



# Turkey Trot celebrates 10th anniversary

BY ERIN PLUMMER  
mnews@salmonpress.news

Before turkeys go on the table, the streets of Gilford will be filled with runners and walkers on Thanksgiving for the 10th annual Turkey Trot.

The race on the morning of Nov. 23 is a fundraiser for the Gilford Youth Center. GYC Director Scott Hodsdon said 10 years ago a local resident had the idea of doing a run on Thanksgiving morning. Around 30 people gathered for the first event, which wasn't timed and was meant to be a fun event and friendly race.

At the end of the race, a jar was passed around to collect money for a local cause. After the founding of the GYC Hodsdon said this lead to the concept that the race could be a big



The Turkey Trot benefitting the Gilford Youth Center will return for its 10th year on Thanksgiving morning.

COURTESY PHOTO

years. Hodsdon said a big part of the event's continued success is the people who will come back every year.

Hodsdon said numbers have been steadily increasing over the history of the event. Last year, 200 people took part.

The race will see people from all over the country. Hodsdon said people visiting from California, Colorado, and other places have done the race while visiting New Hampshire for Thanksgiving.

He said usually people don't get to see a lot of friends and community members on major holidays. This event gives people the opportunity to spend some time with people in town on Thanksgiving morning.

"To be part of people's Thanksgiving tradition is very special," Hodsdon said.

The event is made possible through a lot of volunteer efforts. SEE **TURKET TROT** PAGE A10

## Storm damage leads to cleanup discussions

BY ERIN PLUMMER  
7mnews@salmonpress.news

The recent severe storm has led to the question of what storm damage the town would be willing to cover with the selectmen indicating they would rather the town cover damage on and from town property only.

The Nor'easter that hit the area the evening of Oct. 29 and morning of Oct. 30 resulted in widespread damages and power outages all over the area.

At Wednesday's meeting of the Gilford Board of Selectmen, board member Gus Benavides thanked everyone who helped out during the storm, including personnel from the Police, Fire, and Public Works Departments. He said everyone stepped up and put in some long days to help with the cleanup.

"A big thanks to everybody who stepped up from the town to really help," Benavides said.

SEE **CLEANUP** PAGE A10

fundraiser.

"We had such positive feedback from the race, it was a no brainer for us to continue to do it," Hodsdon said.

He said it has

evolved over the past decade and become one of the GYC's biggest fundraisers.

Hodsdon said Thanksgiving is one of the most popular days

for 5K and 10K races, though there hadn't been one in the area.

Some of the people doing the race have been to every Turkey Trot for the past 10

## Gilford sees 69-cent drop in tax rate

The New Hampshire Department of Revenue Administration has set the 2017 municipal tax rate for the Town of Gilford at \$17.26 per \$1,000 of assessed valuation. This represents a 69 cent decrease (3.8 percent) from the 2016 rate of \$17.95.

The rate is comprised of four factors as follows: Local Education, \$8.86 (a decrease of 12 cents, or 1.3 percent, from 2016); State Education, \$2.27 (a decrease of three cents, or 1.3 percent); Town, \$4.91 (a decrease of 43

cents, or eight percent); and County, \$1.22 (a decrease of 11 cents, or 8.3 percent).

In addition, residents of the Gunstock Acres

Village Water District will have a tax rate of 61 cents. This is a five-cent, or 8.9 percent increase, over the 2016 tax rate of 56 cents.

It is anticipated that tax bills will be in the mail some time during the third week of November, with a projected due date of around Dec. 18.



FILE PHOTO

The new season of Junior Chef is one of the many events coming up at the Gilford Youth Center.

## Full slate of holiday events coming up at Gilford Youth Center

BY ERIN PLUMMER  
mnews@salmonpress.news

The holidays are coming to the Gilford Youth Center with an array of seasonal and fun programming for families.

The GYC's biggest fundraiser the Turkey Trot will celebrate it's 10th anniversary on Thanksgiving, Nov. 23. Registration for the 5K run/walk can be done

online or the morning of the event. Walkers will start at 8:45 a.m. and runners will start at 9 a.m.

The Gilford Winter... SEE **YOUTH CENTER** PAGE A10



ERIN PLUMMER

### "Oliver" returns this weekend

Gilford High School's production of "Oliver" will return to the stage this Friday and Saturday at 7 p.m. in the Gilford High School Auditorium.

## Early deadlines for Thanksgiving

MEREDITH — Due to the fact that our offices will be closed Thursday, Nov. 23 in observance of Thanksgiving, that week's edi-

tion of the Gilford Steamer will arrive in subscribers' mail boxes a day earlier than usual, on Wednesday.

SEE **DEADLINES** PAGE A10



# ALMANAC

## Notes from the Gilford Public Library

BY MARK THOMAS  
Library Correspondent

Who is she? How has he lived? What do they stand for? Let's get personal. Let's get biographical.

People are fascinating, especially people that other people think are worth reading about. People like Leonardo Da Vinci, which is why Walter Isaacson just wrote about him. Walter draws upon Leonardo's own writings and tells a story that melds Leonardo's passion for science with his love for art. There are other kinds of art, like that sought by Emily Nunn in her book "The Comfort Food Diaries: My Quest for the Perfect Dish to Mend a Broken Heart." After suffering life-shaking changes, she sets out on a road trip to visit friends and family to recenter herself with cooking and eating being the great thing they all had in common.

Entertainers are fascinating, naturally. People like Whitney Cummings, who wrote a biography called "I'm Fine... and Other Lies" in which the actress tells true stories about her experiences with fame, relationships, and struggling with codependency. Anna Faris claims to be "Unqualified," even to write her own memoir. She had an awkward childhood, awkward dating life, and an awkward Hollywood career. She blends her self-deprecating stories with solid advice for surviving when you are out of your depth. John Hodgman is a hilarious and bizarre personality with deep roots in New England, referring to the Maine Coast in his book title, "Vacationland: True Stories From Painful Beaches." Aging and rife with privilege, John describes his experiences with stark perspectives and cutting wit. If you like to take walks in graveyards just because they are well kept, then 'Vacationland' might be for you.

There are people that are worth noticing because of their political

ideas and influence. Khizr Khan is a new face to much of the world, but he speaks with the certainty of someone who has thought long and often about his beliefs. He recently came out with two books. "An American Family: A Memoir of Hope and Sacrifice" is a memoir covering the history of his family, his own immigration to America, the military sacrifice of their son, and their recent political events. The other book is "This is Our Constitution," which is a guide book to the American Constitution targeted toward young adults.

Across the pond is the story of Liliane Bettencourt and the scandal surrounding her legacy and her vast L'Oreal wealth. Tom Sancton wrote "The Bettencourt Affair: The World's Richest Woman and the Scandal That Rocked Paris" to explain the complicating ups and downs of courtrooms, headlines, and hidden relationships surrounding Liliane, who recently passed at 94. This work is timely considering the recent 'Paradise Papers' leak.

You can lighten up with success stories like Chip Gaines' autobiography "Capital Gaines: Smart Things I Learned Doing Stupid Stuff." His winning personality and his unrelenting determination help to remind us that hard and smart work can pay off. Jonathan and Drew Scott tell their own success story in "It Takes Two: Our Story." Their personalities compliment each other so well they have made two hit shows out of it. In their book, they start at the beginning, explaining how the act really began in childhood.

This sampling is just a few of the biographies added in the last couple months. There are so many incredible lives to read about, all neatly organized in our biographies section by subject. Browse other people's

lives next time you come in and see our newest biographies right up front!

### Classes & Special Events Nov. 16 to Nov. 22

**Thursday, Nov. 16**  
Music and Movement, 10:30-11:30 a.m.  
Brown Bag Book Discussion, 12:30-1:30 p.m.  
This month's book is Hillbilly Elegy by JD Vance described as "...frank, unsentimental, harrowing memoir." Copies of the book are available at the front desk, and the discussion will be led by Molly Harper.

Crafty Kids Drop-In, 1-4 p.m.  
Stop by the children's room to create something great! Ages K-4 with caregiver.  
Homeschool Game Club, 1:15-2:30 p.m.  
Teen Table Toppers, 2:30-3:30 p.m.  
Teens can play games at the library every Thursday after school!  
Conversational French, 4-5 p.m.  
Evening Book Discussion, 6-7 p.m.  
See 'Brown Bag Book Discussion' above.

**Friday, Nov. 17**  
Preschool Storytime, 10:30-11:30 a.m.

Social Bridge, 10:30 a.m.-12:30 p.m.  
Knit Wits, 1:30-2:30 p.m.  
Conversational German, 2:30-3:30 p.m.

**Monday, Nov. 20**  
Fiber Friends, 10 a.m.-12:15 p.m.  
Mahjong, 12:30-3 p.m.  
Lego Challenge Club, 3:15-4:15 p.m.  
Try out a new challenge every week! K - fourth grade

**Tuesday, Nov. 21**  
Baby and Toddler Storytime, 10-10:30 a.m.  
Drop-in storytime. Stories, songs, lap bounces, puppets, and more!

Children ages 0 - 2 and their caregivers. Must be a GPL cardholder.  
Preschool Storytime, 10:30-11:30 a.m.  
Bridge, 10:30 a.m.-12:30 p.m.  
Tuesdays @ the Library: Colorful Corn Mosaics, 3:15-4:15 p.m.  
Join us to make apple pies. Ages K-4, younger ages need caregiver help/supervision. Limit 15.

**Wednesday, Nov. 22**  
Line Dancing, 9-10:30 a.m.  
Check Out an Expert, 10 a.m.-noon  
Teen Early Release Movie, 12:30-2:30 p.m.

## Gilford Parks and Recreation News

BY HERB GREENE  
Director  
Gilford Parks and Recreation

### Boston Celtics bus trip scheduled for Feb. 26, 2018

The Gilford and Belmont Parks and Recreation Departments are co-sponsoring a Bus Trip to Boston to see the Celtics take on the Memphis Grizzlies on Monday, Feb. 26, 2018. Cost of the trip is \$120 for lower level Loge seats and \$70.00 upper level balcony seats and includes round trip motor coach from Gilford or Belmont and tickets to the game. Our deluxe motor coach will depart from Gilford High School at 5 p.m. and the Belmont Park & Ride-share (Route 106) at 5:15 p.m. You will have time to visit the pro-shop and get dinner on your own prior to the game. Our

seats are in section #19 (Loge) and #310 & #311 (Balcony) for the 7:30 p.m. 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](http://www.gilfordrec.com).

### 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, Jan. 6, 2018 and will continue through Jan. 27, 2018 (in the event a day is cancelled because of poor weather, it will be made

up the week(s) following Jan. 27). 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.

**Senior Strides Weekly Walking Program on Wednesday mornings**  
The Gilford Parks and

Recreation Department and Gilford Youth Center are co-sponsoring a weekly walking program for senior adults on Wednesday mornings from 9-10 a.m. at the Gilford Youth Center. Participants can track their progress or just walk for fun and socialize with friends. Weather permitting; there may be an option to walk outside through the village as well. There will be plenty of chairs available to take a break as you wish and coffee, tea and water will be provided. A \$1 donation is suggested and fees will go towards monthly raffles and prizes.

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

## Gilford Public Library Top Ten Requests

1. "Rooster Bar" by John Grisham
2. "Two Kinds of Truth" by Michael Connelly
3. "The Family Lawyer" by John Grisham
4. "Glass Houses" by Louise Penny
5. "The Midnight Line" by Lee Child
6. "The Cuban Affair" by Nelson DeMille
7. "Merry and Bright" by Debbie Macomber
8. "Killing England" by Bill O'Reilly
9. "Don't Let Go" by Archer Mayor
10. "From Freezer to Table" by Polly Connor

LACONIA — Don't tell Dan Fife he's limited in what he can achieve, he will prove you wrong.

At an early age, Dan Fife had a list of goals, one of which was to travel to every state in the country. Fife, who is autistic, made quick time of his goal achieving this goal early in life.

"I love to travel and see new places," he says.

Fife will be quick to concede that his favorite place is Orlando, Fla., but this year's travels took him from New Orleans to Palms Springs, Calif. making memories.

Another goal was to be self-employed and own his own business. With his business degree from PSU, another achievement, Fife tapped into his Lakes Region "celebrity" and launched a travel/enter-



COURTESY

Dan Fife of [www.gogetfifed.com](http://www.gogetfifed.com) shows off his 2018 calendar.

tainment website, called [www.gogetfifed.com](http://www.gogetfifed.com). "whenever I meet someone they have become fified!" Fife's marketing skills and his website tell all the readers of the events and happenings in the Lakes Region, but he's not done. "My next goal is to go statewide," states Fife. In addition to the

website, Fife offers a variety of merchandise, from the popular tee shirts to shot glasses but his next project is near and dear to his heart. This year, Fife has launched a 2018 calendar, "The Life of Fife" with some of the proceeds going to Autism charities. "I hope people like

my calendar," Fife says. "It's filled with photos and special days that are important to me."

It's a full color, glossy calendar of some of Dan's favorite spots across the state.

To order a calendar, you can go to [www.gogetfifed.com](http://www.gogetfifed.com) or email [danfifepsu@yahoo.com](mailto:danfifepsu@yahoo.com)

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# Town to further review sign regulation options

BY ERIN PLUMMER  
mnews@salmonpress.news

The town will further review a recommendation by the sign committee to ban all but a few types of signs on town property. The committee was formed in response to a ruling by the US Supreme Court in the case of Reed Vs. Gilbert, Az. The town of Gilbert had a sign ordinance that limited sign locations based on

content. After the town cited the Good News Community Church for its temporary signs, Pastor Clyde Reed and the church took the town to court. The Supreme Court ruled that sign ordinances could not be based on content and either all signs would be allowed or no signs would. The town of Gilford has a sign ordinance similar to Gilbert's. A

committee was formed to examine the sign ordinance and make recommendations for how to address it. The committee's recommendations were discussed on Wednesday during the board of selectmen's regular meeting. Board Chair Chan Eddy said the sign committee made its recommendation to the Planning Board to

ban nearly all signs in the town right of way. The exceptions would be allowing signs regulated under state law including street signs, construction signs,

political signs, and others. All other signs would be banned from the town right of way, though would be allowed on private property.

Eddy said they took an initial look at the last planning board meeting of what signs could be eliminated. This would include  
SEE SIGN PAGE A10

## Gilford Community Band prepares for the Holiday Spirit

Once again, the Holiday Season is upon us with thoughts of "sleigh bells ringing," "Yule time spirits", "peace on earth and good will to man," and(of course) the Gilford Community

Band's Annual Holiday Concert. This always popular concert is tentatively scheduled for Sunday, Dec. 17, at 3 p.m. As always, the concert will be at the Gilford High School

Performing Arts Center. As always, the band will be under the direction of Lyvie Beyrent, Director of Symphonic Music at Gilford High School. As always,  
SEE BAND PAGE A10

## Plunge for the ultimate bonding experience

LACONIA — The annual Turkey Plunge in support of the good works of the local Salvation Army will take place on Saturday, Nov. 18 at Opechee Park in downtown Laconia. This fun-filled family event features volunteers who have garnered pledges of support for their plunge into the "balmy" waters of Lake Opechee. Festive costumes are an option to add to the fun.

Past experience from the previous 12 plunges indicates that this event can be the ultimate bonding experience for teams of employees, school classes and church/civic organizations.

"Participating in the Plunge each year with a bunch of my co-workers is a great way to bond as a team in support of the Salvation Army and that spirit carries over to our workplace throughout the year," said 12-time Plunger, Mark Emery of UPS.

"Mark is correct when discussing the bonding that builds teamwork through the Plunge," added Captain Scott McNeil of the Salvation Army, himself a lead plunger.

"And we encourage businesses, school clubs and churches to enter a team in this year's Plunge to forge the same bonds that UPS, Patrick's Pub, T-Bones, the Ballard House, Bank of New Hampshire, Meredith Village Savings Bank, Laconia Middle School staff and others have done," McNeil added.

While the emphasis may be on corporate and business teams plunging, McNeil was quick to add that any individuals or family group is most welcome to take the Plunge next Saturday. Sound like fun? You bet! To sign up, simply go to [www.saturkey-plunge.org](http://www.saturkey-plunge.org) or texting Turkey Plunge to 71777 on your mobile device or calling the Salvation Army office at 524-1834.



An exuberant UPS Team Brown thanks its supporters at last year's Turkey Plunge.

Gates open at 11 a.m. at Opechee Park with Plunge costume judging, warm-up exercises and team introductions. The general public is invited to attend this free fun-filled family event. The

Plunge starts at noon. After the Plunge, there will be a luncheon (free for Plungers, a modest \$5 donation for the public) across the street from Opechee Park at the Boys and Girls Club.

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## Homeowner displaced after fire guts home on White Birch Drive

On Wednesday, Nov. 8 at 8:01 a.m., Gilford and Laconia fire companies were dispatched to a report of smoke in the building at 55 White Birch Drive. The fire was reported by an occupant who saw smoke in the home and noted that it was coming from the basement. Upon arrival of Gilford's Engine 2, a large amount of smoke was coming from the rear of the two and a half story wood framed residence. Lt. DeCarli confirmed there was an active fire in the basement of the home and a first alarm was requested.

Gilford companies stretched a hose line into the basement through a rear, walk out door and quickly knocked down the visible fire. A supply line was laid from Gilford's Tanker to Engine 2. Upon arrival of the Laconia companies, a back-up line was stretched to the 1st floor to check for extension. There was no extension of fire to the

other living spaces. The 1st and 2nd floors were searched and ventilated. The basement was overhauled. Damage to the building was extensive. Although most of the fire damage was to two or three rooms in the basement, the first floor received extensive heat and smoke damage and the second floor received just smoke damage. The building is uninhabitable. Damage is estimated to be in excess of \$100,000.

The owner reported smoke coming from his basement. He was the only person home at the time and was able to exit the building quickly.

Chief Stephen Carrier stated, "The first arriving crew did a great job locating the fire and knocking it down quickly. Early notification played a big role in keeping the fire manageable. If nobody was home, the damage would have been much worse."

Gilford companies

responded to the scene along with an engine and a ladder from Laconia. Engines from Belmont, Tilton-Northfield, Alton, and Meredith assisted at the scene, while Sanborn-ton covered the Gilford Station. Gilford Police assisted at the scene. Eversource and Gunstock Acres Water District responded to the scene.

There was no damage to any other buildings or vehicles. Unfortunately, two cats did not survive.

It appears that the fire began in the basement in the vicinity of an electrical wall switch in a storage area. The exact cause is still under investigation, but all indications are that the fire was accidental in nature. The homeowner is making alternative housing arrangements.

Further information or clarification may be available during business hours by contacting the Gilford Fire-Rescue.

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**Holiday Open House**  
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Sunday, December 3, Noon–4 p.m.  
Strolling Carolers, Santa Claus, Refreshments, and Horse Drawn Wagon Rides... 1–4 p.m.  
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Extended Holiday Hours begin December 15:  
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Routes 3 & 25 . Meredith, NH . (800) 622-6455  
  
**millfalls.com**



## Pet of the Week: Rhonda



Tall, stately, brindle coated Terrier mix, Rhonda is a dog who has endured may twists and turns on the road to a secure, loving forever home. Her original family had some major life struggles that precipitated her arrival at NH Humane Society through our SAFE HARBOUR program. She's been calling our shelter home since the Summer.

Well now the weather is cold, snow is in the air, Winter is coming... and still she waits to hear those words spoken

by a stranger "oh what a lovely dog, let's adopt her!"

True, she's a big girl but her capacity to bond with her special people is equal in size to her resolve to not give up hope of finding a family to care for her.

She'd prefer to be the only child. Black Friday Adopt A Thon at the Belknap Mall is just around the corner, could not Rhonda already be enjoying your comfy couch before then? Call 524-3252 or check [www.nhhumane.org](http://www.nhhumane.org)

## STRATEGIES FOR LIVING

### *The dawning of a new day*

BY LARRY SCOTT

Dr. William Lane Craig, in his book, "On Guard," tells his personal story, one that seems to summarize much of what I have been attempting to highlight in this column.

Raised in a fine although non-Christian home, while still a teen-ager, he began questioning his place and purpose in life. To find an answer he began attending a large church but soon discovered that that fellowship was little more than a social club. Although claiming to be Christians, he found they were living by standards far lower than his own, pretending to be something they were not. On one really "bad hair day," he walked into German class and sat behind a girl that always seemed to be so happy. On impulse, he tapped her on the shoulder and growled, "Sandy, what are you always so

happy about anyway?" I will let him tell "the rest of the story."

Well, Bill," she said, "it's because I'm saved!" I was stunned. I had never heard language like this before. "You're what?" I demanded. "I know Jesus Christ as my personal Savior," she explained. "I go to church," I said lamely. "But that's not enough, Bill," she said, "You've got to have Him really living in your heart." That was the limit! "What would He want to do a thing like that for?" I demanded. "Because He loves you, Bill." That hit me like a ton of bricks. Here I was, so filled with anger and hate, and she said there was someone who really loved me. ... That began for me the most agonizing period of soul-searching that I've ever been through. I got a New Testament and read it from cover to cover. And as I did, I was absolutely captivated by the person of

Jesus of Nazareth. ... Meanwhile, Sandy introduced me to other Christian students. ... They were living life on a plane of reality that I didn't even dream existed, and it imparted a deep meaning and joy to their lives, which I craved. ... My spiritual search went on for the next six months. ... Finally, I just came to the end of my rope and cried out to God. I cried out all the anger and bitterness that had built up inside me, and at the same time I felt this tremendous infusion of joy. That moment changed my whole life" ("On Guard," Chapter 2).

It was for Dr. Craig the dawning of a new day. So dramatic was the change that came to his life he has since become one of the great defenders of the Christian faith. There is, indeed, something real to Biblical Christianity. Those fundamental issues of life – our origin, our pur-

pose, our morality and our destiny – all find their fulfillment in the fact of God's existence and in a surrender to His authority. Far from being an "insurance policy" against the possibility of hell, we have discovered a quality of life, peace of mind, new strength to face our bad days, and a reason for keeping on that we would have been unable to find in any other way. And, as if that were not enough, there is a heaven in our future ... and we can hardly wait!

F.Y.I.: On a personal note, I will be preaching on Sunday morning, Nov. 26, at the Loudon Church of the Nazarene, 33 Staniels Rd., Loudon (across from what used to be known as the Red Roof Inn on Route 106). The service begins at 9:30 a.m. If you have been following my by-line, it would be a pleasure to meet you!

## FROM OUR READERS

### In response to questions about Forest Maintenance Fund

To the Editor:

I've received several calls asking about Gilford's Forest Maintenance Fund. My extensive research over the past several years compiling Gilford's conservation lands included the Town Forests. I also went through all the Town Reports beginning in 1979 to determine which articles that had passed could affect updating our Natural Resource Inventory.

At the March 11, 1981 town meeting, Article 56 passed which stated:

"To see of the Town will vote to authorize the Gilford Conservation Commission to be empowered to manage the designated Town Forests under provisions of RSA 31:112 (II). Any proceeds that might accrue from said forests shall be placed in a Special Forest Maintenance Fund held by the Town Treasurer which may be expended from only forest management purposes by the Conservation Commission with the permission of the Selectmen or by appropriation." That never occurred.

It came to my attention that two of the Town's properties: the Robert Tilton Town Forest and the Peverly Lot did not have forest management plans. Consequently, the Conservation Commission voted to hire Tim Nolin, the town forester, to create those plans at a cost of \$2440 and \$2080 respectively. The money used to pay for these was taken from the Land Conservation Fund which was established to purchase conservation lands or conservation easements. Prime examples of the tremendous benefits of that fund include the Ramblin' Vewe Farm, Saltmarsh

Pond, Moulton Valley next to Piper Mountain, and our last purchase of Piper Mountain itself.

The town had voted back in 1981 that a Forest Maintenance Fund be established and any proceeds from harvests would be placed into that fund. However this practice never occurred. When this oversight was discovered, it became imperative to determine if any logging had occurred in Town Forests since the fund was approved.

Two harvests were done: one on the Robert Tilton Town Forest during the summer and fall of 1996 yielding \$46,392, and another on the Wilson-Weeks Town Forest in the winters of 1988-89 and 1989-90 which yielded \$16,054. Combined, there should have been \$62,446 in a Forest Maintenance Fund to pay for the two management plans and any work the forester deemed needed on the forests, one of which is \$591 to remark the boundaries on the Robert Tilton Town Forest and another \$500++ to mark the boundaries on the Wilson-Weeks Town Forest. In the latter case, the forester thought a surveyor might be needed for portions he could not determine. Instead, all of the \$62,446 went into the General Fund.

At a recent Selectmen's meeting, the Selectmen voted to cover the cost of the two management plans and directed the Conservation Commission to bring forward any additional forest maintenance costs in the upcoming 2018 budget.

*Everett McLaughlin  
Gilford Conservation Commission*

### Budget Committee looking to fill vacancy

To the Editor:

If you have any concerns about your property taxes in Gilford and would like to be an integral part of the process that deals with Town and School budgeting, which directly impact property taxes, now is your chance to do something about your taxes and those of your neighbors.

Because of an unexpected vacancy, the Town of Gilford is accepting letters of interest from registered voters to fill a vacancy for an at-large seat on the Budget Committee.

The Budget Committee reviews and makes recommendations to voters on the Town and Schools budgets. Meetings are typically held weekly during the budget season from late October until mid-January. In addition, there are subcommittee meetings

of three or four members of the Budget Committee with Town and School department heads during this period, based on the interests of the individual members of the Budget Committee.

It is anticipated that an appointment will be made by a majority vote of the Budget Committee during a duly posted, public meeting scheduled for Nov. 30. Each candidate will be given an opportunity to make a statement to be followed by a question & answer session with Budget Committee members at that time.

This appointment is for a term that will expire as of the next annual town elections on March 13, 2018.

After the Nov. 30 meeting, there are only six more Budget Committee meetings scheduled this season.

Interested persons are required to submit a statement of qualifications and availability by 5 p.m. on Nov. 27 to Norman Silber, Chair, Gilford Budget Committee, 47 Cherry Valley Rd., Gilford, NH 03249.

It is strongly suggested by the undersigned, but not required, that submissions by interested persons should contain some discussion of the individual's personal philosophy of the proper role of government and fiscal stewardship of taxpayer monies.

All application materials and procedures used for appointment considerations will be subject to public disclosure under NH RSA 91-A, (the Right to Know Law).

*Norman Silber  
Gilford*

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**Telephone: (603) 279-4516**  
**Fax: (603) 279-3331**  
**Frank Chilinski, President & Publisher**  
**Ryan Corneau, Information Manager**  
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**Email: [brendan@salmonpress.news](mailto:brendan@salmonpress.news)**  
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# NORTH COUNTRY NOTEBOOK

*A too-long interruption in the life of a fine old road*



By JOHN HARRIGAN  
COLUMNIST

Route 145, the so-called “back way” between Pittsburg and Colebrook, is one of the few old, graceful, quirky, unpredictable, and yes, to some of today’s impatient drivers, downright unsafe roads that have been spared the modern rebuild process. It has remained unchanged during decades of highway “improvement” elsewhere, and is still the same old, same old.

What we know as Route 145 began as a foot path and grew into



The new bridge carrying Route 145 across Bishop Brook was only a day away from opening when I pulled into Art and Jolene Daniels’ driveway for this end-of-the-job shot.

a rough, stump-dotted, boulder-rounding one-track cart path. This in turn morphed into a pretty good hauling road, good enough for farm wagons and even stage coaches, except

during mud season. Eventually crews widened it to two narrow lanes, but economics, common sense and the lay of the land forced the retention of Route 145’s “character,” as road-lovers say with such panache.

Stage coaches did indeed ply Route 145, just as they did even rougher and tougher highways and byways right up to the advent of the internal combustion engine. Travelers going from Colebrook to Pittsburg went just north of Colebrook on the Daniel Webster Highway (Route 3) to Hughes Road, just north of LaPerle’s IGA, then up to South Hill Road—right past my front lawn—to North Hill Road, and then up and over to the junction at Creampoke, SEE **NOTEBOOK** PAGE A11

## 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 you lead you to believe that they are diversified but often have very similar holdings in very similar

SEE **MARKETS** PAGE A10

## Thoughts from the Thrift Shop

*News from the Gilmanton Community Church Thrift Shop and Food Pantry*

The Gilmanton Food Pantry wants to congratulate all the Scouts in Gilmanton, and their families, for a successful “Scouting for Food” drive on Saturday, Nov. 4. Thanks to your efforts and all the people who put out food (despite some not having power for a week) the Gilmanton Food Pantry received over 500 pounds of food. This donation will help us to assist others, especially at this time of year.

Right now, preparations are in process for our Adopt-A-Child project. Toys and clothing are purchased for those Gilmanton children who might not otherwise receive gifts at Christmas. Anyone wishing to help with this worthwhile project may either adopt one child, one family of

children or just purchase one gift on a child’s wish list. For persons who may not have the time or resources to go and shop for gifts, we will accept a monetary donation and purchase the gift(s) on your behalf. For more information, please contact Anne Kirby at 364-7498 or Katie McEntee at the Gilmanton School at 364-5681.

Donations for Christmas food baskets are especially helpful. Any non perishable item or hams margarine, eggs, potatoes and monetary donations are useful. Non-perishable food items may be dropped off at the Academy building, the Year Round Library, and at the Pantry during open hours. Monetary donations may be brought in to the Pantry

or mailed to the address listed below.

As always, the volunteers at the Gilmanton Food Pantry & Thrift Shop as well as those whom we serve are grateful for the support of the community.

Don’t forget that the Thrift Store is open to the public and November sale is fill a bag for \$5.

Hours: Wednesday, 3 – 6 p.m. and Saturday, 10 a.m. – 2 p.m.

Telephone: 364-0114.

Location: Route 140, Gilmanton Iron Works.

Parking & Entrance: Church Parking Lot.

Mailing Address: Post Office Box 16, Gilmanton, N.H. 03237

Facebook: [www.facebook.com/GilmantonCommunityChurch](http://www.facebook.com/GilmantonCommunityChurch).

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# Cascade Spa to host 12th Annual "Spalidays" Events

**MEREDITH** — Cascade Spa at Mill Falls will be hosting its annual “Spalidays” event on Wednesday, Nov. 29 from 5 – 7:30 p.m., tickets are on sale now for \$25 per person.

Spalidays showcases the products, services, and professional staff offered at Cascade Spa. Guests will enjoy complimentary mini spa services, such as chair and hand massages, mini makeovers, discounts on spa products and gift cards, "Swag Bags," live music, and hors d'oeuvres by Lakehouse Grille. Guests

can meet experts in the health, wellness, and beauty industry, and learn about new lines and brands.

"We invite everyone to join us in the Winnetuk Ballroom as the Cascade Spa celebrates its annual Spalidays gathering," said Martha Zyla, Spa Director. "The event attracts people from all over the region and brings world class industry experts and personalities to Meredith."

The following day, on Thursday, Nov. 30, Lindsay Ebbin will



**Lindsay Ebbin**

be the guest speaker at the Spa Talk Luncheon. Lindsay is a US Celebrity Make Up Artist for Make Up Factory and is the

President & Chief Creative Officer/Partner of BAM Brands USA and will speak about the “The evolution of beauty with innovation in color to inspire and celebrate all women.” Tickets are \$20 per person. RSVP by Nov. 23 by calling 677-8620. Guests can look forward to a delicious luncheon provided by the Lakehouse Grille while they are inspired by Lindsay.

Tickets to Spalidays can be reserved by calling the Cascade Spa or stopping by. The Spalidays Lake Escape Package includes accommodations the night of Nov. 29, access to an exclusive BABOR reception from 3-5 p.m., tickets to the Spalidays Holiday Open House. 15 percent off

Cascade Spa Services booked on Nov. 29 & 30, and the Spalidays Luncheon on Nov. 30. Please call Mill Falls at the Lake for rates and reservations at 800-622-6455. A portion of the proceeds from this event will be donated to a local charity.

Nestled within Church Landing at Mill Falls at the Lake, Cascade Spa is a world-class, full-service day spa for both women and men. Cascade Spa offers signature services, including massage, body treatments, facials, hair care, and nail care. Reservations are recommended to ensure availability. For more information, please visit [www.mill-falls.com/spa/](http://www.mill-falls.com/spa/) or call 866-719-0161 or 677-8620.

# Scarves in the Square

LACONIA — The Stitches of Love group from the Congregational Church of Laconia, UCC has been knitting and crocheting scarves for a community outreach project. On Wednesday, Nov. 15, more than 100 handmade scarves of all patterns, colors and sizes will be hung around

outside the church at 18 Veteran's Square (across from the train station) from 8:30 a.m. - 4:30 p.m. Scarves will be free to anyone in the community needing comfort and warmth as the cold winter season approaches.

Sometimes it just takes love and kindness, and making something

with your own hands,  
to make a difference in  
someone's life.

The Stitches of Love group meets weekly and is always working on projects to be donated to outreach projects in the community, around the country and the world.

For more information, call the church office at 524-0668.

*LRSO Holiday Pops concerts  
at Inter-Lakes with vocalist  
Seraphim Afflick*



**Vocalist Seraphim Afflick puts you in the holiday spirit with the Lakes Region Symphony Orchestra on Dec. 9 and 10 at Inter-Lakes Auditorium in Meredith.**

**MEREDITH** — Don your best red and green and join the Lakes Region Symphony Orchestra for two sparkling Holiday Concerts on Saturday, Dec. 9 at 7:30 p.m. and Sunday, Dec. 10 at 3 p.m. Both concerts will be held at the Inter-Lakes Community Auditorium in Meredith. These heart-warming concerts are a memorable event every year and tickets sell quickly. So grab your scarf and a mug of hot cocoa (with marshmallows) and enjoy the sounds of the season in all its symphonic splendor.

This year's program features brand new selections including "Santa Baby", "All Want for Christmas", "Christmas Eve / Sarajevo" by the Trans-Siberian Orchestra, some timeless LRSO favorites including "Jingle Bells Forever" and "Stille Nacht", and the stunningly beautiful "Huron Carol" debuted last season. Tap your feet and hum along to "Winter Wonderland," "Santa Claus is Coming to Town," "White Christmas" and many more favorites.

Exuding holiday spirit is our featured guest vocalist Sera-

phim Afflick - known as the Christmas Angel among friends and family. Afflick, who resides in Concord, began performing as a child singing opera in cathedrals worldwide. As her love for performing grew so did her desire to learn more, leading her to musical theater and becoming classically trained in dance. She has performed in New York City, Las Vegas, Europe and more! Whether she is on stage, doing voiceover work, acting in films or transforming into a princess at children's hospitals her goal is always to bring others joy with her performing.

Seraphim has not only been chosen the best musical theater performer of the year in New England but she is also a world renowned, award winning tribute artist per-

forming as the bigger than life Dolly Parton and the timeless beauty Marilyn Monroe. You will not want to miss her enchanting performances with the LRSO.

“Seraphim will bring something very special to our stage for these performances, and we can’t wait to work with her,” says Benjamin Greene, LR-SO’s conductor and music director. “One of the things we love most about these concerts is performing arrangements you just don’t hear on the radio during the holiday season.”

Take a break from the seasonal frenzy and treat your family and friends to a fun-filled live musical experience. The holiday concerts have been sold-out events so purchase tickets early. If you haven't heard

SEE **AFFLICK** PAGE A11

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# Lakes Region students and manufacturers celebrate Manufacturing Month

REGION — Several Lakes Region manufacturers opened their doors throughout October as part of a statewide celebration of advanced manufacturing. Hundreds of area students participated in tours of local manufacturers and Lakes Region Community College learning more about cutting edge careers in advanced manufacturing.

“There is so much opportunity in this field,” said Justin Slattery, Executive Director of Belknap EDC regarding the reason for organizing the events. “We want students and the general public to know that they can make a great living right here doing creative and rewarding work at one of the many advanced manufacturers in the Lakes Region.”

“I’m thankful to the wonderful businesses who graciously opened their doors to the students of Belmont High School and other local schools during NH Manufacturing Month,” said Amy Burke of Belmont

High School.

She added, “These tours not only open doors to career opportunities but also the eyes and minds of many students who were unaware of what’s being created and produced in their own Lakes Region community! Students walked away feeling excited about the internship and college on-site opportunities. They were also impressed during the tour of the Lakes Region Community College – Advanced Manufacturing program as most of them have never stepped inside the “new” building.”

David Storez, Belmont High School Senior, stated, “It was nice to see how the products that we use every day, such as in our house or vehicles, were made. I, myself, am really interested in Milpower because of what they produce that help people in times of need.”

Lexy Reed, Belmont High School Sophomore, added, “I really liked this trip because there



COURTESY

Several Lakes Region manufacturers opened their doors throughout October as part of a statewide celebration of advanced manufacturing. Hundreds of area students participated in tours of local manufacturers and Lakes Region Community College learning more about cutting edge careers in advanced manufacturing.

was a lot to see! I liked seeing how much technology has changed and how much is involved in manufacturing. I liked seeing how friendly the people were to one another and how well they worked together which made it look like a fun place to work! It was also cool meeting up

with another school at Watts and having pizza with them and knowing we were all there for the same event!”

Jason Pessolano, Belmont High School Sophomore, stated, “I

appreciate the time the businesses took out of their day to show us their products and to explain the process in great detail versus just breezing through it. It made a good impression

to us students!”

Anyone interested in learning about local educational programs that will give you a leg up in the advanced manufacturing field, can visit [NHmep.org](http://NHmep.org), [lrcc.edu](http://lrcc.edu), and <http://htclaconia.weebly.com/> for more information.

Belknap EDC was founded in 1992 with the mission of promoting economic vitality in Belknap County and the Greater Lakes Region. One of ten non-profit regional development corporations in New Hampshire, Belknap EDC aims to attract and retain young talent, support creative entrepreneurs, enhance workforce development programs and remain a pro-active catalyst, partner and investor in property development that enhances economic opportunity in Belknap County. For more information, visit [belknapedc.org](http://belknapedc.org).

## CruCon Cruise Outlet presenting sponsor of 2017 Children’s Auction

LACONIA — For the third year in a row, CruCon Cruise Outlet in Moultonborough, NH has signed on as the \$25,000 Presenting Sponsor of the 36th Annual Greater Lakes Region Children’s Auction.

“We are thrilled to have CruCon Cruise Outlet as our presenting sponsor again this year,” states Sandra Marshall, Chair of the Children’s Auction Board. “Without their generous contributions and participation throughout the year, the Auction would not be able to support the amount of children and families in our communities that we do. And for that, we are truly grateful.”

CruCon has been involved with the auction for six years and

their support does not end with their sponsorship. For CruCon, the Auction is a “family” affair where the entire company jumps in to help in any way they can. They do fun things throughout the year in support of the Auction and other charities. They also conduct a drive for items where the employees bring in a large number of items to be auctioned off. In addition, when the Auction

goes on air, CruCon welcomes all employees to participate even while they work.

“We are proud to support the Greater Lakes Region Children’s Auction,” says Sandy Cleary, Founder of CruCon. “Kids are the foundation of our community and we need to take care of them. It’s been rewarding to see the positive impact the Children’s Auction has on the

SEE AUCTION PAGE A11

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**Edward Jones: Financial Focus**

**How Can You Share Your Financial “Abundance” With Your Family?**

Thanksgiving is almost here. Ideally, this day should be about more than football and the imminent arrival of Black Friday mega-sales. After all, the spirit of the holiday invites us to be grateful for what we have and for the presence of our loved ones.

But it’s important to look beyond just one day in November if you want your family to take part in your “abundance.” If you want to ensure your financial resources eventually are shared in the way you envision, you will need to follow a detailed action plan, including these steps:

Identify your assets. If you haven’t done so already, it’s a good idea to take an inventory of all your financial assets – your retirement accounts (401(k) and IRA), other investments, life insurance, real estate, collectibles and other items. Once you know exactly what you have, you can determine how you would like these assets distributed among your loved ones.

Get professional help. To ensure your assets go to the right people, you will need to create some legal documents, such as a will and a living trust. The depth and complexity of these instruments will depend a great deal on your individual circumstances, but in any case, you certainly will need to consult with a legal professional because estate planning is not a “do-it-yourself” endeavor. You may also need to work with a tax professional and your financial advisor, as taxes and investments are key components of the legacy you hope to leave.

Protect your financial independence. If your own financial resources were to become endangered, you clearly would have less to share with your loved ones, and if your financial independence were jeopardized, the result might be even worse – your adult children might be forced to use their own resources to help support you. Consequently, you will need to protect yourself, and your financial assets, in several ways. For one thing, you may want to work with your legal professional to create a power of attorney, which would enable someone – possibly a grown child – to make financial decisions for you, should you become incapacitated. Also, you may want to guard yourself against the devastating costs of long-term care, such as an extended nursing home stay. Medicare typically pays very little of these expenses, but a financial advisor may be able to suggest techniques or products that can help.

Communicate your wishes. Once you have all your plans in place, you’ll want to communicate them to your loved ones. By doing so, you’ll be sparing your loved ones from unpleasant surprises when it’s time to settle your estate. And, second, by making your plans and wishes known to your family well in advance of when any action needs to be taken, you’ll prepare your loved ones for the roles you wish them to assume, such as taking on power of attorney, serving as executor of your estate, and so on. And you’ll also want to make sure your family is acquainted with the legal, tax and financial professionals you’ve chosen to help you with your estate plans.

Thanksgiving comes just once a year. Taking the steps described here can help ensure your family will share in your financial abundance as you intended.

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**Eric Tierno**  
Financial Advisor  
(603)-293-0055  
Gilford, NH



**Kathy Markiewicz, AAMS®**  
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Meredith, NH



**Jacqueline Taylor**  
Financial Advisor  
(603) 279-3161  
Meredith, NH



**Mike Bodnar**  
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# Lakes Region Uncorked 2017 is a winner!

MEREDITH — In its fifth year, Lakes Region Uncorked, the area’s showcase charity tasting event, broke records for attendance, fun and fundraising. On Thursday, Nov. 2 at Church Landing in Meredith, well over 300 people gathered to enjoy the fine food and drink offered by local NH businesses and entrepreneurs and to support Lakes Region Community Services (LRCS).

“We are grateful for the excitement and enthusiasm Uncorked generates. It is a lot of fun, promotes unique businesses and is the largest fundraiser of the year for us,” said Rebecca Bryant, LRCS President & CEO. “It is a testament to the strong community spirit of the Lakes Region to watch the support from new and

returning sponsors, guests, vendors and donors grow each year. Uncorked 2017 brought in more than \$50,000 in support of LRCS programs and services, funds that will impact lots of lives.”

### ‘Blue Ribbon – Best of Show’ Raffle Winner

The ‘Wall of Wine’ charity raffle also expanded this year to include a new “Blue Ribbon-Best of Show” raffle – a full collection of fine wines worth more than \$1,500 in a custom-made display rack built by raffle Sponsor Wood & Clay, Inc. of Gilford.

Wood & Clay co-owner Shannon Robinson-Beland pulled the winning ticket and to everyone’s delight the holder of the ticket, Marlene Minemier of Gilford, was present at



COURTESY

Shannon Robinson-Beland (left) owner of Wood & Clay, sponsor of Uncorked 2017 “Blue Ribbon-Best of Show” charity raffle, congratulates Marlene Minemier (right) of Gilford winner of the collection of fine wines at the Nov. 2 Event benefitting Lakes Region Community Services.

the drawing to become a very excited owner of a fine wine collection.

Wood & Clay is one of many businesses that has sponsored and

supported Lakes Region Uncorked since it began.

Robinson-Beland commented, “Lakes Region Community Ser-

vices is important to me and Kevin for many reasons. As the former Director of LRCS’ Family Resource Center, I know first-hand the great things that LRCS does to strengthen local families and community. And as business owners whose clients have chosen the Lakes Region as their home away from home, it is important to us to share the good work of LRCS, so newer residents have an opportunity to get involved and

give back. Kevin and I grew up in NH, and we want to do all we can to ensure it remains a healthy and safe place for all families and individuals to live, work, and play.”

Lakes Region Community Services is a private nonprofit, comprehensive family support agency with a primary focus of providing supports to individuals with developmental disabilities and/or acquired brain disorders and their families. A dynamic human services organization, LRCS offers other essential and critical services to individuals in the greater Lakes Region from birth throughout their lifespan. At the core of LRCS’ work are inclusion, acceptance, and building strengths and partnerships – whether at the individual, family or community level.

LRCS has offices in Laconia and Plymouth which combine to serve families residing throughout Belknap and Southern Grafton Counties. For more information contact Joanne Piper Lang at 524-8811 or visit [www.lrcs.org](http://www.lrcs.org).

## Central New Hampshire VNA & Hospice helps you start the conversation

REGION — Home for the holidays? Noticing a change in mum or dad? Or have you been putting off that most difficult of conversations?

Central New Hampshire VNA & Hospice can help.

Having that end-of-life planning chat is hard – no doubt about it. But there are some ways you can ease into it that may feel a little more comfortable for you and a little less threatening for your father or mother. Perhaps begin with a “what if.”

“Mom – if I’m ever in an accident, or have an illness so severe I can’t make decisions

for myself, here’s what I want to happen.” Then share with her your Advance Care Directive (also known as a living will or a healthcare power of attorney). Of course, you will need to get one and have it filled out and at the ready. One can easily be obtained from your doctor, any local hospital or by searching the web for a downloadable form. The Foundation for Healthy Communities is a good source. This document delineates what types of treatments a patient may want to receive or not to receive in case of a future unknown medical energy as well as who can speak for the patient when s/he cannot speak for him or herself. This designated person is known as a surrogate. The conversation then turns to “So Mom - what if it’s you? What do you want?”

A lesser known document called a POLST may also be important. An acronym for Physician Order for Life-Sustaining Treatment, this is different from a Directive. A POLST is a medical order for specific medical treatments and is more appropriate for people with a serious illness or advanced frailty near the end-of-life. You can visit [www.polst.org](http://www.polst.org) for more complete information.

Other important pieces of information. Do you parents have wills? Are they current and do they have copies handy? You should have a copy. Have they thought about estate planning, and are

SEE CONVERSATION PAGE A11



COURTESY

### Taylor Community to host Nov. 15 Chamber Meet & Greet

Taylor Home staff & residents will host the Lakes Region Chamber of Commerce’s Nov. 15 Meet & Greet networking event. A vibrant, 105 acre campus celebrating their 110th anniversary, pet friendly and ready to welcome the local business community at their Woodside Building. Try some delicious foods, enter to win raffle prizes and learn more about \$4 million in capital improvements invested over the past two years, how the number of residents and staff are the highest they’ve been than at any time in Taylor’s history, and about the life enriching opportunities that abound at the Taylor Community in Laconia and their satellite campuses in Wolfeboro and Pembroke. “While some people think we’re limited to a nursing home, Taylor is actually a vibrant community with a majority of our 396 residents living very active and independent lives,” said Michael Flaherty, President/CEO. Lakes Region Chamber of Commerce Meet & Greets provide a casual atmosphere to network, to grow your business connections and get a behind the scenes look at a local business. For more information or to register to attend, contact Joanne Haight at the Lakes Region Chamber of Commerce at 524-5531 or go to [LakesRegionChamber.org](http://LakesRegionChamber.org).

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# Lakes Region Community College Chef Patrick Hall named Educator of the Year by NH Lodging and Hospitality Association

LACONIA — Chef Patrick Hall (Concord) has been selected for the prestigious Educator of the Year Award by the New Hampshire Lodging and Restaurant Association (NHLRA). Hall, and other award recipients, were honored at the 2017 Stars of the Industry awards dinner Monday, November 6 at the Grappone Conference Center in Concord.

“We all know how hard Chef Hall works on behalf of his program and his students,” said Lakes Region Community College (LRCC) Vice President of Academic and Student Affairs, Dr. Alan Punches. “It is so gratifying to see that his peers and other industry leaders recognize his exceptional efforts as well.”

Chef Hall has taught at Lakes Region Community College since 2005, and has also



Patrick Hall

PHOTO

twice been the recipient of the Chancellor’s Award for Teaching Excellence. In addition to teaching, he is the program coordinator for all culinary programs at the college, and oversees all operations of the student restaurant, the Shaker Table at Canterbury Shaker Village. Hall holds a Master’s degree in Career and technical Education from the University of New England, as well as Bachelor and Associate degrees in Culinary Arts from Johnson and Wales University. Prior to teaching, Hall and his wife, April, owned Patril’s Restaurant in Franklin, New Hampshire. He has had several years of experience in hotels and restaurants, ranging from the Cheeca Lodge Resort in the Florida Keys, to the Spring House Hotel on Block Island. Chef Hall lives in Concord with his family.

Lakes Region Community College offers programs in Culinary

Arts, Pastry Arts, Restaurant Management, and a new Hospitality Management program. Lakes Region Community College is a fully accredited, comprehensive community college located in the Lakes Region of New Hampshire that serves over 1,200 students annually. LRCC offers 28 associate degree programs including Nursing, Fire Technology, Business, Media Arts, Automotive, and Marine Technology, as well as short-term certificate programs. In addition, LRCC provides a strong background in Liberal Arts for students who choose to do their first two years at a community college and then transfer to a four-year college or university for a baccalaureate degree. LRCC is part of the Community College System of New Hampshire. For more information, contact Carlene Rose, Business Technologies and Culinary Arts Department Chair at 366-5225.

## November is National Hospice Month – Let’s define Hospice

REGION — In a recent Dear Annie piece, “Death With Dignity My Way” wondered about choices in end-of-life care and hospice care in particular. She asked “When the obituaries say the person died surrounded by family, did that person have a choice?”

As November is National Hospice Month, and in light of the question posed above, this seems like a good opportunity to talk about Hospice Care – what it is and certainly what it is not. Let’s start with what it is.

Considered to be the model for quality, compassionate care for people facing a life-limiting illness or injury, hospice care involves a team-oriented approach to expert medical care, pain management and emotional or spiritual support expressly tailored to the patient’s needs and wishes. Support is provided to the patient’s loved ones as well. At the center of hospice and palliative care is the belief that each of us has the right to die pain-free and with

dignity and that our families will receive the necessary support to allow us to do so. Though care is primarily based in the home, enabling family members to remain to-

gether in peace, comfort, privacy and dignity, care may also be provided in a group home, nursing home or, yes, even in a hospital.

SEE **HOSPICE** PAGE A11



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TURKEY TROT

(Continued from Page A1)

Hodsdon said a people are willing to give their time on Thanksgiving to help out. The event will feature a 5K run as well as a family walk. People are invited to bring pets and children in strollers. The race's course goes through Gilford Village, which Hodsdon said "makes a beautiful course."

Registration is avail-

able the morning of the race. Walkers will start at 8:45 a.m., and runners will take off at 9 a.m. For convenience participants can register at [www.gilfordyouthcenter.com](http://www.gilfordyouthcenter.com). Proceeds raised will go to operations and programming at the GYC including vacation and summer camps. "Not only is it a fun and festive event it's

making a big impact on community programs in Gilford," Hodsdon said. Results of the race will be posted the same day and there will be winners declared in each age bracket. The top male and female finishers will receive a homemade created by members of the Gilford Community Church and the community in general.

YOUTH CENTER

(Continued from Page A1)

ter Farmer's Market will continue this Saturday. The market opened for the season on Oct. 14, and will continue every Saturday from 9 a.m.-noon through February. For the next two weekends the GYC will host Mickey and Minnie's Breakfast Bash. Both of these events have sold out. SantaLand will return on Dec. 1 and 2. From 5-7:30 p.m. on Dec. 1 and 10 a.m.-noon on Dec. 2 the GYC gym will become a holiday themed playground featuring games, races, crafts, cookie decorating, a cookie walk,

bouncy house, food, visits with Santa and more. The event is free for all ages. The Kids Market will return to the Winter Farmer's Market on Dec. 9. The Kid's Market is a new feature that debuted on Oct. 14 during the first day of the Winter Market. Kids could sign up to sell items and have a first experience as entrepreneurs. "It was extremely successful, we had over 20 vendors that day," said GYC director Scott Hodsdon. "It drew a lot of people to the community." Because of this suc-

cess they will aim to hold a Kid's Market every month for the duration of the Winter Market. Kids can still sign up to be part of the Dec. 9 market on the GYC website [www.gilfordyouthcenter.com](http://www.gilfordyouthcenter.com). The event is free for kids to sign up. The Junior Chef program will continue on Mondays and Tuesdays for elementary school aged kids. Spots are still open for the Monday program. The program's theme is holiday cooking and kids will be learning to make holiday themed dishes.

SIGN

(Continued from Page A3)

real estate signs, which would be allowed on private property but not in the town right of way. Eddy said they could decide to allow signs during certain times and hours, but they can't restrict signs based on content. Town planner John Ayer said for decades municipalities have had sign regulations that have allowed signs such as real estate, yard sale, and event signs. "This is something that's been pretty common through the country," Ayer said. "This court decision really kind of shakes up that concept." Selectman Gus Benavides, who also works as a realtor, said the real estate business puts out signs directing to open houses and banning real estate signs on town property could be a challenge. Benavides said in one example if a house is for sale in a more tucked away area like

Gunstock Acres. "For somebody to buy a house in the Acres it can be very challenging to say you can't put out a directional sign on the street for two hours," Benavides said. "I'm starting to think about the ramifications." Benavides said under a policy like this signs for Old Home Day, the Candlelight Stroll, the farmer's market, birthday parties, and others also wouldn't be allowed. Ayer said, however, if all signs are allowed this could lead to sign pollution. Eddy said the Planning Board does not have to accept this recommendation. Ayer said they could allow signs in a limited area. Eddy said there could be a time limit, like allowing open house signs to stand an hour before the event to up to an hour after. He said they often see yard sale signs that have remained days and weeks after the sale is done. "That would be up

to the Planning Board whether ban everything or do a time, place, and manner," Eddy said. It would be up to the planning board to come up with a new ordinance to go to the voters. Town Administrator Scott Dunn said the board of selectmen has control of the town right of way and can act independently of the Planning Board. Selectman and Planning Board representative Richard Grenier said the Planning Board had a discussion on this and members of the board want to study this further before making any decisions. The selectmen recommended waiting before taking any action. Eddy said farther along they could have a public hearing on this. "(The) selectmen have control of right of way, the last thing we want is something that's in conflict with each other," Eddy said. He said it would be best if they have some kind of agreement.

CLEANUP

(Continued from Page A1)

Benavides said he thought the storm "caught a lot of people off guard" and many people probably didn't think a wind and rain storm like that would do so much damage. Selectman Richard Grenier said he echoed Benavides' words. Town Administrator Scott Dunn sought direction from the board on if the town will cover storm damage. Dunn said while the best case scenario is they would "do everything everyone would want us to," though there are limited resources. Board Chair Chan Eddy said he understands it is the town's responsibility to clean up debris that fell in the town right of way, though he has an issue with doing anything aside from that. Dunn

said in many cases it would be hard to determine where every piece of debris in the right of way came from. Benavides said it's unfortunate residents have had their properties damaged in the storm, though the town cannot be responsible for work on private property. He said he had damage done to his property, but had to hire a company to pick up debris. Eddy said if the debris falls from the town right of way onto private property that gets into a gray area. Later that meeting the selectmen approved covering \$150 in damages to a resident whose property was damaged by a tree that fell from the town right of way. Dunn said there is

the issue that people who are elderly or disabled don't have the ability to put the debris in a pickup truck. Grenier asked in that case who is doing their property maintenance now. "If the town owns it we should take care of it," Grenier said. "It's going to take a long time to do that." Dunn said so far the town will only pick up piles of material if it's clear they came from a tree in the town right of way. The clean-up will be an involved process and done when possible. Dunn said there have also been issues with uplifted roots and will get to them in the right of way when they are able. "Do on a catch as catch can be basis," Eddy said.

DEADLINES

(Continued from Page A1)

day, Nov. 22. In order to accommodate this change in our publication schedule, the submission deadline for any press releases, letters to the editor, and obituaries intended for publication that week has also been moved up one business day, to Friday, Nov. 17 at 4 p.m. Submissions may be dropped off at

our offices, located at 5 Water St. in Meredith, or e-mailed to Editor Brendan Berube at [brendan@salmonpress.news](mailto:brendan@salmonpress.news). Please note that any submissions received after 4 p.m. on the 17th will be held for publication on Nov. 29. For information regarding the Thanksgiving deadlines for dis-

play advertising, please contact Beth Tobyne in Sales at 279-4516 or [beth@salmonpress.news](mailto:beth@salmonpress.news). The staff of the Gilford Steamer thanks our readers for their cooperation with these changes in our publication schedule, and wishes the community a safe and happy Thanksgiving.

BAND

(Continued from Page A3)

many of your holiday favorites, such as "Jingle Bells," "Rudolph the Red Nosed Reindeer," "Silent Night," "Joy to the World," "Feliz Navidad," and "Little Drummer Boy" will be performed as well as more contemporary selections, such as "Hallelujah" and "Last Christmas." The community band is a group of dedicated experienced and inexperienced musicians who volunteer their time to provide contemporary and traditional Christmas/holiday music for the enjoyment of all. The band consists of the full range of brass, percussion, and woodwind instruments. Band members range from middle school students to senior citizens with a wide range of abilities. Rehearsals will be-

gin on Tuesday, Nov. 21; and continue on the following Tuesdays until the Sunday concert. Rehearsals are at 7 p.m. in the band room at Gilford High School. All interested musicians are invited to participate in the rehearsals, and everyone

is invited to experience the sounds of the holiday season on Sunday, Dec. 17. As always, everyone will have an enjoyable time! For further information, please contact Ms. Beyrent at [lbeyrent@sau73.org](mailto:lbeyrent@sau73.org).

MARKETS

(Continued from Page A5)

lar 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).*





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NOTEBOOK

(Continued from Page A5)

then over Old County Road to its junction with Clarksville Pond Road, and on over Ben Young Hill and onto the Bacon covered bridge across the Connecticut River to Pittsburg.

There was a stage-coach stop---an inn and tavern---at the junction of South Hill, Chet

Noyes and North Hill roads. A stand of balm of Gilead trees marks the spot today, and the foundations can still be seen. I can imagine the scene---stable boys feeding and bedding the horses, while inside came cries for supper and thumps of mugs on the table for

more ale.

These days, while some locals contend with the road’s everyday bothers and grumble, people come from all over the country to drive Route 145 just for the sheer fun of it---largely because of those very dips, sudden corners, blind

hills unevenly banked corners, and the occasional brief, straight-away jewel with the inevitable wake-up call around the corner.

But visitors and locals have had their scenic drives and everyday lives interrupted for most of the past year by the inescapable

replacement of the ancient bridge carrying Route 145 across the main branch of Bishop Brook, just below what is now known as the Poore Farm Museum. Now, at long last, the job is finished for all but the cosmetics.

When I dropped out of my first year of college and came home in disgrace, and was lucky enough to get a job at Beecher Falls Factory division of Ethan Allen, I of course bought the most implausible and impractical car possible, an MGB roadster convertible. It was all but useless in snow, and the heater was a joke, but as we said in those times, in good weather, mister man would she go, and did she ever like those tight corners on good old Route 145. No leaning or tipping there, just racing-car flatness.

There aren’t many roads like Route 145 left, most of them having been straightened and flattened and widened into everyday oblivion. But here and there a standout remains.

I’m thinking here about Route 113, around the top end of Winnepesaukee, more or less connecting Route 16 in the east to Route 3 in the west.

It is a joy to drive, humped here and there by the reminders of buried boulders and stumps. In one section, someone once told me, a road crew digging down to fix one mysterious hump or sag or

another found some old corduroy road, which was the old way of carrying a road across a swampy area---cedar logs (which take a very long time to rot), laid side by side cross-ways, just like corduroy pants.

Now, it’s nobody’s secret that I’ve sometimes been at odds over the years with New Hampshire’s Department of Transportation, mostly in the category of over-designing and overbuilding, meaning proposing a new road or bridge too big and totally out of character with the original road and its surroundings. And I’ve lost more of these battles than I’ve won, for sure.

But guess what? It appears, to me, a guy who knows every foot of Route 145, from boyhood on up, that D.O.T. has built a damned nice bridge, in a very tight and difficult spot, and as close to the character of the place as possible.

So here’s a tip of the hat to the pen-pushers and builders at D.O.T., and to old 145---and I’ll be test-driving the new bridge tomorrow.

*(This column runs in a dozen papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Letters should include town and telephone numbers in case of questions. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)*

AFFLICK

(Continued from Page A6)

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nia. Any unsold tickets will be available at the door starting one hour before each concert. More information is available at [www.LRSO.org](http://www.LRSO.org). And find us on Facebook at /LRSO1.

The LRSO greatly appreciates the sup-

port of its Saturday concert sponsor Bell-

wether Credit Union, and its Sunday concert sponsor Fay’s Boat Yard. Their generous community support is a big part of what makes the LRSO, a community orchestra, possible.

The Lakes Region Symphony Orchestra

is a Meredith-based, non-profit orchestra that performs throughout the fall, winter, and spring months. Orchestra members have ranged in age from 13 through retired seniors, representing more than 36 communities in the Lakes Region and beyond.

AUCTION

(Continued from Page A7)

children of the Lakes Region each year and we’re more than happy to be a part of it.”

The Greater Lakes Region Children’s Auction is an annual event held every December

in central New Hampshire. Countless volunteers and donors have helped turn it into a major campaign on an annual basis. Over the 33 years that the community has come

together, over \$4.5 million has been raised for local charities, all through volunteer efforts, community donations and corporate sponsorships. The Greater Lakes Region

Chartable Fund for Children is a 501(c)(3) nonprofit organization that helps community organizations in the Central New Hampshire region.

CONVERSATION

(Continued from Page A8)

there charities that are near and dear to their hearts that they may want to support in perpetuity? Do they want to write their own obituaries? What about the pets? Is there a list of death benefits, insurance policies, contacts and/or special wishes? Do they have specific thoughts about their own funeral? A very useful checklist can be

found here: [www.oktodie.com](http://www.oktodie.com).

More happily – what might they want to do before it’s too late? A visit to their birthplace? A vacation never taken? A hot air balloon ride - perhaps sampling escargot or paella. Whatever - you can help them make it happen.

Central New Hampshire VNA & Hospice

will be hosting a free Advance Directive Seminar in January. Watch [www.centralvna.org](http://www.centralvna.org) for more details, and then please join us. Or encourage your mom or dad to attend. We can also come to your service organization, place of worship or library with a variety of topics of interest and value. Check out our Speakers’ Bureau

at [www.centralvna.org/html/speakers](http://www.centralvna.org/html/speakers).

Ultimately, we must all ask ourselves “What does it take to live, love, and die with dignity and grace in the modern age?” It is up to us – we have choices. Planning is one. Hospice care is another. In recognition of National Hospice Month, let’s start the conversation.

HOSPICE

(Continued from Page A9)

Hospice focuses on caring, not curing. A hospice team includes a Medical Director, skilled nurses, nursing assistants, social workers, spiritual counsel, a bereavement coordinator and volunteers. In many cases, additional disciplines may be added to the patient’s team. The hospice team develops a care plan that meets each patient’s individual needs for pain management and symptom control. Care also includes assisting the patient with the emotional, psychosocial and spiritual aspects of dying, provides hospice care related drugs, medical supplies and equipment, coaches the family on how to care for the patient and provides

bereavement care and counseling to surviving family and friends for up to 13 months.

Hospice is not a new idea or a fad. In fact, the term “hospice” (from the same linguistic root as the word “hospitality”) can be traced back to medieval times when it referred to a place of shelter and rest for weary or ill travelers on a long journey. The name was first applied to specialized care for dying patients by physician Dame Cicely Saunders, who began her work with the terminally ill in 1948 and eventually went on to create the first modern hospice - St. Christopher’s Hospice - in a residential suburb of London.

Hospice is not for everyone – it must be entered with the full consent and understanding of both the patient and his/her network of support. Hospice is not rigid and does not preach – it allows each patient to define his or her own experience. Hospice is not a “cure” – it is concerned with relieving pain, providing a quality end of life experience and providing support.

It is indeed sad that “Death With Dignity” (wherever she lives in the United States) did not seem to receive these services to aid her in the loss of her father, mother and husband. Her grief must be substantial. However, should she choose Hospice Care

for herself when the time comes, she should feel assured that the choices are hers and hers alone. A good resource for those seeking information about hospice care is The National Hospice and Palliative Care Organization found on the Web at [www.nhpco.org](http://www.nhpco.org).

Locally, Central New Hampshire VNA & Hospice has been providing hospice care for the NH Lakes Region communities for more than 37 years and is able to answer all your hospice related questions as well as direct you to other resources available in the community. You may find them at [www.centralvna.org](http://www.centralvna.org) or by calling 524-8444.



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

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



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## Beaudet named Division 2 Co-Player of the Year

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — The Golden Eagles volleyball team recently finished yet another fantastic season, going to the final four for the 24th consecutive season. Much of this success was due to the strong play of senior Brooke Beaudet who, along with Payton Hodson of St. Thomas,

was named Division 2 Co-Player of the Year.

“It feels so good to be named player of the year,” said Beaudet. “It means everything to me and is such an honor. I was kind of surprised because they are a lot of good players in D2, I just never thought I would get it but I did work my heart out every day.”



BOB MARTIN

Brooke Beaudet had a monster season for the Gilford Golden Eagles volleyball team, and her hard work led to her being named the Division 2 Co-Player of the Year.

Beaudet was a starter since her freshman year, playing both the front and back row. Coach Joan Forge said this is something rarely done in Gilford volleyball. Beaudet was the team's libero in 2015 when Gilford won the state title, and she also helped the Golden Eagles to three semifinal appearances.

Forge has known Beaudet for much longer than her time on the team, however, saying that she would hang around the team since she was young as her mother, Jen, was once a JV coach and father, Bill, has been the assistant coach for 25 years.

“I remember when Brooke was a young girl and she would come to the gym to shag balls,” Forge said. She has been around the sport for a very long time. Brooke is not only a fantastic all-around player, but she is an inspiration to her team. Her competitive nature, intensity, focus and grit elevates

our practices every single day. Brooke is one of the main reasons why Gilford was seeded number one in the D-II standings and made it to the final four. This award is truly deserving.”

This past season Beaudet had 164 service points with 34 aces, and a 93.5 serving percentage. She led the team with 231 kills, which was nearly 100 kills more than Maggie McNeil's total of 145 that was good for second place. She had 335 kills in her career at Gilford.

Beaudet was the team leader in digs with 261, and also had a pair of blocks.

Coming back from a knee injury can be difficult, but Beaudet beat the odds and came back stronger than ever. She finished her career with 718 digs, which is second in Gilford High School history behind Jordan Dean's 784 digs. The number is especially amazing because she sat out her entire junior season.

Beaudet was happy that her hard work paid off, and she was recognized by coaches around the league for her effort. She is no stranger to All-State teams, however, as she was named to the first team in basketball during her sophomore year.

Since she had to miss her junior year for the ACL injury, Beaudet knew this was the time to put everything on the line this season.

“I practice every day like it is my last, and play each game like it is my last,” Beaudet said. “I put my heart out and have a very good work ethic.”

Lexi Boisvert is a teammate and friend  
SEE BEAUDET PAGE B3

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BOB MARTIN

Maggie McNeil had a great all around season for Gilford High School's volleyball team, and she was named to the All-State first team this year.



BOB MARTIN

Karly Sanborn was a second team All-Stater after a season where she helped Gilford High School go to the semifinals in the state tournament.

# Gilford duo earn volleyball All-State honors

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — The Gilford High School volleyball team not only had the player of the year in Brooke Beaudet this season, but also had two other All-Staters who helped lead the team to the final four this season: Maggie McNeil on the first team and Karly Sanborn on the second team.

McNeil, an outside hitter, finished the season with 192 service points and a 92.4 serving percentage. She led the team in aces with 93, which was nearly three times Beaudet's second place total. She was second in kills with 145 kills and also had five assists.

Defensively, McNeil

had a standout season with 239 digs, which was second on the team. She now has 401 digs for her career, to go with four blocks. As a junior, McNeil has a good chance to reach the 500-dig milestone next season.

"Maggie was a real force from the service line," said coach Joan Forge, adding that her nickname was McNasty for her dynamic play on the court. "She got us a lot of points at that position. She was our first, and best, server."

McNeil said she was surprised to make first team as a junior, adding that it was very humbling to know that other coaches around the division noticed her hard work and passion for the sport.

She recalled playing St. Thomas and getting her career highs in digs with 31 and kills with 16 as being one of the best games of the season for her.

"I just remember getting into the zone and getting into a flow," McNeil said. "Our team just clicked that game. The St. Thomas game and the final four game against Portsmouth were my best games of the season and of my career."

McNeil said she has put in plenty of hard work, with the help of Forge, in an effort to become the person and player that she is today. She explained that while Forge works the team hard, she also saw raw potential in McNeil this season.

In the off-season

McNeil doesn't leave volleyball behind. She plays for the Lakes Region Junior Olympic team, as well as participating in volleyball camps at the University of New Hampshire and Penn State where she plays along players from Division 1.

While it was an amazing thing receiving her first all-state nod this year, McNeil has a big goal for next season that she hopes to achieve.

"I have always wanted to be a volleyball state champion and I believe that it is an achievable goal for next season if our team puts their heart into it," said McNeil.

Sanborn is one of the top setters in Division 2 and had a fantastic year with 447 as-

sists. Forge said with her assist total at 778, and the junior has a chance to reach 1,000 for her career.

"Volleyball is such a team sport, and you are only as good as your setter," Forge said. "Karly is in such an important role and we put her there because of her athleticism. She started setting last year really for the first time. Because she is so athletic she has come such a long way."

Forge said making the final four in the state tournament is very much attributed to Sanborn's setting skills.

Forge said much of Gilford's game plan relies on good defense and passing, which made this duo integral to the team's success.

"We would get the ball to Karly and she would get it to the hitters," said Forge. "It's not like we overpowered other teams, but we had a defense that could really do its job."

Sanborn said she was very surprised when she heard from Forge that she had been named to the all-state team, and that once it sunk in she was happy knowing how big of an honor it is in a sport she truly loves. She added that there are so many great players in Division 2, so being among this elite group is humbling.

Sanborn said she always tries to put what is best for the team first, which may be why she was named.

"As a team, we communicate really well," said Sanborn. "I listen to my hitters when they tell me where they

want the ball to be set. I never quit when I'm on that court. I keep a positive attitude, keep my composure on the court, try to keep my teammates upbeat and positive, and I play with intensity."

Sanborn recalls a game in Laconia as being her best this season, saying everything was coming together. She said the sets for her hitters were on point and she knew how well she was playing by seeing how her opponent reacted on the court.

Sanborn explained that she conditions year round to achieve her goals, saying she runs and works out all summer to be in shape for long, intense practices. Her parents have also put a regulation size volleyball court on the front lawn all summer so she can practice. During the school year, Sanborn stays after practice to work on setting skills, as well.

"I do this every day," Sanborn said. "I've been playing volleyball since I was 11-years-old, but have only been setting for two years. So, the setter position is pretty new to me, and I still have a lot to learn."

Sanborn is a three-sport athlete who also plays basketball and softball, but said this is her first all-state honor. She said Forge, as well as her Junior Olympic Coach Doug Oxford and Gilford alum Charleyne Panner, have helped her immensely.

"My personal goal for next season is to possess better setting skills and become a leader on the court so I can help my team work toward our goals," Sanborn said, adding the team's motto: "Always us."

Athletic Director Rick Acquilano congratulated the players on their accolade, saying it is indicative of the quality of the volleyball program in Gilford.

"I believe having three members of the program receive all-state recognition makes a statement about their teammates, coach and the program as a whole," Acquilano said. "The volleyball program reaching the semifinals for the 24th consecutive year is a testament to the belief in hard work and dedication by Coach Forge and the entire volleyball community here."

## Gilford alums generously give back to GHS Unified Club

GILFORD — A pair of lifelong friends and successful businessmen recently gave back to their alma mater by donating funds to the Unified Club, which is a social club at Gilford High School that promotes inclusion for students with intellectual disabilities.

Kevin Shaw, a real estate agent with Roche Realty Group, and Scott Everett, founder of Supreme Lending of Dallas, Texas, awarded \$3,000 and \$5,000 respectively to the club last month. The two were high school teammates and friends who grew up together on the Gilford soccer and baseball fields, while also spending many summer hours at Gilford Beach. Additionally, the two traveled through Europe to-



COURTESY

Scott Everett and Kevin Shaw recently donated funds to the Gilford High School Unified Club.



COURTESY

(Left) Scott Everett donated \$5,000 to the Gilford High School Unified Club this fall.

gether playing soccer at a very high level.

Thirty years after their high school graduation, they remain close. This friendship led to the donation to the club.

Some activities the Unified Club has done in past years are bowling at Funspot, movies and

dinners at GHS, sledding, Halloween parties, dances and game nights at GHS. With the funding provided by Shaw and Everett, the club will be able to include some more ambitious events like trips to Boston or to Maine or to include some summer events like camping or sailing on the lake.

The Unified Club advisors are Tom Carr and Laurie Belanger.

"We are extremely grateful for the funding these two men have provided," Carr said. "The Unified Club makes life better for every student in the club. It is exceptional for Kevin and Scott to notice the great, life changing results coming from unified sports and the Unified Club. We are extremely appreciative."

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# Golden Eagles earn field hockey All-State nods

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

GILFORD — The Golden Eagles field hockey team was one of the best in Division 3 last season, making a trip to the semifinals. Three of the team's top players were named to the All-State teams this year, which included Kellie Ryan and Nicole Berube on the first team, and Jillian Lachapelle on the second team.

Ryan, a senior, has been one of the best field hockey players in the division for years, and last year was no different. She finished the season with 21 goals, which puts her at 59 goals total in her career. Ryan has been the Gilford field hockey team captain for the past two years, and coach Dave Rogacki said she has been a true leader.

"She has really worked hard to improve her play," said Rogacki. "She also understands her position out on the field."

Rogacki explained that Ryan has put the time in to succeed, as she has been a part of three Granite State Games teams with Rogacki where she won two gold medals and a bronze medal. In the winter, she plays for the Seacoast United club team, where Ryan plays alongside players from Division 1.

"That has really helped her," Rogacki said. "Being on the field with those club teams has had her working really hard. Her hard work is one thing people really appreciate about her."

Berube, a junior captain, is a speedy forward for the Gold-



BOB MARTIN  
Kellie Ryan was the top goal scorer for Gilford High School's field hockey team, and she was recently named first team All-State.



BOB MARTIN  
Nicole Berube led Division 3 in assists this year with 19 and was named to first team All-State.

en Eagles who had 19 assists, which put her at the top of Division 3. Rogacki said she used to play outside but because the offense was a bit stagnant in the past, he decided to move her to the middle and it worked out perfectly. He said Berube and teammate Laurel Gingrich provided great passing and offensive sparks.

Rogacki knows Berube well, as she also played under him in the Granite State Games the past two years. He said playing with high quality talent has helped Berube trans-

form into a top player.

"People look at Nicole and see she is small and don't worry about her, but she is just such an excellent passer," said Rogacki. "That is her strength. She is someone who improved and contributed in a new position."

Lachapelle, a senior captain, made second team All-State and has been the rock on defense for the Golden Eagles. This was her second year making All-State, as she was a first teamer last season.

Rogacki said, much like Ryan, she has



BOB MARTIN  
Jillian Lachapelle played top notch defense last season and was named second team All-State.

played three years in the Granite State Games and has been a workhorse on and off the field.

"She has taken skills she learned from her whole life playing ice hockey and applied it to the game of field hockey," Rogacki said. "She is a really good player, at both midfield and defense. It was nice to have her and Kellie as captains. They were keys of why we were so successful in the four years they've been there."

## BEAUDET

(Continued from Page B1)

of Beaudet's who can attest for the hard work that Beaudet has put in. She explained that through being an athlete a year behind Beaudet, in both the middle and high school levels, Beaudet's reputation of a premier athlete preceded her.

Boisvert said as a freshman coming from Gilmanton, Beaudet was one of the first friends she made at school thanks to the sports they played together that allowed them to instantly click. She said it was fun to watch her become the varsity libero during her sophomore year, saying she was quick to move her feet and had "sick passes." She added that it was just as difficult to watch her go through her junior year on the bench with a knee injury.

"I could not imagine going through the injury that she did being a three-sport athlete, being out all three seasons your junior year," said Boisvert. "That's rugged. She worked really hard to get better and stronger, and returned ready to bring it. And that's just what she did."

Boisvert said she and the rest of her teammates have looked up to Beaudet, not only for her

skills on the volleyball court, but also for her leadership as a person.

"We are not only teammates, but we are great friends," Boisvert said. "Brooke has the quiet, intense side to her and I'm the loud silly one, which seems to fit perfectly with each other. I think our friendship complements each other well on and off the courts, and the softball field."

Athletic Director Rick Acquilano knows how special it is to be

named the division's player of the year, and knows the adversity Beaudet overcame to achieve the accolade.

"To have a player in our school named player of the year is special because it speaks to the excellent attributes of the player," said Acquilano. "It is extra special for Brooke because she put the extra time and effort in coming back from a painful injury. We are all so proud of her."



KATHY SUTHERLAND

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LACONIA OFFICE

1921 Parade Road

(603) 528-0088

**BELMONT:** Silver Lake waterfront property with 112' of shoreline. Seasonal 4-BR camp with town sewer and lake water source plus an outbuilding. Great value in the waterfront lot, use as a rustic get away or build your dream lake home!  
\$199,999 MLS# 4666663

**GILFORD:** Estate sized building lot with site plan, driveway, well and underground utilities already in place. 7.37 acres with 152 of road frontage and an expired 4-bedroom septic design. Zoning allows for many uses.  
\$139,900 MLS# 4666507

**NORTHFIELD:** Country home on 30 ac. in the woods with a cell-phone tower as guaranteed income. Fine home with tiled mudroom, billiards room, 2 bedrooms, 2 baths and 1,536 sf. 4-car garage with plenty of space for cars and toys!  
\$465,000 MLS# 4666688

**NEW HAMPTON:** 1,758' of Pemigewasset River frontage on 70+ acres and over 2,000' of road frontage! Possibilities are endless with this property. Beautiful views down the river near the shoreline. **Reduced \$100k from original price!**  
\$225,000 MLS# 4620897

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Luxury REAL ESTATE

**PARADISE** on Lake Winnepesaukee in Wolfeboro...this 6+ bedroom, 8 bath home is made for entertaining many friends/family and with 242 feet of waterfront, spectacular views and 3.3 acres for privacy.  
\$4,975,000 (4635631) Call 569-3128

**THE "CLEANING FARM"** on Cleveland Hill in Tamworth. Privately tucked away on 64 acres. Main home, guesthouse, barn, studio, swimming pond. Magnificent 180 degree views from Mt. Chocorua to Whiteface.  
\$1,295,000 (4635093) Call 569-3128

**GREAT HOME** in Moultonborough for entertaining and enjoying Lake Winnepesaukee! Contemporary styled 4BR is located on a spectacular point of land that offers great views & docking galore!  
\$1,250,000 (4632065) Call 253-9360

**CLASSIC** Lake Winnepesaukee 2BR/2BATH cottage in Tuftonboro; on the eastern shore, considered one of the best shorelines, enjoy all day sun/magnificent sunsets; dock and sunporch.  
\$799,000 (4640200) Call 569-3128

**LACONIA** // This highly desirable contemporary-style 4 bedroom Meredith Bay home offers stunning views of Lake Winnepesaukee. Open concept 1st floor, lower level finished walkout basement.  
\$749,000 (4628189) Call 253-9360

**MEREDITH** // Fantastic opportunity to own in an established neighborhood of quality homes. Clover Ridge is an 18 lot subdivision. This To Be Built 3BR/2.5BA, open concept Ranch-style home, offers stylish amenities with the ease of one level living.  
\$549,900 (4645180) Call 253-9360

**NEW HAMPTON** // Sweeping mountain VIEWS from this 3 bedroom, 4 bath custom home. 3.55 acres with private pond. Great location: close to 193, Winnepesaukee, Waukegan, and Squam Lakes.  
\$469,000 (4625301) Call 253-9360

**BARNSTEAD** // Nicely renovated cape with 2+ bedrooms and 6+ acres Lake: This year round home is nestled with 3 out buildings for your home in the woods on 1 acre just across business or toys. Finish the attached the street from your shared 60 foot shed for added living space.  
\$225,000 (4646218) Call 875-3128

**NEW DURHAM** // Merry meeting with 2+ bedrooms and 6+ acres Lake: This year round home is nestled with 3 out buildings for your home in the woods on 1 acre just across business or toys. Finish the attached the street from your shared 60 foot shed for added living space.  
\$219,900 (4642230) Call 875-3128

**MEREDITH** // Charming 3 Bedroom, 1 Bath cape on 2.41 acres. Detached garage. Features include exposed beams, wood floors, and 1st floor Master Bedroom.  
\$219,000 (4655850) Call 253-9360

LAND and ACREAGE

**SANDWICH** // FABULOUS VIEW PROPERTY! Total of two lots features views of the Sandwich Mountain Range, Mt. Whiteface, and more! Private, partially cleared with a small pond!  
\$199,000 (4433403) Call 253-9360

**BARNSTEAD** // 54 Acres with 1/2 mile CLASS VI road frontage and new forest growth.  
\$75,000 (4616785) Call 875-3128

**HOLDERNESSE** // One acre building lot in desirable location for your primary home or weekend get-away. Close to Squam Lake, hiking trails and all Lakes Region amenities.  
\$54,900 (4653285) Call 253-9360

**NEW DURHAM** // Nice 1.1 acre building lot. Roughed in driveway, cleared and a dug well on property.  
\$35,000 (4501857) Call 875-3128

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# TOWN•TO•TOWN CLASSIFIEDS

## IMMEDIATE OPENING Alton Central School CUSTODIAN / GROUNDSKEEPER

The Alton School District has an immediate opening for a full-time custodian/groundskeeper. We are seeking a candidate who can work well with others in a dynamic and professional education environment. This position requires a flexible schedule and independence in order to accommodate the school and community needs outside of normal operating hours. He/she will be asked to do basic building maintenance/handyman type tasks, grounds keeping including winter snow removal, and custodial tasks when required. This candidate should be capable of adjusting to a variety of situations and needs and preferably has 3-5 years' experience. Attractive salary and benefits package.

**Chuck Norwood, Director of Buildings and Grounds**  
**SAU #72 – Alton School District**  
**252 Suncook Valley Highway**  
**Alton, NH 03809**

**Deadline: November 24, 2017**  
**EOE**

## TOWN OF TAMWORTH Police Officer

The Tamworth Police Department seeks a qualified candidate for a full time Police Officer. NH full time certified officers are preferred but not required. Candidates may be required to complete a physical fitness test, oral board interview, psychological and medical examination and a thorough background investigation prior to employment.

To apply, please submit a cover letter and resume to:

**Chief Littlefield**  
**Tamworth Police Department**  
**PO Box 69, Tamworth NH 03886**

*The closing date is November 22, 2017.*

The Town of Tamworth is an equal opportunity employer.



**Central  
Insurance  
Associates**

## LICENSED INSURANCE AGENT

Central Insurance Associates in West Ossipee has an immediate opening for a licensed Personal Lines CSR, computer savvy, experience with AMS360 a plus. Salary Commensurate with experience.

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Please contact Sarah Anderson at 603-539-6700 or email sarahanderson@centralinsurancenh.com

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## BUSINESS MANAGER

SAU #35 is located in the heart of the White Mountains in Northern New Hampshire and consists of five school districts with an enrollment of approximately 1,000 students. The successful candidate will have a strong understanding of the principles and practices of financial accounting and reporting procedures consistent with requirements for NH public schools. Experience with Infinite Visions software is a plus.

To apply please go to [www.SchoolSpring.com](http://www.SchoolSpring.com) and reference job ID# 2858371.

SAU35  
260 Cottage St. Suite C  
Littleton, NH 03561  
603-444-3925  
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Think underage drinking doesn't affect a teen's brain? Think again.

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How to talk with your kids:  
[timetotalk.org](http://timetotalk.org)

PARTNERSHIP FOR  
**drugfreeNH.org**  
1-800-804-0909



## Full-Time Entry Level

Energysavers Inc is looking for a self motivated individual to add to its staff. The position would include, but is not limited to, organizing and pulling parts & jobs as well as receiving deliveries. We are a highly recommended 42 yr old Lakes Region retailer of well known hearth & spa products. You can earn while you learn! Potential to move into a "Dedicated Sales Advisor" position is a possibility. No prior experience required. Must have a valid driver's license & be able to lift/carry a 80lb min. Stop in to fill out an application:

**Energysavers Inc,**  
**163 Daniel Webster Hwy, Meredith NH**

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- RN MED SURG – 36 hours (night shift)
- RN MED SURG – 36 hours

Contact Human Resources at  
(603)388-4236  
Apply On-line at: [www.ucvh.org](http://www.ucvh.org)  
181 Corliss Lane, Colebrook, NH 03576  
603-388-4236  
EOE

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We are a forward thinking expanding business that is willing to pay you what you're worth.

If you have experience with any of the following, we will increase your pay and benefits:

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Apply in person at our office to see how working with us can make life better for you.

1440 Lake Shore Road  
Gilford, NH  
[www.gilfordwell.com](http://www.gilfordwell.com)  
EEO

## CLASSIFIEDS GET

**RESULTS**

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## SNOW REMOVAL

**Great way to make some extra cash!**

Positions Available:

- Shovel Crew Members and Leaders
- Plow Drivers
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**A winter position now may lead to a full time  
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**Belknap Landscape Company**  
25 Country Club Rd. Suite 101 – Gilford  
Apply online: [belknaplandscape.com/employment](http://belknaplandscape.com/employment)

## Power Outage Tips

### BEFORE

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

### DURING

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

### AFTER

- Throw out unsafe food

[www.Ready.gov/blackouts](http://www.Ready.gov/blackouts)



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 <p><b>2018 KIA SOUL</b></p> <p>FREE OIL CHANGES FOR LIFE! * FREE STATE INSPECTIONS FOR LIFE! *</p>	<p>MSRP <b>\$19,914</b> <b>AutoServ</b> -\$1291 Customer Cash Rebate -\$500</p> <p>#KC8019</p> <p>SAVE UP TO <b>\$1,791</b></p> <p>Buy For <b>\$18,123*</b></p>	<p><b>SIGN IT &amp; DRIVE IT</b> LEASE</p> <p><b>\$219</b> /36 MO* <b>ZERO DOWN!</b></p>
 <p><b>2017 KIA OPTIMA LX</b></p> <p>FREE OIL CHANGES FOR LIFE! * FREE STATE INSPECTIONS FOR LIFE! *</p>	<p>MSRP <b>\$24,024</b> <b>AutoServ</b> -\$1356 Customer Cash Rebate -\$3000</p> <p>#KC7260</p> <p>SAVE UP TO <b>\$4,356</b></p> <p>Buy For <b>\$19,668*</b></p>	<p><b>SIGN IT &amp; DRIVE IT</b> LEASE</p> <p><b>\$195</b> /36 MO* <b>ZERO DOWN!</b></p>
 <p><b>2017 KIA NIRO LX</b></p> <p>FREE OIL CHANGES FOR LIFE! * FREE STATE INSPECTIONS FOR LIFE! *</p>	<p>MSRP <b>\$25,424</b> <b>AutoServ</b> -\$1450 Customer Cash Rebate -\$500</p> <p>#KT7237</p> <p>SAVE UP TO <b>\$1,950</b></p> <p>Buy For <b>\$23,474*</b></p>	<p><b>SIGN IT &amp; DRIVE IT</b> LEASE</p> <p><b>\$255</b> /36 MO* <b>ZERO DOWN!</b></p>
 <p><b>2018 KIA SPORTAGE LX AWD</b></p> <p>FREE OIL CHANGES FOR LIFE! * FREE STATE INSPECTIONS FOR LIFE! *</p>	<p>MSRP <b>\$26,924</b> <b>AutoServ</b> -\$781 Customer Cash Rebate -\$500</p> <p>#KT8024</p> <p>SAVE UP TO <b>\$1,281</b></p> <p>Buy For <b>\$24,831*</b></p>	<p><b>SIGN IT &amp; DRIVE IT</b> LEASE</p> <p><b>\$263</b> /36 MO* <b>ZERO DOWN!</b></p>
 <p><b>2018 KIA SORENTO LX AWD</b></p> <p>FREE OIL CHANGES FOR LIFE! * FREE STATE INSPECTIONS FOR LIFE! *</p>	<p>MSRP <b>\$31,235</b> <b>AutoServ</b> -\$933 Customer Cash Rebate -\$4000</p> <p>#KT8043</p> <p>SAVE UP TO <b>\$4,933</b></p> <p>Buy For <b>\$26,302*</b></p>	<p><b>SIGN IT &amp; DRIVE IT</b> LEASE</p> <p><b>\$295</b> /36 MO* <b>ZERO DOWN!</b></p>



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