

# Gilford Steamer

THURSDAY, FEBRUARY 7, 2019

GILFORD, N.H. - FREE

## Hannaford Helps program supports Lakes Region Scholarship Foundation

The Lakes Region Scholarship Foundation has been selected to be the Hannaford Helps Reusable Bag Program recipient for the month of February. The Hannaford Helps Reusable Bag Program, was launched in October 2015 and is designed to support local non-profits through the sale of the reusable Community Bags.

Mr. Brian Burns, Store Manager for the Gilford Hannaford store, told the LRSF directors that each month a local charity or service organization is chosen as a beneficiary of the program by the local store. When a customer purchases one of these special reusable shopping bags, Hannaford donates \$1 to that organization. LRSF will be the featured "cause" for the month of February. Assistant Director, Kar-



Lakes Region Scholarship Directors Switzer and Loughlin are all smiles following the announcement of the decision by Gilford Hannaford to feature them as the Hannaford Helps "Cause" of the month for the month of February. Shoppers are encouraged to show their support by stopping in to purchase a specially marked shopping bag. Pictured: Lakes Region Scholarship Assistant Director, Karen Switzer (left), LRSF Executive Director, Paulette Loughlin and Gilford Hannaford Store Manager, Brian Burns (right).

all of the background work done to complete our mission to promote and encourage scholarships and opportunities of higher education among residents of the Lakes Region. Since 1956, we have been serving as a clearinghouse to receive scholarship funds from various area donors. Presently we have over 250 donors that we serve. We screen applications and distribute scholarships for each of these donors and we are always working to encourage new scholarships to assist area students. For more information about Lakes Region Scholarship Foundation you can visit us at our Web site [lrscholarship.org](http://lrscholarship.org) or give us a call at 527-3533."

Executive Director, Paulette Loughlin added that she hoped that many people in the area would stop in and shop at the Gilford Hannaford during the month and purchase a bag to take their groceries home.

SEE SCHOLARSHIP PAGE A11

## School deliberative session Thursday

BY ERIN PLUMMER  
mnews@salmonpress.news

The Gilford School District's deliberative session is this Thursday, and voters will review and decide on six different articles.

The school deliberative session has been scheduled for this Thursday, Feb. 7 at 7 p.m. in the Gilford

High School auditorium. Voters will have the opportunity to review, speak on, and make amendments to articles during the deliberative session with the final warrant going to town meeting voting on March 12.

Article 1 is the school district officers, which shall be decided

in March.

Article 2 is the total school operating budget of \$26,396,272. If this article fails the default budget will be \$25,517,333, the same as last year with certain adjustments required by law.

Article 3 is a total appropriation of

SEE DELIBERATIVE PAGE A11

en Switzer said that LRSF is very excited to be chosen for this program and offered many thanks to Mr. Burns at Hannaford for his sup-

port. Switzer said "These funds will go to our Friends of the Foundation Operating Fund which helps us get

## Contested races for select board, Budget Committee

BY ERIN PLUMMER  
mnews@salmonpress.news

Town voters will decide on two contested races while the remaining town races are uncontested.

Town meeting vot-

ing will take place on March 12 where voters will choose candidates for office as well as decide on warrant articles.

There are two contested races on this

year's ballot for board of selectmen and the Budget Committee.

Six candidates are running for a trio of three-year positions on the Budget Committee. Rick S. Nottkin, Dorothy Piquado, and Michael Dowe are running against incumbents Timothy D. Sullivan, S. Peter Karagianis, and Sean P. Murphy.

For one three-year term on the board of selectmen, incumbent Gus Benavides will be running against Mark J. Laroque.

The rest of the offices are uncontested. William Chris Ray, Jr. is seeking another term as Trustee of the Trust Fund.

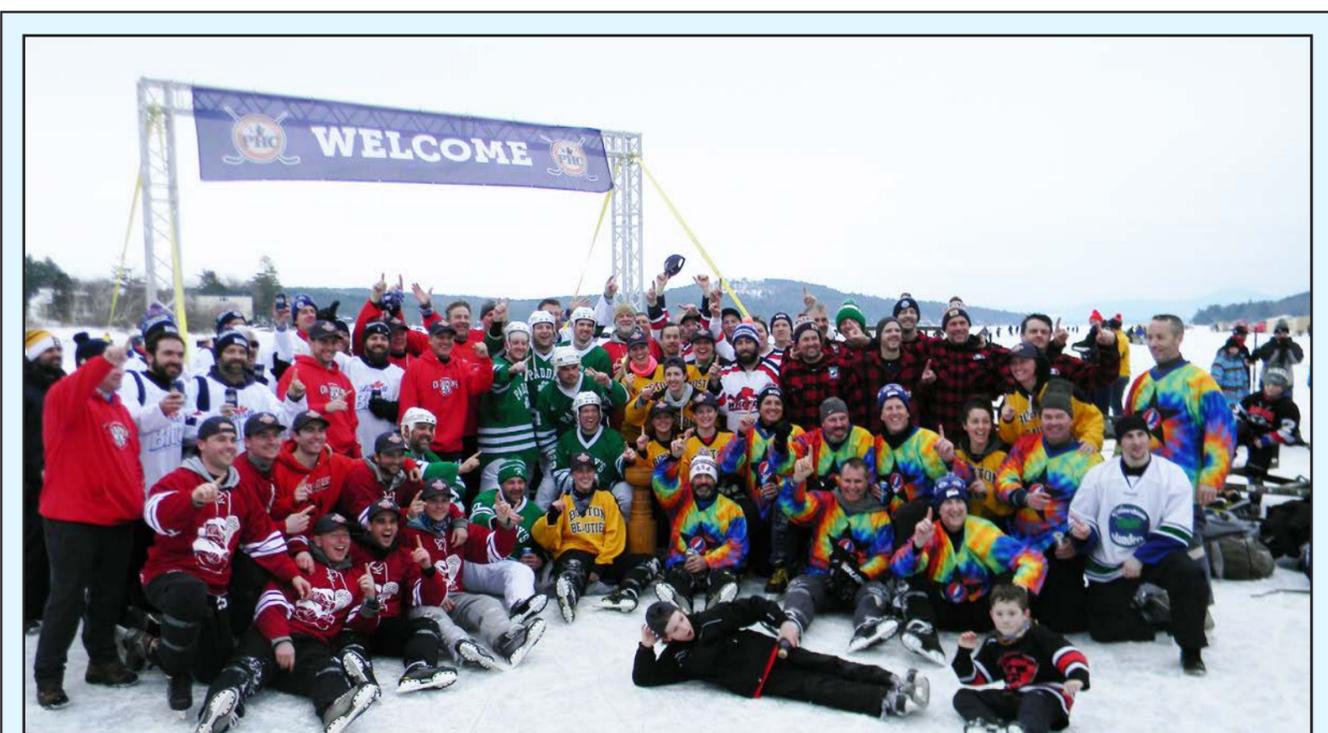
Alexis Jackson and Michael Marshall are both running for new three-year terms as library trustee.

For Fire Engineer, Jack Lyman is seeking another three-year term

No one has filed for the open position as Cemetery Trustee for a three-year term. That position will be open to a write-in candidate.

Town voting will take place on Tuesday, March 12 at the Gilford Youth Center

SEE CANDIDATES PAGE A11



All the winning teams with some special guests gather for a big photo at the end of the 10th New England Pond Hockey Classic.

ERIN PLUMMER

## Big crowds, special events for 10th Pond Hockey Classic

BY ERIN PLUMMER  
mnews@salmonpress.news

MEREDITH — More than a hundred teams

and thousands of fans returned to the ice of Meredith Bay for the 10th year of the Lab-

bat Blue New England Pond Hockey Classic for a weekend of hockey with some special birth-

day celebrations.

Teams from as local as Meredith, Center Harbor, Moulton-

borough, Gilford, and Plymouth to teams from as far away as

SEE POND HOCKEY PAGE A12



# Town seeking Boston Post Cane nominees

BY ERIN PLUMMER  
mnews@salmonpress.news

The town is seeking nominations for the Boston Post Cane by Feb. 15.

Gilford is in possession of one of 700 canes ordered by the publishers of the Boston Post in 1909. The canes were meant to be presented to the oldest citizens in a town. The town of Gilford, however, has not awarded the cane

in a while.

During the Jan. 23 selectmen's meeting, Town Administrator Scott Dunn talked to the board about taking nominations for the Boston Post Cane. The winning recipient will get the cane in a little ceremony arranged by the selectmen.

"I like the idea. I think it's been a long time since we've done it," said Selectman

Chan Eddy. "Something that's fallen by the wayside, I'd like to see that returned."

The selectmen agreed by consensus to have Dunn seek nominations.

Nominations for the Boston Post Cane are being accepted through Feb. 15. According to a press release from the town anyone who knows a "distinguished senior" who

lives in Gilford can nominate that person. Applications should include the candidate's name, age (especially birth date if known), a biography, their phone

number. The town will then contact the "most senior nominee" to verify the information and ask if they would be interested in receiving the cane.

People interested in nominating someone are asked to contact the selectmen's office by Feb. 15 at 527-4700 or [selectmen@gilfordnh.org](mailto:selectmen@gilfordnh.org).

## GILFORD PARKS AND RECREATION NEWS

BY HERB GREENE

Director  
Gilford Parks and Recreation

### Senior Moment-um Game Day - Monday, March 26

The Gilford Parks and Recreation Department will be sponsoring a Senior Moment-um program on Monday, Feb. 11. We will meet in Community Church's Fellowship Hall at 11:30 am for some fun game play. We'll have a variety of game to choose from, including Scrabble, Rummikub and Trivial Pursuit. Participants are encouraged to bring an appetizer to share with the group and are welcome to bring a lunch if they'd like. Participants are asked to RSVP by Friday, Feb. 8.

To RSVP or for more information, please contact the Gilford Parks and Rec. Department at 527-4722.

### Adult Curling Program continues on Thursday evenings

The Gilford Parks and Recreation Department is sponsoring a seven-week pick-up curling program for adults on Thursday evenings. The program will be held at the Arthur A. Tilton Ice Rink from 6:30 - 7:30 p.m. through Feb. 28. Curling is the sport of "sliding stones" down the ice in an attempt to get your "stones" closer to the target than your opponent. Although this activity is held on the ice, participants do not wear ice skates. Participants should dress to be outside and should wear sneakers or boots. Cost for this program is \$2 per evening and participants can register at the start of the program.

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

### Adult Snowshoeing Program continues on Tuesday mornings

The Gilford Parks and Recreation Department will once again be sponsoring a number of snowshoe hikes for any adults looking for fresh air, fun and exercise on Tuesday mornings this winter. Participants will meet in the Gilford Town Hall at 9:30 a.m. prior to each hike. The next hike is scheduled for Tuesday, Feb. 12. If you are in need of snowshoes, we do have a limited supply available for each hike at a nominal fee. They may be reserved one hike in advance on a first come basis by calling the Parks and Rec office. All interested participants must RSVP at least one day prior to each hike. The cost of snowshoe rentals are \$3 per hike.

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



Pictured here from left to right are Lakes Region Road to Recovery Volunteer Drivers John Walker, Doug Killen, and Dave Shea.

## Lakes Region volunteers help cancer patients at risk of missing lifesaving treatment

REGION — A caring group of dedicated volunteer drivers for the American Cancer Society's Road to Recovery program are giving cancer patients a much-needed lift. Road to Recovery is a service that helps get cancer patients transportation to their lifesaving

treatment. These local heroes have collectively provided 1,416 rides to cancer patients. Through their generosity, hundreds of cancer patients have received the support they needed to get through treatment.

### Doug Killen of Gilford

Doug Killen of Gilford has been volunteering since 1995, and coordinates rides for the program as well as being a volunteer driver. He has provided 600 rides alone, offering his compassion and humor to everyone he meets, on top of making sure all patient requests have been met and engaging other

volunteers in his community.

### Dave Shea of Laconia

Dave Shea, a driver from Laconia, has consistently gone above and beyond as a Road Driver since his start in 2006, providing more than 450 rides. For the past 3 years, Dave has been driving a patient from his community to Dartmouth Hitchcock for appointments and has developed a life-long friendship out of the experience. Dave and the Laconia community have reached out to this patient in many other ways as well, offering help around the house and yard.

SEE VOLUNTEERS PAGE A11

## Bank of New Hampshire promotes Jessica Beane to Gilford Lakeshore Banking Office Manager

Bank of New Hampshire is proud to announce that Jessica Beane has been promoted to Assistant Vice President - Gilford Lakeshore Banking Office Manager.

Beane joined Bank of New Hampshire in 1998, and has more than 21 years of experience in the banking industry with a broad knowledge of retail banking, business banking and customer service. In her new role as the Banking Office Manager, she will be responsible for the overall management of the office's deposit portfolio, customer relationship management and new business development.

"I am proud to promote a dedicated and qualified employee of the bank into this position," stated Cecile Chase, Senior Vice President - Retail Sales & Development



COURTESY PHOTO

### Jessica Beane

Manager for Bank of New Hampshire. "Jessica has worked hard over the past 21 years in the Laconia office and is very deserving of this new role."

Jessica is a graduate of Belmont High School, the Northern New England School of Banking and Leadership Lakes Region. She holds both a Supervisory and Certified Teller Certificate from the Center for Financial Training along with attending various

sales and customer service excellence programs. She is active in the community and has served as a volunteer for Got Lunch Laconia, the Laconia Salvation Army and with the Gilford Elementary School Banking program.

Beane may be reached in the Gilford Lakeshore office at 1441 Lakeshore Rd., via phone at 527-3380 or by e-mail at [Beane@banknh.com](mailto:Beane@banknh.com).

Bank of New Hampshire, founded in 1831, provides deposit, lending and wealth management products and

services to families and businesses throughout New Hampshire and southern Maine. With 24 banking offices and assets exceeding \$1.6 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. 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](http://www.BankNH.com).

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603 569-6159 [artplace@metrocast.net](mailto:artplace@metrocast.net)

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## Whining about whining

We all know them – the whiners and chronic complainers of the world. No matter how silly or temporary a problem, they have to comment and complain to anyone who will listen.

Traffic... the weather... the price of gas... the long line at the store... the price of lettuce...too much rain... not enough rain... they never seem to run out of material.

Why so much whining? What is the benefit of having such a negative outlook? And why do these constant complainers always need to share their views with others? Do they want to assure themselves that the rest of us understand just how inconvenienced they are? Do they need someone to sympathize with them and validate their concerns? Or do they just like to hear themselves talk?

The worst whiners are the ones who complain about small things they can actually change, if they really want to. But they seem to cling as hard to the thing they complain about as much as they want to be rid of it.

Obviously, it's not easy to find a new job, or a new place to live, or a better car. Those things don't happen simply because one wishes they would. And many people do not have the means or support or privilege to achieve them. All of this is understood. Those problems are tough to deal with and not easily solved.

But what about the person who chronically complains about the drive-thru service at a fast food place, yet never parks and goes inside? Or tries another restaurant? What about that co-worker who talks incessantly about how bad the office coffee is, but never brings her own? And the guy who likes to make sure everyone in line knows that his time is precious and he just can't be late to his meeting – couldn't he have left earlier? Couldn't he come back later? Those are small solutions to small issues, yet the whiners seem to relish the pain without fixing the problem.

So, we let them whine, and maybe as a kindness, acknowledge their problem and sympathize. If all they need or want is a listening ear, even for five minutes in line at the grocery store, let's give it to them.

If someone listens, at least that's one less thing for them to whine about.

## 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](mailto:brendan@salmonpress.news).  
We're looking forward to hearing from you!

## Looking for New Customers?



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## Pet of the Week: Roam with Montey!

While Montey may not be the best at first impressions here at the shelter, he is a sight to behold bouncing around his kennel and talking up a storm. But, take him out of that kennel and he's a calm gentleman who is happy to go for walks or cuddle up next to you throughout the day. As a 10-year-old he likes to take his time meeting new people, but has a giant heart and has been waiting for a long time for his human to find him. That person would find that Montey makes the ideal



running/hiking buddy! He has bonded wonderfully with staff and volunteers and blossomed into a warm, happy, silly dog who adores food and trips to get chicken McNuggets! He would love an active home with a big couch to curl up on with you and a patient owner that can give him all the time he needs to build his confidence back up. He'll need an adult only home with no other animals, but at this point he deserves to have his people all to himself! Montey can't wait to spend his golden with his people. For more information visit [NHHumane.org](http://NHHumane.org) or call 524-3252.

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## NORTH COUNTRY NOTEBOOK

*Of things that take to the wing, and the utter efficiency of rail*



By JOHN HARRIGAN  
COLUMNIST



JOHN HARRIGAN

**A Business Car seat beckons: Plenty of room to change sitting positions, a table for laptop or snack, and a food service car—featuring booths with tables and plenty of views—just a stretch of the legs away.**

I'm in the middle of moving my temporary downstairs office back upstairs—essentially, combining two offices into one. In the process, I've been finding some pretty good stuff, most of it in the form of clippings and Notes to Self.

+++++

Every member of the state Legislature is assigned to at least one subcommittee. Often, the subcommittee work takes more out of the Representative than the main job itself.

At committee hearings on the good and evil of this bill or that, people from the general public can put their names on a "Want to Speak" sheet and indicate whether they support or oppose the bill. The chairman calls forth speakers from alternating piles in an effort to be fair.

Legislators make great efforts toward politeness and decorum. In the New Hampshire House, after all, you're dealing with people of all ages and from all walks of life. You can be talking with a small-town merchant one minute and a PhD the next.

The other thing you're bound to deal with is a general ignorance of geography. This can manifest itself in, say, a debate on how long it takes to drive from the outer reaches of Pittsburg (our Pittsburg, the one without the "h") to downtown Concord (three hours, and that's on a very good day).

Many's the time

when a particularly critical committee hearing was scheduled for a day when, in Colebrook, we had half a foot of fresh snow on the ground and another foot coming. This was in the '70s, and (try to remain calm here) there were no cell phones.

So I'd make the long trip down, sometimes in four wheel drive, often stopping to clear the windshield, and at last gain the environs of the Legislative Office Building, and find a parking spot, and in my heavy wolf coat huff and puff my way to the second-floor hearing room only to find a note on the closed door: "Hearing cancelled due

to snow."

So I would try to rationalize this, having just come down from Colebrook, and spend the day looking up friends and relatives and feeling glad that I'd never run for office.

+++++

Speaking of politeness and decorum, what's with the Fish and Game Commission's rotten attitude toward the public? Not the Department—no, that's doing its job fine, although it's perennially out of money. It's the Commission—the 11 people (one from each county and one from the coastal area).

SEE NOTEBOOK PAGE A11

### FROM OUR READERS

#### Thank you to everyone who supported arthritis fundraiser

To the Editor:

On Jan. 21, the Arthritis Foundation partnered with McDonald's to raise awareness of arthritis, especially in children. This fact does not readily come to mind when you think of arthritis, the "old person's ailment."

At this time, I would like to thank those who turned out for this event despite some good old New England weather. Also in attendance were local recipients of the Ed-ies ( Excellence in Education Awards) from Gilford, Laconia and Belmont. Congrats to all. I am very appreciative of additional donations that were given in Emily's name as she continues to deal with juvenile idiopathic arthritis.

Many thanks go out to the Gilford Steamer for their wonderful coverage of this event and Emily's fundraising efforts at school as well. In particular, Erin Plummer, who authored the front page ar-

ticle. Thanks go out to the Laconia Daily Sun for their print coverage, those who displayed our flyers and Trustworthy Hardware, Meredith Village Savings Bank, the Taylor Community and Happy Cow Ice Shop for outside signage.

My family and I are grateful to McDonald's for affording us the venue to raise money for critical research to find a cure for this debilitating disease. Special thanks Larry Johnston, their Brand Ambassador, for his invaluable assistance and support during this endeavor. And last but not least, gratitude to Ron Snow, the Arthritis Foundation's new Development Director for Northern New England, who helped us with postings on the Arthritis Foundation New Hampshire page. Thanks for braving the cold to be with us that night!

Sincerely,

Gaye Jacques  
Laconia



ERIN PLUMMER

The Stonedam Islanders go against Last Call on Saturday afternoon.



ERIN PLUMMER

The Boot 2 plays House of Correction.



ERIN PLUMMER

Wheeler's Boys go against High Slot.



ERIN PLUMMER

Members of Dark Star with the Lake Winnepesaukee Cup.

# Teams hit the ice for Pond Hockey weekend

BY ERIN PLUMMER  
mnews@salmonpress.news

**MEREDITH** — From teams that have played together for years to those pieced together from other Pond Hockey teams, every

team out on the ice at the New England Pond Hockey Classic had its own story.

More than 100 teams and hundreds of players took to the ice over the weekend for

the Pond Hockey Classic's 10th anniversary. Teams came from around the Lakes Region, the state, New England, and even further. Teams played through the weekend

with the winners taking their prizes on Sunday afternoon.

Stonedam Islanders won the 30-plus division. The team consists of some locals from Meredith and Laconia, as well as members from Concord and Bow and Burlington, Newton, and Braintree, Mass. Team member Derek Bekar of Meredith said the team is composed of guys who met while they were members of other teams during previous tournaments.

Bekar said the entire weekend is amazing. He said his favorite part of the weekend is the atmosphere and the camaraderie on the ice.

Wheeler's Boys won the Shiny 21-plus division. Members of the team come from around New Hampshire and Massachusetts, while teammate Jordan Wardwell came up from Greenville,

S.C. The members all bonded while playing Fitchburg Hockey on Sunday nights. The team and a number of its original members have been coming to the Pond Hockey Classic for around nine years. Wardwell said it was worth the trip up.

They said it felt great to win.

"It was a battle and it was good," said member Dana Johnson of Ashby, Mass.

Members of the 50-plus Division winner Dark Star come from the North Shore of Massachusetts. Member Brian Driscoll of Marblehead, Mass., said they all play hockey in "old man leagues" on the North Shore. Some of the members have been playing together since college and some have been added on through the years.

Driscoll said one of the highlights of the weekend is seeing some familiar faces on all the different teams.

"We've lost some friends, we've won some friends, it's fun either way," Driscoll said.

He said it was great to win the division. He said they lost in overtime during the playoffs two years ago. It is a grind to play the whole weekend, but it is worth it.

The Boot 2, the winners of the 40-plus Division, have members from Massachusetts, Rhode Island, and even Chicago. A number of them went to high school and college together, and most of them see each other regularly and play twice a week.

Team member Devin Kelly of Barrington, Rhode Island, said it was a great experience to win the division.

"It was awesome, it was a great day," Kelly said. "Lot of good people. Everyone's super competitive, the game ends and you're all

SEE TEAMS PAGE A11

## Angela Dill awarded degree from Miami University

**OXFORD, Ohio** — Angela Dill of Gilmanston was among more than 1,000 students from Miami University who received degrees during fall commencement exercises Friday, Dec. 14 at Millett Hall.

Dill graduated with a Master of Arts in Teaching degree, majoring in Biological Science.

Considered one of eight original "Public Ivies" in the country, Miami University

is located in Oxford, Ohio. The university is consistently ranked by U.S. News and World Report for its commitment to undergraduate teaching and is the number one college town according to Forbes.

Students with more than one listing have earned additional degrees or honors.

The most recent complete candidates for graduation lists are always available for downloading at com-

mencement, dean's and president's lists.

Nationally recognized as one of the most outstanding undergraduate institutions, Miami University is a public university located in Oxford, Ohio. With a student body of nearly 19,000, Miami effectively combines a wide range of strong academic programs with faculty who love to teach and the personal attention ordinarily found only at much smaller institutions.

## LRAA to spotlight work of Ruth C. Webb

**TILTON** — The Lakes Region Artist Association, Tanger Outlets, Suite 132, 120 Laconia Rd. (exit 20), Tilton, will feature the body of work of artist and member of the LRAA Ruth C. Webb for the month of February in its West Gallery.

Currently living in Loudon, Webb's unique fine art paintings of socks, other whimsical acrylic paintings on canvas, or her white-line prints, drawings and etchings

of people and animals reflect her love of fun and happiness.

The West Gallery is open Thursday to Sunday 10 a.m.-6 p.m. Webb's exhibit is concurrent with the 'Featured Artist' of the month Marlene Witham. Both exhibits are free and open to the public. A 'Meet the Artist' reception is scheduled for Thursday, Feb. 7 6:30-8:30 p.m. Light refreshments served. Free to the public.

PORTRAITS • WEDDINGS • SCENICS • EVENTS

**Fassetts PHOTOGRAPHY**

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## Mary Louise Carey, 94

LACONIA — Mary Louise (Gonyer) Carter, 94, passed away on Sunday, Jan. 27, 2019.

Mary was born in Laconia on Dec. 24, 1924, the daughter of David and Anne (Malloy) Gonyer. She was raised in Portsmouth, and was a 1942 graduate of Portsmouth High School. She graduated from Mount Saint Mary College, Hooksett.

Mary worked at the Office of Price Administration, Portsmouth, during WWII. She played piano for the servicemen at the Naval Hospital, Army Installations and the Portsmouth Naval Prison. She took great pride in working at the Gilford Public Library for 20 years, and met many wonderful friends there. She enjoyed her grandchildren, loved playing the piano, doing crossword puzzles, sending greeting cards for all occasions, and meeting with her coffee klatch



friends for coffee & donuts.

She is survived by her husband, William J. Carter, Gilford; six children — Ann (and husband Jim) Rush, Topeka, Kan., Terry (and wife Ronda) Carter, Odessa, Mo., Mary Ellen (and husband Mark) Richardson, Gilford, Lisa (and husband Steve) Smith, Sanbornton, Kathleen Carter, Concord, and Thea (and husband Mike) Fogarty, Laconia; her sister, Patricia R. Chaisson, Hampton; six grandchildren; five great-grandchildren; and many nieces and

nephews.

She was predeceased by her parents, David L. and Anne Gonyer; brothers David P. Gonyer and John J. Gonyer; and a son, James William Carter.

Honoring Mary's request, private family services are being planned, with burial at Pine Grove Cemetery, Gilford, at a later date.

In lieu of flowers, memorials may be sent to David's House, 461 Mt. Support Rd., Lebanon, NH 03766.

Mary would want her family to thank the staff at Belknap County Nursing Home for the warm and loving care she received while she lived there for the past four years.

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

## Richard Bert Swain, 86

GILFORD — Richard "Dick" Bert Swain passed away peacefully surrounded by his loving family on Thursday, Jan. 24, 2019 at Lakes Region General Hospital at the age of 86.

He was born on Feb. 21, 1932 in Laconia.

He was predeceased by his mother, Evelyn Walker Swain; father Rex Bert Swain; and brothers, Jack Swain and Rex Swain, Jr.

He graduated from Laconia High School in 1951. Soon after, he served four years in the US Navy, during the Korean War. He loved serving his time on the U.S.S. Gearing and U.S.S. Ross as a Gunner's Mate. Once discharged from the US Navy, he worked alongside his father in the plumbing business, where he learned his trade. He then worked 25 years for Bergen and Paterson as a first class welder, while mastering the trade of plumbing. After retiring from



Bergen and Paterson, he started his business ABC Mechanical at the age of 62. He retired just a few years ago.

His passions included fishing, fly tying and racing. He loved spending days on the ice with his son and his grandchildren ice fishing. Time with his family was very dear to him. He is remembered for all the stories he would talk about during his time in the U.S. Navy, the fishing trips he took through the summers and the time spent with family during the holidays. He enjoyed having coffee with friends and vis-

iting his family every day. His biggest pride was the accomplishments of his children and grandchildren.

Survived by his loving wife of 62 years, Gloria Arlene Swain; two daughters, Nancy Jorgensen and her husband, Steve, Helen Healey and her husband Chuck; a son, Gary Swain, and his significant other, Barbie Doe; grandchildren Angie Jorgensen, Kallie Hadley and her husband, Mike, Amy Jorgensen, Andy Swain and his wife Tami, Brianna Healey, Patrick Swain and his wife Heather and Michael Swain; great granddaughter, Mabel Hadley; sister Sally O'Connell; and brother Howard Swain and his wife, Charlotte.

Calling Hours were held on Monday, Feb. 4, 2019 from 3 – 6 p.m. at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

A Memorial Service followed the calling hours at 6 p.m., also at the Funeral Home.

Burial was held on Tuesday, Feb. 5, 2019 at 1 p.m. at the New Hampshire State Veterans Cemetery, Boscawen.

For those who wish, the family suggests that memorial donations may be made to Belknap County Sportsman's Association, PO Box 214, Laconia, NH 03247.

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

## MARK ON THE MARKETS

### Black swans



BY MARK PATTERSON

I suppose we have all heard the phrase "black swan event," which is a metaphor to describe an event that comes as a surprise and has a major effect. Black Swan is derived from the Latin expression coined in the 16th-century when the thinking was that there were no black swans, only white. But in 1697, Dutch explorers first saw a black swan in western Australia. The sighting opened the door to the theories of statistical outliers happening when it was thought they could not. We tend to remember black Swan events as surprises that are typically negative such as the attacks on the World Trade Center's twin towers in 2001. While this is certainly a black swan event, so is the discovery of the Internet which I think, most people would perceive as very positive.

So how does all this relate to the management of your assets

and investments? You cannot manage, or should not manage for black Swan events, but your portfolio of investments should be managed per modern portfolio theory.

Harry Markowitz wrote an essay in 1952 on modern portfolio theory. Markowitz, an economist, wrote about mean-variance analysis. These phrases are straight out of the statistics textbook, and I'm sure many of you are familiar with. But it is how they are applied regarding your investment portfolio what makes them significant and extremely relevant. In the event of a black swan event, you will likely see world debt and equity markets react in an extreme manner. In 1987, Black Monday saw the Dow Jones industrials lose significant amounts of value. Those who were using margin or sold near the bottom did not recover. But if you remember the bell curve, as things move away from the statistical mean or average, they will in fact revert to the average.

Markowitz believed having a variety of non-correlated assets, you would enhance the yield of your portfolio and reduce the risk. This is very true today if you can obtain real asset diversification.

Unfortunately, what I see all too often are mutual funds with different names which would lead you to believe that they are diversified, but often have very similar holdings in very similar asset classes. I personally have not seen an occasion where one family of mutual funds can provide true asset diversification.

In a truly diversified asset mix, not all your investments will be doing great at the same time, and conversely, they will not all do poorly at the same. Bull markets in equities often give us a false sense of security and tend to make us chase the winners and shun the laggards. Things change and go through their various cycles. Rebalancing a diverse portfolio is necessary; otherwise, you no longer have properly diversified asset mix. Risk and your portfolios objective will also determine the asset mix. Is growth your objective? Income? Capital preservation? All these objectives can be managed in a properly diversified mix of low fee, high value investments.

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

## International Film Series continues with "Akeelah and the Bee"

LACONIA — The Laconia Human Relations Committee in cooperation with the Laconia Public Library offers the film, "Akeelah and the Bee," as the February selection for the International Film Series. The film will be shown on Monday, Feb. 4 at 6:15 p.m.

Akeelah is an 11-year-old girl who with much effort and encouragement participates in the Scripps National Spelling Bee. She attends Crenshaw Middle School, a predominantly black school in South Los Angeles. She lives with her widowed mother, sister, older brothers, and infant niece. Her principal suggests that she sign up for the Crenshaw Schoolwide Spelling Bee because of her excellent spelling record. She refuses, intimidated by the

public arena. He so wants the school to do well, that he threatens her with detention if she doesn't agree to enter. She gives in, enters the spelling bee, and wins.

Moving beyond her own school in the very 'white world' of competitive national spelling bees, Akeelah is tested far beyond what she thought she could handle. An English Professor friend of the principal, with some resistance, finally agrees to help her prepare for advancement. Who knew how much there is to learn about the history of words in order to be able to spell all those words never heard before!

She meets Javier Mendez, a 12-year-old Mexican American boy and fellow speller. He invites her to join the spelling club at his Woodland Hills Middle

School in a white part of LA. The intricacies of preparing for spelling bees are interlaced with cross-cultural incidents and a stiff competitive environment, producing a cliff-hanger story in this 2006 film.

This is another in the International Film Series shown monthly from September through June at the Laconia Public Library. Check the International Film Series shelf at the library for this and other films shown over the past six years.

*The Laconia Human Relations Committee is a committee of the mayor of Laconia dedicated to expanding our horizons for the appreciation of the diversity found among us and in the wider world. For more information contact Len Campbell at [Lsoup03@gmail.com](mailto:Lsoup03@gmail.com).*

## Emily Curtis of Gilford named to Springfield College Dean's List

SPRINGFIELD, Mass. — Springfield College has named Emily Curtis of Gilford to the dean's list for academic excellence for the fall 2018 term. Curtis is studying Rehabilitation and Disability Studies.

Criteria for selection to the dean's list requires that the stu-

dent must have a minimum semester grade point average of 3.500 for the semester.

Springfield College is a private, co-educational institution founded in 1885. Nearly 5,000 students, including 2,500 full-time undergraduate students, study at its main campus in

Springfield, Mass., and at its regional campuses across the country. Springfield College inspires students through the guiding principles of its Humanics philosophy - educating in spirit, mind, and body for leadership in service to others.



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Please contact Executive Editor  
 Brendan Berube at (603) 279-4516, ext. 111  
 with any questions regarding the submission process.



# Lakes Cosmetic Institute at Patrick's Pub

## Weekly event aims to help local businesses gain visibility

GILFORD — Patrick's Pub and Eatery will host Lakes Cosmetic Institute at their weekly networking event, Patrick's "Connect," on Thursday, Jan. 31 from 5-7 p.m.

When you are looking for advanced skincare services and products, you can trust the experienced team at Lakes Cosmetic Institute, a fully accredited facility providing medical grade non-surgical procedures, and are committed to delivering an exclusive cosmetic experience. Lakes Cosmetic Institute listens to your needs, and partners with you to create a custom-tailored treatment plan to enhance your natural beauty and understands the decision to have treatment is very personal.

Let Lakes Cosmetic Institute help you to rejuvenate and rediscover your natural beauty.

Jennifer Nunez, a registered nurse and 13-year veteran at Lakes Cosmetic Institute, believes in educating you on how to achieve beautiful skin via clinically proven medically guided skincare services and products that visibly improve the health and appearance of your skin.

"When you come to Lakes Cosmetic Institute, you are putting your trust in me to help you achieve natural results and optimal outcomes. Your comfort with me is of the utmost importance, and I can assure that Lakes Cosmetic Institute continues to grow because of your trust,



COURTESY

Jennifer Nunez, RN on the left and Sherri Graton — Come in as clients and leave as friends!

your loyalty and your word of mouth referrals. I offer many services at Lakes Cosmet-

ic Institute, including Botox, fillers, chemical peels, laser hair removal and microneedling,

and I always offer free consultations which will provide you a step by step individualized plan to help achieve a

younger, fresher and natural look," says Nunez.

Begin to preserve your natural beauty and enter to win a light chemical peel and a Botox treatment for up to 24 units — stay for live music with Mike Rossi.

Patrick's Connect features local businesses and organizations. The evening includes complimentary beverage sampling and raffle drawings at 6 and 7 p.m., followed by live music.

For more information on Patrick's Connect or to register your own business to be featured at an event, call 293-0841 or visit [www.patrickspub.com/connect](http://www.patrickspub.com/connect).

To learn more about Lakes Cosmetic Institute, please visit [lakescosmetic.com](http://lakescosmetic.com).

# Acacia Rogers to teach Basics of Building Realism in Oils at LRAA Gallery

TILTON — Artist Acacia Rogers will be teaching a fun and thorough six-week beginner's oil painting course. It will be held in the LRAA Gallery, 120 Laconia Rd. (Tanger Outlets), Suite 132, Tilton. Beginning Saturday, March 2 from 1-4 p.m., dates are as follows: March 9, 16, 23, and 30, and April 6. Students will bring their own supplies. Contact Rogers at [AcaciaRogers@gmail.com](mailto:AcaciaRogers@gmail.com) for list of supplies needed.

Rogers' six-week painting workshops promise to be both fun and informative for anyone interested.

Her in-depth classes will teach everything from learning about pigments and the differences between paint brands to the varieties of bushes and why certain types work for certain mediums, to color mixing, choosing and transferring a reference image to canvas, what makes a good reference image, building up an image in layers from start to finish and creating a complete and beautiful painting to be proud of. All experience levels welcome.

Acacia Rogers is a passionate self-taught artist who, for more than 10 years, worked

using various painting mediums. Her inspiration mostly comes from nature and the beauty of the natural world, with a particular affinity for animals and wildlife. Her first memories of artistic inspiration as a child are of older Disney movies and their whimsical, fluid and creative animation style. Particularly the work of Aaron Blaise, who worked on moves such as "The Lion King," "Mulan," "Brother Bear," and "Aladdin," stood out to her. She later included in her repertoire portraiture, still life, and landscape, slowly and painstakingly

building up her skill through practice and research to learn the ins and outs of painting. She absolutely loves everything about the process of learning to paint. She now paints full time, and works alongside many accomplished artists from a colorful array of different backgrounds. She currently shows her work in the Ceres Gallery in Portsmouth, and is the Vice President of the Lakes Region Art Association.

To learn more about Acacia Rogers or to sign up, e-mail [AcaciaRogersArt@gmail.com](mailto:AcaciaRogersArt@gmail.com) or visit [AcaciaRogers.wix.com/Artist](http://AcaciaRogers.wix.com/Artist).

## Lakes of New Hampshire lecture rescheduled for Feb. 25

LACONIA — Amy Smagula, the Limnologist/Exotic Species Program Coordinator for the New Hampshire Department of Environmental Services (NHDES), will present a lecture on "The Lakes of New Hampshire: The Good, the Bad and the Really Neat," Monday, Feb. 25 at 6:30 p.m. in Taylor Community's Woodside Building. This free event is open to the public. Please note this event was originally scheduled for Jan. 28, but was postponed due to illness.

The NHDES Exotic

Species Program coordinates activities associated with the control and management of exotic aquatic plants, as well as activities associated with the implementation of education and volunteer plant monitoring programs.

Taylor Community is the premiere not-for-profit Continuing Care Retirement Community in the Lakes Region. Keep up with all our events on Facebook. For more information about active senior living, visit our Web site at [www.taylorcommunity.org](http://www.taylorcommunity.org), or call 524-5600.

# Belknap Mill exhibit spotlights Lakes Region Sled Dog Club

LACONIA — Historical photographs and information on the Lakes Region Sled Dog Club will be the featured exhibit in the Belknap Mill's Riverside Gallery from Feb. 5 - Feb. 28. The exhibit will be open to the public Monday-Friday 9 a.m.-5 p.m. and Saturdays 9 a.m.-4 p.m.

The first sled dog races in Laconia were held in 1929 and were a series of weekend events sponsored by the New England Sled Dog Club. The Laconia Sled Dog Club was officially formed in 1931, its mission was to produce and promote sled dog racing in the Lake City as an annual, major win-

ter sporting event. By 1936, they had certainly achieved that goal; "World Championship" was added to the title of the race and at that time was the first and only sled dog race to claim that designation. The Lakes Region Sled Dog Club was formed in 1957 and continues to offer an incredible annual sporting event.

Jennifer Hollows never had the chance to meet her great grandfather, Charles Lyman, the man who established the sport of sled dog racing in Laconia. However, she "assumes he started it (the Laconia Sled Dog Club) because, like many of us involved, he had a

passion for sled dogs." She holds fond memories of dog training with her father, Jim Lyman and family friend, Keith Bryar II close to her heart while she works on preparations for the race each year. "Generations of the Lyman family have been involved since day one and my personal goal is to make sure that the accomplishments, we've made over 90 years never get forgotten."

This year, the 90th Annual World Championship Sled Dog Derby will be held Saturday, Feb. 15. For more information, please visit <https://www.lrsdc.org>. To learn more about

the Belknap Mill Society, visit [www.belknapmill.org](http://www.belknapmill.org) or email [operations@belknapmill.org](mailto:operations@belknapmill.org).

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# MVSB & the Merrimack gathers mittens, donates more than \$4,200 to NH Food Bank

MEREDITH — Sister Banks, Meredith Village Savings Bank (MVSB) and Merrimack County Savings Bank (the Merrimack), are grateful for members of the community who donated cold

weather items to their annual Mitten Tree drives. More than 2,100 mittens, gloves, hats and scarves were collected and distributed to local schools and non-profits. In keeping with the tradition

of contributing \$2 for each item given, over \$4,200 was donated to the NH Food Bank for use at food pantries in the Greater Concord, Nashua, Seacoast and Lakes Region areas. "The Mitten Tree



COURTESY

Community members supplied plenty of hand-made and store-purchased mittens, hats, gloves and scarves for mitten tree drive at MVSB and Merrimack offices.

## Lakes Region Community College adds new accelerated LNA class

LACONIA — Lakes Region Community College has added a new accelerated Licensed Nursing Assistant (LNA) class, which will begin March 25. The eight-week class was added in response to high demand in the industry for medical workers.

"We receive calls regularly from medical facilities looking to fill clinical positions," said Cathy Weigel, RN LNA Program Coordinator for the LNA program. "Students successfully completing this program will have the opportunity to take their state competency exam and seek employment right away. Additionally, students who obtain employment in a nursing home licensed by the Department of Health and Human Services may be eligible for reimbursement of training and testing costs."

The program consists of 46 hours of classroom theory, and 60 hours of clinical, for a total of 106 hours of coursework. The

theory portion will be completed at the college, while the clinical portion will be completed at a local health-care facility. LNA's perform routine nursing-related services to patients in healthcare facilities and clinics, under the training and supervision of a registered nurse or licensed practical nurse. Duties of an LNA involve provision of direct care or assistance to care recipients. LNA nursing-related services may include personal care, nutrition, positioning and transferring, transporting, and taking vital signs (i.e. temperature and blood pressure readings. They may work in hospitals, nursing homes, as well as at home health agencies to provide home care, and other medical facilities.

A growing need for LNA's is being fueled by a spike in the nation's 65-and-older population, otherwise known as the "Baby Boomers." According to the United States

Census Bureau, this group is projected to reach 83.7 million in the year 2050, almost double in size from the 2012 level of 43.1 million.

To learn more about the LNA course at Lakes Region Community College, contact Cathy Weigel at [cweigel@ccsnh.edu](mailto:cweigel@ccsnh.edu).

Lakes Region Community College offers degrees in 26 program areas, certificates in 34 program areas, and workforce development training for business and industry. Other medical programs include Medical Assistant, Nursing, and EMS. LRCC provides housing options for students, and has transfer agreements with many four-year colleges throughout the region, allowing students to begin their education at an affordable community college, with many transfer options to four-year schools. Lakes Region Community College is part of the Community College System of New Hampshire.

is a wonderful winter tradition we've been proud to uphold each year," said Rick Wyman, President of MVSB. "We are thankful to the many community members and non-profits that make or purchase items and drop them off at our branches."

"The NH Food Bank works with food pantries in all of the re-

gions that both banks serve. Contributions aid in decreasing the risk of food insecurity throughout our communities. I'm proud we were able to help in any way possible," added Linda Lorden, President of the Merrimack.

Meredith Village Savings Bank and Merrimack County Savings Bank are mu-

tual community banks without stockholders. They have remained steadfast in fostering the economic health and well-being of the community for more than 150 years, sharing in the values that guide all of their actions: accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. SEE DONATIONS PAGE A11

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# Temple B’Nai Israel announces non-profit partners for 2019 “We Care” events

LACONIA — Temple B’nai Israel (TBI) proudly announces the sixth continuous year of community fundraising in which the net profits are donated to local and deserving

Lakes Region non-profit agencies. This year, TBI welcomes Lakes Region Visiting Nurse Association and Interlakes Community Caregivers as the beneficiaries of two con-

certs to be held on May 25 and Oct. 26.

Committee Chair, Stu Needleman said, “We are thrilled to be partnering with these two agencies and help them to continue to

provide valuable and important services to our community as the need for these types of services continues to grow.”

Lakes Region Visiting Nurse Association has been serving the Lakes Region area since 1923 offering a full range of home care and hospice services as well as rehabilitation services, personal care services and wellness and community programs which are designed to promote the health, safety, and

mental well-being for their clients through numerous clinics and support groups. Each year the LRVNA provides approximately 20,000 annual visits to residents in the comfort of their home. Service areas include Alton, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Sandwich, Tuftonboro, Wolfeboro. For more information visit their website [www.lrvna.org](http://www.lrvna.org).

Interlakes Commu-

nity Caregivers provides assistance by caring volunteers to individuals and families in times of need, at no charge. Services include: transportation, friendly visits, telephone checks, home chores, service assessments, errands, occasional meals, primary caregiver respite, resource referral, and quality of life experiences. Helping others to live more fulfilled and active lives is a rewarding mission

SEE WE CARE PAGE A11

## Taylor Community hosting Eric Masterson lecture on The World Famous Hawk Migration

LACONIA — Eric Masterson has been fascinated with Bird Migration since he began birding at age 11. In October 2015, he flew to Kekoldi, Costa Rica to witness the world famous hawk migration that passes south through the Central American isthmus. He quickly realized the story was in the journey, not the destination.

Join us Tuesday, Feb. 19 at 2 p.m. in Taylor Community’s Woodside as Masterson tells the tale of his own journey, following several GPS-tagged birds on their flight south, leaving New Hampshire by bicycle beginning in September 2016 – final destination unknown. This free event is open to the public; however, reser-

vations are required by calling 366-1226, as space is limited.

By day, Masterson works as a Land Specialist for the Harris Center for Conservation Education in Hancock, New Hampshire, where he runs the stewardship program for the organization’s approximately 10,000 acres of conservation easements, assists with new conservation projects, and coordinates their field trip program. He is currently working on a book about bird migration as told through the hawks and his journey.

Taylor Community is the premiere not-for-profit Continuing Care Retirement Community in the Lakes Region. Keep up with all our

events on Facebook. For more information about active senior living, visit our Web site at [www.taylorcommunity.org](http://www.taylorcommunity.org), or call 524-5600.

TUSCALOOSA, Ala. — A total of 12,332 students enrolled during the 2018 fall term at The University of Alabama were named to the Dean’s List with an academic record of 3.5 or above or the President’s List with an academic record of 4.0 (all A’s).

The UA Dean’s and President’s lists recognize full-time undergraduate students. The lists do not apply to graduate students or to undergraduate students who take less than a full course load. Students on the list include:

Bryan Bailey of Gilford, Dean’s List  
Joseph Lulka of Gilford, Dean’s List

The University of Alabama, the state’s oldest and largest public institution of higher education, is a student-centered research university that draws the best and brightest to an academic community committed to providing a premier undergraduate and graduate education.

UA is dedicated to achieving excellence in scholarship, collaboration and intellectual engagement; providing public outreach and service to the state of Alabama and the nation; and nurturing a campus environment that fosters collegiality, respect and inclusivity.

## Martin Luther King Day celebration rescheduled

LACONIA — The annual Rev. Dr. Martin Luther King Day Celebration, sponsored by the Laconia Human Relations Committee, has been rescheduled for Sunday, Feb. 10 from 3 to 5 p.m., at the Laconia Congregational Church. The rescheduling makes it possible to also recognize February as Black History Month.

Program presenters are Dr. Dottie Morris, Associate Vice President for Diversity and Inclusion at Keene State University and Seifu Ragassa, Chief, Probation and Parole Officer, Carroll County. They will address the relevance of Dr. King’s life and work, and share what it is like to live and work within their African cultural heritage in New Hamp-

shire today. Dan Carter will present a musical selection.

Quotes from Dr. King will be on display on banners created by the Laconia High School Key Club. The Key Club, counterpart of the Laconia Kiwanis Club, is a high school student run organization. It provides its members with opportunities to provide service, build character, and develop leadership.

Mayor Ed Engler will introduce the celebration. The Laconia Human Relations Committee is a committee of the Mayor of Laconia.

As Dr. King said, “We are All One Humanity!” All are welcome to attend! Refreshments will be served. There is no charge for this event. Please join us!

## Dean's, President's List students named for UA Fall 2018 Term



COURTESY

“Learning to paint with acrylics is a lot of fun and very rewarding,” says Acacia Rogers, who is now holding classes on “How to paint with Acrylics” at the Lakes Region Art Association Art Gallery, Tanger Mall, Suite 132, 120 Laconia Rd., Tilton. “I start with teaching the fundamentals such as color mixing, selecting the right brushes, pre-painting preparation, composition, how to transfer your drawing onto canvass or any other surface and then focus on helping each student complete a finished painting they’ll be proud of,” she concluded. Students in Acacia’s weekly classes are, from left bottom to right: Nancy Rand, Mary-Jo Gesser, Vicki Kelly, David Huckins, Brian LaRoche and Carolyn Wilson. Centered, middle front of the photo is LRAA Vice President and art teacher Acacia Rogers. Anyone, who’d like to learn how to draw, paint watercolors, pastels or acrylics, visit the LRAA Gallery, M-5 10 a.m.- 6 p.m. and sign-up.

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## Edward Jones: Financial Focus

### What Can Investors Learn From “Big Game” Teams?

In February, TV stations the world over will broadcast the most-watched U.S. football game of the year. But sports fans aren’t the only ones viewing this “big game,” held in Atlanta this year. The two teams competing are watched closely by the teams that didn’t qualify. That’s because these teams can learn a lot from the contenders. In fact, “big game” teams can teach some valuable lessons to many groups and individuals – including investors.

What investment insights can you gain from observing

these teams? Here are a few to consider:

A good “offense” is important. “Big game” teams usually have the ability to score a lot of points. They can run the ball, pass the ball and move up the field quickly. As an investor, you also need to constantly seek gains – in other words, you need an “offense” in the form of an investment portfolio capable of producing long-term growth. Consequently, you will need a reasonable percentage of growth-oriented vehicles, such as stocks and stock-based mutual funds,

in your holdings. Yes, these types of investments carry risk, including the potential loss of principal. But you can help reduce your risk level by holding investments for the long term – giving them time to possibly overcome the short-term drops that will inevitably occur – and by diversifying your overall portfolio with other types of investments, such as bonds and government securities, that will likely not fluctuate in value as much as stocks.

A strong “defense” is essential. In addition to having good offenses, “big game”

teams are also typically strong on defense. They may give up yardage, and going against a strong offense, they will also give up points, but they still often stop their opponents from making the big, game-breaking plays. As someone with financial goals, such as protecting your family’s lifestyle and helping send your children to college, you, too, have much to defend – and one of the best defensive moves you can make is to maintain adequate life insurance. Also, to protect your own financial independence – and to defend against the possi-

bility of becoming a burden to your adult children – you may want to explore some type of long-term care insurance, which can help pay for the extraordinarily high costs of an extended nursing home stay.

The ability to adjust a strategy is essential. If a “big game” team is trailing, it very well might decide to switch its game strategy – perhaps they tried to keep the ball on the ground but fell behind, requiring them to throw more passes to catch up. You also will need to evaluate your progress toward your goals to determine if you may

need to adjust your strategy. To illustrate: If your current portfolio is not providing you with the returns you need to retire comfortably, you may well need to adjust your investment mix to provide more growth potential, but within the context of your risk tolerance and time horizon.

The “big game” is the culmination of a season of hard work by two teams that have achieved the highest level of success. And by applying the lessons you’ve learned from these teams, you can help contribute to your own success.

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.



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Member SIPC

# WildQuest Summer Camp early bird discount available through Feb. 15

LACONIA — Forecasts may be snowy and frigid but now is the time for families in the Lakes Region to pin down summer plans. Adventurous kids age four – 14 should look no further than Prescott Farm's WildQuest Summer Camp. Cost-conscious grownups will note that a 10 percent Early Bird Discount is available through Feb. 15.

WildQuest Camp days are filled with outdoor, nature-based activities related to the theme of the week. Some of the nine weekly themes for Summer 2019 include Creature Feature, Survivor, Mad Scientists, Kids Can Cook, and more. Campers will hone their skills in animal and plant identification, arts and crafts, Quests, games, hands-on learning, a

weekly all-camp project, and so much more.

Campers age 13 and 14 will enjoy a specially-designed Leaders in Training program. The LIT program cultivates important leadership skills through hands-on team-building activities. These young teens develop a strong foundation to become active citizens, change-makers, and environmental stewards.

WildQuest Summer Camp kicks off Monday, June 24 and runs 9 a.m. – 4 p.m. Extended care is available before and after camp. The youngest campers, age 4 and 5, may choose half- or full-day programs. To take advantage of the Summer Camp Early Bird Discount, families must register by Feb. 15.

For complete information and to register for



COURTESY

Forecasts may be snowy and frigid but now is the time for families in the Lakes Region to pin down summer plans. Adventurous kids age four – 14 should look no further than Prescott Farm's WildQuest Summer Camp. Cost-conscious grownups will note that a 10 percent Early Bird Discount is available through Feb. 15.

Winter (Feb. 25 – March 1), Spring (April 22 – 26) or Summer WildQuest Camp Weeks, visit [prescottfarm.org](http://prescottfarm.org). Space is limited!

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 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](http://www.prescottfarm.org).

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

## Veterans group adds new team member

GILFORD — Camp Resilience, the veterans support non-profit group, is pleased to announce the addition of a new staff member. Jennifer Whalen-Sirois joins the group as Vice President for Advancement.

Camp Resilience is the highly successful support group based in New Hampshire but serving veterans from throughout New England who are suffering the lingering effects of the visible and invisible wounds of war. Using a three-pronged approach, Camp Resilience helps veterans bounce back in mind, body and spirit. The three mainstays of the program are outdoor experiential learning, life skills training and facilitated peer to peer counseling. The sessions are open to all veterans at no cost to the attending veteran. Sessions are held at least monthly and last 3-4 days in the scenic Lakes Region of New Hampshire. All lodging, meals and recreational costs are covered thanks to generous donations and grants from community businesses and support-



COURTESY

Veterans support group new VP for Advancement, Jennifer Whalen-Sirois.

“On behalf of our Board of Directors, I am delighted to announce the hiring of our new VP for Advancement,” said Camp Resilience founder, Kurt Webber, US Army (retired).

“Jenn Whalen brings to our operation a knowledge of successful business practices and a passion for non-profit

fund-raising. She’s excited about this opportunity to help veterans in a very meaningful way and we welcome her as a member of the Camp Resilience team,” added Webber.

Ms. Whalen’s background includes three years as the Director of Advancement for the St. Charles School in Woburn, Mass. She is a for-

mer Resident Director of Camp Bernadette in Wolfeboro, Junior High School teacher in Medford, Mass., and for many years worked to develop her family’s electrical contracting business in Burlington, Mass. Her goals in her new position are to expand the donor base for Camp Resilience, develop new sources of grant funding and build partnerships throughout New England.

“I am excited to use my experience to continue to grow this wonderful program that serves America’s heroes” stated Whalen.

She makes her home in Burlington, Mass. with her three children and their beloved family dog, Bridie. Ms. Whalen-Sirois invites businesses, civic groups and individuals interested in helping New England’s veterans attend Camp Resilience to contact her at [jwhalen@camp-resilience.org](mailto:jwhalen@camp-resilience.org). For more information about the work of Camp Resilience and the positive impact it is making for Veterans, please visit [www.camp-resilience.org](http://www.camp-resilience.org).

## NH Director of Americans for Prosperity to address Belknap County Republicans

LACONIA — The Belknap County Republican Committee is holding their next monthly meeting on Wednesday, Feb. 13, at 6:30 p.m. at the Laconia VFW, 143 Court St., Laconia.

The Committee is pleased to announce that Greg Moore, New Hampshire Director of Americans for Prosperity, a 501(c)(4) organization, will address the Committee. Mr. Moore will share a brief history

of AFP, and talk about AFP’s goals of advocating for low taxes and limiting the growth of government.

In addition to hearing from Mr. Moore, the Committee will hear about plans and sub-committees that will be organized to focus attention on winning the elections in 2020 to gain back a Republican majority in the New Hampshire House, Senate, and Executive Council, and to re-elect

Gov. Chris Sununu.

Members of the Committee are asked to bring a friend (or two!) to this month’s meeting as the Committee is intent on increasing their membership with people from all age groups but in particular young Republicans from 18-40 years of age. Belknap County GOP meetings are open to ALL Republicans and like-minded Independents. The Committee suggests that you arrive

as early as 5:30 pm to socialize with other members.

As has become a monthly tradition, the Committee encourages its members to continue to bring non-perishable food items for donation to local food pantries.

For more information about the Committee, please check the Committee’s Web site at [www.BelknapCountyGOP.org](http://www.BelknapCountyGOP.org) or send an email to [alan.glassman@gmail.com](mailto:alan.glassman@gmail.com).

## Sweet incentive for unplugging at Patrick’s Pub & Eatery

GILFORD—Somehow, Albert Einstein saw it coming. Even though the German physicist was born in 1879, he had a view into today’s world. He saw what we all see daily, countless times.

You’re out with your family or friends, enjoying an outing—in a museum, a restaurant, or even at home at the family table. A simple glance around shows that everyone has their eyes cast downward, their faces often illuminated by a brightly lit screen.

Perhaps because his mind understood scientific possibilities that ordinary people cannot fathom, Einstein knew that, one day, people would be more focused on gaming, reading their emails, or checking the weather than they would be on one another.

He said, “I fear the day that technology will surpass our human interaction. The world will have a generation of idiots.”

“We aren’t idiots yet, but it is certainly true that the art of conversation is getting lost, pushed aside by scheduling needs, thoughts that can’t wait, or fear of missing out,” said Allan Beetle, co-owner of Patrick’s Pub and Eatery. “We recognize this growing trend here at Patrick’s, and we want to help give our customers a cyber break.”

Patrick’s has created a simple new program called Sundae Unplugged. Customers who visit the restaurant on Sundays

will have the option to commit to enjoying their time sans electronics—phones, tablets, laptops, and even the television. (Unplugged is only available in the dining room, which has no TVs.)

Those families who are successful will be rewarded with an ice cream Sundae, on which they can add a variety of toppings themselves.

“Albert really was a genius. Technology has begun to consume the time that people spend together, in person. We see it often consuming the dining experiences,” says Beetle. “With Unplugged, we hope to give people a little incentive to focus on those they are seated next to and across from, instead of those on the Web.”

According to a recent report by Common Sense Media, the amount of time children ages 8 and younger spend on mobile screens has tripled in four years, from 15 minutes a day in 2013, to 48 minutes a day in 2018.

And then there’s the time adults spend online. According to an article titled “7 Important Reasons to Unplug and Find Space,” by Joshua Becker, studies show some mobile device owners check their technology every 6.5 minutes, even when they don’t notice their phone ringing or vibrating.

There is value for people of all ages in disconnecting. Researchers



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## SCHOLARSHIP (Continued from Page A1)

She said "We have a motto at the office that a drop in the bucket, even the smallest, eventually will get us a bucketful of support..."

every drops counts. We hope that many in the community help to fill our bucket and can be part of this special fundraiser."

## CANDIDATES (Continued from Page A1)

from 7 a.m.-7 p.m. The town deliberative session was scheduled for

Tuesday, Feb. 5, after our press deadline for this week's edition.

## VOLUNTEERS (Continued from Page A3)

Dave was introduced to the other side of the coin in 2017 when doctors discovered a tumor in his wife Barbara's sinuses. A cancer diagnosis is always a terrifying event in a person's life, but Barbara and Dave were able to take comfort in their connections to the community, and the tight knit group of Road Drivers they had come to know and trust. Just as they had done for all the patients they had served through the years, these Road to Recovery drivers were quick to rally around them and offer them the same support in return.

Corrine Alami of Meredith. Together, these drivers make sure nobody has to go through cancer alone.

This year, an estimated 8,610 New Hampshire residents will be diagnosed with cancer and for some, getting to treatments can be their biggest roadblock. A successful transportation assistance program can be a tremendous, potentially life-saving asset to the community. "Every day, thousands of cancer patients need a ride to and from their treatments," said Jordan McCormick, program manager, American Cancer Society. "Even the best treatment can't work if a cancer patient can't get there."

"For me, it was a combination of help in many ways. These drivers know what it's like to go through an uncertain time in their life. Most of them have either been through a cancer diagnosis themselves or have had a family member or close friend go through it. They can offer support and encouragement. It was really comforting to know that other people have gone through the same experiences and they reassured me that there was a light at the end of the tunnel," commented Shea.

Volunteer drivers are needed across New Hampshire to help give cancer patients a much-needed ride. The Society screens and trains all volunteer drivers and coordinates the rides for patients. Drivers donate their time, use of their vehicle, and can provide as many rides as they want.

Killen and Shea have an incredible community of drivers around them, including Ed Goucher, Don Oulette, John Walker, and John Wooley of Laconia; Cindy Deal of New Hampton; and

All drivers must have a current, valid driver's license, good driving record, access to a safe and reliable vehicle, regular desktop, laptop, or tablet computer access, and proof of car insurance.

To learn more about volunteering for the Road To Recovery program, visit cancer.org.

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## TEAMS (Continued from Page A5)

friends."

Kelly said over the past 10 years the tournament has gotten "bigger and better."

The team was one of the first ones to play in the Pond Hockey Classic. Kelly said that first year was "chaos, but it was great."

"It just went by in a blink," Kelly said of the past 10 years.

## DONATIONS (Continued from Page A8)

ardship. The Merrimack has been serving the people, businesses, non-profits and municipalities of Central and Southern NH since 1867. To learn more, visit any of the local branch offices located in Bow, Concord,

Contoocook, Hooksett or Nashua, call 800-541-0006 or visit themerrimack.com.

MVSB celebrates its 150th anniversary this year, serving the people, businesses, non-profits and municipalities of the Lakes Region and Cen-

## DELIBERATIVE

\$210,000 to repair and resurface the track at Gilford High School. Of this, \$20,000 will come from a donation from the Gilford PTA and leave \$190,000 to come from general taxation.

A World Language teacher position would be added to the district with the approval of Article 4. The article asks for \$89,199 salaries and benefits to add a teaching position for a new World Language Program at Gilford Elementary and Middle School. The article states that this will be an ongoing annual appropriation funded from taxes as part of

the yearly budget.

Article 5 will put \$150,000 into the School Buildings an Maintenance Capital Reserve Fund, which will come from the June 30 unreserved fund balance and not from taxes. The next major project will be renovating the locker room at Gilford High School that as built in 1974 at an estimated cost of \$870,000. The project includes taking out asbestos material. The locker room is safe now, but this is a project school officials would rather be completed sooner than later. Currently there is \$150,000 in the

fund.

The School Building Roof maintenance Capital Reserve Fund will receive \$62,500 with the passage of Article 6. This money will also come from the June 30 unreserved, surplus fund balance and not from taxes. The article states the next roofing projects are at GES and GHS to take place in the 2023-2024 school year and in the 2024-2025 school year. The total project has an estimated cost of \$800,000, currently the fund has \$125,000.

Article 7 will put \$30,000 into the School Buildings technology

## (Continued from Page A1)

Infrastructure Capital Reserve Fund from the June 30 unrestricted fund balance. The fund currently has \$60,000, and the next anticipated technology project is updating the school district's wireless infrastructure at a cost of \$182,000 in the 2021-2022 school year.

Article 7 is a citizen's petition to change the date of the school district elections from the second Tuesday in March to the second Tuesday in May. The school board and selectmen will hold a public hearing on this matter on Feb. 19.

## NOTEBOOK

## (Continued from Page A4)

A couple of times citizens (in other words, taxpayers and voters) tried to ask questions or at least broach the subject of how we treat coyotes (abysmally, as a matter of fact, worse than rats at the dump). At one meeting, a Commissioner vowed, quite audibly and proudly, that there'd be no discussion on coyotes as long as he held the chair. And people who had taken great pains to plan around kids and jobs to be there were denied the opportunity to speak.

ornithologist, bent on making all birds her field of expertise, gets hung up on the woodpeckers and never leaves.

Their behavior ranges from nice to nuisance to nefarious. They are, for example, the second-worse creators of messes around bird-feeders, first honors going to squirrels. (This is according to my own personal single-site survey.)

The flicker is technically a woodpecker. I guess we can all just go figure on that one. But the best-known, or perhaps the most romanticized woodpecker calling New Hampshire home is the pileated woodpecker, far bigger than the others and known for its strange cry and dippy-do flight. It looks very much like its slightly larger and mysterious cousin, the ivory billed woodpecker, which has long been considered extinct but which dedicated birders insist has been seen in the swamps of Mississippi and adjoining states.

relax in these seats, stretch out, turn one way and sit on your leg, and then turn the other way and do the same. In sum, you can read a book very comfortably, just like at home, which you certainly can't do shoe-horned into an airplane seat.

--If you want to take a cribbage board or just a deck of cards along (we're back on the train now), each booth at the Downeaster Cafe has a table. The food is frozen fare, nuked and/or put on the griddle, but it's good. When Amtrak stocks up on hotdogs, for example, it buys the best (big, flavorful and juicy).

--Back at your seat, you can use the fold-down table from the seat in front of you for reading, snacks and lunch. And you have a huge picture window right next to your seat.

--Unlike many of Amtrak's other trains, where the "scenery" features worse than awful trash and littering until you get out in the countryside, there's no trash along Maine's tracks--until you get closer to Boston. You'd think that neighborhood residents, instead of adopting a highway, would adopt a railroad.

--Speed is determined by how heavy the rails are and how well the curves are banked. Longer, higher, and heavier steel rails allow higher speeds. Amtrak says it's keeping its Downeaster moving along at 79 miles an hour, but I always write it "80" because I know it's true.

And faster.

--Weekday fare is \$16.50 (adults); kids and seniors ride for half-fare.

--The train is clean, quiet and comfortable, and seats around 300. It's about two and a half hours to Boston. There are five trains a day.

--Two railroad tracks can carry as many people as 16 lanes of highway. Nobody has yet found a more fuel-efficient way to move goods and people than a steel wheel rolling on a steel rail.

+++++

--Perhaps it's because my grandfather Harrigan was a 44-year track hand and section foreman for the Boston & Maine, or perhaps it's because when I was spending summers with the Harrigan grandparents, Lisbon had seven passenger trains a day. Whatever the way, I've got an undying soft spot for passenger rail to this day.

--Most of all, I like the way Amtrak lays it right on the line on the alleged evil word "subsidy": "As with all modes of public transportation, the Downeaster requires ongoing public financing."

*(This column runs in newspapers from Concord to Quebec and parts of Maine and Vermont. Catch us on Facebook. Letters must include phone numbers in case of questions and are welcome at campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)*

## WE CARE (Continued from Page A9)

to which Community Caregivers is strongly committed. In the past year, ICCI Volunteers provided over 2,641 services, donated 4,022 hours and drove 50,417 miles providing rides to those in need in Center Harbor, Meredith, Moultonborough,

and Sandwich, New Hampshire. For more information visit their website [www.interlakescommunitycaregivers.org](http://www.interlakescommunitycaregivers.org).

The We Care entertainment events will be held in the Community Auditorium at the Inter-Lakes High School,

centrally located right on Route 25 in Meredith. The members of Temple B'nai Israel are excited about the opportunity to help both of these worthwhile organizations in one of the best community venues in the Lakes Region.

## SUNDAE (Continued from Page A10)

have found that one in three people feel more dissatisfied with their lives after spending time on Facebook, as the opportunity for envy presents itself on social media in a variety of ways, from

observations of others' family happiness, to body image, to vacation destinations.

Beetle says, "We say, just tune into your own life and stay there, as often as you are able. Pat-

rick's is about family and friends and building community. We hope people will use a visit to our Sundae Unplugged as a way to focus on human connections—and enjoy a delicious dessert to boot."

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**POND HOCKEY**

(Continued from Page A1)

Michigan, Ohio, and Washington, D.C. and everywhere in between swarmed to Meredith for three days of hockey, camaraderie and fun. Teams checked in on Thursday and played regular games on Friday and Saturday. The tourney ended with playoffs on Sunday followed by an awards ceremony for the winning teams.

Throughout the weekend, teams, supporters, and spectators gathered on the ice to watch the games, enjoy some drinks and food, watch live music on the Bank of NH Pavilion Stage, and take part in fun events like the Bubble Hockey Tournament and the Labatt Blue Zone among others.

The Pond Hockey Classic started in 2010 and has grown over the past decade to become a tradition for its thousands of participants.

By Saturday afternoon, Pond Hockey Classic founder Scott Crowder said the weekend was going great so far.

"It's amazing to think about how it's been 10 years," Crowder said.

Crowder said he never imagine when he first thought of the concept that this was going to be an event that has run this long.

"Took a lot of hard work and a lot of people supporting it," Crowder said.



ERIN PLUMMER

The Stanley Cup makes a special appearance at the New England Pond Hockey Classic's 10th anniversary celebration.

He said many things have evolved such as "the size of the event, how the teams have embraced it."

Crowder said it is amazing to know they have one of the largest pond hockey tournaments in the country.

There were some new divisions this year. Crowder said they are always looking at ways they can make the tourney more competitive and tweak the structure of the divisions with every new year. He said he thought the changes were "mostly well received."

Labatt Blue has been the title sponsor for

seven years. Crowder said the company has been a big supporter of the tournament since the beginning. Some local sponsors include The Common Man, Mill Falls, Laconia Harley Davidson, Eastern Propane, Bank of NH Pavilion, and MB Tractor and Equipment.

The tournament works with its official nonprofit partner Restore Sports, an organization takes used sporting goods and gives them to kids to widen their access to sports.

In honor of the 10th anniversary, the tournament had a big celebration at Church Landing



ERIN PLUMMER

Boston Beauties take on Fromage.



ERIN PLUMMER

Some intense hockey action with Paddy's and Young Guns.

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ERIN PLUMMER

Chief Chocorua oversees the pond hockey action with the rest of the spectators.

on Saturday night with dinner, music, and dancing, along with a celebrity guest: the Stanley Cup itself.

Crowder said through Restore Sports the Pond Hockey Classic was able to get the Stanley Cup on display during the 10th

anniversary celebration.

The cup was displayed at a table in front of the Winnepesaukee Ballroom. Howie Borrow, a keeper of the cup with the Hockey Hall of Fame, said guests were welcome to touch it, take photos with it, even kiss

it. The only thing they weren't allowed to do was hoist it in the air, a privilege he said only went to players from a Stanley Cup winning team.

The cup resides in the Hockey Hall of Fame in Toronto, but for 322 days a year it travels around the world for special events and appearances like this.

"It never ceases to amaze me (the) happy faces everywhere we go," Borrow said.

The 10th annual event ended with the playoffs on Sunday afternoon. The winning teams won gear bags for their members and some time with the Lake Winnepesaukee Cup.

Paddy's won the Open Division, Boston Beauties won the Women's Division, Wheeler Boys took the Twig division, the Shiny 21-plus division went to Dutchmen, Labatt Blue New Hampshire won the Shiny 35-plus division, Stonedam Islanders won the 30-plus division, the 40-plus division went to The Boot II, Dark Star took the 50-plus division.

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# SPORTS

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THURSDAY  
FEBRUARY 7, 2019



JOSHUA SPAULDING

Sydni Lehr was the winner in the GS and slalom last week.



JOSHUA SPAULDING

Colton Workman was the top male skier for Gilford last week.

# Lehr sweeps WAR giant slalom and slalom

BY BOB MARTIN  
Bob@Salmonpress.news  
GILFORD – The Gil-

ford High School ski team competed at Gunstock last week and the

girls' team had a great showing by winning the giant slalom and

coming in second in the slalom race. For the girls' team



BOB MARTIN

Mitchell Townsend was second in the paintball race at Gunstock.



JOSHUA SPAULDING

Hannah Lord rips around a gate for Gilford last week at Gunstock.

in giant slalom, Sydni Lehr was the winner with a time of 51.14. Shealagh Brown was fourth with a time of 54.46; Kendall Jones was eighth in 55.74; Hannah Lord was 10th in 56.43 and Michelle Gallant was 27th in 1:16.40.

In the slalom, Lehr was also the winner with a time of 55.85. Right behind her in third place was Brown with a time of 57.46. Lord was 13th in 1:13.51 and Gallant was 23rd in

1:40.35. The boys' team placed sixth in the giant slalom and were led by Colton Workman who was fifth with a time of 51.22. Max Stephan was 17th with a time of 1:00.46; Austin Milligan was 31st in 1:11.88 and Aiden McBey was 34th in 1:14.55. In slalom, Gilford placed sixth and were led by Workman's fourth place finish and a time of 55.65. McBey was 26th in 1:48.92.



BOB MARTIN

Zach Ennis pushes through the course at Gunstock last week.

# Genakos skis and shoots to win at Gunstock

BY BOB MARTIN  
Bob@Salmonpress.news  
GILFORD – Nordic

skiers from Belmont and Gilford participated SEE NORDIC PAGE B2



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BOB MARTIN

Katiana Gamache tosses the shot put for Gilford at the indoor track state meet.

## Gilford wraps up indoor track season

BY BOB MARTIN

Bob@Salmonpress.news

HANOVER — The Division 2 state indoor track meet took place at Dartmouth College on Sunday, and several athletes from Gilford competed.

In the 55-meter hurdles, Emma Ramsey placed 13th with a time of 10.08.

In the 300 meters, Natalie Fraser was fifth with a time of 43.94. Brianna Fraser was eighth with a time of 45.86.

The 4X200-meter relay team was 12th with a time of 1:59.10. It included Ramsey, the Fraser sisters and Reese Clark.

In the shot put, Katiana Gamache was 12th with a toss of 25 feet, three inches.

## Golden Eagle girls push past St. Thomas

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — The Gilford girls' basketball team had a hard fought battle against St. Thomas last week and thanks to a strong fourth quarter, the Golden Eagles came away with a 60-57 win on Jan. 28.

"Gilford mounted a fourth quarter run to

upend St. Thomas on the road," said coach Rick Forge. "(Reagan) McIntire hit four three-pointers including two down the stretch to lead Gilford."

It was a tight game from the beginning with St. Thomas leading 8-7 after one quarter, but Gilford took over the second quar-

ter, outscoring St. Thomas 21-14 and took a 28-22 lead at the half. St. Thomas came out hot in the third quarter, outscoring Gilford 25-15, but the Golden Eagles regrouped and outscored St. Thomas 17-10 to take the win.

McIntire had 18 points to lead the way for the Golden Eagles.

Allison Carr had 12 points, Abigail O'Connor and Shelby Cole each had 10 points, and Hannah Perkins had eight points.

One day later, Gilford took on rival Laconia and were dominated in a 59-38 loss. Laconia jumped out to an early 26-12 lead after one quarter and never looked back, leading every stage of the game. Cole was the top scorer for Gilford with 12 points. Allison Carr had 11 points in the loss.

"Gilford could not keep up the pace with the hot shooting D-2 Sachems, who hit nine three-pointers on the night and cruised to a decisive win," said Forge.

On Feb. 1, the Golden Eagles traveled to Fall Mountain and suffered another loss, 67-42. Fall Mountain came out firing, leading 15-5 after one, and while Gilford evened things up in the second quarter, the third quarter was all Fall Mountain, who outscored Gilford 18-6.

Cole was outstanding for the Golden Eagles with six three-pointers in a 24-point showing. Perkins added 12 points.

"Gilford stayed with the Wildcats for the first half, cutting a 15-point deficit to five in the second quarter but couldn't maintain the pace in dropping a 67-42 decision," said Forge. "Gilford is now 7-7 on the season and will need to win at least two of their remaining four contests to stay in playoff contention."

Next for Gilford is a home game against the hot shooting D-2 Mascoma Valley on Feb. 8 at 6 p.m.

The boys' basketball team had three games last week and went 1-3. On Jan. 28, the Golden Eagles beat St. Thomas Aquinas 59-55, but the next day Gilford traveled to rival Laconia and lost 52-45. Two days later the Golden Eagles lost a heartbreaker 67-66. Gilford's record fell to 4-8 on the season. Next for the boys' basketball team is Mascoma Valley on the road at 6:30 p.m. on Feb. 8.

## Lakes Region Lacrosse registration is now open

*Officials and coaches also sought*

REGION — Registration for Lakes Region Lacrosse is open now through March 15 for all interested athletes. The Lakes Region Lacrosse Club is open to girls and boys grades one through eight of all abilities who reside in the Lakes Region of New Hampshire's surrounding towns that do not currently have a youth lacrosse program. Participants include residents of Alton, Center Harbor, Gilford, Gilmanton, Belmont, Meredith, Moultonborough, Northfield, Sanbornton and Tilton.

The club is a member of the New Hampshire Youth Lacrosse Association ([www.nhyla.org](http://www.nhyla.org)). The club's home field is the Meadows Complex in Gilford.

Lacrosse is a fast-paced spring sport; new players are welcomed and encouraged to sign up. Last year, more than 165 youth athletes began or continued the development of their skills, sportsmanship and knowledge of the culture and tactics of lacrosse. Registration can be completed at <http://www.lrlacrosse.org>.

If you have questions about the Lakes Region Lacrosse Club, registration, or you are interested in becoming a lacrosse coach, e-mail [lrlcreg@gmail.com](mailto:lrlcreg@gmail.com). Practices begin in mid-March and are held 2-3 times per week. Eight regularly scheduled league games occur on Sundays and an occasional Saturday, beginning April 7 through mid-June. Approximately one half of the games are held locally, while the other games require travel to host towns in New Hampshire.

The Lakes Region Lacrosse Club is helping the NH Youth Lacrosse Association recruit officials/referees for the 2019 season, this is a paid opportunity ranging from \$35-\$65 per game. All lacrosse officials must be at least 15 years of age by April 1. Training sessions are held around the state with a Lakes Region course scheduled in Wolfeboro on Sunday, March 10, and March 17. For complete details on becoming a referee, go to <http://www.NHYLA.org>.

## PMHS seeking volleyball coach

ALTON — Prospect Mountain High School in Alton is in search of a

varsity volleyball coach. Anyone looking for more information can

contact Athletic Director Corey Roux at 875-3800.

### NORDIC

(Continued from Page B1)

in the annual paintball race involving 400 high school and middle school skiers from 20 schools.

For the boys' race, Zach Ennis of Belmont High School took the top spot in 12:42 while Mitchell Townsend of Gilford High School was second in 13:44.

Caleb Duggan of Gunstock Nordic Association was fifth in 14:57 and Matthew Paluszek was 58th with a time of 20:53.

The high school girls'

race was won by Gilford's Vanessa Genakos with a time of 16:24. Third was Catherine Stow in 17:20.

In the middle school boys' race, Patrick Gandini was second with a time of 16:20; Aiden Bondaz was third with a time of 16:42; William Riley of GNA was ninth in 18:59 and Alden Townsend was 10th in 19:03.

Henry Stow was 12th in 20:25; Karson Genakos was 13th in 20:26; Carter Forest was 16th in 21:25;

Ian Lofblad was 25th in 22:43; Scott Kulcsar was 26th in 22:45; Haukur Karlsson was 28th in 23:04; Clark Blackwelder was 37th in 24:02 and Ben Williams placed 53rd in 27:48.

In the girls' middle school race, Madeline Burlock was ninth with a time of 23:57; Megan Legro was 13th with a time of 24:58; Emilia Barlock was 27th in 27:02; Maria Tilley was 44th in 28:54 and Kailey Bean was 52nd in 30:17.

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# Bulldogs' win streak snapped by undefeated General Hawks

BY BOB MARTIN

Bob@salmonpress.news

LACONIA – The Belmont/Gilford hockey team had an eight-game winning streak snapped last week, but it took a top notch performance in overtime by undefeated John Stark-Hopkinton to do it, and coach Jason Parent saw positives in the game despite the 3-2 loss.

“It was a great effort by the B/G players to battle for three plus periods, and it was a win for us and we are moving forward believing that,” said Parent of the game that took place on Jan. 30.

The Bulldogs struck first on an unassisted goal by Ben Muthersbaugh with 11:21 remaining in the first period. John Stark-Hopkinton responded with just over four minutes left in the period to tie the game at 1-1.

The game stayed tied until the third period when John Stark-Hopkinton's Nolan Sauer scored with an assist by Paul Molner. With 2:55 left in the third period, Muthersbaugh scored again to tie the game 2-2. The goal was assisted by Hayden Parent and Liam Lacey.

The overtime period was hard fought on both sides and the visitors took the win with a game winning goal by Brett Patnode with 3:15 left. It was assisted by Sauer and Ethan Molner.

The win kept John Stark-Hopkinton undefeated and put Belmont/Gilford at 8-5 on the season.

The Bulldogs bounced back nicely with a 3-1 win over ConVal-Conant on Feb. 2. Griffin Tondreau scored in the first period to take the lead 1-0, with



BOB MARTIN  
Ben Muthersbaugh scores for Belmont/Gilford in a 3-2 overtime loss against John Stark last week.



BOB MARTIN  
(Left) Troy Gallagher has been a main source of production all season for the Bulldogs.

assists credited to Muthersbaugh and Parent. Cam Jarvi scored with 13:20 left in the second to take a 2-0 lead, with assists by Troy Gallagher and Joey Blake. With 9:30 left Blake scored with assists by Jarvi and Trevor Chassie. ConVal-Conant's lone goal came in the third period but it was too little too late.

The win gave B/G a 9-5 record and the Bulldogs are looking at the final four games of the season and eying the playoff picture.

“B/G is hoping to finish strong and go into the playoffs with a lot of confidence,” said coach Parent.

Next up for the Bulldogs is Sanborn at Merrill Fay Arena in Laconia for a 5:15 p.m. matchup on Feb. 9.



BOB MARTIN  
(Left) Hayden Parent shoots the puck for Belmont/Gilford against John Stark.

## Registration open for Bicycle Hillclimb

PINKHAM NOTCH — Registration for this year's Mt. Washington Auto Road Bicycle Hillclimb opened Feb. 1. Beginning on that date, cyclists who wish to compete in this historic bike race to the summit of the highest peak in the northeastern United States can sign up at <https://www.mwarbh.org>. This event is the only opportunity to cycle the Auto Road, which is otherwise closed to bicycles. Registration starts at \$150 plus fundraising. Entrants may also participate in the practice ride, held on July 14. (The practice ride is limited to 300 participants.) Questions about registration may be sent to [joliver@tinmountain.org](mailto:joliver@tinmountain.org).

This year's Mt. Washington Hillclimb will be part of the United States Hillclimb Series organized by past Mt. Washington Hillclimb winner Phil Gaimon. Consisting of 5-6 races nationwide, Mt. Washington is poised to be the only East Coast race in the series.

The Mt. Washington Auto Road Bicycle Hillclimb is the main annual fundraising event for the Tin Mountain Conservation Center in Albany.

Tin Mountain Conservation Center provides environmental and recreational education for children, schools and families in communities in the White Mountains and the Mt. Washington Valley.

First held in 1972, the Hillclimb begins at the base of the 7.6-mile Mt. Washington Auto Road and finishes at the mountain's peak, 6,288 feet above sea level. Ranked amateur cyclists, aspiring professional riders, mountain bikers, triathletes, extreme sports enthusiasts and other cyclists with strong legs and determination annually challenge the Auto Road's steep grade — an average of 12 percent, rising to 22 percent at the finish — and Mt. Washington's unpredictable weather, in what is widely known as one of the toughest bicycle climbs anywhere in the world.

The race starts in six waves, beginning with the elite riders at 8:30 a.m. and followed by five more waves at five-minute intervals. In the case of extremely adverse weather on Aug. 17, the race will be postponed until Sunday, Aug. 18.

## A step forward toward Tokyo 2020

### SPORTING CHANCE



By JOSHUA SPAULDING

I mentioned a few weeks ago that I had been approved for credentials for the Tokyo 2020 Summer Olympics. This will be my first time covering the Summer Olympics, as my past two Olympic experiences were during the winter months.

This past week, I took the next step toward the trip to Japan becoming a reality next summer. I filled out the forms requesting the accommodations for the two-plus weeks for the Games. This isn't a huge step, since the accommodations aren't official until I make my first payment, but this was indeed at least a step forward heading toward Tokyo.

Tokyo is different than the first two Olympics that I attended. In Sochi in 2014, my accommodations in media housing were in what was essentially a hotel room. It was a room with a couple of beds and a bathroom. In PyeongChang in

2018, I stayed in what was essentially an apartment, which had three different rooms, a common area, a kitchen and two bathrooms. Both had their advantages and disadvantages, but in both cases, the housing was located in the media village, with all of the media grouped together.

In Tokyo, the accommodation situation is much different. Instead of staying in a media village, we will all be staying in existing hotels throughout the city. The Tokyo Organizing Committee set aside rooms in numerous hotels for media to stay in and when I was approved for credentials, the committee sent along a list of hotels.

I spent a bunch of time last week pouring over the different hotels, looking to find what made the most sense to me. In both Sochi and PyeongChang, my main priority was pricing and Tokyo was no different. Since paying for the trip is probably different on my end (I rely on lots of people helping me out and pay for some of it myself), pricing is

a priority for me and I looked around for what was the best option. I found seven or eight hotels with prices less than \$100 a night and then narrowed it down from there, looking at how far they are from the Main Press Center (which is where I've spent lots of time the last two Olympics), and what kind of amenities are offered at each hotel.

Our media housing includes breakfast but I was also looking for a place that has a laundromat and/or laundry service to make sure doing that simple task was easy. Once I narrowed things down, I had to select three different choices for accommodations and once I did that, I filed the forms online and sent them in to the organizing committee.

I then spent a little more time looking over the manuals that were available, checking out the transportation system (we get transit cards in addition to the normal buses), the media center services and more. I must say, it's getting a little exciting thinking about what could be a pretty awesome experience.

rience.

I am grateful for all those that have helped me make my first two Olympic experiences a reality. It's through much generous support from many people that I have been able to travel to Russia and South Korea. I still haven't decided how to make this trip work, but I am expecting that at some point I will set up a GoFundMe page and I've kept my Olympic bank account open at TD Bank in Wolfeboro. Moving forward I will keep people advised if they are interested.

Finally, have a great day, Elizabeth Adams.

*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](mailto:josh@salmonpress.news) at 279-4516, or PO Box 729, Meredith, NH 03253.*



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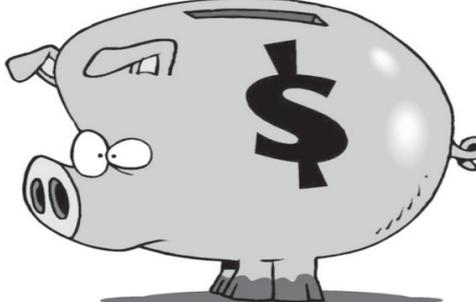
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### Canned Food Word Find

Find the hidden words in the puzzle.

ALUMINUM	FRUIT	SEAL
CAN	OPEN	STACK
DENTS	PANTRY	STORE
FRESH	PET	VEGETABLE

A U D A T V T S U T P F  
 O G Z E S E U X T G X C  
 P O Q T S G P X Z A S I  
 E V N E J E D K X V C A  
 N E A D S T O R E Q L K  
 D L W Z O A W Q K U O L  
 Q H R D S B Y S M J F H  
 T K S K U L L I J I A A  
 I Z P E Z E N E X G C T  
 U N A C R U Y R T N A P  
 R L C N M F V L I I H N  
 F B N Q C R S F H V N N

### THIS DAY IN...



### HISTORY

- **1861:** JEFFERSON DAVIS IS ELECTED THE PROVISIONAL PRESIDENT OF THE CONFEDERATE STATES OF AMERICA.
- **1964:** THE BEATLES APPEAR ON "THE ED SULLIVAN SHOW" FOR THE FIRST TIME.
- **1991:** LITHUANIANS VOTE IN FAVOR OF INDEPENDENCE FROM THE SOVIET UNION.

FOODS PACKAGED THIS WAY CAN OFTEN LAST MUCH LONGER THAN ONES PACKAGED IN BAGS OR BOXES.

ANSWER: IN CANS

### Get Scrambled

Unscramble the words to determine the phrase.

NCA PEORNE

Answer: Can opener



### PRESERVE

maintain existing state

### How they SAY that in...

**ENGLISH:** Food  
**SPANISH:** Comida  
**ITALIAN:** Cibo  
**FRENCH:** Nourriture  
**GERMAN:** Essen

### Did you know?

ACCORDING TO THE USDA, MOST LOW-ACID CANNED FOODS CAN LAST AND BE SAFE TO EAT FOR UP TO 5 YEARS.

### GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: TOP OF CAN

### CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to time management. Each number corresponds to a letter. (Hint: 22 = e)

**A. 2 19 8 22 10 16 23 22**  
 Clue: Timed plan

**B. 10 22 23 22 6 20 14 22**  
 Clue: Entrust a task

**C. 19 23 25 19 3**  
 Clue: Timekeeper

**D. 26 17 11 25 17 11 14 12**  
 Clue: Important

Answers: A. schedule B. delegate C. clock D. priority

### SUDOKU

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

Level: Beginner

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

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

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

ANSWER:

# Golden Eagle swimmers wrap up regular season

BY BOB MARTIN

Bob@Salmonpress.news

WHITE RIVER JUNCTION, Vt. – The Gilford High School swim team traveled to the final regular season meet on Jan. 30.

The 200-yard medley team was sixth with a time of 2:19.95. The team consists of Claire Bartley, Lauren Sikoski, Grace Shoemaker and Cyndal VanSteensburg. The second medley team placed 13th with a time of 2:53.89. That team was Madison Heyman, Karly Sanborn, Angie Bonnell and Elena Uicker.

In the girls' 200-yard free, Alexa Leonard was 10th with a time of 2:51.95. Eastman was 11th with a time of 2:54.91 and Uicker was 13th with 3:10.81.

In the boys' 200-yard free, Moritz Lietz was sixth in 3:01.09 and Neal Miller was 10th in 3:04.51.

In the girls' 200-yard intermediate, Laurel Gingrich was fifth with a time of 2:37.53. Bartley was eighth in



COURTESY (Left) Last week was the final regular season meet of for seniors Jennie Gannon, Karly Sanborn, Moritz Lietz, Maggie McNeil and Lexi Boisvert.



COURTESY

time of 6:49.61. Sikoski placed fifth in 6:54.84

In the boys' 100-yard freestyle, Flourde was 15th with a time of 1:17.85.

In the girls' 200-yard freestyle relay, Gilford teams placed 11th and 12th with times of 2:10.34 and 2:17.38 respectively. Anther Gilford team was 17th with 2:41.48.

In the girls' 100-yard backstroke, Bartley was ninth with a time of 1:14.91. Barley and Uicker were 16th and 17th respectively with times of 1:36.52 and 1:39.52.

Some significant drops in time included Eastman in the 200-yard freestyle where she shaved three seconds off her best; Leonard with six seconds off her 200-yard freestyle time; Uicker with five seconds off the 200-yard freestyle time; Gingrich with 10 seconds off her 200-yard individual medley time; Shoemaker with five seconds off her 500-yard freestyle time and Pingol with two seconds off her 100-yard freestyle time.

Gingrich qualified for the state meet in the 200-yard individual medley, and has now qualified for all events for the state meet.

Claire Bartley swims the breaststroke for Gilford.

2:53.60.

In the girls' 50-yard free, VanSteensburg was 12th in 30.18; Sikoski was 15th with a time of 31.66 and Leonard was 21st in 33.56.

In the boys' 50-yard freestyle, Lietz was 17th with a time of 32.95; Miller was 18th in 33.39 and Griffin

Plourde was 20th in 34.38.

In the girls' 100-yard free, Gingrich was fourth with a time of 1:00.26; VanSteensburg was 15th in 1:09.62 and Gannon was 19th with a time of 1:20.03.

In the girls' 500-yard freestyle, Shoemaker was fourth with a

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