

Gilford Steamer

THURSDAY, JANUARY 2, 2020

GILFORD, N.H.

The year that was *A look back at 2019's top stories*

BY ERIN PLUMMER

mnews@salmonpress.news

The dedication of a new fire boat and construction of a new transfer station were among the big stories in Gilford for 2019.

In May, the Gilford Fire Department christened and dedicated its new fire boat named "Lake Jake." Members of the department, town officials, donors, and other supporters came to the Glendale dock on a Sunday morning for the ceremony. During the dedication Fire Chief Steve Carrier paid tribute to the department's retired fire boat "Snuffer," which was originally put into service in 1977 and named through a contest held in the Gilford schools. The boat's name comes from the term "Jake" as another word for a firefighter, a term Carrier said is believed to have origins in the Northeast.

SEE 2019 PAGE A6



FILE PHOTO

Gilford's new fireboat "Lake Jake" was formally dedicated in May.

Proposed town budget moving forward

BY ERIN PLUMMER

mnews@salmonpress.news

The board of selectmen has approved the revised bottom line budget proposal to go into the public hearing, including some revisions based on new data and Budget Committee recommendations.

During the Dec.

18 meeting, Town Administrator Scott Dunn presented the board with the revised budget figures after some updates and recommendations by the Budget Committee.

The town will budget an additional \$1,200 for municipal internet services as

SEE BUDGET PAGE A6

Selectmen sign off on revised transfer station rules

BY ERIN PLUMMER

mnews@salmonpress.news

The board of selectmen passed the revised rules and regulations for the soon to open recycling facility based on feedback received at a public hearing, eliminating the fines but still keeping mandatory recycling.

During the Dec. 18 selectmen's meeting, the

board voted 2-1 in favor of adopting the rules and regulations that had been revised by the Solid Waste Committee based on feedback at the public hearing in November. Some comments at the hearing included concerns and outright opposition to the requirement for mandatory recycling and the fine structure for every vio-

lation of the rules.

The Solid Waste Committee met after the hearing and had a lengthy discussion on the public input and the regulations. Board chair and Solid Waste Committee member Ricard Grenier reported that the committee met for around two hours and made some changes to the rules after the feed-

back received.

The fines were eliminated entirely. In its place repeated violations of the rules will result in losing one's facility sticker. Grenier said this will not be imposed after the first or a few violations but after repeated violations.

The committee did keep the requirement for mandatory recycling. Grenier said those who didn't want to recycle would have to have their trash removed by a private company.

"To make this thing work, we've got to have mandatory recycling out there at the facility to get as much product as we can to sell," Grenier said.

Some fees were also lowered and some services will cost nothing.

"I think it's a good value again to the taxpayer," Grenier said.

Town Administrator Scott Dunn said they hoped the facility would be running by Jan. 2.

"Having these rules in place for that event would be helpful," Dunn said.

Grenier said there would be no formal ceremony or ribbon cutting in January, though they would plan for an event in the spring with better weather.

Grenier said he wanted to get a bronze plaque at the recycling center

SEE RECYCLING PAGE A6

Hassan visit, sugar shack highlight 2019 at Gilford's schools

BY ERIN PLUMMER

mnews@salmonpress.news

A big project to help disabled kids, a new maple sugaring shack, and some big recognitions for some veteran educators were some of the big stories in the Gilford schools in 2019.

Three Gilford Elementary School students with disabilities received have their own little cars that will help them get around thanks to efforts by Gilford High School Engineering

SEE SCHOOL PAGE A6



FILE PHOTO

(Right) In September, Sen. Maggie Hassan visited the Intro to Engineering class at Gilford High School to see the Go Baby Go vehicles built by class members.

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

Alright ladies and gentlemen, it's time to board the annual hype train. Choo choo! We are

leaving the station and taking a non-stop trip to self-improvement. Year after year we try to do something to better ourselves. Let's go above

and beyond this time because 1) You're worth it, 2) You want it, and 3) You've got help. You're not the only one attempting to get better at something, so you don't need to reinvent the exercise plan, the self-care mantra, or whatever you're going for. There are people you can work with and resources you can draw on to make a plan, stick to it, and do so intelligently. Get smart, get hype, let's go.

Step one is to find a teacher and/or partner who motivates you. Who you learn from can make or break a new year effort, so get a recommendation from

a librarian or someone else you trust. They can be a professional, a charismatic YouTube educator, a writer, podcaster, get creative! We all succeed differently, so it's important to pay attention to what is working and what is not. Evaluate your progress often and adjust.

Some of us benefit from the tough-love approach like Tilman Fertitta's book, "Shut Up and Listen: hard business truths that will help you succeed." Others do better with wholesome encouragement like Elise Blaha Cripe's "Big Dreams, Daily Joys: get things done, make

space for what matters, achieve your dreams." Others still are motivated by empathy, realism, or commiseration, like what you'll find in Karen Rinaldi's "It's Great to Suck at Something: the unexpected joy of wiping out and what it can teach us about patience, resilience, and the stuff that really matters."

Whatever your style, you'll find resources at the library. Let's get better together. Happy New Year.

Classes & Special Events Jan. 2-Jan. 9

Thursday, Jan. 2
No Events

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

Monday, Jan. 6
Tai Chi Chih, 9:45-10:45 a.m.
Baby Toddler Storytime, 10:30-11 a.m.
Mahjong, 12:30-3 p.m.

Tuesday, Jan. 7
Geri Fit, 9-10 a.m.
Hook Nook, 10-11 a.m.
Bridge, 10:30 a.m.-12:30 p.m.
Preschool Storytime, 10:30-11:30 a.m.
Minecraft Club, 3:30-4:30 p.m.
Minecraft comes to life at the library with live experiments, crafts, and much more. *sign up required (K-4th grade)
Oldies But Goodies:

Classic Book Group, 6-7 p.m.

Celebrate the old standbys, those seminal novels, the classics, the oldies but goodies! This month's book is Under the Net by Iris Murdoch, a 1954 comic novel about work and love, wealth and fame. Led by Abi Maxwell, copies of this book are available at the circulation desk.

Wednesday, Jan. 8
Line Dancing, 9-10:30 a.m.

Check out an Expert, 10 a.m.-noon
Lakes Region Fiber Artists and Crafters, 10 a.m.-noon
Teen Early Release Virtual Reality, 12:30-1:30 p.m.
Try out the Library's new Oculus Quest!
ERA: Winter Animals & Hot Chocolate, 1:30-2:30 p.m.
Interactive activities to learn all about winter animals. *sign up required (K-4)

Thursday, Jan. 9
Geri Fit, 9-10 a.m.
Music and Movement, 10:30-11:30 a.m.
Shake, rattle, and roll in this extremely fun and interactive music filled playtime. *Sign-up required ages five and under
Homeschool Game Club, 12:15-2:15 p.m.
Conversational French, 4-5 p.m.
Foreign Movie Night, 7-9 p.m.
This month's movie is "The Cuckoo," a 105 minute historical comedy drama film rated PG-13 from Russia

Gilford Public Library Top Ten Requests

1. "Criss Cross" by James Patterson
2. "Blue Moon" by Lee Child
3. "A Minute to Midnight" by David Baldacci
4. "Olive, Again" by Elizabeth Strout
5. "The Giver of Stars" by Jojo Moyes
6. "Where the Crawdads Sing" by Delia Owens
7. "The Confession Club" by Elizabeth Berg
8. "The Rise of Magicks" by Nora Roberts
9. "Twisted Twenty-Six" by Janet Evanovich
10. "To The Land of Long Lost Friends" by McCall-Smith

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SHAKER REGIONAL SCHOOL DISTRICT NOTICE OF PUBLIC HEARINGS

The Shaker Regional School Board will hold two public hearings on the 2020-2021 Proposed Budget, as follows:

Canterbury Elementary School – Monday, January 13, 2020, at 6 pm. If school is closed due to inclement weather the meeting will be held Wednesday, January 14, 2020.

Belmont Middle School – Tuesday, January 14, 2020, at 6 pm. If school is closed due to inclement weather the meeting will be held Thursday, January 15, 2020.

Budget information for the public hearings will be located at the schools, both town offices, the town libraries, the Canterbury Country Store, the SAU 80 Office, and on the district website, www.sau80.org.

Gilford Steamer

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Pub Mania 2019 announces team awards

GILFORD — The books are now closed for Pub Mania 2019, with a record \$355,453 raised boosting the Children’s Auction to a record amount raised, totaling \$600,032. The 31 teams and team captains were celebrated at a banquet held at Patrick’s Pub & Eatery this past Monday.

Susan Cummins, Greg & Deb Peverly of the Verani Realty Reindeer took the award for Outstanding Participation. This award is tallied by the Pub Mania referees that keep an eye on all the teams’ efforts during the 24-hour event as participants are invited to take part in a variety of activities.

“We are so proud to be part of this amazing event to benefit children and families here in our communities,” shared captain Deb Peverly.

The Top Dollar award is presented to the team raising the most money. Again this year, the Laconia Harley Davidson Iron Butts, captained by Will & Kathy Swart and Lyndsey Cole were the top team with an amazing \$40,932 turned in.

“We’re so thankful for the support of our staff, customers and our Harley Owners



2019 Pub Mania Team Captain Award Winners and Referees celebrate another record-breaking year. Front left to right: Lisa Cornish of the Real Downtown Santas (Feeding Families Award); Kathy & Will Swart of Laconia Harley Davidson Iron Butts (Top Dollar Award); Susan Cummins, Mitch Hamel, Greg & Deb Peverly of Verani Realty Reindeer (Outstanding Participation Award). Pub Mania Referees (rear left to right) Wendy & Jeff Beetle, Jennifer & Allan Beetle, Jennifer & Shawn Bailey, Kate Flaherty.

Group members,” said Will Swart, General Manager. “They have gone the extra mile in our 2019 fundraising efforts and participation in the event. Additionally, a special shout out to Anne and Steve Deli, owners of Laconia Harley Davidson. Their support of our team, and fundraising efforts, help to make this all possible. This is an incredible way for us to give back to the community and we are looking forward

to Pub Mania 2020.”

Team captains Lisa Cornish, Trish Tryon and Janet Brough of the Real Downtown Santas received the Feeding Families Award, collecting 3,239 of the 9,319 food items collected for the local food pantries.

Each of the 31 teams that make up Pub Mania has one or more captains that build a team of 24 people, one for each hour of the event.

“The team captains are the backbone of this event,” says Patrick’s co-owner Allan Beetle. “They inspire others to participate and fundraise to help kids here in the greater Lakes Region

of New Hampshire. These awards are a lot of fun and help to create a healthy com-

SEE **PUB MANIA** PAGE A7



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LRCC to hold Open House EXPRESS Jan. 8

LACONIA – Becoming a student at Lakes Region Community College has never been easier. The college is hosting an Open House EXPRESS Wednesday, Jan. 8 from 4 to 7 p.m. Faculty and staff will be on hand to answer questions and help all prospective students through the process.

Students who bring a copy of their high school transcript or equivalency certificate will be accepted on the spot and can register immediately for the Fall Semester, which begins Tuesday, Jan. 21. There is no application fee. Members of LRCC’s Financial Aid office will be available to help students through the financial aid application process, and faculty and advisors from each program will be available to help students register for classes and answer questions.

“We’re pleased to offer Open House EXPRESS as a convenient way for prospective students to complete the process of admission to the college,” said Joyce Larson, Director of Enrollment and Onboarding. “With one visit to the College, students are able to complete most or all of the enrollment process steps with ease and meet face-to-face with our friendly faculty and staff.”

Prospective stu-

dents will be given a guided tour of the campus and campus housing. The event is free and all those interested are encouraged to attend. Those interested can pre-register at www.lrcc.edu or call Lakes Region Community College at 366-5210.

Lakes Region Community College offers many associate degree and certificate programs, including Business, Accounting, Culinary Arts, Hotel and Restaurant Operations, Electrical, Automotive, Nursing, Graphic Design, Advanced Manufacturing, and Fire Science, just to name a few. In addition, LRCC provides a strong background in Liberal Arts for students who choose to do their first two years at a community college and then transfer to a four-year college or university for a baccalaureate degree. Business and industry training programs are also available.

Lakes Region Community College is a fully accredited, comprehensive community college located in the Lakes Region of New Hampshire and serves over 1,200 students annually. LRCC is part of the Community College System of New Hampshire. For more information, contact the Admissions Office at 366-5210.



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Make those resolutions stick

Christmas has come and gone. Wrapping paper now fills waste baskets everywhere, and leftovers are still piled high in the refrigerator. There are gifts to be returned (or perhaps re-gifted; don't worry, we won't tell). Thank you cards are being sent out by the dozens and our hearts are full with another year of Christmas memories. New Year's Day is here, and resolutions are a fun way to celebrate the year to come. What will 2020 bring for you, and how will you make it your best year yet? The idea is to make a plan and stick to it.

In the United States, only a mere 8 percent of people are successful in keeping their New Year's resolutions. If you want to keep yours, we've provided a few tips.

Identify why you want to make the resolutions you do. Our level of motivation determines whether or not we fail or succeed at any given goal. Those who change their ways because they think they should tend to fail. Their counterparts who find success do so because they truly want to make changes.

If you have too many resolutions, you could bombard yourself into not attaining any of your goals. The idea is to start small. If you want to become a runner, yet have never run before, going out for an hour long run every day won't last long. Start with running or exercising two or three days a week at 30 minutes a pop. Easing into any change is the best avenue, because it allows you to slowly build your new habit. If you want to change your diet, you'll need to change how you shop and how you cook.

If you put your money on the line, you could become more successful than you think. Studies show that individuals who have a financial incentive lost 14 more pounds than those who don't.

Invite family and friends in on your resolutions. We all know the famous phrase "strength in numbers," and the support of those around us has hefty benefits. If you have someone to work out with likely their motivation can pass over to you and vice versa.

Oftentimes, when a person fails or experiences setbacks, they give up on their goals altogether. If you view your goal as an adventurous journey and realize that persistence is a choice, you will be more likely to succeed.

There are two types of goals, prevention and promotion. Promotional goals are hopes, or things we'd like to achieve. Prevention goals are things we believe we are responsible for doing. So your goal goes from "I'd like to lose weight so I can fit into my clothes better" to "I'd like to lose ten pounds because it is my duty to my family to stay healthy." Prevention goals tend to stick. When someone experiences a set back while trying to achieve a prevention goal they are more likely to get back on the wagon again.

Writing things down is another great way to make a goal easier to attain. To look at your progress can be a chief motivator.

In the words of Simon Newcomb, "As years passed away I have formed the habit of looking back upon that former self as upon another person, the remembrance of whose emotions has been a solace in adversity and added zest to the enjoyment of prosperity."

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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Our fax number is 279 3331.

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We're looking forward to hearing from you!

Power Outage Tips

BEFORE

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

DURING

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

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts

Who to Call → Where to Meet → What to Pack



COURTESY

Art Association announces winner of monthly drawing

Kathy Lees of Northfield was the lucky winner in the monthly drawing of an original painting at the Lakes Region Art Association (LRAA) Gallery titled "Green Lane" donated by gallery member Mr. Audrey Rouget. Kathy learned about the gallery from reading about it in various newspapers including this one, and decided to check it out. "I was pleasantly surprise and impressed by the art and photography on display there, and entered their free monthly contest to win a painting or photograph, [and] I won," she said. The next donated work of art was donated by gallery member by photographer Mr. Jay Fitzpatrick. It's a scene of a river, with snow covered trees reflecting in the water as clear as a mirror. To enter and win, Visit the LRAA/Gallery, Tanger Mall, 120 Laconia Rd., Suite 132, Tilton, Thursday- Sunday, 10 a.m.-6 p.m.

NORTH COUNTRY NOTEBOOK *Cartridges for partridges, but whence the fisher (cat)?*



By JOHN HARRIGAN
COLUMNIST

It wasn't exactly a partridge in a pear tree, but close enough--it was a partridge in an apple tree, which I spotted from the window over the kitchen sink, one of my favorite perches in the house. It was up there near the skyline, pecking away at an old dry apple.

I leaned on my elbows and kept a sharp eye. Where there was one partridge, there had to be two. After all, they have come through so much by this time of year, especially if they're this past spring's chicks---watching for predators on land and in the air, all the while learning how to scratch out a living.

They are so well camouflaged that it often comes down to just recognizing a shape that doesn't quite belong. With a partridge, which looks a lot like a Dutch bowling pin, you look for (yes!) a Dutch bowling pin.

Sure enough, there it was, a second bird lower down in the tree, pecking away. Ruffed grouse would grace the table just now, having been feeding largely on cranberries and apples. Not very long from now, after the realities of Deep



COURTESY

A male partridge (ruffed grouse) doing one of the more courageous things in the woods, considering fishers, foxes, bobcats and coyotes---drumming away in hopes for a mate.

Winter have set in, they'll taste more like the subsistence food they must get by on, poplar (aspen) buds, and the occasional seeds of spruce and fir.

+++++

Let's digress for a moment and talk about interchangeable terms, and finger-wagging.

Interchangeable terms often enter the lexicon, or vernacular, or common language, particular to a certain place. For instance, "wicked" is used in much of Maine, and even fringe areas, as an adjective to mean "really, really," as in "Those cookies were some wicked good." In most other areas, "wicked" is used only with "witch."

"Partridge" is one of those words that long ago crept into the language of northern New England, and goes all the way back to settlement times. People climbing down off big ships into rowboats to cross frightening combers and reach shore eventually encountered a bird

that looked a lot like a certain bird back home, so they called it "partridge." This name stuck for generations, and indeed held on right into the present, where "partridge" is used with both ignorance and/or delight and/or respect and affection for old words to mean what the bird really is, "ruffed grouse." Not "ruffed grouse," mind you. That's a partridge you've somehow insulted.

Hence, upon sallying forth with shotgun close at hand and ammo the same, you're prepared with "cartridges for partridges," as said by Blondie Meserve as he steered his big old car into Felton Camp, and much later and just as inaccurately, Bunny Bunnell, positively sublime at the thought.

A cartridge is for a rifle, not a shotgun (that's a shell), and a partridge is a ruffed grouse, and there's a difference. But in the case of a certain strip of climate and terrain and habitat and custom that runs all across northern Maine, New Hampshire, Vermont, and upper New

York, roughly along the 45th Parallel, halfway between the Equator and the North Pole, a ruffed grouse is Outside-Speak, while as Tip O'Neill never quite said, "All partridges is local."

+++++

This topic now takes us from a two-legged bird to a four-legged, hard-working, sleek little animal that is one of my favorites in all of the great outdoors, the fisher (cat).

Now, of course I know it is not a cat, and I suspect that almost everyone who puts the "cat" in there does too. I mean, come on---it's a member of the weasel family, for Pete's sake (are you listening, Pete?).

But beware the finger-waggers.

The latest to call us backwoods ignoramus out on this little bit of lexicon laissez-faire was the famous animal tracker, writer and photographer Susan Morse, in the pages of my favorite magazine, no less, "Northern Woodlands." In a neat layout of photos and writing on

SEE NOTEBOOK PAGE A7

LRCs Family Resource Center strengthening families through parent education

LACONIA —The Family Resource Center of Central New Hampshire, 719 No. Main St., Laconia is offering a wide variety of parenting programs this winter for parents with children of all ages.

Most classes are held in the early evenings and are offered free of charge, with free dinner and childcare available on-site each evening for

families in attendance. Advance registration is requested for each program as space is limited. Assistance with transportation may be available with advance notice and approval.

Parenting classes scheduled for this fall include: Active Parenting for Stepfamilies (six weeks beginning Jan. 7) for parents looking to create harmony and sta-

bility in their stepfamily, while raising responsible, courageous children. Topics include blending family histories & traditions, establishing parental authority, improving communication and more; Tenant 101 (four weeks beginning Jan. 7) helping families navigate housing challenges by educating them on how to evaluate potential apartments as well as

how to successfully budget, apply, and interview for a rental property. This class also supports individuals in overcoming negative landlord references and learning

to be the best tenant they can be; Nurture Hope (11 weeks beginning Jan. 8) a series for parents with children who have special needs and health challenges, designed to

help families explore their hopes and fears, develop effective strategies for facing challenges, and recognize opportunities for celebration; Positive

SEE LRCs PAGE A7

GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from Dec. 17-26.

Ashley K. Albert, age 27, of Gilford was arrested on Dec. 17 for Aggravated Driving While Intoxicated, Resisting Arrest or Detention, Simple Assault-Physical Contact or Bodily Injury, and two counts of Endangering the Welfare of a Child.

Andrew J. Shoemaker, age 19, of Laconia was arrested on Dec. 20 for Disobeying an Officer and Transporting Alcoholic Beverages. Jakob Deyarmond, age 20, of Gilford was arrested during the same traffic stop for Unlawful Possession of Alcohol.

Velvet Elaine Weeks, age 48, of Laconia was arrested on Dec. 21 for Pos-

session of a Controlled Drug and in connection with two bench warrants.

Alberto Bazzoni Zamora, age 18, of Gilford was arrested on Dec. 22 for Criminal Mischief.

Thomas Ewing Carey, age 57, of Gilford was arrested on Dec. 26 for Driving While Intoxicated (subsequent) and an Open Container violation.

GILFORD PARKS AND RECREATION NEWS

BY HERB GREENE
Director
Gilford Parks and Recreation

Senior Moment-um T-Bones Lunch Trip on Jan. 6

The Gilford Parks and Recreation Department will be sponsoring a Senior Moment-um program on Monday, Jan. 6. We will meet at T-Bones Great American Eatery on Union Avenue in Laconia at 11:45 a.m. to enjoy lunch. Participants will order off the menu and are responsible for the cost of their own meal. Participants are asked to RSVP by Thursday, Jan. 2.

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

25). Lessons begin at 10 a.m. and rental skis may be picked up at 9:00 a.m. at Piche's Ski Shop!

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

Cost: \$70 per person includes rental equipment!

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

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

motor coach will depart from Gilford High School at 4:45 p.m. and the Tioga Pavilion in Belmont at 5:00PM for the 7:30PM game. You will have time to visit the pro-shop and get dinner on your own prior to the game. Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable.

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

Bolduc Park Cross Country Ski Program

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

Boston Celtics bus trip scheduled for March 18

The Gilford and Belmont Parks and Recreation Departments are co-sponsoring a Bus Trip to Boston to see the Celtics take on the New York Knicks on Wednesday, March 18. Cost of the trip is \$80 per person, and includes round trip motor coach from Gilford or Belmont and your ticket (section 311 of the balcony) to the game. Our deluxe

Comfort Keepers

The respiratory system: Age-related changes & COPD

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Chronic obstructive pulmonary disease, more commonly referred to as COPD, is one of the most significant health problems facing adults in the

U.S. COPD is a leading cause of death, falling just behind heart disease, cancer, and acci-

SEE COMFORT PAGE A7

Author lecture: “Rediscovering Mt. Washington’s Hidden Culture”

LACONIA — Over the course of one calendar year, Journalist Dan Szczesny explored the history and mystique of New England’s tallest mountain. However, Mount Washington is more than just a 6,288-foot rock pile; it is the cultural soul of climbers, hikers and tourists from around the world looking to test their mettle against extreme conditions, in return for inspiration through its intense natural beauty.

From being on the team of a 97-year-old marathon runner; to dressing at Walt Whitman and reading poetry upon the mountain; to spending a week in winter cooking for the scientists at the observatory, the mountain became Szczesny’s muse.

Join us Wednesday, Jan. 8 at 6:30 p.m. in Taylor Community’s Woodside Building as Dan Szczesny turns a



Dan Szczesny

veteran journalist’s eye toward exploring Mount Washington’s place in the collective consciousness of the country. This free event is open to the public.

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

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Edward Jones: Financial Focus				
Time for Some New Year’s Financial Resolutions				
<p>Have you thought about your New Year’s resolutions for 2020? When many of us make these promises, we focus on ways we can improve some form of our health. We vow to get more physically healthy by going to the gym, or we promise to improve our mental health by learning a new language or instrument. But it’s also important to think about our financial health – so it’s a good idea to develop some appropriate resolutions for this area, too.</p> <p>What kinds of financial resolutions might you make? Here are a few suggestions:</p> <ul style="list-style-type: none">• Increase your retirement plan contributions. One of the best financial moves you can make is to take full advantage of your 401(k) or similar employer-sponsored retirement plan. If you contribute pre-tax dollars to your plan, the more you put in, the lower your taxable income will be for the year, and your earnings can grow on a tax-deferred basis. So, if your salary goes up in 2020, increase the amount you put into your plan. Most people don’t come close to reaching the annual contribution limit, which, in 2019, was \$19,000, or \$25,000 for those 50 or older. You might not reach these levels, either, but it’s certainly worthwhile to invest as much as you can possibly afford.• Use “found” money wisely. During the course of the next year, you may well receive some money outside your normal paychecks, such as a bonus or a tax refund. It can be tempting to spend this money, but you may help yourself in the long run by investing it. You could use it to help fund your IRA for the year or to fill a gap in another investment account.• Don’t overreact to market downturns. You’ve probably heard stories about people who lamented not getting in “on the ground floor” of what is now a mega-company. But a far more common investment mistake is overreacting to temporary market downturns by selling investments at the wrong time (when their prices are down) and staying out of the market until things calm down (and possibly missing the next rally). The financial markets always fluctuate, but if you can resolve to stay invested and follow a consistent, long-term strategy, you can avoid making some costly errors.• Be financially prepared for the unexpected. Even if you’re diligent about saving and investing for your long-term goals, you can encounter obstacles along the way. And one of these roadblocks could come in the form of large, unexpected expenses, such as the sudden need for a new car or some costly medical bills. If you aren’t prepared for these costs, you might have to dip in to your long-term investments to pay for them. To prevent this from happening, you may want to keep sufficient cash, or cash equivalents, in your investment accounts. Or you might want to maintain a completely separate account as an emergency fund, with the money kept in low-risk, liquid vehicles. If possible, try to maintain at least six months’ worth of living expenses in this account. It will take some effort but following these resolutions could help you move closer to your financial goals in 2020 – and beyond.				
<p>Devon Sullivan Financial Advisor 164 NH RTE 25 Suite 1A Meredith NH 03253 603-279-3284 Fax 844-644-4469 devon.sullivan@edwardjones.com</p>		<p>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.</p>		<p>Jacqueline Taylor Financial Advisor 3 Mill Street PO Box 176 Meredith NH 03253 603-279-3161 Fax 866-532-8685 jacqueline.taylor@edwardjones.com</p>
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2019

(Continued from Page A1)

BUDGET

(Continued from Page A1)

Carrier said the boat was dedicated to all those who have lost their lives or become sick or injured on the lake. Jack Sousae, who made a significant donation for the boat, helped christen it with some help from members of the Gilford Fire Department.

The transfer station and recycling center was almost ready to open as of the end of the year.

In March an article was on the warrant for \$400,000 to complete the project, an article that was unanimously recommended by the selectmen but not recommended by the Budget Committee in a vote of eight against and four in favor. Town Administrator Scott Dunn said two years ago the town appropriated \$950,000 for the project, though they were told that wouldn't be enough money for a project. He said they put the project out to bid and this wasn't enough for what they planned to do. Most of the original appropriation was spent on the building that is there now and \$35,000 is left. If the article wasn't passed the the project wouldn't have some finishing touches.

Some people opposed how much more money was being asked for this project when they already approved the \$950,000 the previous year. Ultimately the article passed in a vote of 730 in favor and 366 against.

After the money was

approved at town meeting work took place on the facility throughout the year with sections of the recycling center closed off for a few weeks. In November, the selectmen held a public hearing on the proposed rules and regulations for the future recycling facility. Some comments at the hearing included concerns and outright opposition to the requirement for mandatory recycling and the fine structure for every violation of the rules. After discussion by the committee and the selectmen, the board passed the revised rules.

Dunn said they hoped the facility would be running by Jan. 2. Board Chair and Solid Waste Committee member Richard Grenier said there would be no formal ceremony or ribbon cutting in January, though they would plan for an event in the spring with better weather.

The sidewalk down Potter Hill Road was officially opened for use in October thanks to some big fundraising efforts. Gilford Village Knolls residents started the fundraising effort to build a sidewalk from Gilford Village Knolls down Potter Hill Road to go to the area of the Gilford Public Library, Gilford Community Church, Gilford Youth Center. For the past few years, the town has also put away money in the Sidewalk Capital Reserve Fund to help

build this sidewalk. The fundraising effort brought in \$50,000 and the town had put away \$98,000 into fund, combined with the donations that would make \$148,000 available for the project. After it was learned the town's paving contractor was unavailable, over the summer the Gilford Village Knolls Trustees solicited a proposal from Belknap Landscaping to do the project for \$147,750 this year. Belknap Landscaping Principal Hayden McLaughlin is a resident of the Knolls.

The selectmen held a public hearing to approve receiving anticipated funds in the form of another \$10,000 donation from Gilford Village Knolls toward the sidewalk.

Voters rejected a petition article calling for town meeting voting to be changed from March to May.

Proponents said this would give more people a chance to vote, including those not wanting to drive to the polls in winter weather and those living in warmer climates in March. Issues were raised during the budget public hearing of how this might affect the town and school district's fiscal years. Superintendent Kirk Beitler said this could result in a scheduling conflict with Gilmanton, a member of the school district who has their voting in March.

A total of 821 votes were cast against the article with 275 cast in favor.

Atlantic Broadband has said it will no longer give the town a discount for those services. There will also be \$600 for Internet service in both the library and police budget.

The Public Works Department had to go out to bid for alarm services. Dunn said all the town buildings with alarms have been dialing a Dot Matrix printer in the police station. For \$2,800, a new alarm system will be put in place that signals to the company who then calls the fire or police departments depending on the type of alarm.

The town will see savings on animal control services. The board had previously approved \$18,000 for those services, though the Budget Committee recommended using \$15,000. Dunn said this will cover that \$2,800 increase for the alarms.

There will also be an increase in health insurance due to underbudgeting for one position. Dunn said they took an "educated guess" on the insurance plan for a prospective employee that ended up being significantly different from the one chosen.

The DPW vehicle special projects line will have an additional \$10,000 toward the purchase of a portable lift. The selectmen had initially recommended \$54,400 for the equipment, though the company that they got their price from went out of business and \$10,000 was added back in.

The 2020 budget accounts for the staff at the solid waste center. They hired a supervisor and have an offer

out for a full time staff member. The wages for the part time staff will increase, initially the positions paid \$12 an hour thought they weren't getting anyone interested. The budget will reflect the revised wages. Part of the solid waste facility will also have a new phone line for its alarm system at a fee of \$312.

Reductions of \$1,699 and \$1,600 were made in the Parks and Recreation budget and will be covered by money in the Parks and Recreation revolving fund.

The Candlelight Stroll will be getting \$250 from the town instead of the originally proposed \$750. Dunn said the stroll committee has raised enough funds so that loss of \$500 will be covered.

Board Chair Richard Grenier said the Budget Committee wanted to cut the entire contribution, but he recommended a lower amount as a placeholder to avoid a special warrant article.

The tax sharing increased for the Lakes Business Park. As part of the intermunicipal agreement with Laconia, Gilford will share a portion of the tax revenue from businesses on the Gilford side with Laconia. The tax sharing was initially budgeted at \$22,000, but next year it is anticipated to be \$26,800 so the budget was increased to \$27,000.

Considering all these items, the revised budget figure was \$15,231,067, a slight decrease from the originally proposed \$15,244,246. The municipal tax rate would be projected at \$4.76 per \$1,000 in assessed valuation. This

involves the town using \$825,000 in surplus fund balance to offset the tax rate, which will still leave over \$3 million in fund balance.

The selectmen approved the revised budget number including the use of fund balance.

The board will also take a second look at how it recommends the petition warrant articles. Most of the petition warrant articles have come from outside agencies asking for municipal funds. Typically the board had voted unanimously to not recommend the articles. This has been done with the philosophy of letting the voters decide if they wanted to support these organizations or not, though the selectmen have no choice but to give a yes or no recommendation.

Selectman Chan Eddy said, however, they have to explain this every year. He said a number of people have interpreted that "Not recommended" vote to mean they're against supporting these organizations.

"We've had people say, 'How can you vote against it?'" Eddy said. "Like, we don't want to have any input on that."

Grenier said he was going to mention that as well, saying a resident had some recommendations on how this should be worded.

"We seem to get chastised every year on our vote on it," Grenier said.

Dunn said they will end up getting chastised by someone no matter how they decide.

RECYCLING

(Continued from Page A1)

honoring the members of the Solid Waste Committee for all their volunteer efforts and hard work.

Selectman Chan Eddy opposed adopting the regulations that night. He said he saw some language in the regulations that he would like to revisit, especially the clarifications. Grenier asked if this was something that was going to impact the start of operations in January and Eddy said he didn't think so.

"This is a grand experiment," Dunn said. "There may very well be the need to come back to the board and say this doesn't work or this needs to be done differently."

Grenier said six months or so after they open they would want to review this. Selectman Gus Benavides said the board has shown it keeps things like this open and not etched in stone, so they would be willing to revisit anything that comes up.

The motion passed with Grenier and Benavides in favor and Eddy opposed.

SCHOOL

(Continued from Page A1)

students.

For a few months students in Dan Caron's Intro to Engineering class worked on Go Baby Go, a project to turn Power Wheels into mobility devices for kids. The project was brought to the class by senior Troy Gallagher after he did a similar program at St. Paul's summer school. Students talked with preschoolers George Gard and Morgan Schneider and first grader Chloe Collette and their parents and measured the kids so their cars would fit right. The kids received their vehicles in a special delivery near the end of the school year by the Gilford Police and Fire Departments.

Word of the project reached Sen. Maggie Hassan, who recognized the students as

Granite Staters of the Month on the floor of the Senate and in the Congressional Record on June 24. In September, Hassan visited the class and had the opportunity to meet two of the kids and their families and see their cars firsthand.

The ribbon was cut on Gilford Elementary School's sugar shack and outdoor learning center. People from around the community had a chance to see the building at work and its sweet results during a special celebration. Gilford's "Sweet" Sugar Shack was constructed last year thanks to many generous donations by community members who provided everything from money to in-kind donations to make the shack a reality. On a Saturday morning in April GES

principal Danielle Bolduc joined by several students cut the ribbon on the shack as part of a pancake breakfast and showcase of the fourth graders' maple projects.

Boiling started in the new shack in March and boiled sap collected from GES trees as well as sap from other people in the school community.

Two longtime Gilford High School educators were honored by the EDies. In March case manager Jean Moreau was announced as the New Hampshire Special Education Teacher of the Year by a team of administrators, district and school board representatives, and others in the Gilford High School gym before Winter Carnival gym activities. Moreau received the award after

an extensive review and and interview process. The award is presented by the New Hampshire Excellence in Education Awards (EDies) and the Council for Exceptional Children, an international organization to support special education professionals.

Moreau had been working as a case manager at GHS since 1999, entering her 20th year at the school.

Just a few weeks later, school counselor Monica Sawyer was named the New Hampshire School Counselor of the Year by the New Hampshire School Counselor Association and the EDies. Sawyer has been a school counselor at GHS for 12 years and GHS Principal Anthony Sperazo nominated her for this award this year.

Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.

Obituaries can be sent to:
obituaries@salmonpress.com

Wedding, engagement, and anniversary announcements are welcome at:
weddings@salmonpress.com

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

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Brendan Berube at (603) 279-4516, ext. 101
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PUB MANIA

(Continued from Page A3)

petition amongst the teams.”

One hundred percent of the funds pass directly to the Children’s Auction for distribution to the community. Proceeds from the Greater Lakes

Region Children’s Auction are used for children’s basic needs, including food, clothing and shelter as well as for programs and organizations that work to improve the lives of children and

mitigate the need for these services.

For more information visit www.patrickspub.com/pubmania or for the Children’s Auction, visit www.childrensauction.com.

COMFORT

(Continued from Page A5)

dents.

COPD represents a group of lung diseases, with the two most common being emphysema and chronic bronchitis. COPD is a progressive disease that becomes increasingly severe with age.

- Symptoms of COPD include**
- Constant coughing
 - Wheezing
 - Shortness of breath
 - Coughing up mucus
 - Tightness in the chest

Because of its progressive nature and with increased age as a leading factor, there is a greater prevalence of COPD in adults 65 years of age or older. The good news is that many adults can easily reduce their risk of COPD through lifestyle management.

The American Lung Association estimates that between 80-90 percent of COPD cases are the result of smoking. Unsurprisingly, secondhand smoke is a significant risk factor as well. Research also suggests that there may be a link between poor air quality and COPD.

Seniors should take the following steps to reduce their risk of COPD:

- Older adults that

smoke should get support from a primary care physician and take steps to quit. There are many programs, services and products that can help.

- Seniors should avoid contact with secondhand smoke whenever possible.
- Reducing exposure to air pollution can help reduce symptoms. Many cities issue poor air quality warnings – when these warnings are in effect, seniors should limit outside activities.
- Seniors should avoid airborne irritants (chemicals, fumes, etc.) in the home.
- A healthy diet and exercise plan, with direction from a physician, can improve lung function and overall health.
- Older adults should understand the impact of aging on their respiratory system and how to reduce their risk of any related diseases, illnesses, or conditions.
- Doctors may recommend getting vaccinations for both influenza and pneumococcal pneumonia in order to guard against further breathing complications.

Comfort Keepers® Can Help

As part of a health-

NOTEBOOK

(Continued from Page A4)

this neat little creature, Susan puts all who savor the likes of partridges and fisher (cats) into a crowded wheelbarrow and takes us straight to the woodshed. There’s hardly any space left for a wink and a nudge.

+++++

All right, I confess—I tack the “cat” on there (always in parentheses) just to goad the finger-waggers, who mostly seem to know the game and hardly ever bite. It must have galled this bunch no end when a certain baseball team got its name.

As I was about to tell my son on Christmas Day, before he threatened to fall over in a catatonic state of bore-

dom, the Europeans who stepped ashore down on the Gulf of Maine some four centuries ago didn’t know much about local wildlife. They called any wild, screeching, cat-like creature “wildcat,” for example, not bothering to differentiate between bobcat, lynx, catamount (cougar), and, for all I know, saber-toothed cat.

Then there was this sleek, shining little black animal that often moved like a cat, and could climb trees like a cat, and was about the size of a cat (okay, closer to a Coon Cat); and the local Piscataquas or Penobscots told the settlers they’d actually seen these little hustlers fishing, which, as a matter of fact, they sometimes do, whenever opportunity presents

itself on some tiny little rivulet where they can trap a trout or a sucker with their quick, wide front paws.

Ergo, I give you, at the collective risk of a drive-by finger-wagging, the fisher (cat).

+++++

A promise is a promise, so here goes:

Happy New Year, readers near and far—and all the best for Two Thousand-Twenty and beyond.

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

LRCS

(Continued from Page A5)

Discipline Practices & Techniques (six weeks beginning Jan. 9) focuses on discipline which is based on respect, empowerment, caring and cooperation. Learn the power of nonviolent discipline practices; Cooperative Parenting and Divorce (eight weeks beginning Jan. 28) where participants learn to shield their children from parental conflict while establishing a co-operative long-term relationship with the other parent. Co-parents are welcome to attend class together, but it is not required.

Call Tricia Tousignant, Family Resource Center, at 528-0391, or email tricia.tousignant@lracs.org for more information or visit our website at www.lracs.org and review the Schedule of Current Parent Education Programs at the Family Resource Center page. Attendance certificates will be provided at all parenting programs sponsored by Lakes Region Community Services, Family Resource Center of Central New Hampshire.

LRCS’ Family Resource Center offers respectful, non-judgmental education, early intervention, and support to strengthen families and prepare children for success. Our belief is that strong families lead to strong communities.

Lakes Region Community Services (LRCS) is a nonprofit, comprehensive family support agency with a primary focus of providing sup-

ports to individuals with developmental disabilities and/or acquired brain disorders and their families. A dynamic human services organization, LRCS offers other essential and critical services to individuals in our Greater Lakes Region communities from birth throughout their lifespan. At the core of LRCS’ work are inclusion, acceptance, and building strengths and partnerships – whether at the individual, family or community level. LRCS has offices in Laconia and Plymouth which combine to serve families residing throughout Belknap and Southern Grafton Counties. For more information contact Joanne Piper Lang at 524-8811 or visit www.lracs.org.



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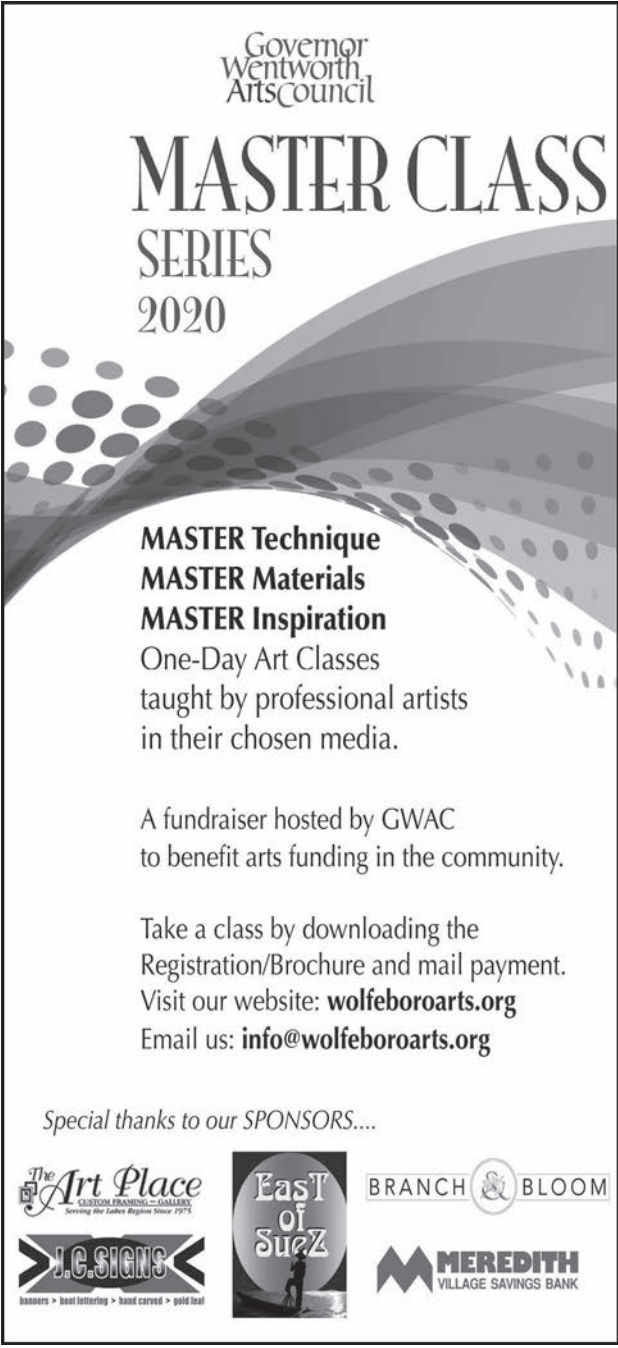
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Local conservation champions recognized

REGION — The New Hampshire Association of Conservation District honored Jan Hooper as 2019 Educator of Year.

Jan Hooper, a Center Harbor resident and former eighth grade science teacher, led volunteer efforts to reconstruct the Wetland Walk, a quarter-mile interpretive boardwalk trail at Gunstock Mountain Resort for the Belnap County Conservation District. Hooper recruited hundreds of volunteers to assist with minor repairs and maintenance of this accessible trail which the Conservation District built 25 years ago under her leadership with grants, local donations and volunteers.

In 2019, Hooper coordinated on-the-ground with contractors for major reconstruction of the Wetland Walk under a NH Recreational Trail Program grant. A Wetland Walk Opening Ceremony is planned for next spring. In addition to the Wetland Walk effort, Jan Hooper helped create the NH Envirothon, a statewide environmental science competition for high school students in 1991. She continues to lead their annual fund drive and assisted with transitioning the new NH Envirothon Coordinator.



COURTESY

Jan Hooper

The 2019 Belnap County Conservation Cooperator of the Year is HT Farm in Belmont, owned and operated by Heidi and Tim Loring. The Belnap County Conservation District selected the Loring for this honor to recognize their innovation and use of best management practices. Tim and Heidi raise Belted Galloway beef cows at their farm in Belmont and partner with Steele Hill Resort and a lease in Gilford to pasture cows and grow hay. Their innovations include working with Steele Hill resort for grazing and maple taps, experimenting with

summer cover crop pasture seed mixes, installing roof water control devices on the barn and sugar house, and energy saving measures in maple sugar processing. HT Farms adopted a plan for rotation grazing on their home farm, fencing to protect stream and wetland areas, and use of pasture cover crops. In addition, HT Farm hosted workshops for farmers on rotational grazing and pipeline, well and livestock water needs provided by Belnap County Conservation District and the Natural Resource Conservation Service.

MARK ON THE MARKETS

Invest like a pro, even with your 401k!



BY MARK PATTERSON

The process of reviewing a client's existing 401k, 403b or other retirement plans that they have accumulated during their working time, have revealed some commonality as far as allocations between stock and bond funds. Most clients tell me that they had heard that they should have some bond funds for safety and that they really do not have a plan or ever received help with these allocations. The return that their portfolio and the fees are often not realized as well. Many times, the "growth" in the portfolio was attributed to their

own investment and employer match, not fund performance. During the accumulation phase of investing it may be best to keep plowing money into your retirement fund with-out overthinking the whole process, but as you approach the distribution phase of life (retirement), risk, reward and sustainable cash-flow are key to a solid income plan.

First off, you can't afford to screw up here. When we are no longer working, our income becomes fixed. Sure, we can work a part time job, but let's plan so that the young people can have those jobs and we can be altruistic with our time.

A retirement income plan is really a statement of cash-flows. Some have pensions, or maybe Social Security, these are sustainable cash flows guaranteed by the Government or an insurance company.

Then we have our 401k, 403b, IRA's known as qualified plans. This

is where we need to derive sustainable income if our Social Security and pensions do not allow for sufficient cash flow. It may make sense to defer our Social security payments for the 8% growth from the government, and take income from our qualified plan in the interim. All this can be calculated for the best plan for you.

Insurance companies invest in investment grade bonds and mortgage backed securities that are considered safe and stable. Why don't you? What I often see are mutual funds, stock or bond funds with no rhyme or reason. It is really not possible to invest in individual bonds in most retirement plans. That is why bond funds exist. What I show my clients is how to invest like the professionals and institutions, not retail clients. Mutual funds were really a means of diversification for small amounts of money. Attach a commission to them

and you have something that registered reps can sell you. By the time most people are approaching retirement, they may have enough assets in order to own their own portfolio of fixed income, like bonds and mortgage backed securities. You, the client then maintains control, has a sustainable and steady cash flow just like the insurance companies, banks and pension plans. The use of exchange traded funds or even mutual funds may be useful to invest in obscure or specialized sectors of the market. There are ways to convert retirement assets to self-directed IRA's that opens the door to open architecture investing, referred to as "In-service distribution."

If you have interest in what I am writing about, give me a call.

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

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Bulldogs blank Berlin in season opener

BY BOB MARTIN
Bob@Salmonpress.news

LACONIA – The Belmont/Gilford hockey team was tested right out of the gate in an opening season matchup with Berlin last week, and the Bulldogs responded with a 3-0 victory at Merrill Fay Arena.

Games between B/G and Berlin have historically been evenly matched thrillers and this time was no different. It was a scoreless game after two periods despite Berlin blasting off 26 shots compared to nine from the Bulldogs. With 7:39 left, captain Hayden Parent scored the first goal of the season, with an assist credited to Griffin Tondreau.

The next goal was by Joey Blake with an assist by Nate Shirley at the 5:09 mark.



COURTESY
(Left) Senior captain Hayden Parent and Berlin defenseman Dom Paradis battled for a puck in a shutout win for the Bulldogs.

About a minute later, Shirley scored the final insurance goal to make it a 3-0 game.

Colin McGreevy had 32 saves in the shutout win and earned praise by coach Jason Parent, who was pleased with the win in front of the home crowd.

“Colin McGreevy was the true star of the game, stopping 16 shots in the first period alone with some stellar saves, keeping the team in the game,” Parent said. “Great balance of seniors and underclassmen is going to be the key to success this winter.”

Intro to curling offered Sunday at PSU Ice Arena

PLYMOUTH — Are you one of the many who have been fascinated by the sport of curling? Have you had the burning desire to deliver a stone down the ice and feverishly sweep it into the house, well now is your chance.

The Plymouth State Ice Arena will be offering a four-week Intro

to Curling program, beginning Sunday, Jan. 5, at 7 p.m., each session will be two hours in length. Over the four weeks, they will focus on the fundamentals of curling, how to deliver a stone and how to sweep. The beauty of curling is that it can be enjoyed by an array of people. There is no run-

ning, there is no jumping, there is technique and strategy. Given that the game is played on ice wearing sneakers, balance is paramount. Luckily, this skill can be improved on by simply playing the sport. The most physical aspect of curling comes from furiously sweeping in front of the stone as it glides

down the opposite end.

To sign up, please register online at plymouth.edu/arena/curling, space is extremely limited so please don't hesitate, sign up today. If you have any questions, please contact the ice arena at psu-icearena@plymouth.edu or 535-2758.



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Gilford hoop girls split a pair, boys notch a win

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford girls' basketball team hosted Inter-Lakes last week and won in dominant fashion by a score of 57-35.

The Golden Eagles started hot with an 11-2 lead after one quarter. The Lakers woke up in the second quarter with nine points but Gilford continued its strong play with 11 points to make it 22-11 at half. Inter-Lakes came out in the second half hot and outscored Gilford 16-14, cutting the lead to four. It was a nine-point game after three quarters, but Gilford dominated the final quarter to close out the game on a 21-8 run.

Shelby Cole led the way for the Golden Eagles with 18 points, five assists and steal steals. Allison Carr put up 14 points, four steals and four assists. Abby O'Connor contributed a solid all-around night as well, with 12 points to go with six rebounds and three blocks.

Maura Hughes came up big with six points and seven boards. Kate

Sullivan had a big night on the glass with nine rebounds to go with her two points. Maegan Shute had three points and Gwen Knipping pitched in with a basket.

Gilford then faced Conant in a battle of a couple of the better teams in Division 3, but the Golden Eagles couldn't fend off the pre-season favorite and the Orioles came away with a 56-40 win.

Conant was up 23-20 at the half, but the Orioles came out strong in the second half, outscoring Gilford 16-10 and 17-10 in the third and fourth quarters.

“Conant used their speed in the second half and controlled the tempo in extending their lead to double digits,” said coach Rick Forge. “Gilford was able to cut the deficit to eight midway in the fourth but the Orioles pulled away down the stretch.”

Cole led the team with 16 points, five steals and four assists. Hughes had good night with 11 points, seven boards and a block. O'Connor contributed four points,



five rebounds and a pair of blocks. Carr had four points and two assists. Sullivan continued to be a strong rebounder with eight rebounds to go along with three points and a block. Tea Rodney came off the bench and put together another solid all-around night with two points, a block, a steal and an assist.

The boys' basketball team hosted Conant on Dec. 20 and the Golden Eagles continued their strong start to the season with a 40-27 victory. Adrian Siravo returned to the lineup and immediately made an impact with 17 points and 10 rebounds. Logan Hughes had 10 points, six rebounds and three steals. Connor Sullivan had nine points.

“We played with a lot of energy and have room to grow still,” said coach Rick Acquilano. “It was a good step forward.”

BOB MARTIN
(Left) Shelby Cole has had an excellent start to the season for the Gilford girls' basketball team.

PSU sets dates for volleyball camp

PLYMOUTH — Plymouth State University women's volleyball head coach Joan Forge announced the dates for the team's Panther Volleyball Camp set for next summer.

The camp, open to girls entering grades five through 12, will take place at Foley Gymnasium from July 27 to 30 and is broken into two sections.

Section one is open to girls entering fifth – eighth grades and is designed for beginner to intermediate players. Athletes will learn basic fundamental skills, rules and strategies to be successful in the sport of volleyball from 9 a.m. to 12 p.m. each day.

Section two is for girls entering ninth – 12th grades for beginner, intermediate and advanced players who want to play and excel at the high school level. Attendees will be challenged with improving basic fundamental skills and will have the opportunity to learn more advanced strate-

gies, position-specific skills, transition and concepts of team play. Section two meets from 1 to 5 p.m.

The main focuses of both sessions will be to incorporate life lessons including character development, teamwork and sportsmanship. Drills and daily scrimmages are aimed at developing the complete player. Athletes will be separated into courts according to skill level to both challenge and maximize their learning experiences.

The fee for section one of the camp is \$150, while section two fees are \$200. Registration fees include a camp tee shirt.

Camp staff includes Forge and other college, Junior Olympic and high school coaches, as well as collegiate players.

Online registration is available at <https://tinyurl.com/PSUYouthVBCamp>. All questions can be directed to Forge at jcforge@plymouth.edu or 535-2778.

Learn to curl session is Sunday

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

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

Registration is open to men and women aged 14 or over. No previous experience is required, and participants may join as individuals, with a partner, or as part of a complete team.

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

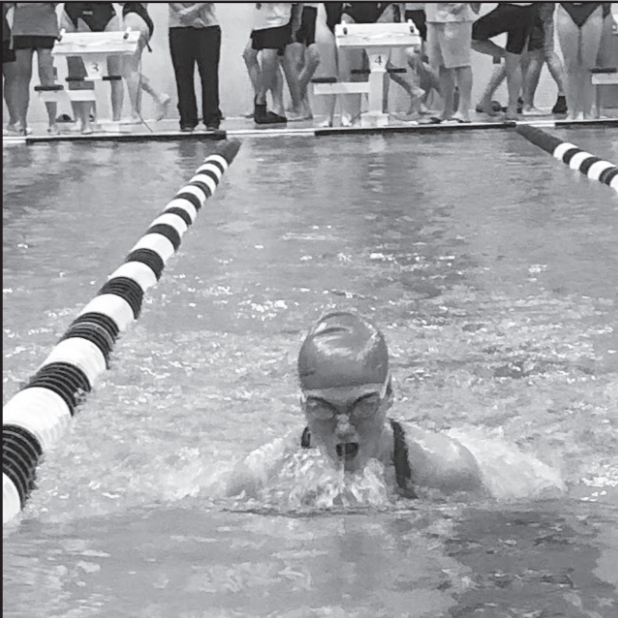
All equipment is provided and organizers will assist unaffiliated registrants in finding a team.

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

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



COURTESY
Jillian Cookinham swam the breaststroke for Gilford at the Icebreaker Invitational.



COURTESY
Taryn Wernig competed in the breaststroke at UNH on Dec. 22.

Golden Eagles hit the pool at UNH

DURHAM – The Gilford High School swim team traveled to the University of New Hampshire for the Icebreaker Invitational on Sunday and the Golden Eagles placed eighth out of 16 teams for both boys' and girls' teams.

“This large meet fielded roughly 275 swimmers from around the state,” said coach Dave Gingrich. “This is the largest meet of the team's season. There were many terrific individual and relay swims.”



COURTESY
Members of the Gilford swim team cheer on their teammate Grace Shoemaker at UNH.

For the boys' team, in the 50-meter freestyle, Evan Plourde was 10th with a time of 1:12.29. Purcell was 24th with a time of 1:14.70. Purcell's time was a four-second improvement.

In the 200-meter freestyle, Plourde was 15th with a time of 2:49.82.

Fpr the girls' team in the 50-meter freestyle, Reagan McIntire was eighth with a time of 31.94. Madison Eastman was 11th with a time of 35.13. Emily Watson was 12th with a time of 36.63; Grace Shoemaker was 13th with a time of 29.93; Avery Totten was 32nd with a time of 35.26; Jessica Gannon was

38th with a time of 35.26; Taryn Wernig was 41st with a time of 36.28; Leilani Watt was 61st with a time of 59.17. Watt's time was a 14 second improvement.

In the 100-meter freestyle, Catherine Pingol was 23rd with a time of 1:13.04; Totten was 30th with a time of 1:16.37; Watson was 35th with a time of 1:17.37; Jillian Cookinham was 36th with a time of 1:18.40; Eastman was 37th with a time of 1:20.31; Gannon was 38th with a time of 1:22.94.

In the 200-meter freestyle, Laurel Gingrich

was seventh with a time of 2:18.49.

In the 500-meter freestyle, Grace Shoemaker was seventh with a time of 6:28.76. This was an improvement of 20 seconds.

In the 100-meter butterfly, Gingrich was third with a time of 1:05.34; Alexa Leonard was 19th with a time of 1:31.35 and Claire Bartley was 17th with a time of 1:28.66

In the 100-meter backstroke, Bartley was 15th with a time of 1:18.

In the 100-meter breaststroke, Wernig was 26th with a time of

1:46.17.

In the 200-meter individual medley, Leonard was 18th with a time of 3:10.73; Pingol was 19th with a time of 3:16.33 and Cookinham was 21st with a time of 3:21.38.

In the 200-meter freestyle relay, Gilford had two teams, one placing seventh with a time of 2:07.01 and another in 10th with a time of 2:15.27.

In the 200-meter medley relay, Gilford was eighth with a time of 2:20.32 and also 16th with a time of 2:33.83.

The next meet is on Jan. 5 in Pelham.



BOB MARTIN

Alex Cheek was a force in the air and on the ground, and this season he was recognized for his play by being named first team All-State.



JOSHUA SPAULDING

Blake Descoteaux was named second team All-State as a running back.

Three Gilford/Belmont stars earn All-State nods

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The 2019 Division 2 All-State football team was announced and Gilford/Belmont was well represented this season. Making the first team was quarterback Alex Cheek, who used both his arm and legs to torch defense throughout this past season. Last year Cheek was a second team All-State nominee. One of his top performances came against Kingswood where he rushed for 156 yards on 13 rushes. While he only threw the ball 13 times completing six passes, he

was very efficient with three touchdown passes. The following week against Kennett he had 215 yards and two touchdowns, as well as two two-point conversions. Blake Descoteaux had a strong season running the ball for the Golden Eagles and was recognized for his skills by being named second team All-State. Descoteaux ended on a high note this past season with a fantastic showing against John Stark where he rushed for 150 yards and scored a touchdown. The week before against Sanborn he had 163 yards and a



RC GREENWOOD

John Mitchell was the team's defense leader and was named second team All-State for his strong play at linebacker for the Golden Eagles.

touchdown. John Mitchell had a huge season at linebacker and was consistently the leader on the defense for the Golden Eagles. For the second year in a row was named second team All-State for his strong play. All season he tracked down ball carriers and made big plays. A standout performance was against Sanborn where he had 18 tackles, a sack and a tackle for a loss. He consistently posted high tackle totals and was key in slowing the opponents' offense on a weekly basis.



COURTESY PHOTO

Santa was in the house at the Merrill Fay Arena prior to Christmas.

Wolves sweep final week of 2019

LACONIA — The New England Wolves continued their strong play in December with a final week sweep, going 6-0 in the last string of games in 2019. Starting on Tuesday, Dec. 17, the Wolves Junior teams defeated the Worcester Railers (EHL 7-4 and EHL 8-3) in hard fought road victories. They continued their strong play in a four-game weekend versus the Connecticut Chiefs. With Santa in the building on Saturday, the Wolves EHL 1 defeated the Chiefs 9-0, and the EHL won 4-1. Carson Gates (EHL) and LJ Newell (EHL) took the victories in nets. Sunday's doubleheader produced similar results. EHL 1 won 9-3, helped by Noah Wirth's six-point performance and EHL won 3-2 off a game winning goal by Tommy Condon. Combined for the week, the Junior teams won by a score of 40-13, averaging more than six goals per game. The Wolves also dedicated the weekend of Dec. 21-22, as host family appreciation weekend. After games on both Saturday and Sunday, the Wolves provided potluck dinners for their teams and families.

Snocross makes its debut at the Flat Track

LOUDON — The Flat Track at New Hampshire Motor Speedway will kick off its 2020 season in the height of the New England winter with an action-packed snocross event. The Eastern Snocross Tour will make its debut on the snow-covered dirt track when it rips into Loudon Feb. 15-16, marking the first ever winter event on The Flat Track. “We’re looking forward to a full season of racing on our newest racing surface, The Flat Track,” said David McGrath, executive vice president and general manager of New Hampshire Motor Speedway. “As New Englanders, we all know the cold and the snow is inevitable, and many of our fans already embrace the winter months by riding snowmobiles throughout the state. The Flat Track’s lineup will give them another reason to love racing at New Hampshire Motor Speedway.” This two-day event will be round three of seven in the Eastern Snocross Tour Championship sanctioned by International Snowmobile Racing. Pro riders

from around the east coast and beyond will compete in two qualifying rounds prior to the final event, which will be under the lights on Saturday, Feb. 15. The course will include a 100-foot frontstretch triple with a rhythm section on the backstretch that will have the fans on their feet. Youth divisions will also take to the track with riders starting as young as six years old. Once the snow melts and New Englanders take their motorcycles out of winter storage, the Laconia Short Track, sanctioned by American Flat Track, will return on Saturday, June 13, to kick off Motorcycle Week at NHMS, which continues through Saturday, June 20. Friday Night Dirt Duels presented by New England Racing Fuel will kick off the NASCAR Cup Series Foxwoods Resort Casino 301 race weekend on Friday, July 17, headlined by the Granite State Legends Cars and the USAC Dirt Midget Association, featuring a night of short track racing on the dirt with NASCAR stars. The USAC Dirt Midget

et Association will race on The Flat Track for a second time in 2020 on Friday, Sept. 11, during Full Throttle Fall Weekend with additional events being announced at a later date. The Flat Track is the first track to be built in New England in the last 25 years. Crews turned roughly 186,095 square feet of ground and 3,000 tons of clay to build the 0.25-mile track, which first opened in June 2019. The Flat Track, located directly behind the North East Motor Sports Museum, is the fourth racing surface on New Hampshire Motor Speedway’s 1,200-acre property, which already includes the famed 1.058-mile NASCAR oval, 1.6-mile road course and a 0.25-mile mini-oval. For ticket information for all events at The Flat Track, including the Feb. 15-16 Eastern Snocross Tour, the June 13 Laconia Short Track, the July 17 Friday Night Dirt Duels presented by New England Racing Fuel and the Sept. 11 race, visit New Hampshire Motor Speedway’s web site at NHMS.com or call Fan Relations at 783-4931.



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LAND

TUFTONBORO: 92.1 acre partially wooded rolling pasture atop a fully permitted 3.5 - 4 million cubic yard sand bank that is fully permitted for industrial sand removal! The property has been core tested and has two points of access.
SANDY KNOLL ROAD \$3,900,000

WOLFEBORO: Nice building lot in a great subdivision offering 1.2 private acres at the end of the road. Take a short walk into town or to the town beach. Bring your house plans and dreams too!
APPLEWOOD DRIVE \$55,000

TUFTONBORO: Great building lot in the beautiful hamlet of Melvin Village! 6 acres of land to build your dream home on! Peace and serenity abound with nature. Bring your plans and imagination for the perfect home.
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U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Gilford girls fourth at Plymouth State meet

BY BOB MARTIN
Bob@Salmonpress.news

PLYMOUTH – The Gilford High School indoor track team had a solid day at Plymouth State University, with the girls' team placing fourth in the second meet of the season.

In the 50-meter dash, Brianna Fraser was third with a time of 8.04 and Natalie Fraser was

fourth with a time of 8.05. Allison Kenyon was 23rd with a time of 8.58; Murphy Harris was 25th with a time of 8.68 and Lauryn Nash-Boucher was 49th with a time of 9.39.

In the 300 meters, Natalie Fraser was third with a time of 45.31; Brianna Fraser was fourth with a time of 45.56; Kenyon was 17th with a time

of 50.27; Ashley Sanderson was 19th with a time of 51.94.

In the 1,000 meters, Sanderson was fourth with a time of 3:28.51.

In the 50-meter hurdles, Sanderson was 10th with a time of 11.36 and Kenyon was 20th with a time of 12.08.

In the 4X200-meter relay, Gilford was first with a time of 1:57.59.

The team includes the Frasers, Kenyon and Lindsey Sanderson.

In the high jump, Lindsey Sanderson was fourth with a height of four feet, four inches.

In the long jump, Kenyon was 13th with a distance of 12 feet, 4.75 inches. Ashley Sanderson was 16th with a time of 12 feet, 3.25 inches; Harris was 20th with a time

of 10 feet, eight inches and Marshall was 10 feet, four inches.

In the shot put, Nash-Boucher was 19th with a toss of 19 feet, 10 inches. Lexi Shute was 25th with a time of 17 feet, 10 inches.

For the boys' team, Anthony Haddocks was 32nd with a time of 7.88 and Sam Drew was 47th a time of 8.39 in the 55 meters.

In the 300 meters, Haddocks was 26th with a time of 46.29.

In the long jump, Haddocks had a distance of 15 feet, 8.25 inches for 15th place.

Sam Drew was 15th in the shot put with a toss of 27 feet, two inches.



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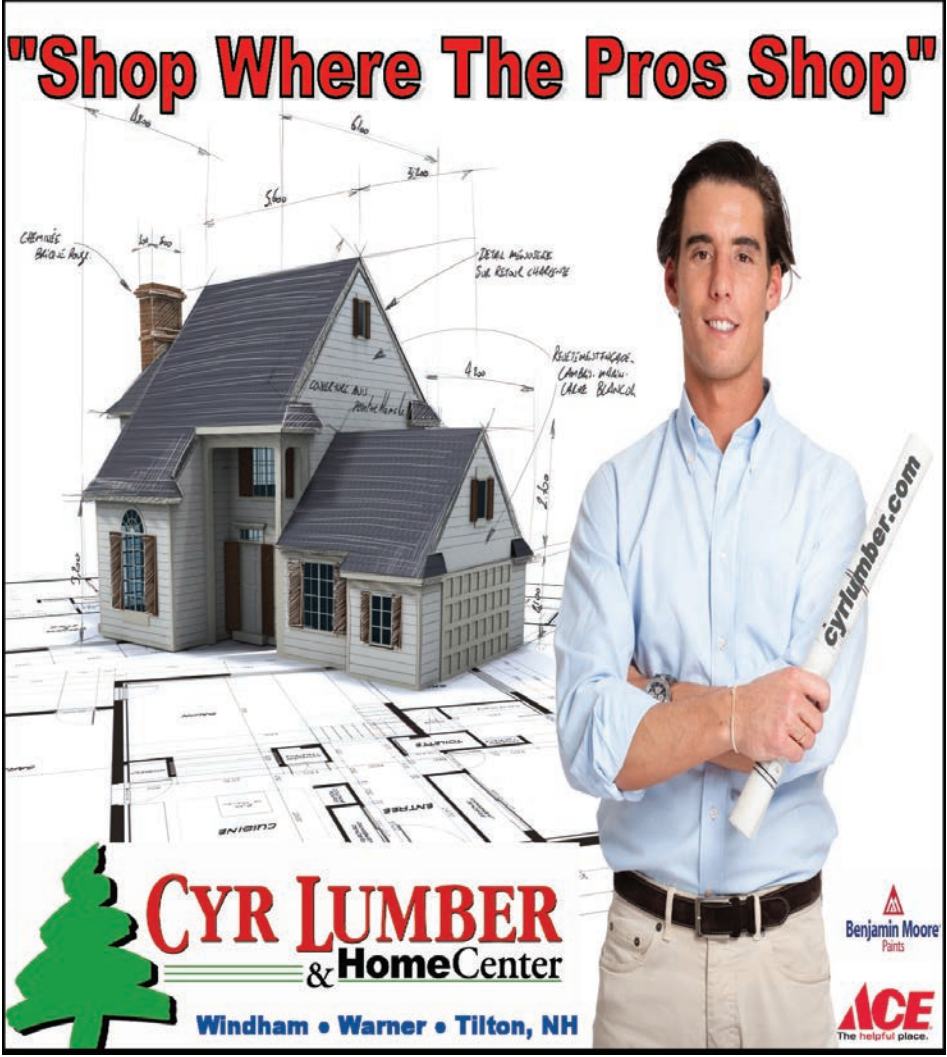
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The National Domestic Violence Hotline offers phone and chat services for anyone affected by domestic violence. Support is available 24/7/365 by calling **1.800.799.SAFE (7233)** or online at **thehotline.org**.

The production of this material was supported by Grant #905V0001-01-00 from HHS Administration for Children and Families/Federal Family Youth Service Bureau. Its contents are solely the responsibility of the National Domestic Violence Hotline and do not necessarily represent the official views of AC/FYSSB.



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