www.salmonpress.com

Gilford Steamer

THURSDAY, JANUARY 16, 2020 GILFORD, N.H.

School Board adopts policy on transgender students

BY ERIN PLUMMER
mnews@salmonpress.news

After three years of heavy discussion and extensive revisions, the Gilford School Board approved a policy last week on how the schools will work with transgender students.

The policy passed during the Jan. 6 meeting in a vote of five in favor and one (Malcolm MacLeod of Gilmanton) voting against.

The new policy outlines how the district and the schools will work with students who are transgender, have a gender identity that falls outside of a binary male or female identity (nonbinary), or are gender nonconforming.

Superintendent Kirk Beitler said district officials have been looking at this policy since 2016. Beitler said the effort started after the Department of Education's Office of Civil Rights under the Obama administration issued a "Dear Colleague" letter recommending that school districts across the country establish policies protecting transgender students. Beitler said during the Trump administration, that same office issued a retraction of the previous recommendation and Gilford's efforts in this direction stalled.

The Gilford policy proposal was tabled in 2017, though was brought up again around the beginning of the 2018 school year. In 2019, Gov. Chris Sununu signed SB 263 into law prohibiting discrimination in public schools against stu-

SEE **POLICY** PAGE A6

New recycling center seeing heavy use

BY ERIN PLUMMER
mnews@salmonpress.news

The town's new recycling center has been open for a week, and has been incredibly busy with the town undertaking a public outreach on using the center.

Last Wednesday, Public Works Director Meghan Theriault gave the selectmen an update on the first full week of the new recycling center's opening. The recycling center opened as planned on Jan. 2.

Right now, there are two full time and two part time employees at the facility. Theriault said last week they also had a lot of additional help from more members of Public Works staff and volunteers.

The biggest day for the facility was Saturday. Despite rainy weather, many people came out to bring their items.

The facility now accepts residential household waste and separated recyclables including corrugated cardboard, mixed paper, steel and tin together, aluminum, glass, and four different grades of plastic.

Household waste can be brought in bagged, though recyclables cannot come in bagged.

"Just a reminder to residents the recyclables should be separated before they come in," Theriault said. "It makes things a lot easier. Obviously, they can come with them together and separate them in the bins, but it definitely makes things easier if they come with them separated."

Theriault also advised residents that, "when in doubt, throw it out" and any item that might not be a good clean recyclable should be tossed or people can ask someone at the station if something should be recycled.

SEE **RECYCLING** PAGE A6

COURTESY

Compassion in Action

Gilford Elementary School learners have been showing off their "Compassion in Action" skills by performing kind acts throughout their school and community. Kindergarteners made cards for hospice patients. First grade learners wrote notes of thanks to adults in their building, while the second grade collected more than 250 pairs of socks to donate to Isaiah Cafe soup kitchen in Laconia to pass out to those in need. Learners in third grade wrote encouraging notes and sent them to the middle school and fourth grade ran a drive for warm clothing to donate to those in need. Everyone in the school district is following the Choose Love program in hopes of creating positive interactions throughout their lives.

Registration open for Prescott Farm WildQuest Camps

COURTESY

Exploring new heights! Campers climb over a tree while discovering the natural world during Winter Vacation Camp.

LACONIA — Prescott Farm Environmental Education Center has once again opened registration for the WildQuest Vacation Camps. When school vacation comes around, don't sit the kids in front of a screen, throw open the doors to nature and the great outdoors with Prescott Farm. Families looking for outdoor and nature-based activities need look no further than WildQuest Camps at Prescott Farm.

These nature-based day camps coincide with local school February and April vacation weeks and run nine weeks in the summer. With a focus on the natural world – and plenty of outdoor fun – WildQuest Camps are the perfect match for inquisitive young explorers.

All camps are weekdays from 9 a.m. to 4 p.m. with extended care hours available from 8 a.m. until 5:30 p.m. Winter Camp (Monday, Feb. 24 - Friday, Feb. 28) and Spring Camp (Monday, April 27 - Friday, May 1) are open to children age 6 – 12. Registration is for a full week with some limited by-the-day spots available.

WildQuest Summer Camp features nine weeks of unique nature-based themes and is open to children age 4 – 16. Campers age 13 and 14 participate in the Leadership in Training (LIT) program which emphasizes hands-on team building and explores various leadership styles. Similarly, the new Junior Counselor Program (JC) offers leadership, adventure skills, volunteer time and off-campus experience to campers ages 15 & 16. Registration for summer camp is by the week and an Early Bird discount is available on registrations made before March 2.

Camp Director Jake Newcomb and the WildQuest staff are eager to create a memorable experience for campers. "WildQuest camp counselors are enthusiastic educators who love science and

SEE **WILDQUEST** PAGE A6

CAP sharing work with area communities

BY ERIN PLUMMER
mnews@salmonpress.news

Representatives from the Laconia office of the Community Action Program are visiting the towns in their area and talking about the organization's work for people in need.

Beth Heyward of Community Action Program Belknap-Merrimack Counties and Lynn Tonkin, director of the Laconia Area Center, spoke to the Gilford board of selectmen on Wednesday about the work of CAP and how it serves Gilford residents.

Heyward said they are coming to each of the towns and thanking them for their year round support of CAP. She said it's because of this support that the Laconia center is able to stay open all year round, whereas other centers might have seasonal or shortened days.

"You guys have supported us forever so we're very thankful for the money that the town of Gilford gives us because we are able to help the residents," Heyward said.

The Laconia Area Center serves Gilford, Laconia, Gilmanton, Belmont, Alton, and Barnstead. Heyward said the CAP Belknap-Merrimack Counties has more than 70 programs that a lot of people might not be aware of, such as Headstart, WIC, and many more.

"We're just trying to do a better job at making sure people know that the services that are available to all the different

SEE **CAP** PAGE A6

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

Pestilence rides this winter, as it seems almost everyone has come down with a cold or flu. Prepare to fight it by sleeping plenty, consuming plenty of Vitamin C and water, and don't stop all season! If you do come down with a malady, my favorite cure is a late morning, a cup of black tea with honey, and a completely absorbing read that takes your mind off of the challenges of breathing.

A first place to check for something engrossing is libraryreads.org. Librarians across the nation vote for their favorite new books, coming up with a new top ten every month. But at this time of year we vote on the top ten of 2019! Coming in with the win is 'The Library Book' by Susan Orlean-which may or may not be influenced by the profession of the voters, but the other nine are genuinely fascinating stories. On there, you'll see some titles we've mentioned before, like the rock and roll tribute novel "Daisy Jones & the Six" by Taylor Jenkins Reid and the family saga "The Dutch House" by Ann Patchett. There's a heavy read in Colson Whitehead's "The Nickel Boys" and some levity in Oylnkan Braithwaite's "My Sister, the Serial Killer." The latter comes with a laugh, which brightens the mood even when the tea runs out.

If you haven't read Alex Michaelides' "The Silent Patient" yet, you've saved it for the right time. This book has been popular since release, locking it in as one of the most gripping thrillers of the year. Alternatively, you could double down on blanket and tea warmth with a romance or two in Beth O'Leary's "The Flatshare" or Casey McQuiston's "Red, White, and Royal Blue." Whatever your sickness combating genre, reading will help you get through it.

Don't forget that there are ways to borrow books without going out or spreading your plague. You can use one of our digital book services like Overdrive or Hoopla to download books wherever you are. Germs don't travel in cyberspace--computer viruses are just an analogy, fortunately. Be well!

Classes & Special Events
January 16th-January 23rd

Thursday, January 16

Geri Fit, 9am,-10am
Music and Movement, 10:30am-11:30am
Homeschool Game Club, 12:15-2:15pm
Brown Bag Book Discussion, 12:30pm-1:30pm
Conversational French, 4pm-5pm
Evening Book Discussion, 6pm-7pm

Friday, January 17th

Bridge, 10:30am-12:30pm
Preschool Storytime, 10:30-11:30am
Knit Wits, 1:30pm-2:30pm
Advanced Conversational German, 2:30pm-3:30pm

Monday, January 20th
CLOSED FOR MARTIN LUTHER KING JR. DAY

Tuesday, January 21st

Geri Fit, 9am,-10am
Hook Nook, 10am-11am
Bridge, 10:30am-12:30pm
Preschool Storytime, 10:30am-11:30am
Minecraft Club, 3:30pm-4:30p

Wednesday, January 22nd

Line Dancing, 9am-10:30am
Check out an Expert, 10am-12pm
Lakes Region Fiber Artists and Crafters, 10am-12pm

Thursday, January 23rd

Geri Fit, 9am,-10am
Music and Movement, 10:30am-11:30am
Homeschool Game Club, 12:15-2:15pm
Conversational French, 4pm-5pm

Gilford Public Library Top Ten Requests

1."The River Murders" by James Patterson
2."Criss Cross" by James Patterson
3."Blue Moon" by Lee Child
4."Treason" by Stuart Woods
5."The Rise of Magicks" by Nora Roberts
6."The Yellow House" by Sarah M. Broom
7."The Giver of Stars" by Jojo Moyes
8."Catch and Kill" by Ronan Farrow
9."A Minute to Midnight" by David Baldacci
10. "Where the Crawdads Sing" by Delia Owens

GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from Jan. 7-12.

Michael J. Carter, age 31, of Gilford was arrested on Jan. 9 in connection with a bench warrant.

Ronald E. Jolin, age 22, of Belmont was arrested on Jan. 10 for Statutory Rape, Prostitution of a Person Under 18, and Sale and Distribution of Tobacco Products to Minors.

Christopher Hughes, age 28, of Gilford was arrested on Jan. 11 in connection with a bench warrant.

Norman Wayne Valdelee, age 55, of Gilford was arrested on Jan. 12 in connection with a bench warrant.

Paul M. Doherty, age 55, no known address, was taken into protective custody for intoxication on Jan. 12 and subsequently charged with Resisting Arrest or Detention.

Workshop aimed at helping you design your next decade

LACONIA — Join Emily Clement, speaker and coach, for a workshop at Wayfarer Coffee in Downtown Laconia, on either Sunday, Jan. 19, 1- 4 p.m., or Saturday, Jan. 25, 6- 9 p.m.

Design of a Decade, is the workshop to take you from self-doubt to super-powered.

There is no need to carry the weight of past hurt, resentment, or disappointment. You are free to move about the planet with peace and grace. Design of a Decade is a three-hour in-person workshop for serious seekers looking to make this decade abundant, fulfilling and better than the rest.

It's time to say goodbye to "more of the same" and finally create a new blueprint for a life filled with passion, meaning and purpose. You have the power to be unstoppable. Now is the time to invest in yourself. Now is the time to say yes to freedom and maximum joy. Now is the time to design your decade.

During Design of a Decade you will learn to:

• Define what creates an extraordinary life
• Shift from self-sabotage to empowering beliefs about yourself and your environment
• Instantly improve the quality of your life by asking better questions
• Seek pleasure over pain in relationships
• Identify your most consistent emotions so you can move up the emotional scale
• Name your top values to live an authentic life and make purposeful decisions, always!
• Set crystal clear, healthy boundaries to maximize joy, fun and wholeness (and ditch the dead weight of busy, overwhelmed & depleted)
• Bask in the support and uplifting energy of a like-minded community

What to expect:

• An afternoon or evening of listening, writing, talking, and sharing
• Upbeat, accepting, informative setting
• Immediately implement-able actions
• Really great coffee and waffles!

Seating is limited. If you are serious about taking action to create a fulfilling, aligned, authentic life, this is the event for you. Reserve your seat now. Don't let another decade go by without your full action and attention. $99/person. More information and register: https://www.emilyclementlifecoach.com/events/designofadecade.

THE GILFORD STEAMER:
The next best thing to word of mouth advertising!
MEET YOUR SALES REPRESENTATIVE
TRACY LEWIS
Salmon press Newspapers
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@salmonepress.news

TO SUBSCRIBE OR FOR SUBSCRIPTION SERVICES:
SAM LOVETT
(603) 677-9085
sam@salmonpress.news

SEND US YOUR NEWS AND PICS
Moments@SalmonPress.news

TO FAX THE STEAMER:
CALL (603) 279-3331

TO PRINT AN OBITUARY:
E-MAIL: erin@salmonpress.news

TO SUBMIT A LETTER TO THE EDITOR:
E-MAIL: brendan@salmonpress.news

TO SUBMIT CALENDAR ITEMS:
E-MAIL: brendan@salmonpress.news

PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DINICOLA
(508) 764-4325

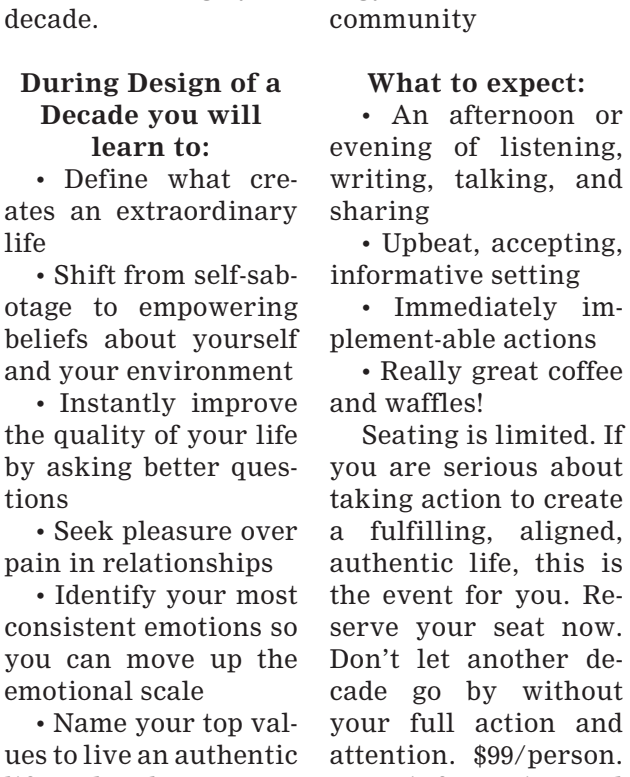
DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

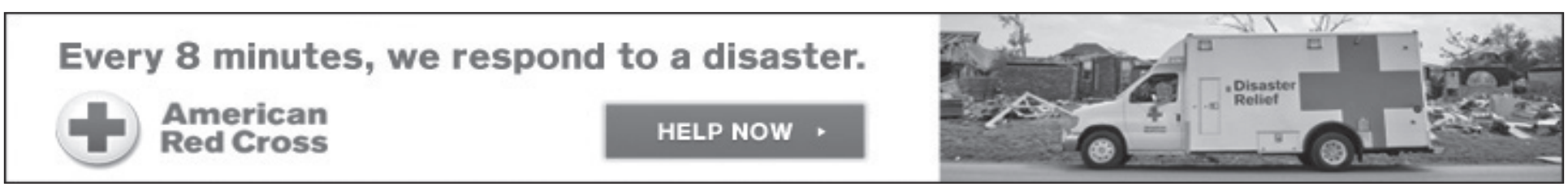
EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

SPORTS EDITOR
JOSH SPAULDING
(603) 941-9155
josh@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

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.





Gilford library reports increased circulation, new patrons in 2019

BY ERIN PLUMMER
mnews@salmonpress.news

The Gilford Public Library has been a popular place this past year, seeing an increase in material check-outs and activities.

Library Director Katherine Dormody have the board of selectmen an update on the library during Wednesday's meeting.

Dormody reported that in 2019, a total of 129,038 items were checked out of the library, slightly more than last year. Dormody said this number represents 80,000 first time checkouts, 9,800 renewals by phone or in person, 9,600 online renewals, 11,000 pieces of digital media signed out, and 1,400 loans made to other libraries.

In September, the library implemented a program where items checked out would automatically renew of no one is waiting for it. Dormody said this program has resulted in 5,000 auto renewals.

This past year there were 425 new accounts, making for under 6,600 people with library accounts.

The library has also been working closely with the schools. Librarians have been going to schools on a monthly basis to talk about books.

"That's one thing that we really have made an effort to reach out to, just foster the love of reading and sharing what's new in books," Dormdy said.

Over the summer, the library will also work with the Parks and Recreation Department and the Gilford Youth Center, offering summer reading to the kids who go to camp there.

The library has undergone a few repairs recently. There was a leak in one of the dormers, though they haven't been able to go up and fix it because of the recent rain. The flooring in the downstairs hallway was replaced with luxury vinyl wood tiling, which she said sis easier to maintain and doesn't require stripping or waxing. Two chairs were replaced on the upper floor.

Selectman Gus Benavides said he especially noticed the number of first time checkouts. He said a number of years ago the comment was made that the amount of checkouts had increased because of the down economy where it was easier to check out materials for free than to buy or rent them.

"It's pretty interesting to see that even though our economy has been really strong for the last couple years the numbers still keep going up for the library," Benavides said. "That's obviously a really good sign that obviously you and your staff are doing a great job at trying to make sure that that message gets out in our community that the library is a great resource center for our community so kudos to you and to your staff. That's a great, great thing to have."

Benavides said a lot of people don't think about how important libraries are in communities. He said they foster a love for reading in kids, who are the future leaders.

Selling your home takes a good partnership

Judy McShane is a Gilford resident and an experienced professional in the residential real estate in the Lakes Region. She and her business partner, Mel McShane, are going to discuss the real estate market in the Lakes Region and what you need to focus on in order to have an excellent outcome as you sell your home or buy a new one.

On Thursday night, Jan. 16 in the Fellowship Hall of the Gilford Community Church, Judy and Mel are going to present how to present your home to its best advantage while obtaining the best sell price. On the other side of the equation they have helped a great many buyers find and acquire a home that fits their needs. Judy McShane is one of the top producers at Laconia Coldwell Banker having closed more than $17 million in property sales in more than 60 transactions in the past twelve months.

Guys' Night Out is a longtime program offering men in the Lakes Region a chance for a social time, great dinner, and to learn interesting and important topics. The night begins at 5:30 p.m.; dinner at 6:30 p.m. by Ellie Murphy followed by the interactive discuss with Judy and Mel. The cost for the evening remains $12 and reservations are needed and can be made by calling the church office at 524-6057. The church is located in historic Gilford Village at 19 Potter Hill Rd. This is an opportunity to learn about the process and state of the residential real estate market here in the Lakes Region. Your home is a major investment and most people at some time will want to change by buying a larger home or downsizing.

UMC hosting service of meditation and healing

On Thursday, Jan. 30 at 7 p.m., you are invited to come give yourself time to be quiet in this world of noise and stress. Help your mind, body, and spirit rest and refresh during this service of Meditation and Healing. At the end of the service there will be a simple laying on of hands and prayer for those who wish.

Gilford's-Hope Ministries is having these healing services the last Friday of every month at 7 p.m. The service includes singing, meditation, prayer and a time for anointing and laying on of hands with a healing prayer.

So come and treat you mind, body, and soul to this time of meditation and healing.

Hope Ministries is at First United Methodist Church, 18 Wesley Way (off Route 11A, near the 3/11 bypass in Gilford). For more information call 630-2311.

Meredith Ellis named to Fall 2019 Dean's List

NEW LONDON — Colby-Sawyer Collge has named Meredith Ellis of Gilford to the Dean's List for fall 2019. Ellis majors in biology and is a member of the class of 2023. To qualify for the Dean's List students must achieve a grade-point average of 3.5 or higher on a 4.0 scale while carrying a minimum of 12 credit hours in graded courses.

About Colby-Sawyer College

U.S. News and World Report has recognized Colby-Sawyer as a Best Regional College in its category - North (#8), Best Value College (#4) and Best Undergraduate Teaching (#4) in its 2020 Best Colleges issue. Founded in 1837 in the heart of the scenic Lake Sunapee Region of central New Hampshire, Colby-Sawyer is a comprehensive college with an emphasis on the liberal arts and sciences, a focus on professional preparation and a commitment to individualized experiences. Students choose from a variety of innovative majors in the School of Arts and Sciences, the School of Business and Social Sciences, and the School of Nursing and Health Sciences. Colby-Sawyer's transformative teaching and learning community, which includes an enhanced partnership with Dartmouth-Hitchcock Health, promotes students' academic, intellectual and personal growth. Graduate outcome data indicates that 99% of 2018 graduates are employed or in graduate school within six months of graduation. Learn more at colby-sawyer.edu.

Area residents named to Dean's List at University of New England

BIDDEFORD, Maine — Kaelin Cegelski, Jillian Lachapelle, and Sarah Lachapelle of Gilford have been named to the Dean's List for the 2019 fall semester at the University of New England. Dean's List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

The University of New England is Maine's largest private university, featuring two distinctive campuses in Maine, a vibrant campus in Tangier, Morocco, and an array of innovative offerings online. Our hands-on, experiential approach empowers students to join the next generation of leaders in their chosen fields. We are home to Maine's only medical and dental colleges, a variety of other interprofessionally aligned health care programs, and nationally recognized degree paths in the marine sciences, the natural and social sciences, business, the humanities, and the arts.

UNE. Innovation for a healthier planet. Visit www.une.edu

GILFORD PARKS AND RECREATION NEWS

BY HERB GREENE
Director
Gilford Parks and Recreation

Senior Moment-um Programs

Winter Potluck on Jan. 27

The Gilford Parks and Recreation Department will be sponsoring a Senior Moment-um program on Monday, Jan. 27. We will meet at the Community Church, Fellowship Hall at 12:00 noon for a friendly potluck lunch. Participants are asked to bring a favorite appetizer, salad, main dish or dessert to share with the group. If you have a recipe for you dish you'd like to bring to share with others; that would be great. Coffee, tea and water will be provided. Participants can let us know what they plan to bring when they RSVP, which we ask that they do by Thursday, Jan. 23.

Dessert and Theater "Little Mermaid Jr." Night on Jan. 29

Gilford Parks and Recreation in conjunction with the Gilford Middle School Performing Arts, is sponsoring an evening at the Theatre for participants of the Senior Moment-um Program. This activity is scheduled for Wednesday, January 29th. Participants will meet in the cafeteria at 5:00pm to enjoy a "dessert and coffee hour" before heading to the Auditorium at 6:00 p.m. to watch the Middle School's performance of "Little mermaid Jr.". There is no fee for this program, but space is limited and reservations will be accepted on a first come basis. RSVP no later noon on Thursday, Jan. 23.

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

Boston Celtics bus trip scheduled for March 18

The Gilford and Belmont Parks and Recreation Departments are co-sponsoring a Bus Trip to Boston to see the Celtics take on the New York Knicks on Wednesday, March 18. Cost of the trip is $80 per person and includes round trip motor coach from Gilford or Belmont and your ticket (section 311 of the balcony) to the game. Our deluxe motor coach will depart from Gilford High School at 4:45 p.m. and the Tioga Pavilion in Belmont at 5:00PM for the 7:30 p.m. game. You will have time to visit the proshop and get dinner on your own prior to the game. Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable.

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

Senior Strides weekly walking program on Wednesday mornings

The Gilford Parks and Recreation Department and Gilford Youth Center are co-sponsoring a weekly walking program for senior adults on Wednesday mornings from 9-10 a.m. at the Gilford Youth Center. Participants can track their progress or just walk for fun and socialize with friends. There will be plenty of chairs available to take a break as you wish and coffee, tea and water will be provided. A $1 donation is suggested.

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

STRATEGIES FOR LIVING

The case of the vanishing church

BY LARRY SCOTT

The city of Cusco had shut down for the day in the quiet of a normal Andean night. It was 1949 and, at 11,000 feet in elevation, the nights were bitterly cold and the streets were empty.

Cusco, a city of some 60,000 residents, was still years away from achieving its world-renowned status. All around the city, reminders of the Cusco's Inca heritage and subsequent occupation by the Spanish could still be found. High on a mountain overlooking the city, the ruins of Sacsayhuaman could be seen, standing like a sentinel over this ancient capital of the Inca Empire. I should have been impressed, but to this 10-year-old, it was just home.

I refer to the city, for there was one night during the two years we lived there that I shall never forget. I recall awakening with a start, disturbed by a loud, rumbling sound outside our home. As it came closer, the noise slowly increasing in intensity and left me pondering its meaning. I listened as it passed us by and then slowly faded into the distance. And then … silence.

I am not sure what prompted the thought, but suddenly I sat up in bed in a cold sweat. One horrifying thought overwhelmed me: "Jesus has come, and I have just heard the departure of all God's people. I have been left behind!"

It never happened, obviously, and it will not. I am charting the next ten years of my life. My plans notwithstanding, I live each day well aware that this may be the day of my departure. I am ready… and excited… about the prospect. My death – and new life – is but a few years away. Soon, I plan to hear my Savior say, "Welcome home, Larry. The battle's over!"

It is difficult for me to visualize the nightmare that will be faced by those who awaken on that fateful morning to discover the Christian community has disappeared. In a matter of moments, the world will have changed; nothing will ever be the same again.

Millions of men and women, absent from their posts, will tie up business, travel, and marketing throughout our world. It is difficult to imagine the impact this will have on our society. Hospitals without doctors… automobiles without drivers… students without teachers … airplanes without pilots. All activity comes to a standstill. TV stations go silent, Congress adjourns, gas stations close, highways stopped in gridlock. Panic sweeps the nation, lawlessness goes unchecked.

As a new reality sets in, one man emerges out of the chaos, promising order and recovery. A brilliant mastermind, the man with all the answers, smooth, and articulate, he is an aristocrat. Perfectly placed with the power to bring order out of the chaos, a grateful world quickly falls into line. He's the man of the hour, an astute political strategist, a deeply religious gentleman, a humble "servant of the people." Although there are those who voice caution, no one is listening. Order is established, new laws are enacted, harsh measures are implemented.

After some months of painstaking readjustments, a new normal emerges. Banking, commerce, and transportation function again. The architect of recovery is hailed as the hero of the hour, the man to whom all are indebted. Indeed, the Antichrist has come, but no one knows it.

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

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!

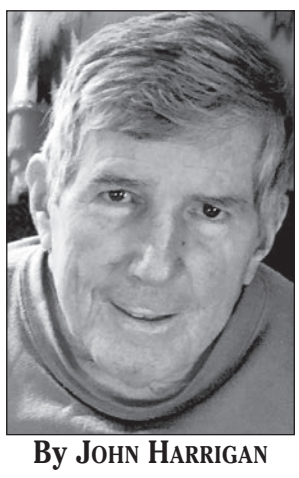
Send your letters to:

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!

NORTH COUNTRY NOTEBOOK

The rationale of feeding birds, and the vagaries of the language



By JOHN HARRIGAN
COLUMNIST

COURTESY ISTOCK

This photo encapsulates my fond mental image of a raven, which comes from a good deal of reading, lots of watching from my deck, and more than one inquisitive squinty-eyed gurgling "squ-ark!" from treetop level.

The bears are denned up, although an extended thaw might draw the odd bear out, and the tilt and orbit of Mother Earth tell us we're unofficially into winter. People who feed birds, meanwhile, have waited for neither. This includes me at the kitchen sink, with Peterson's and binoculars at hand.

Although most people seem to time their first serious bird-feeding within a few seconds of the first snowflake, some people feed year-round. Paul Doherty, for instance, enjoyed feeding raptors, crows and ravens at his Gorham Hill home, and had an ingenious tree-high pulley and platform for same.

Over the years, readers have sent in photos of some unbelievable bird-feeding stations, which always leave me wondering about the snow. Unless inventive raising systems are employed, you can't drive a plow-truck under a bunch of bird-feeders. A snow-blower is a possibility, assuming creative and quick direction of throw. But most of it inevitably comes down to scoop and shovel.

Some people have feeders right on their outside windowsills, or as an extension of same. These strike me as made by (a) some incredibly talented people, or (b) people with way too much time on their hands, or (c) both. But even the most inventive jobs involve some sort of outside slog to fill the feeders and, according to schedule or need, clean the perches and pecking places.

Or in the case of blue jays, slewing places. Just now, I have a pair of these hanging around, on the dole, picking their teeth in adjacent softwoods until the next foray, in which they glide down, pick out a preferred perch, and proceed to fecklessly slew their beaks back and forth in search of sunflower seeds, while all else plummets to the snow.

The chickadees come along then and forage for what has fallen, all the while bobbing their little heads up and down, on the lookout for predators. With them come the red squirrels; ditto for their heads.

+++++

Well, between the drama of doing dishes and the beauty of bird-watching, I just can't help noticing the little things of everyday life, especially when someone decides to change them, willy-nilly.

For instance, a new way to explain breathless television coverage of the latest storm is to point out how many millions of people it might "impact." (Flag down at the ten-yard line! Use of "impact" as a verb!)

Anyway, we're now told that a storm rolling across the High Plains could "impact" a few million people around Denver, and a few million more around St. Louis and Chicago, and suddenly we've got a storm that could, maybe, just might, once in a blue moon, never on Sunday, affect 20 million people. This explains all the hoopla.

The very latest weather-hyping gimmick, however, is to report not what the temperature actually is, but what it "feels like." This is a way to educate us all about "wind chill." Therefore, we're told, in dire tones, that it "feels like" 10 degrees in New York and "feels like" zero in Boston. (At this point, the viewer "feels like" a good book.)

+++++

In a recent column about the genetic make-up of what is loosely referred to as the Eastern coyote, I left out the actual figures on the genetic makeup of the Eastern coyote. Duh.

There are a lot of variants at play here, and something out of sight and mind might have gone on between your old beagle over there asleep on the rug and a coyote with a wink in its eye, but still, in general:

---60 to 84 percent of the wolfish-looking animals out there trying to make a living in the wild, eating anything they can get, are indeed coyotes. It's just that they're pretty big coyotes---bigger than a breadbox, bigger than those coyotes who elect, for reasons known only to the coyotes, to stick to the region known vaguely as "west of the Mississippi." Whether this is the result of some big secret coyote conference a long time ago I don't know.

---8 to 25 percent of the definitely wolf-like creatures we see cavorting around out there are carrying "significant amounts" of wolf genes. If it tries to do a bent-top-hat, go-to-Grandmother's-house routine, it's probably leaning more toward Wolfdom.

---8 to 11 percent of the dog-coyote-wolf-like animals out there just panting to snatch cooling pies off windowsills actually contain some non-pie-stealing dog genes. If it tries to play with a squeaky-toy or fetch your slippers, it's probably on the high end in the Dog Department.

+++++

I know, this next bit of business should have been covered back there in all the carping about TV weather reporting, but I just want to say a little something here about the Winter Solstice.

The thing about the Winter Solstice is that it doesn't seem to get talked about much or celebrated in any big way, except to note that it's there, sort of, sometime around Christmas. In other places they are very big on the Solstice, and use it as an excuse for pagan-like behavior, such as wearing goatskin chaps and leaping over bonfires.

For example, although I've been to Alaska several times, I've long wanted to go up there again not just to mooch off Jeff Fair, for sure, but also to be there for the Winter Solstice because in Alaska people tend to go crazy over it. For instance, they might have had the sun's last known position marked by some feature on the surrounding landscape, such as the south end of their porch railing.

In some parts of Alaska this translates into "below the horizon," so they might not have seen the sun for a while, and by mid-December they're sick of this, and celebrate its lowest (known or guessed) point on the Solstice, given the understanding that they (and we) begin gaining daylight forthwith.

Technically, we're gaining daylight, but equally technically it takes a while for our top half of a half of a cold piece of rock to begin shrugging off winter's worst, and warming up--and we haven't even seen winter's worst. In other words, it's a long way from Winter Solstice to Mud Season, let alone dropping seeds into the ground.

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

Laconia Housing dedicates Sunrise House

LACONIA — Laconia Housing dedicated its new residence, Sunrise House, on Dec. 12, and will welcome the first residents in mid-January. The 16-unit building in downtown Laconia will allow individuals with disabilities who are 62 and older to enjoy an independent lifestyle while also accessing amenities such as housekeeping, laundry services, transportation, dining, and LNA care.

"It's truly unique and a one of a kind low-income housing in the state," said Tom Cochran, deputy executive director. "It is completely wheelchair accessible."

Once the first residents have moved in, Laconia Housing will host an open house with its partners, in either late January or early February. The agency celebrated Thursday's dedication with board members, staff, and town officials.

Sunrise House sits next to Laconia Housing's 98-unit Sunrise Towers. The close proximity allows the two sites to enjoy a campus setting, with shared access to a parking lot, green space, license nursing assistants, kitchen crew, and housekeeping staff.

At the new Sunrise House, there is an entrance ramp outside the building and an elevator inside that provides wheelchair access to all floors. All units have roll-in showers and half have enough room for an assistant to accompany a person in a wheelchair.

Residents have the option of eating their meals in the first-floor dining room or cooking in their own kitchens, which all have a sink, refrigerator, cooktop, and microwave. Shopping and restaurants are within walking distance, and if a tenant needs a ride one can easily be arranged through support services. The staff works closely with their community partners, the tenants supportive case managers, New Hampshire Department of Health and Human Services, as well as Service-Link for Aging.

Sunrise House provides for a mixed income environment. Twelve units will be rented to low-income seniors whose rent will be 30 percent of their income. Supportive services will be covered by Medicaid's Choices for Independence (CFI). Rent includes heat, air conditioning, electricity, and hot water.

Four of the units are available at market rates to applicants who are 62 years or older who require support services. The market units start at $ 1,350 per month ($1,650 for a two-bedroom) and include laundry and housekeeping. Additional support services are also available. Laundry facilities are available on the ground floor. Community gathering space is also available on the ground floor, and there is a common room on every floor. Of the 16 units, 14 are one-bedroom apartments of approximately 400 square feet and two are two-bedroom, two bathroom apartments of approximately 800 square feet.

Financing provided by New Hampshire Housing Finance Authority, Bank of New Hampshire, and the Federal Home Loan Bank of Boston.

There are still units available for rent. To apply, visit https://www.laconiahousing.organd click on Sunrise House or call 737-2232.

Comfort Keepers

Seniors and post-holiday blues: Why it happens and what to do

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

The holidays can be a time of joy, togetherness and connection. For seniors that are isolated from family and friends, these happy feelings can be replaced with anxiety or depression once the festivities end.

Feeling blue after the holidays is not uncommon for older adults – especially for those that are isolated from loved ones, suffering from a physical illness or those with a less busy lifestyle.

Taking a proactive approach to combatting sadness following the holidays is critical. Depression can have long-lasting negative health impacts, and the effect of social isolation is also significant – it can have a negative health effect equivalent to smoking 15 cigarettes a day.

There are many ways to keep the post-holiday blues away. Making plans, being active and continuing to connect with loved ones are some of the top ways to move forward into the new year with positive momentum and intentional action. Some specific ideas include:

• Plan travel and reunions: Booking a getaway, or making plans to see family and friends, can help those that live far from their loved ones. A trip or reunion doesn't need to be expensive or elaborate – scheduling an outing or dinner with the family in the coming months can help lift spirits.

• Learn something new: For some seniors, anxiety and depression can be worse when they are idle. Taking up a hobby or learning a new skill can provide a challenge that is enjoyable, and activity can combat negative thinking.

• Relive the best moments: Collecting photos and memories from the latest holiday season, and looking at past year's mementos, can bring back the joy felt while celebrating. And remembering the best times can help seniors feel gratitude and connection – even when the ones they love aren't right there.

• Give back: Volunteering is a great way to ease post-holiday sadness. Helping others in need, whether it's a short- or long-term commitment, can have a positive impact on everyone involved. And, there are volunteer opportunities available for those that are able to get out into the community as well as activities for those that have mobility issues or prefer to volunteer from their own home.

• Physical activity is good for the body and soul: Fitness centers often have discounts at the beginning of the year, and there are low-impact exercises that can be done at home or outside. And physical activity can improve both the body and the mind. Older adults should always consult with their doctor before starting a new exercise program.

• Dance and sing into the new year: Turning someone's mood around can be as simple as listening to happy songs, playing an instrument or dancing the afternoon away. Seniors can ask

SEE COMFORT PAGE A6

POLICY

(Continued from Page A1)

dents on the basis of gender identity, which prompted the school board to look at implementing a policy to match state law.

Beitler said through the history of the process they have received a huge amount of public feedback for and against all iterations of the policy that was all considered in every subsequent discussion.

The full policy can be found on the district Web site at https://www.sau73.org/common/pages/DisplayFile.aspx-?itemId=24505739.

"This policy does not anticipate every situation that might occur with respect to transgender or gender non-conforming students, and the needs of each transgender or gender non-conforming student must be assessed on a case-by-case basis," it reads. "In all cases, the goal is to ensure the safety, comfort, and healthy development of the transgender or gender non-conforming student while maximizing the student's social integration and minimizing stigmatization of the student."

According to the policy, transgender students or their parent/guardian should notify their respective school counselor or building administrator of their identity and a meeting should be held with the student to discuss the students' circumstances and needs. With the help of the student, their family, and different members of school staff such as the counselor, nurse, and teachers a written plan will be developed addressing the students' needs. If all parties cannot agree on a plan the superintendent will be consulted. The students' teacher will receive support in implementing this plan.

Under the policy, transgender students can take part in gender segregated activities and classes and go to the restrooms and locker rooms that best match the gender they consistently express at school. Anything regarding interscholastic athletic activities will still go by NHIAA regulations.

Under the policy the school cannot disclose if a student is transgender. Official records will still contain a student's birth name and officially listed legal gender, though students will be referred to as the name and pronouns they identify with.

The policy states that any discrimination, harassment, or violence against a student for their gender identity are to be reported immediately and will be dealt with the the same as any instance of bullying, violence, and harassment in the district.

The superintendent or building principal may call for staff in service training or distribute materials on transgender issues.

"As we develop training schedules as administrators that's certainly something that will be on our radar and we'll talk about that," Beitler said.

He said the training hasn't been scheduled right now, but it will be a topic of discussion the closer they get to the new school year.

"Really, the policy confirms much of what we've been doing in the schools already," Beitler said. "We've had transgender students in our schools, we've made accommodations, we've worked with families, we've worked with child to make things work for kids."

RECYCLING

(Continued from Page A1)

They want the material to be clean so it can be sold easier and to avoid vermin.

The town has undertaken a big education and information campaign called "Recycle Right." Public Works has printed up over 1,000 flyers on the facility and have them available different town locations; The effort is also online and updated regularly through the facility's Web site, www.gilfordnh.org/recycleright, and on the Public Works Facebook page.

"We're trying to use as many platforms as we can to get the information out," Theriault said. "A lot of people that I talked to at the transfer station have already seen them through the Web site. It sounds like people are going to the website, which is great."

Theriault said all the information will be updated as new questions come in with changes to the websites and new flyers printed up on different topics.

Selectman Gus Benavides praised the use of social media, especially to correct any wrong information that might be gaining traction with residents.

Two information sessions were held at the Gilford Public Library, one of which brought in over 100 people and was standing room only. Library assistant Molly Harper led the presentations and discussions with Theriault offering more information and answering questions. Theriault said they want to have another presentation in the near future, possibly February. The presentation is also available on the Recycle Right website.

Selectman Chan Eddy suggested having another presentation in the summer when summer residents are back in town.

Theriault said she has been getting a number of calls, emails, and in person questions about the recycling center.

"The residents have all been great, everyone was very patient during the construction and when we had to close," Theriault said. "Really been hearing a ton of positive feedback."

The department will work out the traffic pattern for the facility and move the Goody Shack when the weather gets warmer. With the facility open, Theriault said they are already noticing a few areas to adjust the fees schedule to bring back to the selectmen later.

Board Chair and Solid Waste Committee member Richard Grenier said he was out there on Saturday and saw that in three days the cardboard section was double the size of everything else and over flowing, paper was three quarters full, and household trash was three quarters full. He said this is big, especially considering how many people weren't there because of the rain.

"I think it's indicative of we did the right thing going the way we did," Grenier said.

The recycling center is open Tuesday through Saturday from 8 a.m.-3:45 p.m.

CAP

(Continued from Page A1)

residents in our counties," Heyward said.

Tonkin said the center also operates a food pantry and there are a number of Gilford residents in need who come there.

"We've worked really hard in the last year to make food accessible to residents from all sides of the communities," Tonkin said.

Some of their services include a weekly food bag and a walk in pantry. Tonkin said the pantry is open seven days a week, though most of the food pantries in the Laconia area are only open one day a week.

She said they are happy to see more people coming in and utilizing the service when they need it.

Selectman Gus Benavides said it is a good idea to talk about the different services they offer. If people might not be familiar with many services, there might be services they would be close to, such as if a family member was receiving help from Meals on Wheels. He said despite how there are so much many nice homes on the lake, there is still a lot of people in need in Gilford.

"The town of Gilford overwhelmingly, consecutively for years supports it so we do thank you for the job that you do the sacrifice that you do," Benavides said. "You're not becoming millionaires from the work that you do, so we appreciate all the hard work that you do to give back to our community and making it a great place to live."

Heyward said CAP is also working to make getting services more convenient and accessible for families. She said for a family that might need five or six different services, getting help can be overwhelming and require a lot of running from one office to another. She said they are trying to create the Whole Family Approach, an integrated system where families can come to the center and get access to as many services as possible with one application. She said this system isn't there yet, but it's in progress.

"That's one thing Community Action Programs across the state have committed to doing," Heyward said. "You're only going to see more improvement."

WILDQUEST

(Continued from Page A1)

nature," Newcomb said. "Individually, we have our own unique knowledge, skills and styles, so when we come together during WildQuest, campers get dynamic, informative and fun adventures that they can carry with them for a long time to come!"

For details about WildQuest pricing, Early Bird and Prescott Farm member discounts, and scholarship opportunities, visit prescottfarm.org or call 366-5695.

Prescott Farm is a nonprofit 501c3 organization dedicated to providing year-round environmental education programs for all ages and a place in the Lakes Region community that encourages curiosity, discovery, fun and connection to the natural world. For more information about programming, events and volunteer opportunities at Prescott Farm, please visit prescottfarm.org.

COMFORT

(Continued from Page A5)

family and friends for suggestions, make playlists of their favorite tunes or take time to rediscover an album they love.

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 that consider physical goals as well as non-physical mental health needs. Our caregivers can provide transportation to community events, support physician-prescribed exercise regimens, provide companionship and help families 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.comfortkeepers.com/plymouthnh for more information.

PORTRAITS • WEDDINGS • SCENICS • EVENTS

Fassett's PHOTOGRAPHY

Matthew Fassett
53 Suncook Valley Rd.
Alton, NH 03809

phone: 603-393-7336
email: matfassett@gmail.com

Shaker Regional School District

PUBLIC NOTICE

NOTICE OF TIME LIMIT FOR FILING CANDIDACIES FOR MODERATOR AND SCHOOL BOARD MEMBERS OF THE SHAKER REGIONAL SCHOOL DISTRICT

The undersigned clerk of the School District herewith gives notice of the time limit for declaration of candidacy from this school district for election of a moderator and school board members of the Shaker Regional School District. The filing period will start Wednesday, January 22, 2020.

The election will occur during the annual voting on Tuesday, March 10, 2020 and will be conducted under the non-partisan ballot law.

Positions to be filled at the election are:
Moderator – to complete one-year of a two-year term
Belmont – two members to serve for three years (2023)
Canterbury – one member to serve for three years (2023)

Written declaration of candidacy must be filed with the clerk prior to 5:00 pm on Friday, January 31, 2020 in order for the name of the candidate to appear on the ballot. A filing fee of $1.00 is required. Forms may be obtained from the Superintendent of School's Office; 58 School Street; Belmont, NH 03220, telephone number 267-9223, or by calling Stacy Kruger, Clerk, at 267-7552 evenings.

No person may file a declaration of candidacy for more than one position of the School Board to be elected at such election. Any qualified voter in each of the pre-existing districts named above is eligible to file for the position to be filled from that District. All candidates will be elected at large.

Stacy Kruger, Clerk
Shaker Regional School District

PET OF THE WEEK — WILLA

Hi, I'm Willa! I am a 6 month old mix from Lubbock, Texas. I already know sit and I'm very food motivated! I am super sweet and playful and would love some exercise and training! I can be a little fearful of other dogs at first but with proper introduction I am very playful! Willa would be best in a home with kids 12 and older and of course she may chase cats for fun until properly trained!

NH Humane Society
Over a century of love for those without a voice.
1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539

GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED
United Way
Granite United Way
www.graniteuw.org

Paul Falvey named among NH's Most Influential Business Leaders

LACONIA — Paul Falvey, President & CEO for Bank of New Hampshire, was recently named in New Hampshire Business Review's "New Hampshire 200," a publication that spotlights the 200 most influential New Hampshire business leaders. Unprecedented in scope, the New Hampshire 200 is the product of a year-long research initiative by the editors of New Hampshire Business Review resulting in a personal, engaging look at the state's most influential business leaders across major industries.

The 200 executives were selected based on input from regional business circles, hundreds of interviews and months of research, culminating in a highly selective process. The New Hampshire 200 includes people from all walks of life and careers. They have one thing in common: They care deeply about New Hampshire, its people, and the future of the State.

Paul joined Bank of New Hampshire in 2017. Since that time, Bank of New Hampshire has received numerous awards recognizing its dedication to customers, employees and communities. Most recently, Bank of New Hampshire was voted Best Bank, Best Customer Service, Best Place to Work and Best Home Mortgage Lender in the Best of the Lakes Region competition. Falvey noted these awards are a by-product of the bank's daily commitment to customers and community and has contributed meaningfully to the bank's improved financial performance. Bank of New Hampshire was also recently named the fastest growing bank in the

COURTESY
(Left) Paul Falvey

state by Business New Hampshire Magazine, the thirty-sixth fastest growing private company and the only bank to make the top 100 list.

The New Hampshire 200 includes a "spotlight" on each recipient and includes Paul's most important business lessons, industry advice, what has him most excited about Bank of New Hampshire's future.

Congratulations to all 200 business leaders featured in this special publication. For information on how to obtain a copy, visit NHBR.com.

Bank of New Hampshire, founded in 1831 is the oldest and largest independent bank in the state and provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 25 banking offices $2.7 billion in assets under management including almost $1.8 billion in bank assets and more than $900 million managed by the Wealth Management Group. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

Winter Homeschool Series begins Jan. 22 at Prescott Farm

LACONIA — Winter weather impacts the way all of us live – including the plants and animals around us. So it's an excellent time of year to learn about the natural world around us. Prescott Farm Environmental Education Center welcomes 2020 with a selection of new and popular returning programs geared towards building new experiences and knowledge – whatever the weather has in store.

Among the new additions to Prescott Farm's calendar is Homeschool: Winter Series, a 4-week program for homeschool families with children ages six to 12. Participants in the Wednesday afternoon classes will be invited to explore the natural environment and the animals active during New Hampshire winters.

Through hands-on, outdoor lessons guided by Prescott Farm's knowledgeable Naturalists, children will investigate the theme of each week's program:

Animal Tracking: Jan. 22; 1:30-3 p.m.

Big Mammals: Jan. 29; 1:30-3 p.m.

Birds in Winter: Feb. 5; 1:30-3 p.m.

The Subnivean Zone: Feb. 12; 1:30-3 p.m.

Visit prescottfarm.org for complete program descriptions and to register. Prior registration is not mandatory but recommended. The program is for children ages 6-12 and an adult must accompany child. Snowshoes will be provided as necessary.

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preservation. For more than twenty years, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural history through hands-on public programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area

SEE **PRESCOTT** PAGE A8

Central NH VNA support groups offer way points

LACONIA — When someone dear to us dies, our world is forever altered and we face the task of making our way in a new and sometimes bewildering terrain – finding a way to live with our hearts broken open. The terrain of grief is unique to each of us and the love we shared and we face the world without a map.

The poet Anthony Machado knows this place when he writes, "There is no path. You make the path by walking."

While each of us makes our own way in our own time, we need not walk this alone. Central New Hampshire VNA & Hospice (CNHVNAH) support groups offer waypoints - a safe place to share alongside caring others who are also learning to make their way in a changed world.

CNHVNAH will offer several grief support groups in both Laconia and Wolfeboro this winter. All groups are confidential, no-cost, non-religious, open to the public and facilitated by trained staff and bereavement care volunteers.

"Living with Grief" support groups meet seven consecutive weeks and are open to adult who have lost a loved one at any age to any circumstance. The Laconia group will be Tuesdays from 2 – 3:30 p.m. starting Jan. 28. The Wolfeboro group will be Tuesdays from 2 – 3:30 p.m. starting March 10. Please call to register for more information and locations.

"First/Next Step" groups are monthly drop-ins designed as a "first step" for adults who are newly bereaved or newly considering whether a group might be a good fit. These gatherings are also a "next step" for those who have been in past groups – to continue to connect and to reflect on how grief and healing endures and changes over time and ways to cope.

The Laconia "First/Next Step" group meets on the first Wednesday of each month from 3:30 – 5 p.m. at the Laconia CNHVNAH Office, 780 North Main St.

The Wolfeboro "First/Next Step" group meets on the second Tuesday of each month from 4 – 5:30 p.m. at First Congregational Church of Wolfeboro, 115 South Main St.

"Parent Circles" are monthly drop-in groups for parents grieving the loss of a child at any age to any circumstance. The Wolfeboro "Parent Circle" meets on the second Tuesday of each month from 6 – 7:30 p.m. at the First Congregational Church of Wolfeboro, 115 South Main Street. The Laconia "Parent Circle" is in the process of forming; call for more information.

To register, for more information, or to learn about additional bereavement supports, please call Dan Kusch, Bereavement Care Coordinator at 524-8444, ext. 2390 or dkusch@centralvna.org.

About our Hospice Program

Central New Hampshire VNA & Hospice provides care focused on maintaining dignity, increasing quality of life, and providing comfort, including pain and symptom management. Hospice recognizes that every person's experience will be different and the hospice team creates a plan of care according to the individual needs and wishes of each patient. With fully certified hospice care practitioners and a Medicare certified program, the care we provide is held to the highest of standards.

About Central New Hampshire VNA & Hospice

Providing care to New Hampshire's Lakes Region since 1918, the Mission of Central New Hampshire VNA & Hospice is "Promoting dignity, independence, and well-being through the delivery of quality home health, hospice and community-based care services." Central New Hampshire VNA & Hospice serves Lakes Region com-

SEE **SUPPORT** PAGE A8

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

BOOTLEGGER'S®
FOOTWEAR CENTERS
WINTERBOOT BLOWOUT SALE
LARGEST BOOT SALE OF THE SEASON
25% OFF REGULAR PRICES!
BEARPAW BAFFIN POLAR PROVEN RANGER kamik
Toe Warmers Columbia Sportswear Company THE NORTH FACE SOREL
Some exclusions may apply, visit store for complete details
MENS * WOMENS * KIDS
NORTH CONWAY, NH 356-7818 • LACONIA, NH 524-1276

Public invited to Belknap Mill Society's Annual Meeting

LACONIA — The Belknap Mill Society invites you to the 2020 Annual Membership Meeting on Wednesday, Feb. 19 from 8:30 to 10 a.m. This meeting will be held in the Riverside Gallery on the first Floor of the Belknap Mill in the heart of downtown Laconia. Beginning at 8 a.m., there will be a 'hard hat' tour of the 3rd floor Rose Chertok Gallery which is currently undergoing extensive renovation, all are welcome.

In accordance with the Belknap Mill Society Bylaws, the Annual Meeting serves the purpose of reviewing the affairs of the Society, electing Directors and transacting other business that may come before the meeting. An agenda for the meeting and voting proxy will be emailed to all members and will also be posted to our Web site, www.belknapmill.org. All current members are eligible to vote in person at the meeting or via proxy. You can become a member of the Belknap Mill at: https://www.belknapmill.org/html/membership.html

For members who would like a hardcopy of the agenda and proxy to be mailed or for any general questions, please contact Tara Shore, Program and Operations Manager at 524-8813.

The Annual Meeting of the Belknap Mill Society is open to the public and all are welcome. We

look forward to having you join us to learn about our accomplishments of 2019 and our exciting plans for 2020. A light continental breakfast will be provided.

We look forward to seeing you at the Belknap Mill! #wherecommunityhappens

Winnipesaukee Wellness Center celebrates 20 years

BY RAELYN COTTRELL, AEMT
LRGHealthcare

MOULTONBOROUGH — Winnipesaukee Wellness Center celebrates 20 years and is more than just a place to physically better your life. It's a place that also betters your mental health too. While the Wellness Center is there for health and fitness, it is also a place to feel at home and know that people care about you and your general well-being.

Winnipesaukee Wellness Center in Moultonborough is a self-supporting department of LRGHealthcare available to serve the health and fitness needs of everyone. It's not just a gym; it's a place where folks can go for a workout that's safe and supervised by a medical health professional. Those looking to start an exercise program, no matter their stage in life, can feel comfortable knowing there is medical staff on site to monitor the clients. WWC is staffed by AEMT's 6:30 a.m. to 3:30 p.m., Monday, Wednesday and Fridays. An Exercise Specialist is also available upon request to help you create an individual customized exercise program.

What started as a maintenance program for cardio and pulmonary rehabilitation is now a full exercise center with most of the equipment one would find at a typical fitness center, but with the added benefits of medical supervision and exercise supervision. What's even more special about the Wellness Center are the friendships made. Members genuinely care about each other and are always so welcoming to new members

If you are interested in learning more about the Winnipesaukee Wellness Center in Moultonborough, call 253-1839 or stop by 78 Whittier Highway. Moultonborough (next to Dunkin Donuts). Come join the fun!

LRGHealthcare offering weight loss program

LACONIA — The Weight Institute of New Hampshire (WINH) is offering an eight week Weight Loss Program for a healthly 2020 and healthier you.

The OPTIFAST® program is an eight week medically supervised weight management program that closely monitors and assesses progress toward better health and emotional well-being.

You can learn more by attending a FREE information session:

When: Tuesdays, Jan. 14, 21 & 28, 4-5 p.m.

Where: WINH Conference Room, 85 Spring St., Laconia, NH 03246

Actual Program starts February 5th and will run through March 25th, Wednesdays 4:30-5:30 p.m.

Look forward to:

- Average weekly weight loss of three to five pounds
- Weekly nutritional education sessions
- Lowering your blood glucose, cholesterol and blood pressure
- Improving your overall health
- Learning new eating habits
- Engaging in activities
- Long-term weight management

If interested, please call WINH at 527-2946.

Photo processing workshop for beginners at LRAA Gallery

TILTON — Anyone can take a photo, but that doesn't necessarily make you a photographer!

To make presentation-quality, or award winning photos, requires knowing how and and what you need to do for the best possible results. To acquire those skills, Lakes Region Art Association professional photographers Jay Fitzpatrick and Ellen Goddard are co-hosting a workshop Saturday, Jan. 25, 9 a.m.-noon, at the LRAA /Gallery, Tanger Mall Outlet, 120 Laconia Rd., Suite 132, Tilton.

The workshop, Basic Photo Processing in Photoshop, will focus on how to use Photoshop to brighten and darken photos, add or reduce contrast and saturation, straighten and crop images. They also will cover the best formats, how to clean-up unwanted elements and how to resize images for printing and posting, plus more!

To sign-up for the course and information on what you'll need to bring, plus cost, visit the LRAA/Gallery, Wednesday - Sunday 10 a.m. – 6 p.m., call 455-6595, or E-mail: jall@tds.net. Class size is limited to the first 10 registered students. Workshop flyer available at LRAA sign-up table.

Local students named to Fall 2019 Dean's List at Colby-Sawyer

NEW LONDON — Colby-Sawyer College recognizes 184 students for outstanding academic achievement during the 2019 fall semester. To qualify for the Dean's List, students must achieve a grade-point average of 3.5 or higher on a 4.0 scale while carrying a minimum of 12 credit hours in graded courses.

Yzabelle Mitchell from Gilford majoring in self-designed.

Erin Gately from Gilford majoring in nursing.

About Colby-Sawyer College

U.S. News and World Report has recognized Colby-Sawyer as a Best Regional College in its category - North (#8), Best Value College (#4) and Best Undergraduate Teaching (#4) in its 2020 Best Colleges issue. Founded in 1837 in the heart of the scenic Lake Sunapee Region of central New Hampshire, Colby-Sawyer is a comprehensive college with an emphasis on the liberal arts and sciences, a focus on professional preparation and a commitment to individualized experiences. Students choose from a variety of innovative majors in the School of Arts and Sciences, the School of Business and Social Sciences, and the School of Nursing and Health Sciences. Colby-Sawyer's transformative teaching and learning community, which includes an enhanced partnership with Dartmouth-Hitchcock Health, promotes students' academic, intellectual and personal growth. Graduate outcome data indicates that 99% of 2018 graduates are employed or in graduate school within six months of graduation. Learn more at colby-sawyer.edu.

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.

PRESCOTT (Continued from Page A7)

with over 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland, pond and field trails, heritage gardens, and a Natural PlayScape, as well as Fledglings Nature-Based Preschool and WildQuest summer and vacation camps. For more information about Prescott Farm and all of its programming and ways to help, please visit www.prescottfarm.org.

Prescott Farm – exploring and preserving the natural world, one adventure at a time.

SUPPORT (Continued from Page A7)

munities in Belknap and Southern Carroll County and provides Home Care (nursing and rehabilitation services in the home); Pediatric Care (direct health care, education and support services for children and families); and a comprehensive, team-based Hospice program. Central New Hampshire VNA & Hospice is a not-for-profit, Medicare-certified provider of home care and hospice services, licensed by the State of New Hampshire. The agency is governed by a volunteer Board of Trustees and supported by private and corporate donations. Visit on the Web at www.centralvna.org.

Paid Advertisement Paid Advertisement Paid Advertisement Paid Advertisement Paid Advertisement

Edward Jones: Financial Focus

Business Owners: Plan for Next Phase of Life

As a business owner, you're always thinking of what you need to do now. But you can't forget about the future – yours and that of your business. So it may be a good idea to consider your personal retirement plan and business succession strategy.

Let's start by looking at a few retirement plan possibilities:

• Solo 401(k) – This plan, which is also known as an Owner-only 401(k), is available to self-employed individuals and business owners with no full-time employees other than themselves or a spouse. A Solo 401(k) offers many of the same advantages of a traditional 401(k): a range of investment options, tax-deductible contributions and the opportunity for tax-deferred earnings growth. You may even be able to choose a Roth option, which allows you to make after-tax contributions that can grow tax-free. Your Solo 401(k) contributions consist of two parts: salary deferral and profit sharing. In 2020, you can defer up to $19,500 of income, or $26,000 if you're 50 or older. Your profit-sharing contribution is based on your earnings. The sum of your salary deferral and profit sharing can't exceed $57,000 (or $63,500 if you're 50 or older). If your spouse is employed by your business, you each can contribute the maximum amount allowed.

• SEP IRA – If you have just a few employees or are self-employed with no employees, you may want to think about a SEP IRA. You'll fund the plan with tax-deductible contributions, and you must cover all eligible employees. (Employees themselves cannot contribute.) You can generally contribute up to 25% of compensation, up to $57,000 annually. And you can fund your SEP IRA with virtually any type of investment.

• Solo defined benefit plan – Not many businesses still offer pension plans, also known as defined benefit plans, but you can set one up for yourself if you're self-employed or own your own business. This plan has high contribution limits, which are determined by an actuarial calculation, and your contributions are typically tax-deductible.

A financial professional can help you choose the appropriate retirement plan. But you'll still need to think about succession planning. Of course, you can always sell your business outright at any time you like. Or you could leave your business to your children in your will, but if you give it to them gradually during your lifetime, you can become more confident they'll be able to manage the business on their own.

Another alternative might be to transfer the business with a buy-sell agreement, which allows you to determine when, to whom, and at what price you can sell it. Because you can establish the purchase price as your business's taxable value, a buy-sell agreement is useful in estate planning. If you want to keep the business in your family, you might want to consider funding the buy-sell agreement with life insurance, so family members can use the death benefit proceeds to buy your ownership stake.

In any case, given the complexities and tax issues involved with succession planning, you'll need to consult with your legal and tax advisors when creating a strategy. But don't wait too long. You can't predict the future, but by planning ahead, you can help achieve the outcomes you desire.

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

Lakes Region Chimney Pro
$149 Chimney Sweep
Sweeps • Stonework
Brick Repairs • Liners
Caps • Installations
Fire Place Makeovers
CHIMNEY SAFETY INSTITUTE OF AMERICA CERTIFIED CHIMNEY SWEEP
Video Chimney Inspections
603-520-7217
BETTER BUSINESS BUREAU BBB
Fully Insured

I am the Democrat best prepared to beat Trump on his biggest selling point: *the economy.*

Trump received hundreds of millions of dollars from his father and left a trail of bankruptcies in his wake. I built a business from scratch and grew it into a multi-billion dollar company. As a self-made investor, I learned how to grow prosperity — but I also saw how big corporations used their power to influence politics and enrich themselves. Unlike Trump, who has rigged the economy for the wealthy, I have a track record of taking on the big corporations and pushing economic power back to the people. This election will be won or lost on the economy.

Join our campaign to beat Trump in 2020

TOM 2020
tomsteyer.com

PAID FOR BY TOM STEYER 2020

Paid political advertisement

Pitman's Freight Room welcomes Toots Lorraine and the Traffic

LACONIA — Pitman's Freight Room at 94 New Salem St. in Laconia is pleased to announce the following event coming up this weekend.

Saturday, Jan. 18, 8 p.m., $20: Toots Lorraine and the Traffic

Every blues fan knows you have to listen to the "old" to find something "new." It is a precious rarity when the opposite is true and such is the case with Toots Lorraine & The Traffic. The band delivers a focused blend of classic vibe that will drench your soul with the vintage sounds of early Chicago style blues to West Coast Jump as you board the train for destination "way back" where everything is, well... easy.

Toots Lorraine's brand new album, "Make It Easy," is getting excellent reviews and is being featured on some of the finest blues radio programs across the nation and worldwide! Recorded in the blues hub of California at the infamous Greaseland Studios, this record is a phenomenal follow-up to their first and pays tribute to the ancestry of American Blues & Roots music. Along with classic blues covers of Big Mama Thornton, Howlin' Wolf and Big Joe Turner, you'll also find new originals with a huge story to tell.

The band will keep your glass filled with just the right measures of hollow body guitars, reverb tanks, upright basses, harmonicas, pianos and organs. And, you will swear to yourself, "I ain't getting off this train."

Doors open at 7 p.m., and we are a BYO Venue. For reservations call 603-494-3334.

Taylor Community hosting lecture on Bretton Woods Agreement

LACONIA — The 1944 Bretton Woods agreement established a new global monetary system. It replaced the gold standard with the U.S. dollar as the global currency. By so doing, it established America as the dominant power in the world economy. After the agreement was signed, America was the only country with the ability to print dollars. The agreement created the World Bank and the International Monetary Fund. These U.S.-backed organizations would monitor the new system.

Everyone is invited to join us as University of New Hampshire History Professor and Department Chair Kurk Dorsey, presents the story of the Bretton Woods Agreement, Monday, Jan. 27 at 6:30 p.m. in Taylor Community's Woodside Building. This is a free event.

Follow Taylor Community on Facebook to keep up with all our free, public events. Visitwww.taylorcommunity.org, or call 366-1400 for more information about this premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.

Local students named to President's List at Plymouth State University

PLYMOUTH — 807 students have been named to the Plymouth State University President's List for the Fall 2019 semester. To be named to the President's List, a student must achieve a grade point average of 3.7 or better for the Fall 2019 semester and must have attempted at least 12 credit hours during the semester.

Rebecca Bladecki, of Laconia
Ashley Gagne, of Laconia
Luke Harding, of Gilford
Cassidy Keyser, of Gilford
Devon Mello, of Laconia
Griffin Nyhan, of Laconia
Jillisianna Paul, of Laconia
Ryan Witham, of Gilford
Benjamin Drew, of Gilford
Emily Perry, of Laconia
Thomas Pouliot, of Gilford
Maxwell Sawyer, of Gilford
Emily Baird, of Laconia
James Mattes, of Gilford
Emily Sherman, of Gilford
Carly Denauw, of Laconia
Ashley Loureiro, of Gilford
Jason Sandifer, of Laconia
Sandro Bosnjak, of Laconia
Callie McGreevy, of Gilford
Jared Ringer, of Laconia
Julia Davis, of Gilford

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

Local students named to Dean's List at Plymouth State University

PLYMOUTH — 424 students have been named to the Plymouth State University Dean's List for the Fall 2019 semester. To be named to the Dean's List, a student must achieve a grade point average between 3.5 and 3.69 during the Fall 2019 semester and must have attempted at least 12 credit hours during the semester.

Savanna Brunelle of Gilford
Anthony Eldridge of Gilford
Laurel Normandin of Gilford
Dakota DeForge of Laconia
Musaab Abu Zaid of Laconia
Olivia Salesky of Gilford
Joshua Chandler of Laconia
Connor Perkins of Gilford
Carter Doherty of Laconia
Austin Jewell of Laconia
Zachary Newquist of Gilford
Rebecca Roberts of Gilford
Seth Valpey of Gilford

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

Best of the Lakes Region 2019 WINNER

THANK YOU TEAM BRYANT!!

Thank you to a fantastic crew whose efforts, workmanship, and customer care have resulted in another successful season!

With much appreciation,
Leslie Bryant

BRYANT PAVING

RESERVE YOUR SPOT
TO WORK FOR THE BEST PAVING COMPANY IN THE LAKES REGION

NOW HIRING

ALL PAVING & GRADING CREW POSITIONS:
Foreman, Back End, Roller Operators,
Class A Drivers, Grader Operator, Laborers

Benefits

- Startup Bonus
- 401K w/ 5% Match
- Seasonal Bonus
- Boot Allowance
- Health Insurance
- Paid Holidays
- Aflac
- Competitive pay

Call 279-1499 or email admin@bryantpaving.com TODAY!

ALL ARE ENCOURAGED TO APPLY

BRYANT PAVING IS A DRUG FREE WORKPLACE & E.O.E.

Bulldogs shut out arena rival Lakers

BOB MARTIN

Colin McGreevy of Belmont/Gilford knocks away a shot against the Lakers' Blake Dunlap last week.

BOB MARTIN

Owen Guerin of the Bulldogs moves the puck up the ice against the Lakers.

BOB MARTIN

Belmont/Gilford defenseman Nate Shirley makes a move toward a puck against Laconia/Winnisquam/Inter-Lakes.

BY BOB MARTIN
Bob@Salmonpress.news

LACONIA – In a battle of Lakes Region hockey teams, the Belmont/Gilford Bulldogs and the Lakers of Laconia/Winnisquam/Inter-Lakes squared off at the Merrill Fay Arena last week, with the Bulldogs putting together a three-goal second period and coming away with a 5-0 win.

Belmont/Gilford got on the board in with 10:31 left in the first period on a power play goal by Owen Guerin with assists by Joey Blake and Hayden Parent. The majority of the first period was controlled by the Bulldogs, who fired off 15 of 34 total shots in the opening frame. Laker goalie Evan Rollins did a good job, turning away 14 of the 15 shots and kept L/W/I in the game.

The second period was back-and-forth for the first four minutes but then with 10:24 left, Will Robarge took a nice pass from Cam Jarvi and knocked home the second goal of the game for B/G. Nate Shirley was also credited with an assist on the goal. With 8:30 left in the period Shirley scored a goal of his own, unassisted, to make it 3-0 on a nice shot from about 15 feet away that snuck by Rollins. Only seven seconds later, Blake scored on an unassisted goal to go up 4-0.

The fifth goal of the game was by Jarvi with an assist credited to Blake, who put together a nice game with a goal and two assists.

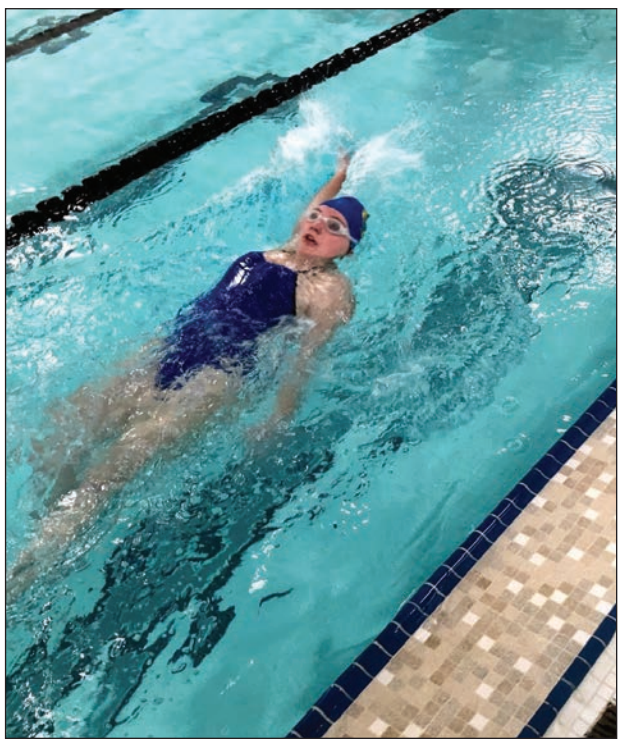
Bulldog coach Jason

SEE **HOCKEY** PAGE B3

Golden Eagles post lots of solid times in the pool

COURTESY
Reagan McIntire swam well at a meet hosted by Bow at the Concord YMCA last week.

COURTESY
Neal Miller has improved on his times throughout the season for Gilford.



COURTESY
Angie Bonnell swam the backstroke for the Golden Eagles last week.

BY BOB MARTIN
Bob@Salmonpress.news

CONCORD – The Gilford High School swim team competed at the Concord YMCA last Friday and while times were unavailable at deadline, coach Dave Gingrich provided some details.

Griffin Plourde placed second in the 200-meter freestyle and dropped more than 40 seconds off his time.

Laurel Gingrich was second in the 200-meter individual medley, while Lauren Sikoski placed fourth. Gingrich also swam very well in the backstroke with second place finish.

In the backstroke, Claire Bartley was third, Alexa Leonard was fifth and dropping seconds off their times were Catherine Pingol, Angie Bonnell and Jillian Cookingham.

In the 100-meter breaststroke, Reagan McIntire was second, Sikoski was third, Taryn Wernig was eighth and Maria Uicker was 10th. They collectively dropped 10 seconds off their times.

Grace Shoemaker improved in the 100-meter butterfly and placed fourth.

In the 100-meter freestyle, Avery Totten and Pingol each dropped seconds off their times and placed fourth and fifth respectively.

Posting personal bests in the 100-meter freestyle were Emily Watson, Jessica Gannon and Emma Tierno. Tierno dropped more than four seconds off her time.

The relay team of Claire Bartley, Gingrich, Sikoski and Shoemaker came in second in the medley relay. The 200-meter freestyle relay consisting of McIntire, Shoemaker, Pingol and Gingrich came in second.

The relay team of Aidan Malek, Neal Miller, Charles Purcell and Plourde came in third for the medley and third in the 200-meter freestyle relay.

Miller continued to improve in the 100-meter breaststroke, placing seventh.

Dropping time in the 50-meter freestyle included Totten, Emily Watson, Jessica Gannon, Leilani Watt and Tierno.

"The swimmers showed terrific team spirit cheering on other swimmers throughout the meet," said Gingrich.

Gilford hoop teams defeat neighboring PMHS

BY BOB MARTIN
Bob@Salmonpress.news

ALTON – The Gilford girls' basketball team had a nail-biter last week against Prospect Mountain and the Golden Eagles walked away with a 50-49 win on the road thanks to a huge offensive output by Shelby Cole.

Gilford had a good first half, going up 14-10 after one quarter and then 27-19 at halftime. The Timber Wolves battled coming out of the gate in the third quarter, outscoring Gilford 17-12 but the Golden Eagles were able to fend off a comeback effort to take the one point victory.

Cole led the way with 29 points in the win, but she was also very effective passing the ball with four assists. She was a leader on defense as well with five steals.

Abby O'Connor had a solid all-around game with 12 points and eight boards. Maura Hughes had 14 rebounds in the game to go with her six points. He also blocked six shots in the game.

"Shelby had a big night on the offensive end and Abby O'Connor had two big hoops down the stretch," said coach Rick Forge. "On the defensive end, Maura Hughes had her best game with 14 rebounds and six blocked shots. But give plenty of credit to Prospect Mountain as they did a great job in the second half."

In Gilford, the boys' basketball team hosted Prospect Mountain but the outcome was much different, with the Golden Eagles walking away with a blowout win of 69-40.

The Golden Eagles led from the start, going up 35-13 at the half. Gilford's defense was outstanding, with Prospect Mountain being limited to only three points in the second quarter. The Golden Eagles cruised to victory in the second half, with Adrian Siravo leading the way with a double/double night of 23 points and 16 rebounds.

It was a good chance for coach Rick Acquilano to get substitutes playing time, and he was able to put 13 players on the floor. After 18 days without a regular season game, Acquilano said it was good for the team to get on the court and walk away with a solid win.

"We are moving in the right direction," Acquilano said of the now 4-0 Golden Eagles. "With games this week versus Belmont and Monadnock, we will have a better idea of our progress at the end of the week. It is hard to not have had a game this past Friday and the Friday before that. We need those opportunities to continue to grow."

JBT Hockey Game is Jan. 25

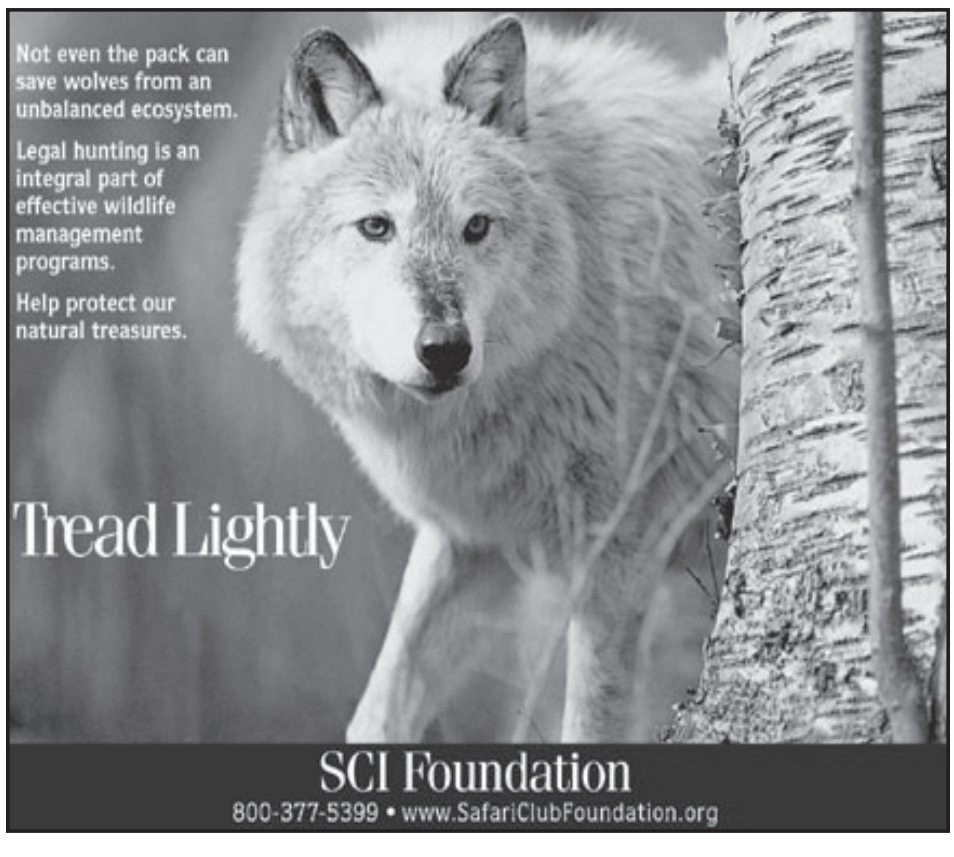
LACONIA — The New England Wolves have once again dedicated one of their home games to celebrating the memory of John Bradley Thompson and raising awareness and research funding for The Cure Starts Now Foundation.

This year's JBT game will be held at the Merrill Fay Arena in Laconia at 4:30 p.m. on Saturday, Jan. 25, when the Wolves battle the Seacoast Spartans in a EHL Showdown. The Wolves encourage the community to come out and support the team and this foundation. A full arena is expected, as the "Not so Mini One- on-One" penalty shot competition has become a platform where legends are made and cancer is cured.

Thompson endured a 10-month battle with DIPG back in 2013/2014. DIPG is a terminal brain tumor that is inoperable and leaves families with little to no hope. Thompson would have become a teenager on March 25. There was nothing anyone could do for him six years ago, so his family and the Cure Starts Now kindly request your attendance to support this cause and potentially change the outcome for children who are diagnosed with DIPG.

The Cure Starts Now is made up of 40+ chapters from around the globe and has quickly become one of the fastest growing and most impactful cancer foundations in the world. The NH chapter is run by the Thompson family in honor of John Bradley Thompson. All the CSN chapters are run by families and fueled by love, hope and the ultimate goal to find a homerun cure for cancer. This allows almost every dollar to go straight to data collection and research, realizing an overhead of just two percent, which is unheard of with cancer foundations. Furthermore, they are bringing the world's best neurologists together and creating an unprecedented environment of collaboration. So, the money that is spent is spent wisely, ensuring that there's no duplication in clinical trials and that everyone is aware of what's working and what has failed.

Please join in at the Merrill Fay Arena on Jan. 25, at 4:30 p.m. for an evening of family fun, community support and some great hockey.



Gilford girls second in meet at Plymouth State

BY BOB MARTIN

BOB MARTIN

Natalie Fraser was first in the 300 meters and second in the 55 meters on Saturday.

BOB MARTIN

Ashley Sanderson competed in the high jump and placed second.

Bob@Salmonpress.news

PLYMOUTH – The Gilford High School girls' indoor track team had an excellent showing in the first meet after the holiday break, placing second behind Coe-Brown in Sunday's meet at Plymouth State University.

In the 300 meters, Natalie Fraser took the win with a time of 44.95 and Brianna Fraser was second with a time of 45.58. Kenyon placed 14th with a time of 49.71.

In the 55 meters, Natalie Fraser was second with a time of 8.06 and Brianna Fraser was fourth with a time of 8.11. Allison Kenyon was 19th with a time of 8.57; Murphy Harris was 26th with a time of 8.77 and Christine Pingol was 41st with a time of 9.47.

Katiana Gamache was second overall in the shot put with a toss of 26 feet, one inch.

In the 600 meters, Caroline Dean was 10th with a time of 2:16.26.

In the 1,000 meters, Lindsey Sanderson was third with a time of 3:27.56.

In the 55-meter hurdles, Ashley Sanderson was eighth with a time of 10.91. Savannah Neuman was 17th with a time of 12.26.

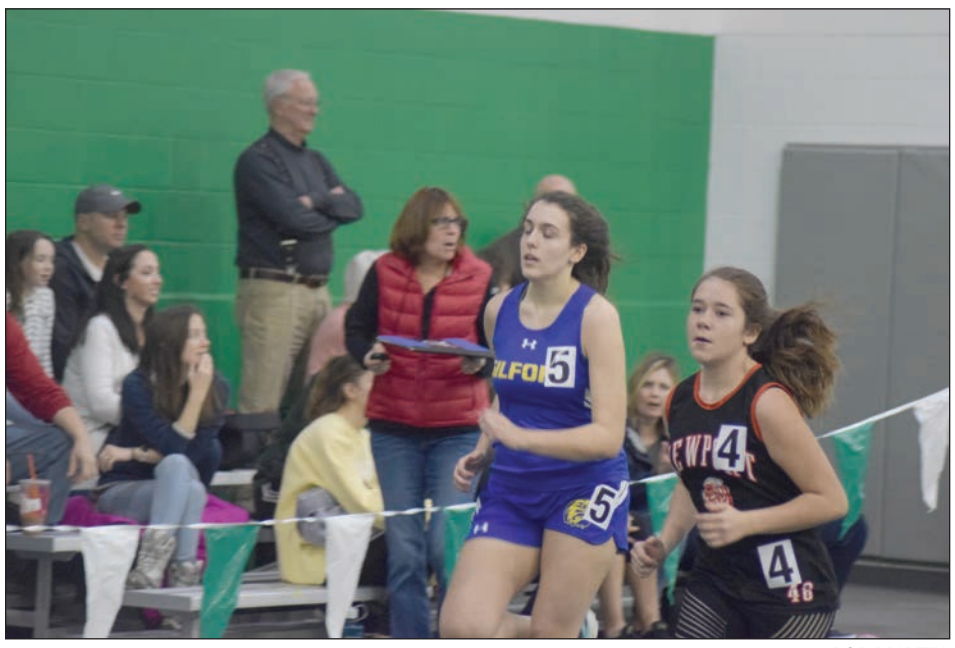
In the 4X200-meter relay, Gilford won with a time of 1:57.30. The team included Kenyon, Lindsey Sanderson and the Fraser sisters.

Ashley Sanderson placed second in the high jump with a leap of four feet, eight inches. Lindsey Sanderson was fifth with a jump of four feet, two inches.

In the long jump, Ashley Sanderson was 12th with a leap of 11 feet, 9.5 inches. Kenyon was 14th with a jump of 11 feet, four inches; Murphy Harris was 16th with a distance of 10 feet, 11.5 inches and Christine Pingol was 19th with a leap of 10 feet. 0.75 inches.

(SGHSTRACK3) BOB MARTIN

Brianna Fraser races down the track at Plymouth State University for Gilford.



BOB MARTIN

Caroline Dean competed at Plymouth State University and helped the Gilford girls' track team place second last weekend.

Nordic team competes in skate race at Proctor

BY BOB MARTIN

Bob@Salmonpress.news

ANDOVER – The Belmont and Gilford High School Nordic ski teams competed at Proctor Academy on Jan. 7 for a skate race, with skiers on the boys' and girls' teams placing high including a first place finish by Mitchell Townsend.

Townsend won by a landslide with a time of 13:42.3. Patrick Gandini was seventh with a time of 14:43.9.

The girls' team placed ninth out of 14 teams and were led by Cat Stow, who was fifth with a time of 15:55.8. Vanessa Genakos was sixth with a time of 16:06.2 and Bethany Tanner was 31st with a time of 21:45.5.

The Belmont High School Nordic team's William Riley placed 16th with a time of 15:38.3.

In the middle school boys' race, the top three racers were from Gilford Middle School. Aiden Bondaz took first with a time of 8:51.3; Henry Stow was second with a time of 9:06.4 and Karson Genakos was third with a time of 9:18.5. Placing fifth was Alden Townsend with a time of 9:50; sixth was Ian Lofblad with a time of 10:12 and Scott Kulcsar was seventh with a time of 10:14.6. Placing 16th was Karlsson Hauker with a time of 11:47.1 and Clark Blackwelder was 22nd with a time of 12:50.6.

The girls' team was led by Megan Legro's sixth place time of 11:42.7; Madeline Burlock was ninth with a time of 12:13.3; Emilia Burlock was 11th with a time of 12:50.3; Maria Tilley was 12th with a time of 12:51.2; Kailey Bean was 19th with a time of 14:51.1; Georgia Eckhardt was 20th with a time of 14:15.5; Alana Sawyer was 25th with a time of 16:04.5 and Natalee Magdziasz was 34th with a time of 19:54.

HOCKEY

(Continued from Page B1)

BOB MARTIN

Evan Rollins makes a save for the Lakers against the Joey Blake of the Bulldogs last week.

Parent was very happy with the win against the nearby rival Lakers, who are in their first season as a cooperative team. He said it was an impressive overall performance for his team.

"Great play from Colin McGreevy in net," Parent said of his goalie, who had 15 saves in the shutout. "Scoring was across the board from multiple players, which showed a great team effort. Defensively we were able to shut down the Laconia offense."

Laker coach Paul Wheaton recognized that his team was outplayed in the first meeting between the Bulldogs and L/W/I.

"The Lakers played hard but struggled offensively," said Wheaton. "B/G protected the puck well and made the most of their chances."

The Bulldogs

The strong play of B/G continued with a 10-1 win over Monadnock/Fall Mountain on Saturday. Blake and Parent each had hat tricks in the win. Shirley had a goal and four assists in the game. Jackson Collins, Robarge and Trevor Chassie rounded out the scoring.

McGreevy played well in net again with 14 saves. He has allowed only two goals in four games this season for the Bulldogs.

The Lakers

Laconia/Winnisquam/Inter-Lakes also played Hollis-Brookline on Jan. 11 and suffered a 5-1 loss. Matthew Nichols scored his second goal of the season in the first period with an assist by Blake Dunlap and Zachary Holmes. Rollins stopped 31 Warrior shots in the game.

"Fairly even game," said Wheaton. "The Warriors cashed in on a few rebounds. The Lakers, a little snake bit, hit three posts

salmonpress.com

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

Part-Time Help Wanted

Library Assistant - Gilman Library, Alton, Part-Time, must be flexible, days, evenings, weekends. Experience preferred. For more information visit our website at gilmanlibrary.org. Submit resume and references to PO Box 960, Alton, NH 03809, leave at the circulation desk, or email gilmanlibrary@metrocast.net

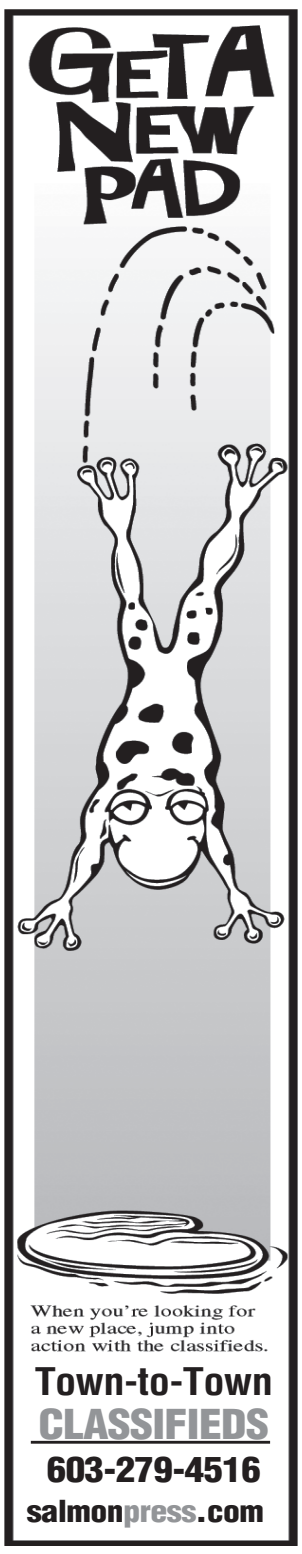
Real Estate

EQUAL HOUSING OPPORTUNITY

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, sec, 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 adverting 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 reservesthe right to refuse any advertising.

Land/Lots

Rambling Woods Co-op has an empty lot ready for your mobile home. The lot has a 24 x 48 slab already there but it can be modified to fit a 14 x 70 home. Come join our community owned park and have a say in how it runs. Call 603-991-8826 or write to PO Box 38 Bethlehem, NH 03574.



Place Your Classified Line Ads

ONLINE!

24-Hours A Day • 7-Days A Week

www.SalmonPress.com

TOWN•TO•TOWN CLASSIFIEDS

Center Harbor DINER

Help Wanted

Breakfast Cook Wanted

Days only no nights
Friendly atmosphere
Call 253 9881 or 344 9011 for inquires

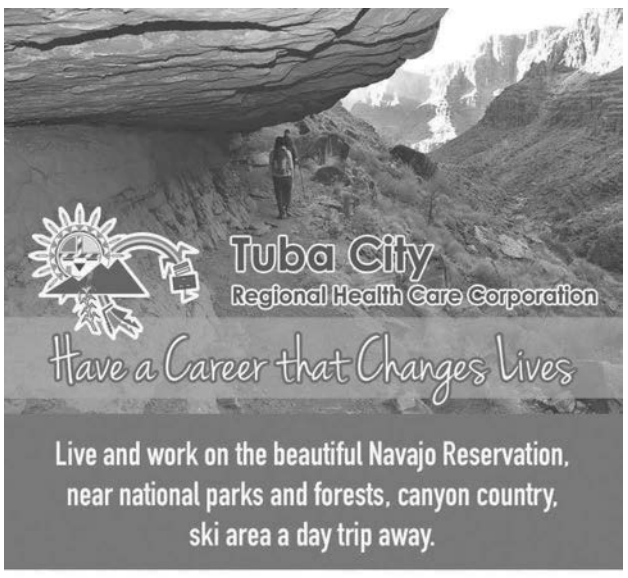
INTEGRITY EARTHWORKS

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

Call our toll-free number 1-877-766-6891
and have your help wanted ad
in 11 papers next week!



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 TCRHCCHR@TCHEALTH.ORG

WWW.TCHEALTH.ORG

NCH Upper Connecticut Valley Hospital

JOB OPPORTUNITIES

*SIGN ON BONUS!

Full-Time
***RNs**
with two years' experience

Additional Full-Time Opportunities

Coder	Physical Therapist
Radiologic Technologist	Ultrasound / Echo Technologist

Per-Diem Opportunities

RN	LNA
Materials Mgmt. Technician	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

Energysavers inc. Since 1975

Full-Time
Installers Assistant

Energysavers Inc, a 45 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. LEARN WHILE YOU EARN!

No prior experience required. Must have a valid driver's license. Stop in to fill out an application:

Energysavers Inc,
163 Daniel Webster Hwy, Meredith NH

FIND A CAREER IN THE CLASSIFIEDS!

---

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 – 603-387-7483
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'

Camelot Home Center

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

NEW 14 WIDES

Sale Price $36,995 56' 2 Bed
Sale Price $39,995 64' 2 Bed, 2 Bath
Sale Price $41,995 68' 3 Bed, 2 Bath
Sale Price $69,995 76' 3 Bed, 2 Bath
NEW 16 WIDES

DOUBLE WIDES

$64,995 Was: $70,000 48' 3 Bed, 2 Bath Display Home Only #31002
$69,995 Was: $79,000 48' 3 Bed, 2 Bath #3842
$79,995 Was: $96,000 56' 3 Bed, 2 Bath Drywall Home - One Only #30259

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

$89,995 38x26 Sunny Cape
$132,995 1,900 sq. ft. 2 Story 1st Floor Master Bedroom
$143,995 56x28 Cape You'll love the kitchen and incredible bathroom! Plus extra space upstairs!

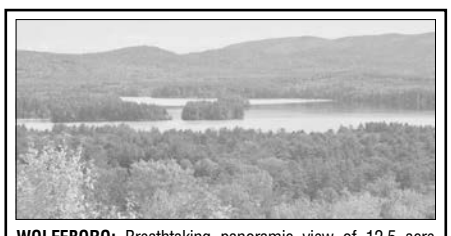
WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?
Rt. 3, Tilton NH, exit 20 on Rt. I-93 across from Lakes Region Factory Mall WWW.CM-H.COM

REAL ESTATE

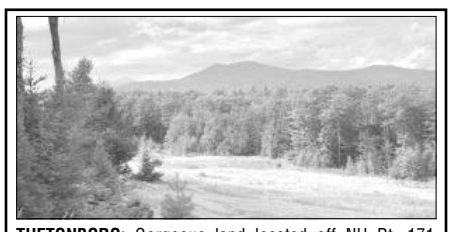
Melanson Real Estate, Inc.

34 N. Main St., Wolfeboro • 603-569-4488
www.melansonrealestate.com

TUFTONBORO: Meticulously maintained 3,700 sq. ft. farmhouse in quaint Melvin Village features 6 bedrooms, 3 bathrooms, an attached barn with plenty of storage space and views of Lake Winnipesaukee. There's also boating access across the street!
GOV.WENTWORTH HWY. $625,000



WOLFEBORO: Breathtaking panoramic view of 12.5 acre parcel is privately located at the end of the road with private driveway. Stunning lake and mountain views abound. Electricity onsite and approved for septic.
LAND - FURBER LANE $325,000



TUFTONBORO: Gorgeous land located off NH Rt. 171 in Tuftonboro offers 116 acres and 1,800 feet of road frontage. Bring your ideas!
LAND - WILLAND ROAD $725,000

MOULTONBOROUGH: Classic style home sited on the grounds of Bald Peak Colony Club. This home offers the quiet of the surrounding woods while enjoying the spectacular views of the golf course. Featuring a fireplace, great room, formal living room, 3-season porch & more. Access to a great beach & docks too!
VIEW DRIVE $850,000

MLS

LET US GUIDE YOU HOME

EQUAL HOUSING OPPORTUNITY

---

wolfeboro bay Real Estate

Listings Wanted!
27 South Main Street • Wolfeboro, NH
603-569-0101
www.wolfeborobayrealestate.com

40 Acres in Ossipee! Circa 1850s Cape with over 1600 ft of road frontage with subdivision capabilities. Overlooking the mountains in the distance with mature orchards, sprawling lawns, and ample privacy. **$369,900**

Winnipesaukee Condo! Spacious condo in Winter Harbor with two deeded docks, sugar sand beach, 3 levels of living space and a private garage! Join Chase Williams for an Open House Saturday Jan. 25th from 11am to 1pm! **Tuftonboro $619,900**

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

ROCHE REALTY GROUP RRG

MEREDITH OFFICE
97 Daniel Webster Hwy
(603) 279-7046

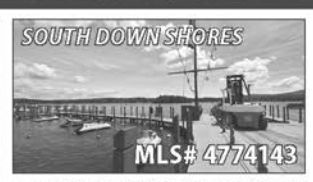
LACONIA OFFICE
1921 Parade Road
(603) 528-0088

VISIT US ONLINE: WWW.ROCHEREALTY.COM

LACONIA: 27+\- ac. of SFR land w/ many uses. Great location near lake. **$340,000**

LACONIA: *Lake views!* Fantastic home w/ 3BR/3BA, finished basement, & deck. **$369,000**

NEW HAMPTON: 5-BR antique cape w/ modern amenities & antique charm. **$489,900**



LACONIA: Building lot offered with Dock #38. Bordered by woodlands & trails. **$97,500**

GILFORD: Winnipesaukee WF home w/ 150' frontage, breakwater & dock. **$949,900**

TILTON: *To be built!* BRAND NEW 4BR/3BA colonial w/ attached garage. **$399,000**

LACONIA: Nice size two-family home w/ 4-BR & 3-BR unit. Separate utilities. **$289,000**

WEIRS BEACH: *Affordable Lakes Region get-away!* 1BR/1BA w/ pool & tennis. **$84,900**

Less than 200 days to go

SPORTING CHANCE

By JOSHUA SPAULDING

Last Monday, Jan. 6, marked 200 days until Tokyo 2020, which meant that it was 198 days until it's time to head around the world.

As the number continued to tick down, I realized that it was time to do a little more planning in regards to the Olympic experience, so after I made all my deadlines, I spent some time online researching the cheapest flights to get to Tokyo in July.

There are a lot of ways to get to Japan, but none of the flights were terribly inexpensive. Being as this is a self-funded trip (along with donations from some great people), my most important search function for the flight was to find the cheapest way to get there.

In this regard, there were a few flights that were right around the same price. The one that intrigued me the most was a flight on Hawaiian Airlines that went from Boston to Honolulu then on to Tokyo. Having never been to Hawaii, I thought this would be a great pit stop along the way. However, the layover was almost an entire day and I wasn't sure I wanted to miss out on the possibility of attending the opening ceremonies on Friday, July 24.

So, I looked away from the Hawaiian Airlines flight and found one that was just a bit cheaper on Korean Air. Ironically enough, I didn't use Korean Air to get to the Olympics in February 2018 in PyeongChang, South Korea. This flight would go directly from Boston to Seoul, which is where I flew into (via Toronto) for the 2018 Olympics. From Seoul, the flight would go on to Tokyo.

In the end, that is the flight that I booked.

I will be leaving Boston's Logan Airport on Wednesday, July 22, at 1:15 p.m. and will be landing in Seoul at 4:25 p.m. the next day after a 14-hour flight. Since Seoul is 14 hours ahead of our eastern time zone, that technically means I will be landing in the middle of the night according to my body clock. From there, after a one-hour, 15-minute layover, I will be in the air for two hours and 20 minutes on the way to Tokyo, where I will land at 8 p.m. Tokyo is in the same time zone as Korea, so this trip will have me 14 hours ahead of folks at home, just like in PyeongChang.

At the last two Olympics I've covered, I have not been able to attend the opening or the closing ceremonies due to my flight times. I saw the Sochi opening ceremonies from an airport in Moscow and I saw the PyeongChang opening ceremonies on a television as I was checking into my media housing. And both times, I left before the closing ceremonies.

Of course, because they are high-demand events, it's not always possible to get into the opening and closing ceremonies, but I am going to give it a shot and apply for one or both.

As for the return flight, I will actually be leaving from a different airport in Tokyo and will be flying back via Delta Airlines. The closing ceremonies are Sunday, Aug. 9, and my flight out of Tokyo leaves on Monday afternoon, Aug. 10, at 4:45 p.m. I will be taking a nine-hour flight to Seattle and after a layover of more than an hour, I will leave for Boston and will touch down at 7:55 p.m. Like the trip back from Korea, I'm arriving home three hours after I left due to the time difference.

So, with the deposit on the housing and the flight, a good chunk of the bill for Tokyo has been paid. The other half of the housing bill is due in April.

I also spent some time on Tuesday working on the required paperwork needed for Tokyo. I submitted my passport information, a photo for my Olympic ID card and all the other information the United States Olympic Committee needed.

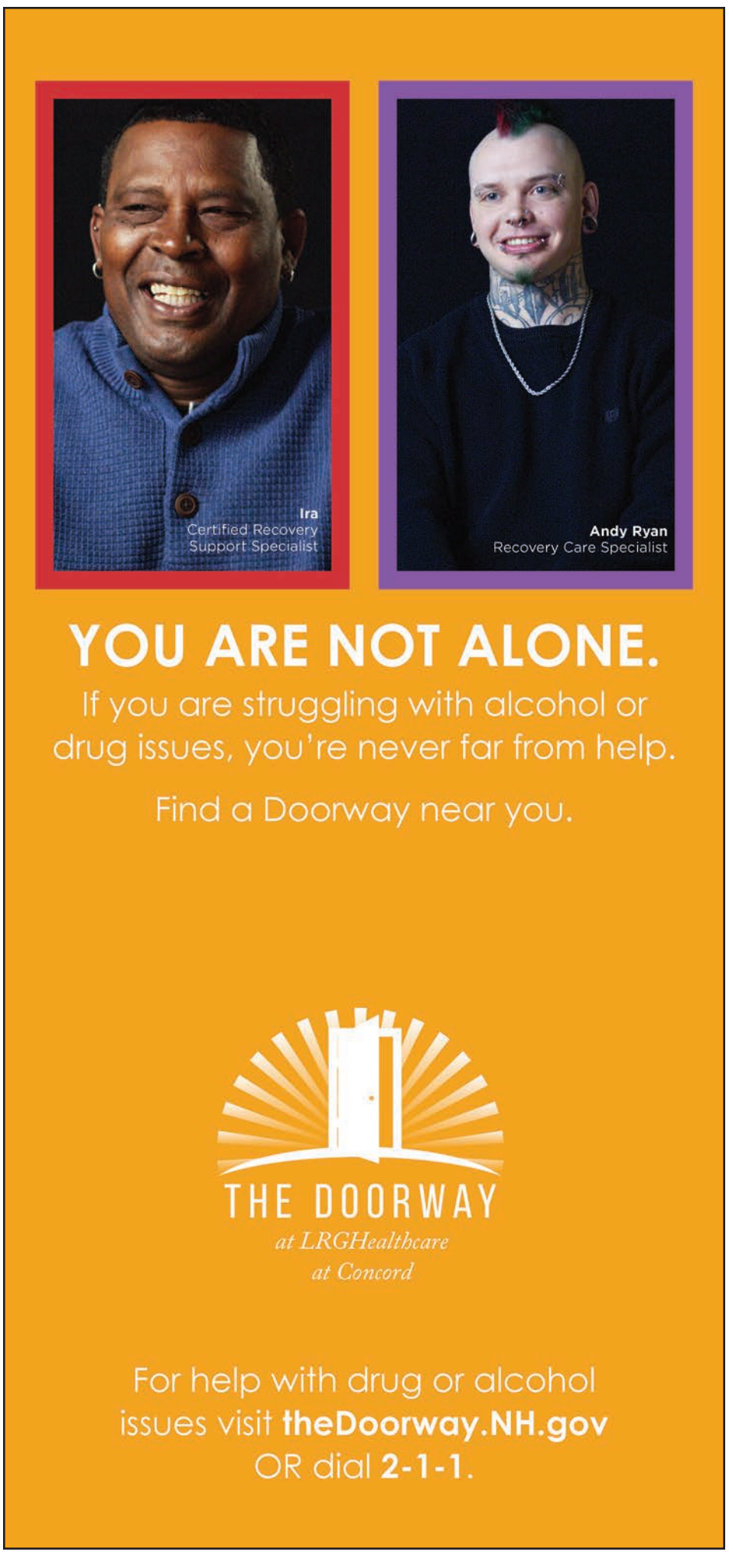
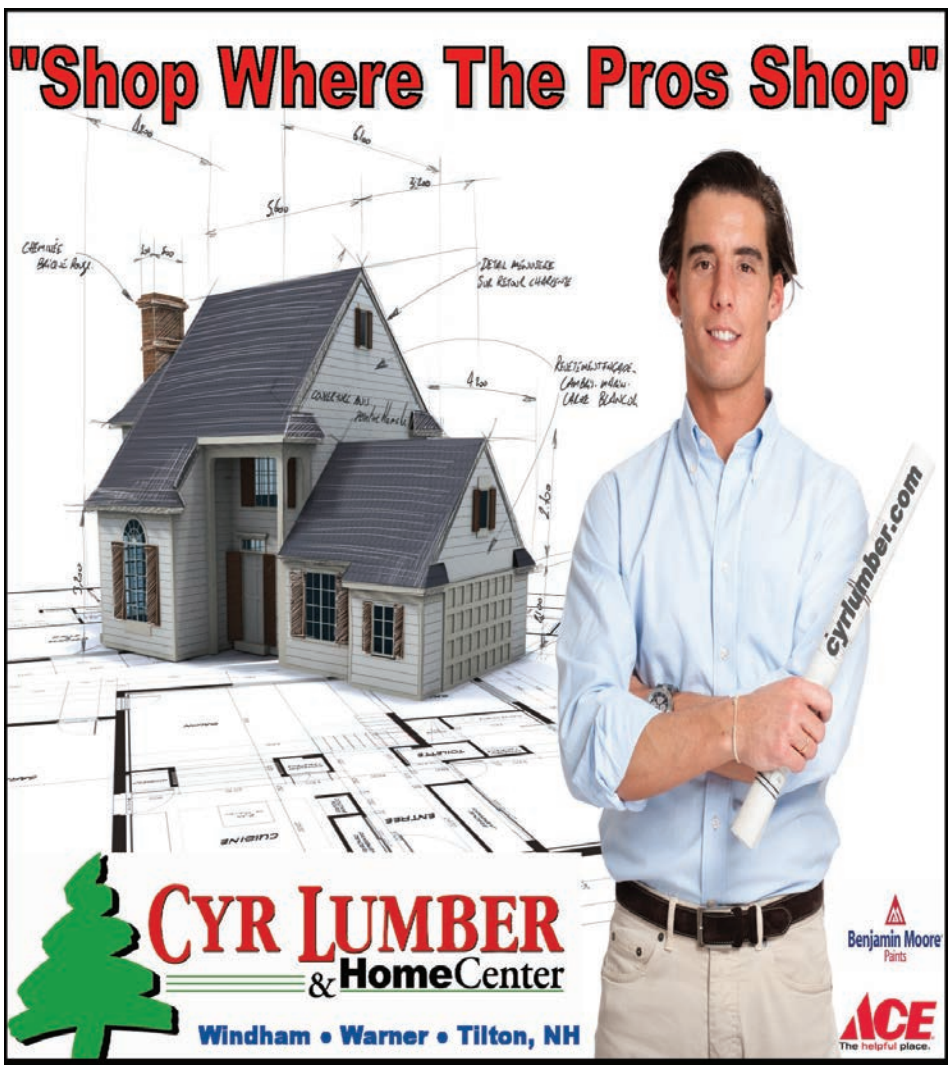
My plan, like in the last two Olympics that I have attended, is to update this blog every day while I am there. I plan on putting pictures that I take with my phone on Instagram and Twitter (SalmonSportsGuy) and on my personal Facebook page. Additionally, the photos from my camera will likely go on my personal Facebook page and the Facebook page for Salmon Press Sports – Wolfeboro.

Additionally, I am looking for any information on any local connections we might have for the Summer Olympics. I know all the teams have not been selected yet, but if you know of some local connections, send me an e-mail at josh@salmonpress.news. And if there's anything I can do for you regarding the Olympics, also let me know and I will do my best.

Finally, have a great day, John-Scott Sherburne.

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 Landing, 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.

COURTESY PHOTO

Curling season

Following up on a very successful Fall program, Lakes Region Curling and the Wolfeboro Department of Parks and Recreation are offering a four-week learn-to-curl program for beginners. The hour-and-a-half sessions will take place on Wednesday mornings Feb. 5, 12, 19, and 26 at Pop Whalen Ice Arena in Wolfeboro. The program is open to members of the public who have from zero to two years of curling experience. Each weekly class will start at 9:30 a.m., and experienced LRCA curlers will be on hand to provide coaching and organize matches among participants. For information and to register, visit the Parks and Rec web site (www.wolfeboronh.us/parks-recreation) and click "Register Now." Sign in to your account or create one on the site to access the registration form. On the form, search for "curling" and then click "Register" for Session 2. For information about the Olympic sport of curling, visit the Lakes Region Curling web site at lakescurlingnh.org.