

Gilford Steamer

THURSDAY, JANUARY 23, 2020

GILFORD, N.H.

Turf field warrant article meets opposition

BY ERIN PLUMMER
mnews@salmonpress.news

A petitioned article for the conceptual design of a new athletic complex at Gilford High School with a synthetic field will go before the voters in March, though some local officials and residents say this is the wrong way to put this project forward.

Article 9 of the school district war-

rant is a petition article putting \$62,883 to hire an engineer and develop conceptual and engineering plans and a cost estimate for a multi-sport turf field. During Tuesday's budget hearing Chris McDonough, a member of the Gilford School Board who was speaking as solely as a citizen, talked about the proposal.

McDonough said

several months ago an architect approached athletic director Rick Acquiliano and offered to donate his services to design a turf field complex. A number of school representatives discussed this with him and saw a concept video of a possible complex, which can be found at ghsfield.com. The concept includes a lighted synthetic field for multiple sports,

bleachers on one side, concessions, and restroom facilities.

McDonough said the deadline had passed to request any funding

towards this from the school board, so he personally put together a petition warrant article to move this forward.

The warrant article would be for a conceptual plan and cost estimates for such a complex. McDonough
SEE **TURF** PAGE A11



COURTESY

Lions donate holiday baskets

Members of the Laconia-Gilford Lions Club continued their annual Christmas tradition of gathering food in holiday baskets to donate to disadvantaged families in the community. Each overflowing basket included canned and non-perishable items, along with a ham and a chicken. Pictured are club members (from L: Nancy O'Connor, Lois Smith, Lori Chandler, Bill Chandler, Jaimie Caldwell, Matt Soza, Jacob Caldwell, Marilyn Brown, Corey Kingsborough, Kathryn Kingsborough; in front: Ryan Kingsborough, Jamison Caldwell and Jayde Caldwell). The Laconia/Gilford chapter invites new members (528-2663) to help with the causes they support which includes sight and hearing aid assistance, college scholarships for local students, food pantries, area youth sports programs and more.

Filing open for town and school offices

BY ERIN PLUMMER
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Offices in the town and school district are now open for filing and will remain so until Jan. 31.

One three-year term is available on the board of selectmen. Current board chair Richard Grenier is the incumbent for that position.

Three positions are open on the Budget Committee, two for three-year terms and one for one year. Currently, Sue Greene, Skip Murphy, and Tracie Corbett serve in those positions.

One three-year

position is open for Town Clerk-Tax Collector with Danielle LaFond currently serving in that position.

The three-year term for town treasurer is open with Kimberly Zyla Salanitro serving in that position now.

Town moderator is open for a three-year term with Sandy McGonagle as the incumbent.

There is one six-year position for supervisor of the checklist open, currently occupied by Miriam York.

One position is

open for trustee of the trust fund, a three-year term with Donald Clarke currently serving.

A three-year position for library trustee is open. Betty Tidd is the incumbent.

One three-year position of cemetery trustee is open with Dee Chitty currently serving.

The board of fire engineers has one seat open for a three-year term, currently occupied by Donald Spear.

The Gilford School District has one position open for a
SEE **FILING** PAGE A11

Gilford High School's Artist of the Month: Abby Warren

Every month, the Gilford High School Art Department spotlights a student artist. This recognition is given to an artist at Gilford High School who demonstrates perseverance, openness, innovation, confidence, passion, and leadership in the art classroom. The January Student Artist of the Month is senior Abby Warren.

Warren has taken art classes since her freshman year. Her natural talent and drive stand out in all the classes that she takes, as does her leadership in the art room. She is always willing to offer and accept advice as well as help to her fellow art students. Warren sets an example with her impressive work ethic and willingness to try new approaches and techniques. Next year she plans to pursue studies in Industrial Design, applying both her artistic and academic abilities in an exciting and creative career path.

Of her experience in the arts, she says, "Art plays a major role in my life. It gives me an outlet to express myself however I want, especially since art has so many endless possibilities of what you



COURTESY

Abby Warren

can create. It gives me a break in my normal busy life to enjoy the

small things. I fell in love with art so long ago, that at this point

in my life I don't know what I would do without it."

Voters get first look at town, school budgets

BY ERIN PLUMMER
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Gilford voters got a look at the town and school district budgets at the public hearing before they go on the warrant and forward to the deliberative session.

Members of the Budget Committee held the budget public hearing on Tuesday night at the Gilford High School auditorium, reviewing the town and school district budgets as well as draft copies of the warrant articles.

This year's requested town budget is \$14,263,580, an increase of \$588,410 around 4.3 percent. If the budget article doesn't pass, the default budget will be \$13,645,456, a decrease of \$29,714.

This year's budget includes two new firefighters and increases in elections due to more elections scheduled for this year. The selectmen also proposed adding \$300,000 into the highway capital improvements fund.

There will be a \$100,000 increase in sewer because of a problem Laconia had

on Pendleton Beach and Gilford was ordered by the Attorney General's office to help pay for it.

Warrant articles include setting money aside for the future purchase of a new ambulance, phase two of road repairs, fire department equipment, and equipment for the public works department.

The the total proposed budget is \$26,440,987, a number that factors the proposed school district budget of \$25,313,893 adding \$462,268 in federal projects and \$464,826 in food service revenue. If this budget doesn't pass the default budget will be \$24,454,278, adding in federal projects and food service revenue that total would be \$25,576,746.

Warrant articles include the multiyear agreement between the school board and the Gilford Education Association, which will have estimated increases of \$279,447 for the 2020-2021 school year, \$256,034 in 2021-2022, and \$278,896 in 2022-2023. There will also be an article put-
SEE **BUDGETS** PAGE A11

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

Thru-hiker and Gilford native Mikayla Clarke took on another adventure and is returning to tell the tale. After hiking most of the Appalachian Trail a couple of years ago, she got the drive again to take on another massive trek. This time, Mikayla spent

five months hiking the 2,653 mile long Pacific Crest Trail from start to finish! Through deserts, forests, and glacial mountain passes the Pacific Crest Trail is among the most varied and achingly beautiful hikes of its kind. Routes make their way through 25 national forests and seven na-

tional parks. Volunteers and hikers work together to keep the trail clean and wild. Thru-hiking it is the experience of a lifetime, and we are fortunate enough to have Mikayla share it with us. She'll be coming to the library next Thursday, Jan. 30 from 6:30-7:30 p.m. with her boots clean, her pack dry, and all the pictures that a 5-month trip deserves. Come by to hear her story! Learn about the kind of preparation such a trip takes, how to cope with snags on the trail, what it's like to meet so many people from different walks of life making the same trek, and have any other questions you might have answered. We're very much looking forward to hearing Mikayla present again!

If Mikayla's venture is motivating you to hit the trails, check out the Hiking Section of the library for trail maps, preparation materials, and other things you didn't know you needed.

Classes & Special Events Jan. 23-Jan. 30

Thursday, January 23rd
Geri Fit, 9am,-10am
Music and Movement, 10:30am-11:30am
Homeschool Game Club, 12:15-2:15pm
Conversational French, 4pm-5pm

Friday, January 24th
Bridge, 10:30am-12:30pm
Preschool Storytime, 10:30-11:30am
Knit Wits, 1:30pm-2:30pm
Advanced Con-

versational German, 2:30pm-3:30pm

Monday, January 27th
Baby Toddler Storytime, 10:30am-11am
Mahjong, 12:30pm-3pm

Tuesday, January 28th
Geri Fit, 9am,-10am
Hook Nook, 10am-11am
Volunteer Training, 10am-11am
Bridge, 10:30am-12:30pm
Preschool Storytime, 10:30am-11:30am
Minecraft Club, 3:30pm-4:30p

Wednesday, January 29th
Line Dancing, 9am-10:30am
Check out an Expert, 10am-12pm
Lakes Region Fiber Artists and Crafters, 10am-12pm
ERA: Pizza & Play,

1:30pm-2:30pm
Come make pizza and play cards and board games. *sign up required (k-4th grade)

Thursday, January 30th
Geri Fit, 9am,-10am
Music and Movement, 10:30am-11:30am
Homeschool Game Club, 12:15-2:15pm
Conversational French, 4pm-5pm
Pacific Crest Trail: Hiking with Mikayla Clarke, 6:30pm-7:30pm
Five months of hiking the 2,653 mi long Pacific Crest Trail can give a person some great experiences, photos, and stories, which is exactly what Mikayla Clarke, a Gilford native, will be sharing with us. With routes through 25 national forests and 7 national parks, the Pacific Crest Trail is a beautiful and scenic trail for everyone.

Gilford Public Library
Top Ten Requests

1. "The River Murders" by James Patterson
2. "Criss Cross" by James Patterson
3. "Blue Moon" by Lee Child
4. "Treason" by Stuart Woods
5. "The Rise of Magicks" by Nora Roberts
6. "The Yellow House" by Sarah M. Broom
7. "The Giver of Stars" by Jojo Moyes
8. "Catch and Kill" by Ronan Farrow
9. "A Minute to Midnight" by David Baldacci
10. "Where the Crawdads Sing" by Delia Owens

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GILFORD
POLICE LOG

The Gilford Police Department reported the following arrests during the week of Jan. 13-20.

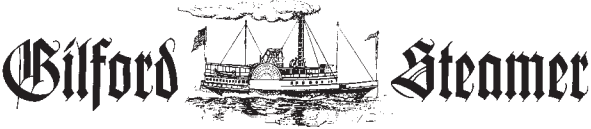
Robin Lee Johnson, age 55, of Gilford was arrested on Jan. 17 for Theft By Unauthorized Taking or Transfer (Larceny) and Criminal Mischief.

Susan Marie Greenwell, age 46, of Gilford was arrested on Jan. 18 for operating a vehicle with a Suspended Registration and Driving After Revocation or Suspension.

Donna M. Reel, age 58, of Laconia was arrested on Jan. 18 for Driving After Revocation or Suspension and Suspension of Vehicle Registration.

Christopher M. Tarleton, age 26, of Nottingham was arrested on Jan. 18 for Driving While Intoxicated. A 27-year-old passenger in Tarleton's vehicle was taken into protective custody for intoxication.

Two adult males, ages 26 and 62, were taken into protective custody for intoxication on Jan. 19.




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~Lori Salvi, daughter of Peabody Home resident, Mary Censato


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Budget Committee recommends regional agency requests

BY ERIN PLUMMER
mnews@salmonpress.news

Budget Committee members voted by a majority to recommend the warrant articles contributing money to various regional agencies.

For a number of years, the committee has voted to not recommend these type of articles. This year all the regional agency articles are recommended by the Budget Committee; a few with narrow votes.

The board of selectmen voted not to recommend all of them. The board members' philosophy has been that they did not want to give any opinion on whether to contribute to these organizations and leave the decision up to the voter, though they have to make a recommendation.

In a previous meeting the Budget Committee voted 6-5 in favor of recommending Article 23 for \$10,000 toward the Laconia Area Center of Community Action Program and 7-3 in favor of recommending Article 24 for \$23,500 toward Central New Hampshire VNA

& Hospice.

The committee made its recommendations on two articles during the budget hearing on Tuesday: Article 25 for \$21,000 for emergency mental health services at Lakes Region Mental Health Center and Article 26 contributing \$2,660 to New Beginnings Without Violence & Abuse.

During the discussion on Article 25, Budget Committee member Skip Murphy spoke against recommending these articles. Murphy said it should be people's choice whether or not to contribute to these organizations and the town shouldn't require all taxpayers to do so. He said a number of these organizations already receive funding from county, state, and federal funds in addition to municipalities, saying they are "quadruply dipping" from taxpayer money.

Budget Committee member Michael Dowe said these organizations provided necessary services for the town and the need is usually exceeded by

the amount the town gives

"I wouldn't be sitting here if it wasn't for mental health services," Dowe said. "I was lucky I have insurance, but (many) people don't."

Murphy said someone from one organization commented that their work is part of government. He said if they were part of government the committee should be able to review the organizations like they review every line of the budgets.

"I have a problem saying it's necessary," Murphy said. "It may very well be necessary, but I don't believe property taxes are the proper way for the town of Gilford to be funding a charity."

He said the idea of forcing one's neighbor to pay for something they might not agree with by a majority vote was "immoral" and the funding should come from anyone who is willing to contribute.

Budget Committee member Jack Kelley agreed with Murphy. He said his wife works for the Greater Lakes

Region Children's Auction and sees the vast amount of work they do and the contributions they make to the community. He said, however, he thought it was absurd to require taxpayers to contribute to any organization like that.

Budget Committee member Dorothy Pi-

quado said she had a problem with using the word "charity" for an essential service. In regards to Lakes Region Mental Health Center, she said the organization doesn't have enough people to provide necessary services to people who need the help. She said the town up through

the state benefits when people are healthy.

"I want to get rid of the idea this is a charity we are forcing people to pay and recognize this is something that's necessary," Pi-quado said.

The Budget Committee voted to recommend article 25 in a

SEE REQUESTS PAGE A11

GILFORD PARKS AND RECREATION NEWS

BY HERB GREENE
Director
Gilford Parks and Recreation

Senior Moment-um Programs Winter Potluck on Jan. 27

The Gilford Parks and Recreation Department will be sponsoring a Senior Moment-um program on Monday, Jan. 27. We will meet at the Community Church, Fellowship Hall at 12:00 noon for a friendly potluck lunch. Participants are asked to bring a favorite appetizer, salad, main dish or dessert to share with the group. If you have a recipe for you dish you'd like to bring to

share with others; that would be great. Coffee, tea and water will be provided. Participants can let us know what they plan to bring when they RSVP, which we ask that they do by Thursday, Jan. 23.

Dessert and Theater "Little Mermaid Jr." Night on Jan. 29

Gilford - Gilford Parks and Recreation in conjunction with the Gilford Middle School Performing Arts, is sponsoring an evening at the Theatre for participants of the Senior Moment-um Program. This activity is scheduled for Wednesday, Jan. 29. Participants will meet in the cafeteria at 5:00pm to enjoy a "dessert and coffee hour" before heading to the Auditorium at 6:00 p.m. to watch the Middle School's performance of "Little mermaid Jr.". There is no fee for this program, but space is limited and reservations will be accepted on a first come basis. RSVP no later 12:00 noon on Thursday, Jan. 23.

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

March 18. Cost of the trip is \$80 per person and includes round trip motor coach from Gilford or Belmont and your ticket (section 311 of the balcony) to the game. Our deluxe motor coach will depart from Gilford High School at 4:45 p.m., and the Tioga Pavilion in Belmont at 5 for the 7:30 p.m. game. You will have time to visit the pro-shop and get dinner on your own prior to the game. Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable.

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

Senior Strides weekly walking program on Wednesday mornings

The Gilford Parks and Recreation Department and Gilford Youth Center are co-sponsoring a weekly walking program for senior adults on Wednesday mornings from 9-10 a.m. at the Gilford Youth Center. Participants can track their progress or just walk for fun and socialize with friends. There will be plenty of chairs available to take a break as you wish and coffee, tea and water will be provided. A \$1 donation is suggested.

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

GHS freshman to attend Culinary Institute of America summer program

This summer, Gilford High School freshman, Andrew DeCarli will join outstanding high school students from across the nation to take part in a unique academic and career oriented development experience -The Culinary Academy - at the Culinary Institute of America on the Hyde Park campus in New York.

This six-day intensive program is one of the Envision family of programs (www.envisionexperience.com) which enable students to explore their interests and experience learning beyond the classroom. At the Culinary Academy, students gain experience in the famous CIA's kitchens, learning key culinary skills in cooking, baking and pastry arts while exploring the Mediterranean diet and cuisine. In addition and outside of the kitchen, students will learn key principles in business management, culinary science, sustain-

able farming and more.

DeCarli has been "at home" in the kitchen from a young age. He regularly volunteers his time by preparing and serving meals at local food pantries and shelters, sharing his love for food with those around the community in need of a hot meal or simply some fellowship. What drives him to do this? He will tell you, making food and seeing people enjoy it, makes him feel great and lets him practice and perfect his skills.

At 12, he began testing recipes and inviting guests to participate in

a casual supper club to try his creations, looking for constructive criticism each step of the way. His professional culinary career began days after turning 14, when he stopped in and applied for a dishwasher job at The Lodge at Smith Point in West Alton. After meeting with restaurant owner, Mark Poirier, DeCarli was offered a part-time kitchen position and began his role in the restaurant industry. Recognizing his drive, talent and potential, Executive Chef, Joshua Baker recently added more skilled culinary tasks to DeCarli's

role in the Lodge's kitchen.

Showing support for their young kitchen apprentice, The Lodge is generously hosting a fundraising dinner on Wednesday, Feb. 12 at 6 p.m., to help DeCarli with a portion of the costs of this program. With a four course menu planned and prepared by Executive Chef Josh Baker and Drew, guests will be treated to a Tour of Italy, honoring his Italian heritage. Tickets are \$65 per person and include tax and gratuity. Seating is limited, reserve your seat today by calling The Lodge at 855-2110.

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Edward Jones: Financial Focus

Business Owners: Plan for Next Phase of Life

As a business owner, you're always thinking of what you need to do now. But you can't forget about the future – yours and that of your business. So it may be a good idea to consider your personal retirement plan and business succession strategy. Let's start by looking at a few retirement plan possibilities:

- Solo 401(k) – This plan, which is also known as an Owner-only 401(k), is available to self-employed individuals and business owners with no full-time employees other than themselves or a spouse. A Solo 401(k) offers many of the same advantages of a traditional 401(k): a range of investment options, tax-deductible contributions and the opportunity for tax-deferred earnings growth. You may even be able to choose a Roth option, which allows you to make after-tax contributions that can grow tax-free. Your Solo 401(k) contributions consist of two parts: salary deferral and profit sharing. In 2020, you can defer up to \$19,500 of income, or \$26,000 if you're 50 or older. Your profit-sharing contribution is based on your earnings. The sum of your salary deferral and profit sharing can't exceed \$57,000 (or \$63,500 if you're 50 or older). If your spouse is employed by your business, you each can contribute the maximum amount allowed.
- SEP IRA – If you have just a few employees or are self-employed with no employees, you may want to think about a SEP IRA. You'll fund the plan with tax-deductible contributions, and you must cover all eligible employees. (Employees themselves cannot contribute.) You can generally contribute up to 25% of compensation, up to \$57,000 annually. And you can fund your SEP IRA with virtually any type of investment.
- Solo defined benefit plan – Not many businesses still offer pension plans, also known as defined benefit plans, but you can set one up for yourself if you're self-employed or own your own business. This plan has high contribution limits, which are determined by an actuarial calculation, and your contributions are typically tax-deductible. A financial professional can help you choose the appropriate retirement plan. But you'll still need to think about succession planning. Of course, you can always sell your business outright at any time you like. Or you could leave your business to your children in your will, but if you give it to them gradually during your lifetime, you can become more confident they'll be able to manage the business on their own.

Another alternative might be to transfer the business with a buy-sell agreement, which allows you to determine when, to whom, and at what price you can sell it. Because you can establish the purchase price as your business's taxable value, a buy-sell agreement is useful in estate planning. If you want to keep the business in your family, you might want to consider funding the buy-sell agreement with life insurance, so family members can use the death benefit proceeds to buy your ownership stake.

In any case, given the complexities and tax issues involved with succession planning, you'll need to consult with your legal and tax advisors when creating a strategy. But don't wait too long. You can't predict the future, but by planning ahead, you can help achieve the outcomes you desire.

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MARK ON
THE MARKETS
Risk and you



BY MARK PATTERSON

Any financial advisor, broker or investment advisor will typically try to assess the amount of risk that their client is willing to accept. There are of variety of methods and questionnaires used to attempt to accomplish the risk assessment as accurately as possible. Over time, I have found that what the client tells me in the calm of my office and how they feel during difficult markets can be very different. The typical negative reaction is two a half times greater in a bad or declining market than client's feelings in good, or up market. Current research states that up to 80 percent of people that have investment accounts carry far more risk than their true risk tolerance levels.

Ever since March 9, 2009, the fear levels of investors have been very low which drives complacency. The benchmark S&P 500 index is used to determine "BETA" in a stock, mutual fund or exchange traded fund that primarily hold stocks. If a stock or fund has a number higher than one, it is more volatile than the benchmark S&P 500 index. If the number is lower than one it is less volatile, simple as that. Advisors like myself that designed portfolios typically using stocks, ETF's, bonds and options will try to match the objectives of the portfolio with the client's risk tolerance and needs. One of the most common curiosities that I see the portfolio, typically of mutual funds, is that a client needing income from their invest-

ments is in an accumulation vehicle such as a growth stock mutual fund. Risk tolerance and objective and purpose for your money are very distinct and many times different portfolios. Purpose for the asset is more important than the risk tolerance almost all the time!

There are all kinds of risk involved with investing money. Market risk, credit risk, liquidity risk, interest rate risk and the risk that is not discussed as much as it should be which is; sequence of returns risk. Sequence of returns risk is critical for those approaching retirement. Market performance is key when you start subtracting assets as income from those assets if they are not designed for sustainability. What used to be the 4 percent rule, in other words taking out 4 percent of your assets per year to live on has now become the 1.6 percent rule partly because of the low interest rate environment.

As stated earlier, most people carry much more investment risk than they were aware of. Finding that true risk tolerance and matching it up to a portfolio that fits the needs of the client's is paramount. But you as the client also must realize that if you have your advisor set up your portfolio for limited risk, that will typically come with limited growth conversely a lot of potential growth may come with a lot of risk.

For an honest and maybe enlightening risk assessment go to my website, www.MHP-asset.com, go to risk analysis. The software "Riskalyze" will give you a risk number between one and 99, one being the least amount of risk that you're willing to accept, 99 being the most. It asks about real dollar numbers versus percentages. You may be surprised what your true risk tolerance is versus how you are invested.

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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COURTESY

Art and Autos

The Lakes Region Art Association is venturing out with a new strategy to attract more people who are looking for quality paintings and/or photography. The new approach is to find venues where many people congregate, including businesses, theaters, transportation hubs, etc. and exhibit many works of art and photos for sale to the public for a full month at a time. The marketing program is called "The Artists Road Show." The first business to participate is Belknap Subaru, Tilton. Beginning Feb. 3, they will host the LRAA "Art and Autos" exhibit in their showroom, until Feb. 29. The juxtaposition of paintings and photos with new 2020 Subaru models is sure to add a new dimension and interest for people who love art and/or looking to purchase a new or used Subaru. "We are excited about how this idea of working with the Lakes Region Art Association can benefit us both," said Scott Ives, (C) General Manager of Belknap Subaru. Pat Edsall (L) LRAA Vice President, thanks Mr. Ives for Subaru's participation. LRAA member and creator of the Artists Road Show event, Duane Hammond (R), will oversee the grand opening reception held Feb. 3, 2-6 p.m. in the dealerships showroom. Public is invited, includes refreshments. Belknap Subaru, located off Route 140, 35 Tilton Rd. Lakes Region Art Association located in the Tanger Mall, 120 Laconia Rd., Suite 132. Gallery open: Thursday-Sunday, 10 a.m.-6 p.m.

NORTH COUNTRY NOTEBOOK
Electric trucks far behind buyers, and a bobcat visits Washington



By JOHN HARRIGAN
COLUMNIST

I'm on the leading edge of the Baby Boomer tsunami, meaning well into geezerhood. I'm also a prime candidate for an EV (electric vehicle) pickup, on account of carbon-footprint guilt-trips and all that. I'd buy or lease one in a heartbeat.

Well, don't be still, my beating heart, because a search for EV pickups turns up zilch, nada, nothing. The only make and model even close to rolling out of a production line is the Rivian, an all-new-vehicle venture by design-mogul R.J. Scaringe and backed by Ford, Amazon and a host of other heavy-hitters. It will have a range of more than 400 miles, reach 60 mph in three seconds, and carry a beginning price of \$69,000, minus tax credits. Tesla, meanwhile, is scrambling to start producing its Cybertruck, said to sport an "angular, futuristic design." There are at least six other EV pickups in the offing.

I think this is another case of the public being way out in front of the politicians, pundits, and pollsters. The EV industry has made great strides in reducing battery size and increasing range and



AUTOTRENDS.ORG

The Rivian electric pickup, with its fold-down step serving as a seat for man and dog, and easier access to rooftop and bed.



TESLA

Tesla's Cybertruck will, the company says, offer good range and the ability to read the road.

power; meanwhile, charging stations are sprouting like mushrooms in the night.

As happy as I am with my truck, I'd jump ship in a hot second if I could get hold of an EV pickup that would get me from frozen tundra to public transportation. I'm ready, and so, I'd bet, are plenty of others. It's the future, and as everyone loves to say, the future is now.

+++++

When bobcats do unusual things, like hanging around backyard birdfeeders or strolling along downtown streets, it's often because cyclic prey populations have crashed, and hunger overrides caution.

Not so with the bobcat that showed up on a trail camera in Washington, D.C. this past Nov. 9, part of a network of cameras maintained by naturalists to see what kind of creatures might be calling the city's green spaces home, or just passing through.

But the bobcat's appearance came as no great surprise to those who focus regionally and nationally on wild felines great and small. Bobcats inhabit all of their ancestral range in North America, save (mostly) for highly urbanized areas, where noise, traf-

fic, household pets and large concentrations of people are just not the bobcat's bag.

Bobcats are largely nocturnal, and unlike coyotes, are not omnivorous, and do not readily adapt to humans and their activities. The D.C. bobcat generated lots of attention because it was seen as such an interloper.

To which I'd add, in bobcat-speak, "Get out of town, especially that town, for your own good."

+++++

It took presidential candidate Elizabeth Warren's "peaches SEE NOTEBOOK PAGE A11

Belknap Mill receives \$75,000 in support from MVSB

LACONIA — Meredith Village Savings Bank (MVSB) recently purchased \$75,000 in tax credits from the New Hampshire Community Development Finance Authority (CDFA) to support the Historic Belknap Mill in Laconia, NH. The Bank's investment will allow the Mill to maintain its 196 year old structure, as well support the museum's cultural and educational programming for NH Lakes Region residents and visitors.

The Belknap Mill is comprised of four-stories and houses a museum, art gallery, event venue for businesses, civic organizations and weddings in its unique location. Designated as the official meetinghouse for the state of NH, it is also the oldest unaltered brick textile mill in the U.S. and features the country's earliest hosiery factory. The Belknap Mill is the Lakes Region's year-round art and history center, and aims to preserve itself as a unique gathering place for award-winning cultural and educational programs.

CDFA tax credits allow businesses to fund qualifying economic or community development projects in exchange for a tax credit that can be applied against state business tax payments. The tax credits are administered by the New Hampshire Community Development Finance Authority



Jennifer Stone, Teller Supervisor for MVSB Laconia, Kimberly Lesnewski, Branch Services Manager for MVSB Laconia and Jennifer Anderson, Belknap Mill Board Chair.

(CDFA). Any business with operations in NH that contributes to a CDFA tax credit project receives a NH state tax credit worth 75 percent of their contribution. The credit can be used over a period of five years to reduce the business' state tax liability (business profits, business enterprise or insurance premium taxes). The tax credit program allows NH businesses to use their state tax dollars to support local projects that they care about. CDFA reviews many project applications each year and awards tax credits to those they determine are feasible and will make the biggest impact on economic development in the state. For more information, visit nhcdfa.org.

"We're so thankful to Meredith Village Savings Bank for their

generosity," said Karen Prior, Executive Director for Belknap Mill. "Contributions like this one make it possible for us to continue sharing the arts, education and important history to members of the community and beyond. Through our programming we are able to align the history of our region with the technology of the future."

"Meredith Village Savings Bank and our employees are thrilled to support the Belknap Mill. We're especially proud to further their mission of becoming an epi-center for culture and education," said Rick Wyman, President of Meredith Village Savings Bank. "It's very rewarding to be able to make contributions to outstanding organizations like this one. The Belknap Mill represents a signifi-

cant time during the industrial revolution. It's remarkable that a building of such historic importance resides here in our backyard."

Donations and memberships support the mission of the Belknap Mill, enhancing

the program offerings for all residents and visitors of the Lakes Region community. For more information about the Belknap Mill, visit belknap-mill.org.

Unlike a stock bank, MVSB is a mutual savings bank that op-

erates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), 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, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Jared Bettez named to Vermont Tech Dean's List for Fall 2019

RANDOLPH CENTER, Vt. — Vermont Tech congratulates Jared Bettez of Gilford for achieving Dean's List Honors during the Fall semester of 2019. Jared is in the Associate of Engineering Mechanical Engineering Technology program at Vermont Tech.

Dean's List honorees must achieve a minimum 3.5 GPA for the semester.

President Patricia Moulton said this of all Vermont Tech honorees:

"I continue to be impressed and humbled by the great work our students are capable of. Congratulations to all of the students who achieved honors this semester."

About Vermont Tech
Vermont Technical

College is a leading public college with a mission of applied education and student-centeredness. One of the four institutions of the Vermont State Colleges System, Vermont Tech serves students from throughout Vermont, New England, and beyond at its residential campuses in Williston and Randolph Center, regional campuses in Brattleboro and Bennington, and at six nursing sites located throughout the state. Vermont Tech features state-of-the-art laboratory experience and a highly person-

alized classroom and student-life experience. All of our programs utilize a technological educational component, from the simulators used by our nursing program around the state, to manufacturing laboratories in Randolph Center and Williston. Our academic programs encompass a wide range of engineering technology, agricultural, health, and business fields that are vital to producing the knowledgeable workers needed most by employers in the state and in the region. www.vtc.edu.

Emily Curtis named to Springfield College Dean's List

SPRINGFIELD, Mass. — Springfield College has named Emily Curtis from Gilford to the dean's list for academic excellence for the fall 2019 term. Curtis is studying Rehabilitation and Disability Study.

Criteria for selection to the dean's list requires that the student must have a minimum semester grade point average of 3.500 for the semester.

Springfield College is an independent, nonprofit, coeducational institution founded in 1885. Approximately 4,100 students, including 2,500 full-time undergrad-

uate students, study at its main campus in Springfield, Mass., and at its regional campuses across the country. Springfield College inspires stu-

dents through the guiding principles of its Humanities philosophy - educating in spirit, mind, and body for leadership in service to others.



NOTICE TO BELMONT RESIDENTS

Declaration of Candidacy for the March election will be accepted at the Town Clerk's Office between the hours of 7:30 AM to 4:00 PM from Wednesday January 22, 2020 through Friday January 31, 2020. On Friday January 31, 2020 we will be open 7:30 AM-5:00 PM

Only Declarations will be accepted between 4:00-5:00 PM on January 31st.

The following Offices are open:

POSITION	OPENINGS	TERM
Selectman	(1)	3 Year Term
Budget Committee	(4)	3 Year Term
Budget Committee	(1)	2 Year Term
Budget Committee	(1)	1 Year Term
Cemetery Trustee	(1)	3 Year Term
Library Trustee	(1)	3 Year Term
Moderator	(1)	2 Year Term
Planning Board	(2)	3 Year Term
Supervisor of the Checklist	(1)	6 Year Term
Trustee of Trust Fund	(1)	3 Year Term
Zoning Board	(2)	3 Year Term

SHAKER REGIONAL SCHOOL DISTRICT

NOTICE OF PUBLIC HEARINGS

The Shaker Regional School Board will hold a public hearing on Tuesday, January 28, 2020 on a petition warrant article to establish a budget committee. The public hearing will be held in the Belmont Middle School Library at 6:00 pm. Immediately following the Board will hold a public hearing to accept Robotics Grants.

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Leigh C. Spooner, 73

Leigh C. Spooner, 73, of Weirs Road passed away peacefully on Tuesday, Jan. 14, 2020 at his home surrounded by family.

Leigh was born on July 6, 1946 in Providence, R.I., the son of Bertrand and Virginia (Bennett) Spooner. Leigh proudly served in the United States Air Force.

Leigh was an avid fly fisherman and outdoorsman. He loved tinkering with projects and had a passion for music. He was a loving husband and father that will be missed by all.

Leigh is survived



by his wife of 33 years, Linda (Sevigny) Spooner; his daughter, Ashley Spooner, and her partner, Justin Landry; brothers Danny Spooner, Jimmy Spooner, Bert Spooner, Jr.; sisters, Susie Dore and Sher-

ry Mauser; as well as numerous nieces and nephews. In addition to his parents he was predeceased by two sisters, Sandy Cherry and Cindy Carter.

Interment was held at New Hampshire State Veterans Cemetery in Boscawen on Tuesday, Jan. 21, 2020 at 10 a.m.

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 wilkinsonbeane.com.



COURTESY

Tavern 27 supports Belknap Mill

The team from Tavern 27, under the very thoughtful and creative eye of owner and chef Leslie Judice, made sure those ringing in the New Year at the Belknap Mill on Dec. 31, 2019 would have memories to last a lifetime. Their very generous donation of \$2,500, raised throughout the evening will go to support quality programming at the Belknap Mill for the Lakes Region community. Thank you, Team Tavern 27!

Next ‘Connect’ event to spotlight Fusion NH

GILFORD—Patrick’s Pub and Eatery welcomes back Fusion NH at their networking event, “Connect” on Thursday, Jan. 23 from 6-8 p.m.

Fusion NH supports Lakes Region young professionals as they expand their contact base, develop professional skills, promote themselves and their businesses, and gain access to community leaders in relaxed settings.

Networking events take place on a monthly basis, and are host-

ed at various venues across the Lakes Region. Fusion encourages young professionals to make connections, exchange ideas and, most importantly, have fun!

Meet, mingle, score some cool Fusion swag and enter to win the grand prize of a \$50 Fratellos gift certificate!

Patrick’s Connect features local businesses and organizations. The evening includes complimentary craft beer sampling

from Woodstock Brewery and raffle drawings at 7 and 8 p.m. An additional Grand Prize of an overnight stay, brewery tour and breakfast at the Woodstock Inn is given away at 8 p.m.

For more information on Patrick’s Connect, or to register your own business to be featured at an event, call 293-0841 or visit www.patrickspub.com/connect.

To learn more about Fusion NH, please visit fusionnh.org.

Bank of New Hampshire welcomes Jonathan Winters

LACONIA — Bank of New Hampshire is proud to announce that Jonathan “JJ” Winters has joined the Information Security and Risk Management team as Assistant Vice President – Information Security Administrator.

Winters will be responsible for the administration of the Bank’s vendor management program and



COURTESY

Jonathan Winters information security related regulatory compliance and governance in the risk management division. He brings over 15 years of experience in the financial services industry with the past eight years focused on risk management and compliance.

“JJ is a fantastic addition to our team,” stated Paul Falvey, President & CEO for Bank of New Hampshire. “His knowledge and experience will complement the experienced and dedicated team we have in place today.”

Winter holds a Bachelor’s degree in Mathematics from the University of New Hampshire, is a graduate of the Northern New England School of Banking, the New England School of Financial Studies, the Graduate School of Banking at Colorado and holds a BSA-AML

professional certification. He is active in the community and is currently the co-treasurer of the Franklin Animal Shelter, chair of the fraud committee and member of the risk management and security committees for the NH Bankers Association in addition to serving as a member of the NH Financial Abuse Specialty Team (FAST).

Bank of New Hampshire, founded in 1831, provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 25 banking offices and assets under management in excess of \$2.7 billion, including almost \$1.8 billion in bank assets and over \$900 million managed by the Wealth Management Group. Bank of New Hampshire is the oldest and largest independent bank in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank’s customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

STRATEGIES FOR LIVING

Freedom and the American Dream

BY LARRY SCOTT

in “A Free People’s Choice,” “must always maintain their free-

dom on two levels at once: the level of their nation’s constitution and the level of their citizens’ convictions.”

And both levels are, indeed, being impacted in modern America.

An active, liberal judiciary has, “succeeded in completely redefining its own constitutional role and usurped Executive, Legislative, and State powers, centralizing them in its own hands. ... The means used by the Judiciary to increase its scope of power is to judge laws according to the “spirit,” or what it calls the “penumbra,” or shadow, of the Constitution. This has enabled the Judiciary to impute any meaning it wishes to the Constitution,” (David Barton, “Original Intent,” pp. 261, 262).

And our self-centered society, which I have christened the MeFirst Generation, has been vocal in demanding its rights. Pregnant women have rights, transgenders have rights, the accused have rights, and PETA tells me animals have rights. Everyone has rights and we expect our rights to be respected, no matter

what the cost.

We have become an angry, divided, and bitter nation, caught up in a free-for-all that is threatening to destroy us. We are debating – and I am astounded that it is a serious debate – what kind of nation we want to be. And that debate is not going to be settled in the courts or in Washington. That debate is going to be settled in the arena of public opinion.

We tout free speech, a free press, freedom to vote, and freedom of religion and these we often take for granted. But freedom is not a license to do as we please. With freedom comes responsibility – and should I say, common sense – and I fear we are sacrificing our freedoms in America for the sake of political expediency.

The progressive left, hoping to gain the White House with the support of a gullible public, is promising free health care, a free college education, and even a free income for the unemployed. Sorry, but there is no free ride in life. Someone has to pay and to postulate the “rich” can

SEE STRATEGIES PAGE A11



How to Submit Obituaries & Announcements To Salmon Press Publications

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Gilford man pleads guilty to transporting child pornography

CONCORD — Philip R. Andrews, 80, of Gilford, pleaded guilty in federal court on Wednesday, to transportation of child pornography, United States Attorney Scott W. Murray announced today.

According to court documents and statements made in court, on or before June 13, 2016, Andrews used his cellular phone to produce sexually explicit images of a child under eighteen years of age. These images were uploaded onto his social media accounts using the internet.

Andrews is scheduled to be sentenced on April 28.

“Protecting the in-

nocence of children is a top priority for federal law enforcement agencies,” said U.S. Attorney Murray. “Those who create, transport or distribute child pornography do grave harm to the victims who are portrayed in these images. In order to safeguard our young people, we work closely with HSI and all of our federal, state and local law enforcement partners to identify and prosecute child exploitation and child pornography crimes.”

“The conduct of Mr. Andrews will never be tolerated in any way, shape or form. The protection of innocent minors will always

SEE ANDREWS PAGE A11

As president, I'll do three big things that the other candidates won't.



First, I'll make climate change my number one priority. I've spent the last decade beating the big oil companies and fighting for climate justice. I'll declare a national emergency on day one of my presidency to give the climate crisis the attention it deserves.

Second, I'll support term limits for Congress. Congress shouldn't be a lifetime appointment, and by enacting term limits, we'll give the people the power to hold our elected officials accountable. It's time for Congress to deliver on health care for all; a wealth tax; a free, quality education; sensible gun laws; and more.

Third, I'll cut taxes by 10% for 95% of taxpayers by making sure the wealthy and corporations pay their fair share — giving every American the chance to thrive.

If you're ready to solve the climate crisis, take back our democracy, and reform our tax system, join our campaign.

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Senior Living

Seniors can improve mobility via “Rolfing®”

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creasing energy! Certified Advanced Rolfer® Sarah McClenen says, “Rolfing® teaches you to move with grace and ease... This gives rise to more coordinated movement, better balance and comfort.” Ida Rolf (originator of Rolfing®) said when the body is aligned properly, functions are restored and degenerative condi-



tions (such as arthritis) can be reversed making the aging process gentler. One of Sarah’s cli-

ents says, “After a session my body feels taller, stronger and more confident with my feet firmly placed with each step. To my great delight, Rolfing® has replaced my needs for anxiety meds. My feeling of well-being and improved posture is on-going and experienced in both walking AND sitting. After two hip replacement surgeries and several Rolfing® sessions, I am feeling like a new woman at age 80 plus.” Another says, “About a year after finishing the ten part series, I had hip replacement surgery.

The recovery...was not easy... Everything was all out of whack!... I couldn’t believe how much her work helped immediately!” Sarah has 28 years of body work experience and is dedicated to continual education to better serve her clients, who range in age from 10 to 95! She can be reached at: 603.520.5247, sarah@feelpeaceful.com or www.feelpeaceful.com.



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LRH and the Alzheimer’s Association Offers Education on Leading Signs of Alzheimer’s Disease

Littleton, NH - How does one know if a person’s memory loss is just normal aging, or a sign of something more serious? Alzheimer’s disease (AD) is an age-related disorder that develops over a period of years. It progresses over time. First off, people experience memory loss and confusion. The symptoms of AD gradually lead to behavior and personality changes, a decline in cognitive abilities such as decision-making and language skills, and problems recogniz-

ing family and friends. Alzheimer’s ultimately leads to a severe loss of mental function. Here is a list of some of the early signs of Alzheimer’s:

- Forgetting recently learned facts.
- Asking the same questions over and over.

- Problem solving (keeping track of monthly bills, following a recipe).
- Forgetting how to get to a familiar location.
- Loss of ability to follow conversations.
- Misplacing things and not able to retrace steps to find them.

- Poor judgment (in dealing with money or grooming).
- Lack of interest in work, family, or social commitments.
- Changes in mood.

If you notice any of these AD warning signs in yourself or someone you know, schedule an appointment with your doctor.


Littleton Regional Healthcare (LRH) and the Alzheimer’s Association invite you to a series of programs that cover many aspects of this disorder. You are welcome at one or all of the programs. The first one is scheduled for Tuesday, March 17, 2020 from 1-2:30pm. The programs will run at LRH in Conference Rooms 1 and 2 (beside the cafeteria). To learn more, contact Carrie Amorim Good at the MA/ NH Chapter of the Alzheimer’s Association. You can reach her at 603.606.6590 x2124.




I have been in the medicare supplement business for the past 30+ years and have found that there are many, many people paying too much for their medicare supplements. They often don't realize that they have the opportunity to change plans, save money and have no pre-existing conditions.

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Senior Living

What are Annuities?

By Edward H. Adamsky, Attorney at Law

Watch the nightly news or look at any publication for older folks and you will see ads for annuities or “income for life.” Annuities are big business and heavily marketed to seniors. There is nothing wrong with annuities, they are a perfectly valid financial tool, but you need to understand what they are and decide carefully if they should be part of your financial plan.

An Annuity is a contract with an investment company. You give them a

lump sum of money and they agree to pay you interest (in some fashion) and either hold the funds until you tell them what to do, or immediately start sending you a check each month. There are many varieties of annuities, so you have to sort out the options to see which is right for you.

The first variation is the interest. It can be fixed, variable or indexed to the stock market. In the past, most annuities paid fixed interest. Newer ones often use variable and indexed rates. Fixed is nice as you know what you are



getting. But you can make more with a variable or indexed rate. However, var-

iable rate annuities can go down to zero interest and some can even have losses. Most indexed annuities have zero as a floor so you cannot lose your principal. Be sure you understand what type of interest rate you are choosing.

You should check on any fees and sales commissions with your choice of annuity. They can be expensive and may

be hidden. The most common fee is a “surrender charge.” You don’t pay any fee to get the annuity, but if you change your mind and want your money back, then they charge a fee; usually around 7% at first but lessening over time.

Next, you need to decide if you want a deferred or immediate annuity. Those names mean pretty much what they sound like. An immediate annuity will start giving you a monthly payment right away. A deferred annuity won’t pay you until later or when you ask them to. If you don’t need a monthly check right now, you might choose deferred. If you want a monthly income right now, then an immediate annuity might be the right choice for you.

The next choice is whether the annuity will be for a period of years (“term cer-

tain”) or for an indefinite period (like your lifetime). Each has its advantages. You can be sure of an exact amount of time if you get a term-certain annuity. Even if you die, the money will go to your heirs or named beneficiaries. But, when the time runs out, the payments will end. A lifetime annuity can give you a monthly check for the rest of your life. You cannot outlive that monthly check, and that’s a great thing. Of course, if you die too soon, your family may lose out while the annuity company benefits. They may keep the money left in a lifetime annuity, not your heirs (some lifetime annuities have a fixed guarantee period like 10 or 20 years).

Be sure you consult with a professional advisor before you buy an annuity or make any kind of investment.

Did you know?

Over the last decade, seniors have become increasingly more savvy in regard to social media usage. The Pew Research Center found that, in 2015, around 35 percent of people age 65 and older reported using social media. That’s a large jump from just 2 percent in 2005. As of 2016, 65 percent of people between the ages 50 and 64

reported using social media, according to Pew. Social media usage among seniors continues to climb, although young adults still comprise the demographic most likely to use it. Among seniors ages 50 and older, Facebook is by far the most popular social media platform used, followed by Pinterest and LinkedIn.

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Senior Living

When It's Time To Move: Tips to Help You Navigate the Process

by Shannon Lynch
As seniors age, housing needs inevitably change. For many older people, living in the family home where they've raised a family may no longer be feasible because of health, mobility or financial concerns. Other seniors may desire a simpler lifestyle, with more time to pursue activities they

enjoy without the worry of home maintenance and yard work. Each individual's situation is different, but for most seniors there will come a time when downsizing and moving to a smaller place — an apartment, an independent or assisted living community, or perhaps clear across the country to live

near the kids and grandkids — makes sense. Making decisions about what to do with your furniture and other possessions can be stressful, both emotionally and physically, but moving is manageable taken in small doses over a period of time and with a little planning and organization on your part.

We've gathered a few tips to help you make the move as painlessly as possible.

- **Start Early:** It's unrealistic to think that you can pare down the contents of your home in just a couple of weeks. Give yourself the gift of time so that you can make wise decisions

about the items you want to keep and take with you, give away to your children, grandchildren and friends, donate to a thrift store or charity, or sell.

- **Start Small:** Pick one drawer, one closet or one collection of items. Go through those things and decide if they will go in the "keep" or "let go" box. When you've finished, move on to the next. Enlist the help of any children or grandchildren who are willing to assist you. This can be a great bonding time, as you share stories of your life, how you acquired some of the belongings in your home and why they hold a special meaning for you.

- **Be Realistic:** Downsizing from a large home to a small apartment means that you won't be able to take all your belongings with you. Knowing the size of the rooms and storage space in your new home will help you understand what furniture, clothing and keepsakes will fit.

- **Family Heirlooms:** You love Aunt Dot's wedding china, your grandma's button collection, and are very sentimental about the 40-year-old couch — with just a few stains, but still perfectly good — that you and your husband purchased just after you married. But let's face it, your family may not feel the same way. Ask family members if they have

special pieces they'd like gifted to them, but don't be offended if they don't want any of your belongings. Each generation has its own ideas of what a home should look and feel like. If it's going to be hard to part with these items, take a photo and write a description of each piece so that you can look at it later and enjoy the memory of it.

- **Create Lists:** Make a list of all the things you have to do. Along with deciding what items to keep, give away, donate or sell, moving to a new home includes filling out change of address forms at the post office, transferring magazine and newspaper subscriptions, arranging to have the utilities shut off at your old home, contacting home and car insurers, and multiple other tasks. Lists help you stay organized!

- **Pack A "First Day" Box:** Follow this great advice from the American Senior Communities organization and you'll be prepared when you reach your new home with all of the items you'll need that first day and night: toiletries, prescriptions, cleaning and kitchen supplies, toilet paper, and basic tools like a hammer and screwdriver. You might also add your nightgown or pajamas and a change of clothes for the next day. Having all of these items in one place will help your move go smoothly as you settle into your new home.

Modifications can make driving safer for seniors

Driving provides an almost unrivaled level of independence. The ability to travel beyond a neighborhood or even one's hometown without a chaperone is probably what excites new drivers so much and makes them eager to get their licenses and cars. Senior drivers also may define their independence by their ability to drive. Few things diminish senior dignity and independence faster than losing the ability to drive.

Despite popular misconceptions, seniors are some of the safest drivers around. The experts at Hartford Auto Insurance indicate that the number of accidents involving older drivers actually decreases as age increases. It's the risk factors like medical conditions, medication us-

age and reduced physical function that increase the risk for accidents and injuries involving older drivers. Thanks to technology and some other well-designed devices, seniors may be able to continue driving longer than the aging drivers of years past.

The AAA Foundation for Traffic Safety, a nonprofit research and education association, says roughly 90 percent of seniors don't take advantage of simple, often inexpensive features that can greatly improve safety and extend their time behind the wheel. Here are some considerations.

- **Cushions and seat pads:** Cushions do more than just alleviate hip and back pain while sitting. Cushions and pads can raise drivers up

and improve their line of sight over the dashboard. Swivel pads can make it easier to enter and exit the car as well.

- **Adaptive cruise control:** This feature can adjust speed automatically to maintain a consistent space between vehicles.

- **Adaptive headlights:** These headlights, also known as steerable headlights, can improve visibility by changing the direction of the light beam with the movement of the steering wheel.

- **Pedal extenders:** Extenders help short drivers reach the pedals while maintaining a safe distance from the steering wheel and potential airbag deployment.

- **Hand controls:** Whether one has sensory changes in the feet from surgery or a medical condition, adaptive hand controls can move the "pedals" up to the steering column.

- **Blind spot warning and other sensors:**

Today's cars can be equipped with any number of sensors that can detect oncoming traffic, cars to the left or right of the vehicle, items or cars behind the vehicle when reversing, and even if the vehicle has drifted out of the lane. These are all great safety features for any driver, but may be especially helpful to seniors.

- **Parking assist:** Parking assist technology can steer the vehicle into a space with little input from the driver.

- **Voice control:** Avoiding distractions and keeping hands on the wheel is enhanced by voice controls, which can be set up to do things like turn on the radio or adjust climate control.

- **Convex mirrors:** Special mirrors increase the field of vision.

Seniors have many tools available to make driving safer and more comfortable, which can prolong their years behind the wheel.

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Shannon Lynch is the Executive Director of Summit by Morrison, a senior living community offering independent living, assisted living, memory care, and respite care.

The Morrison Communities is a non-profit 501(c)(3) charitable community that has been providing quality health-care to residents of New Hampshire's North Country since 1903. For more information, go to www.themorrisoncommunities.org.



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TURF

said once the cost was known a fundraising campaign would get underway to raise funds to offset any taxpayer money with the hope all of it could be fundraised. He said they wouldn't be able to plan any further for this unless they knew how much a project like this would cost.

McDonough said the community takes pride in its schools and all their different programs.

“One thing that is sadly lacking is our athletic field,” McDonough said.

McDonough said the current fields are the Meadows are in poor condition and in certain conditions people can't go on it for months at a time.

McDonough said with a new field the spring sports teams can get out and practice weeks earlier. Now the teams will play before they have an outside practice, whereas rival teams such as Laconia and Inter-Lakes have their own fields on which they can practice earlier. Lights will allow games to go one at night. McDonough said night games turn into community events, as demonstrated by the football games that took place at the Meadows under rented lights.

“We could have that every Friday night right here in the village,” McDonough said. “Those games go from being games to being an event.”

McDonough also said field overuse would not be a problem as it is now. Another use for the field could be graduation ceremonies.

“Right now, we're at the mercy of Meadowbrook when they can fit us in,” McDonough said.

He said there might be a day when Bank of New Hampshire Pavilion can no longer

have a day available in June or might raise the price of its use by thousands of dollars.

David Tyler said the cost of such a project should be better understood before \$63,000 is spent and potentially wasted if no money is raised, saying projects like what was done in Laconia could cost over \$1 million and go up to \$5 million.

Katie Bryant said she wasn't opposed to the project, but wasn't in favor of the timing of this article. She said the school board already has multiple capital improvements projects planned and would prefer that this also went through that process.

Budget Committee member Joe Wernig, also speaking as a coach, and who used to have children in the school, agreed with Bryant. He also said he would rather see the Authorized Regional Enrollment Plan agreement with Gilmanton and the teacher' contract approved first before spending \$63,000 on this. He said he would also prefer to see the engineering costs fundraised.

“There's not a bigger fan of sports out there than me and I drool at the thought of having Friday night football, soccer, and field hockey games, but I do not think this comes at the right time,” Wernig said.

School board member and the board's representative on the Budget Committee Gretchen Gandini also opposed it, saying this is the reason why the district has a capital improvements plan and this “flies in the face” of the district's open process. She also said fundraising should be done for engineering costs and it wasn't fair to ask taxpayers to cover that.

She said during the process of working out the agreement with

(Continued from Page A1)

Gilmanton the Gilford board already shared any potential projects and it wouldn't be right to take on a project like this without Gilmanton's knowledge.

“It is not consistent with how we've operated as a school board and I can't support it for those reasons,” Gandini said.

Steven Hepburn spoke in favor of the project. He said he has enjoyed seeing the winning soccer season and also sees the poor condition of the Meadows field.

“The whole purpose of this whole engineering and architectural study is to get to the point where people can make an educated and supportive decision,” Hepburn said.

He said this would be followed with a fundraising effort that could cover a majority if not all of the costs and the sooner that process can start the better.

Budget Committee member Jack Kelley opposed the project, saying a project like this that could carry a massive cost shouldn't be rushed. He said he opposed this until more public discussion takes place.

Budget Committee member Skip Murphy said this is a project that should be fundraised. He said there are so many people in town that already can't afford higher taxes.

“I'm going to ask Chris that you go back to your friends and say let's do this privately,” Murphy said, “then come back to the community and say we've got it, our estimate, but don't make us pay for it now.”

The Budget Committee voted unanimously not to recommend the article. Later the school board voted 4-1 to not recommend the article, with McDonough opposed.

FILING

three-year term on the school board, currently occupied by Rae Mello-Andrews. School district moderator is open for a one-year term with Sandy McGonagle currently serving. One-year positions are open for school district clerk (Kimberly Zyla Sala-

nitro currently serves) and school district treasurer (currently occupied by Sue Jensen).

Candidates for all of these positions must be registered Gilford voters. Candidacy for town offices must be filed with the town clerk-tax collector Monday through Fri-

day 8 a.m.-3:30 p.m. and Thursday * a.m.-6 p.m. School positions must be filed with the school district clerk Monday through Thursday from 7:30 a.m.-4 p.m. Filing will be open until 5 p.m. on Friday, Jan. 31 at both offices as required by law.

(Continued from Page A1)

BUDGETS

ting \$150,000 side for the renovation of the high school locker room in the 2022-2023 school year and as well as money put aside for the roof at Gilford Elementary and High Schools and for a dis-

trictwide wireless infrastructure project.

Voters will get to discuss the budgets and warrant articles further at the deliberative sessions. The school deliberative session will be on

Tuesday, Feb 4, and the town deliberative session will be on Thursday, Feb. 6; both in the GHS Auditorium. Voting on the warrant articles will be on Tuesday, March 10.

(Continued from Page A1)

REQUESTS

vote of eight in favor and four against.

On Article 26, Murphy made a motion voting not to recommend the article. Dowe spoke in favor of recommending the article.

“You could save

money if you wanted to look at I purely from a fiscal perspective,” Dowe said.

He said using these services means not using the services of ambulances, police, the courts, and other public resources, which

ultimately saves taxpayer money.

The motion not to recommend the article failed in a vote of eight against and four in favor. The committee then voted 8-4 in favor of recommending Article 26 as written.

(Continued from Page A3)

NOTEBOOK

and cream” complexion to bring it to the fore, but at last someone used “regimen” correctly, instead of the so-often misused and abused “regime.” These days, “regime” refers to a government run by a military strongman or demigod dictator. “Regimen” is a routine, as in a workout at the gym.

A columnist and television pundit wondered, in a Cosmopolitan piece, how Warren maintains her apparently youngish complexion. Warren replied that a cousin told her the secret was to use Pond's cold cream and never wash her face.

Cosmopolitan then surveyed some skin care specialists. “My aunt had the exact same regimen and had similarly fantastic

skin,” said Jennifer Mancuso, a dermatologist at Michigan Medicine. “That being said, this skin-care regimen certainly doesn't work for everyone.”

Right away here, we're expected to take women in politics seriously (who can't?), and we have a major article in a women's magazine focusing on the candidate's complexion? Huh. But at least it gets us out of the regimen of regime.

+++++

A note from reader Jane Moody Labbe of Intervale referred to snow and its sometime strange formations. I, for one, have seen snow-rollers, which occur with sticky snow that is pushed into a downhill roll by the wind. The result looks

like a hand-muff.

“If you look at the snow coming off the roof,” she said, referring to a photo of my main barn, “it looks like a heart.” She sent a clipping, and so it did.

The photo also showed part of my house, a farmhouse of common design built around 1860. It has floor-joists hewn out of red maple, probably right on the front lawn.

“The old farm houses like the one I grew up in, and yours,” she added, “have real heart. These big houses they build today are very cold, nothing warm and cozy.”

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

(Continued from Page A6)

ANDREWS

be an investigative priority of HSI. Investigations like this are a prime example of our public safety mission,” said, Jason Molina, Acting Special Agent in Charge, Boston. “HSI and the U.S. Attorney's Office will continue to stand up for the victims who are subjected to unacceptable abuse with each and every downloaded image.”

This matter was investigated by Im-

migration and Customs Enforcement's Homeland Security Investigations, the New Hampshire Internet Crimes Against Children Task Force, and the Gilford Police Department. The case is being prosecuted by Assistant U.S. Attorney Cam Le.

In February 2006, the Department of Justice introduced Project Safe Childhood, a nationwide initiative designed to protect

(Continued from Page A6)

children from online exploitation and abuse. Led by the United States Attorney's Offices, Project Safe Childhood marshals federal, state and local resources to better locate, apprehend, and prosecute individuals who exploit children via the Internet, as well as identify and rescue victims. For more information about Project Safe Childhood, please visit www.projectsafechildhood.gov.

PET OF THE WEEK

Hi, I'm Willa! I am a 6 month old mix from Lubbock, Texas. I already know sit and I'm very food motivated! I am super sweet and playful and would love some exercise and training! I can be a little fearful of other dogs at first but with proper introduction I am very playful! Willa would be best in a home with kids 12 and older and of course she may chase cats for fun until properly trained!



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Prescott Farm’s newest winter program series is perfect for all ages

LACONIA – Grab your coat, mittens and a hat because Prescott Farm Environmental Education Center invites you to join in their newest series, “Explore Together!”

Explore Together is perfect for anyone interested in learning a new topic in a fun, interactive way. Adults and children are encouraged to attend together. The winter series will cover three topics – Animal Tracking (Saturday, Jan. 25, 1-3 p.m.), Animal Adaptations (Saturday, Feb. 15, 1-2:30 p.m.), & Owling (Friday, February 21, 6-8 pm).

Registration for the series or individual programs is available online at prescottfarm.org. The cost is \$12 per person, but Prescott Farm members attend for free. Stay tuned for information on spring, summer, and fall Explore Together programs.

Prescott Farm is a



COURTESY
Everyone ‘whooo’ attends Prescott Farm’s Explore Together winter series can count on gaining plenty of new knowledge and getting out into nature for a first-hand exploration of adaptations made by creatures large and small during New Hampshire winters.



Art Association announces December raffle winner

While Christmas shopping in November, Emily Fortson, Laconia, stopped in at the Lakes Region Art Association/Gallery, Tanger Mall, Tilton, suite 132 and bought a Christmas gift of art for her grandmother. It was an image created on tile by LRAA member Pat Edsall. While there, she saw a beautiful photograph of a winter scene donated by LRAA/Gallery member Jay Fitzpatrick, Andover, titled ‘Blackwater River.’ It was on display as the raffle prize for December, and entry was free. She entered, and on Jan. 1, her name drawn winning the 11-by-14-inch matted and framed photograph.

The LRAA/Gallery, Tanger Mall, Tilton, 120 Laconia Rd., is open Thursday- Sunday, 10 a.m.-6 p.m. For information on membership, apply within.

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Taylor Community hosting program on lighthouses

LACONIA — The lighthouse is a pervasive icon in our culture, often used to symbolize positive qualities like faith, guidance, strength, and steadfastness.

Everyone is invited to join us as Author Jeremy D’Entremont presents a lecture on the rich history of the lighthouses between Portsmouth, NH, and York, Maine, Wednesday, Jan. 29 at 6:30 p.m. in Taylor Community’s Woodside Building. This free event is open to the public.

The focus of his lecture will be on the fascinating stories of lighthouse keepers and their families. Those lighthouses covered will be Portsmouth Harbor Light, Whaleback Light, White Island (Isles of Shoals) Light, Boon Island Light, and Cape Neddick “Nubble” Light. Included will be information about the present-day preserva-



tion efforts for these maritime sentinels. Jeremy D’Entremont is the author of 21 books and hundreds of articles on lighthouses and maritime history. He is the president and historian for the American Lighthouse Foundation, and founder and chairperson of Friends of Portsmouth Harbor Lighthouses. He has also lectured and narrated cruises throughout New England. Books will be available for signing and purchase at the event.

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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BOB MARTIN

Logan Hughes of Gilford backs down Belmont's Tommy Galambos near the basket in last week's win for Gilford.



BOB MARTIN

Isaiah Costa of Belmont dives for a loose ball between Gilford's Jalen Reese, right, and Malik Reese.

Golden Eagle boys get revenge on Belmont

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – Gilford hosted Belmont last week in a battle of Lakes Region rivals and while it was close in the first half with the Red Raiders holding a five-point lead, an outstanding performance by Gilford's Adrian Siravo pushed the Golden Eagles to a 55-45 win at home to improve to 7-0.

Gilford came out of the gate a little sluggish, scoring only eight points with Siravo providing five of them. Connor Sullivan also hit a shot from behind the arc. Belmont came out firing with 20 first quarter points led by Nate Sottak, who had a pair of threes and all 10 of his points. Keith Landry also hit a pair of threes.

The second quarter was a totally different story, with Gilford outscoring Belmont 11-4 to narrow the gap at half-time. Jackson Ruelke provided all the offense with a bucket and two free throws.

Gilford's defense was outstanding in the third quarter, allowing only three points by Jason Gaudette. Gilford's offense remained hot, with Siravo putting up eight points. Jalen Reese also had a pair of good baskets on nice moves to the hoop. The fourth quarter was fairly even, with Gilford outscoring Belmont 20-18 and stopping a potential comeback attempt by Belmont in the closing minutes. While Belmont's shots were falling with the Red Raiders sinking five shots from behind the arc, Belmont had trouble getting to the line and stopping Gilford from getting baskets and drawing fouls.

Siravo lit up the Red Raiders through im-

pressive drives to the hoop and finishes near the rim, as well as jump shots from all around the floor. He finished with 27 points and 19 of those came in the second half. Down the stretch, in the fourth quarter, Siravo scored 11 points, hitting

three of four free throws. Overall, he was 5/6 from the free throw line.

Sullivan had eight points in the win, which included a couple of three-pointers. Riley Marsh had six points while Curtis Nelson and Jalen Reese pitched in

with eight points.

Gilford coach Rick Acquilano, who is also a former coach at Belmont, said it was great to get a win at home against a rival. It was also redemption from the Lakes Region Holiday Tournament, where Belmont

won in the finals against the Golden Eagles. He admitted that his squad started off a little slow and weren't executing, but Gilford picked up the defensive effort and began transitioning into offense through forcing turnovers.

"This is a good team," said Acquilano. "This was a good learning experience and really good growing experience for us. We needed this kind of battle. They are a well-coached team and we are happy to get this win."

SEE HOOPS PAGE B8

Bulldogs bounce back with comeback win

BY BOB MARTIN

Bob@Salmonpress.news

LACONIA – The Belmont/Gilford Bulldogs improved to 5-1 with a nice come from behind win over Kearsarge/Plymouth last week by a score of 4-3.

Kearsarge/Plymouth got on the board in the first period with a goal at 6:39 and another with 2:05 left. The first goal was by Cody Bannon assisted by Nathan St. Pierre. Nick Therrien scored the second goal with an assist to Jacob Marcoux. Cam Jarvi scored with 4:47 left to put the Bulldogs on the board to make it a 2-1 game.

The first period was tough for the Bulldogs, as goalie Colin McGreevy was unavailable. Will Robarge stepped up and filled in to start the game and saved eight shots.

Therrien scored his second goal of the game with 4:33 left in the second period to make it a 3-0 game, coming on the first shot McGreevy saw. It was assisted by Breckin Bates and Marcoux.

It was all B/G for the rest of the game, however. In the third period the Bulldogs scored three times. With 11:08 left, Jackson Collins scored with an assist to Griffin Tondreau. With 6:04 on the clock, Joey Blake scored to make it a



RC GREENWOOD

Cam Jarvi had a game winning goal against Kearsarge/Plymouth last week for the Bulldogs.

tie game. The game-winning goal came with 2:39 remaining in the period by Jarvi with an assist by Zoltan Stefan.

McGreevy was lights out in the clutch for the Bulldogs and his play was praised by coach Jason Parent following the win.

"Colin McGreevy was lock down solid in the third making a big

breakaway save and killing off a final penalty to Griffin Tondreau at the end of the third period to ice the victory," Parent said.

Earlier in the week the Bulldogs took on the always tough Kennett Eagles and suffered a 3-2 overtime loss. The Bulldogs got down early in the second period on a power play goal by Ken-

nett on what Parent said was a "questionable call of elbowing" on Stefan, who had control of the puck when the call was made. The Eagles went up 2-0 late but late in the third period Hayden Parent put one in the net to make it a 2-1 game off a shot by Andrew Rowley. Quickly after it was a tie game on a goal by Tondreau. In overtime,

Kennett capitalized on a hard shot from the point to send the Bulldogs home with a tough road loss against a quality Division 3 team. It was the first loss of the season for Belmont/Gilford.

"Wednesday night was a tough loss for the B/G team," said Parent. "Always a difficult place to play."

SEE HOCKEY PAGE B3

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Gilford girls continue to roll

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Golden Eagles have been on a roll of late on the basketball court, with the Gilford girls' basketball team taking a pair of wins last week against Lakes Region rival Belmont and defending state champion Monadnock to improve to 7-1.

On Jan. 14, Gilford traveled to Belmont High School for the second meeting of the season for the two rivals. Both games were 12-point wins for the Golden Eagles, with this meeting resulting in 42-30 victory.

The game started off tied up 10-10 after a quarter, but the second quarter defense by Gilford was outstanding as the Golden Eagles allowed only two points. The third quarter had Gilford outscoring Belmont 10-9 and the Golden Eagles cruised in the fourth quarter with its best offensive output of 14 points compared to Belmont's nine points.

Leading the way for Gilford was Shelby Cole, who continues to be one of the top players in Division 3 in her senior season. She put up 18 points, three assists and four steals.

Kate Sullivan had a huge night on the glass for Gilford with 14 rebounds to go with six points. Maura Hughes had 11 rebounds and four points, while Abby O'Connor was also solid on the boards with eight rebounds and eight points. Allison Carr had four points and three steals in the game. Vanessa Flanders pitched in with two points.

“Typical rivalry matchup as both teams battled for 32 minutes,” said Gilford coach Rick Forge. “It wasn't until the fourth quarter that Gilford finally broke open a close game.”

Belmont was led by Morgan Hall who had a double/double with 12 points and 10 boards. Becca Fleming added 11 points in the game. Belmont coach Mark Dawalga gave credit where it was due to Gilford for the win, but was also happy with how the Red Raiders played despite the loss.

“Good defensive effort tonight against a very good Gilford team,” said Dawalga.

Gilford hosted Monadnock on Friday and improved to 7-1 with a 40-33 win. The game started off close with a 7-7 tie after a quarter and Gilford leading 12-9 at the half. The offense woke up for both teams in the third quarter with Gilford and Monadnock scoring 11 points each. The Golden Eagles closed out the game strong, outscoring Monadnock 17-13 on the way to victory.

Flanders came off the bench in the fourth quarter scoring six points with Gilford making five of six free throws as time was winding down. She had six points, four boards and a steal.

Sullivan had big night with a double/double totaling 11 points and 15 rebounds to go with two blocks.

Cole had eight points in the win, as well as three assists, two steals and a block. O'Connor had six points, three rebounds and two blocks. Carr had a good all-around night with four points, six rebounds, two assists and three steals.

“Gilford scored a big mid-season win over defending state champion Monadnock,” said Forge. “Both teams had trouble in the first half generating any consistent offense. The Eagles came out in the second half and matched the Huskies basket for basket in the third quarter.”

Next up for Gilford is Berlin at home on Jan. 24 at 6 p.m.



Jillian Cookinham competed in the breaststroke in last week's meet hosted by Bedford.

COURTESY

Golden Eagle swimmers record solid times

BY BOB MARTIN
Bob@Salmonpress.news

GOFFSTOWN – The Gilford swim team competed at a four-team meet hosted by Bedford High School and coach Dave Gingrich was happy to see members of his team continue to improve.

“Despite a late arrival due to snow, the team swam well,” said Gingrich. “Some notable drops in time came from Madison Heyman and Emma Tierno in the 100 free, and the men’s 200 freestyle relay team of Griffin Plourde, Charles Purcell, Neal Miller and Aidan Malek.”

In the 100-yard breaststroke, Laurel Gingrich was the winner with a time of 1:22.63. Reagan McIntire was third with a time of 1:27.38 and Pingol was ninth with a time of 1:42.56.

In the girls' 500-yard freestyle, Gingrich placed second with a time of 6:26.61 and Grace Shoemaker was fourth with a time of 6:51.99.

In the girls' 50-yard freestyle, Grace Shoemaker was sixth with a time of 30.80. Avery Totten placed eighth with a time of 31.83 and Emily Watson was ninth with a time of 32.02.

In the 100-yard butterfly, Alexa Leonard was seventh with a time of 1:33.16; Catherine Pingol was eighth with a time of 1:38.78 and Angie Bonnell was ninth with a time of 1:41.24.

In the 100-yard freestyle, McIntire was fourth with a time of 1:07.70. Lauren Sikoski was fifth with a time of 1:09.39 and Claire Bartley was sixth with a time of 1:11.90.

In the 100-yard backstroke, Sikoski was seventh with a time of 1:24.13; Eastman was eighth with a time of 1:32.67 and Bonnell was ninth with a time of 1:35.73.

In the 200-yard individual medley, Bartley was sixth with a time of 2:54.73.

In the girls' 200-yard freestyle relay, Gilford's top team placed third with a time of 2:06.42. The team included Sikoski, Bartley, McIntire and Totten. Gilford also had seventh and eighth place teams.

In the 200-yard medley relay, Gilford was fourth with a time of 2:18.76. The team included Gingrich, Sikoski, McIntire and Shoemaker. Gilford had seventh and eighth place teams also.

For the boys' team, in the 50-yard freestyle, Charles Purcell was eighth with a time of 32.24 and Miller was ninth with a time of 33.53.

In the 100-yard freestyle, Aidan Malek was fifth with a time of 1:11.83.

In the boys' 100-yard backstroke, Plourde was sixth with a time of 1:38.99.

In the boys' 100-yard breaststroke, Malek was fifth with a time of 1:28.99; Miller was sixth with a time of 1:34.19 and Plourde was seventh with a time of 1:37.42.

In the 200-yard medley, Gilford placed fourth with a time of 2:33.37. The team included Malek, Plourde, Miller and Charles Purcell.

Golden Eagle girls third at UNH meet

BY BOB MARTIN
Bob@Salmonpress.news

DURHAM – The Gilford High School indoor track team traveled to the University of New Hampshire on Sunday and the girls' team came in third out of 14 teams.

In the 300 meters, Natalie Fraser was first with a time of 44.65 and Brianna Fraser was second with a time of 45.46. Kenyon was 11th with a time of 49.20 and Emma Ramsey was 15th with a time of 49.89.

In the 55-meter seeded race, Brianna Fraser was second with a time of 8.00 and Natalie Fraser was fourth with a time of 8.07. Allison Kenyon was 17th with a time of 8.73. In the unseeded race, Christine Pingol was 18th with a time of 9.36.

In the 600 meters, Car-

oline Dean was 14th with a time of 2:16.86.

In the 55-meter hurdles, Ramsey was fourth with a time of 9.93 and Savannah Neuman was 10th with a time of 11.93.

In the 4X160-meter relay, Gilford placed first with a time of 1:32.44. The team included Kenyon, Ramsey and the

Fraser sisters.

In the girls' long jump, Kenyon was eighth with a leap of 12 feet, 2.5 inches.

In the shot put, Kati-ana Gamache was seventh with a toss of 25 feet, 6.5 inches and Neuman was 18th with a distance of 16 feet, 2.75 inches.

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BOB MARTIN
Shealagh Brown had a great day skiing for Gilford, helping the Golden Eagles to a first place finish.



BOB MARTIN
Bethany Tanner was the top skier of the day for Gilford and helped the team to a win at

Gilford girls take victory at Gunstock

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – Ski teams from all around the state competed at Gunstock on a frigid Friday last week, and skiers from both Gilford and Belmont had excellent days on the hill including the Gilford girls' team winning the meet and Belmont's top skiers placing first in both slalom and giant slalom.

The Gilford girls' ski team had a big win, taking victories in both the slalom and giant slalom. In the slalom, Bethany Tanner was



BOB MARTIN
Kendall Jones blasts around a gate in the slalom for the Golden Eagles.

Camire was 11th with a time of 1:47.14 and Trinity Dunn was 33rd with a time of 2:13.94.

The Gilford boys' team was second overall behind Oyster River, placing second in both the giant slalom and slalom. In the slalom, the Golden Eagles placed second out seven teams behind Oyster River. Cole Howard led the way with a sixth place time of 1:25.31. Colton Workman and Nick Kaminski also cracked the top 10 at the seven and eight spots, with times of 1:26.07 and 1:30.86 respectively. Rounding out the scoring was Tyler Davignon with a 17th place time of 1:30.86.

Max Stephan was 18th with a time of 1:45.98; Dev Patel was 31st with a time of 2:08.43 and Aiden McBey was 44th with a time of 2:21.08.

In the giant slalom, Gilford was also second with Workman leading the way in sixth with a time of 54.31. In eighth place was Howard with a time of 54.89 and Kaminski was 10th with a time of 57.39. Also scoring was Davignon with a time of 1:04.76, good for 22nd. Patel was 26th with a time of 1:06.74; Stephan was 30th with a time of 1:08.74 and Aiden McBey was 44th with a time of 1:17.28.

The Belmont boys' team only had three skiers in the scoring, but Lars Major took first place with a time of 1:17.52. Mitchell Berry had a third place time of 1:20.78 and Dylan Flanagan was 19th with a time of 1:47.73.

Major completed the sweep with a first place time in the giant slalom at 51.33. Berry was impressive again with a fourth place time of 52:01 and Flanagan was 17th with a time of 1:02.25.

“Training has been really productive the last two weeks and some things we are working on are showing up in races,” said Belmont coach Kevin Charleston. “Sweeping all four races was great, Katie for the girls and Lars for the boys. Mitchell is making some gains with some good results in both slalom and GS.”

HOCKEY

(Continued from Page B1)




COURTESY
Hayden Parent saves a potential breakaway by Kennett with a diving stop to knock away a puck.



COURTESY
Nate Shirley of Belmont/Gilford battles against the boards in a game against Kennett.

The Bulldogs faced the top-ranked Berlin/Gorham Mountaineers squad after deadline and results will be in the next edition. Currently the Bulldogs are tied for second with Hollis/Brookline/Derryfield, which is next up for B/G with a road game on Jan. 25 with the puck dropping at 6:40 p.m.



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HOOPS

(Continued from Page B1)



BOB MARTIN

Adrian Siravo goes up for a basket with Keith Landry guarding heavily for Belmont.

(RIGHT) Jamison Gaudette goes up for a block attempt against Conner Sullivan of Gilford.

It is always tough fight between the Red Raiders and the Golden Eagles. Acquilano said going down by more than 10 points is a tough hole to get out of, but after the sluggish first quarter the team went on a mini run leading up to halftime. He said he likes to keep his locker room pep talks between him and his players, but clearly whatever Acquilano did to change up the gameplan worked well. “I think we just picked up our energy in the third quarter and we were able to maintain it,” said Acquilano. “We play this game with energy and on the defensive end we really got go-

ing. I was proud of that. We have a long way to go and a lot of good teams in front of us. This was a good test.” The Red Raiders were led by Ruelke’s 11 points. Landry had eight points and Tommy Galambos was also solid down the stretch with all seven of his points in the final quarter. Belmont coach Jim Cilley knows Acquilano well and it was no surprise that he was able to throw a few wrinkles at him to throw things off. He said facing a team like Gilford was a wake-up call for the team that in order to play the top teams and aim for that top eight spot, Belmont

needs to bring its game to the next level. “They picked up the defensive intensity and made us shoot from outside,” said Cilley. “Also, instead of stopping runs with good ball movement and possession, we got a little hero ball and do things ourselves. Basically, we stopped playing our game and became impatient.” Cilley said the Red Raiders have a fast style of play and he wanted to continue putting pressure on Gilford throughout the game. The real turning point, he said, was that defensively the Red Raiders were a bit lazy and didn’t box out. “Any time you’re going up against Rick it is going to be a tough game,” said Cilley. “I know that just being



on the bench with him. He made good adjustments and took away the high post. We were pretty predictable to get it out to the three and just weren’t very smart tonight. Now we need to move on and improve on this.” Gilford went on to play Monadnock on Friday night and came away with another big win by a score of 69-46. Siravo led the team with 19 points, followed by Reese with 16 points and Sullivan with 11 points. Gilford played Somersworth after deadline and next for the Golden

Eagles is at Berlin on Jan. 24 at 6:30 p.m. Belmont turned things around with a big win over St. Thomas Aquinas by a tight score of 54-50. Ruelke led the way with 17 points and seven rebounds. Landry had 10 and eight boards, and once again put out a nice defensive effort with five blocks. Nate Sottak filled the stat sheet with eight points, eight assists, five rebounds and seven steals. Next up for the Red Raiders is White Mountain on Jan. 24 at 6:30 p.m. on the road.

Learn-to-curl program starts Feb. 5

WOLFEBORO — Following up on a very successful Fall program, Lakes Region Curling and the Wolfeboro Department of Parks and Recreation are offering a four-week learn-to-curl program for beginners. The hour-and-a-half sessions will take place on Wednesday mornings, Feb. 5, 12, 19, and 26 at Pop Whalen Ice Arena in Wolfeboro. The program is open to members of the public who have from zero to two years of curling experience. Each weekly class will start at 9:30 a.m., and experienced LRCA curlers will be on hand to provide coaching and organize matches among participants. For information and to register, visit the Parks and Rec web site (www.wolfeboronh.us/parks-recreation) and click "Register Now." Sign in to your account or create one on the site to access the registration form. On the form, search for "curling" and then click "Register" for Session 2. For information about the Olympic sport of curling, visit the Lakes Region Curling web site at lakescurlingnh.org.

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