



Gilford couple wins trip to Ireland

GILFORD — It felt like St. Patrick's Day at Patrick's Pub & Eatery in Gilford this past Saturday at their "Take Me to Ireland" Sweepstakes Party. Sponsored by Penny Pitou Travel, Guinness and Woodstock Inn Brewery, the event featured live Irish music, distinctive Irish food and beverage specials, and a packed crowd full of anticipation hoping to win a trip of a lifetime.

Ten finalists were selected from the crowd, followed by a reverse drawing with each finalist receiving a prize, until the Grand Prize winner was selected. Grand Prize winner Jeff Sawyer of Gilford, along with his wife Mary Beth, were ecstatic about the prospects of traveling to Ireland.



COURTESY (Left) "Take Me to Ireland" Grand Prize winner Jeff Sawyer of Gilford (right), with Megan Page, General Manager of Patrick's and Kevin Larson, MC of the Sweepstakes Party. Jeff and his wife Mary Beth Sawyer will be accompanying this Penny Pitou sponsored trip to Ireland during the St. Patrick's Festival in March 2020.

"As each finalist's name got called, she and I would look at each other with wide eyes and in unison our mouths would form a silent 'Oh My God,'" said Sawyer. "I think I went into shock. Everything became surreal and I had a total loss for words. I do remember telling Megan how fast my heart was pumping."

The trip, organized by Penny Pitou Travel of Laconia, sets off SEE IRELAND PAGE A9

Proposed school budget down from last year

BY ERIN PLUMMER
mnews@salmonpress.news

The Gilford School Board's proposed budget shows a decrease of under one percent, with a few positions cut through retirements and resignations and priority given to a number of capital improvements projects.

The school board's proposed budget is \$26,683,487, a decrease of \$252,484 of around nine tenths of a percent from the 2019-2020 budget.

Some positions that were empty because of retirements or resignations will not be filled.

"When people have retired or left positions we've kind of reevaluated that position and decided whether or not we needed them," said Superintendent Kirk Beitler.

This coming year the district plans to reduce a high school English teacher position, a Spanish teacher position, and part of a social studies teacher position through attrition.

The district is projected to have a \$298,816 reduction in health insurance costs, a decrease of \$7,224 in dental insurance costs, and \$29,277 in the reduction of

bond interest.

There are a number of capital and technology projects proposed for 2020-2021.

The Capital Improvements Plan proposed lighting replacement around the middle and high school. At Gilford Middle School \$29,000 is proposed for exterior lighting, \$16,250 for walkway lighting, and \$31,250 for a gym lighting project. Auditorium and stage lighting will be replaced at Gilford High School for \$239,680.

The district is looking to purchase a new truck with plow sander for the maintenance department for \$45,750. There will also be \$15,000 for athletic field maintenance.

Security cameras and the security recording system will be replaced at Gilford Elementary School in this budget. The budget proposes \$30,877 to replace security cameras and put in a network video recorder (NVR) in place of the older DVR system.

The district will spend \$107,700 to replace computers, including Chromebooks, as part of a regular replacement cycle. The district's Student Information System will

SEE BUDGET PAGE A9

Gilford tax rate drops nearly 7 percent

The New Hampshire Department of Revenue Administration has set the 2019 municipal tax rate for the Town of Gilford at \$15.86 per \$1,000 of assessed valuation.

This represents a \$1.18 decrease (6.9 percent) from the 2018 rate of \$17.04.

The rate is comprised of 4 factors as follows:

- Local Education = \$8.11 (a decrease of 28 cents, or 3.3 per-

cent, from 2018)

- State Education = \$1.88 (a decrease of 29 cents, or 13.3 percent from 2018)

- Town = \$4.66 (a decrease of 45 cents, or 8.8 percent from 2018)

- County = \$1.21 (a decrease of 16 cents, or 11.7 percent, from 2018)

In addition, residents of the Gunstock Acres Village Water District will have a tax rate of

63 cents. This is a four cent or, 5.9 percent, decrease over the 2018 tax rate of 67 cents.

The Town's total assessed valuation increased by 14.6 percent (from \$1,772,623,412 to \$2,032,075,540) in 2019 due to a town-wide revaluation.

It is anticipated that tax bills will be in the mail sometime during the last week of Nov. 29 with a due date projected to be Dec. 29.

Rotary's annual Christmas tree sale starts Friday

The Gilford Rotary Club will launch their 33rd season of selling Christmas trees to benefit local charities Friday, Nov. 29 – Sunday, Dec. 1 and Friday, Dec. 6 to Sunday, Dec. 15 at Gilford Commons/Gilford 8 Cinemas on Route 11, Gilford.

Browse the great selection of fresh cut trees from noon till 7 p.m. Monday through Thursday and 9 a.m. to 8 p.m. Friday, Saturday and Sunday. These New Hampshire grown, freshly cut, premium trees include hundreds of 1st quality Fraser fir and balsam trees in all shapes and sizes from table top to 12-plus feet tall. Plus decorative holiday wreaths and bird feeder wreaths.

Stop by the Gilford Rotary Trailer for free hot chocolate, hot dogs and yummy corn chowder and register to win special raffle items. Proceeds benefit the many non-profit activities supported by Gilford Rotary in



COURTESY

Gilford Rotarians in action unloading 700 fresh cut Christmas Trees. Proceeds from the annual Christmas Tree Sale benefit more than 30 local charities.

Gilford and the Lakes Region area.

The 33rd annual Gilford Rotary Club Christmas tree sale. Friday, Nov. 29 – Sunday, Dec. 1 and Friday, Dec. 6 to Sunday, Dec. 15 at Gilford Commons/Gilford 8 Cinemas on Route 11, Gilford. Noon till eight Monday-Thursday and

nine till eight Friday, Saturday and Sunday. Now entering a fifth year at Gilford Commons/Gilford Cinema 8 Plaza, Route 11, Gilford. Happy Holidays from everyone at Gilford Rotary.

Gilford Rotary is an organization of business and professional men and women who

have accepted the ideal of service as a basis for attaining fulfillment in their business, personal, and professional lives, and by serving their community. Gilford Rotary meets Fridays at 7:00AM at the Gilford Community Church Fellowship Hall, Potter Hill Road, Gilford.

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

What a feast! We pull out all the stops for Thanksgiving meal-delicious! Whether your Thanksgiving is traditional or inventive, I'm sure it tasted good. If you want every meal to be as tasty as this week, contemporary cookbooks are the place to look. Authors seem to have stepped up their creativity in recent years.

Actually, a major part of cookbook appeal is the photography. They are a feast for the eyes! They're like picture books for hungry adults. One of our more popular cookbook sections is Quick & Easy too, so not all meals have to take as long as a roast turkey. 'Half Baked Harvest Super Simple:

more than 125 recipes for instant, overnight, meal-prepped, and easy comfort foods' by Tieghan Gerard is exactly what I'm talking about. Gorgeous imagery, easy, more-or-less healthy recipes, and taste that jumps off the pages. A more narrow, and definitively healthy cookbook is Hannah Pemberon's "Buddha Bowls: grain + green + protein." At first, I thought it was just going to be lists of ingredient pairings, but it is certainly more than that.

Or how about a remastered classic in Irma Rombauer's "Joy of Cooking." This new release boasts 4000 revisited recipes and 600 new ones, so there's variety. If you want unfussy food for having people over, you know, nothing fan-

cy, you could check out Alison Roman's "Nothing Fancy: unfussy food for having people over." It's a nice and literal cookbook with plenty of delicious, satisfying foods. For those who are constantly thinking, 'What the heck should I cook tonight?' there's Mark Hyman's new cookbook, "Food: what the heck should I cook." Get adventurous with a cooking tradition known for bold flavors. "Maangchi's big book of Korean cooking: from everyday meals to celebrate cuisine" has a nice balance of recipes.

You don't need to stop reading quality literature to pick up a cookbook. We have a Cooking-Literary section, where you'll find

books like "Eat Joy: stories & comfort food from 31 celebrated writers." These books are perfect for having a story to go along with a meal.

Pumpkin pie makes a wonderful dessert. It's so good, you start thinking about how the whole meal should be pie! Introducing: "Dinner Pies: from shepherd's pies and pot pies to turnovers, quiches, hand pies, and more, with 100 delectable & foolproof recipes" by Ken Haedrich. If you have leftovers, just bring them to the library. We hope to see you in the cooking section soon!

**Classes & Special Events
Nov. 28-Dec. 5**

Thursday, Nov. 28
CLOSED FOR
THANKSGIVING

Friday, Nov. 29
CLOSED FOR
THANKSGIVING

Monday, Dec. 2
Tai Chi-Chih, 9:45-10:45 a.m.
Baby/Toddler Story Time, 10:30-11:30 a.m.
Mahjong, 12:30-3 p.m.

Tuesday, Dec. 3
Geri Fit, 9-10 a.m.
Hook Nook, 10-11 a.m.
Bridge, 10:30 a.m.-12:30 p.m.
Preschool Story Time, 10:30-11:30 a.m.
Nightly Knitting, 6-8 p.m.
Mystery Book Club, 6-7 p.m.
Join us for this month's mystery book

group! Betty Tidd will lead the discussion of the *The Ruin* by Dervla McTiernan, a suspenseful Ireland-set mystery. Copies of the book will be available at the circulation desk.

Wednesday, Dec. 4
Line Dancing, 9-10:30 a.m.
Check Out an Expert, 10 a.m.-noon
Lakes Region Fiber Artists and Crafters, 10 a.m.-noon
The InbeTween: Library tween/teen club, 2:30-3:30 p.m.

Thursday, Dec. 5
Geri Fit, 9-10 a.m.
Playgroup, 10:30-11:30 a.m.
Homeschool Game Club, 12:15-2:15 p.m.
Conversational French, 4-5 p.m.

Gilford Public Library Top Ten Requests

1. "Blue Moon: A Jack Reacher Novel" by Lee Child
2. "Criss Cross" by James Patterson
3. "The Giver of Stars" by Jojo Moyes
4. "A Minute to Midnight" by David Baldacci
5. "The Rise of Magicks" by Nora Roberts
6. "The Night Fire" by Michael Connelly
7. "Olive, Again" by Elizabeth Strout
8. "Twisted Twenty-Six" by Janet Evanovich
9. "Where the Crawdads Sing" by Delia Owens
10. "The Confession Club" by Elizabeth Berg

The Gilford Police Department reported the following arrests from Nov. 19-24.

Shaun Rafael Ortiz, age 31, current address unknown, was arrested on Nov. 20 for Violation of a Protective Order.

Mark A. Danforth, age 50, of Gilford was arrested on Nov. 21 in connection with a bench warrant.

Ryan E. Thurston, age 38, of Gilford was arrested on Nov. 21 for Theft By Unauthorized Taking (stolen firearm) and being a Felon in Possession of a Dangerous Weapon.

Michael J. Carter, age 31, of Gilford was arrested on Nov. 23 for Domestic Violence-Simple Assault-Bodily Injury.
Joanna P. Greenlay,

age 31, current address unknown, was arrested on Nov. 23 in connection with a bench warrant.

Mariana Azevedo Martins, age 18, of Nashua was arrested on Nov. 24 for Criminal Trespassing.

Madlyn Reese Flynn, age 18, of Nashua was arrested on Nov. 24 for Criminal Trespassing.
McKayla P. Master-

son, age 23, of Gilford was arrested on Nov. 24 for Endangering the Welfare of a Child.

Thomas J. Grise, age 21, of Nashua was arrested on Nov. 24 for Criminal Trespassing.

Hisni Dinarica, age 68, of Laconia was arrested on Nov. 24 for Driving After Revocation or Suspension and Suspension of Vehicle Registration.

GILFORD POLICE LOG

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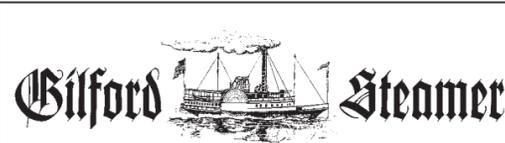
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HELP NOW

Selectmen to review recycling center regulations further

BY ERIN PLUMMER
mnews@salmonpress.news

The selectmen will further review the proposed regulations for using the coming transfer station amid concerns about the fine structure and other details aired at a public hearing.

The board held a pub-

lic hearing on Wednesday for the regulations, which were slated to go into effect on Jan 1.

The proposed regulations included mandatory recycling, mandatory separation of recyclables with no more commingling, disposal of residential trash and debris, and

no more trash subsidies for waste delivered to the Laconia transfer station.

Skip Murphy vehemently opposed the proposed regulations. Murphy said the warrant articles asking for money didn't include anything about mandatory recycling or mandatory

separation. He pointed out that, according to the proposed regulations, there would be a fine of \$100 for the first violation, \$500 for the second, and \$1,000 for the third.

He said he opposed the transfer station from the start and now the new regulations will

make him an involuntary town employee: having to separate out several types of materials, make space for them, and wash them or face a massive fine.

"When I had read through all of this my first reaction was who is serving who in this? Why is government here?" Murphy said. "The government is supposed to serve us, what this does - as soon as this place opens - you've turned that relationship upside down."

Selectman Chan Eddy said the regulation gets rid of commingled recycling because most commingled materials end up being landfilled. Eddy and later Grenier said if they do go with commingling it could result in having to pay more than \$200 a ton to haul it away. Town administrator Scott Dunn said that cost could be as high as \$275.

Murphy said if people want to recycle it should be their choice, though it shouldn't be forced on people who don't want to recycle.

Board Chair and Solid Waste Committee member Richard Grenier said recycling isn't mandatory if people get their trash picked up with their house, but it would be mandatory if people wanted to use the transfer station. When the station is open res-

idents will have their trash hauled disposed of for free, though people will be required to separate out their recyclables. Grenier also said they would aim to have an education process and not fine people for a long while and only as a last ditch effort for obvious violations.

Grenier told Murphy that people will not need to separate out seven kinds of plastics, only opaque and translucent. He also said they don't have to be put through the dishwasher and only require a quick rinse. He said the reason why China stopped taking recyclables is because of how contaminated they were.

Murphy said the principle was still that government wasn't serving the people but expecting the people to serve it.

Solid Waste Committee member Bill Knightly said when he first joined the committee he was also skeptical about the town building its own transfer station, but after further review he was in support. Knightly said they do not intend to fine people from the first day and would take a long time to get to that point.

"There is a benefit to it, but there is a cost to it too," Knightly said.

"Some of that cost is

SEE RECYCLING PAGE A9

GILFORD PARKS AND RECREATION NEWS

BY HERB GREENE

Director
Gilford Parks and Recreation

Santa Land program scheduled for Dec. 6 and 7!

The Gilford Parks and Recreation Department and Gilford Youth Center will be sponsoring the 11th Annual Santa Land Program on Friday, Dec. 6 from 5-7:30 p.m. and Saturday, Dec. 7 from 10 a.m.-noon in the Gilford Youth Center. This fun filled program offers area youth the opportunity to participate in some holiday themed games and activities leading up to opportunity for their parents to take their picture with Santa Claus.

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

Senior Moment-um Programs

Senior Moment-um Holiday Luncheon on Monday, December 9th

The Gilford Parks and Recreation Department will be sponsoring a Senior Moment-um program on Monday, Dec. 9. We will be meeting in the Gilford Community Church at 12:00 a.m. for a Holiday Luncheon of a catered Turkey dinner from Hart's Turkey Farm! The fourth grade chorus from the Gilford Elementary School will also be joining us to perform holiday music. There cost for this program is \$8 and participants must RSVP and pay in advance no later than Thursday, Dec. 5!

Senior Moment-um Christmas Garlands Program on Monday, Dec. 2

The Gilford Parks and Recreation Department will be sponsoring a Senior Moment-um program on Monday, December 2nd. We will be meeting in the Gilford Public Library, Downstairs Meeting Room at noon as we get into the Holiday spirit! We will be stringing popcorn and cranberry garlands for the Village Candlelight Stroll. Bring your bag lunch and beverage, and we will provide the supplies, music and the Holiday cheer!! Please RSVP by Friday, Nov. 29.

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

Bolduc Park Cross Country Ski Program

The Gilford Parks and Recreation Department will be offering four weeks of Cross Country Ski Lessons at Bolduc Park this winter. Lessons begin on Saturday, January 4, 2020 and will continue through Jan. 25, 2020 (in

the event a day is cancelled because of poor weather, it will be made up the week(s) following January 25th). Lessons begin at 10 a.m. and rental skis may be picked up at 9 a.m. at Piche's Ski Shop!

Registration forms are available at the Gilford Parks and Recreation Department, Bolduc Park and Piche's Ski Shop. Please mail, fax or drop off your registrations directly to Piche's Ski Shop.

Cost: \$70 per person includes rental equipment!

\$40 per person if you have your own equipment!

If you have any questions, please contact Bob or Pat Bolduc at 524-2068

Boston Celtics bus trip scheduled for March 18

The Gilford and Belmont Parks and Recreation Departments are co-sponsoring a

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

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

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ARTISTIC ROOTS

Comfort Keepers Pneumonia in seniors: Causes, treatments, and prevention

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

As we age, our body's natural defenses become less reliable. As a result, seniors are more susceptible to infection - including pneumonia.

Pneumonia is an infection that affects one or both lungs and can range from mild to severe. For some, pneumonia can be fatal. It is typically caused when bacteria, fungi, or viruses enter the lungs and cause inflammation.

Why Pneumonia is More Common in Seniors

- Changes to the lungs as we age. Seniors can't always effectively clear secretions as well from their lungs. Those secretions can go down into bronchial tubes, causing the infection.

- Weakened immune systems. A senior's immune system has a harder time fighting off infection, especially if they've gone through chemotherapy, had an organ or bone marrow transplant, or have taken certain medications for an extended period of time.

- Senior health conditions. Some conditions can put seniors at a higher risk. These include diabetes, Parkinson's disease, HIV, cystic fibrosis, asthma and COPD (chronic obstructive pulmonary disease). Surgery can also expose seniors to infections

Signs of Pneumonia

Symptoms can include coughing, fever, chills, shortness of breath, chest pain, coughing, fatigue, and the sudden worsening of a cold or the flu.

Pneumonia Treatments

Typically, a physician will do a chest X-ray and/or blood test to determine if a senior has pneumonia. In addition to medication, doctors may give the patient fluids, oxygen, pain relief and medical support.

Reducing the Risk of Pneumonia in Seniors

Seniors should discuss pneumonia prevention with their physician to determine

the best plan. Some options to help reduce the risk of pneumonia include:

- Get vaccinated. All people over age 65 should get an annual flu shot, as well as a pneumococcal vaccine, a one-time shot that protects against the pneumococcus, or pneumonia bacteria.

- Take steps to quit smoking. Smoking negatively impacts health in many ways, and the lungs receive a significant amount of damage. Those who smoke are at a greater overall risk of pneumonia because the lungs' defense mechanisms become compromised.

- Practice a Healthy Lifestyle. Seniors should follow a physician-approved diet and exercise regimen. This will help bolster their immune system and reduce the risk pneumonia.

Comfort Keepers® Can Help

Whether senior clients are recovering from pneumonia or looking to protect themselves, the trusted care team at Comfort Keepers® can help. Our caregivers remind clients to take medication, provide transportation to scheduled appointments, and support physician-prescribed exercise regimens and diets. Above all, our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

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

About Comfort Keepers

Maintaining senior health and wellbeing is a priority for the team at Comfort Keepers®. Our caregivers can assist in providing seniors with transportation to and from the doctor's office or clinics to receive their vaccinations. In addition, caregivers can also work to promote a healthy lifestyle by supporting physician-recommended diet and exercise plans, as well as medication reminders. Contact your local Comfort Keepers office today to learn more.



COURTESY

Principal for a Day

Jeffrey Doucette (pictured here with 'real' Principal Bolduc) was recently promoted from Kindergarten Learner to Principal of the Day at Gilford Elementary School. He won the honor by raising the most money in the recent PTA Hike-a-Thon. Jeffrey spent the day observing classes, visiting with learners, and doing recess and lunch duties. The highlight of his day was the pizza lunch he enjoyed with some of his peers. Congratulations Jeffrey!

NORTH COUNTRY NOTEBOOK

*A poor attitude toward storms,
and a reason for an unlit cigar*



By JOHN HARRIGAN
COLUMNIST

When I finally sat down to write this, it was snowing hard, but not hard enough to make me feel threatened in any way. It would take a ton of snow to do that, after a lifetime in the snow.

One of the undying non-urban legends is that people of the Far North have a hundred different words for snow. This would make sense if you were running dog teams or having to make snow-houses, things not happening very much now in everyday life, except for tourism and documentaries.

Other non-urban legends are that you can't cut or burn white birch, because they're rare and/or "endangered" (wrong); that you cannot pass a snowplow (also wrong); and that it's okay to drive a motorized vehicle on someone else's land as long as it's not posted against same (wrong, you need explicit permission).

And then there's the one about the only thing that can hurt you in the woods being your own stupidity. That one's mostly true. But anyone can slip and fall, which is how most injuries happen, and I'd have a hard time always chalking that one up to stupidity, having done



JOHN HARRIGAN

This was a storm a few years ago whose aftereffects didn't faze me much, and fazed Millie and the Cougar Crossing sign not at all.

so more than once. Wait a minute here.

People think "Well, okay, then, what about the bears, huh?" The bears we have are black bears, which unless they've been sullied by people's lax garbage and trash habits are usually interested in only one thing upon encountering people, which is running away. An exception to this is getting between Mom and her cubs, which most often happens when everybody (including the bears) wants to rake the raspberries in-- but come on, aren't we supposed to know this by now?

Anyway, it was not snowing hard enough to make me anxious enough to call the Winter Storm Worry, Warning, and Watch Team that one of my TV news stations is always carrying on about. What happens, I always wonder, if you call?

Well, the Winter Storm Team springs into action, I'd guess. I have this vision of

helicopters hovering, and ropes going down, and Ninja Turtle-like rescue warriors shinying down the ropes, going "Hut-hut-hut" as they rappel to the ground.

But back to reality, even though it's not as much fun. No Ninja Turtles are coming. The Winter Storm Watch Team is a sham, a nemesis of reality, an aider and abettor to angst, an enabler of shrinks, an example of the symbiotic relationship between hyperactive noisemakers (the TV producers) and neurotic weather-obsessed viewers (you and me).

It's like the low pressure system spirals they show on the big maps, moving across you and your immediate surroundings. It's almost a self-perpetuating system. The storms come in, as always. The TV talking heads hype the living daylight out of even the smallest, merest mention of a low-pressure system. Crisis-conditioned view-

ers eat it up, boosting the ratings. Advertisers want to be part of all this, of course, with their ads for shovels and galoshes (who knows what galoshes are any more?). TV producers, recognizing a growth factor when they see one, produce more weather coverage. And on and on, 'round and 'round we go.

+++++

It didn't used to be this way. In the not so very distant past, people had a more practical and pragmatic attitude toward winter. "Gonna snow," you'd say, looking up at the sky. "Yup," someone would say, and that would be it.

I cannot remember a single school day ever being called off on account of snow. Such a thing was unheard of. My siblings and I walked a pretty decent distance to the schoolhouse. Other kids, out in the countryside, had a far lon-

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We're looking forward to hearing from you!

Edward Jones office celebrates grand re-opening

MEREDITH — A crowd of roughly 80 clients, friends, family members, and colleagues turned out Sunday afternoon to help celebrate the recent move of Edward Jones Investments to its new location at 3 Mill St.

The branch office, which has been under the management of Financial Advisor Jacqueline Taylor since 2008, was formerly located at 14 Main St., and moved to its new home at the end of September.



COURTESY

Jacqueline Taylor, Financial Advisor, and Kathleen Swanson, branch office assistant (pictured in the center) are surrounded by Taylor's family during an open house at their new location.

Plan to Attend 24th Annual Hospice Tree of Memories

REGION — Preparations are underway for the 24th Central New Hampshire VNA and Hospice Tree of Memories, a celebration of life and remembrance. This annual event will be held in four locations on Saturday, Dec. 7 at 11 a.m. Locations for this celebration of life ceremony are the lobby of the Medical Arts Building at Huggins Hospital, Wolfeboro, the Wakefield Town Hall, Moulton Farm, Meredith, and the Pearson Road Community/Senior Center, Alton.

Central New Hampshire VNA & Hospice provides an opportunity to remember the lives of family, friends and neighbors by placing an inscribed porcelain dove, a symbol of serenity, peace and tranquility, on one of the lighted trees. In addition, we have found that many local clubs and organizations find this is a wonderful opportunity to honor and remember past members. If you speak to one of the friends of Hospice or family members you will discover that this

event brings folks together to share similar feelings of hope and love in a serene setting as they remember and honor a life well lived or a life missed. The touching ceremonies involve lighting of the tree, sharing of music and prayers, words of comfort, reading of names, and placing doves on one of our evergreen trees.

One might ask how did the Hospice Tree of Memories begin? The reply is that several years ago, Shirley Richardson and her late husband, Bob, while visiting Cape Cod during the Christmas season, had the opportunity to take part in a meaningful ceremony to remember Shirley's parents. Organized by the local hospice organization, the event included placing an inscribed seashell on an evergreen tree. It was such a profound experience, that Shirley brought the idea to the local hospice organization in Wolfeboro and in 1995, the first Tree of Memories was established. A dove was selected as

a symbol of serenity, peace and tranquility. A touching ceremony was created and today, twenty-four years later, that same ceremony continues with inscribed, porcelain doves being hung on a special evergreen tree honoring loved ones.

Mark Twain said that grief is the one emotion we cannot share. But that is not true with Central's staff and volunteers. They do share our grief in that they are supportive in our period of grieving, not only to the patient, but also to the patient's family in the year following the patient's death. Central New Hampshire VNA & Hospice supports the patient and the patient's family by providing nursing, therapeutic, medical psychological, social,

and spiritual care and bereavement services.

Hundreds of doves are placed on trees each year and remain on the trees throughout the month of December. Proceeds from the sale of doves are used to improve the quality of life for people living in those lakes' region communities served by Central VNA. A reality of our times is that endeavors such as the Hospice program require community support through donation in order to meet the increasing needs of over 20,000 residents in over 500 square miles of area served. Tree of Memories letters will be going out soon, but anyone can contact Central directly for information on the "Tree of Memories" by calling MEMORIES PAGE A9

"I am looking forward to continuing to serve the Meredith community at my new location for years to come," an excited Taylor said as visitors

toured the new office and enjoyed a variety of refreshments, including mini pies which proved to be a huge hit.

Taylor Community welcomes New Horizons Band

LACONIA — Please join us for a special holiday performance by the New Horizons Band, featuring several Taylor Community residents, under the direction of Chorus Director Debbie Gibson, Tuesday, Dec. 10 at 6:30 p.m. in Taylor Community's Woodside Building. This free event is open

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

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Edward Jones: Financial Focus

New at Investing? Follow These Suggestions

If you're fairly new to investing, you might be wondering what sort of rules you should follow or moves you should make. And while everyone's situation is different, there are indeed guidelines that make sense for all investors. Here are some to consider:

- Learn the basics. The investment world can seem confusing, but the more you know about the basic components, the more confident you'll be when you begin to invest. For starters, you'll want to be familiar with the essential types of investments: stocks, bonds, mutual funds, government securities and so on. And it's also important to know that some investments are designed to provide growth – an increase in the investment's value – while others provide income in the form of dividends or interest payments, and still others may offer growth and income.
- Set your goals. You need to know why you're investing – and that means you must clearly define your goals. Do you want to retire early? When you do retire, what kind of lifestyle would you like to have? Are you planning on helping your children (or grandchildren) pay for college? Once you've established your goals, you can create the appropriate investment strategy for achieving them, taking into account your time horizon and risk tolerance.
- Invest regularly. At first, you may only be able to afford to put in small amounts to your investment accounts, but even so, try to contribute regularly. You'll get into the habit of investing and, later on, when you earn more money, you can ramp up your contributions. If you have a 401(k) or similar plan at work, the money can come out of your paycheck before you even see it.
- Think long term. As you begin investing, it's important to have the right attitude. Specifically, don't look for the "hot" investments that will make you a "bundle" in a matter of weeks. Investing just doesn't work that way – instead, it's a decades-long process of carefully choosing, managing and adjusting a diversified portfolio that's suitable for your individual needs. And by maintaining a long-term focus, you'll be less susceptible to making ill-advised moves in response to short-term market events.
- Don't get scared off by downturns. If you invest for many years, it's inevitable that you will experience sharp drops in the financial markets. But these declines are actually a normal part of investing. If you overreact to them by selling investments just because their price has dropped, you'll not only be

breaking a cardinal rule of investing – to buy low and sell high – but you'll also be disrupting the type of cohesive, continuous investment strategy that's necessary to help you achieve your goals.

• Get some help. You may find it easier to navigate the investment landscape if you get some help from a professional advisor – someone who understands your goals and family situation and who can make appropriate investment recommendations. A financial advisor can also suggest changes to your portfolio in response to changes in your life (new job, child graduating college, etc.) and in your goals, such as a new date for retirement. When you invest, there aren't many guarantees. But by following these suggestions, you will know, at the very least, that you're taking the steps that can lead to success.

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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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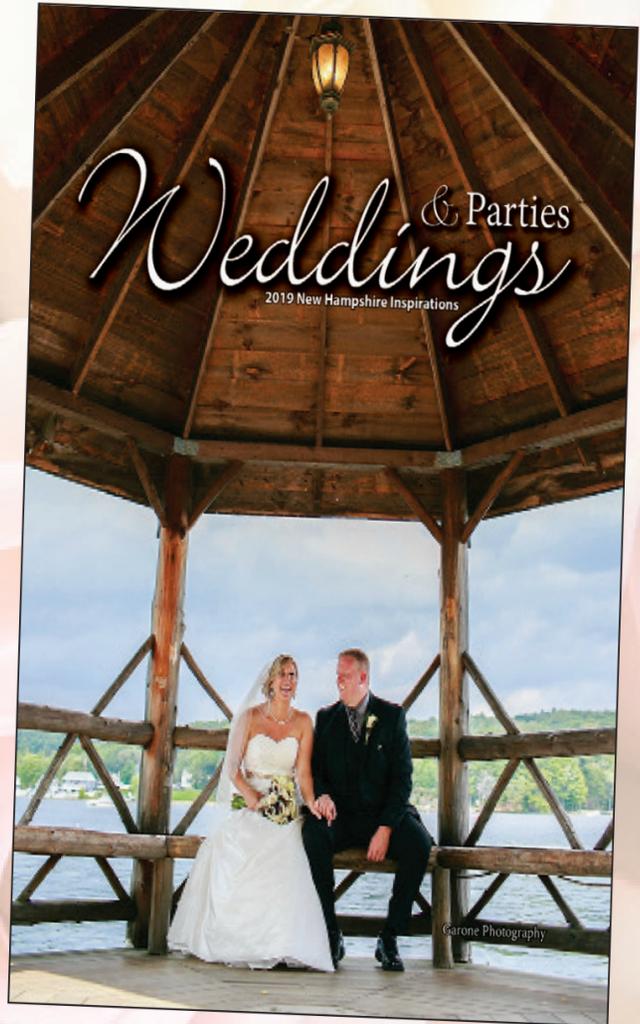
**Taylor Community hosting
 Holiday Craft Fair and Bazaar**

LACONIA — Taylor Community will host a Holiday Craft Fair and Bazaar, Saturday, Dec. 7 from 10 a.m. to 2 p.m. in the community's Woodside Building. Admission is free. Included will be local crafters, a bake sale, door prizes, a 50/50 raffle, white elephant table and silent auction. Be sure to save the date! Follow Taylor Community on Facebook to keep up with all our free, public events. Visit www.taylorcommunity.org, or call 366-1400 for more information about this premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.



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Castle in the Clouds celebrates “Christmas Memories”

BY ERIN PLUMMER
mnews@salmonpress.news

MOULTONBOROUGH — The historical halls and rooms at Castle in the Clouds were filled with holiday memories and cheer for the annual Christmas at the Castle.

This past weekend, the doors of Castle in the Clouds opened to reveal numerous decorations, lit trees, and many opportunities to get in the holiday spirit the week before Thanksgiving. Christmas at the Castle will continue this weekend, giving locals and visitors the chance to see the festive sights during Thanksgiving weekend. Visitors can buy tickets in the gift shop and pick up their passes in the Carriage House. There people can experience the Holly Fair upstairs and meet with San-

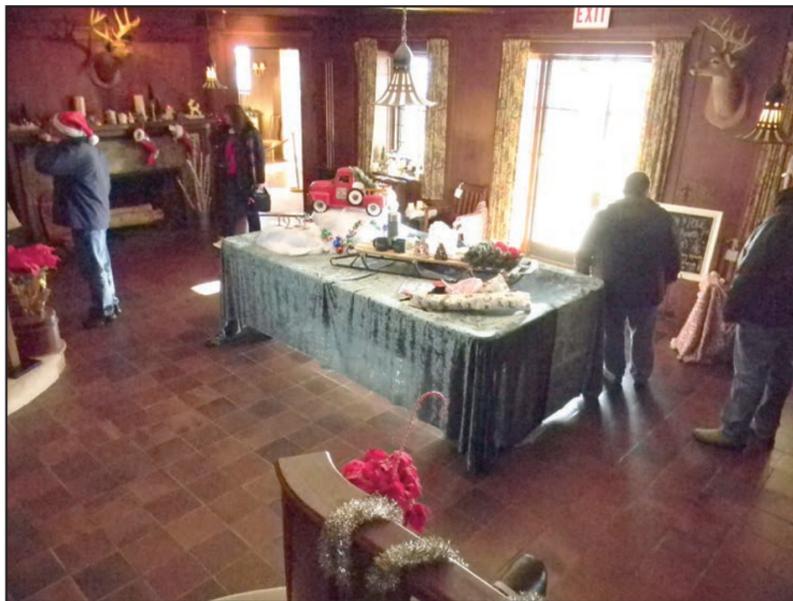


ERIN PLUMMER

The tree in the upstairs foyer at Castle in the Clouds decorated by Branch & Bloom of Wolfeboro.

ta. Then a trolley will take people up to the Castle, where they can do a self-guided tour with the help of docents around the

building. The theme of this year's Christmas at the Castle is “Christmas Memories” and the different contrib-



ERIN PLUMMER

Visitors explore the vintage toys and decorations at Castle in the Clouds in the game room decorated by Balanced Interiors of Center Harbor.

utors had different ways of sharing the theme. Some of the displays included vintage toys, traditional decorations, and more. “It really makes Lucknow feel like

somebody's home you're in for a holiday party,” said Castle Preservation Society Executive Director Charles Clark. For the third year, different rooms were decorated by different businesses and organizations. Clark said over a dozen area businesses contributed decorations to the Castle.

with the last tickets sold at 3 p.m.

Visitors can also look over the different artisan creations at the Holly Fair upstairs at the Carriage House. Also at the Holly Fair are free visits with Santa from 11 a.m.-3 p.m., as well as cookies and cocoa.

Lunch will be served at the Carriage House from 1:30-3:30 p.m.

Proceeds from Christmas at the Castle go toward the Castle Preservation Society's continued restoration efforts on the property.

Recently a balcony was installed on the second floor bedroom, replacing the one that had been blown off by the Hurricane of '38. After 81 years, a team

SEE CHRISTMAS PAGE A10

SEE BADMAN PAGE A9

John Wayne stars in “Angel and the Badman” on LRPA this weekend

LACONIA — Join Lakes Region Public Access Television at 10:30 p.m. this Friday and Saturday night (Nov. 29 & 30) for our “LRPA After Dark” presentation of 1947's romantic western melodrama “Angel and the Badman,” starring The Duke himself, John Wayne, as well as Gail Russell and Harry Carey.

“Angel and the Badman” tells the tale of Quirt Evans (Wayne), an infamous gunslinger who's been wounded and is on the run. He winds up at a farm run by a Quaker family, where he collapses from fatigue. Quirt is taken in and nursed by the family, particularly their lovely daughter Penelope (Russell). As Quirt regains his strength, he is slowly drawn to the family's peaceable ways, and he and Penelope begin to fall in love. Men from Quirt's troubled

past come seeking vengeance against him; will he choose violence, or will he find another way to confront them?

John Wayne was not only the star of “Angel and the Badman” - he was also its producer. After having been a contract player at Republic Studios for eight years, he flexed his desire to have more artistic control over his films and roles, and “Angel and the Badman” was the result. Although not wildly popular with audiences of its day, it was a hit with the critics. Variety called it “...solid entertainment way above what might be expected from its western locale and characters, and loaded with sharp performances.” The years have been kind to this film, and many Wayne fans consider it to be one of his finest performances. Will you agree?

Grab your popcorn and join LRPA after dark for this wonderful romantic western.

Mark your calendars: here comes the 37th annual Greater Lakes Region Children's Auction presented by CruCon Cruise Outlet, Tuesday, Dec. 3 - Saturday, Dec. 7 at the Belknap Mall in Belmont! Join LRPA for minute-by-minute coverage all week long, locally on LRPA Channel 25, on Atlantic Broadband Channel 12 and this year, for the first time, streamed in HD on the La-

conia Daily Sun website (laconiadailysun.com)! Or listen in with our fantastic radio partners 104.9 FM The Hawk and 101.5 FM WEEI SportsRadio! Or follow along on Facebook: Facebook.com/ChildrensAuction or Facebook.com/LRPATV. Stop by the Mall to watch the action in person. Bid high and bid often - it's all for the kids!

You can't find television like this it anywhere but LRPA TV, Atlantic Broadband Channel 25. Not a subscriber? Then

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Little Lex was found as a stray locally. Whe he first came to the shelter, he was very scared and not sure what to make of people. He has since shown us how sweet and kind he can be! Unfortunately, he was found to be FeLV+, which means that he needs to be the only kitty in the home or go to a home with other FeLV+ cats. You can ask the adoptions staff more about what this means for Lex if you are interested. He has had a rough life until this point and deserves a home full of happiness and love and snuggle sessions! If you want to adopt this sweet boy, call Joanna at 603-524-3252 ext. 3312 for more information.

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 8:00am-8:00pm Saturday, 11/30
 10:00am-6:00pm Sunday 12/1



BUDGET

(Continued from Page A1)

also be replaced for \$30,877.

The district plans to conduct a study of the Meadows property at a cost of \$56,060. Beitler said there is a barn and attached structure that students will work in during school and they want to make sure that building is structurally sound. The property also has port-o-potties and Beitler said they want to put in actual bathrooms there at some

point, the feasibility of which will be examined in this study.

At GMS \$15,000 is planned for a mechanical, electrical, and plumbing study, similar to the plan done at GES a few years ago. Beitler said the middle school building was built in 2003 and want to find out if any work is needed on it. He said any work that might be done as a result of this study would probably be done in a fu-

ture year.

The additional warrant articles would put money aside into current capital reserve funds including \$150,000 in the School Buildings Maintenance fund, \$62,500 for the School Buildings Roof Maintenance fund, and \$30,000 in the School Buildings Technology Infrastructure fund.

The budget is now being reviewed by the Budget Committee.

NOTEBOOK

(Continued from Page A4)

ger hike to catch the bus. The buses had big, deep-treaded snow tires. Sometimes, they clanked along with chains.

I remember going to school one day when it was forty below in the dead calm, no ballyhooed wind-chill-factor in those days, and the only way I saved the end of my nose, the tip that somehow always stuck through my cupped mittens, was by ducking into Bert Bryant's sporting goods and hardware store, about halfway there.

Mr. Bryant, as usual, had a good wood fire huffing away in his huge parlor stove amidst the store, and was smoking his pipe, a dog at his feet. "No better place for a boy than in a brook," was one of his favorite sayings, which he hardly ever failed to say in the presence of my mother, and which

I especially liked.

+++++

We seem to have suffered some kind of disconnect with the elements that drive everything. What we were at peace with, or at least didn't struggle much against, we now see as a big problem. Armageddon, the end of the world.

Old Freeman Marshall, who used to live down near the end of the street, always seemed to have an unlit cigar in his mouth, its chewing end well chewed. He was great for borrowing tools from, such as hammers and saws, for building camps, and so we faithfully brought them back. "Mr. Marshall, how come you don't light your cigar?" I asked him once, and he said "Don't want to light it, it'd burn up."

As my brother Peter and I were dig-

ging into a snowbank to make a fort with an escape tunnel out the back, Erwin Bennett emerged from his house and said "Careful about pushing that snow around too much boys, you'll wear it out."

The irony of that one never left me, and so I savored it and kept it, unwittingly adding it to the early lifetime experience that built up to what acquaintances today accuse me of harboring, which is, to more or less quote them, "a cavalier attitude toward snowstorms," although hardly anyone ever uses "cavalier" any more. "Blasé," either.

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

MEMORIES

(Continued from Page A5)

ing 569-2729 or 1-888-242-0655.

To purchase a dove in the name of a loved one or friend contact Central's Office at 569-2729 or visit our website www.centralvna.org. The deadline for

purchasing a dove is December 3rd. One need not purchase a dove to participate - everyone is welcome to attend this remembrance celebration at any of the four locations

Members of this year's Hospice Advisory Committee headed by Shirley Richardson, Deb Denby, Barbara Lobdell, Mo Marsh, Ginny Schweitzer, Susan Nentwig, and Jenn Legassie.

IRELAND

(Continued from Page A1)

March 14 with visits to Dublin, Killarney and Galway with many breath-taking sights along the way.

"This is a true Irish adventure and a perfect introductory trip

to Ireland," said Marie Caprario, Marketing Manager of Penny Pitou Travel. "The trip has sold-out every time we've partnered with Patrick's. Visiting Ireland on the

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RECYCLING

(Continued from Page A3)

we're asking people to recycle their materials. That's the deal: you give us your trash for free, you give us the materials to sell."

A number of people spoke in support of recycling and how they learned how to separate their recyclables after living in other towns, states, or countries.

Solid Waste Committee member Phyllis Corrigan lived in Germany for 10 years and came back to the US in 1969 recycling as had been done in Germany. She said many town residents are summer residents already familiar with mandatory recycling in Massachusetts and other states.

Nancy Marcoux moved to Gilford from Meredith 20 years ago and said Meredith already had mandatory recycling. She said she and her family regularly separates out their recyclables.

"I think it's a great thing you're doing and hopefully this will work

out great and I hope everybody will recycle," Marcoux said.

Dan DiLorenzo said he grew up in Vermont where recycling was also common. He also noted how a number of states, including Maine, have long had redemption of cans and other recyclables for five cents apiece.

"I certainly feel, as a citizen of Gilford, that it is without question the right thing to do, recycling, and I support 100 percent and I hope I speak for a lot of other people in that regard," DiLorenzo said. "If there's anything to be angry about its that we waited until today to make recycling mandatory when I've seen rates as low as 20 percent in other communities."

Eddy, however, said he wasn't ready to make a motion on this that night and wanted to review the fines. Selectman Gus Benavides said he also thought the fines were excessive

and needed to be overhauled.

Grenier and town administrator Scott Dunn said other options could be considered, such as lowering the fines or having the worst punishment be taking away someone's transfer station sticker.

Angelo Farrugia said he recycles at his business and the selectmen were on the right track with this, but he was also concerned about the proposed fines. He said there is a concern that something like putting something in the wrong spot or a child putting the wrong thing in a bin could result in a huge fine. Farrugia said something like the potential for losing one's sticker for a period of time and potentially losing access to the town beach might encourage people to follow the regulations.

The selectmen agreed to make no decisions on the proposed regulations and review them further.

BADMAN

(Continued from Page A7)

log onto Live Stream through our Web site (www.lrpa.org or live.lrpa.org) where you can catch all the fun.

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA ca-

blecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 12,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our commu-

nity members to produce content that

- fosters free speech and the open exchange of ideas,

- encourages artistic and creative expression,

- promotes a well-informed public through governmental transparency, and

- unites our communities through the power of media and technology.

LRPA's slogan: Community empowered by media. Visit us on the Web at www.lrpa.org.

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CHRISTMAS

(Continued from Page A7)



ERIN PLUMMER

Visitors to Christmas at the Castle were greeted by the decorations of Riverstone Floral & Design of Gilford.

ERIN PLUMMER
(Right) Tamworth Distillery decorated the kitchen at Castle in the Clouds for Christmas at the Castle.



of historical builders used photos of the balcony to recreate it by hand.

The next big project will be work on the library's interior.

"There will always be something to do," Clark said.

Clark said he personally love how Christmas at the Castle kicks off the holidays.

"It's a great way for people to come, get in the holiday spirit, do a little holiday shopping, and enjoy the beauty of this place," Clark said.



ERIN PLUMMER

(Right) Mari's Treasures of Wolfeboro decorated the library, which is undergoing a renovation project.



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*Holiday hours begin December 13.

- Monday-Thursday: 10 a.m.-8 p.m.
- Friday & Saturday 10 a.m.-9 p.m., Sunday 10 a.m.-5:30 p.m.



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BOB MARTIN

Randi Byars was named Division 3 Defensive Player of the Year and first team All-State.



BOB MARTIN

Laurel Gingrich was named first team All-State this season.

Byars named D3 Defensive Player of the Year

Two other Eagles also earn field hockey All-State honors

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – Gilford field hockey was recognized for its strong play this year with three players chosen to represent the Golden Eagles on the All-State team.

Randi Byars

The Gilford field hockey team's defense was ranked in the top 10 spanning over all divisions this season and senior Randi Byars was named the Division 3 Defensive Player of the Year and first team All-State.

"This is the second year for Randi to be first team All-State," said coach Dave Rogacki. "A major reason why our defense was ranked in the top 10 in the state including all divisions."

Gilford had 10 shutouts, including eight of the final nine games of the season. Gilford only allowed two goals twice and one goal another time, in what was a fine season for the Golden Eagles.

"I feel honored to be recognized as defensive player of the year," Byars said. "Not only me, but all of my teammates put in a lot of time this year to improve our fundamental skills, and I think it really paid off."

Byars recalled the 2-0 win over Hopkinton on Sept. 25 as being a highlight of the season, as the Golden Eagles were the only team to beat them in the regular season.

"We knew we had to step up our game," Byars said. "That



BOB MARTIN

Taryn Fountain was named second team All-State in Division 3.

game, our whole team accepted the challenge and played our game. I think our determination and teamwork is what led us to the win."

Byars took pride in the work of the defensive line this season, saying the team worked on communication and how to play to their strengths. Byars said alongside Natalie Fraser and Ashley Hart, she was never worried when a ball would get past her because she trusted in their skills and speed.

Despite an early exit from the playoffs, Byars was very happy with what the Golden Eagles accomplished this fall.

"With a big group of freshmen coming into the program, I am especially proud of my fellow seniors who stepped up and became big sisters to the younger players," Byars said. "Although we eventually lost in the quarterfinals, I can say I ended my high school career not just

happy with what I accomplished, but what our whole team accomplished."

Laurel Gingrich

Senior Laurel Gingrich was named first team All-State thanks to stepping it up on the offensive end with 16 goals and eight assists to lead the team. Gingrich had 47 career goals, which was top 10 in school history, and also finished her career with 28 assists.

Coach Rogacki explained that the last few seasons the team had solid offensive players in Kellie Ryan, Nicole Berube and Brianna Salanitro that led the way. While Gingrich found time on the field during that time, she was also fairly quiet with her play and stayed under the radar.

"I remember at the beginning of the season people asking what I was going to do for goal scorers since I lost

all these players, but the thing is I knew we had Laurel and what he could do," Rogacki said. "She is one of

these kids who goes about it, does her job, plays her position and very quietly does that."

Rogacki said one thing to look for from offensive players is to be able to compete at a high level against upper echelon teams. This showed this year against Hopkinton, where Gingrich provided the two goals to seal the win. She also had a clutch goal against Berlin at the end of the regular season.

"She showed the ability to score against even the strongest of goalies and defenses," Rogacki said.

Rogacki also pointed out that Gingrich is a versatile player

that is willing to play anywhere on the field. This season she was back on defensive corners and Rogacki said this was a good chance to utilize her speed as a track runner.

"This is one of the main reasons we had so many setups this year because she got out there to make the distraction," said Rogacki. "This made Randi's job easier because she could see where the ball would go next. The two as a tandem worked well together. It was one of those lucky things where the coach made the right move, and it doesn't always work that way."

Rogacki applauded SEE FIELD HOCKEY PAGE B2

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Patrick Gandini finished 28th out of 266 runners at the New England Championships.



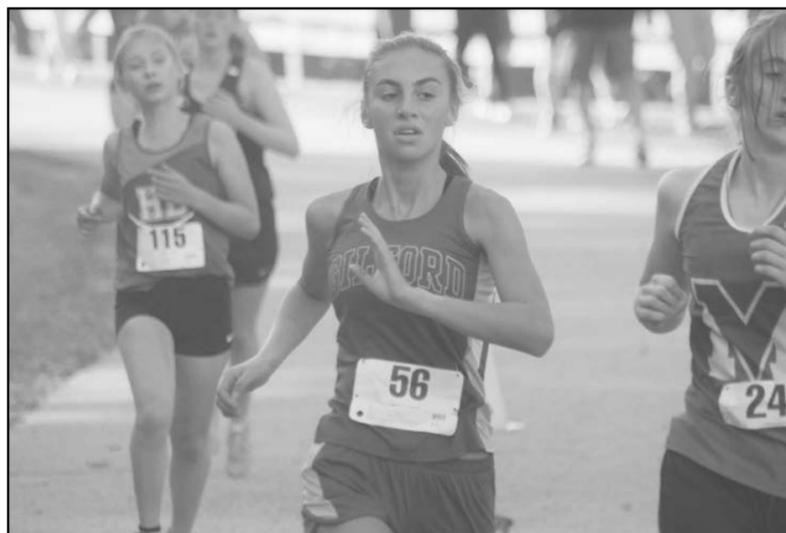
BOB MARTIN

Vanessa Genakos was the top runner for the Gilford girls' cross country team this season.



BOB MARTIN

Mitchell Townsend runs for the Gilford cross country team.



BOB MARTIN

Catherine Stow was one of the top runners for Gilford this season.

Plenty to like from Gilford XC season

BY BOB MARTIN

Bob@Salmonpress.news

MANCHESTER, Conn. – The Gilford High School cross country team officially wrapped up its season last week with freshman Patrick Gandini placing 28th in the New England Championships.

Gandini posted a time of 16:24 in the race, which featured the top runners from New England. It capped off a fantastic rookie campaign, as Gandini was second in the Division 3 meet and 10th in the Meet of Champions.

“Patrick had a standout year as a freshman,” said coach Kathy Aldridge. “He was second at our division meet, 10th at Meet of Champions and placed 28th out of 266 runners today at the New England Championships. Patrick was the first freshman to cross the line and was the first Division 3 runner today as well. This is an amazing feat for a freshman. I expect many more good years for this talented

runner.” Aldridge was very impressed with this year’s squad. The boys’ team was consistently led by Gandini throughout the season, as well as junior Harrison LaFlamme and sophomore Mitchell Townsend. Rounding out the team was

freshman Landon Lewis, junior Jordan Witham and freshman Dane DeHart.

“The boys’ team is small, six runners, but it is young and talented,” said Aldridge. “They placed 18th out of 33 schools as the division meet and should certainly im-

prove upon that finish next year.”

The girls’ team had a solid season, finishing 12th at the division meet, first in the Central Lakes Invitational and second at the Newfound Invitational. The team was led by Vanessa Genakos, who was very good in her

first year as a cross country runner. Other runners who rotated through the number two slot were Tessa Tanner, Bethany Tanner and Catherine Stow. Junior Alaina Osburn was the team’s fifth runner. Aldridge said Tessa Tanner had a great freshman year

and could move up to the top spot in years to come. Aldridge sees good things for the future of Gilford cross country.

“The girls should place top five through eight at next year’s division meet,” Aldridge said.

NHMS hosting Gift of Lights starting Thanksgiving night

LOUDON — With the holidays fast approaching, New Hampshire Motor Speedway is getting into the spirit by trading in the checkered flags for 2.5 million twinkly lights during the Gift of Lights presented by Eastern Propane and Oil. The ninth annual event spreads holiday cheer for 35 days with fundraising for the local community from Thursday, Nov. 28, through Sunday, Jan. 5.

This year, the 2.5-mile drive-thru light show is bigger and better with 520 displays and 80 different scenes opening at 4 p.m. daily including Thanksgiv-

ing and Christmas. The out of car experience includes the s’mores pit and pictures with Santa Claus on Fridays and Saturdays through Dec. 21.

More than 650 hours went into setting up this year’s show including the new Light Co. display with construction working elves, a cowboy Christmas, race cars, a military display plus the popular 12 Days of Christmas and the fan-favorite Tunnel of Lights, 130-foot long infield entrance and exit tunnels made up of more than 25,000 lights.

“The holidays are all about traditions, spending time with

family and helping those who are less fortunate,” said David McGrath, executive vice president and general manager of New Hampshire Motor Speedway. “There’s no better way to do all of that than with a visit to the Gift of Lights. We love to see the community come together to help our neighbors while enjoying a festive night out with the family.”

Helping the community begins immediately at the front gate. A portion of all admissions proceeds benefit Speedway Children’s Charities, the official charity for New Hampshire Motor Speedway, which has distributed \$1.7 million to local non-profits. On Dec. 15, Yule Light Up The Night, a 2.1-mile fun

run or walk with Millennium Running, will kick off at 4:30 p.m. and will also support SCC while giving visitors a unique view of the light show (Gift of Lights has a delayed opening).

For a \$2 discount, visitors can bring three or more non-perishable canned goods for donation to the Loudon Food Pantry. Since the Gift of Lights first started in 2011, food and monetary donations have allowed New Hampshire Motor Speedway to donate more than 93,000 pounds of food providing more than 88,000 meals to locals during the holiday and winter months.

The Loudon Firefighters Association will fundraise by hosting the s’mores pit on Friday and Saturday

nights through Dec. 21. Over the last two years, nearly \$6,500 was raised for their off-road utility vehicle fund for the purchase of a UTV for wildland firefighting efforts, off-road rescues and searches for missing individuals in town.

Coca-Cola night is Dec. 15, after the conclusion of Yule Light Up The Night, and will include the iconic Coca-Cola Santa and caravan. Theme nights allow visitors to get in to the holiday spirit and save \$2 off admissions at the gate by dressing up for Pajama Night (Dec. 4), Military Night (Dec. 11) and Ugly Sweater Night (Dec. 18).

The Gift of Lights will be closed on Dec. SEE NHMS PAGE B8

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FIELD HOCKEY

(Continued from Page B1)

Gingrich's athleticism and said she is a player who was able to do all the little things that often go unnoticed, as well as providing the goal scoring production.

“This is what you need from good offensive players,” Rogacki said.

Taryn Fountain

Taryn Fountain was named second team All-State in her junior season for her strong play at midfield this year for Gilford.

“Her passing and control of midfield is key to our transition

game,” said Rogacki.

Fountain felt that the win over Hopkinton was the top game of the season for the Golden Eagles, as Hopkinton was undefeated at the time.

“We were very nervous coming into the game, but we all pulled it together and really played as a team that game to pull off a win,” said Fountain.

Fountain said this season was memorable because she felt like the team came together as a family.

“I feel like we really embraced our freshmen this year so that

they could feel more comfortable and confident out on the field,” said Fountain. “It was all just a different vibe than the past two years I've played.

Fountain said it is a great feeling to be recognized for her play, as she put tireless hours of practice and on-field effort to get to this point.

“It means a lot because there are so many amazing players and to be picked with some of them makes me realize that people do see the hard work I'm putting into the game,” Fountain said.



BOB MARTIN

Sam Holland was a first team All-Stater for the Golden Eagles this year.



BOB MARTIN

Riley McDonough stepped up in her sophomore season to be named first team All-State.

Quartet of Golden Eagles earn All-State honors

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford High School volleyball team went undefeated and won a state title for the second season in a row, and much of the team's success revolves around the play of four All-Staters.

Sam Holland

Making first team was senior libero Sam Holland, who said that it feels amazing to be recognized.

"It means the world to me that other coaches see the hard work that we put into every practice and game," Holland said. "I wouldn't have reached such an accomplishment without the support I've been given."

Holland said the most memorable game for her was playing Milford at the beginning of the season, where the Golden Eagles came back from a 2-0 deficit for a win. She said this was due to the conditioning and hard work they put in, and it was great to see it pay off.

"The biggest thing I learned from that game was how determination and perseverance pays off, and I think that set the tone for the rest of the season," said Holland.

Holland said this past season was one she will never forget, calling it "a dream come true." The team had a motto of "in the moment," which she said helped them stay present for every point. Ultimately it ended with a 19-0 season for the second consecutive season, and Holland said this was truly due to a team effort.

"This season we became closer as a family with every practice and game, and I'm so thankful for that," Holland said. "To be champions for the second season in a row is so surreal. Especially for this being my senior year, it's very bittersweet. On behalf of my team I can say that we're all very proud of ourselves for making it this far. Everyone put in so much work to make it to this point and we pushed ourselves and motivated each other to improve in every aspect of volleyball. I'm glad our dedication to the team has paid off in the long run."

Riley McDonough

Riley McDonough had a huge sophomore season setting, and also hitting, for the Golden Eagles and was named first team All-State.



BOB MARTIN

Abby Warren was named second team All-State in her senior season.



BOB MARTIN

Junior Lindsey Sanderson was an All-State honorable mention this year.

"I was surprised and humbled to be honored with first team All-State," McDonough said. "As a sophomore it was completely unexpected. I am appreciative of my teammates because a setter is only as good as the pass she receives and the hit the hitter makes. I am just thrilled I could do my part to make the team successful."

She agreed with Holland and said the most memorable game of the season was the win against Milford, as it was a rematch from last year's final and the toughest matchup of the year.

"They clearly had us marked on their calendar because they came out really energized and put us down 0-2 in sets," said McDonough. "We battled hard and won the match in five sets. It set the tone for the rest of the season. Any time we faced adversity we knew we could dig deep and come out on top."

McDonough said last year Karly Sanborn was a fantastic senior setter for the Golden Eagles, and her time on the court was limited. This year she was given the opportunity to play full-time and she was able to develop chemistry and succeed. She said she will miss the seven seniors

graduating this year and is already looking forward to next season.

"It feels incredible to be undefeated champions for a second straight year," McDonough said. "Coach Tripp works us hard and it pays off. There is a reason Gilford volleyball is successful year after year, it is the program and system that coach Tripp, and before her, coach Forge, instills in the team. We work hard and we get results. I am looking forward to another great season next year."

Abby Warren

Senior outside hitter Abby Warren was an integral part of the team's success the past two seasons and she was named second team All-State this fall.

"I feel really honored to be named because I have played a different position every year on varsity, so it's super exciting to be recognized after one year hitting on the outside," Warren said.

Warren also agreed that the top game of the season was the come from behind win against Milford. She explained that going into the game they knew Milford would come at them hard, in hopes of vengeance for the previous season's final

game.

"We took it point by point, game by game, all the way until the end," Warren said.

Warren said it is an incredible feeling to be repeat champions to finish out her career at Gilford, noting that most people don't even get a chance to go to a championship game let alone winning two.

"I am so fortunate to be able to go twice and bring home two titles," Warren said. "I love my team more than anything and couldn't ask for a better way to end my high school volleyball career."

Lindsey Sanderson

Junior outside hitter Lindsey Sanderson was named All-State honorable mention this season and she realizes how big of a deal it is to be recognized among so many great players in Division 2.

"I know and have played with, and against, many of the players selected," said Sanderson. "I am proud of my teammates Sam, Riley and Abby for being selected All-State first and second teams. Volleyball is a great team sport and all of our teammates contributed to our success."

Looking back on the season, Sanderson felt the championship match against Coe-Brown Northwood was one she will never forget.

"I remember going into the game thinking it would be difficult to beat a team for the third time in one

season," said Sanderson. "I was confident in my team's abilities, but I knew that Coe-Brown is well-coached, has great players, and was on a roll. I knew it would be a hard fought and exciting game filled with great volleyball. I thought we stayed focused and battled through the ups and downs to pull off the win."

Like the rest of the All-Staters, she also recalled the Milford match as being a major win and turning point for the Golden Eagles. She also remembered the five set win over John Stark as one that stands out, as it was an example of the team's composure and competitiveness.

"I thought we were a resilient team," Sanderson said. "Each and every one of my teammates put in 100 percent effort each practice, and was always willing to learn something new."

Last year four seniors graduated so Sanderson admitted that she thought it might be difficult to repeat as champions. However, with hard work and everyone stepping up, the Golden Eagles were able to accomplish this difficult feat.

"Our team worked hard, beginning at pre-season and stayed focused throughout the season against good competition," said Sanderson. "I am proud of our team repeating as back-to-back undefeated champs."

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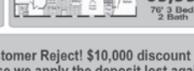
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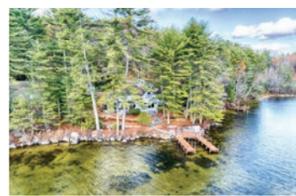
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\$1,499,000 (4783592) **Call 569-3128**



BEAUTIFUL Lake Winnepesaukee contemporary in Alton with 3 levels of luxurious living space, 410 ft. of shore frontage, multiple beaches, lovely views in a tranquil and secluded setting. A great value!
\$1,492,700 (4729334) **Call 569-3128**



TERRIFIC commercial opportunity in Tuftonboro w/ bldgs. & 10-ac. of land. 7 separate bldgs. housing approx. 28 offices, incl. over 11,650SF storage, 3 separate bldgs., 4 connected warehouse/mfg. outbuildings. Multiple business opportunities!
\$825,000 (4659312) **Call 569-3128**



COME AND ENJOY the maintenance free living of this contemporary styled Lake Winnisquam home located in a peaceful setting offering southwestern exposure and sunsets in Laconia.
\$799,900 (4763780) **Call 253-9360**



MEREDITH
Classic 4BR/2BA New Englander in fantastic location within walking distance to all Meredith amenities. Traditional features incl. high ceilings, crown molding, front & back staircase, walk-up attic and barn.
\$269,900 (4781413) **Call 253-9360**



MOULTONBOROUGH // Amazing opportunity to live in the sought after Lands End Assoc. that offers a large contemporary 3+Bedroom home, detached 1-car garage w/storage above, large boat slip, private beach, tennis court & outdoor in-ground pool.
\$499,900 (4722831) **Call 253-9360**



NEW DURHAM // Nice 2+ Bedroom Chalet with owned 20 foot strip and dock on Merrymeeting Lake. Wrap around deck with views of the lake.
\$399,000 (4782280) **Call 875-3128**



MEREDITH // 3BR/2BA cape on 2.41AC & minutes to downtown. Home features an open concept floor plan, HW floors, walkout basement, large deck and lovely walking trails.
\$363,000 (4781766) **Call 253-9360**



GILMANTON // Full-Dormered Country Cape w/garage under on a SAC lot. This 7-room home is set back from the road, w/cleared field area in back that could be ideal for a pasture, paddock and a barn.
\$289,000 (4778856) **Call 875-3128**



TUFTONBORO // Contemporary on a priv. 5-AC wooded lot. Well maintained exterior w/landscaping. New interior carpet/paint. Only 1,500' from the town dock on Winni at 19 Mile Bay. Vaulted ceiling w/skylights.
\$215,000 (4761944) **Call 875-3128**



EFFINGHAM
Located on a lake road near Province Lake, 2 bedroom, 1 bath, double wide on its own land. Golf course nearby.
\$129,000 (4768075) **Call 875-3128**

LAND and ACREAGE

ALTON // Country Setting in an area of fine homes! This 5.16 acre wooded lot has 600' +/- of frontage on Clay Point Rd. and 350' of frontage on Roberts Cove.
\$80,000 (4753566) **Call 875-3128**

GILMANTON // Located close to Gilmanton Corners, 9.57 wooded acres with potential views.
\$59,900 (4750857) **Call 875-3128**

MOULTONBOROUGH // Affordable wooded level lot in the low tax town of Moultonborough. Close to main roads, restaurants, shopping and town beaches yet a nice quiet location off Moultonborough Neck Rd.
\$52,000 (4738172) **Call 253-9360**

CAMPTON // Wonderful opportunity to build your vacation/permanent home in Waterville Estates on one of these 4 lots. Potential views & wonderful amenities. Motivated seller. .82 to 1.10 acres, (4785201/02/05/418)
\$7,550-\$10,000 **Call 253-9360**

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Bringing People and Vacations Together in the Lakes Region for over 65 years...
VACATION & LONG TERM RENTALS QUALITY HOMES IN DEMAND FOR BUSY RENTAL MARKET
Contact us for a FREE rental analysis
Halle McAdam @ 253-9360 (CH Office)
Jennifer Azzara @ 875-3128 (Alton Office)



GOT A HOUSE FOR SALE?

Look for that new home in our real estate section.



Full-Time Entry Level Retail Position

Energysavers Inc. is expanding its sales team and looking for its next "Dedicated Sales Advisor". We are a highly recommended 40+ yr old Lakes Region retailer of well known hearth & spa products.

You can earn while you learn! No prior experience required. All Energysavers employees are expected to participate in all aspects of the business. Must have a valid driver's license & be able to lift/carry an 80lb min. Hourly pay plus commission. Stop in to fill out an application:

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163 Daniel Webster Hwy, Meredith NH**



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Full Time Laborers
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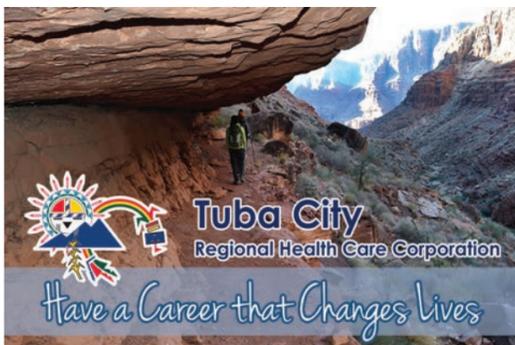
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- Construction experience a plus

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(603) 447-5936 Ext. 307**

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

Emergency Physicians CAREERS

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- Loan Repayment Program through NHSC
- \$25K Sign-on bonus with 2-year service commitment

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

WWW.TCHEALTH.ORG



JOB OPPORTUNITIES

***SIGN ON BONUS!**

Full-Time
*RNs

with two years' experience

Additional Full-Time Opportunities

LNA Physical Therapist
Radiologic Technologist Ultrasound / Echo Technologist

Part-Time Opportunities

Unit Secretary (Night Shift)
Health Information Management Clerk

Per-Diem Opportunities

RN LNA
Materials Mgmt. Technician ED Technician

APPLY ONLINE

WWW.UCVH.ORG

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



**HELP WANTED
SOLID WASTE CENTER ATTENDANTS**

The Town of Gilford is accepting applications for part-time, year-round positions at the new Solid Waste Center. Specific duties include: customer service, processing household trash and demolition debris, recyclables and yard wastes, rules enforcement, grounds & buildings maintenance, operating equipment, and snow removal.

Applicants must be able to successfully pass a physical examination and criminal background check; and be able to become certified as a NH-DES Principal Operator. Some previous experience operating a front end loader, skid steer, trash compactor and bailing machine is desired. The ideal candidate will have basic computer skills, be familiar with waste product processing techniques, and have previous municipal experience. The Town is seeking employees with a proven record of outstanding job performance and the ability to work as a team player. The ability to work outdoors in all types of weather while traveling over uneven terrain, using hand tools and sorting waste products using vision and physical dexterity is required.

Starting wage rate is \$18.75 p/h with no benefits except pro-rated vacations, holidays, and sick leave. Work hours and times are flexible. These are non-union positions.

A letter of interest with a statement of qualifications or a completed Town of Gilford application form must be submitted to the DPW Director, 55 Cherry Valley Road, Gilford, NH 03249. Applications will be accepted until the positions are filled. EOE.



TOWN OF OSSIPEE, NEW HAMPSHIRE

SUPERINTENDANT OF THE WORKS

Job Title: Superintendent of The Works
Department: Administration
Reports To: Board of Selectmen

Summary: Directs and coordinates activities of Highway Department, Recreation Department and Maintenance of Town owned buildings. Directly supervises up to 15 employees.

Essential Duties and Responsibilities include the following and Other duties may be assigned:

Confers with officials responsible for street and building construction and maintenance, and for supplying, sanitation, or other services to coordinate use of human resources and equipment, consolidate purchasing requests. Responsible for upkeep and maintenance of Town Buildings.

Reviews preliminary budgets and adjusts items for conformance to anticipated needs. Attends Board of Selectmen meetings to present budgets, activity reports, and plans for future activities.

Confers with suppliers and sellers and places orders for equipment, materials, and supplies. Authorizes or approves departmental expenditures.

Here's the link to obtain an application on line.
Deadline for applying is December 4, 2019 at Noon.
<https://www.ossipee.org/>

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MACHINE OPERATORS**

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All positions require successful completion of a background check.

For immediate consideration, please come to 37 Loudon Rd. Pittsfield NH, Monday - Friday, 8:30am-5:00pm to complete an application or contact Human Resources at GlobeHR@globefiresuits.com

GLOBE Manufacturing/MSA is Equal Employment Opportunity/Affirmative Action Employer. Minorities/Females/Individuals with Disabilities/Protected Veterans

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 - State of the art beautiful 19 year old facility
- * Must be a designated position to qualify.



NHMS

(Continued from Page B2)

2, 3, 9 and 10. Please visit www.NHMS.com/GiftOfLights for event details. A PDF version of the schedule is available: <https://>

www.NHMS.com/Documents/Gift-Of-Lights-Schedule-2019.pdf For ticket information for all events at New Hampshire Motor

Speedway, including the Nov. 28-Jan. 5 Gift of Lights presented by Eastern Propane and Oil, the June 13-20 Motorcycle Week at

NHMS, the July 17-19 Foxwoods Resort Casino 301 race weekend

and the Sept. 11-12 Full Throttle Fall Weekend, visit the speedway web

site at NHMS.com or call Fan Relations at 783-4931.



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at LRGHealthcare
at Concord

For help with drug or alcohol issues visit theDoorway.NH.gov
OR dial 2-1-1.

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