



THURSDAY, DECEMBER 12, 2019 GILFORD, N.H.

Pub Mania nets brings in more than \$350,000 for Children's Auction

BY ERIN PLUMMER
mnews@salmonpress.news

Pub Mania, Patrick's Pub and Eatery's 24-hour barstool challenge, netted \$355,453 for the Greater Lakes Region Children's Auction.

For a 24 hour period from Thursday morning through Friday morning, one member for each of 31 teams sat at the bar at Patrick's for an hour to raise money for kids in need across the region. On Saturday event organizers and representatives from those teams visited auction headquarters at the Belknap Mall and unveiled a check for \$355,453.

Patrick's co-owner, Allan Beetle, said Pub Mania is 24-hour event with 31 teams participating, meaning that more than 744 people are involved in



ERIN PLUMMER

The Pub Maniacs unveil a check for \$355,453 raised during this year's Pub Mania at Patrick's Pub and Eatery.

artist doing caricatures, a 50/50 raffle, and much more. In the morning Trish Tryon led Barstool Bootcamp to get the Pub Maniacs moving.

Greeters went around the restaurant through the whole event and Pub Mania also got a lot of help from the referees.

The event closed on Friday morning with a ceremony featuring songs from members of the Boys and Girls Club and accounts from people on how many of these organizations have helped them.

He said this isn't just an event over a 24-hour period, this is an event that lasts the whole year. Organization for the coming year's event typically starts shortly after the event ends. Beetle said many teams will hold fundraisers throughout the year. Each team will also contribute an item to the auction, the sale of which will be counted toward that team's total.

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Visit Historical Society's buildings during Candlelight Stroll

The Gilford Historical Society will have its three museum building open from 5-7 p.m. during Gilford's annual Candlelight Stroll on Saturday, Dec. 14. Our theme this year is "Children's Toys from Yesteryear."

Across the street from the Village Store is the 1857 Grange Building; stop in and have a freshly baked cookie in what was once the Grange Kitchen. While there, visit the "Homestead Room"—what a one

room home might have looked like when the Village was first being settled. You can see what might have been sold in the "Store." Perhaps you might want to buy some handmade chocolates or a piece of "penny candy" for your child while they play with some old-fashioned wooden toys.

Continue down Belknap Mountain Road and you are invited to stop in at the 1834 Meeting-house and warm

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the event.

Pub Mania started with the opening ceremonies, including the Honorary Mayor of Pub Mania Michael Seymour

and Rev. Michael Graham of the Gilford Community Church blessing the event.

For the next 24 hours 31 teams with a total of

744 people took up a seat at the bar.

Events went on throughout the night such as live music from several performers, an

GHS craft fair draws holiday shoppers

BY ERIN PLUMMER
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Shoppers had the opportunity to buy handmade gifts and Gilford High School seniors will have money for class activities thanks to the annual Holiday Craft Fair.

The middle and high school buildings turned into a holiday marketplace on Saturday for the annual fair. Crafters set up tables throughout both buildings while student organizations from both schools sold food in the middle school cafeteria.

The event is orga-



ERIN PLUMMER

Senior class officers Randi Byars, Sydni Lehr, Abby Warren, and Laurel Gingrich join their classmates helping out at the Holiday Craft Fair.

Children's Auction cracks the \$600,000 mark

BY ERIN PLUMMER
mnews@salmonpress.news

BELMONT — Kids in need across the area will be getting a lot of holiday cheer thanks to over \$600,000 raised by the Greater Lakes Region Children's Auction.

On Saturday, the 38th annual auction closed for another year with a total of \$600,032, which will be distributed to more than 60 nonprofit organizations helping families right in the Lakes Region.

This year's auction opened on Tuesday, headquartered in the former Peebles store in the Belknap Mall: a larger space for the production and the items.

Auction Chair Jaime Sousa said the auction started with fewer items than usual. This year Thanksgiving fell late on the calendar, meaning they didn't have that



ERIN PLUMMER

The final number of \$600,032 is unveiled at the end of the Greater lakes Region Children's Auction with Bob Glassett and Jaimie Sousa holding the check.

extra week between Thanksgiving and the auction. Snowstorms also hampered contributions. Sousa said at some points items that came in were going out just as fast. During the week a number of pleas went out for more items.

"The community real-

ly came through in just the nick of time," Sousa said.

The auction aired on Lakes Region Public Access as well as the Lacomia Daily Sun Web site and numerous local radio stations.

When the auction closed on Saturday af-

ternoon, it cleared the \$600,000 mark. This also included the \$355,453 raised by Pub Mania at Patrick's Pub and Eatery.

Sousa said it was unbelievable that they raised this much. She thanked everyone who contributed to the auction in some

SEE **AUCTION** PAGE A9

nized by the senior class and is a major fundraiser for the class. It is also historically a popular event that gets a lot of shoppers and crafters.

Class president Abby Warren said they had so many people come through in the first few hours.

"I'm super happy that everyone is showing up," Warren said.

All seniors were responsible for working a shift at some point, from setting up starting on Friday night, working throughout the fair itself, or tearing down after it ended right at 3 p.m.

Warren said so many students were helping out and everyone was doing their part.

"It's busy, but it's a good busy," Warren

said.

Vice president Randi Byars said there were so many things that needed to be done and a lot of people put in a lot of effort.

"It's so wonderful, and love seeing how everyone comes together," Byars said.

Class treasurer Laurel Gingrich said members of the class had been working well together from setting up the previous night through that day.

Class secretary Sydni Lehr said everyone came together and made it work.

Class officers said it was great to see all the different people come out.

"It's interesting to see all the members of the community come

SEE **CRAFT FAIR** PAGE A10

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent
Time for the annual stroll through the village. It's the beloved Candlelight Stroll! The village will be lit with

the warm, soft light of a thousand candles as so many people mingle in the streets, homes, and community centers of our town on Saturday evening from 5-7 p.m.

The friendly cheer of this tradition warms the hearts of attendees and sets the mood for the holidays.
The stroll is more than a walk, of course, there are carolers, cookies, crafts, and more to be found throughout the village. Grab a pamphlet for the full details. Historic buildings will be opened, Santa will be at the field, the Gilford Village Store will be open with a festive menu, and more. Here at the library, we'll enjoy cookies, corn chowder, and cocoa as we listen to beautiful music! Gilford Elementary School

students will sing carols from 5-5:30 p.m. They're as talented as they are adorable.
Carter Laliberte takes over the show from 5:30-6:30 p.m. He will fill the Library with hit music, demonstrating a talent far beyond his age. However your evening goes, be sure to make it to the Library for some of these performances. While you're here, create a salt dough ornament to take with you. Try corn chowder made by Sally and Bill Bickford, courtesy of the Friends of the Gilford Public Library.
When you're done, why not take a gorgeous one-way horse drawn carriage ride from the Library to the Rowe House, or take it to make your way here from the Rowe House! In keeping with the season, these Library events are free and open to the public. It's such a wonderful event. Come join in the fun.
Classes & Special Events Dec. 12- 19
Thursday, Dec. 12
Geri Fit, 9-10 a.m.
Homeschool Game Club, 12:15-2:15 p.m.

Brown Bag Book Discussion, 12:30-1:30 p.m.
This month's book is "Spark Joy" by Marie Kondo, described as "...and a vision of life, that truly sparks joy." Copies are available at the front desk, and the discussion will be led by Kayleigh Thomas.
Conversational French, 4-5 p.m.
Evening Book Discussion, 6-7 p.m.
See 'Brown Bag Book Discussion' above.
Friday, Dec. 13
Bridge, 10:30 a.m.-12:30 p.m.
Knit Wits, 1:30-2:30 p.m.
Advanced Conversational German, 2:30-3:30 pm
Monday, Dec. 16
Tai Chi-Chih, 9:45-10:45 a.m.
Mahjong, 12:30-3 p.m.
Tuesday, Dec. 17
Geri Fit, 9-10 a.m.
Hook Nook, 10-11 a.m.
Bridge, 10:30 a.m.-12:30 p.m.
Elementary Gingerbread Houses, 3:30-4:30 p.m.
It's our favorite time of the year again to build gingerbread

houses. *Sign-up required (k-4)
Craft Corner, 5-6 p.m.
Book Bites, 5:30-7 p.m.
Wednesday, Dec. 18
Line Dancing, 9-10:30 a.m.
Preschool Holiday Extravaganza: Mrs. Claus, 10:30-11 a.m.
Come and enjoy stories with Mrs. Claus and stay for Gingerbread Houses afterwards!
Preschool Holiday Extravaganza: Gingerbread Houses, 11-11:30 a.m.
Check Out an Expert, 10 a.m.-noon
Lakes Region Fiber Artists and Crafters, 10 a.m.-noon
The InbeTween: Library Teen/Tween Club, 2:30-3:30 p.m.
Thursday, Dec. 19
Holiday Dessert Recipe Swap, All Day
Do you have a signature cookie or cake that you make every holiday season? Are you dying to share the recipe for your favorite holiday bark? Well, bring in a copy of your favorite holiday dessert recipe to share and swap with other bakers!
Geri Fit, 9-10 a.m.

Gilford Public Library
Top Ten Requests

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

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Barstool Challenge continues to step up

Patrick's Pub Mania fundraising event for the Greater Lakes Region Children's Auction brought in their 11th record-setting fundraising effort on Saturday, lifting the Children's Auction to their largest total in 38 years - \$600,032.

Billed as 'The World's Greatest Barstool Challenge,' Pub Mania brought in \$355,453 this year, bringing their 11-year run to more than \$2.3 million.

"The success of Pub Mania is due to the tremendous spirit of generosity that this community brings forth for the Children's Auction and making a difference for the kids in our community" said Allan Beetle, co-owner of Patrick's and Pub Mania organizer. "Pub Mania is a fun and exciting way for people to be part of that."

Last year, the Children's Auction distributed approximately \$500,000 to 50 organizations focusing on food, clothing, shelter and programs to improve the lives of children and families.

"The need is even greater this year," says Beetle, "so we're very pleased the numbers are up."

The Children's Auction was founded 38 years ago when Warren Bailey raised \$2,100 from his van while broadcasting with WLNH radio.



COURTESY
(Left) Patrick's Pub Mania presents their check to wrap-up the record-breaking week for the Greater Lakes Region Children's Auction. Patrick's owners, flanked by Pub Mania Team Captains and participants, present check for \$355,453 to bring the Children's Auction total to \$600,032

"Because of all of the generous efforts of these volunteers and the success of the Children's Auction, over 50 non-profits will be served, those organizations who do the heavy lifting, and they will be able to help make some dreams come true for children and families in need," said Bailey.

With 31 teams and 24 people per team, the Pub Mania event has 744 participants. Each participant raises funds for their respective team, with teams enjoying a healthy competition for three coveted awards: Top Dollar, Outstanding Participation and Feeding Families Award.

Team captains will enjoy a banquet at Patrick's on Dec. 16, where they will celebrate their accomplishments.

For more information, visit www.patrick-spub.com or www.childrensauction.com.



COURTESY
(Left) Patrick's owners and Pub Mania event organizer's Allan & Jennifer Beetle with Children's Auction founder, Warren Bailey, during final moments of the Children's Auction this past Saturday.

Annie's Book Stop hosts local children's author Kathy Salanitro

LACONIA — Kathy Salanitro has written book #2 in her therapy oxen children's book series entitled, "The Oxen and the Baby: How Teamwork Saves the Day." This series volume is based on a true story which takes place in 1936 Gilford during a winter Nor'easter. Frank must find a way to help his expectant wife, who has gone into labor, using his yoke of oxen in the midst of a snow storm. Kathy's books give examples of life lessons for children and young people.

Salanitro is owner and operator of Ox-K Farm Discovery Center in Gilford. Starting in 2004, she began training oxen to help young people in therapy. Her Center is dedicated to "enriching children and young people's lives by guiding and encouraging them to develop self-discipline, patience and self-confidence through interaction with oxen." Winner of the title Ms. New Hampshire Senior America in 2011, Kathy uses her talents to reach out and make a difference and in teaching the impact

oxen had on American history. See more information at: <http://http://oxkfarm.com/>. Please come by Annie's on Saturday, Dec. 14 from 10 a.m.-1 p.m., meet the author, and pick up a signed copy of Kathy's wonderful children's book #2 in her ongoing series. Situated on the Barton's Motel property at 1330 Union Ave. in Laconia for over 35 years, Annie's has been a local book stop landmark for anyone interested in stimulating conversation, education, literacy and stress reduction!



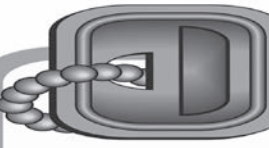
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OPINION

MARK ON THE MARKETS

Women and finance



BY MARK PATTERSON

When I meet with potential new clients in our first visit, they will almost always state that “they do not know anything about this stuff.” I get that, because “that stuff” or investment management is chocked with language and disclosure documents that is meaningless unless you have worked in the field of financial planning and asset management for a period of time. So, if you are a woman who is married or with a partner, there is a high probability that you will be on your own, left to manage the finances, or at least understand what your advisor is doing for you. Whether it be through divorce, death or separation from your spouse or partner, there is a 70 percent chance that you will change advisors because many feel as though that advisor never really spoke to them, but to their spouse. It is the advisor’s shortcoming for not making sure that they addressed the needs and questions of both parties in the relationship. It is my personal experience that the women may not be as outspoken in the meeting, but more pen- sive, listening to the advisor and her partner, however she is likely the decision maker on if they will work with you or not!

We at MHP Asset Management have recently held workshops specifically for women. The goal is to educate on the issues that we will all face at one time or another, however, affect Women to a greater degree. At the workshop we discuss Social Security and timing strategies for the single, widowed or divorced women. Medicare and long-term care insurance that women are much more likely to need than men. Another alternative is a policy that can be used for chronic illness, death benefit or cash accumulation. These policies

have helped many people to mitigate risks associated with the need for an LTC option. We also discuss the negative sequence of investment returns risk, that can cause you to run out of money while in retirement. These are risks that can all be mitigated if planned for properly and in a timely manner. Most workshop participants admit to the “ostrich syndrome” of burying their heads in the sand. I understand this because I am human too! Consider allowing us to be your coach on setting timetables and expectations to get these things done.

The last thing we discuss is something that I have always done for new clients, but until recently did not address at a public workshop. Understanding the difference between an investment advisor representative, a registered representative and an insurance only producer. How can you find and read disclosure documentation on these individuals and firms that may use the same titles but are very different in what they do. Whether it is the SEC. Gov website to read and understand the ADV part 2 of a registered investment advisor firm, or FINRA Broker-check for the registered rep or the state insurance commissioner for the insurance producer, the language used is often times abstract unless you are involved with this business of investment management. Understanding the fees, if the firm is acting in your best interest, background of the advisor or broker are all things that can derived from these documents. Many people like their advisor, and there are many good ones out there, but I have also had new clients come to me because their old advisor would not fully explain fees or what their roll was in the management of the money. Transparency is key to building trust with your advisor and their firm, like President Reagan said regarding the Soviet Union, “Trust, but Verify!”

Mark Patterson is Portfolio Manager for MHP Asset Management and can be reached at 447-1979 or mark@mhp-asset.com.

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NORTH COUNTRY NOTEBOOK

Chasing the phantom of the road-killed cougar



By JOHN HARRIGAN
COLUMNIST

Among emails that came in while I was on a passenger vessel churning its way up the Mississippi was this, dated Nov. 29:

“Hi John,
“Today on Orfordville Rd. in Orford, we saw a large cat with a LONG tail. Unfortunately it crossed the road too far in front of us and went up a hill through the woods. We were too far away for photos or a good look at the ears. In the light it was difficult to say coloration. What I can definitely say is it was too large to be domestic and it had a long tail.”

I thanked this reader for his note, because I really do appreciate it (a) when people are readers, and (b) when readers care enough to write.

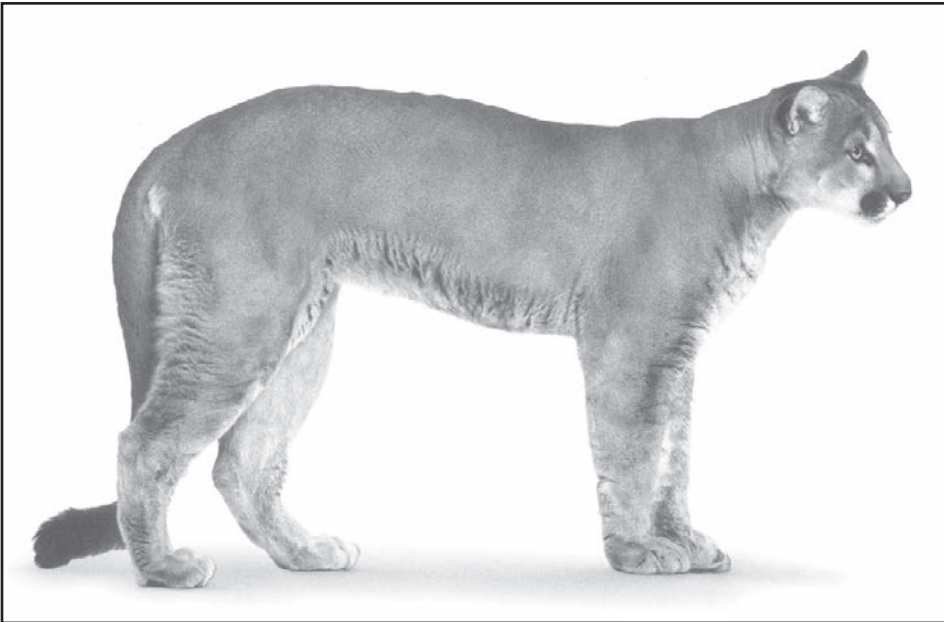
But okay, so what do I do with a report like this? In the long pecking order of cougar/mountain lion/catamount reports, it’s a fairly small peck. Still, there it is.

There is nothing out there in the woods that has the long tail that so many cougar-sighting people so vividly describe, and please--no citing of coyotes, lynx, bobcats, foxes, fishers or martens. No reasonable, clear-sighted person could mistake such a small animal for such a big one, except perhaps--and even this is a stretch--the coyote.

And even then, only in the case of the cougar is the tail described as “rope-like,” which is the key to any reputable (and, with me, reportable, meaning in the news or in a column) mountain lion sighting. An adult cougar is big, and I mean very big--an adult male can top 200 pounds. Does anyone want to look an earnest, honest, clear-eyed, nothing-to-gain person in the eye and tell him he saw a bobcat or a fisher? Not this guy.

+++++

The fact is that I really don’t care whether cougars are here or not. I have no dog in this fight. It’s not a burning issue with me. I have other fish to fry. I’m trying to use up my stash of hackneyed phrases here. Please, someone save me before they come to



COURTESY

Here it is again, the old photograph of a cougar that I’ve had around so long that I’ve forgotten (with apologies) its origins.



JOHN HARRIGAN

This is the not altogether wistful sign that’s long graced my front lawn. In fact, one of the better cougar incidents I’ve heard about in a half-century of newspapering occurred right near my back driveway, while I was down at work.

get me.

But although I’ve never seen a mountain lion myself, there have been enough sightings over my four decades of keeping track, by extremely reliable people, in such vivid detail, and by people who’d have utterly no reason to make up such a thing, to make me a firm believer. It’s worth mentioning that I long ago found peace with the Santa thing.

Why then, astute readers will want to know, are there no good photos or films of mountain lions in this age of so many people lugging iPhones around? Answer: There probably are--it’s just a case of people not knowing what to do with them, or about their importance. It’s just another photo of just another wild animal. Who cares?

Then there’s nervousness and fear concerning two perceived dangers: what I call “Officialdom,” and that old reliable bugaboo, hunters.

Justifiable or not (Fish and Game steadfastly says it’s not), it’s out there, big time, that anyone trying to report a cougar sighting, even an extremely good one, risks embarrassment and/or outright belittling from anyone in the general category of Officialdom. “They talk to you like you’re stupid,” is what I often hear.

People are scared to death of looking stupid. It’s akin to the reasons people often give for not wanting

to write letters to the editor, even when they have something well worth saying. They fear that the editor will run the letter just as they wrote it, mistakes and all, an embarrassment no good editor would allow.

And then there’s your big, bad hunter, often depicted in the media as an overgrown, feeble-minded Elmer Fudd, who’s going to rush out and try to shoot any cougar reported as out there, anywhere. So cougar-sighters opt to protect a cougar they suddenly see, somehow, as “theirs.” Never mind, by the way, that the cougar is fully protected (or was, until it was declared extinct) unless you’re defending life and limb or livestock. There’s the little matter (last time I looked) of a thousand-dollar fine.

+++++

There well may be photos of cougars around, but how about a road-kill? You’d think we’d have hit one in the road by now. In fact, we have, in the form of a road-kill in Connecticut, in 2011, involving a South Dakota cougar with a severe case of wanderlust.

But the question is about New Hampshire, and probably the answer is the same, “We have.” But here we get into a non-urban legend akin to the fabled Poodle in the Clothes Dryer, or the Disappearing Hitch-

hiker--the Incredible Disappearing Road-Killed Cougar. Cue the file-photo. Film at 11.

If I had a nickel for every road-killed cougar I’ve heard about, as the old saying goes, I’d be rich. Well, not quite.

The hardest I ever worked on a phantom story, meaning one that I never quite got to the bottom of, was when I began chasing a reported mountain lion kill on I-93 in New Hampton fifteen years or so ago. It was so much fun (not) that I forget. But as I recall, I chased it even unto calling a retired police or fire chief, I forget which.

The story was that a motorist hit and killed a cougar near the town line (there are at least two), and that a curious driver stopped to take a picture, but then a state pickup truck (exact department or division unspecified) pulled over and a guy swung the dead cat into the back of the truck (quite a feat if it was, say, a big adult male), and sped off before the second driver could get a decent photograph.

I was supposed to receive the sole photograph taken at the scene before the cat was spirited away, but never did, so I can’t say what I’d so like to say, “Film at 11.”

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

Pamela Noble announces retirement from MVSB and Merrimack County Savings Bank

MEREDITH — Pamela Noble, Vice President, Mortgage Sales Operations Officer for Meredith Village Savings Bank (MVSB) and Merrimack County Savings Bank (the Merrimack), is retiring on Dec. 31, after more than 29 years with the Bank. Noble is based out of the MVSB Main Office in Meredith, and has worked at that location since 2000.

“Pam has been an integral member of the mortgage lending team,” said Carol Bickford, Senior Vice President, Residential Mortgage Lending. “She has exceptional leadership qualities and dedicates herself to service. It has been my pleasure to work alongside her. Pam has been a remarkable employee and colleague, and we can’t thank her enough for the last 29 years.”

“I feel very fortunate to have been able to work at such a fine community institution, where service to others is prioritized,” said Noble. “I will miss the incredible people I’ve worked with over the years, as well as many of our customers, who I am happy to call my friends.”

Noble began her career with MVSB in 1990 at the Route 104 Office in Meredith as a Part-Time Teller. She went on to hold positions as a Customer Service Representative, Assistant Head Teller and Head Teller before transitioning to Lending in 2000. Since then, she has been promoted to Assistant Vice President then to Vice President, Loan Officer and again to Vice President Mortgage Sales Operations Officer for both MVSB and the Merrimack.

She has been essen-



Pamela Noble

tial to MVSB’s annual fundraising team for Making Strides Against Breast Cancer. Noble has also served for a number of years on the Lakes Region Making Strides Against Breast Cancer Planning Committee. She has served as a board member of the Lakes Region Boys and Girls Club and continues to serve on the board for New Beginnings.

Unlike stock banks, Meredith Village Savings Bank and Merrimack County Savings Bank are mutual savings banks that operate for the benefit of their depositors, borrowers and surrounding communities. As a result, each organization has remained steadfast in fostering the economic health and well-being of their communities, prioritizing the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship in all matters of business and service.

Founded in 1869, Meredith Village Savings Bank is celebrating its 150th anniversary.

sary. For 150 years, the Bank has been serving the people, businesses, non-profits and municipalities of Central New Hampshire. To learn more, visit any of the local branch offices in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800.922.6872 or visit mvsb.com.

Founded in 1867, Merrimack County Savings Bank has been serving the people, businesses, non-profits and municipalities in central and southern New Hampshire for over 150 years. The Merrimack was voted “Best Bank” by the Capital Area’s People’s Preferences for the 9th consecutive year in 2018. To learn more, visit any of their local offices in Bow, Concord, Contoocook, Hooksett and Nashua, call 800-541-0006 or visit themerrimack.com.

Dave Keller Trio takes the stage at Pitmans’

LACONIA — Pitman’s Freight Room, located on New Salem Street in Laconia, is thrilled to announce the following shows coming up this weekend.

Friday, Dec. 13, 8 p.m., \$20: The Dave Keller Trio

Dave Keller is an award-winning, triple-threat: an outstanding singer, an intense guitarist, and a talented songwriter. Fueled by his love of deep Southern soul and blues music, his performances ring out with passion, integrity, and an ability to break down the barriers between performer and audience.

Doors open at 7pm

and we are a BYO Venue. For reservations, call 494-3334.

Saturday, Dec. 14, 8 p.m., \$20: Comedy featuring Paul D'Angelo

Paul Murphy spent eleven years as an assistant district attorney supervising several of Massachusetts’ busiest courthouses before becoming a successful criminal-defense trial attorney. The unexpected twist to this story is that, under the pseudonym Paul D’Angelo, Paul simultaneously became one of the nation’s top stand-up comedians.

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



COURTESY

Edna Greenfield watercolor classes begin Jan. 9

Edna Greenfield, an award winning and highly accomplished watercolor artist is teaching an eight week watercolor class for beginners, as a refresher, and for intermedia students beginning Jan. 9- Feb. She will focus on “The Building Blocks of Watercolor,” a course to help with problem solving and inspire individual creativity. Her class is limited to the first eight who register at the Lakes Region Art Association/ Gallery, Tanger Outlet Mall, 120 Laconia Rd. suite 132, Tilton. All classes held on Thursdays, 1-4 p.m. Greenfield has more than 28 years of experience in both oils and her preferred medium, watercolors. She’s exhibited her work in museums, given workshops, taught and instructed on how to master watercolor painting to numerous students regardless of age throughout New England. Anyone interested in signing up for her classes, contact Edna at: 254-8864. She’ll inform you on what supplies you’ll need and on the cost for her eight week class.

GILFORD PARKS AND RECREATION NEWS

BY HERB GREENE

Director

Gilford Parks and Recreation

Senior Moment-um Breakfast and a Movie on Monday, Dec. 16

The Gilford Parks and Recreation Department will be sponsoring a Senior Moment-um program on Monday, Dec. 16. We will meet at the Community Church, Fellowship Hall at 9:15 a.m. for breakfast and a movie! We will be watching the holiday comedy, "Four Christmases" starring Reese Witherspoon and Vince Vaughn. The movie and coffee are free of charge. We will also have breakfast

available for anyone interested at \$4.00 per person which includes quiche, home fries and fruit. So please join us to watch this new comedy classic! Participants are asked to RSVP by Thursday, Dec. 12!

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

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 beginning December 11th. Participants can track their progress or just walk for fun and socialize with friends. There will be plenty of chairs available to take a break as you wish and coffee, tea and water will be provided. A \$1 donation is suggested.

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

Bolduc Park Cross Country Ski Program

The Gilford Parks SEE REC NEWS PAGE A9

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Edward Jones: Financial Focus


Use Year-end Bonus (or Gift) Wisely

As 2019 draws to a close, you may be anticipating – or have already received – a year-end bonus from your employer. Or you might be receiving a substantial cash gift for the holidays. (If you're really lucky, you might get both.) You can doubtlessly think of many ways to spend this money right now, but how can you use it to help yourself in the long run?

Here are a few suggestions:


- Pay off some debts. Virtually all of us carry some type of debt, and that's not necessarily a bad thing. For example, your mortgage not only gives you a place to live and a chance to build equity in your home, but the interest payments are typically tax deductible. Other debts, though, such as those on consumer items, are not so positive – you generally can't deduct the interest payments, and the items themselves probably won't enhance your personal wealth. Plus, the bigger your monthly debt payments, the less you'll have to invest for your future. So, you might want to use your bonus or monetary gift to pay off, or at least pay down, some of your less productive debts.
- Start an emergency fund. If you were to face a large, unexpected expense, such as the need for a new furnace or a major car repair, how would you pay for it? If you didn't have the cash on hand, you might be forced to dip in to your long-term investments, such as your stocks and mutual funds. A much better option is to build an emergency fund, containing six to 12 months' worth of living expenses, with the money kept in a liquid, low-risk account. It will take time to build such a fund, of course, but your year-end bonus or gift money could give you a good start.
- Contribute to your IRA. You can put in up to \$6,000 to your IRA, or \$7,000 if you're 50 or older. And although you've got until April 15, 2020, to fully fund your IRA for the 2019 tax year, you still might want to put your "extra" money into your account right away. If you wait, you'll probably find other uses for this money. And if you're going to enjoy a comfortable retirement, you'll need to maximize every possible resource – and your IRA is one of your best ones. Furthermore, the sooner you get the money into your IRA, the more potential it will have to grow over time.
- Feed your college fund. If you're already contributing to a college fund for your young children or grandchildren, you can use your year-end bonus or monetary gift to add to the fund. If you haven't already started such an account, you might want to use this money for that purpose. You could open a 529 plan, which provides possible tax benefits and gives you control of the funds until it's time for them to be used for college or some type of vocational school. (Depending on where you live, you might also get tax benefits from your state if you use a 529 savings plan to pay for K-12 expenses.) To achieve all your financial goals, you'll need to take advantage of your opportunities – and your year-end bonus or monetary gift can certainly be one of them.

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PET OF THE WEEK

Meet sweet little Velma! She came all the way from TX to find her new forever home. Velma is a petite 1 yr. old mix breed who is a little nervous in her new surroundings. With a little patience she is very sweet! She needs a adult home to teach her the world isn't so scary! Velma may do well with some dogs but would like a feline free home!





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Mary Roper Robertson, 90

Mary Roper Robertson, 90, beloved wife of 67 years, passed away peacefully at home after a brief illness on Friday, Dec. 6, 2019. Her loving husband was by her bedside and her family arrived within several hours that evening.

Mary was the second-youngest child in a family of nine, born in Arlington, Mass. to James and Alice (Kiloren) Roper on September 15, 1929. She was the last remaining member of her immediate Roper family.

Mary completed high school in Arlington, where she met her sweetheart and future husband, Colin Fraser Robertson. Mary was very active at Arlington High; she enjoyed swimming, dancing, and singing in the Glee Club. She had leading roles in the Gilbert and Sullivan productions of “H.M.S. Pinafore,” “Pirates of Penzance,” and “The Mikado,” and was voted “Most Musical” in the Who’s Who of the 1947 Arlington High School Yearbook.

Mary married her sweetheart on March 1, 1952, a few weeks prior to his deployment with the Marine Corps to Korea. She waited steadfastly near Camp Pendleton, Calif. for his return from combat. During this time, she worked at a local drive-in theater and enjoyed both the ocean and horseback riding. Upon his safe homecoming, they began their family of three children. Because Colin was to attend the Massachusetts Institute of Technology, they moved



back to Massachusetts, where Mary cared for their first-born son, as well as other neighboring children. She also worked as a receptionist at the nearby Howard Johnson. After Colin graduated from M.I.T., they moved back to California, where they lived for another eleven years, adding an additional son and daughter to their family.

When Colin’s father required care, the family returned to Massachusetts, where Mary completed an O.R. Technician program and was employed at Winchester Hospital for a number of years. In 1972, the family moved to the farm homestead in Gilford where she became deeply involved in the administration of their development business and Robertson Construction Co., Inc. This chapter of their lives included a tour of several years in Beijing, China, during the early 1980’s, while Colin was the Project Manager within the construction and maintenance division of the U.S. State Department. During this time, Mary worked as an embassy receptionist and Commissary Manager.

Mary was an avid bridge player and

member of the Lilac Chorus for many years. She also established a small business, “Mary the Critter Sitter,” taking care of pets and sharing the love and compassion she always felt for all living things, including mice, racoons, and ravens. More than anything, she cherished her family and the time they spent together.

Mary is survived by her husband, Colin Fraser Robertson of Gilford; a son, John, of Nashua; a son, James and wife, Cindy of Newtown, Conn.; a daughter, Gail and husband, Tim of Springfield Center, N.Y.; grandchildren, William, Ashli, Colin, Forest, Elissa, Lindsay, and Evan; eleven great-grandchildren; a niece and nephew, numerous cousins and many dear friends.

Services will be held in the Spring of 2020 at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant Street, Laconia, N.H., followed by interment at the N.H. State Veteran’s Cemetery in Boscawen NH.

Memorial contributions may be made to St. Jude’s Hospital, 501 St. Jude Place, Memphis, TN 38105-9959 and the N.H. Humane Society, PO Box 572, Laconia NH 03247.

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

Wrap up your holiday shopping at the Belknap Mill

LACONIA — Wrap up your holiday shopping at the 11th annual Belknap Mill Holiday Bazaar on Saturday, Dec. 14, from 9 a.m. to 3 p.m. Visit the historic mill building in its holiday glory at 25 Beacon St. East in downtown Laconia.

This popular event has attracted crafters from around New Hampshire offering a shopping experience not to be missed. Visitors will enjoy a wide assortment of unique products from more than 30 crafters over two floors of the Mill. Included in this year’s offerings are: acrylic & watercolor art, handmade hats & scarves, jams & jellies, wood products, stone products, bird houses, honey, fleece blankets and mittens, nightlight blocks, handcrafted chocolates, quilts, wreaths, homemade applesauce, floral arrangements and so much more!

Vendors include but are certainly not limited to; Big Bags & Udder Things, Daily Grind Metal Works, The Quilted Quiller, Sweet as Sin Confections, Cuddling So Softly, Give A Salute!, Earthshaking Creations, Blasdell Studios, No Weare Else, Jim’s Woodturning, Sweet Bee Farm,



COURTESY

Wrap up your holiday shopping at the 11th annual Belknap Mill Holiday Bazaar on Saturday, Dec. 14, from 9 a.m. to 3 p.m. Visit the historic mill building in its holiday glory at 25 Beacon St. East in downtown Laconia.

Winnepesaukee Quilt Co., and Jodi’s Build a Hat.

There will be fresh-baked goods and lunch options available for sale from the Laconia High School Key Club. Visitors to the bazaar are invited to take a chance at the vendor raffle; all items are donated by participating vendors, with proceeds supporting the Belknap Mill.

The Belknap Mill is

the oldest, unaltered brick textile mill in the country. It has permanent museum exhibits that interpret the history of the textile industry in Laconia, as well as educational programs for all ages. Admissions is free and open to the public. For more information, email Tara.Shore@belknapmill.org, visit belknapmill.org or Facebook, or call 524-8813.

STRATEGIES FOR LIVING

On a Sin City vacation

BY LARRY SCOTT

I was sitting next to a 50-something in a Las Vegas Casino, and we were discussing our visit to Las Vegas, popularly known as Sin City. I was a long-haul trucker in town on business, he a vacationing British tourist.

Before I finished my first cup of coffee, and

without any prompting, the gentleman, whom I will call Nick, interrupted my thoughts. “I can’t believe how easy it is to get a girl in this city, and man, compared to Great Britain, they’re cheap. Haven’t decided yet ... but I may get another one tonight. I’m not married so it’s no big deal ... I’ll

see how I feel this evening.”

But it was a big deal; he just didn’t know it. I can’t say I was shocked, but I was impressed, by his candor and willingness to discuss his promiscuous lifestyle. It was, I thought, remarkable that Nick was pleased to discuss his

SEE STRATEGIES PAGE A9

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

Every year, three million seniors are treated in the emergency room for fall injuries. And, falling once doubles someone’s chances of falling again.

Preventing accidents in the home, including falls, is one of the most important planning strategies for helping seniors stay independent. Fractures, head trauma and other injuries can cause long term mobility issues and have lasting physical effects. And, once an injury occurs, it can affect someone’s ability to live the way they want and enjoy the same lifestyle and activities.

Health issues that oc-

cur more often as we age can also make seniors more likely to fall. These risk factors include:

- Muscle weakness
- Heart disease
- Parkinson’s disease
- Alzheimer’s disease and other dementia
- Malnutrition
- Low blood pressure
- Poor vision
- Ear infections or inflammation
- Pain or sensitivity in the legs or feet

There are some precautions that seniors and their families can take to reduce the likelihood of a fall.

Evaluating risk factors and taking preventative measures in a way that considers the unique lifestyle, needs and health of a senior can help.

- Minimize trip hazards – Some fall hazards are obvious; flights of stairs, slippery shower floors or cords that are too far from a wall outlet. But there are less obvious features that can be an issue for someone with dizziness or vision loss. These can include loose rugs, certain types of carpeting, dimly lit hallways or a dog toy in the middle of the floor. Removing the hazard or installing safety devices, like grab bars and brighter light bulbs, can help.
- Evaluate footwear – Footwear that has an open back, doesn’t fit properly, is worn out or


has a slippery bottom can all contribute to tripping or balance problems. There are a variety of safe shoe options to fit any activity and personal style...safe shoes don’t have to be boring!

- Know the effects of medication – Seniors and their families should talk to a healthcare professional about how a person’s specific medications – both prescription and over-the-counter – can have side effects that cause dizziness or balance issues.

- Nutrition and exercise – Having healthy habits when it comes to diet and exercise can prevent weakness in the legs and feet, and can reduce pain. Seniors should always talk to their doctor about any diet and exercise plan, and can ask specific questions about how these things affect their fall risk factors.

- Focus on mental health – Studies show that there is a correlation between depression in seniors and falls. According to one report, “both depression and fear of falling are associated with impairment of gait and balance.” Positive mental wellbeing can improve many areas of a senior’s life, and reduced fall risk is another benefit. Connecting with loved ones, finding a sense of purpose, engaging in enjoyable activities can help.

SEE COMFORT PAGE A9



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Brightly decorated trees lined both floors of the Barn at Waukegan Country Club during the annual Meredith Altrusa Festival of Trees.



Some of the trees that were up for auction during Festival of Trees.



“Jackie’s Angels, Bells, Bears...Oh My” tree by Glen and Kathy LaPoint in memory of their daughter Jackie.



Belknap House’s “Home for Christmas” tree in a sunny corner.



“Ornaments By the Artists” from VynnArt in Meredith.

Festival of Trees celebrates the holidays

BY ERIN PLUMMER
mnews@salmonpress.news

CENTER HARBOR — The forest of creatively decorated trees returned to Waukegan Golf Club this weekend for the 24th annual Festival of Trees.

The Meredith Altrusa Club hosted their annual fundraiser from Friday through Sunday featuring many decorated trees from businesses, families, individuals, organizations, and more from across the Lakes region.

Altrusa president Kathy LaPoint said a lot of people came to the festival through the weekend. Friday was a bit slow because of the snowy weather, though it did create a pretty seasonal backdrop.

“It was beautiful looking out the windows and seeing all the snow,” LaPoint said.

Saturday and Sun-



Berkshire Hathaway Verani Realty of Belmont shares “The Magic of Home and Family.”

day did see good sized crowds, LaPoint said they had pretty consistent traffic over those two days. Visitors on Saturday included residents of Forestview Manor and the Taylor Community who came up for the event.

LaPoint said 36 of the trees in the festival will be donated to those who can't afford a tree. A number of other trees were up for silent auction and a few were put up for display only.

Altrusa put up a Little Tree. SEE TREES PAGE A8

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ARTISTIC ROOTS



JACQUELINE SCHWAB
Sunday December 15, 2:00 PM
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Photo Credit: Wayne Hankin

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Temple B’nai Israel of Laconia announces installation of Rabbi Dan Danson

LACONIA — Rabbi Danson is delighted to be beginning a new chapter as the rabbi of Temple B’nai Israel. Rabbi Danson grew up in Ottawa, Canada and served the Jewish community of northern Wisconsin for 29 years at Mt. Sinai Congregation in Wausau.

After recently moving to Long Island, N.Y., Rabbi Danson says, “I am happy to be back among the ‘frozen chosen’ in New Hampshire.” He is particularly moved by the rich Jewish life that the congregation has established in the Lakes

Region and their dedication to community service. Rabbi Dan Danson holds a Bachelor of Arts (Honors) in Comparative Religion from Carleton University. He was ordained as a rabbi in 1988 at the New York campus of Hebrew Union College – Jewish Institute of Religion. Following ordination, as the rabbi of Mt. Sinai Congregation in Wausau, Wisconsin, he wore many hats including

teaching Hebrew and Confirmation classes, leading adult education programs, and partnering with the congregation in many facets of synagogue organization. He was also active in the broader community in interfaith social justice work, as well as serving on many non-profit boards and committees. He was a community member on two Institutional Review Boards, at the Marshfield Clinic

and Aspirus Hospital, which oversaw the ethical aspects of medical research. Rabbi Danson has served in many facets of the larger Jewish community. He is a past president of Midwest Association of Reform Rabbis, served on faculty at OSRUI, the URJ camp in Oconomowoc, Wisconsin, and was a vice-president of the Wisconsin Council of Rabbis. Since he left Wisconsin, he has been training in Clini-

cal Pastoral Education programs and is now a board eligible chaplain. His last chaplaincy rotation was on the palliative care unit at Mount Sinai Hospital in Manhattan. He is also completing a Doctor of Ministry in pastoral counseling at Hebrew Union College in New York. He is married to Dr. Julie Luks and they have three children, Ben (Sasha), Eli, and Leah. They live in Huntington, N.Y.

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Ladies of Harley give back

Kathy Swartz, a member of the Ladies of Harley, along with her granddaughter Aurora, recently presented gifts to Sue Page, coordinator of the St. Vincent de Paul Christmas Angel Program, at the Laconia Harley Davidson store. The next sign up is Saturday, Dec. 7 from 10 a.m. to 2 p.m. at the SVDP, located at 1269 Union Ave. in Laconia, next to McDonalds.



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TREES

(Continued from Page A7)



ERIN PLUMMER

A clarinet ensemble consisting of Lakes Region musicians played on Sunday.

eracy Corner with a book themed tree and many books available for kids to take for free. The Literacy Corner also had a jar of M&M's and kids could guess how many were in the jar with the closest guess winning a basket full of books. This year the festival had a voting box for people to vote for their favorite trees. The winner would get bragging rights. The festival featured a number of musical performances throughout the weekend including the Inter-Lakes Sixth Grade Chorus, The Kinder Chorus, The Sweetbloods, and a clarinet ensemble. Guests could also

buy raffle tickets to take a chance on a number of different raffle baskets. Cookies and cider were also served. LaPoint said the festival is a happy place where people can see lovely trees and enjoy the start of the holidays. “You can see how creative these people are,” LaPoint said. “It amazes me how people come up with ideas for this.” For the past three years LaPoint and her husband Glen have contributed their own tree in memory of their daughter Jackie, who died at the age of 34. “Jackie's Angels, Bells, Bears...Oh My” was a tree adorned

with purple ribbons and teddy bears, showing Jackie's favorite color and love for and stuffed bears. “Christmas was her favorite holiday,” LaPoint said. “My husband and I decided it was something we needed to do.” Festival of Trees is a major fundraiser for the Meredith Altrusa Club and goes toward nonprofit organizations across the community which have included the Inter-Lakes Christmas Fund, Lakes Visiting Nurses, Toys for Tots, the Circle Program, and many others. Region Visiting Nurses, Toys for Tots, the Circle Program, and many others.

BUILDINGS

(Continued from Page A1)

up, it was originally a church. There will be a Christmas Village all lit up to view, the Village Nursery School will have a musical performance from 5-5:30 p.m., and a local musician, Thea Aloise, will be there from 5:30-6:30 p.m.

The third building the Society has open is the 1838 Rowe House, it is at the end, or beginning, of the Stroll,

depending on which end of the Village you start on. Come in and warm up with a cup of hot mulled cider. In the newly renovated ell there are “Toys from Yesteryear” that children may play with, (with parental supervision). You may want to join the sing a long in the Parlor, from 5-6 p.m. Angela Stewart will play her guitar and sing, from 6:00-7:00

pm it has become a tradition for Jerry Murphy to play old time favorites.

Come and enjoy an old-fashioned candlelight stroll, visit the historical buildings, enjoy the entertainment, the bonfire on the Village Field, a “special guest,” activities at the Library, specials at the Village Store, and the horse and wagon ride.

REC NEWS

(Continued from Page A5)

and Recreation Department will be offering four weeks of Cross Country Ski Lessons at Bolduc Park this winter. Lessons begin on Saturday, Jan. 4, 2020 and will continue through Jan. 25, 2020 (in the event a day is cancelled because of poor weather, it will be made up the week(s) following Jan. 25). 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 reg-

istrations directly to Piche's Ski Shop.

Cost: \$70 per person includes rental equipment!

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

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

Boston Celtics bus trip scheduled for March 18

The Gilford and Belmont Parks and Recreation Departments are co-sponsoring a Bus Trip to Boston to see the Celtics take on the New York Knicks on Wednesday, March 18, 2020. Cost of the trip is \$80 per per-

son, 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 7:30PM game. You will have time to visit the pro-shop and get dinner on your own prior to the game. Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable.

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

STRATEGIES

(Continued from Page A6)

pleasures with a complete stranger, unaware of what his choices said about his character and moral responsibility.

It never occurred to me until later that Nick may have been pimping in hopes of a discount. Regardless, Nick was pleased with his visit. In his world, these “girls” were perfect. They were willing, for a price, to give him pleasure without penalty, intimacy without emotional involvement, a liaison without consequence. It promised to be a week he would never forget.

Let's presume for the sake of argument that he was not infected by

an STD, that no irate boyfriend threatened his life, that no unwanted pregnancy ensued. It is more than likely that, except for the loss of several hundred dollars, his visit to Las Vegas was of little more than a break in the routine.

Sin is like that. Eliminate God from the picture, maintain that all truth is relative, conclude that there is no such thing as objective right and wrong, and you're free to live as you please. And it works. If sin weren't so much fun, it wouldn't be so popular. It is little wonder many people see no need for God. They are doing just fine

without Him, thank you very much!

But there is a problem. There is the matter of life after death. In light of his lifestyle, it is likely Nick believed, or at least hoped, that death ends it all. That may be a convenient “out,” but it is not supported by either Jesus or the New Testament writers. “Man is destined to die once,” the Bible says, “but after that to face judgment.”

There are, obviously, some things I cannot do, even in the “what-ever happens here stays here” city of Las Vegas. But I have taken the long view. For me, there is more to life

AUCTION

(Continued from Page A1)

way.

The Children's Auction started in 1982 with WLNH DJ Warren Bailey operating out of a van in the parking lot of the Laconia YMCA.

“It all started with people just coming up to is at the van and saying, ‘How can I help?’” Bailey said.

He said there were people who donated who only had a few dollars in their pocket but wanted to contribute it to people who needed it more.

Bailey said when they started the Children's Auction 38 years ago their goal was to raise \$2,000, \$1,000 per day of the auction. When they raised \$2,100 he said they knew this could go places.

Bailey said they have the philosophy that every dollar they raise is a dollar more for kids in the community. Bailey said the effort is all volunteer and the money all stays in the Lakes Region.

Last year they were able to give to 60 different nonprofit organizations.

He said that amount of support takes his breath away.

“It's because of your generous contributions to the Children's Auction we now serve 60 nonprofit organizations,” Bailey said at the end of the auction.



ERIN PLUMMER

Emcees Jim Fronk and Zack Derby stand with Children's Auction founder Warren Bailey holding the check for this year's final total.



ERIN PLUMMER

Ed Darling with members of the phone bank, in front is a donation from the Meredith Fire Department.

The first checks will be handed out this Friday to the category of the greatest need and the other checks will be distributed through the winter.

COMFORT

(Continued from Page A6)

able activities and experiencing joy can improve physical and mental quality of life.

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PUB MANIA

(Continued from Page A1)

“Whatever it is, it’s a gift from the heart,” Beetle said. “Not just the heart, but the pocketbook and the time.”

Beetle said this event would never be the success it is without all the people giving their efforts and support. Beetle thanked all of the participants.

“The power of Pub Mania is that these participants say yes when they’re asked to sit on a barstool for an hour,” Beetle said.

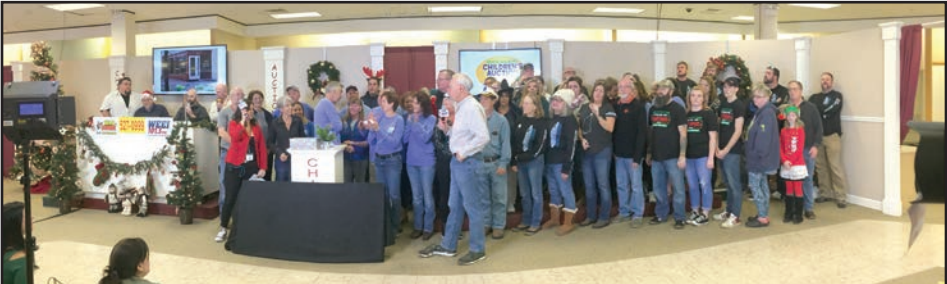
He also thanked the regular customers for their patience and sup-



Alan Beetle with the Pub Mania Scepter with a Warren Bailey bobblehead.

port while the event is going on. He said when people come to a pub they expect to just come in for a meal and a drink and don’t expect that kind of

activity around. Beetle gave individual recognition to all the team captains. “They are the backbone of the event,” Beetle



The Pub Mania captains gather at the end of the Greater Lakes Region Children's Auction.

said. The Pub Maniacs uncovered a check for \$355,453.

“It was those last auction items that really carried us over the day,” Beetle said.

Children’s Auction chair Jaime Sousa said it took Pub Mania 10 years to hit last year’s total of

around \$353,000, whereas it took the auction 30 years to hit that number alone.

Sousa said this is all about the kids and helping out families in need.

“That’s what this is all about,” Sousa said. “Thank you guys so much for everything you do that year,” Sousa said.

Children’s Auction founder Warren Bailey said the auction itself aimed to raise \$1.00 a day in its first year and in the next year, it raised \$4,000 over three days.

“You and the entire Pub Mania teams have taken us to a whole new level,” Warren said.

CRAFT FAIR

(Continued from Page A1)

together for just one thing,” Byars said.

Gingrich said the fair was fun overall.

“You get to interact with a lot of people from the community,” Gingrich said.

An assortment of crafters from across New England came to the fair, including a number from the local area.

Paul Bryan of Daily Grind Metal Works of Gilford creates art pieces by using tools to grind images into sheets of metal, a process done with assistance from his wife Cheryl Bryan.

“They’re all fun and unique and they make



Art created by Paul Bryan of Daily Grind Metal Works on display at the Holiday Craft Fair.



Shoppers came to Gilford Middle and High School for the annual craft fair benefitting the GHS senior class.

nice gifts,” Cheryl Bryan said.

The images range from small ones that can be displayed on a table to much larger ones that can take up a large wall space.

She said Paul started doing this to have some artwork in their son’s bedroom. After a while they started giving the images away to neighbors, then started selling them. The images are also sold at New Leaf in Laconia and the Alton Country Store.

Suzi McCormack of Squam Lake Puppy Treats of Holderness sold her homemade treats for dogs and cats. She will combine natural ingredients, press

them out with cutters, and bake them. She started making the treats five years ago for her daughter Kate’s yellow, black, and chocolate labs. After a while Katie told her she was having a yard sale and asked if she wanted to contribute the treats.

She sells a variety of different treats such as ones for small and larger dogs, cats, and the K9 and Feline Wine collections of treats in wine bottles.

McCormack said she enjoyed the GHS fair.

“I think it’s very, very well organized,” McCormack said. “Very polite and prices are good for your space.”

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Golden Eagles start strong with road win

BY BOB MARTIN
Bob@Salmonpress.news

WHITEFIELD – The Gilford High School basketball team opened up the season on the road against White Mountains on Friday and came away with a 39-34 win in what was a tight opening season match-up.

Gilford took a 14-10 lead after the opening quarter and held a 21-16 at the half. The Spartans cut the lead to 31-28 and threatened late

in the game, but Gilford wrapped things up with a 6-0 run to secure the win.

Kate Sullivan had a big game for the Golden Eagles with eight rebounds and seven blocks, which tied the school record. Shelby Cole had 16 points to lead the scoring. She also had eight steals, three assists and three blocks in what was a great all-around opening night.

Allison Carr had 15 points and five steals;



BOB MARTIN

Shelby Cole is closing in on 1,000 points and is expected to be a top player this season for the Golden Eagles.

Gilford swim team opens the new season

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford High School swim team coaches Dave and Karen Gingrich are amped up about the upcoming season, which returns a large group of seniors that make up the 23 swimmer squad.

The team has nine seniors, most of whom are returning to the Golden Eagles. Returners are Jillian Cookinham, Neal Miller, Madison Eastman, Laurel Gingrich, Cyndal Vansteensburg and Elena Uicker. Other seniors who are new to the team are Charles Purcell, Reagan McIntire and Leilani Watt.

Seven juniors returning to the team include Angie Bonnell, Claire Bartley, Madison Heyman, Catherine Pingol, Griffin Plourde and Grace Shoemaker. Emma Tierno is another junior who is new to the team this year.

There are two sophomores returning including Alexa Leonard and Lauren Sikoski. A good group of freshmen rounds out the team including Jessica Gannon, Avery Totten, Maria Uicker, Emily Watson and Taryn Wernig.

“Though new to swimming, this group of freshmen are proving to be quick learners of the various turns, starts and stroke technique,” said Dave Gingrich. “With this roster of 23 swimmers all of the events, from 50 free to 100 fly and 500 free will be well covered.”

Opening meet

The Golden Eagles had the first meet of the season at home against six teams on Sunday.

In the girls’ 200-meter medley, the A team consisting of Barley, Sikoski, Gingrich and Shoemaker had a time of 2:12.73 for first place.

In the girls’ 200-meter freestyle relay, the A squad consisting of Leonard, Vansteensburg, McIntire and Gingrich was first with a time of 2:04.61.

In the girls’ 200-meter freestyle, Shoemaker won with a time of 2:28.81; Bartley was second with a time of 2:50.46 and Pingol was third with a time of 2:53.60.

In the girls’ 200-meter intermediate, Sikoski won with a time of 2:46.23, which was an improvement of 11.19 seconds. Leonard was third with a time of 3:19.48 and Bonnell was fourth with a time of 3:35.53.

In the girls’ 50-meter freestyle, Gingrich won with a time of 27.35. Second place was Vansteensburg with a time of 29.26 and McIntire was third with a time of 30.05.

In the girls’ 100-meter fly Shoemaker was second with a time of 1:22.39.

In the girls’ 100-meter free, Vansteensburg was second with a time of 1:11.06; Heyman was fourth with a time of 1:19.30 and Cookinham was fifth with a time of 1:20.43.

In the girls’ 100-meter backstroke, Gingrich was first with a time of 1:15.67. Bartley was third with a time of 1:21.52 and Cookinham was fourth with a time of 1:38.07.

SEE SWIMMING PAGE B6

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COURTESY PHOTO

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Winter is early and so is the start of the cross-country ski season at Bolduc Park. All 10 kilometers of trails are groomed and ready for skiing for a modest donation at the not-for-profit, all-volunteer-run Bolduc Park Association property at 282 Gilford Avenue on the Laconia/Gilford town line. Snowshoeing and disc golf are available all winter. Youth and adult cross-country ski lessons will be offered by instructors Stevens Hill, Paul Warnick and Van Shirley. Lessons are held four Saturdays, Jan. 4, 11, 16 and 25 at 10 a.m. Sign up with your town Parks and Recreation Department or call or visit the Bolduc Park Clubhouse at 524-1370. More volunteers are always welcome to staff the clubhouse or help maintain the facility and enjoy free access to the golf and winter sports facilities. Volunteers can call Bob at 387-4208. Pictured are Bolduc Park Superintendent Bob Bolduc and cross-country ski instructor Stevens Hill.

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Acquilano takes over Gilford boys' hoop program

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford boys' basketball team is coming off a tough year where the Golden Eagles went 8-10 and missed the playoffs, but the team is under new leadership this winter and coach Rick Acquilano has high hopes for 2019-2020.

The Golden Eagles graduated two of its top players last season in power forward Greg Madore and point guard Korey Weston and Acquilano knows replacing them will be a struggle.

"Part of our challenge is to find replacements at key positions while transitioning to a new program," Acquilano said.

Acquilano comes into the program for his first year coaching the Golden Eagles, but he is no stranger to the basketball court. He is currently the athletic director for Gilford High School and is a former coach at Belmont.

It will be difficult to replace the 14.4 ppg and 7.3 rebounds that Madore provided, as well as the 9.4 ppg and the court vision that Weston had, but there are definitely some great players ready to step up.

Adrian Siravo, who was an All-Stater last season, should step up and be the team's top



Adrian Siravo is expected to be a top player for Gilford High School basketball this year.

BOB MARTIN

offensive player. Last season he led the Golden Eagles with 15.8 ppg and nine rebounds in 19 games. The gifted athlete is known for his high flying ability, throwing down dunks in traffic. He also has a knack for hitting clutch shots from anywhere within range, and can be feisty on defense.

Logan Hughes should bring height and size in his senior season, as he is also known to be able to get to the rim.

He averaged 7.8 ppg last year and those numbers should rise. Acquilano said Connor Hughes is also a player that is one to watch.

"I'm looking forward to all of our opportunities this season," Acquilano said.

Gilford opens the season at home against Franklin on Dec. 13 at 6 p.m. and has games against Inter-Lakes and Conant before the winter break.



Logan Hughes makes a pass against Hopkinton in a game last season.

BOB MARTIN

Registration open for winter

WOLFEBORO — Registration has started for Lakes Region Curling's Winter 2020 league. The season consists of eight Sunday matches, starting on Jan. 12 and running until March 8. No matches are scheduled for Feb. 2, Super Bowl Sunday.

Each match, held at Pop Whalen Ice Arena in Wolfeboro, runs for two hours, starting at 5:15 p.m.

Registration is open to men and women aged 14 or over. No previous experience is required, and participants may

join as individuals, with a partner, or as part of a complete team.

The LRCA will offer new players a learn-to-curl session on Sunday, Jan. 5, during which experienced curlers provide instruction in the rules and game play of curling. Curlers can use the traditional sliding delivery seen in television matches or use a "delivery stick" that lets the player walk to send the stone down the ice.

All equipment is provided and organizers will assist unaffiliated registrants in finding a

team.

Registration fee is \$195 per person. Registration forms as well as waiver forms for adults and for minors are available for download from the LRCA web site at lakescurlingnh.org.

Sometimes referred to as "chess on ice," curling originated on the marshes of Scotland in the early 1500s and came to North America with British colonists in the 18th century. First demonstrated at the 1926 Winter Olympics, it became an official Olympic sport in 1998.

Free youth lacrosse clinics in Gilford start Sunday

GILFORD — All area second through eighth graders, boys and girls, are invited to Lakes Region Lacrosse Club's winter skills and intro to lacrosse clinics. 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 Gilford Youth Center. They'll start on Dec. 15 and will run 4-6

p.m. generally every other Sunday through February. Participants can attend one, some, or all clinics. Registration is required. Visit www.lrlacrosse.org for details and to register.

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Four Gilford boys earn soccer All-State nods

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – This past fall the Gilford High School boys’ soccer team had a successful season and a big part of this was due to the team having four All-Staters.

Making first team All-State was Sam Sawyer, who was the team’s clear offensive leader all season with 27 goals and nine assists.

“I feel as though I had a strong year and I’m very happy to be recognized in such a strong way,” said Sawyer.

Sawyer felt that his best game of the season came in a homecoming win over rival Belmont. He said not only was it his final homecoming game against the nearby rival, but he helped the team to victory with a goal and an assist.

Overall, Sawyer felt this was a great year for the Golden Eagles, saying it was one of the best teams he played on in his four years.

“It was one of the strongest teams I’ve ever played for and I was very fortunate to have the teammates I had,” said Sawyer. “We were incredibly close to winning it all this year and sure I’m disappointed, but still had a great time.”

Sawyer is graduating in the spring and said he has been fortunate to play under the leadership of coaches Dave Pinkham and Hermann Defregger. He called them “two of the greatest coaches” he has had and said he will never forget their coaching and what life lessons they instilled.

“I will always remember the amazing group of players I have been able to play with and will never forget our Saturday morning practices,” Sawyer said.

Colton Workman also made first team All-State with a good senior season where he posted eight goals and three assists.



BOB MARTIN

Ben Gardiner (24) wrapped up his career at Gilford in good form with a first team All-State nod.



BOB MARTIN

Anthony Aguiar was second team All-State this season.

To be recognized as an All-State player has a larger impact on my sense of family than as a soccer player,” said Workman, who is a senior graduating in the spring. “My dad, cousin and all three brothers all had the pleasure to play soccer under Pinkham, and all but one of those were All-State players. As well as upholding family standards, I am proud to have a quantifiable recognition of the work the whole team has put into our sport.”

Workman said the top game of the season came against Hopkinton. He said it was a high pressure game being at the end of the season. He said the intensity of the game being at the end of his career, coupled with nerves, made the game one that stood out.

“This season far exceeded my expectations of last year,” said Workman. “I would attribute our unexpected success to our younger players, who stepped up to play roles similar to those of the seniors. They brought both high levels of fitness and skill. I will most definitely miss the coaches. I have grown up hearing the name Pinkham mentioned with deep reverence among my family. Playing under Pinkham and Defregger was an honor and I did not realize how much I would miss them until I realized sports awards would be the last scheduled time I would see them.”

Ben Gardiner was another first team All-Stater and had six goals and six assists.

“I’m very honored for receive this All-State recognition and I’m appreciative of the fact that three of my teammates received this award as well,” Gardiner said.

Gardiner also felt that his most memorable game was the 2-1 victory over Belmont at homecoming. He said the win was big because of a trick play the



BOB MARTIN

Sam Sawyer made first team All-State and led the team in scoring.



BOB MARTIN

Colton Workman (22) was a strong senior for the Golden Eagles and earned first team All-State.

team pulled off that was drawn up by Pinkham on a throw in to win the game. Gardiner scored on the play while Sawyer assisted off a header.

He said he will miss the coaching staff and the players alike after graduation.

“I will also miss the powerfully encouraging attitudes of coach Pinkham and coach Defregger, who always

pushed us to be our best and who also made it possible for us to compete, even with the best,” said Gardiner.

Anthony Aguiar made second team All-State and had five goals and seven assists on the year.

Aguiar said the recognition is a big honor because he has played soccer since and felt this was proof that his hard work has paid off. He gave credit to his father and coaches who have aided him through the journey.

“The recognition means there is still room for improvement to get that first team All-State, so I have to keep practicing

so I can reach that achievement,” Aguiar said.

Aguiar recalled the game against Belmont on Sept. 28 as being a top game as he had a goal after he got hurt in the first half and came back in the game.

“I would say my performance that game was one of my best,” Aguiar said. “Even though my goal wasn’t pretty it still counted as a goal. I remember it like it was yesterday, Sam Sawyer giving me a great through ball and I sneak the ball past the goalkeeper for the only goal in the game. Belmont has a lot of players that I know so it was a really

competitive game especially with the large audience.”

Aguiar said this past season was better than he originally expected, and said it was a blast with his team in practice while also improving daily. He said while the end of the season didn’t turn out how he wanted, a run of 15-2-1 was very impressive. His goal is to be the best leader he can for next season.

“Due to the fact that we will be losing seven seniors the team next year will definitely be a little bit small and inexperienced but that’s when I have to step in as a leader and do my part,” Aguiar said.



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Mobile Feline Fix It Wagon, Cats \$70-\$85. Dogs at Conway clinic, starting at \$100. NH and Maine income qualified plans. Military discounts. Rozzie May Animal Alliance, a dedicated spay/neuter nonprofit. Sign up on line www.RozzieMay.org or call 603-447-1373

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. hereincontained. The Publisher reserves the right to refuse any advertising.



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Tuba City
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Have a Career that Changes Lives

Live and work on the beautiful Navajo Reservation,
near national parks and forests, canyon country,
ski area a day trip away.

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

Emergency Physicians

CAREERS

- Very close, collaborative medical staff
- Loan Repayment Program through NHSC
- \$25K Sign-on bonus with 2-year service commitment

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

WWW.TCHEALTH.ORG

Shaker Regional School District

FOOD SERVICE SUBSTITUTES

Shaker Regional School District's Food Service Department has an immediate opening for Food Service Substitutes. Duties include, but are not limited to, prep work, serving, cleaning, washing dishes and pots/pans, and other tasks directed by the Kitchen Manager. Ability to lift up to 40 pounds. Prior experience in the food service industry is preferred, but not necessary. The successful candidate must be able to work in a fast paced, ever changing environment and perform as a team player.

Applications may be found on the Shaker Regional School District website or can be picked up at the SAU Office at 58 School Street; Belmont, NH 03220. Please contact Nancy Cate, Director of Food Service at 603-267-6525 ext. 1352, if you have any questions.

Dr. Howard S. Mitz

North Country Gastroenterology
Office Endoscopy/Colonoscopy • Infusion Therapy

HELP WANTED

PROFESSIONAL PRACTICE MANAGER

North Country Gastroenterology, located in Littleton, NH is seeking an experienced and professional Practice Manager to join our team. In this role, the Practice Manager will work under the direction of the physician in providing management and leadership to our team.

The selected candidate will be responsible for managing a team of 9 employees. If you have experience working in an administrative role in a healthcare practice, we want to hear from you.

Please forward your resume to:
ncgastro@aol.com

SHAKER REGIONAL SCHOOL DISTRICT

FULL-TIME YEAR-ROUND GROUNDS

Shaker Regional School District has an opening for a full-time, year-round, grounds worker to perform grounds work. Hours are 6:30 am – 3:00 pm, with a half-hour lunch. Must be reliable, have the ability to work independently and follow written and verbal instructions. Our full time positions qualify for our comprehensive benefit package including health, dental, life, long-term disability and paid sick, personal and holidays.

Please submit an application and 3 letters of reference to Steve Dalzell, 58 School Street, Belmont, NH 03220. You may contact Mr. Dalzell at 267-9223 to obtain an application or visit the Human Resources section of our website: www.sau80.org. Successful completion of a post-offer pre-employment physical and criminal background check, including fingerprinting, are required. Shaker Regional School District is an equal opportunity employer.



Now Hiring!

Full Time Laborers
Site Foreman
Heavy Equipment Operators
Truck Drivers

We offer Competitive Salary based on experience
Health Insurance Benefits, Paid Vacation and Paid Holidays
Must have Valid Driver's License and OSHA 10 Card
Pre-Employment Physical and Drug Screen Required
Call Us at (603)539-2333
Email Resume to info@integrityearthworks.com
Or find our Application online at integrityearthworks.com



JOB OPPORTUNITIES

***SIGN ON BONUS!**

Full-Time *RNs
with two years' experience

Additional Full-Time Opportunities

Radiologic Technologist Ultrasound / Echo Technologist
Physical Therapist

Part-Time Opportunities

Unit Secretary (Night Shift)
Health Information Management Clerk

Per-Diem Opportunities

RN LNA
Materials Mgmt. Technician ED Technician

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WWW.UCVH.ORG

Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603)388-4236
ucvh-hr@ucvh.org
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Sale Price **\$39,995**
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Sale Price **\$69,995**
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\$64,995 Was: \$70,000
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Display Home Only #31002

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48' 3 Bed, 2 Bath
#3842

\$79,995 Was: \$96,000
56' 3 Bed, 2 Bath
Drywall Home - One Only #30259

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

\$87,995
38x26 Sunny Cape

\$128,995 1,900 sq. ft.
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56x28 Cape You'll love the kitchen and incredible bathroom! Plus extra space upstairs!

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

LACONIA OFFICE
1921 Parade Road
(603) 528-0088

VISIT US ONLINE: WWW.ROCHEREALTY.COM



MLS# 4762824

MEREDITH: 3BR ranch w/ private beach rights. Bonus room above garage! **\$430,000**



MLS# 4771844

TILTON: A dream home! Executive cape w/ 4BR/4BA & 4,300 sf. on 3.4 acres. **\$439,000**



MLS# 4777491

MEREDITH: Single family home w/ dock at Grouse Point Club. Great amenities! **\$995,000**



MLS# 4755555

GILFORD: High traffic count & great visibility! 1.75 ac. w/ 7000 sf building. **\$749,000**



MLS# 4759591

LACONIA: Potential 21 lot subdivision in great location. Country setting. **\$279,000**



MLS# 4764985

LACONIA: 3BR in The Gables w/ private pool access. Quick walk to beach. **\$399,999**



MLS# 4785274

MEREDITH: Great building lot—short walk from beach on Winnepesaukee. **\$89,000**



MLS# 4769579

RUMNEY: Great opportunity. Highly successful for decades, now for sale! **\$479,000**



wolfeboro bay
Real Estate

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



SOLD

Lake Winnepesaukee! A short walk to downtown Wolfeboro, this Luxury home overlooking Back Bay boats 4 bedrooms suits, a large boat house and a two bay oversized super garage. Get ready for the summer season with this custom lake front home! **\$795,000**



SOLD

40 acres Ossipee! Circa 1850s cape on over 40 acres with over 1600 ft of road frontage and subdivision capabilities. Overlooking the mountains in the distance, with mature orchards and sprawling lawns, this private home is sure to please! **\$379,000**



SOLD

Water Access Tiltonboro! 3 bedroom 2 bath year round home just steps from bright sunny shared beach on Lake Winnepesaukee. Dock and mooring slips are available through a lottery for owners with a boat. **\$339,000**



PENDING

Winnepesaukee Condo Tiltonboro 595 ft of water frontage in Winter Harbor with two deeded deep water docks, tennis courts, and sugar sand beach. This end unit has an updated granite kitchen, first floor bedroom, wet bar, and 3 finished levels with water views and open concept living! **\$634,900**

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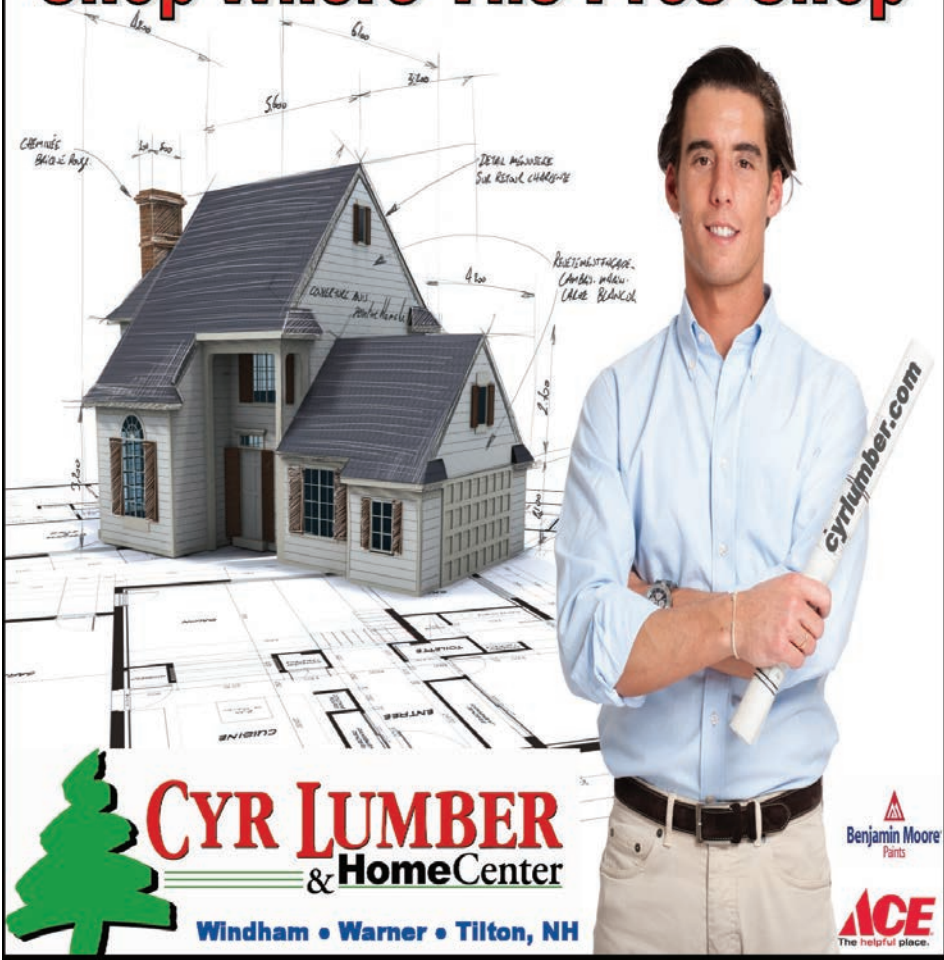
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7 pm Friday Dec. 13

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PSU offering lacrosse coaching clinics

PLYMOUTH — Plymouth State University head women's lacrosse coach Sandy Bridgeman announced that the program will host a women's lacrosse coaching clinic on Feb. 16 at the Bank of New Hampshire Field House at ALLWell North.

Bridgeman, entering her 23rd year as a collegiate head coach, has led the Panthers to an 18-1 record in Little East Conference play, three LEC Tournament titles and three NCAA Tournament appearances, including the program's second NCAA Tournament win, in her three seasons at Plymouth State. Her 219 career wins rank among the top-40 in NCAA history across all three divisions, while she boasts an overall coaching record of 219-135 (.619). Additionally, her .725 winning percentage at PSU is the second highest in program history.

The coaching clinic is designed for high school and club coaches and includes two separate sessions on the same day. Interested coaches have the option of attending both sessions at a discounted rate. Session details are included below.

Bridgeman and the Plymouth State coaching staff will work with coaches in the classroom and provide on-field demonstrations covering topics including goalkeeping, mastering the draw and offensive and defensive team concepts. The day will include multiple opportunities for Q&A sessions with the staff.

Online registration is available at <https://tinyurl.com/PSUCoaches-LaxClinic>. All questions can be directed to Bridgeman at sandrab@plymouth.edu or 535-3015.

Session One – Essential Skills, Drills and Concepts is Feb. 16, 9:30 – 11:50 a.m., on field, 9:30 – 11:30 a.m., question and answer 11:30 – 11:50 a.m.

Session Two – Next Level Skills, Drills and Concepts is Feb. 16, 12 – 2:30 p.m., on field, 12 – 2 p.m. and question and answer, 2 – 2:30 p.m.

Full day (includes both sessions) is available at a discount.

SWIMMING (Continued from Page B1)

In the girls' 100-meter breaststroke, Sikoski was second with a time of 1:24.19; McIntire was fourth with a time of 1:27.37 and Eastman was fifth with a time of 1:46.68.

In the boys' 100-meter breaststroke, Plourde was first with a time of 1:37.51.

In the boys' 100-meter backstroke, Plourde was second with a time of 1:38.13.

In the boys' 100-meter freestyle, Miller was third with a time of 1:17.54 and Purcell was fourth with a time of 1:18.71.

In the boys' 50-meter freestyle, Miller was third with a time of 31.40. Purcell was fourth with a time of 33.23.

**One Too Many,
once again?**



**Don't Let
Alcohol Put
Your Life on
the Rocks.**

Drinking too much can negatively impact every aspect of your life, from your health to your job to your personal relationships with family members, partners and friends. April is Alcohol Awareness Month, an observance dedicated to raising awareness of the dangers of alcohol abuse. If you or someone you know has a problem with alcohol, help is available. Seek advice from a doctor or contact an alcohol treatment facility, and take the first step toward control and recovery.

Warning Signs of Alcohol Abuse

- Drinking alone when you feel angry or sad
- Waking up with headaches or hangovers after drinking
- Inability to remember what you did while drinking
- Trouble getting to work on time due to drinking
- Inability to control your impulse to drink

If you or someone you know needs professional help for alcohol abuse or addiction, **please call 1-800-NCA-CALL (622-2255) or visit ncadd.org for more information.**