoop handfuls of melting snow from the banks, to throw them at kids on the other

SEE NOTEBOOK PAGE A9

### *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:

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Our fax number is 279 3331.  
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We’re looking forward to hearing from you!



## FROM OUR READERS

### Thank you for stepping up to support Got Lunch

To the Editor:

Once again, the citizens of Gilford have stepped up to meet a need in our community. Gilford Got Lunch asked for food donations, to be collected on primary day voting. We anticipated a robust turnout, and Gilford, you responded!

We collected several hundred food items for our lunch programs, as well as many financial donations. They ranged from a few coins to checks for over \$100. We are grateful for every single penny. Your response, while not surprising, is humbling. Thank you from the bottom of our hearts!

When we started GGL, the percentage of kids who qualified for free and/or reduced breakfast/lunch was approximately 25 percent of about 1,200 kids. With changes in the income threshold, less families qualify today, yet, they are still struggling financially, as their income has not necessarily increased. While the percentage that “qualify” is lower, there are still many families we are helping. We do not follow the income

guideline. If people ask, we feed them, and I am sure there are still families that do not ask, yet are still in need. I see this every day in my role as the nurse at GHS.

Food drives that are done by the school district and the souper bowl by the Gilford Community Church are so important to us, we thank you all!!!

And yes, we will be at voting day in March as well!! We hope to see you then!! Stop by and say hello! We are always looking for volunteer board members as well as volunteers for both our winter weekend bag program that is currently serving 35 kids every week. This summer we anticipate feeding 60 kids weekly for 9 weeks. The time commitment is small, but makes a huge difference to the kids.

Again, we thank you!

Meg Jenkins  
Chair  
Gilford Got Lunch



# ROI Corporation brokers sale of Faro’s Restaurant

LACONIA — ROI Corporation (<http://roibusinessbrokers.com>), a leading firm for the transfer of ownership of businesses, has announced the recent sale of the iconic Faro Italian Grille, an Italian fine-dining restaurant in Laconia.

Gary Rayberg, listing broker, and Peter Spanos, the selling broker, both represented the owners of the restaurant, brothers Richard and Michael Ray.

Faro Italian Grille specialized in the “fast-casual” model of Italian dining to the area, and it was a popular host site for vendors of the annual Laconia Bike Week, a motorcycle rally held annually in June in Laconia. The rally originated with the Loudon Classic motorcycle race which traces its roots to 1923.

Terms of the sale were not disclosed; the transaction was completed earlier this month. The new owner of the restaurant is Robert (Rob) Csendes, who owns property nearby. He has said that he will open the restaurant for Bike Week and invite the bike week vendors to set up on his property as usual. Bike Week runs from June 13 to June 21 this year. He said that he is considering several options for the property



following Bike week, which could include either renting it for use as a restaurant or potentially opening a wedding or event venue.

Richard Ray, one of the former owners of Faro’s, said “I really want to thank the customers of the restaurant, the employees and the bike week vendors for their support. It was a great run.”

He further said, “Working with Gary and Peter of ROI made the process of selling the restaurant much easier.”

Rayberg said, “It was a pleasure to work with Richard and Michael on this transaction. They have become an integral part of the Laconia business community and landscape, and we wish them all the best in their next venture.”

Spanos added, “We also want to thank Rob Csendes and wish the

new owner the best of luck. It is a pleasure to help with the transition of such a local landmark.”

**About ROI Corporation**  
ROI Corporation, DBA in NH as Business Brokerage and Valuation Services, based in the Boston market, has been involved in the sale of businesses and real estate in over 30 states since 1997. They also assist in the transfer of business ownership between generations and to key employees and management teams. ROI serves all of New England including MA, NH, RI and CT with two divisions; a main street division serving smaller businesses as well as their middle market M&A division. Their Marietta, Georgia, office, specializing in Service Distribution & Manufacturing Companies, serves

the southeast United States. They also have an office in Simsbury, Connecticut. For more information, please visit [www.roimergers.com](http://www.roimergers.com) or call (781) 682-6209.

## NHTI Fall Dean’s List

CONCORD—The following students have been named to the Dean’s List at NHTI, Concord’s Community College in recognition of their academic achievement during the Fall 2019 term. In order to qualify for Dean’s List a student must be considered full time (registered for 12 credits or more) and have a term GPA of 3.3 or higher.

- |   |   |   |
|---|---|---|
| <b>Alexandria</b><br>Samantha Akerman   | <b>Barnstead</b><br>Richard Pantis, Kathleen Rollins, Mikayla Towle | <b>New Durham</b><br>Christopher Hempel                                       |
| <b>Alton</b><br>Shannon Armstrong, Emma Hardie, Alexandra McKenzie, Thomas Simpson, Lucas Therrien, Ethan Vogel | <b>Belmont</b><br>Jennifer Joyce, Angelo Papadopoulos               | <b>North Haverhill</b><br>Lilah Flynn   |
| <b>Alton Bay</b><br>Justin Perrin   | <b>Campton</b><br>Christina Atwood                                  | <b>North Sandwich</b><br>Julie Goewey   |
|   | <b>Canaan</b><br>Kayla Hammond, Kyle Langlais                       | <b>Northfield</b><br>Julie Amico, Joyce Fulweiler                             |
|   | <b>Center Barnstead</b><br>Frederik Pantis                          | <b>Rumney</b><br>Annabelle Koutroubas   |
|   | <b>Center Harbor</b><br>Maegan Bunnell                              | <b>Sanbornton</b><br>Theresa Laliberte  |
|   | <b>Center Ossipee</b><br>Nathaniel Ingle                            | <b>Tilton</b><br>Melanie Dion, Addam Dunham, Dakota Messer, Mariah Rutherford |
|   | <b>Center Tuftonboro</b><br>Scott Lewis                             | <b>Wolfeboro</b><br>Danielle Schillereff                                      |
|   | <b>Colebrook</b><br>Brandon Crawford                                |   |
|   | <b>Danbury</b><br>Brittanny Levigne                                 |   |
|   | <b>Franklin</b><br>Michele Barbrie, Arianna Hancock, Thomas Walker  |   |
|   | <b>Gilford</b><br>Nathan Cobis, Laurinda Costa, Kiara Smith         |   |
|   | <b>Gorham</b><br>Danielle Corrigan                                  |   |
|   | <b>Hill</b><br>Mercedes Gould, Gerald Marcoux                       |   |
|   | <b>Holderness</b><br>Isabella Bradley                               |   |
|   | <b>Lochmere</b><br>Shannon Caron                                    |   |

NHTI is a dynamic public institution of higher learning providing accessible, rigorous education, serving students, businesses and the community by creating pathways for lifelong learning, career advancement and civic engagement. NHTI-Concord’s Community College offers more than 90 academic programs to more than 4,600 students annually. Graduates can transfer to 4-year colleges and universities, or enter directly into the workforce. NHTI is a member of the Community College System of New Hampshire, and has been accredited by the New England Commission of Higher Education, a nongovernmental, nationally recognized accrediting agency, since 1969.

## Comfort Keepers

### Winter health risks for seniors

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

Spending time with loved ones, enjoying nature and participating in activities can improve quality of life for seniors. However, cold winter weather can create a barrier to many senior’s regular schedules. And, it’s not just snow and ice that make winter a difficult season for seniors – additional factors include post-holiday isolation, illness, and the physical effect of cold weather.

Knowing what to look for, and creating a strategy for combatting winter health risks, can help seniors maintain positive mental health and physical wellness.

**Some factors to consider include:**

- Winter blues – Cold air and gloomy skies can make anyone feel less cheerful during the winter months. However, depression can have an outsized effect on seniors and their long-term mental health. Creating opportunities for socialization and finding joyful moments isn’t just for fun – it can help foster critical connection and com-

bat loneliness. There are a variety of uplifting activities that can be enjoyed during the winter months. These include movie nights, reminiscing by the fire, and getting outside on a rare sunny day.

- Winter illness – There are a variety of ways that seniors can be physically affected by the winter season.
- Pneumonia: Pneumonia is an infection that can be dangerous for seniors due to lung issues that come with age, weakened immune systems and conditions that make pneumonia more severe. Older adults should talk to their doctor about healthy lifestyle changes and vaccines that can help.
- Joint pain: Joint pain can be more common for seniors in cold conditions – whether they suffer from arthritis or not. Dressing in layers, regulating temperature inside and stretching exercises can help. A health-care professional can also suggest exercise, medication or other coping strategies.
- Heart issues: Heart attacks and high blood pressure are more common in winter because cold

snaps increase blood pressure and strain on the heart. The heart must work harder to maintain body heat, while falling temperatures may cause an unhealthy rise in high blood pressure, especially in seniors.

- Winter safety – Being mindful of winter safety issues is important for seniors and their families. Cold weather can be more dangerous for those with some health conditions, like Parkinson’s disease, diabetes or thyroid problems. Seniors should talk to their doctor to learn more. Other types of accidents or injuries can be avoided through education too. Examples include being mindful about fall risks, monitoring carbon dioxide levels and preventing hypothermia.

**Comfort Keepers® Can Help**

Our goal is to provide uplifting in-home care that benefits seniors and their families. The individualized care plans we create for our clients consider physical goals as well as non-physical mental health needs. Our caregivers can pro-

vide companionship or transportation to community events, and support physician-prescribed exercise regimens, provide companionship and help to families that want to stay connected through technology. We strive to elevate the human spirit through quality, compassionate, joyful care.

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](http://www.nhcomfortkeepers.com) for more information.

### Shaker Regional School District

Serving the Communities of Belmont & Canterbury

## CHILDFIND CLINIC

Are you concerned about your child’s development? Do you suspect that your child may have a disability? We will be holding a “Child Find Clinic” on Monday, March 16, 2020 at Canterbury Elementary School from 1:00 – 3:00 pm for children age birth through 6 years old. Certified staff will screen students for possible learning disabilities, speech and language disabilities, motor skills, and overall developmental functioning. The clinic is open to any resident of Belmont or Canterbury, but **APPOINTMENTS ARE REQUIRED**. Please contact the SAU office at 267-9223 ext. 5306 for additional information or to make an appointment.

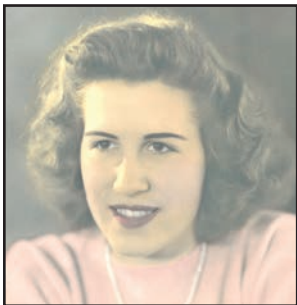


Eleanor Goddard, 92

LACONIA — Eleanor (Bean) Goddard passed away peacefully on Feb. 14, 2020, at Lakes Region General Hospital.

Eleanor was born on March 9, 1927, in Laconia, the daughter of Castleton and Dorothy (Simpson) Bean. She was the widow of Lyonel "Ted" Goddard, who died in 2000.

Eleanor lived in Center Harbor as a child before moving to Laconia. She graduated Laconia High School, Class of 1945, and then went to Washington, DC with her future sister-in-law, "Bev" Goddard, to work in personnel for the Navy Department. She worked for many years at Laconia Needle Manufacturing, and other employers as well as the State of New Hampshire. Eleanor lived for her family and friends. She loved babies and children, and was kind and generous. Spring



was her favorite season for the flowers and the cardinals.

She was predeceased by her sons Wayne and Steven, and two brothers, Kenneth and Robert Bean.

Survivors include her son, Shawn; her sister, Eileen Hamilton of West Covina, Calif.; her grandchildren, Jennifer Gagne and husband Ron of Tilton, Kristin LeFlem and husband Brandon

and their children Beckett and Briar of Reading, Mass.; Morgan Goddard of Newmarket, John Silvestri and his wife Debbie and their sons Johnny and Zachary of Wallingford, Conn.; her great grandchildren, Chantel and husband, Joshua Messer and their son Benjamin of Belmont, Hillory Gagne and her daughter Madisyn of Tilton; and her daughter-in-law, Deborah Goddard of Newmarket.

Burial will be in the spring in Union Cemetery in Laconia.

Memorial donations may be made to a charity of one's choice.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., is assisting the family with the arrangements. For more information and to view an online memorial, go to [www.wilkinsonbeane.com](http://www.wilkinsonbeane.com).

Rita K. Nelson, 90



CONCORD — Rita K. Nelson, 90, of Bow and a longtime Gilford resident, died on Feb. 17 after a brief illness with her loving family by her side.

Rita was born on July 14, 1929 in Boston, Mass., daughter of Fred and Vera (Quatromoni) Bartoloni. Rita worked as a legal secretary for Attorney Richard Brouillard in Laconia, New Hampshire, the Department of Education, and the Center for Contemporary Dentistry.

Rita was an active and beloved member of Laconia's St. Andre Bessette Parish, a member of its Ladies Guild and volunteer for the St. Vincent De Paul Society. Following her move to the White Rock Senior Living Community in Bow, Rita became a member of its Activities Committee.

Rita was a kind, gentle, elegant and gracious woman who enchanted everyone she met, and filled the lives of her family and close friends with boundless joy, support and unconditional love. In her later years, Rita enjoyed spending time with family and friends, Bingo, card and board games, reading, dining out, and annual

trips to Ogunquit. She was happiest when she spent time with her grandchildren and great-grandchildren and at family gatherings, especially her recent 90th birthday celebration, where she was the life of the party.

Rita is survived by her children, Stephen Nelson and his wife Cynthia of Concord, Lori Cyr and her husband Paul of Hooksett, Richard Nelson and his wife Virene of Hooksett, and Patricia Patridge and her husband, Charles of Gilford. Rita is also survived by her six grandchildren — Eric Nelson (and wife Whitney), Gregg Nelson (and Kristyn), Christopher Nelson, Elizabeth Emanuelson (and Matthew), Ryan Cyr (and Stephanie), Ryan and Cameron Patridge. She is also survived by her six great-grandchildren and her brother,

Fred Bartoloni. In addition to her parents, Rita was predeceased by her husband, Charles Nelson, who died in 1997 and her beloved companion Richard Frost who died in 2015.

Rita's family greeted guests on Monday, Feb. 24, 2020 from 9-10 a.m. at St. Andre Bessette Parish —Sacred Heart Church, 291 Union Ave., Laconia. A Mass of Christian Burial followed at 10 a.m. in the church.

Rita's family would like to give special thanks to the third floor nursing staff at Presidential Oaks in Concord, and to the Concord VNA and Hospice staff, for the love, care and support they provided to her and her family.

For those who wish the family suggests memorial contributions in Rita's name be made to St.Jude's Children Research Hospital, 262 Danny Thomas Pl, Memphis, TN 38105.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial go to [www.wilkinsonbeane.com](http://www.wilkinsonbeane.com).

MARK ON THE MARKETS

Putting it together



BY MARK PATTERSON

I recently had client who is bringing more money into his account and ask me how he can get this money to work. This money is really earmarked for equities(stocks) in his portfolio because his fixed income portion, in other words "bonds," that are providing income are already allocated and working fine. He is aware that the equity market is pricey, and I tend to not want to buy stocks when they are expensive. But that doesn't mean we can't go fishing for stocks that he would want in

his portfolio at a better price and even if we don't get to buy them at that better price, we will make money for his account.

When I explained to him that we could sell "out of the money" cash covered puts, I knew I would get a blank stare and a proclamation from him that he has no idea what I'm talking about. My explanation went something like this; first we want to identify some companies whose stock he would want to own. For exemplary purposes of this strategy, we will use Apple.

What I'm about to explain is a technique using options to build a portfolio or just to gain revenue into your account. Apple is a technology company that has a beta of 128, which means it is more volatile than the benchmark S&P 500. This higher beta or volatility means that the option premium, when

collecting will be high in relation to a less volatile stock. Presently Apple is trading at \$315. If we look out one month in the future, we could sell a "put" with a strike price of \$315 for \$850, so this is an "at the money" put. For this "put" which represents 100 shares Apple, we will receive \$850 in premium that goes directly into the clients account. By the time this option contract expires in about one month, one of three things will happen. The first thing is that Apple does not move under \$315 and the \$850 remains in the clients account. The second thing is that before expiration the time element or intrinsic value of an option contract could make it worth next to nothing, which the client could buy back just to ensure the fact that the stock will not get put to them. The third thing that could happen is that Apple moves below \$315 and the stock gets "put" to the client at our strike price of \$315 less the \$850 of premium which we collected to give the client a purchase price equivalent to \$306.50.

The client needs to keep \$31,500 of cash in the account in case the stock is put to them. \$850 is collected for the one-month period, that is 2.7 percent return on the money for the 30 days, even if the client never has the stock "put" to them!

This option strategy allows my client not to "chase the market" and bid on stocks at lower prices while keeping the premium dollars if the stocks are not "put" to them.

Mark Patterson is an advisor and portfolio manager with MHP asset management and can be reached at 447-1979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com).

More Help, more hope, better health

NH uses DSRIP funds for Integration of behavioral and physical health care services

REGION — Since 2015, under the Section 1115 Transformation Waiver of the Delivery System Reform Incentive Payment (DSRIP) program, an influx of money into New Hampshire from the Centers for Medicare and Medicaid (CMS) has made it possible for the Central and Winnepesaukee regions to invest in integrated behavioral and physical health projects designed to improve health care delivery. These projects are serving as models for "what works" for NH Medicaid recipients, with the expectation that integration project strategies and methods will ultimately benefit all community residents.

"It's been thrilling to see community health and service organizations in the region come together so successfully and embrace principles of integrated health care," says Audrey Goudie, Executive Director of Community Health Services Network, LLC (CHSN).

Synonymous with the regional Integrated Delivery Network (IDN5), CHSN provides structure for the use of the 1115 Transformation Waiver funds, the development of partnerships and processes and workflows, and the communication and evaluation critical for determining lessons learned and project improvements.

As Executive Director and a "central clearinghouse" for the obligations and activities of CHSN, with responsibility for building coalitions to address community needs, Ms.

Goudie has the benefit of a bird's-eye view on progress. She states with enthusiasm that all six integration projects are already demonstrating the power of integration and health care partnerships for making a real difference in people's lives.

"In particular, the 'Enhanced Community Care Coordination for High-Need Populations' project is proving its worth many times over," says Goudie. "Focused investment in this project has supported important aspects of integrated care, such as new roles in care coordination that include ten Community Care Coordinators embedded in medical practice settings to work directly with clients, information-sharing and collaborative inter-agency care planning, and common processes and workflows between partners."

Embedded Community Care Coordinators and an inter-agency Care Coordination Team funded by the DSRIP waiver use technology-based, shared care plans to ensure that clients experience care-plan-consistency whenever and wherever they present for care. Additionally, these new roles and inter-agency relationships address not only medical needs, but behavioral health and social needs that impact health. Considering social needs such as housing, transportation, child care, and social isolation as a significant part of the overall picture of a client's health is a cornerstone of the

enhanced care coordination project.

Clients feel the difference that has come with this focus on whole person care and respectful inter-agency problem-solving in a care coordination relationship. One client commented, "I wouldn't have come half as far without your support" and "most other people would have given up on me by now."

Staff and providers have also felt the difference. Working through social determinants of health with a client takes time. Ms. Goudie notes that "staff and providers have observed that the commitment to invest in this project and the associated DSRIP funding allows them the opportunity to spend that additional time with a client who has high needs." Staff and providers are also enjoying a new level of partnership within and across agencies, getting to know each other in their roles as collaborators to work together for their shared clients. Community Care Coordinators, Care Coordination Team members, and social service organization representatives meet regularly utilizing a wraparound model of care to discuss specific needs and barriers, with issues such as housing being a frequent topic.

The number of clients served as a result of enhanced care coordination for high-need populations shows the success of the project and confirms that its selection has addressed a true community need. As of December 2019,



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# Burlesque Night Live returns to Pitman's

LACONIA — Burlesque Night Live (“Roaring ‘20s Edition”) returns to the Lakes Region for one night only at Pitman’s Freight Room in Laconia this Saturday, Feb. 29. Burlesque Night Live (BNL) is a musical variety show, written and directed by Rick Morten, featuring comedian Zach Foote, and performed by the BNL Players. This special show contains hilarious com-



COURTESY  
(Right) Burlesque Night Live (Roaring Twenties Edition) is coming to Pitman's Freight Room in Laconia on Saturday, Feb. 29 at 8 p.m. Pictured (L) to (R): Peter Brunette, Rick Morten and Nerissa Bodwell.

talents of local actors, dancers and singers in a bawdy genre popular in the age of dance halls, opera houses and vaudeville theatres, with the flavor and style of classic TV musical variety shows of the 1960s and ‘70’s, like the Dean Martin and Carol Burnette Shows and Rowan and Martin’s “Laugh-In.”

Doors open at 7 p.m., and the show starts at 8 p.m. Admission is \$20 (general admission only) at the door. Pitman’s Freight Room, a historic warehouse lovingly refurbished and comfortably furnished as a function room and performance space, is located at 94 New Salem St. in Downtown Laconia, and is a BYOB-only venue.

## Jack Harding of Gilford named to University of Hartford President's List

WEST HARTFORD, Conn. — The University of Hartford is pleased to announce that Jack Harding of Gilford has been named to its President’s List, signified by a 3.75 GPA or higher, for Fall 2019.

Spread across seven dynamic schools and colleges, the University of Hartford has been guiding the purpose and passion of students for over six decades. On our 350-acre campus alongside Connecticut’s capital city, approximately 4,800 undergraduate and 2,000 graduate students representing all 50 states and 51 countries come together for a common purpose: to collaborate across

different disciplines, diversify perspectives, and broaden worldviews. We’re a four-year private university focused on advancing the public good through meaningful connections within our communities. Our unique approach to comprehensive education gives us the critical perspectives that lead to impactful change, regionally and beyond. With degree programs spanning the arts, humanities, business, engineering and technology, education, and health professions, we focus on doing the work that matters. Visit [www.hartford.edu](http://www.hartford.edu) for more information.

edy sketches, a joke wall, comic black-outs, classic musical

theatre numbers, the BNL Dancers and a very special guest, the

Queen of Canal Street, Madame Vivian. BNL showcases the

## Monday Blues at Taylor Community with the Ken Clark Organ Trio

LACONIA — The Ken Clark Organ Trio have been performing around New England and the eastern U.S. for the past 15 years.

According to Owen Cordle, Jazz Times, “Organist Ken Clark, guitarist Mike Mele, and drummer Steve Chaggarris lean on the beat, (high stepping funk, shuffle boogaloo back beat ballad), build dynamic climaxes sprinkle in jazz solos and deliver the goods.”

Join us for this free public concert, Monday, March 9 at 6:30 p.m. in Taylor Community’s Woodside Building.

Cordle continued his high praise of this group, “Clark controls



the B3 like a master: hip bass lines, sizzling chordal washes, feel-good riffs, funky blues lines and syncopated accents figure in the mix. The groove, the sonic power of the organ and a soulful message are a forceful combination for reaching the people, all the way from the church to the dance floor. Can’t beat the feeling.”

Follow Taylor Community on Facebook to keep up with all our free, public events. Visit [www.taylorcommunity.org](http://www.taylorcommunity.org), or call 366-1400 for more information about this premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.

# Pitman’s welcomes Joe Moss

LACONIA — Pitman’s Freight Room, located on New Salem Street in Laconia, welcomes Blues performer Joe Moss Friday, Feb. 28, 8 p.m.

Few blues performers walk the walk to the degree of Chicago based guitarist/bandleader Joe Moss. Not just an imitator of the music’s glorious past, he strives to find his own sound and material within the styles he chooses to play. This year, Moss will have the honor of being inducted into the Blues Hall of Fame. The band is tight, featuring some of Chicago’s finest blues musicians. A

talented singer, writer, and guitarist, Joe is a consistent and entertaining performer with a monster groove.

A guitarist since the age of 10, Moss was given his passport into the blues world by Buddy Scott, who noticed Moss at a jam session at Rosa’s Blues Lounge in Chicago. Soon, Moss was a regular member of Buddy’s Rib Tip band. Moss’ guitar skills quickly became notorious on the local scene and made him an in-demand sideman. In 1996 Joe started his own band and has recorded and toured constantly to date. He has per-

formed with: Buddy Guy, Zora Young, Charles Wilson, Lil’ Smokey Smothers, Syl Johnson, Magic Slim, A.C. Reed, Billy Branch, Walter Scott, Hollywood Scott, Mike Wheeler, James Wheeler and Little Mack Simmons. He has backed these artists all over the world.



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*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.*



WINTER CARNIVAL

(Continued from Page A1)



ERIN PLUMMER

The seniors dig in during tug-of-war.



ERIN PLUMMER

The sophomores show their dodgeball skills.



ERIN PLUMMER

The freshmen make some big leaps together in the jump rope competition.



ERIN PLUMMER

The juniors show their strength in tug-of-war.

son said.

Wilson later said this was probably the best Winter Carnival he has been a part of with so much great sportsmanship.

“I was very humbled by the reception the students gave me,” Wilson said.

He also recognized Tripp and the rest of the staff for all they do this week.

ERIN PLUMMER

(Right) Varsity Club co-advisor Terry Wilson is honored by Varsity Club co-advisor Amy Tripp during Wilson's last Winter Carnival before retiring.



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Salmon Press

ROADS

(Continued from Page A1)

were not set up for it so they could get it out on their routes because we were seeing such good results on routes that were using it as a trial,” Theriault said.

Theriault said the key was getting the right amounts on the roads given the conditions and temperatures. She said they have to fine tune how it goes out because no trucks are the same when they spread it.

She said brine wasn't used on some parts of Gunstock Acres and the difference between the areas was noticeable. With the brine they were able to get a two-wheel drive vehicle up that road, which she said is unheard of in storms like that. The areas that didn't have brine had three times

the amount of salt applied.

“The idea is you're using less, it's working longer in lower temps,” Theriault said.

She said she would review different data on how this worked with staff the day after that meeting.

Selectman Gus Benavides said this is something the board has looked at and heard mixed responses on how it works from different people. He said it's best to look at this from a scientific perspective of how much needs to go on the roads at what temperatures.

“The fact of the matter is, the residents need to know these kind of things,” Benavides said.

He said putting more attention on this

through social media would be a good idea.

Board chair Richard Grenier asked if the brine is being put down before or during the storms. Theriault said while the state and other agencies have a pretreatment applied before a storm, Gilford is using the brine during storms by applying it before putting on salt.

Grenier said he was concerned that the board was originally told this system was a pretreatment.

“My compliments on making it work, I'm just concerned about how we arrived to this point, but it's all water under the bridge,” Grenier said.

Selectman Chan Eddy told Theriault this wasn't her issue but that of a predecessor.

AWARDS

(Continued from Page A1)

Franklin has worked to collect donations for and helping premature babies in the Neonatal Intensive Care Unit (NICU) at Elliott Hospital and does random acts of kindness for veterans

For the High School category, Jayda-Lynn Carter-Glines of Meredith took part in the Lakes Region Unexposed project to get secure boxes for people who use needles and has raised awareness of the price of Epi Pens. She is also a New Hampshire History Day award winner for a project on anaphylaxis.

Liz Guillotte of Franklin has done numerous commu-

nity service projects including being part of an anti-vaping project, collecting money for food pantries, helping start the Karma Korner project at Franklin High School and collecting food as part of it, and many more.

Lillian Hodapp of Laconia has worked with Hands Across the Table, helping with blood drives, fundraising for the Leukemia Society, working with Fleur de Lis Camp for kids who have lost a parent, and more.

Jasmine Morrisette of Meredith is president of the Inter-Lakes Interact Club and was chosen by the Meredith Ro-

tary to attend a leadership conference in Wisconsin. She also serves on the board of the Making Strides for Breast Cancer Walk, has volunteered for several local organizations, and will study to be a pastor.

Joshua Testa of Gilford works to help prevent suicide and addresses mental health. He is a Connect Youth Leader at Gilford High School and put together a team for the NAMI NH Walk among other efforts. He was also part of the Go Baby Go project building personal mobility devices for kids with disabilities among many other works.

POND HOCKEY

(Continued from Page A1)

and programming Jen Simons said CEO Erika Nardini had started taking an interest in pond hockey and was soon taking lessons with Seth Michelson, who does live events with Barstool Sports. Nardini decided to put on Barstool Sports' first pond hockey tournaments.

This was the first ever Barstool Sports Pond Hockey Tournament. Michelson said they wanted it in Meredith, saying they fell in love with the town after attending the Pond Hockey Classic.

“We wanted the first town to be really special for the participants,” Michelson said.

Barstool Sports met with Pond Hockey Classic founder Scott Crowder and asked for his advice and guidance in doing the tournament. Crowder was on the ice during the event to help out.

Michelson and Simons said the event great overall with a lot of people coming out and everyone in good spirits.

“I'd love to do more of this,” Simons said.

He said everyone from the local com-

munity was kind and helpful, from the town to local businesses like the Common Man and Crowder.

The tournament brought out 32 teams from across new England with eight teams in four different divisions. Players checked in on Friday with the tournament going on Saturday.

“We just wanted it to be one full day, it's a rough day after hockey and drinking,” Michelson said.

The tournament also had a Winter Village in the Inn at Bay Point parking lot featuring live bands, drinks, food, and more.

The Washburn Washies came up from Boston. Members of the team grew up playing hockey together for a long time and came up to Meredith to experience pond hockey there for the first time.

Team member Colby Gilbert said the players were competitive but everyone was having fun.

“It's a good group, very friendly,” Gilbert said.

Team member Derek Smith said they don't get too many opportunities to play like this.

Team member Brett Coneeny said the fact Barstool Sports was organizing this was a big draw and the tournament overall was well organized.

Members of the Scranton Stranglers came up from Rhode Island and Connecticut with some coming from further away. Team member Christian Giacondino said this is the first time all of them have played together.

Coach Ray Peach, who came up from North Carolina, said he maps out plays on a whiteboard.

“My job is to inspire and put inspiration into the souls of my players,” Peach said.

Player Alex Smolan said the tournament was going on in a beautiful area.

“It's a really cool town in my opinion,” Giacondino said. “Everyone's super friendly.”

Members of the team said everyone got along great and they net so many great people.

Barstool Sports will be putting on another tournament in Canada this weekend on Lake Muskoka outside of Toronto.

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## (Continued from Page A2)

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

# 2020 SALMON PRESS Plymouth Community Guide

**Published end of April 2020**

This community guide is a reference to communities in the **PEMI-BAKER VALLEY, NEWFOUND & WATERVILLE REGIONS**

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DSRIP

(Continued from Page A6)

over 1,900 clients had been enrolled in the project. Additionally, with care coordination often requiring more than a "one-touch" intervention, a single client may be engaged in multiple visits with multiple agencies that occur over time. The commitment to following a client throughout this

integrated behavioral and medical health delivery system saw over 4,400 distinct encounters logged in 2019 alone.

DSRIP financial support operates in the background of the integration projects. The services and care provided are seamless for the recipients. Other behind-the-scenes activities contributing to project success are ongoing evaluation of process and outcomes, sharing of lessons learned within CHSN and the six other IDNs across New Hampshire, and subsequent improvement activities.

"All in all," says Ms. Goudie, "we are proud and pleased at the demonstrated success of all of the projects under the 1115 waiver, and that people in our communities are receiving a more hopeful, helpful, and healthful system of care that builds on the strengths of our providers and partners attending to the many varied aspects of health in a comprehensive way."

For more information, watch for more planned 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/>.

# kids' corner

THIS METHOD OF COOKING INVOLVES DRY HEAT, USUALLY IN AN OVEN.

ANSWER: BAKING

## What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?

### A

### B

Answers: 1. Extra stick of butter 2. Measuring spoon order changed 3. Missing egg 4. Sugar is brown sugar

## THIS DAY IN... HISTORY

- **1784:** JOHN WESLEY CHARTERS THE METHODIST CHURCH.
- **1953:** JAMES WATSON AND FRANCIS CRICK DESCRIBE THE THEORY THAT TWO STRANDS OF DNA ARE COILED IN A DOUBLE HELIX.
- **1983:** THE FINAL EPISODE OF "M\*A\*S\*H" AIRS, MAKING IT THE MOST-WATCHED PROGRAM IN TELEVISION HISTORY.

## New Word

### FOLD

mix an ingredient gently with another ingredient

## How they SAY that in...

**ENGLISH:** Cookie

**SPANISH:** Galleta

**ITALIAN:** Dolcetto

**FRENCH:** Biscuit

**GERMAN:** Kek

## Did You Know?

BAKERIES TYPICALLY MAKE AND SELL SWEET CAKES, COOKIES, PASTRIES, AND OTHER DESSERTS, AS WELL AS BREADS.

## GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: CUPCAKE

## CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to health & fitness. Each number corresponds to a letter. (Hint: 16 = e)

**A. 17 16 18 18 14 16 25 25**

Clue: In good health

**B. 3 22 7**

Clue: In good shape

**C. 16 2 16 21 1 22 25 16**

Clue: Physical activity

**D. 20 22 16 7**

Clue: The foods one eats

Answers: A. wellness B. fit C. exercise D. diet

## SUDOKU

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 3 |   |   |   |   | 7 |   |   |
| 6 |   |   | 9 |   |   |   |   | 8 |
| 2 | 8 |   |   |   | 4 |   |   | 9 |
|   |   | 3 | 8 |   |   |   |   | 1 |
| 1 |   |   |   |   |   |   | 2 |   |
|   |   |   |   | 2 |   |   | 8 | 5 |
|   |   | 1 |   |   |   |   |   |   |
|   | 9 |   |   | 7 |   | 4 | 1 |   |
|   | 7 | 4 |   |   | 6 |   |   |   |

Level: Intermediate

### Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

### Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 3 | 9 | 8 | 6 | 1 | 2 | 4 | 7 | 5 |
| 9 | 1 | 4 | 3 | 7 | 5 | 2 | 6 | 8 |
| 7 | 5 | 2 | 9 | 8 | 1 | 4 | 6 | 3 |
| 5 | 8 | 1 | 9 | 3 | 2 | 4 | 6 | 7 |
| 4 | 2 | 7 | 6 | 9 | 8 | 3 | 5 | 1 |
| 1 | 6 | 4 | 5 | 3 | 7 | 8 | 2 | 9 |
| 2 | 8 | 5 | 7 | 6 | 4 | 1 | 3 | 9 |
| 6 | 1 | 7 | 9 | 3 | 2 | 5 | 4 | 8 |
| 4 | 3 | 9 | 1 | 5 | 8 | 7 | 6 | 2 |

ANSWER:



## SPORTS

## Bulldogs win two more, move to 12-3

BY BOB MARTIN

Bob@Salmonpress.news

PLYMOUTH – The Belmont/Gilford hockey team had a great week beating a couple of solid teams to give the Bulldogs a 12-3 record and second place in Division 3 as the end of the regular season is in sight.

The Bulldogs started off the week against John Stark-Hopkinton and came away with a 3-1 victory. While John Stark-Hopkinton got on the board first with a goal early in the first period, Belmont/Gilford tacked on two goals in the second period to make it a 2-1 game. Owen Guerin scored the first goal to tie up the game with six minutes left in the second period. It was assisted by Nate Shirley. The second goal came quickly after and was by Brady Logan, assisted by Guerin.

The Bulldogs tacked on the third and final goal in the third period, which was an unassisted goal by Joey Blake on an empty net. Colin McGreevy turned away 26 shots in the win. The win moved Belmont/Gilford ahead



RC GREENWOOD

Nate Shirley played well on defense and had a goal against Kearsarge/Plymouth last weekend.

## Nervousness, apprehension and excitement, all at the same time

SPORTING  
CHANCE

By JOSHUA SPAULDING

As I write this on Thursday, Feb. 20, it's been almost six years to the day since my first Olympic experience drew to a close.

That was in Sochi in February of 2014 and it was an experience that I will always remember. It was my first time covering such a huge event and in many ways, it was overwhelming.

However, I learned a lot in that first time out and when it came time to head to PyeongChang four years later, I had a much better idea of what to expect and it made the great experience I had the first time even better.

Now, as I prepare for my first Summer Olympics experience, I am concerned a bit about the sheer massiveness of the summer games compared to the winter games.

However, that's a story for another day.

What has been on my mind lately has been the whole threat of the coronavirus and how it might impact my Olympic trip.

Going back to 2014 before I traveled to Russia, there was a lot of talk about security concerns and what Russia was doing to prepare. There were reports that some venues and some housing units weren't complete. I can't tell you the



JOSHUA SPAULDING

FROM MY FIRST OLYMPIC experience, the Main Press Center in Sochi in 2014.

number of links people sent me about incomplete rooms and more.

However, I said to myself back then that this was a once in a lifetime opportunity and there was no way I was not going, despite the many issues that seemed to be popping up as they got closer.

This has been on my mind as the Tokyo Summer Olympics inch closer and the threat of the coronavirus continues to hang over eastern Asia. I keep reading stories that the Olympic officials have stated over and over that they are not cancelling or not delaying the Summer Games. Then I will read a story or two that quotes Japanese "medical professionals" saying that they think this could be more of an issue than Olympic officials are letting on.

Out of the gate, the first thing I thought of was the money that has gone into this. Thanks to many awesome people,

I have sent the deposit for my housing (half of the overall \$1,600 cost) and I have bought my airline tickets there and back (\$1,700). I am sure that if the Olympics get changed, my rooming would likely be intact, just for different dates.

When I purchased my airline tickets, I did get the insurance, so if I had to change my flight, I could likely do so without much of a fee.

However, in addition to the money, there's also the whole coronavirus thing. The quarantined cruise ship that's been on the news is docked in Yokohama, which is near Tokyo and is hosting a number of Olympic events. So, this is legitimate.

However, like in Sochi with the security concerns, this is a great opportunity and letting something outside of my control ruin what could be quite an experience is the wrong thing to do.

I'm moving forward with the trip and I'm ex-

cited about it. My hope that is in the five months until I leave things get more cleared up on the coronavirus front.

Additionally, I should note a special thanks to my friends at the Village Players Theater who are organizing a fundraiser to help with the final expenses for the trip. It is set for Saturday, May 2, at 6 p.m. at the theater in Wolfeboro. I am sure more information will be released soon and I'll get it out there for readers.

Finally, have a great day, Peter Waugh.

*Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Land-ling, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.*

of John Stark-Hopkinton in the standings.

"A big game from Owen Guerin with a goal and an assist," said coach Jason Parent. "Colin McGreevy played a great game in net and kept John Stark stifled all game long."

The Bulldogs then took on Kearsarge/Plymouth on Saturday afternoon and came away with a 3-1 win. The game was highlighted by some excellent work in net by McGreevy

and also timely scoring by Guerin, who scored two first period goals. Shirley also played excellent defense and added a goal assisted by Hayden Parent.

"Colin McGreevy once again made some stellar saves to keep K/P at bay," said Parent.

Belmont/Gilford finishes the regular season on Feb. 29 for a 5 p.m. game at Merrill Fay Arena against Sanborn/Epping.

## Gilford boys enter final week atop Division III

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – The Gilford boys' basketball team's excellence continued last week with a pair of wins over Newfound and Hopkinton to improve to 15-1 and hold sole possession of first place in Division 3 as the Golden Eagles enter the final week of the regular season.

On Tuesday, the Golden Eagles traveled to Newfound and came away with a big road win by a score of 75-47. It was 38-15 at the half and the Golden Eagles dominated the entire game with 12 players scoring for Gilford. Adrian Siravo was the star of the game with a double/double performance of 21 points and 11 boards. Riley Marsh had 11 points in the win, while Jalen Reese had 10 points and Connor Sullivan had nine points.

On Friday, the Golden Eagles went to Hopkinton and had another road win over a tough

team by a score of 61-57. Gilford was trailing all throughout the game, but eventually tied the game at 53-53. Gilford and Hopkinton went back and forth and again tied the game at 57, but then Logan Hughes hit a layup after gathering a rebound on his own missed shot. In the end, it was the timely scoring and defense that led to the Golden Eagles' success.

"We had a nearly one minute defensive stand to end the game with several key defensive plays, including a late blocked shot by freshman Jalen Reese," said coach Rick Acquilano.

Siravo once again led the Golden Eagles in scoring with 25 points in the win. Hughes put up 11 points and Malik Reese scored eight points.

Gilford faced Belmont after deadline and the final game of the regular season is at home on Feb. 28 at 6 p.m. against White Mountains.



# Nordic Golden Eagles ski in Coaches Series race



BOB MARTIN

Mitchell Townsend had a seventh place showing at the NHNCA race in Whitefield last weekend.

BY BOB MARTIN  
Bob@Salmonpress.news

WHITEFIELD – The final New Hampshire Nordic Coaches Association series race of the winter was held last weekend at White Mountains Regional High School and members of the Gilford

High School Nordic ski team placed well in the event. For the boys' team, Mitchell Townsend skied well with a seventh place time of 12:41.4. The girls' team was led by Catherine Stow, who was in sixth place with a time of 14:21.2. Vanessa Genakos was in ninth place with a time of 14:27.7. In the middle school race for the girls' team, Megan Legro was in 10th place with a time of 18:01.3. Maria Tilley was 13th with a time of 18:20.5 and Madeline



BOB MARTIN

Catherine Stow was the top skier for the Golden Eagles last weekend.



BOB MARTIN

Vanessa Genakos starts the NHNCA race at White Mountains last weekend.

Burlock was 17th with a time of 18:56.4. In the middle school boys' race Aiden Bondaz was second with a time of 13:42.8; Henry Stow was sixth with a time of 14:35.5; Kar-

son Genakos was 10th with a time of 14:59.9; Scott Kulcsar was 13th with a time of 15:24.2 and Alden Townsend was 19th with a time of 15:50.7.

## PSU hosting learn to curl sessions

PLYMOUTH — If you are one of the many spectators who have witnessed the nail-biting intensity, unyielding pressure and the fiery spirit in the sport of curling and wanted experience it for yourself, now is your chance. Plymouth State Ice Arena is gearing up for its 2020 spring curling league and they want you to be a part of it.

The beauty of curling is that it can be enjoyed by an array of people. There is no running, there is no jumping, there is technique and strategy. Given that the game is played on ice wearing sneakers, balance is paramount. Luckily, this skill can be improved on by simply playing the sport. The most physical aspect of curling comes from furiously sweeping in front of the stone as it glides down the ice to the opposite end.

Still not sure if you can curl? The PSU Ice Arena is going to let



COURTESY PHOTO

Plymouth State is holding learn to curl open houses on March 1 and 8.

you try for free so you can find out just how much fun you can have on ice. On March 1 and 8, from 4 to 6 p.m., the ice arena is hosting free learn to curl open houses. All of the equipment will be provided and admission is free (donations are graciously accepted.) These learn to curl sessions will be focusing on the fundamentals of curling, participants will learn how to deliver a stone and

how to sweep. To sign up for an intro session, please register online at [plymouth.edu/arena/curling](http://plymouth.edu/arena/curling). Space is limited so please don't hesitate, sign up today. Still looking for more. If you have caught the curling bug and would like to participate in league play, the ice arena will be offering a four-week intro to curling league. This league will be made up of all first year curlers. Ex-

perienced curlers will be available to help with the nuances of the game if needed. This league will take place on Sunday afternoons from 1 to 3 p.m. beginning March 15 running through April 5. If you have any questions, please contact the ice arena at [psu-icearena@plymouth.edu](mailto:psu-icearena@plymouth.edu).

## Kids' fishing derby March 1 in Gilford

GILFORD — Belknap County Sportsmen's Association will be holding its annual kids' ice fishing derby on March 1 on Lily Pond (Route 11C) Gilford, 9 a.m. to noon. The event is completely free, bait, tip-ups, hot coffee, hot chocolate, available at the pond. Lessons provided for the first timers. No registration required, just show up

and have fun. At noon in the clubhouse on Lily Pond Road they will have awards and trophies for the largest fish caught as well as hot dogs, chips and milk for all the participants. If you're a parent or grandparent, bring your children or grandchildren and enjoy the camaraderie and the competition this annual event brings out.

## Gilford Hills offering tennis programs for kids

GILFORD — Gilford Hills Tennis and Fitness offers great low cost programs for high school and elementary kids on Tuesday afternoons. This is a great opportunity for kids 6-13 to learn and play the lifelong sport of tennis. The program also gives high school players an opportunity to get a jump on their spring tennis season

inside. The next six-week session begins on March 3. Times are 3:30-4:30 p.m. for high school and 4:30-5:30 p.m. for elementary. Fees are just \$60 for members and \$66 for non-members for the six-week session. This program is led by Elite Tennis Pro Curt Chesley along with several other local tennis players. For more informa-

tion and to register, call Gilford Hills at 293-7546. The club is located at 314 Old Lake Shore Road in Gilford. Owners Adam Angle and Marc Bourgeois have made numerous improvements to the courts over the last several years. It is the Lakes Region's premier indoor tennis and fitness club.

## PMHS seeking four coaches

ALTON — Prospect Mountain High School in Alton is searching for coaches for girls' track, JV softball and JV baseball for the spring

season and girls' varsity soccer for the fall season. Anyone seeking more information can call Corey Roux at 875-3800.

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# Gilford girls earn sixth seed in tournament

**BY BOB MARTIN**  
Bob@Salmonpress.news

GILFORD – The Gilford girls' basketball team finished the regular season last week with a pair of losses, but the Golden Eagles clinched a sixth seed for the playoffs and are set to take on Monadnock in the Division 3 state tournament.

On Feb. 19, the Golden Eagles hosted Newfound and lost a close battle by a score of 53-47. Gilford was leading 17-12 after a quarter and 28-19 at the half. However, the Bears kicked things into high gear for the second half, outscoring Gilford 34-19, including a big fourth quarter where Gilford was outscored 18-9.

Kate Sullivan had one of her biggest statistical nights of the season with a big double/double showing of 19 points, 13 boards and three blocks. Shelby Cole scored 12 points and dished out five assists, while having three steals. Abby O'Connor scored six points in the game and Allison Carr added five points.

The key to the game for Newfound was the Bears scoring eight three-pointers in the second half to seal the win.

Gilford then hosted Hopkinton on Feb. 20 and lost 42-26. It was a defensive fight in the beginning with Hopkinton up 9-5 after a quarter. Gilford's defense was excellent in the second quarter, holding Hopkinton scoreless while scoring five points of their own to go up 10-9 at halftime. The third quarter was all Hopkinton, who outscored Gilford 22-7. Hopkinton cruised to victory, outscoring Gilford 11-9 in the final quarter.

Cole scored eight points and dished out three assists, while recording four steals. Sullivan had six points and eight rebounds. Vanessa Flanders had six points while Abby O'Connor put up four points.

Coach Rick Forge said it was tough to get two losses in the last week of the season, especially with each game mattering so much as far as playoff standings. He said the team often relies on Cole to score, as she consistently puts up double figures. However, to make a strong playoff push he knows the Golden Eagles need to find other ways to put up points.

"We don't really have a perimeter shooter," said Forge. "We didn't have the fire power tonight. We just weren't making shots. We need someone to step forward as a secondary shooter. Shelby always draws the best defender and often double teams,

**BOB MARTIN**  
(Right) Kate Sullivan launches a shot for Gilford against Hopkinton.



The Gilford High School girls' basketball team celebrated senior night last week at the final home game of the regular season.

BOB MARTIN



Shelby Cole was the top scorer for Gilford against Hopkinton last week.

BOB MARTIN



Kyla Mercier shoots a jump shot for the Golden Eagles.

BOB MARTIN



Abby Warren goes up for a rebound against Hopkinton last week.

BOB MARTIN



## Friends of Abenaki Pancake Breakfast is Saturday

**WOLFEBORO** — Can you hear the bacon sizzling? Perhaps a hint of savory sausages is tantalizing your taste buds? The butter melts and swirls, joining the river of real maple syrup as the fork sinks into the stack of golden pancakes. Choose icy orange juice or steaming coffee. Come lick the syrup off your fingers and join the fun at the annual Friends of Abenaki Pancake Breakfast. The Abenaki Lodge will open 7-10 a.m. Saturday, Feb. 29, ready to serve you, the kids, and grandkids with a fabulous view of

the slope. This year's fundraising begins an upgrade in snowmaking for Twister, Headwall and Freeway. Recent Twister improvements opened up more terrain and upgrading snowmaking will enable the public and the Abenaki Ski Teams to use the slopes at the same time. Night skiing on the trails will be improved by additional lighting. Attendance at the recent USSA sanctioned under 12 ski race highlights the need for additional infrastructure to support Abenaki now and in the future.





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## ~SAU #58~ VACANCIES 2020-2021

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Groveton, NH 03582  
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Fax: 603-636-6102  
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[SchoolSpring.com](http://SchoolSpring.com) and reference job ID# 3232827  
SAU35  
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Job applications are available from the New Durham Town Offices located at 4 Main Street, New Durham NH or on the Town website at [www.newdurhamnh.us](http://www.newdurhamnh.us). Applications may be submitted to Scott Kinmond, Town Administrator via US mailed, in-hand or email ([skinmond@newdurhamnh.us](mailto:skinmond@newdurhamnh.us)).

More information contact:  
Scott Kinmond, Town Administrator,  
Town of New Durham,  
PO Box 207, New Durham NH 03855-0207  
859-2091 Town Hall  
Or Pam Ward, DPW Administrative Assistant-  
859-8000 Highway Department

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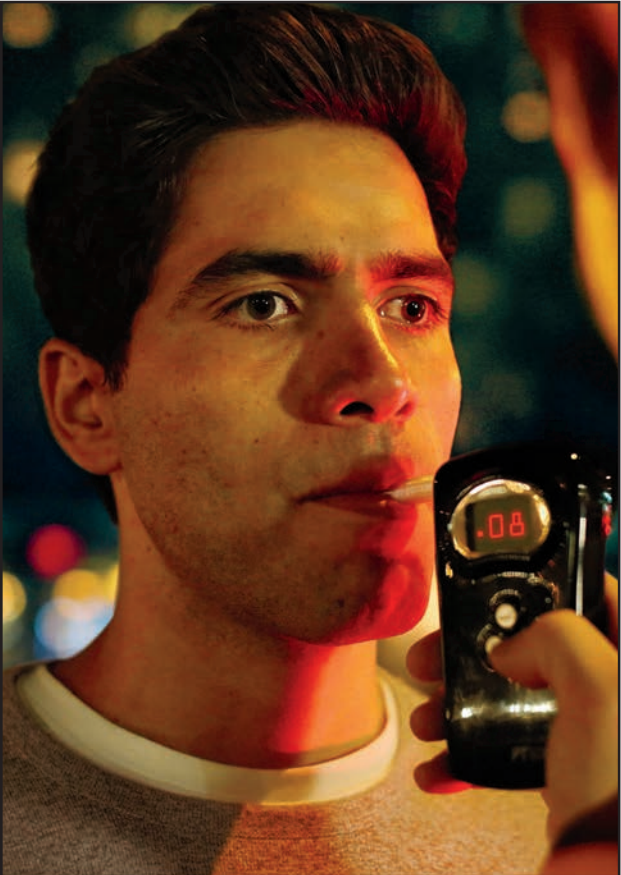
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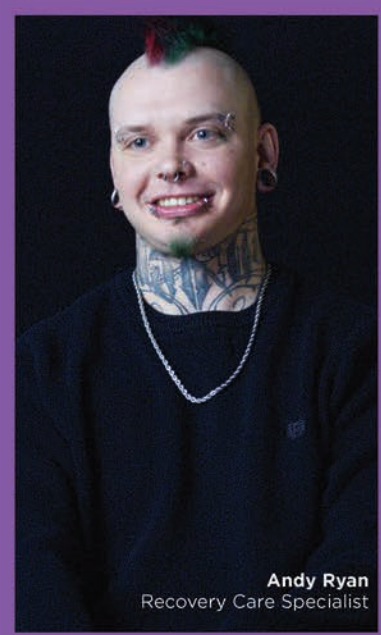
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