

Gilford Steamer

THURSDAY, JANUARY 30, 2020

GILFORD, N.H.

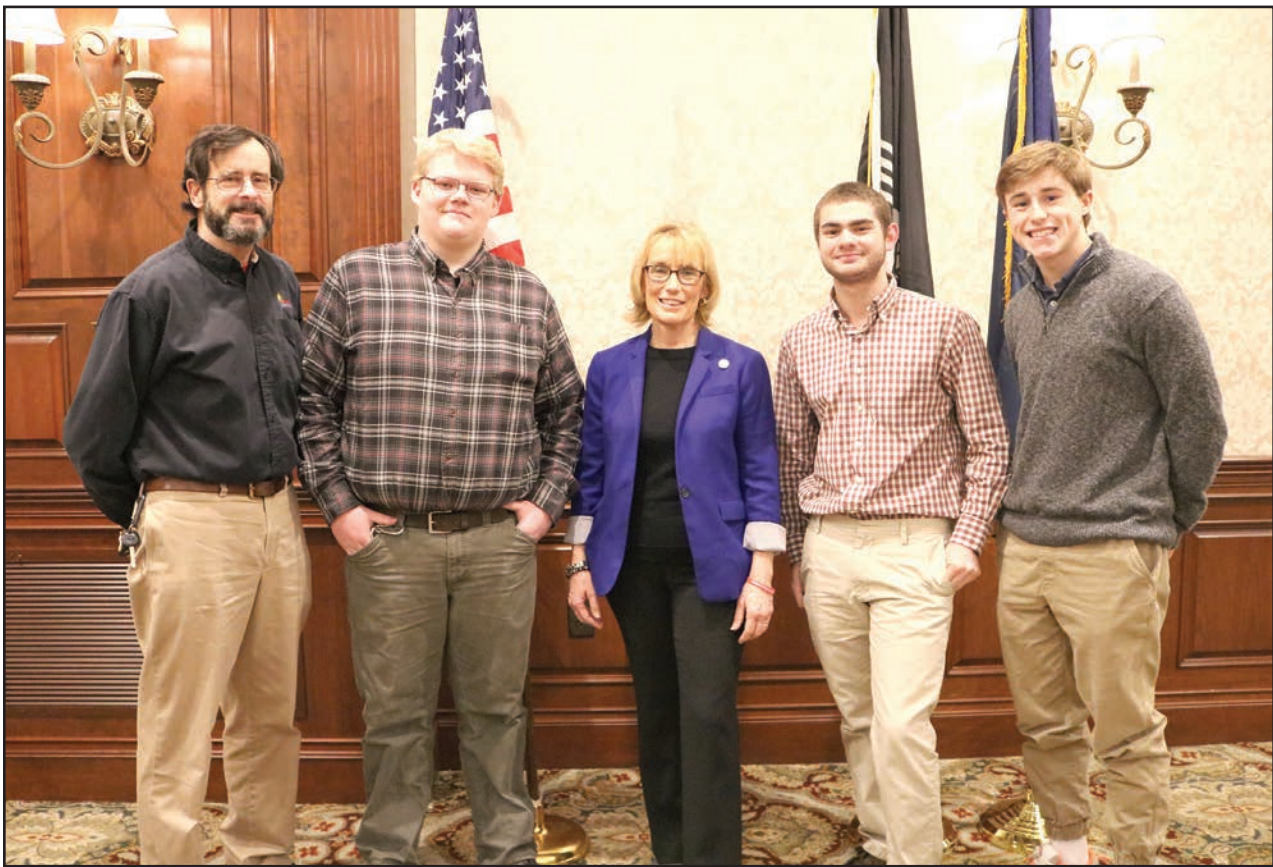
GHS Engineering class honored by Hassan

BY ERIN PLUMMER
mnews@salmonpress.news

Members of Gilford High School's Intro to Engineering Class were special guests at a dinner honoring those named by Sen. Maggie Hassan as Granite Staters of the Month.

Members of the class along with teacher Dan Caron attended the special reception on Jan. 18 in Manchester for all the 2019 recipients of Hassan's Granite Stater of the Month honor.

Granite Stater of the Month is a program Hassan created in 2017 to recognize people in New Hampshire who have done great things for their communities. Each month Hassan picks one person or group and recognizes them on the floor of congress and in the Congressional record.



COURTESY PHOTO

Sen. Maggie Hassan with members of the Gilford High School Intro to Engineering class and teacher Dan Caron at a special dinner in Manchester honoring Hassan's 2019 Granite Staters of the Month.

"This year's Granite Staters of the Month embody what it means to be active and engaged community members," Hassan said, according to a statement. "From sending care packages to our troops overseas, to working to combat the substance misuse epidemic, to improving the lives of those less fortunate, I applaud these exemplary citizens for all that they have done to better their communities."

In June of 2019, that honor went to the GHS Introduction to Engineering class for their Go Baby Go project. Students in the class forked with three Gilford Elementary School kids and created personal mobility devices out of Power Wheels. Each of the devices had personalized controls, SEE **ENGINEERING** PAGE A9

Gilford Parks and Recreation News

BY HERB GREENE
Director
Gilford Parks and Recreation

Seats still available for Boston Celtics bus trip scheduled for March 18

There are still seats available on a Bus Trip to Boston to see the Celtics take on the New York Knicks on Wednesday, March 18. Cost of the trip is \$80 per person and includes round trip motor coach from Gilford or Belmont and your ticket (section 311 of the balcony) to the game. Our deluxe motor coach will depart from Gilford High School at 4:45 p.m. and the Tioga Pavilion in Belmont at 5 p.m. for the 7:30

p.m. game. You will have time to visit the pro-shop and get dinner on your own prior to the game. Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable.

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

Senior Moment-um Water Street Café trip on Feb. 3
The Gilford Parks and Recreation Department is sponsoring a trip to the Water Street Café in Portsmouth, N.H. on Wednesday, Feb. 3. The trip will depart from the Tioga Pavilion in Belmont at 5 p.m. for the 7:30



ERIN PLUMMER

King Triton's throne is one of the set pieces the GMS production of "The Little Mermaid, Jr." borrowed from Plymouth State University.

GMS presents "The Little Mermaid" this weekend

BY ERIN PLUMMER
mnews@salmonpress.news

The Gilford Middle School production of "The Little Mermaid, Jr." is opening this

weekend with members of the tech crew turning the stage into an ocean wonderland. "The Little Mermaid, Jr." will run

Friday and Saturday on the Gilford High School stage.

The GMS tech crew under the direction of at teacher Aaron With-

am worked to create many of the sets with some set pieces coming from some neighboring theater companies.

Some of the sets came from a past "Little Mermaid" production done by Plymouth State University's Educational Theater Collaborative. Witham's wife played in the orchestra pit at that show and Witham said he called Plymouth later and asked if they wanted to loan out any set pieces. The Gilford crew took a moving truck up to Plymouth and got the set pieces.

They also got set pieces from RB Productions Theatre Company of Concord after Witham helped out on their "Little Mermaid, Jr." production.

"One of the great things about the theater community is we're all on the same page, there's no competition and we help each other out," Witham said.

SEE **MERMAID** PAGE A10

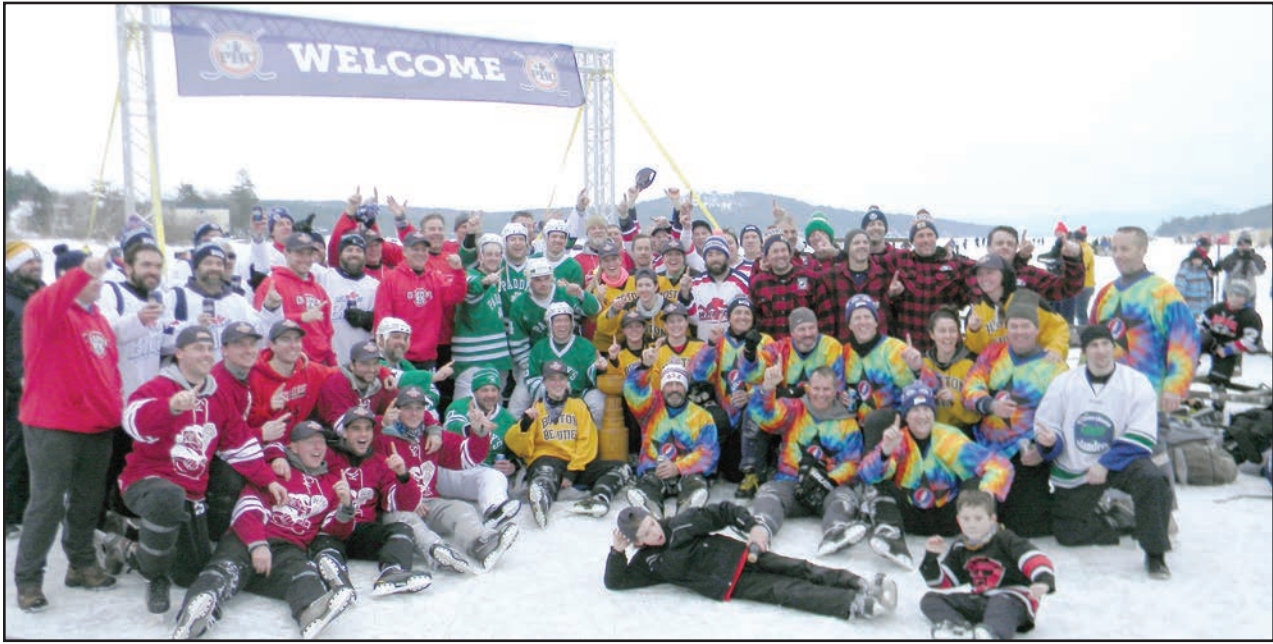
Pond Hockey Classic returns this weekend

BY ERIN PLUMMER
mnews@salmonpress.news

MEREDITH — Thousands of hockey players from around the US and beyond will converge on the ice at Meredith Bay for the 11th annual New England Pond Hockey Classic vying for their team's names on the coveted Lake Winnepesaukee Cup.

Teams and players will gather in Meredith on Thursday to register for the weekend's tournament. Games start right at 8 a.m. on Friday, and will run through Saturday. The playoffs will be on Sunday, with award presentations in the afternoon.

Pond Hockey Classic founder Scott Crowder



FILE PHOTO

Teams will be back on the ice of Meredith Bay this weekend for the 11th annual New England Pond Hockey Classic.

said more than 275 teams will be taking part in this weekend's tourney. More than 99 percent of the

teams are returning and Crowder said the handful the teams that haven't returned are mostly those that for-

got to preregister. This will bring more than 2,200 hockey players on Meredith Bay this weekend not to men-

tion the thousands of spectators. Crowders aid the exact number of people who come out

SEE **POND HOCKEY** PAGE A9

Notes from the Gilford Public Library

BY MARK THOMAS

Library Correspondent

We learn so much from our pets. They teach us about devotion, the importance of family, and about the cycle of life. The fact is that humans are longer living than most pets. This means that we get to share in the joys and trials of their entire lifetime, including the memorable highs, and heart-aching struggles.

Thomas Farnen is a retired teacher, a writer, and an attentive dog owner. His dog, Bessie, started to lose her sight

over two years ago. He bore witness to her gradual adaptation to encroaching darkness. As he watched her learn to make adjustments, he found that he was adapting himself, both in his daily behaviors with her and with his emotional outlook. They were learning how to move forward in the face of change, together.

Thomas lives in New Hampshire with Bessie, and we are so excited that he is coming to talk about Bessie's story at the Library on Thursday, Feb. 6 from

6:30-7:30 p.m. (Rain date is March 3). So you can borrow his book, come to hear him speak, or both!

Bessie's story is more on the side of tragedy in the Shakespearean dichotomy, but her story leaves us with hope. It helps us remember that time spent well together is worth the effort, and that there is value and hope at all stages of life. We hope to see you there!

Classes & Special Events Jan. 30-Feb. 6

Thursday, Jan. 30

Geri Fit, 9-10 a.m.
Music and Movement, 10:30-11:30 a.m.
Homeschool Game Club, 12:15-2:15 p.m.

Conversational French, 4-5 p.m.

Pacific Crest Trail: Hiking with Mikayla Clarke, 6:30-7:30 p.m.

Five months of hiking the 2,653 mile long Pacific Crest Trail can give a person some great experiences, photos, and stories, which

is exactly what Mikayla Clarke, a Gilford native, will be sharing with us. With routes through 25 national forests and seven national parks, the Pacific Crest Trail is a beautiful and scenic trail for everyone.

Friday, Jan. 31

Bridge, 10:30 a.m.-12:30 p.m.

Preschool Storytime, 10:30-11:30 a.m.

Knit Wits, 1:30-2:30 p.m.

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

Monday, Feb. 3

Baby/Toddler Storytime, 10:30-11 a.m.

Mahjong, 12:30-3 p.m.

Tuesday, Feb. 4

Geri Fit, 9-10 a.m.

Hook Nook, 10-11 a.m.

Bridge, 10:30 a.m.-12:30 p.m.

Preschool Storytime, 10:30-11:30 a.m.

Learn Chinese, 3:30-4:30 p.m.

In a Virtual World at

the Library, 5-7 p.m.

Virtual Reality, just a Jetson-style tech dream? Think again! The library offers the Oculus Quest for public use in 20 minute slots. Play games like Beat Saber, explore the world with National Geographic VR, experience Star Wars for yourself in Vader Immortal, and paint in the world around you with Tilt Brush. Sign up for a 20 minute block by calling the library or stopping by.

Mystery Book Group, 6-7 p.m.

Join us for this month's mystery book group! Betty Tidd will lead the discussion of Winter Study by Nevada Barr, a chilling nature set mystery. Copies

of the book will be available at the circulation desk.

Wednesday, Feb. 5

Line Dancing, 9-10:30 a.m.

Check out an Expert, 10 a.m.-noon

Lakes Region Fiber Artists and Crafters, 10 a.m.-noon

The IneTween: Library Tween/Teen Club, 2:30-3:30 p.m.

Thursday, Feb. 6

Geri Fit, 9-10 a.m.

Music and Movement, 10:30-11:30 a.m.

Homeschool Game Club, 12:15-2:15 p.m.

Conversational French, 4-5 p.m.

Bessie's Story: Watching the Lights Go Out, 6:30-7:30 p.m.

See article above.

Gilford Public Library Top Ten Requests

1. "Lost" by James Patterson
2. "The River Murders" by James Patterson
3. "The Wives" by Tarryn Fisher
4. "Treason" by Stuart Woods
5. "Where the Crawdads Sing" by Delia Owens
6. "Criss Cross" by James Patterson
7. "The Yellow House" by Sarah M. Broom
8. "Blue Moon" by Lee Child
9. "The Giver of Stars" by Jojo Moyes
10. "Catch and Kill" by Ronan Farrow

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PET OF THE WEEK

BARNABY

Meet Barnaby! Barnaby came to our care as an unclaimed stray with his friend, Wilbur, also listed for adoption. He is the shyer of the two, and would definitely benefit from going home with his buddy or another well mannered dog. Barnaby would do best in an adult only home, and is right now fearful of cats.



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The Gilford Steamer is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals, postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to the Gilford Steamer, P.O. Box 729, Meredith, NH 03253.

GILFORD POLICE LOG

The Gilford Police Department reported the following arrests during the week of Jan. 21-27.

Nicholas Graves, age 36, of Laconia was arrested on Jan. 22 for Loitering or Prowling, and in connection with a bench warrant.

Jessica L. Mandigo, age 33, of Laconia was arrested on Jan. 23 for Conduct After an Accident.

James William Kiloran III, age 46, of Laconia was arrested on Jan. 23 in connection with a bench warrant.

Alberto Bazzoni Zamora, age 18, of Laconia was arrested on Jan. 26 for Breach of Bail.

Cameron Leslie Gamble, age 21, of Gilford was arrested on Jan. 27 in connection with a bench warrant.



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Class #1 - "Upcycled Sculpture" with Elizabeth Helfer
Sat. March 21

Class #2 - "Fearless Watercolor" with Peter Ferber
Fri. June 5

Class #3 - "To Life" Life Drawing with Mike Howat
Thurs. Aug. 13

Class #4 - "Book Binding" with Anne McMillan
Sat. Sept. 26

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University of New Hampshire announces Dean's List

DURHAM — The following students have been named to the Dean's List at the University of New Hampshire for the fall 2019 semester.

Emily Waite of Gilmanton, earning Highest Honors and majoring in Exercise Science

Sierra Juneau of Gilmanton, earning Highest Honors and majoring in BusAdm:-

Finance

Christopher Hill of Gilmanton, earning Highest Honors and majoring in Mechanical Engineering Tech

Rebekah Kneuer of Laconia, earning High Honors and majoring in Mathematics

Jacquelyn Pia of Laconia, earning Highest Honors and majoring in Health Management & Policy

Kyle Johnson of La-

conia, earning Honors and majoring in Mechanical Engineering Tech

Victoria Dean of Laconia, earning Highest Honors and majoring in Arts: Art History

Alana Persson of Laconia, earning Highest Honors and majoring in English/Journalism

Kate Persson of Laconia, earning High Honors and majoring

in Engl/Txt, Bus Wrtg&Dgtl Stds

Melody Davies of Laconia, earning High Honors and majoring in Business Adminis-

tration

Isabella Lovering of Laconia, earning High Honors and majoring in Economics

Anthony Syhabout

of Laconia, earning High Honors and majoring in Business Administration

Nemanja Boskovic

SEE UNH PAGE A9

Gilford's Connor Craigie named to Worcester Polytechnic Institute's Dean's List

WORCESTER, Mass. — Worcester Polytechnic Institute (WPI) has announced that Connor Craigie of Gilford, a member of the class of 2021 majoring in robotics engineering, was named to the university's Dean's List for academic excellence for the fall 2019 semester.

A total of 1,678 undergraduate students achieved the criteria required for WPI's fall 2019 Dean's List. The criteria for the WPI Dean's List differs from that of most other universities as WPI does not compute a grade point average (GPA). Instead, WPI defines the Dean's List by the amount of work completed at the A level in courses and projects.

"WPI's academic programs are rigorous and require a level of independence beyond what is required in traditional courses. WPI students go beyond the classroom to work on open-ended problems in and for communities around the world. The problems are important and the impact is real" said dean of undergraduate studies Arthur C. Heinricher. "Some of this nation's best and brightest students come to WPI to study engineering and science and business and the humanities. Those named to the Dean's List have excelled in all of their work, and we are exceptionally proud of these outstanding students."

About Worcester Polytechnic Institute

WPI, the global leader in project-based learning, is a distinctive, top-tier technological university founded in 1865 on the principle that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world problems. Recognized by the National Academy of Engineering with the 2016 Bernard M. Gordon Prize for Innovation in Engineering and Technology Education, WPI's pioneering project-based curriculum engages undergraduates in solving important scientific, technological, and societal problems throughout their education and at more than 50 project centers around the world. WPI offers more than 50 bachelor's, master's, and doctoral degree programs across 14 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. Its faculty and students pursue groundbreaking research to meet ongoing challenges in health and biotechnology; robotics and the internet of things; advanced materials and manufacturing; cyber, data, and security systems; learning science; and more. www.wpi.edu

Students named to Clarkson University Dean's List

POTSDAM, N.Y. — The following local students have been named to the Dean's List for the fall 2019 semester at Clarkson University:

Tim S Guyer of Alton, majoring in software engineering

Micaela Paige Niskala of Gilford, majoring in civil engineering

Aria L Stephan of Gilford, majoring in chemical engineering

Dean's List students must achieve a minimum 3.25 grade-point average and also carry at least 14 credit hours.

As a private, national research university, Clarkson is a leader in technological education and sustainable economic development through teaching, scholarship, research and innovation. We ignite personal connections across academic fields and industries to create the entrepreneurial mindset, knowledge and intellectual curiosity needed to innovate world-relevant solutions and cultivate the leaders of tomorrow. With its main campus located in Potsdam, N.Y., and additional graduate program and research facilities in the New York Capital Region, Beacon, N.Y., and New York City, Clarkson educates 4,300 students across 95 rigorous programs of study in engineering, business, the arts, education, sciences and health professions. Our alumni earn salaries that are among the top 2.5 percent in the nation and realize accelerated career growth. One in five already leads as a CEO, senior executive or owner of a company.

SNHU announces Fall 2019 Dean's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the fall 2019 Dean's List.

Eligibility for the Dean's List requires that a student accumulate an academic grade point average (GPA) of 3.5-3.699 and earn 12 credits for the semester.

Alyssa Freeman of Gilford

Jacob Nelson of Laconia

Nikki Fain of Laconia

Kellie Ryan of Gilford

Skyler Tautkus of Laconia

Rachel Langlitz of Gilmanton

Alexander Rives of Gilford

Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 87-year history of educating traditional-aged students and working adults. Now serving more than 130,000 learners world-

wide, SNHU offers over 300 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the "Most Innovative" regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

University of New Hampshire announces December graduates

DURHAM — The following students graduated from the University of New Hampshire in December 2019. Students who received the honor of summa cum laude graduated with a GPA of 3.85-4.0; students who received the honor of magna cum laude graduated with a GPA of 3.65-3.84; and students who received the honor of cum laude graduated with a GPA of 3.50-3.64. Students are only graduated after the Registrar's Office has certified that all degree requirements have been successfully completed. Participating in the commencement ceremony is the act of honoring and celebrating academic achievement.

Sierra Juneau of Gilmanton

Rebekah Kneuer of Laconia

Alana Persson of Laconia

Jesse Ross of Gilford

Students who received the honor Summa Cum Laude graduated with a GPA of 3.85-4.0: Students who received the honor of Magna Cum Laude graduated with a GPA of 3.65-3.84; and students who received the honor of Cum Laude graduated with a GPA of 3.50-3.64.

Students are only graduated after the Registrar's Office has certified that all degree requirements have been successfully completed. Participating in the commencement ceremony is the act of honoring and celebrating academic achievement.

The University of New Hampshire, founded in 1866, is a world-class public research university with the feel of a New England liberal arts college. A land, sea, and space-grant university, UNH is the state's flagship public institution, enrolling 13,000 undergraduate and 2,500 graduate students.

SNHU announces Fall 2019 President's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the fall 2019 President's List.

Eligibility for the President's List requires that a student accumulate an academic grade point average (GPA) of 3.7-4.0 and earn 12 credits for the semester.

Taylor Sullivan of Gilford

Jacklyn Gavin of Laconia

Mason McGonagle of

Gilford

Bryan McCormick of Gilford

Olivia Trindade of Gilmanton

Kaylan Bouchard of Gilford

Andrew Strzepek of Gilmanton

Mariah Finley-Gardner of Gilmanton

Autumn Hendricks of Laconia

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Edward Jones: Financial Focus

SECURE Act: Good News for Business Owners

If you own a business, you know that setting up a retirement plan for yourself and your employees can be challenging. But it may now be getting easier. Here's the story: Congress recent passed the SECURE Act, which, among many provisions, includes some key changes designed to help make it easier for business owners to establish retirement plans. And the need is clear: Just slightly more than half of workers at private-sector establishments with fewer than 100 employees have access to a retirement plan, according to the U.S. Bureau of Labor Statistics. And startup costs were named as the biggest impediment to creating such plans, according to research compiled by the Pew Charitable Trust.

The SECURE Act is designed to address this concern in a few different ways:

- Increased business tax credit for plan startup costs – The maximum tax credit for establishing a retirement plan has been increased from \$500 to \$5000, although some restrictions apply.
- Tax credit for automatic enrollment – Some smaller employers who set up automatic enrollment in their retirement plans can now receive a tax credit of \$500.
- Multiple-employer plans (MEPs) – Different companies can now work together to offer employees a 401(k) plan with less administrative work and fewer fiduciary responsibilities than each employer would otherwise carry alone. This provision of the SECURE Act is intended to result in lower costs. These multiple-employer plans (MEPs) have been around for a while, but, until now, they were "closed" in the sense that participating employers needed to share some common relationship, such as membership to the same industry, trade association, etc. But now, these MEPs have been opened up to include unrelated companies.

These new rules may make it easier for you to create and administer a 401(k) or similar plan and potentially increase your employees' savings rate. However, to determine how your business should respond to these changes, you should consult with your tax and financial advisors.

And don't forget that you still have other retirement plan options. If you have just a few employees or are self-employed with no employees, you may want to consider a SEP IRA. You fund the plan with tax-deductible contributions, and you must cover all eligible employees – they cannot contribute to the plan. You can contribute up to 25% of compensation, up to \$57,000 in 2020. Or, if your business has fewer than 100 employees, you might consider a SIMPLE IRA. Employees may choose to contribute, and you, as the employer, are required to make either matching or nonelective contributions, which are deductible. But while a SIMPLE IRA may be advantageous for your employees, it's less generous to you, as far as allowable contributions, than a SEP IRA. For 2020, your annual contributions are generally limited to \$13,500, or \$16,500 if you're 50 or older by the end of the year. You can also make a matching contribution of up to 3% to yourself.

In any case, if you don't already offer a retirement plan, consider contacting a financial professional to determine which plan might be most appropriate for your business. A retirement plan is an effective tool for attracting and retaining good employees – not to mention helping you build resources for your own retirement.

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STRATEGIES FOR LIVING

The odyssey of a troubled Christian

BY LARRY SCOTT

Why am I a Christian? Why do I believe in a God Who some people maintain has given us no tangible, provable, evidence of His existence? And why do I believe in a God Who seems to have been absent when I needed Him the most?

Life has not been easy. The principles I've had to live by were not always convenient, but they have been amazingly protective. Left to myself, I am prone to self-destruct. But God has protected me – from myself – and I have discovered that God's way is always best.

I am neither a mystic nor a psychic. God doesn't "tell me things." But I have found direction, not in a voice or a dream, but in the unique way circumstances play out in my life. When God "speaks," His "voice" is seen rather than heard. I have observed Him work out the events of my life in a way that gives evidence of a master tactician at work.

Despite my tendency to make a mess of things, God has not been absent. Hiding in the shadows, perhaps, but never absent. 2004 was a banner year for my family, a year in which a myriad of apparently unrelated events came together like a jig-saw puzzle. In four months' time, I remarried the wife of my youth after a twenty-year time out; I sold my 40-foot sailboat in a crowded boat market for a fair price; I moved to New Hampshire, purchased and furnished a home, and settled in debt free. Circumstantial evidence? Maybe. But in my experience, God's timing is awesome.

If I awake in eternity to find there is no God, I will be confused and disappointed, but I will not feel I have

been defrauded. My faith, even if it were to turn out to be bogus, has protected me. I have been saved from myself, my drives, passions, and foolish ambitions. I have been able to live with a clear conscience, and with a set of directives that have protected me from self-destructing.

Everything I have said in this article is true, and it is true because there is a God Who has and will continue to reveal Himself in the affairs of my life. My evidence, and I call it proof, of God as a loving, caring Being is found in the life, death, and resurrection of Jesus Christ.

The Christian faith raises a myriad of questions, all of which are important to our understanding of the Christian message. But if doubt is an issue, there is only one place to begin: did Jesus arise from the dead? If He did not, He was a fraud or a lunatic.

But the evidence is overwhelming. The empty tomb, eyewitness reports, and the faith of the Apostle Paul, who was able to personally verify the facts, confirm beyond doubt that Jesus was seen alive following His crucifixion. He ate breakfast with them on the shores of the Sea of Galilee; He had a heart-to-heart with the Apostle Peter; He appeared to His disbelieving brother James. Over five hundred people would later testify that they had seen Jesus, alive and well.

There is much about my Christian experience I don't understand, but I do not question the way God has allowed my life to develop. I am confident my relationship with God is genuine, for the evidence He has given me is beyond question. His Name is Jesus Christ.

Send us your letters!

We seek your input! Tax rate got you down? Glendale too congested for your liking? Do you approve of a recent selectmen decision? Hate the paper? Love the paper? Let us know!

Send your letters to:

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Our fax number is 279 3331.
E-mail us at brendan@salmonpress.news.
We're looking forward to hearing from you!

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

Who to Call Where to Meet What to Pack

Ready



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NORTH COUNTRY NOTEBOOK

'Bring on the snow!' we cry, but somebody's sure to be mad



By JOHN HARRIGAN
COLUMNIST

People tend to take weather personally. The latest snowstorm or squall of freezing rain is an insult aimed squarely at them. When the vagaries of winter turn my barnyard and back driveway into a sheet of ice, I'm not very happy. This is a polite way of putting it.

However, I like snow, and am not shy about saying so. Not everyone does, however, and I wax poetic at risk of being verbally slapped into reality by someone who has a lot of reasons for hating snow, and is not shy about saying so.

When snow is forecast for Manchester and Boston, media coverage focuses on the fact that it's going to be nothing but a big mess for commuters and everyone who has to get to airport or mall. The fact that the very same storm system is a blessing for skiers and ski areas gets a commercially driven blessing. What it means for tens of thousands of snowmobilers and the businesses that depend on them, however, seldom gets a mention.

This winter (again), we've been dealing with the uncertainty of life on the edge between rain, freezing rain, sleet and snow. This can come down to a personal choice between snow-boots and ice-creepers, but imagine what it means to an entire industry.

The silver lining in this particular cloud is that snowmobilers will often hit the road no matter the weather, because they've been looking forward to a good time all week, and in some cases all winter, and are go-



JOHN HARRIGAN

Snow on a trailside spruce—ideal, as many a hunter, snowshoer, or cross-country skier knows, for falling down their necks.

ing to have it come what may. And that's a good thing, because to the businesses, every weekend's income lost is next to impossible to regain.

On the way home from Concord, we gassed up at the Irving/Common Man stop on the Tenney Mountain Highway in Plymouth, and ahead of us was a license plate that could only belong to one person. Sure enough, it was Tom Thomson of Orford. "Equity," the plate said, in reference to a book publishing company founded by Tom's father, the late Governor.

Tom is big on landowner's rights, and has plenty of company. He is perhaps best known, these days, for his fierce opposition to the view tax, which state officials insist we don't have.

In these murky times it's hard to say much of anything definite, but I do know that without support from private landowners, New Hampshire's thousands of miles of snowmobile trails simply would not exist. And then, of course, we get down to the snowmobile clubs, and the unseen hours of trail-work and grooming that keep everything going.

+++++

If there's one event that should be on everyone's calendar, particularly families with kids, particularly kids who seldom get close to goats and sheep and the like, it's the Farm, Forest & Garden Exposition on February 14 and 15 at the Double-Tree by Hilton (formerly the Radisson) in downtown Manchester. It's easy to find, with plenty of nearby parking.

It's a lot like going to the Lancaster Fair or the Fryeburg Fair—get into the crowd-flow in and out of the rows of diverse and often surprising booths and displays, and you'll bump into people you saw just last week or haven't seen since the cows came home.

I try to make the Expo each year, if only to catch up on the latest trends, science, marketing tools, and gadgets. But the people-watching--and-finding--are the best.

+++++

Manchester had a little tiff with taxpayers last week over whether trash pickup would continue on some streets that were never accepted as city streets but somehow flew under the radar. This brought to mind a feature

I once did for the New Hampshire Sunday News on what life is like for the night and pre-dawn trash crews.

So I filled out all the necessary paperwork and permissions, and tagged along with one of the crews for a midweek morning pickup. This began, as I recall, at about an hour before midnight. Mainly, I rode shotgun (the passenger seat) while one of the crew drove and the other emptied trash cans into the truck's compactor and stepped up onto a hand-hold space at the rear during short rides between pickups. For any length of transit, I rode wedged between the two of them up front. Did I mention that these were not small guys? If I had a photo of me that morning, I'd look like a wafer.

The crew broke for breakfast at around 4 (a.m.), and took me to their favorite restaurant, a little hole-in-the-wall on north Elm Street called (no kidding) "The Sea Hag." There was, in the front window along with their hours (all on the wee side), a depiction of (yes) a sea hag, a witchy and slightly menacing creature of the mystical high seas. The well-read among you out there will

SEE NOTEBOOK PAGE A5

~ Comfort Keepers ~

Senior care activities for all seasons

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

At any age, our health and wellbeing are enhanced by regularly participating in the events and activities that bring purpose, hope and joy. For seniors, taking part in these activities can be more difficult, but it's also more important to find a way to participate as we get older. Elderly people who feel younger than their age show less brain aging, better memory and less depression. Studies show that staying engaged is important for a senior's mental health, but avoiding social isolation and maintaining a sense of purpose can have physical effects too. Medical professionals recognize that social determinants of health, especially those that affect mental, social, emotional and spiritual wellbeing, impact health outcomes and quality of life. It's important for seniors to work with their families, caregivers and health professionals to develop a plan that allows them to take part in activities they love and maintain positive mental health through activity and connection. There are always opportunities for meaningful moments and joyful days with a little planning, conversation and intentional action.

Winter Activities

The holidays are filled

with opportunities to enjoy music, celebrations with family and service.

- For some, holiday shopping is a nice way to spend time outside of the house and can be a good way to get in some walking for those that are following a physician-prescribed exercise program.
- Singing, dancing, playing instruments and listening to holiday carols are ways that seniors can enjoy music, even if they have mobility issues or have to stay home due to inclement weather. Streaming music services often have a wide selection, allowing seniors to pick their favorites to listen to through a phone, virtual assistant or computer.
- While there are ways that seniors can serve others year-round, volunteering can be even more meaningful around the holidays. Working at a soup kitchen, reading to children or participating in food and clothing drives can help spread holiday cheer and foster a sense of purpose.

Spring Activities
Spring brings warmer weather, holidays that encourage fun and an opportunity to start the new year right.

- For those that have been given approval from their physician to exercise, many gyms and fitness centers have discounts at the beginning of the year. This is a great chance to explore

new exercise classes and facilities.

- Before the weather gets too warm, it's good to consider a spring-cleaning project. And, a spring refresh doesn't have to be a chore – seniors can make housework fun by playing upbeat music or using the time to look at photos and mementos with loved ones.

- Spring serves up holidays that are pure fun – seniors and their loved ones should make it a point to celebrate St. Patrick's Day, Cinco de Mayo, Mother's Day, Easter and the first day of spring. Whether it's making a special meal, dressing up or going to festivals or community events, spring offers lots of opportunities for con-

nection.

- Many older adults find that gardening is a perfect spring activity for those that like to be outside, and can involve anyone that wants to help!

Summer Activities
Hot summer days and warm summer nights offer many opportunities for outdoor activities, as well as enjoyable things

to do in the AC when it gets too steamy out.

- Because seniors are more sensitive to the sun, gyms and community centers often have pools that offer water aerobics classes in the cooler morning or evening hours. Seniors interested in these programs should discuss their exercise plans with

SEE **COMFORT** PAGE A6

MARK ON THE MARKETS

Assets or income



BY MARK PATTERSON

Lately, it seems as though many new clients that I meet with have the same worries. That worry is that they do not have enough money to retire when they want, and that their lifestyle will entail quite a bit less than what they have now. Eating cat food and living in a tar-paper shack are some of the more colorful descriptions of their feared retirement lifestyle. Most people believe that they need millions of dollars in retirement, and that could be true if you were a high earner that lived above their means, but for the average person, getting by on a bit less is obtainable. I have heard clients say that they had always heard they need \$1.2 million or some other

arbitrary number, and this is in part a scare tactic brought on by the financial media and investment or mutual fund companies. There is so much more to determining what kind of assets we need to gather during our working years or the accumulation phase of our lives. The distribution of those assets begin when we determine that we can retire in part or completely. The first step is to calculate a reasonable budget that includes things that we enjoy but often "forget" to include. For instance, a new client added \$200.00 per month for wine. She likes nice wines and that what they cost. She was being realistic with an item that carries a real expense but many of us would not list that as a budgeted item because we may think it is frivolous. During our working years or accumulation years, we save or invest. But during these distribution years we no longer need to add this deferred or invested money to our budget, now we will start to distribute this money

as income in retirement. Sustainability of these assets for our lifetime must be considered, so let us mitigate market risk and maximize income with a quality fixed income portfolio or even consider a fixed indexed annuity, with guaranteed income for a portion of this income. We must look at Social Security and determine a strategy of when to take this entitlement. Many are paying for health insurance that should see a large reduction in premium when they go onto Medicare. So, when we calculate a realistic honest budget and determine money that will be saved or reduced income needs due to not accumulating assets any longer, we can craft what our sustainable retirement income will be. Once this income is determined, then we can determine how much of the remaining assets stay in a "growth" mode that will typically carry some market risk. MHP Asset employs an "options" strategy to obtain equity positions at a lower price than cur-

rent market price. This strategy also may add needed income to a portfolio, over and above dividends. My objective is to provide a sustainable adequate income, manage remaining assets that can still grow but do not affect my client's lifestyle if the markets implode like 2008. Provide a death benefit or legacy if needed. Provide some form of long-term care or hybrid insurance if that is important to the client. The first step is to sit down and discuss with a good planner and get the ball rolling, it is never too soon. Market volatility, which has been minimal recently, sometimes acts as a wake-up call to those people who may not be invested properly or in a passive portfolio that is not meeting their needs. I suggest you not wait for volatility to review your current portfolio of investments.

Mark Patterson is an income planner and asset manager with MHP Asset Management. Mark can be reached at 447-1979 or Mark@mhp-asset.com.

NOTEBOOK (Continued from Page A4)

remember that Popeye, of cartoon fame, was visited occasionally by the Sea Hag.

The special at the Sea Hag was four eggs (count 'em, four), and of course your choice of two among bacon, sausage, and hash, along with home fries and toast, all more or less slid onto a plate and then shoved down a gently sloping chute from kitchen to serving counter, accompanied by much yelling.

"Three He-Mans!" screeched a woman back there, perhaps the Sea Hag, and the plates came whizzing in. The tag was, I think, \$3.99, a real deal in those far-gone days.

these days, but to me they amount to one big insult--to the voters; to the dedicated people who update and maintain the checklist; and to the people who stay up late to count and tally the votes.

Yes, an insult to actual people--because not everyone lives in Asphalt America, where voting is done with machines, and where anonymous checklist-supervisors add and remove anonymous people. In small-town and rural America, people are involved in the process from beginning to end, and do their jobs with pride.

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

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Voter fraud and election-stealing are terms blithely tossed around

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Leadership group studies NH political scene

LACONIA — Leadership Lakes Region recently conducted its annual Political Issues Day during which a variety of speakers, panel discussions and tours illuminated some of the forces at work on New Hampshire’s political scene.

Leading off the day was a presentation by Laconia’s new mayor, Andrew Hosmer entitled “One Volunteer’s Perspective on Getting Involved in Politics.” The Mayor was followed by a panel of a Belknap County Commissioner, Town Administrator of Gilford and City Manager of Laconia. Hunter Taylor, Scott Dunn and Scott Myers explained each of their roles and how their offices frequently interact.



District One Executive Councilor Mike Cryans and the Leadership Lakes Region Class of 2020.

The Leadership group then headed to the State House led by Virginia Drew, Director of the Visitor’s Center. This tour included a Q&A session in the Senate Chambers ar-

ranged by Ms. Drew and featuring Senator Harold French and Senator Bob Giuda.

A luncheon presentation by Neil Levesque followed. Levesque is the Executive Director of the New Hampshire Institute of Politics based at St. Anselm College. The Institute will host the upcoming nationally televised debate by the Democratic candidates for President on Feb. 7 and Levesque explained the role his agency will play in presenting that debate.

Next on the day’s agenda was a visit with Executive Councilor for District One, Michael Cryans. Councilor Cryans explained the role of the Council in working with the Governor on State business and critical personnel appointments. David Scanlan, Deputy Director, New Hampshire Secretary of State’s Office, then described the process for potential Presidential candidates to file their intent to run in New Hampshire and ensure a spot on our State’s Presidential

Primary ballot.

The day ended with a light-hearted but historically informative presentation by Professor Richard Padova of Northern Essex Community College. Prof. Padova has one of the most extensive private collections of New Hampshire political campaign memorabilia ever assembled. He shared the rich history of his collection and displayed samples of the thousands of items in his collection for the class to enjoy. To test everything the leadership class had learned during Political Issues Day, Program Coordinator Jennifer McLean conducted a “Granite State Political Quiz” trivia contest with class member Pat O’Brien of Alton earning top honors. The very successful and informative day was planned by McLean and Leadership Lakes Region graduates Holly Hiltz-Harrington and Ira Keltz. February’s class day will feature an in-depth look at the economic issues at work in today’s Lakes Region.

Eric Petell promoted to Mortgage Loan Originator at Meredith Village Savings Bank

MEREDITH — Eric Petell has been promoted to Mortgage Loan Originator at Meredith Village Savings Bank (MVSb). Previous to this position, Petell was Assistant Vice President, Branch and Business Development Manager of MVSb’s Laconia office.

“We’re excited to have Eric join us in the lending department,” commented Mark Chalifour, Vice President of Residential Mortgage Sales. “His diverse experience and background in community banking will help him adapt to each customer’s individual mortgage needs.”

“I’m grateful for the opportunity to join the bank’s mortgage team after managing MVSb’s Laconia branch over the past five years,” said Petell. “I am very passionate about serving customers and helping them reach personal goals like building or buying their dream home, updating an existing home or saving money through refinancing an existing mortgage.”

Petell joined MVSb in July 2014 as Assistant Vice President, Branch



Eric Petell

and Business Development Manager for the Laconia office.

Petell is a board member, coach and referee for Lou Athanas Youth Basketball League in Laconia. He is an active Laconia Little League volunteer and previously served the organization as President. He previously served as a board member for the Boys and Girls Club of the Lakes Region and for Laconia Youth Football

and Cheer. Petell resides in Laconia with his family.

Unlike a stock bank, MVSb is a mutual savings bank that oper-

ates for the benefit of their local depositors, borrowers and the surrounding communities. As a result, MVSb has remained steadfast in fostering the economic health and well-being of the community since they were founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSb), has been serving the people, businesses, non-profits and municipalities of Central New Hampshire. MVSb and their employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 922-6872 or visit mvsb.com.

COMFORT

(Continued from Page A5)

a healthcare professional before signing up.

- For seniors looking to avoid the sun, there are a number of activities that take place in air-conditioned environments – this includes spending an afternoon at the movies, walking through an indoor mall or hosting friends and family for iced tea and card games.
- Picnics, BBQ’s, concerts in the park and stargazing are all summertime activities that can be enjoyed by people of any age, and are great for seniors and their families to do together. Many of these can be done out in the community or near the home.

Fall Activities

Fall activities tend to focus on connecting with loved ones, enjoying the turning season

and spending time outside before the weather gets icy.

- Fall is a dream for seniors that enjoy football, baseball and hockey. And, many sports facilities are accessible for those with mobility issues. For those that don’t live near their favorite team, seniors and their loved ones have many opportunities for parties at home.
- Enjoying fall foliage is an activity in itself, and can be done sitting on the porch, going for a short walk or on a longer hike outside. Raking leaves can even be fun when done with loved ones.
- Eating is another activity that seems to be more fun in the fall – family dinners, baking projects and Halloween celebrations are all opportunities for seniors to

participate in activities they enjoy while maintaining their nutrition goals.


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best in life. If you have questions about Comfort Keepers uplifting in-home care services, please contact us today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items, all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at www.comfortkeepers.com/plymouthnh for more information.



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Gabbard campaigns through Lakes Region

BY ERIN PLUMMER
mnews@salmonpress.news

MOULTONBOROUGH — Democratic Presidential candidate Tulsi Gabbard spoke to voters around the area over the weekend, talking about her goals of bipartisanship and government accountability.

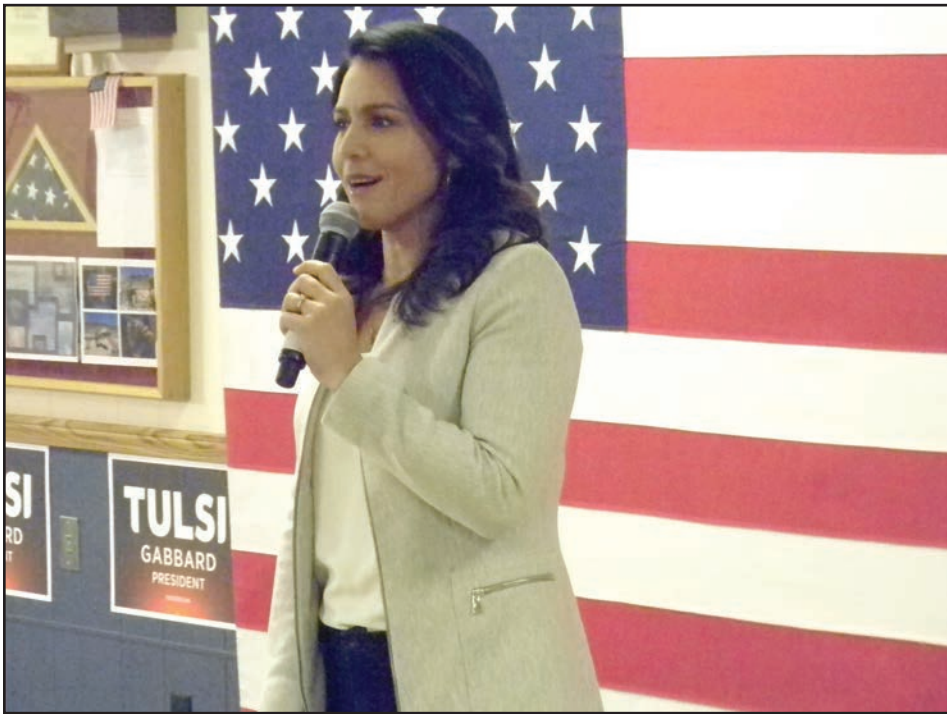
The Moultonborough Function Hall was Gabbard's stop on Saturday night, where she spoke to a sizable crowd of voters from all sides of the political spectrum.

Gabbard served in the Hawaii house of representatives, then joined in the Hawaiian National Guard, where she served for six years, including two tours of the Middle East. In 2012, she was elected to Congress.

"We see a Washington that is, and has been for some time, paralyzed by hyper-partisanship," Gabbard said.

She said this hyper-partisanship is at the core of the reason why Washington hasn't been able to really accomplish much except for shallow actions that are done in reaction to something. Gabbard said Congress members now on vote strictly along party lines and one can be criticized just for what cable channel they spoke on. She said this is done instead of having debate and being able to either understand someone side or disagree with what someone said.

Gabbard said she is running to serve all



Democratic Presidential candidate Tulsi Gabbard speaks to a crowd in Moultonborough Saturday night.

Americans, with a message of partisanship and inclusiveness.

"We may disagree on some issues, and we may disagree strongly," Gabbard said. "We've got to find some common areas to find...we realize there's more in common than we may realize."

Gabbard said when she was elected to Congress in 2012, she went through training with the freshman representatives from all parties and got to know her colleagues. When she got into her first sessions, she first saw these sharp partisan divides where no one associated or voted with with anyone from any other party and Democrats were discouraged from taking any action in the Republican led House.

Gabbard's mother

ran a business making homemade macadamia nut toffee, and Gabbard asked her mother to make 434 boxes of toffee for all of her fellow representatives. She sent the boxes with handwritten notes introducing herself, signing every one with "I look forward to serving with you." She said many colleagues on both sides of the aisle approached her, and this initiated talks about what was going on in everyone's districts. Gabbard said this kind of collegiality can happen by recognizing the person on the other side is still a person.

Gabbard said if elected, she will make it a regular practice to invite congressional leaders to the White House for conferences, where as she said now that's

treated like a major event.

"As your representative, you have my personal commitment: every single day, my sole motivation, my sole focus, is putting that focus to you, the American people — to our country above anything else," Gabbard said.

Her number one concern is how close the country is to nuclear catastrophe and the tensions with countries such as Russia and China. She said treaties had been put in place to reduce those tensions, but those agreements have been negated or disregarded under the administration of current President Donald Trump. If elected she would call for a summit with Russia and China to start deescalating tensions and reopening

lines of communication.

Another priority would be to pull troops out of Afghanistan and end regime change wars.

When asked about defense spending, Gabbard said too much taxpayer money is going to the military industrial complex and making people rich while not being spent isn't strengthening national security. At the same time, this money is not being used for needed programs and services at home. She said she has been pushing for an audit of the Department of Defense and finding wasteful spending.

She also believes Congressional leaders should not go on to become lobbyists or consultants working for the same industries they were supposed to be regulating while in office.

"If you choose to serve, go because you want to serve," Gabbard said. "If you want to go make a million bucks, do it, that's fine [But] don't abuse the public's trust."

When asked about immigration and border security, Gabbard said wanting to strengthen borders and reform immigration policy are not mutually exclusive. She believes in strengthening border security, but doesn't agree with President

Trump's plans to build a wall. She also supports comprehensive immigration reform. She said the current system is broken and is hurting families and the economy, though Washington hasn't done anything about it because of partisanship.

Gabbard was asked about climate change and the wildfires in Australia. Gabbard said she has family members living in some of the hardest hit parts of Australia, and knows the concern first hand.

"[What] we are seeing there and other countries in the world are just further proof of how these environmental threats must really be addressed past a global level," Gabbard said.

She said she would push for clean water, investments in renewable energy, and getting further away from fossil fuels and more towards energy independence. Gabbard said she would also want the US to re-enter the Paris Accord and work further with world leaders to address environmental issues.

When asked about student debt, Gabbard said she knows how it is impacting the financial futures of so many young people going into postsecondary education. She supports treat-

SEE GABBARD PAGE A10

St. Vincent de Paul announces winter schedule

LACONIA — It may be cold and blustery outside but you can always find the St. Vincent de Paul Thrift Store busy with shoppers checking out the "Daily Special" board. Tuesday is "Senior Day" with any customer in the 60-plus age receiving a 30 percent discount off their purchase of \$5 or more. Winter clearance specials are going on with many items on sale for \$1. Don't let these bargains pass you by! The Thrift Store is open Tuesday-Friday from 10 a.m. – 4 p.m. and Saturday from 10 a.m. – 3 p.m. It is "the place" to go for great bargains on gently used adult & children clothing, shoes, housewares and furniture.

The Food Pantry is always bustling with activity on Monday afternoons and Wednesday evenings. Families may come once a month to pick up food supplies to help stretch their budgets. Regular hours for the Food Pantry are Mondays from noon-2 p.m. and Wednesdays from 6-8 p.m.

The Children's Foundation has just completed another successful Christmas Angel program. This year, more than 540 children were served in the four days of signups. Each child received an outfit of clothing, socks, underwear/diapers along with personal hygiene

items. The Children's Foundation works closely with school nurses, guidance counselors, case managers and teachers to provide necessities to children whose families could use a helping hand.

The Financial Assistance team is always ready to help and serves the cities/towns of Alton, Belmont, Gilford, Gilmanston, and Laconia. Financial teams of two meet with individuals to help assess their needs and determine where financial help is needed. Please visit your Town or City Welfare office before calling to make an appointment

Volunteers are always needed at the St. Vincent de Paul Thrift Store and Food pantry, especially since some of our snowbirds have headed south. Anybody age 16 and over can stop by the store to fill out an application and ask to speak with the store manager/supervisor if you are interested in volunteering. This is ideal for students needing community service for graduation and on their college applications. The St. Vincent de Paul Society, a 501C3 organization, is located at 1269 Union Ave. in Laconia. For more information please stop by the Thrift Store or call 524-5470.

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ENGINEERING

(Continued from Page A1)

seats, and decorated exteriors to meet the kids' physical needs as well as their interests.

Hassan named the class Granite Staters of the Month and recognized their efforts in Congress. Hassan visited the class in September of 2019 as well as the kids who received the vehicles, getting a first hand look at their impact.

On Jan. 18, members of the class and Caron attended the event with the other Granite Staters of the Month. Hassan praised the class' efforts, talking about how efforts like this are a massive help for disabled kids like her son Ben in so many ways.

“As the mother of a young man who has dis-

abilities, one of the things we learned when Ben was really little is how important experiencing motion is if you're trying to learn about how the world works, or learn even about how language works, right? If you can't climb on a sofa, and repeat the word 'on' all the time, or if you don't know what going fast feels like, the vocabulary doesn't make sense to you either,” Hassan said according to a statement. “And so you are helping with a level of development – I mean it's fun for the kids and it's fun I'm sure for you guys to figure out how to do it – but the developmental benefits are extraordinary, so well done, thank you very much.”

The new Introduction to Engineering class is continuing the Go Baby Go project and has been in progress making some new vehicles.

A few other people from the Lakes Region were recognized as Granite Staters of the Month in 2019. Evelyn Ellis-Haynes of Belmont was recognized in January of 2019 for starting a clothing drive that brought in over 700 items that went to a local shelter. Elizabeth Guillotte of Hill and Rick-ey Mazur of Franklin were recognized in May, 2019, for creating a Karma Corner at Franklin High School; providing a place where classmates in need could get basic necessities like food, clothes, and toiletries for free.

PARKS AND REC

(Continued from Page A1)

ation Department is sponsoring a Senior Moment-um Program on Monday, Feb. 3. Participants will meet at the Water Street Café

at 10:45am, where they can choose between having a late breakfast or early lunch. Participants will order off the menu and will be re-

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

POND HOCKEY

(Continued from Page A1)

to the ice will depend on different factors, such as the weather.

Rinks have been cleared on the ice in front of the Inn at Bay Point. That area will become an ice village with concessions from The Common Man and Labatt Blue as well as live music on the Bank of New Hampshire Pavilion Stage Friday and Saturday.

The show is still going on this weekend,

though there were some concerns about the warm and sometimes rainy stretches of weather.

“It's been an interesting year to say the least,” Crowder said. “We've had crews out there for like the last week; we're in a wait and see mode.”

Crowder said because the rinks have been cleared from snow the rain hasn't necessarily hurt the ice conditions. The week leading up to the tournament was supposed to have nighttime lows in the teens to single digits, which has been promising. Crowder said if the ice isn't in great condition there might be some restrictions.

“Obviously, for us, safety is first and foremost at the front and center of what we do, and we need to make the call to make sure we can kind of make that true,” Crowder said.

Last year, the tournament celebrated its 10th anniversary with

some special activities, such as an evening event where people could get a look at the real Stanley Cup. This year, Crowder said they are going to continue with the usual events that have worked really well over the years.

“I think for the most part, we have a model that works,” Crowder said. “The goal is to continue doing what we do well.”

Crowder said they have made a lot of great partnerships in the community, especially with several local businesses. Crowder said a number of these partnerships have been going on since the tournament started while some have started this year.

UNH

(Continued from Page A3)

of Laconia, earning Highest Honors and majoring in Biotechnology

Natalie Compton of Laconia, earning Highest Honors and majoring in Occupational Therapy

Mark Casella of Laconia, earning High Honors and majoring in EnSci:Ecosystems

Hannah Saulnier of Gilford, earning High Honors and majoring in BusAdm:Finance

Kaylee Lemire of Gilford, earning Highest Honors and majoring in English

Brandon Sasser-son of Gilford, earning High Honors and majoring in BusAdm:Management

Alden Blais of Gilford, earning Honors and majoring in Civil Engineering

Kayla Dillon of Gilford, earning Honors and majoring in BusAdm:Finance

Cassidy Bartlett of Gilford, earning Highest Honors and majoring in BusAdm:Marketing

Grant Workman of Gilford, earning Highest Honors and majoring in BusAdm:Info Syst&Bus Analytics

Sean DeSautelle of Gilford, earning High Honors and majoring in Literary Studies

Shannon Anderson of Gilford, earning High Honors and majoring in Mathematics

David Hart of Gilford, earning Honors and majoring in Nursing

Christian Workman of Gilford, earning

Highest Honors and majoring in Mechanical Engineering

Roy Gardiner of Gilford, earning High Honors and majoring in Econ:Global-Trade&Finance

Carter Mercer of Gilford, earning Highest Honors and majoring in BusAdm:Info Syst&Bus Analytics

Shannon Mercer of Gilford, earning Honors and majoring in Psychology

Tyler Swarthout of Gilford, earning High Honors and majoring in BusAdm:Marketing

Gabrielle Podmore of Gilford, earning Highest Honors and majoring in Communication

Olivia Edson of Gilford, earning Highest Honors and majoring in Electrical Engineering

Shaun Edson of Gilford, earning High Honors and majoring in Genetics

Owen Hill of Gilford, earning Highest Honors and majoring in Environ Conserva-tion&Sustain

David Walker of Gilford, earning Highest Honors and majoring in Biomed-Sci:Med&VetSci

Students named to the Dean's List at the University of New Hampshire are students who have earned recognition through their superior scholastic performance during a semester enrolled in a full-time course load (12 or more graded credits). Highest honors are award-

ed to students who earn a semester grade point average of 3.85 or better out of a possible 4.0. Students with a 3.65 to 3.84 average are awarded high honors and students whose grade point average is 3.5 through 3.64 are awarded honors.

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LEGAL NOTICE

Public notice re RSA 7:19-a, II(d), Pursuant to the requirements of RSA 7:19-a, II(d), notice is hereby given that a pecuniary benefit transaction which exceeded \$5,000 has occurred between Winnepesaukee Ski Club Inc. d/b/a Gunstock Ski Club and Amy Robbins (GSC Controller and Board Member) in the total amount of \$13,700 in the fiscal year 2018; the nature of said transaction being more particularly described as follows: employee wages.

By: Bryant Lehr, President, Winnepesaukee Ski Club Inc. d/b/a Gunstock Ski Club, PO Box 222, Laconia, NH 03247


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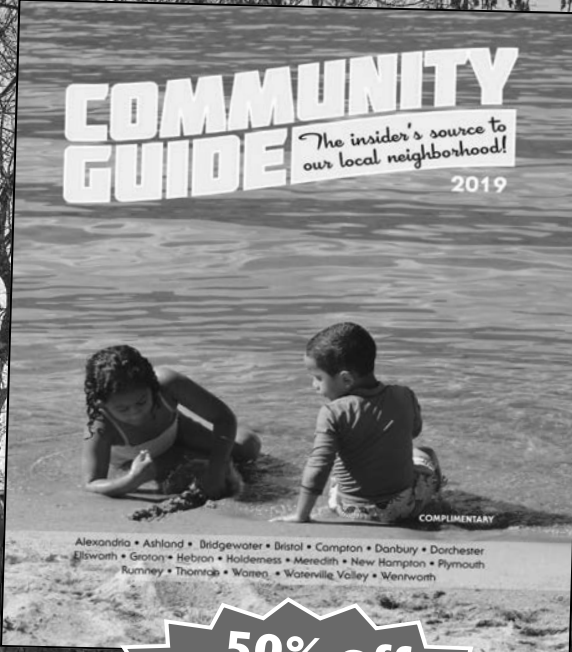
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MERMAID

(Continued from Page A1)

Plymouth provided King Triton's throne and a little dinghy for the bow of Prince Eric's ship. A throne was made for Ursula in Gilford, Witham said he always liked the idea that Ursula made her throne to copy Triton's.

The GMS crew made Ariel's grotto where she keeps her collection of items that belonged to humans. The grotto has a number of lights around it to create the illusion of it breaking apart when Triton destroys it during the story. They also made the platform where Ariel's sisters do their performance at the beginning of the show, Witham said he imagined them starting the show with modeling poses.

There are a number of telescoping poles lowered from the ceiling that make up the ship masts. They also used a dressed up store mannequin as a masthead.

Witham said they wanted to design the



The performers and tech crew from Gilford Middle School will present "The Little Mermaid, Jr." on Friday and Saturday.

sets so they could be come off the stage as soon as possible.

"We really wanted to have as much open stage as possible," Witham said.

Witham designed most of the sets built in Gilford.

"This is the third time I've done this show, so every time I've repeated it I've

tried to add more things as well," Witham said.

A crew of GMS students helped build the sets and work on the lights and other tech

details. A number of the students are tech veterans and some are doing this for the first time.

Sixth grader Cam Bourgeois is working

on his sixth show. His dad works for a lighting company and he said he was inspired to do something similar.

Bourgeois said working on this set has been easy but the process was a little drawn out. He said one of the best part of working on the sets is they can push in a bunch of objects to the stage in one go.

Seventh grader Sophie Powers has performed in other productions and is trying tech for the first time.

"I really like art and creating fun things and I really wanted to try the set," Powers said.

She said working on the set has been enjoyable, saying her favorite part is making things and seeing how they come together. Powers said she would wan to work on tech again.

"The Little Mermaid, Jr." will run on Friday at 7 p.m. and Saturday at 2 and 7 p.m.

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GABBARD

(Continued from Page A8)

ing student debt the same as any debt and able to be considered in the bankruptcy process. She said colleges and universities need to be held accountable for justifying ever increasing tuitions at a time when so many graduates are having such difficulty finding meaningful employment.

Gabbard was also asked about how she would control the price of prescription drugs, and said she heard so many stories of hardship from people. She said she wants to ensure the government can negotiate lower drug prices and that cheaper drugs can be imported from Canada.

She would also want to and the loophole allowing drug companies to change a small part of their drugs to avoid becoming generic. Gabbard also said drug companies shouldn't be allowed to advertise or give incentives to healthcare providers to prescribe their products.

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BOB MARTIN
Mitchell Townsend was the winner for the boys' biathlon race at Gunstock last week.



BOB MARTIN
Patrick Gandini fires off a shot for the Golden Eagles in the paintball biathlon.



BOB MARTIN
Vanessa Genakos picked up a win at Gunstock in the annual biathlon.



BOB MARTIN
Catherine Stow placed fifth in the biathlon at Gunstock.

Townsend, Genakos win paintball biathlon

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – Teams from all around the Granite State competed in the annual paintball biathlon at Gunstock last week, with Gilford High School racers doing very well with Mitchell Townsend and Vanessa Genakos both picking up wins.

Townsend won with a time of 12:32, which beat Concord's Gavin Graham by four seconds. Patrick Gandini came in 14th place with a time of 14:09.

Genakos won the girls' race with a time of 13:27. Catherine Stow also had a great day racing with a fifth place time of 14:47. Bethany Tanner had a time of 21:42 for 41st.

For the middle school girls' race, Megan Legro was fourth with a time of 19:22; Maria Tilley was ninth with a time of 20:46; Madeline Burlock was 13th with a time of 22:11; Kailey Bean was 14th with a time of 22:13; Alana Sawyer was 25th with a time of 23:54 and Natalee Magdziasz had a 28th place time of 24:35.

The middle school boys' team was led by Henry Stow, who was fourth with a time of 15:41. Karson Genakos was fifth with a time of 15:50; Ian Lofblad was sixth with a time of 15:57; Alden Townsend was eighth with a time of 16:33; Haukur Karlsson was 12th with a time of 17:08; Scott Kulcsar was 13th with a time of 17:22 and Clark Blackwelder was 30th with a time of 21:47.

The classic style race was set up where

every 15 seconds, racers started, and after completing one lap the racer needed to shoot targets before proceeding to another lap. Skiers shot every target hit, 10 seconds was deducted from the racer's total time.

Gilford swimmers continue to improve times

BY BOB MARTIN
Bob@Salmonpress.news

GOFFSTOWN – The Gilford High School swim team traveled to Goffstown last week for an eight-team meet.

In the 50-yard girls' freestyle, Laurel Gingrich picked up with win with a time of 26.21. Reagan McIntire was ninth with a time of 30.45 and Lauren Sikoski was 11th with a time of 31.56.

In the 200-yard girls' freestyle, Catherine Pingol was seventh with a time of 2:47.39.

In the girls' 100-yard backstroke, Alexa Leonard was fifth with a time of 1:22.50 and Jillian Cookinham was seventh with a time of 1:32.07.

In the girls' 100-yard breaststroke, Gingrich was second with a time of 1:21.55. Taryn Wernig was 10th with a time of 1:40.60 and Madison Eastman was 11th with a time of 1:40.80.

In the girls' 200-yard medley relay, Gilford's top team was in third with a time of 2:19.83. The team included Gingrich, McIntire, Sikoski and Grace Shoemaker.

In the girls' 200-yard freestyle relay, Gilford's top team was sixth with a time of 2:03.65. The team included Gingrich, Avery Totten, McIntire and Shoemaker.

In the girls' 200-yard individual medley, Gilford was fourth with a time of 2:51.99; Leonard was seventh with a time of 3:12.11 and



COURTESY
(Left) Emily Watson competed in the breaststroke for Gilford last week.

Cookinham was ninth with a time of 3:18.03.

In the girls' 100-yard freestyle, Shoemaker and McIntire tied for sixth with a time of 1:07.69. Totten was 13th with a time of 1:15.18.

In the girls' 500-yard freestyle, Sikoski was second with a time of 6:52.66.

In the boys' 200-yard freestyle, Griffin Plourde won with a time of 2:52.91.

In the boys' 200-yard breaststroke, Plourde was fourth with a time of 1:41.66.

In the boys' 50-yard freestyle, Aiden Malek was eighth with a time of 31.43 and Charles Purcell was 10th with a time of 31.78.

Coach Dave Gingrich was pleased to see

SEE SWIMMING PAGE B2

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Sports Editor - Joshua Spaulding - 279-4516 (phone) - 279-3331 (fax) - josh@salmonpress.news

JBT Game sets new milestone

LACONIA — On Jan. 25 at the Merrill Fay Arena in Laconia, the New England Wolves battled the Seacoast Spartans in a northern conference EHL match-up. More than just the on ice action was the fifth annual JBT Game, which raises money for the Cure Starts Now foundation, an organization whose mission is to raise money for a home run cure for cancer research.

“This event is one the highlights of our Wolves season, and brings a ton of people into the building for a great cause,” commented Wolves GM Andrew Trimble.

With at the door donations, the event pushed their totals to over \$25,000 donated for this game and \$100,000 for the five-year totals of the JBT Game. Another amazing milestone was reached when the NH chapter of the Cure Starts Now, officially raised more than one million dollars for cancer research.

Chad Baron, a Laconia native and current Gilford electrician, won the JBT Shootout with an amazing move that beat Wolves netmind-



COURTESY PHOTO

The New England Wolves hosted the JBT Game on Saturday.

er Colin Larson. Baron raised more than \$3,100 personally for the event.

Wolves management would like to express a sincere “Thank you” to the Thompson fam-

ily, the team fans, the shooters and all of the donors. It’s an amazing opportunity for the

young men to be a part of such a great community and great cause. For more info on the

Cure Starts Now, visit their web site at www.curestartsnow.org.

PSU men’s lacrosse coach announces retirement

PLYMOUTH — For the first time in more than a decade the Plymouth State University men’s lacrosse team will be under new direction as long-time head coach Gordon Webb announced his retirement effectively immediately. Webb, who has led the Panthers since the 2008-09 season, will be relocating to Florida. Assistant coach Mike Wilus has been promoted to interim head coach for the upcoming season.

Webb ends his career with an overall record of 227-131, including a 93-82 mark at Plymouth State. He leaves PSU with the second-most wins in and as the second-longest tenured coach in program history.

“Working at Plymouth State University with the athletic administration, staff and my coaching colleagues has been a wonderful experience,” said Webb. “I am grateful to have been part of Plymouth State athletics for the past 11 years. I wish the administration, coaches and all the PSU student-athletes continued growth and success in the future.”

“We are really going to miss Gordon’s leadership and his mentorship of our student-athletes,” said Kim Bownes, Director of Athletics. “He is a man of great ethics and morals and he taught our young men to be great people first.”

Webb came to PSU in 2008 already boasting a Hall of Fame resume. Last spring, he led the Panthers to an 8-8 record while going 6-2 in Little East Conference (LEC) play. The Panthers finished second in the final league standings to match the program’s best regular season finish, while the six conference wins were the most

in program history. He led the team to the championship game of the LEC tournament in 2019, just the second time in program history, while his teams reached at least the semifinal round of the tournament in 10 of his 11 seasons.

A former standout player at the University of Massachusetts Amherst under legendary coach Dick Garber, Webb coached Boston State College/UMass Boston for 12 years from 1971 to 1982, leading the team to six Colonial League championships and five runner-up finishes. He was an assistant with the Boston Blazers of the Major Indoor Lacrosse League from 1995 to 1997, coached Nashua High School from 1995 to 1999 and served as coach at Plymouth Regional High School in 2008.

He was inducted into the New England Lacrosse Hall of Fame in 2002, the UMass Boston Athletic Hall of Fame in 2006 and the Eastern Massachusetts Lacrosse Hall of Fame in 2015.

Wilus joined the Panthers as an assistant coach in 2018. Also an alumnus of UMass Amherst (2011), he was named the first assistant men’s lacrosse for Lynn University in 2013 and was promoted to associate head coach three years later. His prior coaching experience includes a two-year stint at Gwynedd-Mercy College, where he posted an 18-12 record while boasting a man-up unit that ranked among the top-30 in all of NCAA Division III. Wilus played in 37 career games as a member of the Minutemen. He currently serves as a member of the PSU admissions team, holding the role of Assistant Director of Transfer Admissions.

“I want to thank coach Webb for his incredible leadership over the past two years,” said Wilus. “He is an amazing mentor that I am lucky enough to have had the chance to coach alongside. His energy and love for the game

and his team will truly be missed. I also want to thank Kim Bownes and the entire athletic administration for the opportunity to lead this team. There is a solid foundation in place that I am excited to build upon.”

Laconia Little League holding registration sessions

LACONIA — Laconia Little League has announced its in-person registration dates and locations for the coming 2020 spring season.

The registration dates are Feb. 1, 9 a.m. to noon, Feb. 19, 5:30 to 7:30 p.m. and March 7, 9 a.m. to noon, all at the Laconia Community Center.

In addition, Laconia Little League is hosting the Home Plate to Home program for lightly used baseball clothing and equipment for the 2020 Little League season. Bring clean pants, socks, cleats and gloves to any of the in-person

registration dates and donate what you have while picking up what your players need. If you don’t have anything to donate, come pick up what you need.

Families from Laconia, Gilford, Gilmanton, Belmont, Alton and other surrounding communities can learn more at LaconiaLL.org.

More information can be found on the league’s social media channels facebook.com/LaconiaLittleLeague, instagram.com/laconialittleleague and [@LaconiaLittleLeague](https://twitter.com/LaconiaLittleLeague) on Twitter.

Bulldogs fall to pair of top Division III teams

BY BOB MARTIN
Bob@Salmonpress.news

BERLIN – The Belmont/Gilford hockey team had the tough task of facing two top Division 3 teams last week and took a pair of losses to bring the Bulldogs' record to 5-3.

On Jan. 22, the Bulldogs faced Berlin/Gorham and fell 4-1. It was a 1-1 game heading into the third period but Berlin/Gorham shifted the momentum with a goal that got the huge crowd riled up. Belmont/Gilford struggled to compete and find the net the rest of the game and took a difficult loss on the road. Griffin Tondreau had the lone goal for the Bulldogs with an assist by Trevor Chassie. Colin McGreevy was in net and turned away 32 shots and played well for the Bulldogs.

On Jan. 25, Belmont/Gilford took on Hollis-Brookline-Derryfield and lost 5-1. The Bulldogs were down 2-0 early in the first period but Cam Jarvi got Belmont/Gilford on the board with a short-handed goal to make it 2-1 early in the second period.

“A late period lapse in defensive zone coverage allowed a third goal for Hollis-Brookline, which left B/G down two going into the third,” said coach Jason Parent. “The third was plagued with penalties for B/G and we were never able to get any momentum for a comeback, while Hollis scored two more times in the third.”

Next up for the Bulldogs is a road game against Sanborn/Epping on Jan. 31 at 8:15 p.m.

Lacrosse demo days coming to Inter-Lakes

MEREDITH — Come see if lacrosse is for you. All area first through eighth graders, boys and girls, are invited to Lakes Region Lacrosse Club’s Demo Days at Inter-Lakes High School. All skill levels are welcome, with US Lacrosse-certified coaches on hand to get you ready for the spring 2020 season. The clinics are free and will be held at the ILHS gym on Feb. 1 and 15 and March 7. Boys will run 2-3 p.m. and girls will run 3-4 p.m. Newbies

and returning players alike are welcome. Registration is required. Visit www.lrlacrosse.org for details and to register.

Learn-to-curl program starts Feb. 5

WOLFEBORO — Following up on a very successful Fall program, Lakes Region Curling and the Wolfeboro Department of Parks and Recreation are offering a four-week learn-to-curl program for beginners. The hour-and-a-half sessions will take place on Wednesday mornings, Feb. 5, 12, 19, and 26 at Pop Whalen Ice Arena in Wolfeboro.

The program is open to members of the public who have from zero to two years of curling experience. Each weekly class will start at 9:30 a.m., and experienced LRCA curlers will be on hand to provide coaching and organize matches among participants. For information and to register, visit the Parks and Rec web site (www.wolfeboronh.us/parks-recreation) and click "Register Now." Sign in to your account or create one on the site to access the registration form. On the form, search for "curling" and then click "Register" for Session 2. For information about the Olympic sport of curling, visit the Lakes Region Curling web site at lakes-curlingnh.org.



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THE KALLED GALLERY will be hiring a full-time seasonal employee and a second part-time seasonal employee for the 2020 summer/fall season. We will look for qualities in someone that will compliment our team and the culture of the gallery. Your love & appreciation of artisan work and ability with sharing your learned knowledge will be a plus. The right candidates will have retail experience, strong computer skills, some knowledge of a POS system, great customer service skills, willingness to learn, a sense of humor, a great attitude, AND will love to work week-ends. We will train you to excel at your job. Pick up your application at the gallery Thurs-Sat 10-5:30. Our email is: kalledgallery@kalledjewelrystudio.com if you would like to send your resume and a cover letter. Please direct all inquiries to Mal Stirt.

Real Estate



Equal Housing Opportunity

All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal "to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination."

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call **HUD** toll free at 1-800-669-9777

For The Washington DC area, please call **HUD** at 275-9200.

The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call

**The New Hampshire
Commission for Human Rights**
at 603-271-2767

or write

The Commission at
163 Loudon Road,
Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

Land/Lots

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



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www.wolfeborobayrealestate.com

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NEW 14 WIDES Sale Price \$36,995 56' 2 Bed	Sale Price \$41,995 64' 2 Bed, 2 Bath
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 MLS# 4790859 BELMONT: Gorgeous home on 1.93 ac! 4BR/2BA, woodstove & more. \$274,900 *Seller relation	 MLS# 4790653 BELMONT: w/2BA home on 4.7 ac with 3-season porch. Tons of privacy & many improvements. \$175,000	 MLS# 4790809 MEREDITH: The Nutmeg Inn! Restored home offered as B&B on 7.3 acres w/ in-ground pool. \$1,100,000	 MLS# 4790878 FRANKLIN: A premiere 55+ community. 3BR/2BA, fine upgrades & appliances, porch & garage. \$224,900
 MLS# 4785274 MEREDITH: Great 2.3 ac. building lot — short walk to sandy beach. Close to Lakes Region amenities. \$89,000	 MLS# 4781189 LAKE WINNIPESAUKEE/LACONIA: Brand new, luxury, WF townhouse w/ boat dock & shared beach. \$829,900	 MLS# 4790418 GILFORD: Income property! Seven seasonal cottages & year-round main house in Glendale. \$399,000	 MLS# 4787924 GILFORD: Winnepesaukee home 150' of shorefront, bunk house, protected dock, detached garage. \$949,900

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Phone: (603) 388-4236
ucvh-hr@ucvh.org
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WWW.TCHEALTH.ORG

Shaker Regional School District
Current Employment Opportunities

Long Term Sub — Special Education Teacher — Belmont Middle School
Long Term Sub — Special Education Teacher — Belmont Elementary School
Long Term Sub — Physical Science — Belmont High School

Long Term Subs are paid \$75.00 per day for the first 9 consecutive days, then \$190.15 per day.

1:1 Behavioral Assistant — Belmont Elementary School (3 positions) (\$16.22/hr)
1:1 Part-Time Behavioral Assistant — Belmont Elementary School (\$16.22/hr)
1:1 Behavioral Assistant — Belmont Middle School (2 positions) (\$16.22/hr)
1:1 Behavioral Assistant — Belmont High School (\$16.22/hr)
1:1 LNA — Belmont Elementary (\$16.22/hr)

Part-Time General Special Education Assistant — Belmont Elementary School (\$11.03/hr)

Substitute teachers — all schools \$75.00/full day.

Please visit the Human Resources page on the District Website, www.sau80.org, for details, or contact Debbie Thompson, Business Administrator, at 267-9223 ext 5303 or via email at dthompson@sau80.org.



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Or find our Application online at integrityearthworks.com

 Governor Wentworth Regional School District

Employment Opportunities

Computer Technology Network Technician

Multi-School District (Wolfeboro and surrounding area)

- Provides end-user technology support in a complex network environment. Responsible for maintenance, troubleshooting, diagnosis and repair of computer hardware, operating systems, devices and software as part of a technical support team.
- High school diploma and Associates Degree in computer related field &/or equivalent experience.
- **Salary range- \$40,000 - \$44,000**
- **Full Benefit Package**
- Full time, year-round position
- Travel between all GWRSD schools required.

www.gwrsg.org — to apply or for more information/job description.

White Mountains Regional School District
Central Office Vacancies for 2020-2021

Administrative Position: Business Administrator
Central Office Personnel: Human Resources/Payroll

White Mountains Regional School District, SAU #36, is located in the heart of the beautiful White Mountains. SAU#36 has one Board serving the communities of Carroll, Dalton, Jefferson, Lancaster, and Whitefield.

The WMRSD Business Administrator will facilitate and oversee all financial aspects of the District. There is a comprehensive job description on the SAU36.org website. A candidate with experience, a Master's Degree in business, and holder of the Business Administrator certification from the NHDOE (0038) is desired. This is a 261-day salaried position with a generous benefits package. We may make accommodations for qualifications and experience. Start Date: July 1, 2020

Human Resources/Payroll person manages the District's payroll, employee benefits, and purchasing tasks. The HR/PR manager works collaboratively in the District Central Office with the Business Administrator, Data Manager, Accounts Receivable Assistant, Grants Coordinator, and Administrative Assistants. There is a comprehensive job description on the SAU36.org website. This is a 261-day salaried position with a generous benefits package. Start Date: June 1, 2020

Please apply on SchoolSpring; paper applications are not accepted. Positions opened until filled.

Golden Eagles gearing up for track championships

BY BOB MARTIN
Bob@Salmonpress.news

DURHAM – The Gilford High School indoor track team traveled to the University of New Hampshire.

In the 55 meters seeded race, Brianna Fraser was seventh with a time of 7.99 and Natalie Fraser was 10th with a time of 8.05.

In the 300 meters, Brianna Fraser was third with a time of 44.66. Natalie Fraser was fourth with a time of 44.70.

In the 55 meters unseeded hurdles, Ashley Sanderson had a the top time at 10.54.

In the 55-meter seeded

hurdles, Emma Ramsey was sixth overall with a time of 10.04.

In the 4X160-meter relay Gilford was third with a time of 1:31.54. The team included the Frasers, Ramsey and Allison Kenyon.

In the high jump, Sanderson was seventh with a leap of four feet, six inches.

In the shot put, Katiana Gamache was 12th with a distance of 26 feet, 2.5 inches.

JOSHUA SPAULDING
(Right) Emma Ramsey leaps over a hurdle at an indoor track meet for Gilford.



JOSHUA SPAULDING
Ashley Sanderson competed at the meet at UNH last weekend for the Gilford indoor track team.

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