

Gilford Steamer

THURSDAY, FEBRUARY 8, 2018

GILFORD, N.H. - FREE

GHS theater takes on "A Few Good Men"

BY ERIN PLUMMER
ernews@salmonpress.news

Gilford High School students are now taking on the complicated lines and dramatic themes of the popular play "A Few Good Men" to bring to the stage in March.

In "A Few Good Men," a team of military attorneys lead by Lt. Daniel Kaffee defend two marines against charges that they killed a fellow soldier at the Guantanamo Bay base and uncover a bigger conspiracy.

The play, an early effort by Aaron Sorkin, creator of the acclaimed television series "The West Wing" and the screenwriter behind "The Social Network," was adapted into a movie by director Rob Reiner in 1992 starring Tom Cruise and Jack Nicholson, the version with which most



Gilford High School students have started rehearsals for the coming production of "A Few Good Men."

ERIN PLUMMER

people are undoubtedly familiar. The play was brought to the stage locally by Streetcar Company in 2014.

"I've wanted to do this

play for a really long time now, since I was in seventh grade," said director Matt Demko.

Demko said not a lot of people know that "A Few Good Men" was originally a play before being adapted into a movie.

For the GHS production, some changes were made from the original play, especially given the high number of male characters. A number of

characters who are male in the original play are female in this production to reflect the number of women in the cast.

Auditions took place in December, and they are now working with lines and blocking. They did lose a number of rehearsal days due to snow days and are trying to make up for lost time.

The play is mostly dialogue that takes place

in offices, boardrooms, courtrooms, and other static scenes. Demko said one of the challenges will be to find a way to keep the performers moving and have movement in the scenes.

The show has four major scenes with all dialogue. He said the lead performers in those scenes have been doing a good job and have been getting comfortable with

the material.

Demko said another big challenge is the amount of military lingo used in the play. He said the students have been learning some military terminology, such as the different ranks. That process, he said, was further complicated by Sorkin's signature rapid-fire dialogue.

"Really, the biggest challenge — we've got to get all the lines down," Demko said.

He said the students have been working really hard overall.

Demko said they plan to have a four level set with different action spaced out on the levels. There will also be projections in the background with different images, such as the American flag and the Judge Advocate General logo for court scenes.

Junior Ryan Witham plays Col. Nathan Jessup, the hard commander of the base. Witham described Jessup as a respected colonel who highly values duty and

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Town Clerk reports on training money cut, new software

BY ERIN PLUMMER
ernews@salmonpress.news

The town clerk's office is asking for training and dues money to be restored to the budget and is also working with software changes.

Town Clerk/Tax Collector Denise Gonyer gave the board of selectmen an update on her department during their Jan. 24 meeting.

During the report, Gonyer spoke in opposition of the removal of money for meetings and dues from the proposed budget. Gonyer said that line was initially budgeted at \$2,100, but now it is down to \$1.

She said that money is what they use for training, conferences workshops, some are required by state law.

"It's really our training budget," Gonyer said. "It's gone at this point, and I'm hoping maybe at the deliberative session, maybe someone will add it back in."

Board Chair Chan Eddy asked that anyone who wanted to request putting that money back in put together a petition to have ready for the deliberative session to make that amendment.

The town deliberative session is on Thursday, Feb. 8.

Gonyer also reported that they converted their computer system

to BMSI as of Jan. 2. With the changeover, they have been working on the first sewer warrant of the year as well as bills and reports. She said it was a major change, though so far it was working well and the staff was working well with it.

She said they were running both systems at the same time until the warrant came out. The MS61 form was finished using the older system.

"This is the first software change we've had in 30 years for our tax system," Gonyer said. "It's been a big job to bring things together from an assessing point of view."

Town administrator Scott Dunn said the software had been upgraded from a DOS system to one based on Windows.

Overall, Gonyer said this was a good move for them and has been keeping things more organized. She said this has also been working between the town clerk and tax collectors' offices as well as assessing.

Gonyer said they will be able to email sewer bills to residents, which would be convenient for many seasonal residents as they won't necessarily have to change their addresses with the

SEE CLERK PAGE A10

Town sees strong revenues, budget savings going into 2018

BY ERIN PLUMMER
ernews@salmonpress.news

The town of Gilford rounded out 2017 with some financial surplus

and strong cashflows that put it in a good position into 2018.

Finance Director Glenn Waring pre-

sented the board of selectmen with the monthly financial report during their Jan. 24 meeting, the first

one for 2018. Waring presented the selectmen with a number of different financial

SEE FINANCES PAGE A10



GEORGE MURPHY - COURTESY PHOTO

The ice on Alton Bay is routinely loaded with planes that have landed at the ice runway.

Reaching new heights

Ice airstrip re-opens for the season amidst increased demand

BY MARK FOYNES
Contributing Writer

ALTON — Things are really taking off on the Big Lake since the Alton Bay Seaplane Base and Ice Runway re-opened for its all-too-short win-

ter season last week. Known officially as Bravo 18, the half-mile strip of plowed ice on the Bay is unique among airports in the U.S. Flanked by yellow pylons to help with navigation, the

iced-over seaplane runway has been gaining notoriety among recreational pilots across the Northeast. "There are other frozen lakes where small aircraft can land and take off, but

this one is special in that it's right in town," observed site manager Paul La-Rochelle. The local contractor and part-time DOT staffer has been overseeing op-

SEE ICE AIRSTRIP PAGE A10

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

We are all feeling it. It's cold out, the ground is icy, we just had to clear snow, even the ski slopes are icy. The days are short and the nights are long. And then there was the Patriots game. Many, many people experience the Winter Blues, and a few unfortunate people experience Seasonal Affective Disorder in winter. If you have a hard time keeping your energy and your hopes up during the winter, there are a few things you can do to endure.

Part of the problem of the Winter Blues is that the recommended solutions are often exactly the kind of activities that the afflicted are averse to. Exercise to counteract the lack of energy, eat healthy foods to fight fatigue and eat them moderately, and sleep in regulated patterns. One remedy, however,

is super simple-light your environments up. Plenty of light helps to make the days seem longer and more enriching. You want the kind of light that you find at the Library, for example.

Another remedy is to socialize. When people get talking, it seems to help brighten things up. The connections we make over books, news, local happenings, they all help us to feel connected, something that the Winter Blues might detract from.

A last remedy is to keep our minds active with, say, reading. Be sure to read in places other than the bed, so that you can maintain focus and stay wakeful. Let's look at some of our new books that might help to shake the blues.

Books like "Hiding in the Bathroom: an introvert's roadmap to getting out there (when you'd rather

stay home)" by Morra Aarons-Mele. Sometimes what we want to do and what we think we should do can be drastically at odds. Morra helps to make it work. Another is "Meditation for Fidgety Skeptics: a 10 percent Happier How-To Book" by Dan Harris. It's a lighthearted approach to meditation that will make you laugh and dispense with any lofty associations. Meditation can be a tool to help manage the Winter Blues. You can even do it on the go with "Mindful Running: How Meditative Running can Improve Performance and Make You a Happier, More Fulfilled Person" by Mackenzie Lobby.

Tagging on to the recent series of books on happiness coming out of Sweden and Scandinavia is "The Little Book of Lykke: Secrets of the World's Happiest People" by Meik Wiking. Meik is the CEO of the Happiness Research Institute, so he might know something.

If you prefer a book to be more severe, try "Silence in the Age of Noise" by Erling Kagge. Erling recounts his 50 day solo trek to the South Pole and supplements his ruminations with the thoughts of poets and artists. Why fight the cold and silence when you can embrace it. If your struggle is emotional, there is "Braving the Wilderness: the Quest

for True Belonging and the Courage to Stand Alone" by Brene Brown.

Many other new books address aging well, end of life science, and Alzheimer's prevention and management. There are work-related motivational books that remind you about the things that you have cared about, and how to pursue them. One of my favorite titles, "Rise and Grind" refers to outworking others to get ahead, but on a cold, blustery New England morning, I think 'rise and grind' as I make some coffee. Try something and find what works for you.

Classes & Special Events Feb. 8 - 14

Thursday, Feb. 8

Adult Snowshoe Hike at Weeks Woods (Rescheduled), 10-11:30 a.m.

Snowshoe hike in Weeks Woods looking for animal tracks and enjoying nature. Sign up required. Partnership between Gilford Public Library and Gilford Parks and Recreation.

Yoga Fun (2-4 Year Olds), 10:30-11 a.m.

Come enjoy an introduction to yoga through songs and games! Ages two to four with caregiver. Sign up in the chil-

dren's room.

Yoga Fun (four to six Year Olds), 11:15 a.m.-noon

See 'Yoga Fun (two to four year Olds)' above.

Crafty Kids Drop In, 1-4 p.m.

Stop by the library to create something great! Ages K-4 with caregiver.

Homeschool Game Club, 1:15-2:30 p.m.

Teen Table Toppers, 2:30-3:30 p.m.

Conversational French, 4-5 p.m.

Jewelry Making: Bracelet, 5-6:30 p.m.

Wendy Oellers of Dreamscape Jewelry Design will be here to show you how make a beautiful beaded bracelet just in time for Valentine's Day. Sign up at the library, cost is \$15. Matching earrings can be added for additional cost.

Friday, Feb. 9

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

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

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

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

Monday, Feb. 12

Fiber Friends, 10 a.m. - 12:30 p.m.

Mahjong, 12:30 - 3 p.m.

Tuesday, Feb. 13

Mardi Gras Party, 10:30 - 11:30 a.m.

We're having a par-

ty! Come and make some fun masks and beaded necklaces to celebrate Mardi Gras! Ages three to five with caregiver, 10:30 a.m. Sign up required.

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

Tuesdays @ the Library, 3:15-4:15 p.m.

Let's cook! This month we'll cook a different creative snack each week. Sign up required, grades K-4. K-2 students must be accompanied by a caregiver.

Nightly Knitting, 6-8 p.m.

Join us twice a month on Tuesday nights for a knitting group! All knitters are welcome to come work on their current knitting projects, or get some tips or inspiration.

Clickers Photography Club, 6:30 - 8 p.m.

Wednesday, Feb. 14

Line Dancing,

9-10:30 a.m.

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

Teen Early Releases Valentine Craft, 12:30 - 1:30 p.m.

Make something for your valentine and play Slash: Romance Without Boundaries in the Teen Room.

Elementary Early Release, 1:30 - 2:30 p.m.

For Valentine's Day, make a bracelet to share with a friend! Ages K-4, younger kids with a caregiver.

Gilford Public Library Top Ten Requests

1. "Rooster Bar" by John Grisham
2. "Fire and Fury: Inside the Trump White House" by Michael Wolff
3. "Dark In Death" by J.D. Robb
4. "The Midnight Line" by Lee Child
5. "Small Great Things" by Jodi Picoult
6. "Year One" by Nora Roberts
7. "Natural Disaster" by Ginger Zee
8. "Unbound" by Stuart Woods
9. "The Woman in the Window" by A. J. Finn
10. "All-American Murder: The Rise and Fall of Aaron Hernandez" by James Patterson, Alex Abramovich, and Mike Harvkey

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The Gilford Police Department responded to 372 calls for service and made the following arrests from Jan. 23 to Feb. 4. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld.

Carroll R. Thompson, age 46, of Gilford was arrested on Jan. 25 for Driving After Revocation or Sus-

pension (subsequent), Possession of License Required, and Driving Without Giving Proof.

Ryan Brandon Tuttle, age 27, of Laconia was arrested on Jan. 27 for Resisting Arrest or Detention, being a Felon in Possession of a Dangerous Weapon, and Domestic Violence.

Paul J. Bellerose, age 34, of Gilford was arrested on Jan. 29 for Resisting Arrest or Detention, two counts of Breach of Bail, and

Criminal Threatening — Conduct.

John M. Lefebvre, age 47, of Tilton was arrested on Jan. 31 for Driving After Revocation or Suspension, and a separate charge of Driving After Revocation or Suspension, 2nd offense.

Devin D. Norton, age 43, of Alton Bay was arrested on Jan. 31 for Driving After Revocation or Suspension.

Nickolas A. McMahon, age 30, of Presque Isle, Maine was arrested on Feb. 2 for License Required; Operating Without a Valid License.

Keith R. Cabral, age 33, of East Conway was arrested on Feb. 3 for Receiving Stolen Property in an amount less than \$1,000 and in connection with two outstanding warrants.

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Rotary Ice Fishing Derby returns this weekend

BY ERIN PLUMMER
mnews@salmonpress.news

MEREDITH — Anglers will flock to frozen lakes across the state for the 39th annual Great Meredith Rotary Ice Fishing Derby for some fun and a chance at big prizes.

The derby will take place on Saturday and Sunday, with the grand prize drawings on Sunday afternoon. Anglers can fish from any freshwater body in the state, though any potential prize fish must come to derby headquarters in Hesky Park for weighing.

Meredith Rotary president Mike Pelczar said ticket sales are up around 14 percent this year.

“One of the biggest things is we had ice and we had it early,” Pelczar said.

He said from his experience when there is good ice by the first of the year more people make plans to come to the derby. Pelczar said he has heard from people, including those from different sport shops that ice is great, including locked in ice on the Broads. The new turbidity vents on the Meredith town docks

has also improved the ice quality on Meredith Bay.

“The condition of the ice this year has been at its best that I can remember for the derby,” Pelczar said.

People are still asked to test the ice before going out on it and keep in mind ice thickness can vary from place to place.

Pelczar also said it seems like the economy has been improving, bringing out more people.

This year, the ticket price was raised to \$40, and the rules and general prizes are the same. Anglers can turn in their eligible black crappie, cusk, lake trout, pickerel, rainbow trout, yellow perch, and white perch. The heaviest fish in each category for the whole weekend will be entered into a drawing for the grand prizes. The first prizewinner will receive a check for \$15,000, second place is worth \$5,000, and third place will receive \$3,000. The five heaviest fish for each species caught Saturday and Sunday will win cash prizes of \$500, \$200, \$150, \$100, and \$50.

Tickets will be entered into cash drawings over the weekend with



ERIN PLUMMER

Bobhouses, anglers, and one helpful directional sign are already on Meredith Bay a week before the annual Great Meredith Rotary Ice Fishing Derby.

drawings every hour of the event. There is also a bonus prize drawing for a trip for four to Disney World.

Pelczar said the promotions committee wanted to add more value to the prizes. One member of the club was able to put together the Disney trip as a prize.

“They felt it would be able to help those who wanted to contribute who do not necessarily fish,” Pelczar said.

He said this will also add even more value to the ticket for anglers.

The Rotary will raffle off a bobhouse made by Northern Fabricators with tickets sold by and benefitting Inter-Lakes High School's Interact Club.

New Hampshire Fish and Game will be holding a kids fishing clinic.

The Lakes Region Ice Racing Club will be on Meredith Bay on Saturday with a few of their cars to promote the coming ice races on Meredith Bay the following weekend. The ice races on Feb. 17 will help celebrate the town's 250th anniversary.

For rules and more information, visit www.meredithrotary.org.

Gilford Parks and Recreation News

BY HERB GREENE

Director
Gilford Parks and Recreation

Senior Moment-um: Cooking with Grace on Feb. 12

The Gilford Parks and Recreation Department will be sponsoring a Senior Moment-um program on Monday, Feb. 12. We will meet in the Community Church's Fellowship Hall at noon as guest chef, Grace Herbert, will be joining us to lead our group through her recipe for Whoopie Pies. Participants are encouraged to bring a lunch and the Recreation Department will provide coffee, tea and water. For dessert, we'll enjoy some delicious Whoopie Pies! Participants are asked to RSVP by Friday, Feb. 9.

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

Limited tickets available for Boston Celtics bus trip on February 26, 2018

Limited tickets are

still available on a bus trip to Boston to see the Celtics take on the Memphis Grizzlies on Monday, Feb. 26. Cost of the trip is \$70 for upper level balcony seats and includes round trip motor coach from Gilford or Belmont and tickets to the game. Our deluxe motor coach will depart from Gilford High School at 5 p.m., and the Belmont Park & Rideshare (Route 106) at 5:15 p.m. You will have time to visit the pro-shop and get dinner on your own prior to the game. Our seats are in section #310 & #311 (Balcony) for the 7:30 p.m. game. Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable.

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

Adult Snowshoeing program held on Tuesday mornings

The Gilford Parks and Recreation Department is once again sponsoring a series of snowshoe hikes for any adults looking for fresh air, fun and exercise on Tuesday mornings this winter. Participants will meet in the Gilford Town Hall at 9:30 a.m. prior to each hike. The scheduled hikes continue on Tuesdays, Feb. 6 and 13. If you are in need of snowshoes, we do have a limited supply available for each hike at a nominal fee. They may be reserved one hike in advance on a first come basis by calling the Parks and Rec office. All interested participants must RSVP at least one day prior to each hike. The cost of snowshoe rentals are \$3 per hike.

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

Lenten service and study at UMC

The First United Methodist Church of Gilford will hold an Ash Wednesday service on Feb. 14 at 7 p.m. Ash Wednesday marks the beginning of the season of Lent, which ends on Easter. Christians all over the world receive ashes, often in a mark on the forehead or hand, as a sign of repentance of sins and to remember that we come from

dust and will return to dust. The ashes are made from the burning of dried palms from last year's Palm Sunday.

This service is open to all in the community; everyone is welcomed to come, worship, and receive ashes. The church is located at 18 Wesley Way (off Route 11-A, near the 3/11 bypass).

Beginning on

Wednesdays, starting Feb. 21 and going for six weeks, there will be a Soup and Bread Supper at 5:30 p.m. in the church fellowship hall. The soups and breads are arranged by various committees in the church.

The study this year will be “Fear of the Other, No Fear in Love,” written by William H. Willimon and

SEE LENTEN PAGE A11

Belknap County Republicans welcome Congressional candidate Eddie Edwards

L A C O N I A — The Belknap County Republican Committee (BCRC) has announced that their next monthly meeting will be held on Tuesday, Feb. 13, at 6:30 p.m. at the Shang Hai Restaurant, 331 Main St., Laconia. Please note the meeting date was changed to Feb. 13 so as not to conflict with Valentine's Day and Ash Wednesday.

This month's guest speaker will be Eddie Edwards, candidate for Congress in the 1st District. Edwards will discuss his reasons for deciding to run for Congress, and share details about his background and qualifications.

Beside hearing from Edwards, the Committee will hear from Les Cartier, the candidate in the upcoming Feb. 27 House of Representatives Special Election to fill the remainder of the term of Rep. Don Flanders who passed away last September.

Belknap County

GOP meetings are open to all Republicans and like-minded Independents. Per their usual meeting format, if you're interested in having dinner (at your option) and/or wish to socialize before the meeting, plan to arrive as early as 5 p.m.

The Committee again encourages

its members to continue to bring non-perishable food items for donation to local food pantries.

For more information, please check the Committee's Web site at www.BelknapCountyGOP.org or send an email to alan.glassman@gmail.com.



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Pet of the Week: **Trevor**



Trevor is only just one year old and already has quite the story to tell.

Originating in South Carolina, Trevor is acclimating to our New England winter with not a bother at all.

He's got those big ears that make him look like he wants to take flight, but really are all the better to hear you with when you call his name and spend quality time with him.

We adopted him out but his new doting owner realized after three months, that work time and "Trevor Time" were not compatible.

Young Trevor has been enjoying canine enrichment and rehabilitation here at New

Hampshire Humane Society. He is anxious and really doesn't want to be alone. Although barely out of puppyhood, he would blossom in some confidence building/socialization classes with other dogs where he can make canine friends appropriately. We offer such classes at NHHS.

Of course anyone would be smitten with his unusually marked coat, but look past that and see in those big brown eyes a dog that needs love and companionship, structured play and exercise in a home that will keep him engaged. Are you that someone?

Call 524-3252 – check www.nhhumane.org

NORTH COUNTRY NOTEBOOK

For those who fought so hard, for so long, one word seems almost enough: "Huzzah!"



By **JOHN HARRIGAN**
COLUMNIST

Nearly eight years ago, when I first heard about Northern Pass, it didn't seem so bad. Like many people, I had a lot on my plate, and barely listened.

So I heard what Hydro Quebec and Public Service wanted us to hear—that the project would bring surplus power to New Hampshire and New England and would use "mostly existing rights of way." There just happened to be a little qualifier in there that I and a lot of other people missed: "mostly."

Not Pittsburg's John Amey. He's a farmer,



JOHN HARRIGAN

Site Evaluation Committee members this summer, viewing the proposed Northern Pass route down North Hill Road into Creampoke.

and farmers don't miss much, because they can't afford to and have to be smarter than most. He and neighbors quickly learned that the line would carve 40 miles of totally new right of way down through some of northern New Hampshire's most beautiful landscape.

Soon the phone lines

buzzed, and people met in kitchens and town offices, and a network was formed. And soon that network merged with others, and so on, far too slowly at first, but eventually awareness spread down the 192-mile length of the corridor and beyond.

And people began to fight this internation-

al power and money scheme, not because it was going through or even near their back yard—in a great many cases, it wasn't—but because it was just plain wrong. This time the NIMBY factor, such an easy one to mock, didn't fit.

This past Thursday, SEE **NOTEBOOK** PAGE A11

STRATEGIES FOR LIVING

The meaning of life

By **LARRY SCOTT**

For each one of us, the fantasy of childhood and the dreams generated during our teen-age years inevitably give way to a search for reality. Every thinking man must give serious thought to four fundamental questions, those dealing with origin, meaning, morality and destiny. Where he comes out on each of these will determine how he sees himself, the principles he will live by, and the ultimate outcome of his life after death.

If he finds no satisfying solution to any of the above, or if he refuses to acknowledge what he knows in his heart of hearts is true, he can always procrastinate. He may deny or ignore what, for him, is truth and refuse to give these important principles any further thought.

Last week, we discussed the issue sur-

rounding our origin; this week: the meaning of life.

I will grant that determining what is meaningful and significant to your life is no easy task. The duplicity of the news media, the biased rantings of our politicians, the principles of right and wrong taught in our schools and universities, all challenge your discovery of truth you can live by. Time has demonstrated all too often how wrong the proponents of their take on truth have been.

I was fortunate in that my parents instilled in me a respect for the Bible as God's Word, and it has been a sure guide to help me throughout life. From my earliest day's I made a decision to acknowledge Jesus Christ as the Lord of my life. I am trusting that, guided by these two expressions of divine truth, the Word

and the Christ, my life will not have been lived in vain.

In my case, my family has given me a clue. They reflect the principles I have lived by and the truths I have defended and proclaimed for the last 50 years. As I watch them grow and develop families of their own, I am aware that my life's meaning will become glaringly apparent as they determine the meaning of their existence. They are my legacy.

Some men live to acquire wealth, some in quest of power and influence, and some for unrestrained pleasure. None of these ever appealed to me for I had observed too much heartache in the lives of those who had given their best efforts to accomplishing their objectives. I watched as their dreams crumbled and their personal lives end-

ed in tragedy. I chose to give God priority one very early in life and I have never been sorry.

And don't misunderstand me; I am not boasting. I took the easy way out. Living for God never disappoints and I remain convinced that the writer of the New Testament book of Hebrews has it right in that, "God is and is a rewarder of those who diligently seek him" (11:6). Life is tough; God never promised to be a cop-out from the pressures and crises of life. My journey has not been without times of heartache and disappointment. I have walked through the valley of despair, but God, often in very unusual ways, brought me through. It has been a rewarding life, and I can only dream of what lies ahead.

You want to talk about it? Hit me up at rlarryscott@gmail.com.

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FROM OUR READERS

Something we can agree on

To the Editor:

Gilford's Budget Committee Chairman and I don't agree on a lot when it comes to the BC. For instance, I like to present data to support my arguments as part of a civil discourse, whereas he prefers empty rhetoric and threats of litigation.

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!

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As an example, I recently wrote a letter to this paper pointing to the (now) eight-year (2011-2018) track record of the BC's shaving a mere 0.16 percent (\$465,000 of \$295 million) off of the Selectmen's/School Board's recommended budgets – despite scrutinizing those budgets for more than 2,000 hours of meeting time alone – as Exhibit A that there's got to be a better way to serve the taxpayers. (No business person would hire a consultant that ineffective, even for "free.") His rebuttal contained not one fact, as he again chose to assail my character instead.

One thing we likely both agree on, though: If there are two nights of the year Gilford's taxpayers should get involved with, it's the School and Town Deliberative Sessions on Feb. 6 and Feb. 8, respectively, starting at 7 p.m. You learn a lot about how the town & school operate, and have the power to significantly alter the budget with a single vote. Mark your calendars!

Fred Butler
Gilford



ERIN PLUMMER

Crowds gathered on the ice to watch the games during the New England Pond Hockey Classic.



ERIN PLUMMER

Teams face off on the ice in Meredith this past weekend.



ERIN PLUMMER

Teams face off on the ice in Meredith this past weekend.



ERIN PLUMMER

Sunny skies and chilly temperatures greeted players and spectators at the New England Pond Hockey Classic on Saturday.

Pond Hockey Classic a rousing success for players and community

BY ERIN PLUMMER
mnews@salmonpress.news
MEREDITH

Thousands came to a weekend of hockey during the ninth annual new England Pond Hockey Classic.

Players gathered in Meredith on Thursday, and teams took to the ice of Meredith Bay from Friday through Sunday on rinks set up

in front of the Inn at Bay Point. The event brought in 270 teams competing in different divisions for the Lake Winnepesaukee Cup in front

of thousands of spectators. "It went awesome," said Pond Hockey Classic founder Scott Crowder. SEE HOCKEY PAGE A11

Local singer/songwriter Katie Dobbins celebrates release of new music video

LACONIA — Contemporary folk artist Katie Dobbins will release her

debut music video, "Post It Notes," at The Belknap Mill on Feb. 24.

Coupling a contemporary folk foundation SEE DOBBINS PAGE A11

Temple B'nai Israel announces non-profit partners for 2018 "We Care" fundraising events

LACONIA — Temple B'nai Israel (TBI) proudly announces the fifth continuous year of community fundraising in which the net ticket proceeds are donated to local and deserving non-profit agencies. This year TBI welcomes back Camp Resilience and Central New Hampshire VNA & Hospice as the beneficiaries of two concerts to be held on May 26 and Oct. 27. The board of TBI recently accepted the two agencies as recommended by the We Care committee. Committee

Chair, Stu Needleman said, "We are thrilled to be partnering with these two agencies again and help them to continue to provide valuable and important services to our community. After having worked with Camp Resilience last year on Memorial Day we knew this partnership was one we wanted to repeat. We are also excited to welcome back Central New Hampshire VNA & Hospice as the recipient for our October event." Both of these 2018 We Care recipients fill cru-

cial community needs. Camp Resilience, using the scenic beauty of the Lakes Region of New Hampshire as its backdrop and home base, provides sports, adventure activities and life skills programming for wounded warriors. The mission of Camp Resilience is to provide sustained, comprehensive programs to help wounded warriors recover their physical, mental and emotional well-being. The goals of Camp Resilience are to help veterans find meaning and purpose SEE WE CARE PAGE A11

Non-profit bike exchange seeks new director

LACONIA — Laconia Area Bike Exchange (LABX) is in immediate need of a new director. John Rogers, current director and founder of the organization submitted his resignation, effective February 1, citing personal reasons.

"It's my hope that someone will step forward to continue the good work of the Exchange and support its continued growth and influence in the community," states Rogers.

Founded in 2014, LABX is an all-volunteer affiliate of Bike-Walk Alliance of New Hampshire, a 501c3 nonprofit organization which educates, advocates & agitates for safer biking and walking conditions in NH. Laconia Area Bicycle Exchange is dedicated to providing inexpensive, alternative transportation in the form of refurbished bicycles to those who would benefit from greater mobility in their professional and personal life. The main target of the Exchange is adults who lack the resources to own a car, as well as those without a valid driver's license. Referrals often come from local human service organizations. Individuals may also approach the organization directly. Bikes can be purchased for as little as

\$10. The organization's shop, located behind Eased Edges on Court Street, is open mid-April to early October. Long term volunteers, Mark Townsend and Cliff King, along with the help of others, man the shop which is open six hours a week, refurbishing and dispersing bikes to customers.

To date, Laconia Area Bike Exchange has provided more than 600 bikes to underprivileged individuals in the Lakes Region.

"I've seen first-hand the need for this organization. It would be a shame if it had to shut down," states King, who tunes up and repairs bikes for LABX during the spring and summer months.

The vacant position requires limited hours, with no set schedule. Responsibilities include overall leadership of the organization as well as networking with area

businesses and agencies, responding to inquiries received through social media and email, writing press releases, seeking grants to cover rent and expenses, and running monthly meetings from March through October.

"It's a perfect opportunity for someone looking to make a difference in their community while learning how to run a small nonprofit," states Leslie Thompson, Membership and Bike Ed Coordinator of the Bike Walk Alliance of New Hampshire.

While the position is currently unpaid, there is potential to transition to a paid position in the future.

This opening must be filled quickly as doors open in April. Interested parties can email a statement of interest to labx2014@yahoo.com or send a message through the Facebook Page at <https://www.facebook.com/bicylexchange/>.



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Christine Marie Drever, 25

GILFORD — Christine Marie Drever, 25, of Gilford, passed away on Jan. 27, 2018.

Chrissy was born April 2, 1992 in Naples, Fla., the shining star and beloved daughter of Christopher and Jacqueline Drever.

While her time on this earth was short, Chrissy touched the hearts of all who knew her. She had an amazing spirit and an enormous heart and a gentle soul. She was an aspiring artist with creative talent. Chrissy had an amazing ability to make any room a happier place just by simply being present. She will continue to live on in the hearts of those she loved.

Like many before her, Chrissy struggled with the disease of addiction. Throughout her journey in recovery Chrissy became an inspiration and a rock to many who came to know her. She will be missed.

Chrissy departs this earth into the waiting arms of her loving Aunt, Janet Orlando.

She is survived by



her parents, Jacqueline (Orlando) and Christopher Drever, of Gilford; her Loving brother and sister, Thomas Drever of Manchester and Amy Drever of Ft. Lauderdale, Fla.; her maternal grandparents, Mary Jacqueline and Thomas Orlando, of Ft. Lauderdale, Fla.; her paternal grandparents, Cecilia and Frank Drever of Troy, N.Y.; loving uncles and aunts Michael and Clare Drever, Paula VanMeter, Amy and Jovi Altadonna, Michael Orlando; her loving cousins Aden, Trey, Alice, David, Jessica, Sean, Kimberly Zoarn and Leah; many great aunts and uncles and numerous second and third cousins; and

an extended family of friends. Love will see us through.

Her family received friends from 1-4 p.m. on Sunday, Feb. 4, 2018 at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, NH using the Carriage House entrance.

A Mass of Christian Burial was celebrated at 11 a.m. on Monday February 5, 2018 at the St. Andre Bessette Parish Sacred Heart Church, 291 Union Ave., Laconia.

Burial will be private. Memorial Contributions can be made in Christine's Name directly to Navigating Recovery of the Lakes Region, 635 Main St., Suite 303, Laconia, NH 03246.

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

Wilma Charlotte Westcott, 87

LACONIA — Wilma Charlotte (Henderson) Westcott, 87, passed away peacefully on Feb. 3, 2018, at the Golden View Health Care Center surrounded by her beloved family, after a brave battle against Alzheimer's disease.

Wilma, or "Grammie" as she was known to most, was born in South Acworth on Aug. 8, 1930, to Thomas and Annie (DeMond) Henderson, the youngest of three girls. She was raised on the family farm in South Acworth until the age of 14 before moving to Bellows Falls, Vt. After graduating in 1948 from Bellows Falls High School, she went on to New England Deaconess Hospital School of Nursing in Boston, where she graduated as a Registered Nurse in 1951. She started her nursing career in Pittsfield, Mass., moving to Keene, NH in 1956, then to Lakes Region General Hospital in Laconia in 1959. Wilma finished her nursing career as a school nurse for the Laconia School Sys-



tem. She was a 20 plus year volunteer nurse for the American Red Cross blood drives. After retirement, she and Erving spent winters in Winter Haven, Fla. from 1992 until 2013.

She married her high school sweetheart, Erving Westcott, on Nov. 11, 1951, and together they raised four children. Her home always greeted you with warm chocolate chip cookies, a warm hug, a smile, and great conversation.

Wilma is survived by her husband, Erving, of Laconia; daughter Barbara and her husband, William Crawford of Laconia; sons David of Hallandale Beach, Fla., Kevin and his wife Mary of Swanzey, and Jeffrey of Newmar-

ket. She was the proud Grammie to Lyndsay, Kate and her fiancé Kris, Megan and her husband Craig, Shari, Michael, Erin, and Caitlin, and a devoted great-grandmother, "GG," to Connor, Carly, and Bradyn. She also is survived by her sister, Mabel, and her husband, Charles Lockerby, of Springfield, Vt.

She was predeceased by her sister, Margaret Goldman of East Bridgewater, Mass., in 2008.

A celebration of her life will be held on Feb. 24, 2018 from 1 to 4 p.m. at the Beane Conference Center, 35 Blueberry Lane in Laconia. A private burial will be held at the Walpole Cemetery in Walpole at a later date.

Wilma's family is very appreciative for the excellent care and comfort she received from the staff while staying at Golden View Health Care Center.

In lieu of flowers, please make a donation to a charity of one's choice in Wilma's name.

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

Denise Carmen Leclair, 58

GILMANTON — Denise Carmen Leclair, 58, of 16 Malecite Lane, died Tuesday, Jan. 30, 2018 in her home surrounded by her family after a brief illness.

She was born on Aug. 25, 1959 in Lowell, Mass., the daughter of the late Gus and Claire (Vigneault) Courcy. Denise was a graduate of Lowell High School, and worked for twenty-eight years as an assembler for Milpower Source in Belmont. She loved to cook and bake. Denise also enjoyed her annual trips to Foxwoods Resort Casino.

She is survived by her husband, Donald



C. Leclair of Gilman-ton; one son, Ross Leclair of Belmont; one daughter, Amy Leclair of Concord; one granddaughter, Olivia Toni Leclair; and many nieces and nephews.

Calling hours were held from 9 to 11 a.m. on Saturday, Feb. 3, 2018 at the Wilkin-

son-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

A funeral service immediately followed the calling hours at 11 a.m., also at the funeral home.

Burial will be private.

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

Randall Small, 41

FRANKLIN — Randall "Randy" "Smallz" Small, 41, of Laconia and Franklin, passed away on December 27, 2017 due to complications from diabetes.

Randy was born in Lebanon on Aug. 29, 1976, to Jean (Dunham) and Arnold Small, Sr., and spent most of his life in Franklin, where he attended area schools. He then went to school in Vermont, becoming a certified welder. He was employed at Bodycote in Laconia.

In his free time, Randy enjoyed listening to music, comedy shows,



animals, and photography. He also enjoyed spending time with his family and friends.

Randy leaves behind his mother, Jean Small of Franklin; his sister, Cindy Houston-Bleggi, and her husband Gary of Tilton; his children Tresean, Corbin, Al-

exander, and Abigail, all of Franklin; and his niece, Samantha Houston of Tilton.

He was preceded in death by his father, Arnold Small, Sr.

Cremation services were handled by Thibeault Neun Funeral Home of Franklin, and the family wishes to thank Mr. Ray Neun for all of his assistance.

A memorial service will be held later in the spring.

Donations may be made to Granite State Animal League/Franklin Animal Shelter, PO Box 265, Franklin, NH 03235.

MARK ON THE MARKETS**Opportunities**

BY MARK PATTERSON

In past "Mark on the markets," I wrote about actively managing a portion of your assets after your income was established and protected. Actively managing is for that portion of your investable assets that you want to create "alpha" or growth through the use of stocks, ETF's or sometimes alternative investments. Sometimes the use of options contracts are a great way to collect income or to speculate and hedge your account against market

downturns. It has been nine years since any real corrections in the broad market, but that does not mean that there has not been any opportunity for major pullbacks. Take the energy sector or oil, to be more specific. The market has seen a 50 percent pullback in the price of crude oil and the price of many energy related companies in the last few months. This has been a result from the U.S. fracking revolution which has changed the industry and have challenged OPEC and other oil based economies more forcefully than any other time in history. Producers had ramped up production to counteract what they thought would be a disruption in oil flow due to fears of a war in Syria, ISIS taking over Iraqi oil fields, or a Russian/Ukraine event. But despite these troubling issues; there have been no real disruption of supply.

Falling oil supply may have its consequences. Many of the big oil producers have cut capital expenditure, oil rig counts have fallen and U.S shale companies have been hurt. What we have seen is a pull-back in the supply of oil even though we are drowning in the stuff right now. If

we see a disruption in oil flow or world economies strengthen, we could see a quick return to much higher oil pricing.

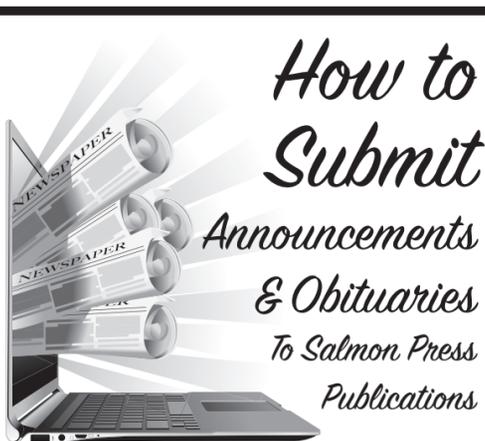
History tells us that after a fall in prices that we have experienced lately happens, we historically have seen a rally back within 12 months. This recovery has been a bit slower, but still a reversion to the mean.

This sector of the market may be a timely place that you can create "alpha" in your portfolio with the use of stocks, ETF's and options for an opportunity.

If you are in mutual funds or fully invested with no liquidity, it may be more difficult to find the assets to work with. Typically, with the broad markets being very high, you may be able to take some profit in some already highly valued sectors to create liquidity in order to move money to an asset class that may have some potential positive movement.

What I have been describing is active management that takes some work, time and research on your part or your advisors. Keep in mind that you will only want to use a portion of your investable assets for this. What you are doing is creating a portion of your assets that are not correlated to the remainder of your investments. This should in theory, minimize portfolio risk and maximize performance.

Mark Patterson is an advisor with MHP Asset Management and can be reached at 447-1979 or Mark@MHP-Asset.com.



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Annie's Cafe and Catering: New place, new happenings, next chapter!

LACONIA — Passerby on Gilford Ave. may have noticed a new neighbor in the old "Georgio's" building: Annie's Cafe and Catering. In December, Annie's Cafe and Catering relocated from its eight-year Union Ave. location to 138 Gilford Ave. in order to accommodate the growing business needs and better serve the daily influx of cafe and catering customers.

"We had catering dishes stacked high on counters, and a daily line out the door," laughed Lisa Delampan, Catering and Operations Manager of the Cafe, "and my 'desk' consisted of a corner cafe table which we often had to clear so cus-



In December, Annie's Cafe and Catering relocated from its eight-year Union Ave. location to 138 Gilford Ave. in order to accommodate the growing business needs and better serve the daily influx of cafe and catering customers.

tomers could sit!" It was at this point that, along with owner Annie Bridgeman,

Delampan knew it was time to search for a larger home for the wildly popular and successful

Laconia business. Annie's new space is approximately triple the size of the old

space with 1,500 square feet, compared to the old location which had only 500 square feet. Additionally, the new location offers more customer parking, an expanded cafe area for a relaxed dining experience, a larger kitchen, plenty of storage for catering supplies, and the much needed office and creative space.

"We love our new location here on Gilford Ave," said Bridgeman. "We have several exciting happenings coming up including the Winter Warmer opening party, the release of an 'A La Carte Catering Menu,' and this spring, a gelato window! Customers are enjoying the convenience of the location, and we are excited about how much more we can offer here. We will keep bringing lots of fun and good cooking!"

One of the new offerings, the release of an "A La Carte Catering Menu" will provides customers with over 15 homemade, savory menu items that only require a 24-hour call-ahead notice. Menu items include lasagna, Annie's famous mac & cheese, chicken broccoli alfredo, butternut pesto lasagne, and chicken parmesan. Customers simply call the cafe 24-hours in advance and the order will be ready for pick-

up the very next day. "The new A La Carte Catering Menu will be released and published to our website, www.anniescafeandcatering.com, by mid-February," said an enthusiastic Delampan. "We are very excited for this next chapter while staying true to our business model of serving creative, fresh, and delicious food to our customers every day."

Customers can find daily updated specials on Annie's Web site, www.anniescafeandcatering.com.

About Annie's Cafe and Catering
Annie's Cafe and Catering located at 138 Gilford Ave. in Laconia, serves breakfast, lunch and catering to the Lakes Region of New Hampshire. Established in 2009, Annie's Cafe and Catering is founded on a philosophy of serving creative, fresh, and delicious food. The Cafe offers a cozy atmosphere featuring seasonal menu options ranging from hot breakfast and signature paninis to handcrafted salads, sandwiches and mouth-watering sweets. Offering dine-in, to-go and catering service for any occasion, Annie's Cafe and Catering delivers a premier bakery, cafe, and catering experience.

Central NH VNA & Hospice hosting free healthcare planning seminar

LACONIA — Central New Hampshire VNA & Hospice and Dr. Marianne Jackson have partnered with LRGHealthcare and the Greater Laconia Ministerial Association to present this unique seminar about Advance Care Directives and more, "Your Voice Your Choice": Make planning for your future your New Year's Resolution!

Dr. Jackson's presentation, "Busting the Myths," showcases how

her research regarding the changes in medicine of the last 100 years will affect you, common myths and misconceptions, and why it is more important than ever before to plan for your future. Dr. Jackson and Central New Hampshire VNA & Hospice have been working together for the past year to educate communities in Belknap County about the importance of establishing your plans and communicating

them to your family, providers and friends. Now, LRGHealthcare and the Greater Laconia Ministerial Association join this initiative as we bring the message to the public in a new way. Also joining this presentation are Wilkinson-Beane Funeral Home, a sponsor of this event, as well as Estate Planner Margaret Demos from Martin, Lord and Osman, PA. After the main presentation each of the present-

ers will be available at workstations for discussions and questions.

"Your Voice Your Choice": Make planning for your future your New Year's Resolution! will be held on Sunday, Feb. 11 from 2-4 p.m. at The Beane Conference Center, 35 Blueberry Lane, Laconia. (Snow date will be Feb. 18.) Learn the differences in Financial Planning versus Health Care Planning. Learn how Ad-

SEE SEMINAR PAGE A11

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Edward Jones: Financial Focus

What's the Investment Outlook for 2018?

By most measures, 2017 was a pretty good year for investors. But what can you expect in 2018?

It's difficult to precisely predict the immediate future of the financial markets. However, many signs point to improved global economic growth and rising corporate earnings – both of which are important drivers of stock prices. In the United States, economic growth may be more modest than in other regions, which could result in international stocks outperforming domestic ones.

Here's another consideration: Low interest rates typically benefit the financial markets

– and unless inflation jumps sharply, the Federal Reserve will probably remain patient, only raising short-term rates slowly throughout 2018.

Despite these positive signs, there's also reason for caution. Political uncertainty and changes in economic policies may lead to increased market volatility. Another factor is the long-term history of the stock market, which includes a drop of 10% or more – technically called a "correction" – about once a year. We've gone two years since the last correction, so it would not be surprising if we saw one in 2018. Given this outlook – which

could be classified as "moderately optimistic" – what investment moves should you consider this year? Here are a few suggestions:

Rebalance your portfolio – The market's gains may have increased the value of your stocks so much that they now represent a greater percentage of your portfolio than you had intended – and you may not be comfortable with this increased presence. So, you may want to rebalance your portfolio to achieve a suitable mix of stocks and bonds, based on your goals, risk tolerance and time horizon. As part of this rebalancing,

and in an effort to help reduce the impact of market volatility, you may need to add investment-grade bonds and cash investments. (Of course, bonds carry some risks, too, including interest rate risk and credit risk.) The availability of cash will also make it easier for you to purchase stocks during a market downturn, when prices may be lower.

Look beyond U.S. borders – You may want to consider adding some international equity investments to your portfolio, if appropriate. As mentioned above, these stocks may do better than U.S. stocks in 2018, but regardless of perfor-

mance, the presence of global stocks can help diversify your portfolio – and diversification can help decrease your overall risk level. (However, diversification can't guarantee profits or protect against all losses.) Keep in mind that international investing carries some inherent risks, such as those related to currency fluctuations and foreign political and economic events.

Be aware of "big" versus "little" – If you don't own many stocks of smaller companies, you might consider adding them to your portfolio. Smaller U.S. stocks have traditionally outperformed larger ones and may benefit from stronger

economic growth and lower corporate tax rates. Be aware, though that small company stocks tend to be more volatile than those of larger companies. And, as with all stock investments, you may risk losing some or all of your principal.

You may want to consult with a financial professional to determine which of these moves, or any others, are right for you. You can't control the external factors affecting the financial markets, but you can take total charge of your own investment decisions – and in the long run, these decisions can help determine your success as an investor.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.



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Member SIPC

AutoServ named a 2018 Consumer Satisfaction award winner

AutoServ is among the top auto dealers in the U.S that demonstrate excellent customer service

TILTON — AutoServ of Tilton has been awarded a 2018 DealerRater Consumer Satisfaction Award, an annual recognition given to auto dealerships that deliver outstanding customer service as rated by online consumer reviews. DealerRater, the world's leading car dealer review website, created the Consumer Satisfaction Award program to let online car shoppers instantly spot dealers that provide high-quality customer service.

Consumer Satisfaction Awards are given to the top 10 percent of U.S. new-car dealers based on their PowerScore™. The PowerScore™ is determined using a Bayesian

algorithm that factors the dealership's average DealerRater consumer rating and the total number of reviews written about the dealership during the 2017 calendar year.

"We'd like to congratulate AutoServ of Tilton," said DealerRater General Manager, Jamie Oldershaw. "DealerRater's extensive review database allows shoppers to identify dealerships that are providing excellent customer experiences, and it's clear that AutoServ of Tilton stands out amongst its peers in the U.S."

AutoServ of Tilton has achieved consistently high scores on the DealerRater website,



The staff of AutoServ of Tilton has been awarded a 2018 DealerRater Consumer Satisfaction Award, an annual recognition given to auto dealerships that deliver outstanding customer service as rated by online consumer reviews.

placing it among the top dealerships nationwide.

Online shoppers visiting AutoServ of Tilton's dealer page will find a "2018 Consumer Satisfaction Award winner" badge on their profile to instantly recognize it as a high-quality dealership.

"It is a real honor to be recognized by DealerRater with the 2018 Consumer Satisfaction award," says AutoServ CEO Dennis Gaudet. "Ensuring Customer Satisfaction is the way we do business every day. Customer Satisfaction is our top priority. This is exemplified best by our 'AutoServ for Life' program. With AutoServ for Life, we share the cost of ownership with our customers by providing benefits no other dealer in the region provides. From our

Lifetime Engine Guarantee to our in-house Fitness Center, we are a destination serving the community. Price is important...but Customer Satisfaction is priceless."

DealerRater features more than four million dealer reviews, and has a reachable audience of more than 32 million car shoppers each month.

"Our awards program was more competitive than ever this past year, with thousands of dealers across the U.S. and Canada competing to win our coveted Dealer of the Year award and it is an honor to recognize AutoServ of Tilton," says Oldershaw. "The Consumer Satisfaction Award is one way for today's shoppers to instantly recognize quality

customer service regardless of brand or region. Customers should feel confident in their decision to buy and service their vehicle at AutoServ of Tilton."

About DealerRater

Founded in 2002, DealerRater, a Cars.com Company, is the world's leading car dealer review website that connects consumers with the right person at the right dealership. The site offers more than four million sales and service reviews across 42,000 U.S. and Canadian dealerships. DealerRater content has a reachable audience of more than 32 million consumers across the web each month.

About AutoServ

For more than 25 years, AutoServ has proudly been a family owned and operated dealership in the Lakes Region of New Hampshire. As a true "family" business, with deep roots in the community & owners on-site running the day to day operations. In 2013, AutoServ was named the Time Magazine Dealer of the Year for New Hampshire. AutoServ is civically and socially involved in the community and the dealership reputation means everything. They offer a unique buying experience & look forward to serving you.

You can have your cake and eat it too...as long as it's chocolate cake

GILFORD — LRG-Healthcare, The Weight Institute of New Hampshire and Schuster's Tavern and Steakhouse at The Gunstock Inn and Rocky Mountain Chocolates of Tilton Team up for Healthy Heart Menu for Valentine's Day.

For people that believe that food needs to taste bland to be good for you, this will be an eye opening and delicious experience. On Valentine's Week, the Chefs at Schuster's Tavern and Steakhouse at The Gunstock Inn have designed some surprisingly rich and delicious meals that are also good for your heart. Partnering with Kathleen Hayward and Elizabeth White, the dieticians at the Weight Institute of New Hampshire at LRG-Healthcare, the team has meticulously studied the Valentine's Day menu and have come up with selections that not only taste good, but are good for you. Offerings include Raw Oysters on the half shell, shrimp cocktail, beef carpaccio, swordfish with tropical salsa, blackened salmon, apple cider brined pork

loin with apple chutney, and raspberry glazed chicken, as well as a few selections for those who wish to treat themselves with Lobster Tail, Bacon wrapped Filet Mignon, hand cut New York Sirloin and Baked Stuffed Shrimp.

Of course, there will be chocolate desserts. There will be chocolate covered strawberries, chocolate molten lava cake, and State of New Hampshire shaped dark Chocolates custom made by Rocky Mountain Chocolates of Tilton. According to The Harvard Gazette, a study done by Harvard T.H. Chan School of Public Health notes there is "accumulating evidence on the health benefits of moderate chocolate intake, lowering the risk of arrhythmias." Chocolate contains serotonin, the "feel good chemical", as well as phenylethylamine, (PEA), known as "the love chemical" and magnesium, which increases energy, calms nerves and aids in digestion and muscle aches and pains and a whole host of other benefits.

The Weight Institute of NH, established in

July of 2012, offers both surgical and non-surgical treatment options for overweight and obese patients. In addition to providing weight loss options, WINH provides evidence-and knowledge-based nutritional information to meet the needs of all different nutrition prescriptions through one on one nutritional counseling and community programs.

Is there a need for Weight Management Program in the Lakes Region? Yes, the obesity rate for Belknap County is 29.5 percent, and according to the CDC in 2015-2016, the prevalence of obesity was 39.8 percent in adults and 18.5 percent in youth.

If interested in learning about the weight loss options at WINH, please call their office at 527-2946 to sign up for a free informational session. Start your journey of good health Valentine's Day and Schuster's Tavern and Steakhouse at The Gunstock Inn with a Romantic Heart Healthy and Delicious Meal, and chocolates! To reserve your table at The Gunstock Inn, call 293-2021.

Gilford resident named to Dean's List at Norwich University

NORTHFIELD, Vt. — Gdebanen-Noodenimin David Clarke of Gilford been recognized on the dean's list at Norwich University for the fall 2018 semester.

Norwich University is a diversified academic institution that educates traditional-age students and adults in a Corps of Cadets and as civilians. Norwich offers a broad selection of traditional and distance-learning programs culminating in Baccalaureate and Graduate Degrees. Nor-

wich University was founded in 1819 by Captain Alden Partridge of the U.S. Army, and is the oldest private military college in the United States of America. Norwich is one of our nation's six senior military colleges and the birthplace of the Reserve Officers' Training Corps (ROTC). Visit us at www.norwich.edu.

Norwich University will celebrate its bicentennial in 2019. In fulfillment of Norwich's mission to train and educate today's students

to be tomorrow's global leaders and captains of industry, Norwich launched the Forging the Future campaign in 2014. The five-year campaign, which is timed to culminate in 2019, is committed to creating the best possible learning environment through state-of-the-art academics and world-class facilities and is designed to enhance the university's strong position as it steps into its third century of service to the nation.

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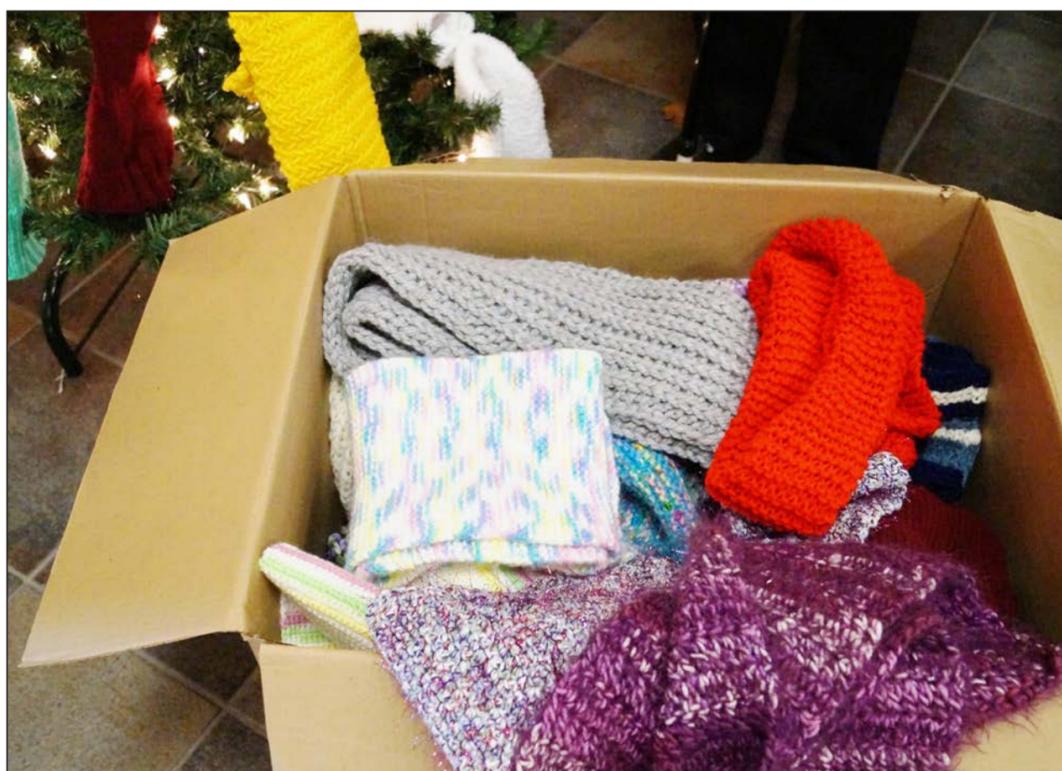
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MVSB and the Merrimack gather mittens, donate more than \$4,000 to the NH Food Bank

MEREDITH — Sister Banks, Meredith Village Savings Bank (MVSB) and Merrimack County Savings Bank (the Merrimack), are grateful for members of the community who donated cold weather items to their annual Mitten Tree drives. More than 2,000 mittens, gloves, hats and scarves were collected and distributed to local schools and non-profits. In keeping with the tradition of contributing \$2 for each item given, over \$4,000 was donated to the New Hampshire Food Bank for use at food pantries in the Concord, Nashua, Seacoast and Lakes Region areas.

“The Mitten Tree is a wonderful winter tradition we’ve been proud to uphold each



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

has been serving the people, businesses, non-profits and municipalities of Central NH. MVSB and its 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, Hampton Falls, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

The Merrimack recently celebrated its 150th year anniversary of serving the people, businesses, non-profits and municipalities in central and southern New Hampshire. The Bank and its employees are inspired by Merrimack style, which is guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. The Merrimack was honored with the 2017 Business of the Year Pinnacle Award by the Greater Concord Chamber of Commerce, was voted “Best Bank” by the Capital Area’s People’s Preferences for the 9th consecutive year and named 2017’s “Bank of the Year” by the Capital Regional Development Council. To learn more, visit any of the local offices in Bow, Concord, Contoocook, Hooksett and Nashua, call 800-541-0006 or visit themerrimack.com.

year,” said Philip Emma, President of the Merrimack. “We are thankful to the many community members and non-profits that make or purchase items and drop them off at our branches each year.”

“We are continually amazed at the profound need for mittens, hats and gloves in our local communities each year. In addition, the NH Food Bank works with food pantries in all of the regions that both banks serve. This helps to decrease the risk of food insecurity throughout our communities,” added Rick Wyman, President of MVSB.

For nearly 150 years, Meredith Village Savings Bank (MVSB),



New agents join Coldwell Banker's Laconia office

Gus Benavides and Carly Howie have recently joined the Coldwell Banker Residential Brokerage Office in Laconia. Mary Williams, Broker, welcomes them as they join the award winning staff of agents at the Court Street location. Williams says, “Gus and Carly have demonstrated their skill and market knowledge as they sold over \$29 million in sales, with 97 real estate transactions in 2017! Their technological skills and sensitivity to their client’s goal creates a smooth transaction for all parties involved. Their clients express a longstanding appreciation of superior customer service and exceptional attention to the details, evidenced with over 150 5-Star customer reviews on Zillow.com.”

American International College announces Fall 2017 Dean's List Students

SPRINGFIELD, Mass. — American International College has named more than 400 students to the Fall 2017 Dean's List. Dean's List students are full-time students with a grade point average between 3.3 and 4.0.

Katheryn Fecteau of

Laconia Ryan Lafrance of Gilford

Founded in 1885, American International College (AIC) is a private, co-educational, doctoral institution located in Springfield, Massachusetts. AIC is an interfaith, interra-

cial, and international educational institution comprising the School of Business, Arts and Sciences, the School of Education, and the School of Health Sciences. AIC supports and advances education, diversity, and opportunity for its stu-

dents and the community.

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THEATER

(Continued from Page A1)

service to country, and sees his decisions as matters of life and death.

"I feel like it's very fun to do because I don't get to yell at people in my everyday life," Witham said.

"(It's) interesting to get into what to do and create a very stern man who knows himself to be always correct."

He said it has been an interesting experience getting into the role of someone who feels he is

above everyone else.

Junior Cecelia Zarella plays Jackie Ross (Jack Ross in the original play), the lead prosecutor seeking a conviction on the two marines.

"She's kind of like a strong leader, she tries to give Kaffee an easy way out," Zarella said.

When Kaffee doesn't accept a plea deal, they all go to court.

"It's a pretty fun role to play, it's definitely different for me," Zarella said.

Both Witham and Zarella said they were already familiar with the play through the Streetcar production. Zarella said when they found out they were doing it at GHS she was excited to be part of it.

Because the movie and the play are so well known Zarella said it does add a little bit of pressure, though it is exciting that people are looking forward to it.

CLERK

(Continued from Page A1)

town at the end of the season. Sewer bills will also be broken down by the different charges.

The town clerk's office and the finance department planned to go

to Hooksett for training.

The town hall also had an upgraded phone system installed. Gonyer said the department receives an av-

erage of 58,000 calls a year and it has been a big improvement.

Gonyer said they are now working on training staff.

FINANCIES

(Continued from Page A1)

sheets, including information leading up to the end of 2017.

Waring said the preliminary revenues collected by the end of 2017 were \$5,969,581,

an increase of around \$43,000 from the Department of Revenue Administration's estimate of \$5,926,479. This accounts for accounting for 107.3 percent

of received revenue. He said revenue and expenditures might have some minor adjustments as the bills filtered through.

Last year, voters approved the budget of \$14,865,160. Waring said through the end of last year they expended \$14,252,190 of that appropriation. As a result the town went into 2017 with a savings of \$411,000. In total 97.24 percent of the 2017 budget was expended by Dec. 31.

Waring said property tax collection was above 95.6 percent by Dec. 31, 2017. As of Jan. 22, they received \$2,110,577 of prepaid taxes.

As of Jan. 22, the town's operating cash balance was \$531,607 and the town's short term investment balance is \$14,859,597. Waring said this is a good sign going into the rest of the year.

"As we looked to the 2018 cashflow projection we certainly are projecting ample funds throughout the year to not only meet all our needs but continue to progressively invest those funds to generate some investment earnings," Waring said.

ICE AIRSTRIP

(Continued from Page A1)

erations at the state's only FAA-licensed ice runway for the past decade.

"You see these strips in Minnesota and on the Great Lakes, but they're in the middle of a lake that's probably in the middle of nowhere," he said.

Conversely, B18, as the Bravo facility is also known, is in the center of a business district.

"Pilots and their passengers can land here and be in walking distance of a lot of restaurants and shops," LaRochelle said.

"What a lot of recreational flyers really want is a destination, which is what Alton Bay can really offer," he added.

The site manager cited the large number of breakfast and lunch establishments located within a short distance of the 2,800-foot-long runway.

"So it's good for the pilots and it's good for the local economy," he observed.

"When we greet people landing here, they always want to know where they can go grab a bite or get a souvenir," LaRochelle added.

He said that Shibley's, the Olde Bay Diner, and J.P. China are among the more popular eating establishments. He added that pilots also venture to Busy Corner and the Winnepesaukee Cigar Company.

Additionally, visitors can also buy inexpensive mementos like baseball caps at a small hut adjacent to the landing strip. Pilots can also sign a guestbook there and receive an official certificate documenting their successful landing at B18.

One thing that you can't get at the base is

airplane fuel. This is partially to keep the facility's management simple - and partially because having gas on the lake would likely trigger the need for additional permitting for environmental and safety reasons.

LaRochelle is not a pilot himself. But he recognizes the facility's contributions to the community's unique character. Established in the 1970s, B18 is a joint endeavor involving the state Aviation Department of the DOT and the local community. While the facility enjoys some material support from the state, as well as its official designation as a government-sanctioned airbase, B18 represents a collaboration between local volunteers and state agencies.

LaRochelle explained that DOT provides radio equipment, maps, and GPS navigation gear, while locals like himself maintain the strip and monitor conditions on a near-daily basis. LaRochelle said the state also supports the facility by providing official inspections and the certifications necessary for B18 to open each year.

In turn, volunteers also greet pilots as they land, maintain the landing area, and continually check the ice's thickness on the Bay.

LaRochelle, a 17-year resident of the Bay, said the base was originally an initiative of the Alton Business Association. Some of the original impetus behind the project, he said, was to provide an economic boost to the area during the off-season when tourists are scant and snowbirds and second homeowners are out of state.

While there was a considerable amount of energy behind the initial concept, LaRochelle said that an aging volunteer base, although dedicated, suggested that the facility's days might be numbered unless there was an infusion of new blood.

"So I decided to step up and get involved," LaRochelle said, noting that he was in his 40s at the time.

Now that he's in his late 50s, the site manager said he actively recruits new volunteers to create a pipeline of new talent who can continue the tradition when the day eventually comes for him to hand over the reigns.

"I'm still good for some time, but we're thinking long term so this can be sustainable well into the future," LaRochelle said.

Although he still has a lot left in his tank in his leadership role, LaRochelle said he can't manage the facility on his own. He said plowing the strip, monitoring ice conditions, staffing the welcome hut, and coordinating efforts with NHDOT requires more hours than he alone can devote.

"There's a lot to it, even though we're only open for a few weeks a year, you really need to make it a team effort," he explained.

With the increase in B18's use, NHDOT decided to make LaRochelle a part-time employee in recognition of his many hours of dedication.

"I never asked for any compensation - I got involved out of my interest in seeing the tradition kept alive and grow," he said.

However, the Aviation Department wanted to boost its social

media presence and also bring the Alton strip more in line with how it manages other facilities, he explained.

LaRochelle observed that there has been an uptick in demand for the facility in the past few years. When we spoke on the phone one morning last week, he'd just come from B18, where he said there were about a half dozen planes parked.

"Things really seemed to take off around 2014 or 2015," he said.

In addition to pilots he sees annually or several times a season, he said he's noticed some new faces, too.

A NHDOT report on the base observed, "As management of the airport has become more proficient, interest in the airport continues to spread within the aviation community and is anticipated to be a popular destination for winter aviators from across the region and beyond."

As part of the overall management of the site, LaRochelle said during the week, a dozen to 15 planes might be served daily at B18. Things pick up on weekends when it's not unusual for 75 to 100 planes to touch down and take off from the Bay. He added that Winter Carnival weekend is the strip's busiest time, when as many as 120 planes arrive and depart during the festival. Over the course of the season, about 700 planes come and go according to LaRochelle.

Aviators piloting small craft come from all points in the Northeast and Mid-Atlantic. LaRochelle said he sees a lot of flyers from southern New Hampshire and Massachusetts, as well as from

New York, Rhode Island and Connecticut. He's also met several people flying in from the Cape and the Islands of Nantucket and Martha's Vineyard. About the furthest point of origin he can recall is Maryland.

In terms of the size of planes that can use the strip, he said that when the ice reaches a thickness of 12 inches, it can safely accommodate a six-passenger craft. He said the trucks that are used to plow the runway weigh about five tons, and that most of the aircraft are well below that 10,000-pound benchmark. He says some of the planes his volunteers see the most are Piper Cubs, Cirrus small craft, and Bonanzas.

LaRochelle and his volunteers are very persnickety when it comes to the conditions of the landing strip. "Safety is something that we're very strict about," he said. He added that there have been some years in the past decade when warm conditions prohibited the base's opening altogether, preventing the ice from achieving an adequate thickness.

While there is often a volunteer present to greet pilots, B18 is technically considered an unmanned facility. That said, LaRochelle said there is often a human presence there during the week, and almost always on the weekends.

Looking ahead, he said the runway will remain open until conditions on the lake can't safely support its operations or March 15, whichever comes first. LaRochelle said he regularly updates the voicemail greeting and the air base's Facebook page, but encourages all pilots to check with FAA sources before planning to fly into Alton.

To be sure, LaRochelle is passionate about the airstrip, but he notes that many locals enjoy the novelty of having such a facility in town.

He said that many people park in the lot overlooking the runway to watch the planes arrive and take off.

"It's really become a special part of the character of Alton," LaRochelle said.

And for himself, at least, he said that over the past decade, he's come to be friends with several of the pilots whom he sees each year.

"On the one hand, it's just a plowed strip of ice - but on the other hand it's just one more thing that helps make Alton special," he said.

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LENTEN

(Continued from Page A3)

is described as follows: "Tolerate one another. Wait. Isn't that supposed to be love one another? Reliable spiritual guide Will Willimon invites you to look more closely at the gospel's command to love—because to genuinely love those considered to be "other" may be the hardest thing for people of faith to do. This five-week DVD based study invites readers to consider the gospel

command to love (and not merely tolerate) those considered to be "other" or outside mainstream Christian culture. Rooted in the New Testament understanding of Gentile outsiders grafted into the covenant community, this study invites readers to an on the ground faith that hearkens to a soliciting and revealing God—the God who comes to us again and again through so-called out-

siders, strangers, immigrants, and those without status." The study will be led by Rev. Jim Shook. Please contact the church if you will be participating. Books can be obtained in the church office for \$10 or on your own. For questions or to sign up for the study, please call Joyce in the church office at 524-3289. The office is open Monday through Friday from 8:30 a.m. – noon.

HOCKEY

(Continued from Page A5)

Numbers were strong overall through the weekend. Crowder said Sunday's warmer weather helped the tournament, but said a lot of people were still out all weekend including the colder temperatures in Saturday. He said it was "pretty cool" to see the numbers of people out.

Teams played regular games on Friday through Saturday with the playoffs taking place on Sunday. On Sunday afternoon. After all the games were done the winning teams were announced.

The Iceholes won the Open Division, The Stonedam Islanders won in the 30+ Division, The Bumbles won in the 40+ Division, The Milton Maple Leafs won the 50+ Division, Swedish Stu won the Twig Division, Blizzard won in the Shiny U35 division, Mugs won in the Shin-

ny 35+ division, and Boston Beauties won the Women's Division.

Crowder said the weekend overall was a big success and bodes well for the event.

"Meredith can play host to an event of this size and magnitude and have people come back year after year," Crowder said.

Crowder said Meredith turns into a tournament village for the weekend.

"For us to be able to do this in this small New Hampshire town is cool to see," Crowder said.

After the weekend was over town officials also voiced their praise for the event. During Monday's selectmen's meeting Town Manager Phil Warren said the event was a great time overall and was well attended.

"Everybody had a good time; we didn't have any problems at

all," Warren said.

he said they did have some injuries that were typical of hockey playing.

Warren described the traffic through the town from Thursday night through Sunday as being "like a summer day."

Selectman Bev Lapham said the number of cars he saw parked in town rivaled the amounts he would see for craft fairs in town.

"It was a great crowd that kept moving and worked with everybody else, there's no bitterness," Lapham said.

Next year the Pond Hockey Classic will be marking its 10th year.

"Certainly a milestone, certainly," Crowder said.

He said when they first started he had no idea they would go this long.

WE CARE

(Continued from Page A5)

in life, develop strong family and community relationship skills, avoid and overcome destructive and addictive behavior, to make life count and then pass this on to others through the power of example.

Central New Hampshire Visiting Nurse Association (VNA) & Hospice offers home health care services for you where you live. People are happier, and do better, at home – they can help you stay there. Their team includes professional nurses, physical therapists, occupation-

al therapists, social workers and LNAs, who provide chronic care, treat injuries and wounds, offer post-surgical care, and more. The multi-disciplinary hospice program offers palliative care (pain relief and comfort) for those in end-of-life stages, support for families, and bereavement services for up to 13 months after the death of a loved one. Central New Hampshire VNA & Hospice is the only organization in the Lakes Region that offers home health care and social work for

children and families. They are a not-for-profit, Medicare-certified provider and are licensed by the State of New Hampshire.

Both 2018 entertainment events will be held in the Community Auditorium at the Inter-Lakes High School, centrally located right on Route 25 in Meredith. The members of Temple B'nai Israel are excited about the opportunity to help both of these worthwhile organizations in one of the best community venues in the Lakes Region.

SEMINAR

(Continued from Page A7)

vanced Care Planning can relieve conflicts and provide measures of security for family members. Free Advanced Directive forms as well as refreshments will be provided.

To RSVP and reserve your spot or schedule a presentation in you town, contact Angela Smith at 524-8444, extension 2337, asmith@centralvna.org.

About Central New Hampshire VNA & Hospice

The Mission of Central New Hampshire VNA & Hospice is "Promoting dignity, independence, and well-being through the delivery of quality home health, hospice and community-based care services." Central New Hampshire VNA & Hospice has served Lakes Region communities since 1918 and provides Home Care (nursing and rehabilitation services in the home); Pediatric Care

(direct health care, education and support services for children and families); and a comprehensive, team-based Hospice program. Central New Hampshire VNA & Hospice is a not-for-profit, Medicare-certified provider of home care and hospice services, licensed by the State of New Hampshire. The agency is governed by a volunteer Board of Trustees and supported by private and corporate donations.

LRGHealthcare is a not-for-profit health-care charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRGHealthcare's mission is to provide quality, compassionate care and to strengthen the well-being of our community.

The Greater Laconia Ministerial Association is a group of faith-based leaders and representatives who gather to

share common concerns and plan and encourage inter-faith activities to promote the common good.

NOTEBOOK

(Continued from Page A4)

Feb. 1, which just happened to be Groundhog Day, John Amey and the tens of thousands of kindred souls who had joined in the fight against this monstrous proposal had their day, when the state body charged with deciding on Northern Pass voted it down—first by a 5-2 straw vote, and then by a solid 7-0.

+++++

Five days before last Thursday's vote—when none of us, I think, could ever have dreamed of such a quick turn of events—I happened to be talking with John about what might be coming down the pike. Like a lot of people who've been in the trenches against Northern Pass for so long and have grown sick and tired of hearing that it was "a done deal," we were talking about the worst—a vote to approve.

I said that if that happened, time would still be on our side. If work began in the south and moved north, as planned, from Franklin to Allenstown, with the widened right of way and gigantic new towers and all, and then north to rip up through Plymouth's downtown and on up crisscrossing the

beautiful Pemigewasset Valley, and then ripping up through Easton and Sugar Hill and Franconia and on to Stark...

Well, we were lucky they'd be saving the North Country's 40 miles of new right away for last. "By the time they're through wrecking the lower two-thirds of the state," I (sort of) joked with John, "people will be so mad they'll be marching on Concord with torches and pitchforks, and we'll be spared."

+++++

Aside from the Interstate highway system, Northern Pass was the biggest construction project ever proposed for New Hampshire. Whether below ground or above, it meant a huge new scar equal from Concord to Portsmouth, straight down through God's Country, and then a massive right of way rotor-rooting almost to the State House steps. It proffered short-term jobs and depreciating tax gains in trade for the legacy of a landscape.

There is so much money, and so much momentum, and so much planning, and so much skullduggery be-

hind Northern Pass that it isn't just going to go away because of Groundhog Day, or the drop of a hat. An appeal is almost certain. It may well wind up in court.

But I know this:

It is we now who have the Big Mo—the "we" who came out of nowhere seven, eight years ago to the blow of a bugle from some unknown ridge, the people of all age and background and political stripe, who fought Northern Pass because it would treat our state—trash our state—as nothing more than an extension cord.

The lawyers can appeal till the cows come home. The more time goes on, the more people will see through the Emperor's clothes. Government and Big Media are totally out of touch with the people who love the land. There is joy in Mudville. People Power lives.

(This column is syndicated in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Address letters, with town and telephone numbers in case of questions, to campguyhooligan@gmail.com or to Box 39, Colebrook, NH 03576.)

DOBBINS

(Continued from Page A5)

with new country embellishments, Dobbins' music, though reminiscent of Jewel and Colbie Caillat, establishes itself solidly in a genre all its own. Her video release show will feature a supporting opening set by Boston singer-songwriter Olivia Frances, an artist who, in addition to bringing her own locally-renowned musicianship, will also perform in the evening's spirit of love for ourselves, each other and the world around us.

Dobbins explains, "This music video, 'Post It Notes,' captures the essence of the song's inspiration - two people whose love for each other radiates so strongly that others are moved to both tears and laughter in their presence. Raw vulnerability is displayed on the screen, and you can't help but feel a softening of your own heart as you experience each moment. Although this video is deeply personal for myself and the actors involved, it also provides a great example of the

kind of love we're all searching for - a love that transcends mere romance - the type of pure love and vulnerability that we can apply to ourselves and each other."

Formerly of Gilford, Dobbins looks forward to collaborating with the local and historic Belknap Mill. Located on the banks of the Winnepesaukee River within the city of Laconia, the mill has become integrated into the cultural activities of the Lakes Region of New Hampshire. The Mill is owned and operated by The Belknap Mill Society, a 501(c)(3) nonprofit organization, whose mission is to preserve the Belknap Mill as a unique historical gathering place and a center for cultural and educational programs. With its exposed brick, wooden beams, strands of white mood-setting lights, and enthusiasm for the arts, Dobbins can think of no better place to debut this special and unique documentary-style music video. Doors open at 6:30 p.m.

Katie Dobbins draws from a musical palette of contemporary folk and new country. With a mastery of storytelling and the heart of a poet, this soulful songstress captures elements of life and relationships in ways that lift spirits and challenge the soul. Dobbins' powerful yet comforting vocal tones draw you in and paint her lyrical truths into images that stay with you. Dobbins' "Let The Music Set You Free" movement, which inspires personal freedom and self-empowerment, has brought her to stages all around New England, including New Hampshire favorite Pitman's Freight Room. Her debut album, "She Is Free" (released 2017), was described by The Deli Magazine as "a deeply personal record that is full of reflective poetry and messages of love... bringing to mind Jewel's 'Pieces of You.'" Throughout her record and live performances, Dobbins creates a warm inviting atmosphere that leaves her listeners longing for more.

Gilford Steamer

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SPORTS



BOB MARTIN

Brooke Beaudet helped lead the Golden Eagles to a big win over Inter-Lakes last week.



BOB MARTIN

Shelby Cole (4) was a force on offense with 12 of her 17 points coming in the fourth quarter.

Gilford wins battle of Lakes Region powers

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — The Gilford girls' basketball team is on a serious roll as the regular season winds down, and last week the Golden Eagles extended their winning streak to 12 games with wins over Inter-Lakes and St. Thomas Aquinas.

On Feb. 1, the Golden Eagles hosted Inter-Lakes and came away with a solid 53-44 win over a Laker team that has been widely

considered one of the top teams in Division 3. The Golden Eagles used clutch play down the stretch to come away with the win.

The game started tight with Inter-Lakes taking a 7-5 lead after one quarter. Both teams struggled to score in the beginning, with physical play being exhibited throughout the opening frame. The second quarter saw a much better scoring output from both Inter-Lakes and Gil-

ford and at halftime it was a 19-19 game. Julia Gintof of Inter-Lakes and Brooke Beaudet of Gilford were the top performers of the half.

While the Golden Eagles started off a bit sluggish, Gilford turned up the heat in the second half thanks to a big spark by Beaudet and Shelby Cole. Each team held leads on multiple occasions,

but Inter-Lakes ran into foul trouble in the fourth quarter, which sent Gilford players to the foul line. This gave the Golden Eagles the chance to extend their lead and capitalize on the Lakers' mistakes. Gilford was 11/11 from the free throw line in the fourth quarter, which helped nail down the win.

Cole led the scoring

charge with 12 fourth quarter points and led the team to a 53-44 win.

Beaudet was proud of the way the team bounced back from a slow start and persevered in the second half to get the win over a tough Laker team.

"We kept the intensity up and shots started to fall," said Beaudet. "We had no intensity in the first half so we knew we had to pick it up and talk to each other. It definitely worked."

Beaudet said it has been all about finding confidence and players knowing their roles this season. After starting the season 0-2, the Golden Eagles have been on a tear, and Beaudet said she feels very good about her team.

"Once we got our confidence and people found their roles things started to click," Beaudet said.

Coach Rick Forge agreed with Beaudet, saying that it was a tough start to the season as the team had players battling injuries, as well as losing key starters like Stevie Orton to graduation. He said it was a tough task to make adjustments and allow the players to find the roles that they could thrive in.

"The first two games were rough," said

Forge. "They were rough to coach and rough to watch. We decided after that second game that we needed to step it up. It took adjustments. We had to work harder in practice and everyone had to find their role. Since then we have been on a bit of a roll. Some days we play extremely well and some days we play enough to win. The kids are learning to win right now."

Forge said part of the success has been finding offensive and defensive schemes that work for the team as a whole. He said the team has two quality shooters in Cole and Beaudet, but added that they are very unselfish and will pass the ball when people are open. He also said the strong play of Hannah Perkins this season has been a big help because she has been a viable third option when teams key in on Cole and Beaudet.

In the game against Inter-Lakes, Forge commended those three players along with Lauren Dean, who had 12 points and a steal.

Beaudet had 13 points, six assists and the steals while Cole had 17 points, three assists, two steals and a block. Olivia Harris had two assists and four steals. Perkins had seven points on the night.

The Lakers were led by Emma Wheeler's 10 points and Gintof's 17 points. Jessalyn Brown also had a solid night with 10 points including a pair of three pointers.

While Inter-Lakes coach Beth Pion commended the play of Gilford, she felt that the team played well enough to win. She was not shy about her disappointment in the officiating in the game down the stretch, saying that the referees cost the Lakers the game. Inter-Lakes was called for 12 fouls compared to Gilford's two fouls in the second half.

"We ran what we planned on doing to a tee," said Pion. "We

SEE HOOPS PAGE B3

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JOSHUA SPAULDING

Sydni Lehr was one of the top skiers for the Gilford High School alpine ski team last week, highlighted by a fifth place finish in the slalom.



JOSHUA SPAULDING

Colton Workman races through the giant slalom course at Gunstock.

Golden Eagles ski in Winnepesaukee Alpine Race

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — Last week Gilford High School competed in the Winnepesaukee Alpine Racing Championships at Gunstock with the girls' team placing third and the boys' team coming in sixth.

For the girls' team, Sydni Lehr was the top skier for Gilford with a combined time of 1:03.03, good for fifth place in the slalom. Hannah Lord came in 10th with a time of 1:10.12.

In the giant slalom, Lehr came in third place with a combined time of 1:01.64. Bai-



JOSHUA SPAULDING

(Left) Bailey Hildreth takes a gate during action at Gunstock on Friday.

ley Hildreth came in fourth place with a time of 1:04.01. Lord had a time of 1:08.71 for 12th place.

For the boys' team, in slalom Tyler Hanf was fourth with a time of 55.40. Colton Workman had a good day also, taking seventh place with a time of 59.65.

In the giant slalom, Hanf placed second with a time of 58.35 while Workman came in 11th with a time of 1:05.01.

Eagles push past Saints

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — The Gilford boys' basketball team came away with a nice 52-35 win over St. Thomas Aquinas on Feb. 2, thanks to a great second half where the Golden Eagles outscored St. Thomas 30-19.

"It was an outstanding team effort and victory we had many outstanding performances," said coach Chip Veazey. "David Hart and Nate Hudson continue their strong all around play with passing and scoring.

Adrian Siravo provided a real spark in the last five minutes of the game to put us over the top. Greg Madore and Logan Bell did outstanding jobs defensively. Also, Logan Hughes provided a big three-point shot late in the game. It was a much closer game than the score would indicate."

Madore led the team in scoring with 16 points and Hart added 15 points on the night. Siravo had six points that all came in the fourth quarter.



BOB MARTIN

Taking aim

Henry Lord aims a paintball gun during the Gunstock Nordic Association's paintball biathlon last week.

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Waterville Valley alums named to Olympic team

WATERVILLE VALLEY — The United States Olympic Committee has named six WVBBS/WVA alumni to the 2018 US Olympic Team that will compete this month in PyeongChang, South Korea.

Ashley Caldwell, Kiley McKinnon, Mac Bohannon and Eric Loughran will all compete in the freestyle aerial events. According to Todd Ossian, Head aerials coach for the US Ski and Snowboard Team, "Our aerials Olympic team has experienced a huge level of success at the World Cup and World Championship levels and is fully capable of

replicating that success in PyeongChang. We're coming into these Games with more on snow time than we've ever had and are primed for our best performances."

Freeski athlete Annalisa Drew will make her second Olympic appearance in the halfpipe having also been a member of the team for the 2014 Games in Sochi, Russia.

Snowboarder Mike Trapp will make his Olympic debut in the parallel giant slalom. Trapp's coach, Justin Reiter, commented on his athlete's success, "Mike has worked extremely hard to get here. I'm proud of his dedication

to snowboarding and his never surrender attitude. You will not find a better example of a hard working blue collar athlete out there. We are excited to take the first step in getting to the Games. Now we focus and work to bring home some hardware."

The 2018 Winter Games will kick-off with the Opening Ceremonies on Friday, Feb. 9. The aerial events will take place during the first week of competition, Feb. 15-18. The women's halfpipe skiing event will take place on Feb. 20 with the parallel giant slalom competition wrapping things up on Feb. 24.

WVBBS/Snowsports Educational Foundation is a 501c3 non-profit offering superior training programs for athletes dedicated to excellence in alpine racing, freestyle skiing, and snowboarding. WVBBS/SEF also operates Waterville Valley Academy, a snowsports and academic academy designed for full time student athletes in grades 6-12 who are dedicated to pursuing the highest level of performance in alpine racing, freestyle skiing and snowboarding in parallel with an individualized academic program.

Track Eagles wrap up the season in Hanover

BY BOB MARTIN

Bob@salmonpress.news

HANOVER — Members of the Gilford High School indoor track team competed in the Division 2 state meet at Dartmouth College last weekend, and coach Joe Wernig was very impressed with his athletes.

“The goal at the beginning of the season was to make to the meet,” said Wernig. “Nat (Fraser) exceeded my expectations by improving at every meet and finishing with a PR against the fastest girls in Division 2 in the 300. Same goes for the relay, I kept telling them to just make it to this meet. Well, they did more than that by



BOB MARTIN

(Left) Natalie Fraser had a strong indoor track season and last weekend finished seventh in the 300 meters.

being very competitive. I could not have asked for a better way to end the season.”

Fraser had a personal record time of 44.71 seconds and finished in seventh place in the 300 meters. This missed the medal by .12 seconds. She was also 15th in the 55-meter dash with a time of 8.04 seconds.

Fraser was also on the 4X200 relay team along with Emma Ramsey, Reese Clark and Brianna Fraser. The team had a personal record time of 1:59.66.



BOB MARTIN

Allyson Paige dribbles the ball down the court for the Gilford High School unified basketball team.



BOB MARTIN

Darren Brown (40) works to find the basket in a unified basketball game between Gilford High School and Belmont High School

Play for free with Laconia Lacrosse Club

LACONIA — If you register by Feb. 28, there is no cost to play with Laconia Lacrosse Club, an affiliate club with the NH Youth Lacrosse Association, the governing body of youth lacrosse in New Hampshire. Uniforms are provided by the league.

Players from Laco-

nia and surrounding towns that do not host a NHYLA league are eligible including: Alton, Canterbury, Center Harbor, Franklin, Gilmanton, Belmont, Meredith, Moultonborough, Northfield, Sanbornton and Tilton are all welcome to register with this regional club.

Laconia Lacrosse fields teams for players of all skill levels, both boys and girls, from grades 1-8. Practices start the week of March 18. Games are played on Sundays beginning April 8 and the season wraps up with the annual NHYLA State festival the weekend of June 9-10.

Laconia Lacrosse plays at the Bank of NH turf stadium at Laconia High School, and is host to the state's North/South Games over Memorial Day weekend, which brings players from all over the state

in friendly competition.

There will be a substantial late fee assessed March 1, so register now while it's free. Your player must be a member of US Lacrosse (<https://www.uslacrosse.org/membership>) and should open an account on the Laconia Lacrosse Club web site in order to be placed on a roster (<https://leagueathletics.com/Registration/Default.asp?org=LA-CLAX>). Questions or issues can be directed to the club at LaconiaLacrosseClub@gmail.com.

Deadlines and the Olympics

MEREDITH — Sports Editor Joshua Spaulding will be covering the Winter Olympics in Pyeongchang, South Korea the next few weeks.

Because of the time difference and the Olympic schedule, this will require a few deadline changes for a couple of weeks while he is out of the country.

All sports items for the North Country papers (Littleton Courier, Coos County Democrat, Berlin Reporter) for the issues of Feb. 14 and Feb. 21 must be submitted by noon on the Sunday prior to publication.

All sports items for the Lakes Region papers

for the issues of Feb. 15 and Feb. 22 must be received by 8 a.m. on the Monday prior to publication.

All items not received by these times may miss being included in that week's issue.

And a reminder, if you know of an Olympic athlete with local connections, send an e-mail to josh@salmonpress.news so we can hopefully catch up in Korea.

You can follow updates from Korea on the Salmon Press Sports - Wolfboro Facebook page, on Twitter or Instagram at [salmonsports-guy](https://www.instagram.com/salmonsports-guy) or at [salmonsports-guy.blogspot.com](https://www.salmonsports-guy.blogspot.com).

Hockey girls hosting fundraiser dinner, silent auction

WOLFBORO — With lots of fundraising and recruiting needed, the Kingswood girls' hockey team will continue to raise funds in the month of February when they host a spaghetti dinner and silent auction in the Kingswood Regional High School cafeteria. The dinner will run from 5:30 to 7:30 p.m.

on Friday, Feb. 23.

The Knights are searching for donations to help defray the costs of the dinner, as well as items for the silent auction. Any local person or business who would like to support the team in either of these endeavors is asked to be in touch with Deanna Cayon at 387-5812.

HOOPS

(Continued from Page B1)

made some good shots. But the refs gave the game away. It was totally the refs. I am proud of my team and they did what they could, but you can't do much about the refs. It is their calls.”

Pion said it was a good team effort and she was happy with the way the players executed. She said she is happy with how Inter-Lakes is playing as the regular season winds down.

“Emma and Julia had some key shots and Taylor Ambrose had some great steals,” said Pion. “But this

was tough. We need to keep the girls' heads up and come back strong.”

Forge had high praise for the tough Laker team.

“Inter-Lakes is a quality team,” said Forge. “They are young and the kids play aggressive. They pose more problems than other teams do for us. As the game went on I think we got a little quicker than they were and we had a great fourth quarter.”

Gilford hosted St. Thomas Aquinas the next night and won 60-40 to improve its record to 12-2.

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