

Gilford Steamer

THURSDAY, JANUARY 24, 2019

GILFORD, N.H. - FREE

New team members join Camp Resilience

The veterans support non-profit group based in the Lakes Region, Camp Resilience, recently hired its' first fulltime employee. Alyssa Tetreault-Mosher joined the group Jan. 2 as its Program Coordinator. Ms. Mosher maintains the group's office, located at the Fireside Inn and Suites complex in Gilford.

"When we started Camp Resilience five years ago, we did so with a concept of service for veterans suffering the visible and invisible wounds of war," said founder Kurt Webber.

"As a start-up, we relied 100 percent on volunteers to accomplish the goals we set for the organization" he added.

Camp Resilience has proven to be a successful grass-roots ef-



COURTESY

Left to right: New Advisory Board member Peggy Laneri and newly hired Program Coordinator Alyssa Tetreault-Mosher join Camp Resilience President Kurt Webber discussing the recently completed all-female veterans' retreat.

providing direct services," said Webber.

After advertising the position and conducting a series of candidate interviews, the Board selected Alyssa Tetreault-Mosher for the position. Ms. Mosher has a diverse background in the work requirements the Camp Resilience Board felt were essential to continue moving the organization forward. She and her husband make their home in Madison. Joining Ms. Mosher as the newest team member is Dr. Margaret "Peggy" Laneri, a retired VA psychologist. Dr. Laneri joins as a member of the non-profit group's Advisory Board of senior officials. Prior to joining the Advisory Board, Dr. Laneri was the Director of the Worcester, Mass. VA Vet Center and a frequent volunteer facilitator for Camp Resilience sessions. She is also a retired Lieutenant Colonel in the U.S. Army Reserve.

"Peggy has been a tremendous asset to Camp Resilience as a

SEE RESILIENCE PAGE A8

Filing open for town, school district offices

BY ERIN PLUMMER

mnews@salmonpress.news

Filing for town and school district offices is now open, and any Gilford voter interested in running can do so until Feb. 1.

All candidates for office must be registered Gilford voters. Filing opened on Wednesday, Jan. 23, and will remain open until Friday, Feb. 1.

For town offices, one three-year term for selectman is open, a position current-

ly held by Gus Benavides.

The Budget Committee has three positions open, each for three-year terms. The incumbents are Timothy Sullivan, S. Peter Karagianis, and Sean Murphy.

One three-year term is open on the Trustee of the Trust Funds, currently held by William Chris Ray, Jr.

The Library Trustees have two three-year positions open. Mike Marshall and

Alexis R. Jackson currently serve in those

SEE FILING PAGE A8

fort for veterans from throughout the Northeast with an ever-increasing need for the services it provides to veterans. The growth of the program has taken it from a few four day sessions per year to 20 sessions in 2019 with ambitious plans

to expand to 40 sessions per year by 2022.

"In order to meet the increasing needs of this expansion, we knew it was time to hire our first Program Coordinator to handle all our administrative functions so our volunteers could focus on

Gilford project is first Passive House apartment building in state



COURTESY

Kara LaSalle, LRCD Real Estate Development Project Manager and Sal Steven-Hubbard, Real Estate Development Director with Passive House Certification in front of Gilford Village Knolls III.

New "Doorway" opens for people seeking substance use treatment

BY ERIN PLUMMER

mnews@salmonpress.news

LACONIA - People seeking help for substance abuse have many different ways to access treatment through a state program called The Doorway, accessed locally through Lakes Region General Hospital and many different community partners.

Last Tuesday, LRGH hosted one of nine public listening sessions held throughout the state on the program.

The Doorway is meant to be a hub of resources for recovery within an hour of where someone lives. Getting help has



ERIN PLUMMER

Daisy Pierce, Executive Director of Navigating Recovery, and Corey Gately, Director of Substance Use Services at LRGHealthcare, talk about The Doorway at a public forum at Lakes Region General Hospital.

been a confusing process for many people with several different organizations, health agencies, and other

parties as well as numerous pieces of conflicting information on where someone

SEE DOORWAY PAGE A8

sive House Certified by the Passive House Institute US (PHIUS). GVKIII was developed

by Lakes Region Community Developers (LRCD). The project is 24 affordable apart-

ments for seniors in the heart of Gilford Village and is the third

SEE APARTMENT PAGE A8

ALMANAC

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

Mark: I'm sitting with Grace Howe, nine-year-old artist and great reader. Hi, Grace. You make incredible, minimalistic rock art scenes. What makes your art special to you?

Grace: The wood. Everyone loves the color of the wood. It looks rustic. The rocks are from Greece, Maine.

Mark: One of the most amazing things about your art is that it is professional, clean, and well thought out. When most of us were your age, we were still

trying to keep our crayons from coloring out of the lines. What is the secret to making such neat art?

Grace: Use Micron Pens. It's a thin pen that's expensive. They're good to draw with. I go through my rock box and lay the right ones on scrap paper and draw around it like a layout. I just don't let it get too cluttered.

Mark: Recently, you've been selling your rock art at events like the Gilford High School Craft Fair and the Belmont Holiday Fair, among others.



This summer you are selling at the Concord Market. What made you want to sell your art?

Grace: Maine! There was a shop in Maine that was selling rock art for \$70! That is way too much, so I wanted to make some and sell it for less. I like going to art galleries and I'd like to have my art, even more than rock art, in a gallery someday.

Mark: Does anyone help with your work?

Grace: Oh yes. My Dad! Also the people from Greece who sell me rocks. My dad cuts wood from our yard to make the frames. He helps me with the glue sometimes too.

Mark: Have you ever participated in art programs here at the Library before?

Grace: Yes Ms. Wendy Oellers' six week art class.

Mark: Of course, most exciting is that you are coming to lead a class with adults here at the Library on Tuesday, Feb. 5 from 6:30-7:30 p.m. What can we expect at that?

Grace: Funness! Creativity! I'll be teaching how to make quick rock art like cats, dogs, and birds. Then we'll have a break before making a second one of whatever they want. They can look at my gallery for inspiration. People can buy my artwork too.

Mark: It does sound like funness. It's a sign up program, and all art supplies will be provided. Grace, thanks for chatting with me today, and thanks for making the world more beautiful!

Classes & Special Events Jan. 24 – Jan. 31

Thursday, Jan. 24
Geri Fit, 9-10 a.m.

Join us for a video-led fitness class for adults over 65. Twice a week, work on your strength, stamina, and balance, following exercises from a video, all while seated in a chair.

Majority of the exercises will be performed seated in a chair. Sign up at the front desk. Please bring your own two to three pound dumbbell, a stretch band, and water to drink during the workout.

Music & Movement,

10:30-11:30 a.m.

Come enjoy music and movement through, singing, dancing, and playing with instruments. *Sign-up required Ages five and under.

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

Teen Game Club, 2:30-3:30 p.m.

Conversational French, 4-5 p.m.

Friday, Jan. 25
Social Bridge, 10:30 a.m.-12:30 p.m.

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

Come read, sing, dance, and make a craft. Ages two and a half to five. *Sign-up required

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

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

Monday, Jan. 28
Fiber Friends, 10 a.m.-12:30 p.m.

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

Come read, sing, and play with your baby and/or toddler. Ages two and a half and under.

Mahjong, 12:30-3 p.m.

Teen Digital Gaming Club, 3-4 p.m.

Tuesday, Jan. 29
Geri Fit, 9-10 a.m.

Join us for a video-led fitness class for

adults over 65. Twice a week, work on your strength, stamina, and balance, following exercises from a video, all while seated in a chair.

Majority of the exercises will be performed seated in a chair. Sign up at the front desk. Please bring your own two or three pound dumbbell, a stretch band, and water to drink during the workout.

Hook Nook, 10-11 a.m.

Join Zeb Fontaine to learn, practice, and perfect your crocheting skills. Bring your own crochet hooks and yarn or the library can provide some.

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

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

Come read, sing, dance, and make a craft. Ages two and a half to five. Sign-up required

Spanish Camp, 3:30-4:30 p.m.

Hola, amigos! Spanish camp will provide a basic introduction to the Spanish language and culture. This will be accomplished through activities, stories, songs, projects, and games. Grades 1-4 p.m.. Sign-up required.

Classic Book Discussion, 6:30-7:30 p.m.

Join us every other month to discuss a classic book. This month's pick is "The Stories of John Cheever." Selected stories from collection will be discussed; be sure to get the list from circulation desk.

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

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

Teen Early Release Sketch Art, 12:30-1:30 p.m.

SEE LIBRARY PAGE A8

Gilford Public Library Top Ten Requests

1. "Becoming" by Michelle Obama
2. "The House Next Door" by James Patterson
3. "Every Breath" by Nicholas Sparks
4. "Educated" by Tara Westover
5. "The Library Book" by Susan Orlean
6. "Whiskey When We're Dry" by John Larison
7. "A Delicate Touch" by Stuart Woods
8. "Kingdom of the Blind" by Louise Penny
9. "Target, Alex Cross" by James Patterson
10. "A Spark of Light" by Jodi Picoult

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GILFORD POLICE LOG

The Gilford Police Department responded to 264 calls for service and made the following arrests during the week of Jan. 14-21. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld from publication.

Cody S. Fulmer, age 18; Brandon M. Greenalgh, age 19; and Cameron R. Ortiz, age 18, all of Hudson, were arrested on Jan. 17 for Criminal Trespassing.

Shawn Judd, age 28, of Laconia was arrested on Jan. 17 in connection with an outstanding bench warrant.

Michael Carpenter-Noucas, age 35, of

Concord was arrested on Jan. 19 for Receiving Stolen Property.

A 55-year-old female from Laconia was taken into protective custody for intoxication on Jan. 19.

Elizabeth A. Maglio, age 32, of Gilford was arrested on Jan. 19 in connection with an outstanding bench warrant.

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Gilford Parks and Recreation News

BY HERB GREENE

Director

Gilford Parks and Recreation

Senior Moment-um Programs Winter Potluck on Jan. 28

The Gilford Parks and Recreation Department will be sponsoring a Senior Moment-um program on Monday, Jan. 28. 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. 24.

Dinner and Theater — "Anything Goes Jr." Night on Jan. 30

Gilford - Gilford Parks and Recreation in conjunction with the Gilford Middle School Performing Arts and the Gilford High School Interact Club is sponsoring a Dinner and Theatre evening for participants of the Senior Moment-um Program. This activity is scheduled for Wednesday, January 30th. Participants will meet in the Gilford High School Lobby at 5 p.m. to enjoy dinner. Following the dinner we will head into the Auditorium to watch the Middle School's performance of "Anything Goes Jr.". There is no fee for this program, but space is limited and reservations will be accepted on a first come basis. Participants must RSVP no later than noon on

Friday, Jan. 25.

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

Adult Curling Program Continues on Thursday Evenings

The Gilford Parks and Recreation Department is sponsoring a seven-week pick-up curling program for adults on Thursday evenings. The program will be held at the Arthur A. Tilton Ice Rink from 6:30 - 7:30 p.m. through February 28th. Curling is the sport of "sliding stones" down the ice in an attempt to get your "stones" closer to the target than your opponent. Although this activity is held on the ice, participants do not wear ice skates. Participants should dress to be outside and should wear sneak-

ers or boots. Cost for this program is \$2.00 per evening and participants can register at the start of the program.

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

Adult Snowshoeing Program continues on Tuesday morning.

The Gilford Parks

and Recreation Department will once again be sponsoring a number of snowshoe hikes for any adults looking for fresh air, fun and exercise on Tuesday mornings this winter. Participants will meet in the Gilford Town Hall at 9:30 a.m. prior to each hike. The next hike is scheduled for Tuesday, Jan. 29 at Waukegan Highland Park in Meredith.

If you are in need of snowshoes, we do have a limited supply available for each hike at a nominal fee. They may be reserved one hike in advance on a first come basis by calling the Parks and Rec office. All interested participants must RSVP at least one day prior to each hike. The cost of snowshoe rentals are \$3.00 per hike.

SEE REC NEWS PAGE A9

Nominations open for Spirit of Hope and Kindness Awards

BY ERIN PLUMMER

mnews@salmonpress.news

REGION – For the second year in a row, kids who do acts of kindness for their communities can be recognized in a special awards ceremony. Nominations are open for the Spirit of Hope and Kindness Awards, where kids can be honored for their work and receive money to further their causes.

The second annual Spirit of Hope and Kindness awards will take place on Sunday, April 7, from 4-6 p.m. at Church Landing in Meredith. Tickets are \$25 a person for the semi-formal event. Guests can enjoy a dessert bar by the Common Man before the awards get underway. Fred Caruso and Amy Bates of Mix 94.1 will return as emcees.

The first awards took place last year, the concept started after a conversation between co-founder Laura Brusseau and a few other community minded people.

“So much good going on, and we want to inspire kids, to empower them,” Brusseau said. “This event kind of happened through that conversation.”

Brusseau and people involved in that conversation became committee members. Brusseau and Andrea Condometraky founded the awards and work on a committee with Caryl Falvey and Krysten Adel.

Brusseau said between ticket sales and sponsors, they raised more than \$3,000, which was distributed to all the award winners to give to a charity of their choice or do a random

act of kindness.

Over the past year, the winners contributed to organizations such as Cereal Heroes, Isaiah 61 Cafe, the New Hampshire Humane Society, the American Cancer Society, and Thirst International. They also did some random acts of kindness, including giving out cards on the street to pay for things like coffee with a few girls giving out Blessing Bags on Christmas Eve to people in Laconia who are homeless. One of the youngest recipients also did an Adopt-a-Spot around the WOW Trail.

“No matter how old you are, you can make a difference and you can inspire others,” Brusseau said.

She said the mother of one of the preschool award winners emailed and thanked the committee for giving her daughter that award. She said her daughter was thriving and giving back even more after getting the award.

This year, they have some big sponsors. Presenting Sponsors are All Brite Cleaning and Restoration of Gilford, Autoserv in Tilton, and Bank of New Hampshire. Gold Sponsors are Hearts and Hands Thrift Shop in Meredith, GC Engineering of Laconia, and the Laconia Kiwanis Club. Silver Sponsors are Studio 151 of Laconia and Imperial Hauling of Laconia.

“All the sponsors pretty much pay for the event,” Brusseau said. “It allows us to give out prize money to kids (to) plan random acts of kindness or put money in service projects.”

Applications are

now open for nominees. Brusseau said anyone can nominate a child they know who is performing acts of charity and kindness.

Eligible nominees are between the ages of four to 18 and live in the Lakes Region, including the areas of the Laconia, Gilford, Belmont, Inter-Lakes, Newfound Regional, and Winnisquam Regional School Districts.

Nominations can be submitted through a Google form that can be found on the Spirit of Hope and Kindness Facebook page, which Brusseau said should

SEE NOMINATIONS PAGE A8

Meridian Construction Corp. doubles capacity in New Hampshire

GILFORD — Meridian Construction Corporation of Gilford has announced plans to enter into a management agreement with Mark Carrier Construction, Inc. (MCCI) of Manchester.

After the untimely death of Mark Carrier, the founder of MCCI, discussions between Meridian and MCCI's new leadership team showed synergies in management style and quality workmanship. These discussions led to some collaborations which revealed the complementary ethos and shared values between these two firms.



COURTESY

Meridian Construction Corporation of Gilford has announced plans to enter into a management agreement with Mark Carrier Construction, Inc. (MCCI) of Manchester.

MCCI enjoys an impeccable business reputation and deep respect throughout the greater Manches-

ter area, earned by its excellence in commercial construction. Their work has en-

SEE MERIDIAN PAGE A9

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Small gestures, big results

Never doubt how much a simple, kind word or gesture means.

Imagine a typical Monday morning scenario - some traffic, a few minor annoyances, misplaced files and other "Monday things." Maybe it's also raining. A very "Monday" kind of day, for sure. You stop for coffee.

As you wait in line, you mentally began running down the list of bad things already piling up in your morning. When it is time to pay, the woman at the counter makes eye contact, smiles and tells you she hopes you'll have a good day. She really seems to mean it.

You leave the shop with your coffee, a smile on your face and a feeling of appreciation for that cashier and her expression of kindness. The day already starts to look up. Small gestures really do matter.

Our world loves to celebrate and reward big gestures - remember the Walmart stories from December, when athletes and other celebrities secretly paid off the balances for customers with items in layaway? The big gesture gets recognition and celebration and lots of media coverage. Sometimes the big gesture deserves that kind of attention - people helping one another in a big way IS big news, and very good news. We need more of that.

But what about the small things? Don't they deserve recognition somehow? The cashier's smile and wish for your day would only take a fraction of a minute, but it could turn around another person's mood and possibly his or her day.

Holding the door - anyone for anybody - is another small gesture that reminds us that more than anything else, we need to treat each other well. How about letting the person with fewer items get in line in front of you at the grocery store? That small act of kindness just might allow that person to arrive somewhere on time, instead of a few minutes late. Leaving a few extra quarters in the parking meter might help someone who's caught short of change. And a smile and nod to anyone you pass just might lift someone's mood, as that hypothetical cashier's would do.

Do these gestures get media coverage? No. And most aren't done for that purpose anyway. Do we know that our small gestures make an impact? Not always. But knowing the outcome isn't the point.

A small, kind gesture bridges the space between people. It costs nothing. It never hurts. It almost always helps. It just might cause the recipient to offer their own small gesture to another person. And that's a big result.

Pet of the Week: Roam with Montey!

While Montey may not be the best at first impressions here at the shelter, he is a sight to behold bouncing around his kennel and talking up a storm. But, take him out of that kennel and he's a calm gentleman who is happy to go for walks or cuddle up next to you throughout the day. As a 10-year-old he likes to take his time meeting new people, but has a giant heart and has been waiting for a long time for his human to find him. That person would find that Montey makes the ideal running/hiking buddy! He has bonded wonderfully with staff and volunteers and blossomed into a warm, happy, silly dog who adores food and trips to get chicken McNuggets! He would



love an active home with a big couch to curl up on with you and a patient owner that can give him all the time he needs to build his confi-

dence back up. He'll need an adult only home with no other animals, but at this point he deserves to have his people all to himself! Montey can't

wait to spend his golden with his people. For more information visit NHHumane.org or call 524-3252.

NORTH COUNTRY NOTEBOOK

You never know what you'll find on your desk



By JOHN HARRIGAN
COLUMNIST

Well, judging from the appearance of my desk, which looks like a sanitary landfill before the gravel goes on, it's time for one of those "clear out the notes and clippings" columns. Readers say they like this now and then. I think they're just trying to be nice.

This time around, we really should hold some sort of contest, in order to make the column more "relevant." Yes, that's it, a contest--in this case, to see who can figure out just when a note was not-

SEE NOTEBOOK PAGE A9



COURTESY U.S. NAVY

The latest Navy vessel to bear the name Kearsarge, an amphibious assault ship, was built in 1990 in Pascagoula, Mississippi.



COURTESY LENO COLLECTION

Jay Leno, at the wheel (and lots of levers) of his 1906 Advance Steam Traction Engine. The behemoth weighed in at 15 tons.

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FROM OUR READERS

Let's make 2019 the year we solve climate change

To the Editor:

Is solving climate change on your to-do list for 2019? Want to make a difference, but not sure where to start? You are not alone. Saving the planet can be overwhelming.

That's why I am starting a new Citizens' Climate Lobby chapter here in the Lakes Region. I want to invite you to join me! To kickoff this new chapter, I'm hosting a free Climate Advocate Training workshop in the Laconia Public Library on Saturday, Jan. 26 (9:30 a.m. - 1 p.m.). The workshop will cover simple and effective actions

everyday people can take to build political will to solve climate change. A light breakfast will be served.

2019 is the year to get involved! Late last year, the Energy Innovation and Carbon Dividend Act was introduced in both the US House and Senate. This policy is effective (reducing America's emissions by 40 percent within 12 years), good for people (improving health and saving lives), good for the economy (creating 2.1 million jobs within 10 years), bipartisan (the first cosponsored climate bill in a decade), and revenue neutral (fees collected on carbon emissions will be returned to American households). Let's get this policy passed in 2019!

Why am I doing this? As a civil-environmental engineer, I am lucky to spend my work days helping clean up the environment. But climate change represents a far bigger environmental threat. I am also the mom of two elementary school kids. I'm terrified of the future they'll have if climate change continues on its current trajectory. That's why I'm making 2019 the year I helped solve climate change. Will you join me? Hope to see you on Saturday!

Aimee Ruiter
Gilmanton

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

Great Meredith Fishing Derby turns 40 this year

BY ERIN PLUMMER
mnews@salmonpress.news

MEREDITH – The Great Meredith Rotary Fishing Derby will be celebrating its 40th anniversary this year and there will be a lot of cash prizes, fishing fun, and even a coming surprise at this year's derby.

The derby will open on Saturday, Feb. 9, and run until to Sunday, Feb. 10. Derby Chair Dave Reid said the derby will largely remain the same as it has for the past few years. Anyone who buys a ticket is eligible to win up to \$50,000 in cash prizes.

Reid said after 40 years, the event runs like clockwork, and they have a great team of volunteers. He said the Meredith Rotary's membership is large

and diverse with people of many different backgrounds who work really well together.

"It's an important event in this community, so we like to get it right," Reid said. "Everybody knows what they've done for the past how many years, I'm proud to be a part of it."

The Derby began in 1979 as a new wintertime fundraiser. In the past, the Rotary had held other winter events, such as skiing. After a couple seasons of no snow the Rotary decided to think on another kind of event. Reid said the Rotary president at the time came up with the idea for the fishing derby. The Winnepesaukee Derby started in 1979, and was relegated



Fish will be back on the board in Hesky Park Feb. 9-10 for the 40th anniversary of the Great Meredith Rotary Fishing Derby.

FILE PHOTO

Ticket sales are now open, and so far, they have sold around 500 tickets, a little more than this time last year. Reid said they expect sales to take off in the next few weeks, especially if the weather stays as it has. They are getting more online pre-sales and have more of a following on Facebook.

Those who catch the largest rainbow trout, black crappie, cusk, lake trout, pickerel, yellow perch, and white perch for Saturday and Sunday will be entered into the grand prize raffle worth \$15,000 for first prize, \$5,000 for the second prize, and \$3,000 for third prize.

Anyone who buys a ticket, whether they fish or not, will be eligible for hourly drawings of \$100 prizes with a grand prize drawing of \$5,000 each day.

Reid said this year's derby will largely remain the same as it has been in years past.

"It's kind of one of those things after 40 years why shake the

SEE **DERBY** PAGE A9

Micaela Paige Niskala of Gilford named to Clarkson University's Dean's List

POTSDAM, N.Y. — Micaela Paige Niskala of Gilford, a civil engineering major, was named to the Dean's List for the fall 2018 semester at Clarkson University.

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

Clarkson University educates the leaders of the global economy. One in five alumni already leads as an owner, CEO, VP or equivalent senior executive of a company. With its main campus located in Potsdam, N.Y., and additional graduate program and research facilities

ties in the Capital Region and Beacon, New York, Clarkson is a nationally recognized research university with signature areas of academic excellence and research directed toward the world's pressing issues. Through more than 50 rigorous programs of study in engineering, business, arts, education, sciences and the health professions, the entire learning-living community spans boundaries across disciplines, nations, and cultures to build powers of observation, challenge the status quo, and connect discovery and innovation with enterprise.

Aria L. Stephan of Gilford named Presidential Scholar at Clarkson University

POTSDAM, N.Y. — Aria L. Stephan of Gilford, a chemical engineering major, was named a Presidential Scholar for the fall 2018 semester at Clarkson University.

Presidential Scholars must achieve a minimum 3.80 grade-point average and carry at least 14 credit hours.

Clarkson University educates the leaders of the global economy. One in five alumni already leads as an owner, CEO, VP or equivalent senior executive of a company. With its main campus located in Potsdam, New York, and additional graduate program and

research facilities in the Capital Region and Beacon, N.Y., Clarkson is a nationally recognized research university with signature areas of academic excellence and research directed toward the world's pressing issues. Through more than 95 rigorous programs of study in engineering, business, arts, education, science, and the health professions, the entire learning-living community spans boundaries across disciplines, nations, and cultures to build powers of observation, challenge the status quo and connect discovery and innovation with enterprise.

Caitlin Houston named to Castleton University President's List

CASTLETON, Vt. — Caitlin Houston of Gilford was recently named to the Castleton University President's List for the fall semester of the 2018-19 academic year.

To qualify for this highest academic honor, the student must maintain full-time status and a semester grade point average of 4.0.

Castleton University is small enough to

be a community where every student matters, yet offers more than 75 programs of study for undergraduate and graduate students, 28 varsity sports, and over 50 clubs and organizations. The university stresses experiential learning through internships, community service and research opportunities provided by more than 400 community partnerships.

SNHU announces Fall 2018 President's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the fall 2018 President's List.

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

Abigail Crowell of Laconia

Jacklyn Gavin of Laconia

Sara Hughes of Laconia

Bryan McCormick of Gilford

Ashley Schumann of Laconia

Taylor Sullivan of Gilford

Olivia Trindade of Gilmanton

Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 85-year history of educating traditional-aged students and working adults. Now serving more than 100,000 students worldwide, SNHU offers over 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the "Most Innovative" regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each student. Learn more at www.snhu.edu.

SNHU announces Fall 2018 Dean's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the fall 2018 Dean's List.

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

Kellie Ryan of Gilford

Kaitlyn Sasseville of Gilford

Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 85-year history of educating tra-

ditional-aged students and working adults. Now serving more than 100,000 students worldwide, SNHU offers over 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the "Most Innovative" regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each student. Learn more at www.snhu.edu.



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

Please contact Executive Editor

Brendan Berube at (603) 279-4516, ext. 111

with any questions regarding the submission process.

James Fitzgerald, 59

LACONIA — James “Jim” Fitzgerald, 59, of Pine Street Ext., died Saturday, Jan. 5, 2018 at Lakes Region General Hospital after a brief battle with cancer with his family and best friend by his side.

Jim was born on May 11, 1959 in St. Louis, Mo., the son of John Fitzgerald and Ann (Hall) Phinney.

Jim was a quiet kid who enjoyed building and grew up to own and operate his own construction business in the Lakes Region. Jim loved his family and grandchildren and enjoyed spending time with them.

Jim is survived by his daughter, Crystal Fitzgerald McNeil; his son-in-law, Chris Mc-



Neil, and four grandchildren, Andrew, Aiden, Jacob, and Johnathan; his father, John Fitzgerald, and step mother Barbara; brothers, John Fitzgerald and wife Lori, Randy Fitzgerald, Fred Pike, Robert Phinney and wife Arlene; sisters, Diane Fitzgerald, Robin Reade and spouse Tracy, Dawn Phinney, and Christina Dorestant; his best

friend Eric Sargent and his wife Deborah, as well as many nieces and nephews.

Jim was pre-deceased by his beloved wife, Theresa (Bourgeois) Fitzgerald; his mother, Ann (Hall) Phinney; and his step-father, Robert A. Phinney.

There will be no calling hours.

Services will be held at a later date.

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

Fred G. McVey, 70



GILMANTON — Fred G. McVey, 70, of Fern Avenue, died peacefully at home on Thursday, Jan. 17, 2019.

Fred was born on Aug. 7, 1948 in Lowell, Mass., the son of Lawrence and Alice (Lavoie) McVey. Fred moved to Gilmanton in 1981, shortly after moving here he started his own business, McVey Remodeling.

Fred was a motorcycle fanatic, he loved working on motorcycles as well as building them. Fred and his loving wife Jean loved taking motorcycle trips across the country. Fred was always willing to help others. He also enjoyed volunteering at Christmas Village in Laconia as a train conductor.

Fred is survived by his loving wife of 46

years, Jean (Dudley) McVey; his children, Jerry and his wife Dannie, Ronnie and his wife Michelle, Paula, Larry, Stevie and his wife Katie, Bobby and his wife Illene, and Linda; several grandchildren and great grandchildren; two sisters, Alice and Nancy; several nieces and nephews, as well as many friends.

In addition to his parents, he was predeceased by his brothers, Larry and John, and

his son-in-law, Frank.

A Celebration of Life will be held on Saturday, Jan. 26, 2019 from 1 – 4 p.m. at the Beane Conference Center, 35 Blueberry Lane, Laconia.

Burial will be held at a later date in South Road Cemetery, Belmont.

For those who wish, the family suggest that memorial donations may be made to Laconia Christmas Village, C/O Cheryl Hounsell, 66 Valley St., Laconia, NH 03246.

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

MARK ON THE MARKETS



BY MARK PATTERSON

Lately, it seems as though many new clients that I meet with have the same worries. That worry is that they do not have enough money to retire when they want, and that their lifestyle will entail quite a bit less than what they have now. Eating cat food and living in a tar-paper shack are some of the more colorful descriptions of their feared retirement lifestyle.

Most people believe that they need millions of dollars in retirement, and that could be true if you were a high earner that lived above their means, but for the average person, getting by on a bit less is obtainable. I have heard clients say that they had always heard they need \$1.2 million or some other arbitrary number, and this is in part a scare tactic brought on by the financial media and investment or mutual fund companies.

There is so much more to determining what kind of assets we need to gather during our working years

Assets or income

or the accumulation phase of our lives. The distribution of those assets begins when we determine that we can retire in part or completely.

The first step is to calculate a reasonable budget that includes things that we enjoy but often “forget” to include. For instance, a new client added \$200 per month for wine. She likes nice wines and that what they cost. She was being realistic with an item that carries a real expense but many of us would not list that as a budgeted item because we may think it is frivolous.

During our working years, or accumulation years, we save or invest. But during these distribution years we no longer need to add this deferred or invested money to our budget, now we will start to distribute this money as income in retirement.

Sustainability of these assets for our lifetime must be considered, so let us mitigate market risk and maximize income with a quality fixed income portfolio or even consider a fixed indexed annuity, with guaranteed income for a portion of this income.

We must look at Social Security and determine a strategy of when to take this entitlement. Many are

paying for health insurance that should see a large reduction in premium when they go onto Medicare.

So, when we calculate a realistic honest budget and determine money that will be saved or reduced income needs due to not accumulating assets any longer, we can craft what out sustainable retirement income will be. Once this income is determined, then we can determine how much of the remaining assets stay in a “growth” mode that will typically carry some market risk.

My objective is to provide a sustainable adequate income, manage remaining assets that can still grow but do not affect my client’s lifestyle if the markets implode like 2008. Provide a death benefit or legacy if needed. Provide some form of long-term care or hybrid insurance.

The first step is to sit down and discuss with a good planner and get the ball rolling, it is never too soon. Market volatility, like we have seen recently, sometimes acts as a wake-up call to those people who may not be invested properly or in a passive portfolio that is not meeting their needs.

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





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DON'T TEXT AND DRIVE

Volunteers needed for American Cancer Society Making Strides Against Breast Cancer of the Greater Lakes Region

LACONIA —The American Cancer Society is seeking committee members and volunteers to be a part of the annual Making Strides Against Breast Cancer event scheduled for Oct. 6. Community volunteers help lead and organize the event with the support of American Cancer Society staff. From assisting with planning the annual event to taking part the day-of, there are various volunteer opportunities for interested community members. Please join us Tuesday, January 22nd, at 6pm at Lakes Region General Hospital for more information about how you can get involved. Contact Kathy Metz at (512) 490-8787 or kathy.metz@cancer.org for more information about getting involved.

Making Strides Against Breast Cancer events unite the com-

munity with a shared determination to help create a world free from the pain and suffering caused by breast cancer. Dollars raised by Making Strides supporters help the American Cancer Society ensure no one faces breast cancer alone by funding innovative breast cancer research; promoting education and risk reduction; and providing comprehensive patient support to those who need it.

About the American Cancer Society

The American Cancer Society is a global grassroots force of nearly three million volunteers saving lives and fighting for every birthday threatened by every cancer in every community. As the largest voluntary health organization, the Society's efforts have contributed to a

22 percent decline in cancer death rates in the US during the past two decades, and a 50 percent drop in smoking rates. Thanks in part to our progress nearly 14.5 million Americans who have had cancer and countless more who have avoided it will celebrate more birthdays this year. We're determined to finish the fight against cancer. As the nation's largest private, not-for-profit investor in cancer research, we're finding cures and ensuring people facing cancer have the help they need and continuing the fight for access to quality health care, lifesaving screenings, clean air, and more. For more information, to get help, or to join the fight, visit cancer.org or call us anytime, day or night, at 1-800-227-2345.

Taylor Community offers introduction to Mt. Kearsarge Indian Museum

LACONIA – In 1929, Grand Chief Sachem Silverstar visited a second grade classroom and delivered a message that transformed the life of young Charles “Bud” Thompson. The Chief emphasized the uniqueness of each individual and his or her interconnectedness to all other life.

He told the children that within each of them was a special

power, a talent, which could make the world a better place. He said he hoped to hear someday how each child had made a positive difference.

Come hear speaker Denise Hoffman tell the story of how Chief Silverstar’s words led to Thompson’s development of the Mt. Kearsarge Indian Museum, Warner. The free lecture is Monday, Feb. 4 at 6:30 p.m. in Taylor

Community’s Woodside Building and is open to the public.

Taylor Community is the premiere not-for-profit Continuing Care Retirement Community in the Lakes Region. Keep up with all our events on Facebook. For more information about active senior living, visit our Web site at www.taylorcommunity.org, or call 524-5600.

Explore the history of Gunstock with Greg Goddard at Taylor Community

LACONIA — Gunstock, previously known as Belknap Mountain Recreation Area, celebrated its 80th anniversary in 2017. This makes Gunstock one of the oldest mountain resorts, not only in New England, but in the United States

as well.

Join us Thursday, Jan. 31 at 6:30 p.m. in Taylor Community’s Woodside Building as Gunstock General Manager Greg Goddard shares the history of this resort.

Taylor Community is the premiere not-for-

profit Continuing Care Retirement Community in the Lakes Region. Keep up with all our events on Facebook. For more information about active senior living, visit our Web site at www.taylorcommunity.org, or call 524-5600.

Art Association announces December raffle winner

TILTON — Alexandra Sevigny won the December raffle painting donated by Mary Belec at the Lakes Region Art Association. Belec is a watercolorist and a member of the Lakes Region Art

Association's gallery at the Tanger Outlets. The painting was titled "Winter Wonderland." Sevigny was thrilled to win the painting, as she is a freelance artist herself and appreciates the arts. She is current-

"The Doorway at LRGH" now open as part of state initiative for substance use disorder treatment

LACONIA — LRGHealthcare recently hosted a public forum to discuss its participation in "Doorway - NH," the state's initiative to assist those seeking help with substance use disorder. Before a crowd of almost 200 people, LRGHealthcare shared that it has been selected as one of nine recipients of a two year grant through the New Hampshire Department of Health and Human Services (DHHS) as part of this initiative. The Doorways will serve as the "hub" in a "hub and spoke" model, working with local providers ("spokes") to implement regional approaches to the opioid crisis. The window of opportunity for someone who decides they want help is often very small, so any delay could cause them to change their mind. The Doorway will help these individuals keep that window open by getting them in contact with a recovery coach immediately. The Doorway at Lakes Region General Hospi-

tal will have a recovery coach on site Monday through Friday, 8 a.m. - 5 p.m. Any person seeking help for him or herself, or a loved one, can just walk through the front door at LRGH and ask for "the Doorway." The recovery coach will then be paged to meet with him or her right away. After assessing his or her individual situation, the recovery coach will help establish the best next step for this person to get treatment. Any of the nine statewide Doorways can be accessed by calling 2-1-1 at any time. During normal business hours, Monday through Friday, 8 am - 5pm, you will be connected directly to the Doorway nearest you. During these same hours, you may also reach the Doorway at LRGHealthcare directly by calling 934-8905. For those seeking help after hours, the state has enlisted the services of Dartmouth-Hitchcock to handle after hours and weekend coverage of these services through 2-1-1.



Alexandra Sevigny (left) is shown receiving the raffle painting she won. The painting was done by Mary Belec, a member of the Lakes Region Art Gallery.

ly enrolled at New England College in Henniker, majoring in fine arts and creative writing. She has illustrated a book which will be coming out soon. She is a frequent visitor to the gallery, and wants someday to be a painter. Artist Mary Belec does nature watercolors, and had many Christmas paintings on exhibit this year. Her water colors focus is on the joyful aspects of nature. She has playful foxes, snowmen and outdoor water scenes. For the month of January, the gallery is

featuring Kathy Rice's watercolor painting "Quiet Moments" as the raffle of the month. It can be seen in the gallery, and her work can be seen in the window. Rice is a new artist in the gallery, and uses a variety of mediums, such as watercolor, printmaking and oil paint. She paints nature scenes or objects from nature. The raffle is free. Sign up when you visit the gallery. The raffle is offered for a month. The LRAA Art Gallery is located in Tilton at the Tanger Outlets (across from the Chocolate Factory), and is open Thursday through Sunday from 10 a.m. to 6 p.m. The Lakes Region Art Association is a non-profit organization dedicated to expanding art education and appreciation in the Lakes Region. Art classes are offered at the gallery.

Musical entertainment with Will Ogmundson Jan. 30 at Taylor Community

LACONIA — Emmy Award-nominated Composer and Professional Pianist Will Ogmundson returns to Taylor Community for another entertaining concert, Wednesday, Jan. 30 at 6:30 p.m. in Taylor's Woodside Building. This free event is open to the public. The program will consist of well-known favorites as well as a few original pieces. Ogmundson has performed throughout the United States and Europe and his original compositions have been performed worldwide. Taylor Community is the premiere not-for-profit Continuing Care Retirement Communi-



ty in the Lakes Region. Keep up with all our events on Facebook. For more information about active senior living, visit our Web site at www.taylorcommunity.org, or call 524-5600.

Let's talk about Shrek!

GILFORD — It's a tale as old as time. An Ogre who wants his land back, a beautiful Princess looking to be rescued by her Prince Charming, a Lord who appears to be a bit short-tempered, many beloved fairytale characters, a feisty dragon and a Donkey who just doesn't stop talking. Based on the Oscar-winning DreamWorks movie, the musical brings new life to everyone's favorite green ogre. This zany and entertaining musical is fun for the entire family. The Streetcar Company, the Lakes Region's longest running community theater group, is excited to announce open auditions for "Shrek: The Musical" on Jan. 27 at the First United Methodist Church in Gilford from 4-9 p.m. (4 p.m.:

Ages 8-13, 7 p.m.: Ages 14 and up.) The large cast contains roles for individuals ages eight to 80. There are, however, very limited roles for ages eight to 10. In preparation for auditions, the show's director, J Alward, stated you will need to sing one verse of a song from a musical (no pop music), bring sheet music for the accompanist to play, be prepared to dance and potentially do a cold read for speaking parts. Show dates are April 26, 27 & 28 at Inter-Lakes High School Auditorium. Rehearsals are Sundays 3-5 p.m. & 7-9:30 p.m., Mondays 7-9:30 p.m. & Thursdays 7-9:30 p.m. at the First United Methodist Church. Those cast in the production must be able to commit to all production

week rehearsals, April 21-25, 6-10 p.m. Cast members will be asked to pay a nominal membership/production fee that will cover dues, insurance and several production expenses. It truly takes a community to stage a production of this size. Lots of hands and help behind the scenes are needed as well. Anyone interested in volunteering to work on set construction, costumes, lights, hair & makeup, etc., are asked to contact the Producer, Raelyn Cottrell, angels1@metrocast.net or come to the auditions. For additional information, "like" The Streetcar Company on Facebook, contact the Producer or view the company Web site at www.streetcarcompany.com.



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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 23, 2019 through Friday February 1, 2019. On Friday February 1, 2019 we will be open 7:30 AM-5:00 PM

Only Declarations will be accepted between 4:00-5:00 PM on February 1st.

The following Offices are open:

POSITION	OPENINGS	TERM
Selectman	(1)	3 Year Term
Budget Committee	(4)	3 Year Term
Cemetery Trustee	(1)	3 Year Term
Library Trustee	(1)	3 Year Term
Planning Board	(2)	3 Year Term
Supervisor of the Checklist	(1)	6 Year Term
Town Clerk/Tax Collector	(1)	3 Year Term
Treasurer	(1)	2 Year Term
Trustee of Trust Fund	(1)	3 Year Term
Zoning Board	(2)	3 Year Term

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REC NEWS

(Continued from Page A3)

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

A couple seats still available for Boston Celtics bus trip on Febr. 27

There are still a couple of seats available on a Bus Trip to Boston to see the Celtics take on the Portland Trailblazers on Wednesday,

Feb. 27. Cost of the trip is \$115.00 for Balcony sideline seats and \$85.00 for Balcony corner seats and includes round trip motor coach from Gilford or Belmont and tickets to the game. Our deluxe motor coach will depart from Gilford High School at 5:00PM and the Belmont Park & Rideshare (Route 106) at 5:15 p.m. for the 7:30 p.m. game. You will

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

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

NOTEBOOK

(Continued from Page A4)

ed or a clipping was clipped.

As in other highly suspicious contests associated with this column, there are no restrictions, no rules, no finalists, no judges, and (whew) no prizes. And, I hope, no entries.

+++++

Readers sometimes accuse me of salting columns with offbeat words now and then just to send them scurrying for their Funk & Wagnel's, but no---it's because sometimes, only the precise word will fit. I must have picked this mental dictionary up from a lot of reading, because secondary education and I certainly didn't fit.

Once in a while, I bump into a word in a newspaper story or magazine article written as though it's in common use, even though to me, at least, it isn't. "Judder" (which stopped me dead in the Atlantic) turns out to mean just what its sound implies, to shake or vibrate rapidly. "Coffles" (the New Yorker) means a line of slaves or livestock fastened and driven along together.

+++++

Self-driving vehicles are all the rage. But there are hundreds of thousands of miles of country roads. Is anyone seriously considering putting bounce-back sensors along those?

However, one positive comes to mind. If a self-driving program prevented morons from tailgating, I'd be all for it.

+++++

Once in a while, I get my news and weather from Portland (Maine), just to hear a slightly different accent. Channel 13 did a nice little segment on a cribbage player, age 108, who played a game (and lost) with his frequent partner, who's just 105. "The

best man won," said the 108-year-old, "but I'll get 'im next time."

+++++

I told a friend, whose hair was all askew from sleep, that her hair looked "like the wreck of the Hesperus."

She gave me a blank look, but who wouldn't? I'd heard it in my youth, from my grandmother, and the use and meaning of the phrase is gone to the heavens. But in general, it means that your hair looks like a hoorah's nest (and there's another one for the books).

Henry Wadsworth Longfellow's poem "The Wreck of the Hesperus" was first published in 1842. It was probably based on the wreck of the Favorite, out of Wiscasset, Maine, which struck the reef known as Norman's Woe near Gloucester, Mass., during the infamous Winter of 1839 and was lost with all hands, including the captain's daughter, whom he'd lashed to the mast to prevent her being swept away.

+++++

International note: Canadians have voted for the Canada Jay (also called camp robber, gorbie, whiskey Jack, and more) to replace the Canada goose as the National Bird. The story noted that few countries bother to have a national bird (we do---the bald eagle, which is often demoted to an emblem).

+++++

Brief mention here a few weeks ago of the USS Kearsarge brought a couple of requests for more information.

I can tell you that work on the third ship named for New Hampshire's mountain began in 1896, she was launched in 1898, and she was considered a "pre-Dreadnaught" battleship, although she sailed with the fabled Great White Fleet. She served in

both World Wars, and ultimately was sold for scrap in 1955.

+++++

Some things I guess I'll never understand, two of them being why people tailgate, and why drivers don't use their turn signals until the very moment they turn.

But another very real and widespread question is why utility companies and banks and other businesses don't time their billing better, so their bills arrive just before the Social Security checks do, thus avoiding a good deal of nervousness, and allowing seniors to take advantage of early payment discounts.

+++++

Readers also wanted more on comedian Jay Leno and his amazing collection of amazing machines.

I love using Google as a verb. In this case, you can just Google "Jay Leno steam engines," and you'll get a bonanza of both.

+++++

The word of the week goes to National Public Radio, whose show host said she was concerned about something's "functionality" (what happened to "function"?)

+++++

Whenever I write about squirrels, I'm certain to get lots of feedback from readers.

Bob and Julie of Center Sandwich sent me a photo of the Woodstock Home & Hardware sign that said "The road of life is paved with squirrels who couldn't make a decision."

(This column runs in newspapers from Concord to Quebec and parts of Maine and Vermont. I'm on Facebook. Letters must include phone numbers in case of questions and are welcome at campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)

MERIDIAN

(Continued from Page A3)

hanced the Mill Yard, office complexes, college campuses, industrial parks, retail centers and health-care campuses in and around Manchester as well as points south into Massachusetts. Well known area projects include The Grand at the Bedford Village Inn, Anderson Equipment Company, numerous Dental offices and The Foundry Restaurant.

The highly regarded reputation of MCCI was a crucial factor in the decision to manage MCCI's operations, according to Tim Long, president of Meridian Construction.

"Having known Mark over the years and constantly hearing of his fine reputation always left me with great respect. Now I've personally come to know his amazing team. After many discussions it became clear that combining our resources and expertise helps fulfill Meridian's long term planning... It will be better for everyone in both companies," he said.

Diane Carrier, current owner of MCCI, said, "We talked with

Meridian and a couple other firms about potential business relationships to help preserve MCCI's fine work and team going forward. It had to be a partnership with someone of similar vision, integrity and quality as my husband. We just knew Tim and everyone at Meridian had the same philosophy and are likeminded in terms of ethics and integrity—we can trust them and I know our teams will work great together."

Strategically, joining forces gives Meridian Construction a solid presence in Manchester while significantly expanding their service footprint in the Southern New Hampshire market, according to Mr. Long.

He indicated how this affected his decision by saying, "We looked really closely at this move and in the end, the key factors were twofold. First, MCCI's relationships open avenues to commercial opportunities we were previously missing, and second, being able to expand our company with quality people such as those at MCCI might

only come once in a lifetime. I'm just honored by the chance to help continue the traditions of business integrity and building excellence here, which are part of Mark Carrier's legacy."

Kyle Long, project manager at Meridian Construction, will head the Manchester office, located at 175 Lincoln St.

He enthusiastically noted, "We are thrilled to be working with the MCCI team full time now."

When asked what the newly merged team can expect in coming days, he said, "Oh that's easy... just expect excitement, hard work and definitely some fun along the way!"

Meridian Construction Corp. is a design/build and construction management firm established in 1993 by Tim Long, current owner and president. Building projects include institutional, educational, commercial and industrial buildings as well as architecturally inspired waterfront and estate homes. Online: www.meridiannh.com.

DERBY

(Continued from Page A5)

tree when its been woking just fine," Reid said.

Reid said there has been talk about doing something special for the 40th anniversary, though are keeping this special detail under wraps for the time being.

Reid said so far it looks like the ice is doing okay, though the Rotary is in regular communication with New Hampshire Fish and Game on the status of the ice leading up to the derby. Reid said they have a great relationship with Fish and Game: two of their judges are retired Fish and Game officers.

"They love it; they absolutely love coming here to do it," Reid

said.

New Hampshire Fish and Game will hold a series of free kids fishing clinics on Saturday, which have been popular. Kids under 16 can learn how to bait, fish, drill a hole, use tip ups, and any other skill. The clinic will provide the equipment.

All proceeds from the derby go back into the community. From 1982 to 2018, the derby has raised \$2,165,041 which has gone to various projects. The most money goes to scholarships for graduating seniors at Inter-Lakes High School and Moultonborough Academy. It also helps Rotary programs such as the Youth Exchange

Program. Reid said this is an amazing program, his family experience it first hand when his daughter did a year abroad in Ecuador. Other community contributions have included municipal projects in Meredith, Center Harbor, and Moultonborough; local police and fire departments; environmental projects such as fish stocking and others; the senior Christmas dinner; and so many others.

For more information on the Great Meredith Rotary Fishing Derby and to order tickets, visit <http://www.meredithrotary.com/ice-fishing-derby.html>.



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1/23/19 - 2/1/19

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Selectman	1	3-year
Trustee of Trust Funds	1	3-year
Library Trustee	2	3-year
Cemetery Trustee	1	3-year
Budget Committee Members	3	3-year
Fire Engineer	1	3-year

Candidates must be a registered voter in the Town of Gilford to file for office.
Town Clerks hours for filing are 8:00 am - 4:30 pm, Mon. - Fri.* Thurs. 8:00 am - 6:00 pm
*Except for the last day of the filing period (2/1/19) in which the law requires the Town Clerk's Office to be open until 5:00 pm
Please call the Clerk's Office at 527-4713 if you have any questions.

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Seniors Living Well

2019

Reduce your Stress in 2019

By Anna Swanson

Did you make a New Year's Resolution for this year? Are you feeling stressed because you don't know where to start? If 2019 is your year to make life easier for you or a loved one,

Pemi-Baker Community Health (PBCH) offers services to help you achieve that goal. Whether you are recovering from an illness or an injury at home, are the primary caregiver of a loved one, or want to start an exercise

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caregiver of a loved one? Have you recently lost someone close to you? PBCH offers free Bereavement support groups as well as specific support groups for Caregivers and Widows & Widowers. Will 2019 be your year to start an exercise routine and stick with it? PBCH's Exercise & Aquatic Specialists will help you design an exercise plan for their fitness center or therapy pool. Water workouts can be an excellent form of exercise for those who are overweight, suffering from lower back pain, arthritis and/or injuries to the upper and lower extremities.

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kick off our season in March when we head south on our Music Cities tour (March 30-April 10). A music lover's dream tour - from the Smoky Mountain Opry, to Graceland, to the famed Grand Ole Opry,

and finally to the Rock & Roll Hall of Fame! For a shorter tour, join us for our Lancaster Amish & Arts Tour to see JESUS at the Sight & Sound Theatre (April 15-18). A new spin on an old favorite - the Sight & Sound theatre never disappoints! Looking for something different? Join us for our trip to Wendake, Quebec and the Huron-Wendat Nation (May 20-22), which is a unique opportunity to immerse yourself in Québec's First Nations history & life. We have over 20 tours planned for 2019 including: day trips to see shows in Boston and Ogunquit; Cape May, NJ; the New Brunswick Highland Games; the Best of Michigan; Charlevoix & Saguenay Fjord; Baltimore & Annapolis; A Williamsburg Christmas, and so much more! With so many new and exciting adventures on the horizon there should be something that will suit you! What are you waiting for? C'mon, join the fun! Kelly Cooke is the Owner of Terrapin Tours, loves traveling and has almost 20 years experience in the travel industry. You can learn more about Terrapin Tours and the exciting places we will be visiting in 2019 on our website www.TerrapinTours.com or by calling 603-348-7141.

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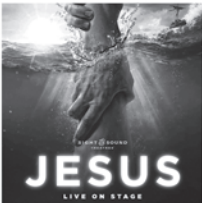


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 - *Come From Away* in Hartford ~ May 4 & May 5 ** Limited Seats Available!*
 - Long Island's Gold Coast ~ May 7-9 ***NEW**
 - *Jersey Boys* in Ogunquit ~ June 6 ** Limited Seats Available!*
 - Eastern & Central Newfoundland ~ June 18-July 2 **** SOLD OUT**
 - 42nd Street in Ogunquit ~ July 11 ***NEW**
 - Best of Michigan ~ Aug 20-Sept 1 **** SOLD OUT**
 - Charlevoix & Saguenay Region ~ Sept 16-21 **** SOLD OUT**
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Seniors Living Well

Planning for End-of-Life Care

By Edward H. Adamsky, Esq.
Most people find it difficult to discuss the possibility of catastrophic illness, and other end-of-life issues. It's not the most pleasant subject. But, if you don't plan ahead, and talk with your family and loved-ones about your health care, they will be uncertain how to respond if you become ill and cannot help them with decision making. A New Hampshire survey found that 42% of individuals had never had a conversation about plans for end-of-life care with anyone. Only about 7% had talked with their health care provider, and 59% had no advance directives such as a Health Care Power of Attorney. More people had spoken about such issues with their attorneys than with their families and religious advisors. Ask yourself some questions when considering your planning. Do you have a significant health problem? What problems might you expect in the future? What role does faith play in your life? Under what

conditions would you want your health care goals changed from prolonging your life to focusing on your comfort? How would the expense of care influence your decisions? The most important thing is to have a talk with your family and loved-ones about your feelings on end-of-life care. The next thing to do is to have the proper documents written and signed so they are legal and binding. The most common planning tool is a Power of Attorney for Health Care. This document names an agent who will have full legal authority to make health care decisions for you, if you can no longer do so yourself. Of course, if you are able to make your own decisions, then only you will do so. No one can take that away from you. But, if you are unable to communicate because you are unconscious or have some sort of brain damage, then your agent can make your decisions for you. You must make sure to choose the right person as your agent. You must trust this person. You should

feel confident that your chosen agent will be able, physically and mentally, to make decisions for you if necessary. You should also name an alternate person, in case your first choice isn't available. And most of all, you must have a talk about your feelings regarding medical care, especially those tough decisions like terminating life-sustaining treatment. It is easier to have these difficult conversations when you are not facing an imminent illness or death. People can often joke and laugh about these grim realities when they are just remote possibilities. But, if you are facing an illness, don't put this off. The discussion may be harder, but it is even more urgent that you have it. End-of-life is just another part of life. It is a natural occurrence that requires some consideration. Your discussion should focus not only on practical matters of care, and cost, but also on spiritual and emotional issues. Don't wait until it is too late. Plan for all of your life right now.



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Social issues the focus for Leadership Group

LACONIA — The 26 member Leadership Lakes Region class held its annual Social Issues Day focusing on agencies that support social services in the Lakes Region. The day was sponsored by Make-a-Wish New Hampshire and planned by Program Coordinator Jennifer McLean and Leadership graduates Chelsea Lemke of the Lakes Region Mental Health Center and Joleen Wellford of Lakes Region Community Services.

The day began at the Lakes Region Community Services office in downtown Laconia. Executive Director Rebecca Bryant and her staff highlighted the work of the organization and evolving trends that they are seeing. Scoop Welch, Regional VP for Granite United Way followed with an overview of the United Way's mission. The group then split up into three-or-four-person teams, and each team was assigned a visit at

other social service providers in the region. Visited were LRGHealthcare, Belknap House, Isaiah 61 Café, Lakes Region Mental Health Center, Navigating Recovery, the Partnership for Public Health/ Service Link and Laconia School District Office of School Wellness.

The teams returned to have a working lunch at LRCS at which they debriefed the individual agency visits. Following lunch, the group went to the Belknap County Jail where Superintendent Keith Gray met them and gave an in-depth presentation about the jail and the recent improvements with the opening of the new Community Corrections Center a little over a year ago. A tour of the facility followed before former State Rep. Phil Spagnuolo told his life story of addictions and recovery. Spagnuolo is now a Recovery Coach and owner of a Sober House. Social Issues Day concluded with a class recap of their

individual Police Ride-alongs with either the Gilford or the Laconia Police Department. All agreed it was a fascinating experience

which they shared with their classmates as well as visiting officers Chief Tony Bean Burpee of Gilford and Lt. Rich

Simmons of Laconia PD. The Leadership class members were especially impressed with how dedicated, compassionate and

caring the police officers with whom they rode were about their respective town or city.

Something for everyone at Prescott Farm this winter

LACONIA – Feeling adventurous and ready to trek into the woods? Prescott Farm has got you covered. More interested in a cozy conversation about gardening plans for spring? Prescott Farm's the place for that, too. In fact, Prescott Farm in Laconia offers a wide array of public programs this winter that will suit winter warriors, inquisitive nature-lovers, gardeners, and everyone in between.

Snowshoe Programs
For those looking to truly embrace winter's wonders, there are sev-



Kate Kretschmer, founder of snowshoe yoga, will lead three Saturday morning programs at Prescott Farm this winter.

eral snowshoe programs on tap. If you are ready to balance a snowshoe walk with sun salutations and downward facing dogs, there's Snowshoe Yoga. This inaugural series will be taught by guest instructor, Kate Kretschmer, and runs three Saturdays, Jan. 26, Feb. 16 & March 23, 10 a.m. – noon. More attuned to an evening of star gazing? Prescott Farm's naturalist will lead an educational adventure about these nocturnal birds during their mating season.

Family Programs
For many years, Our Big Backyard has been a popular series for seven - 11 year olds and their favorite grownups. Kids who are ready to explore the natural wonders of our ecosystem will love

the new-for-2019 program Let's Go "Owling!" On Friday, Feb. 15, 6 to 7:30 p.m. a naturalist will lead an educational adventure about these nocturnal birds during their mating season.

Gardening Programs
For those already dreaming of warmer spring days and digging into another year of gardening, the Intro to Organic Gardening Program is a great option. This service learning opportunity will provide an introduction to Prescott Farm's Learning Garden and offer

tips and tricks for the home gardener as they plan for the upcoming growing season. The program kicks off Tuesday, Feb. 5, 6 – 7:30 p.m. The Community Seed Swap Potluck is an invitation to cook up your favorite potluck dish, bring some viable seeds to share, and enjoy community with your fellow gardeners. The gathering will be Tuesday, Feb. 26, 6 – 8 p.m.

Find out more
Details and registration information on all of Prescott Farm's public programs can be found on the organization's website prescottfarm.org or by calling 366-5695.

Prescott Farm is a nonprofit 501c3 organization dedicated to providing year-round environmental education programs for all ages and a place in the Lakes Region community that encourages curiosity, discovery, fun and connection to the natural world. For more information about programming, events and volunteer opportunities at Prescott Farm, please visit prescottfarm.org



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Weston taking his track and field skills to Australia

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – Gilford High School student athlete Korey Weston has excelled in track and field since he decided to join the team his sophomore year. After a strong spring throwing javelin and competing in long jump where he participated in New Englands, Weston will be heading to Australia to represent Team USA.

The event is called the Down Under International Games presented by Down Under Sports, and Weston will be heading there on July 7 for a 10-day trip where he will be competing against top athletes from around the world. He will also have the chance to check out the country with activities including rain forest tours, exploring the Great Barrier Reef and Weston even has ideas of sky diving. Weston will mainly be on the Gold Coast of Australia.

Down Under Sports is a company out of Utah and Weston explained



COURTESY

Korey Weston will be heading to Australia in July for the Down Under International Games to participate in long jump and javelin.



TARA GILES

Vanessa Ganakos (2) placed fourth in the 5K skate race on Jan. 15 at White Mountain Regional High School.



TARA GILES

Mitchell Townsend was fourth in a nordic race at White Mountain Regional High School.

Golden Eagles ski in Whitefield

BY BOB MARTIN

Bob@Salmonpress.news

WHITEFIELD – The Belmont and Gilford nordic ski teams competed at White Mountain Regional High

School last week, with several skiers placing high in the event.

For the boys' race, Zach Ennis of Belmont placed second with had a time of 12:56 for sec-

ond place. Mitchell Townsend of Gilford was sixth with a time of 13:46.

For the girls' race Vanessa Ganakos was fourth with a time of 16:17.

that he will be proudly representing the Granite State and the United States. He said he doesn't know anyone else invited, but believes he will be heading there with a solid group of American athletes. Weston said he was notified that he was invited to the event, and while he does not know exactly he how was recruited, he believes it was due to his strong showing last year in the state finals and New Englands Championships.

Weston received packages from Down Under Sports informing him that he was welcome to represent New Hampshire on the team. He said that a fundraising group that would like to remain anonymous has donated \$2,000 to help him with the cause, but he will also be setting up fundraisers between now and when he leaves.

Weston is a true athlete, and one who spends a lot of time working out and preparing himself. He plays basketball in the winter and also hits the gym regularly. In order to prepare for the Down Under Invitational he plans to make adjustments to his workout routine to benefit his throwing and jumping skills.

Weston said he loves track because unlike many other sports, it is mainly individually based and he knows the results he gets are squarely on him.

He has been out of the country once before, as he went to Costa Rica last year with Spanish Club and had the time of his life. Now Weston is chomping at the bit to get to go across the world to Australia to see all that it offers. He

has plans to snorkel and said he will probably invest in a Go Pro camera for the trip for documentation when seeing exotic animals and/or sky diving.

Weston is excited that the trip will broaden many horizons.

"It will be great to meet new people," said Weston. "Why wouldn't I be excited?"

When Weston first found out he was going to be able to go, there was an array of emotions running through his head from excitement to nervousness.

"I was definitely nervous going across the world, but just as excited to see a different part of the world and experience a new culture and meet a bunch of talented athletes," said Weston.

Down Under Sports was founded in 1989 based on a dream of George O'Scanlon of New Zealand. He had a love for sports, especially American football, and had a desire for people around the world to compete. It eventually evolved into the Down Under International Games as it exists today.

While fundraising has already begun, Weston said he is trying to raise another \$3,000 to help alleviate the cost of the trip. Any donation or sponsorship is greatly appreciated and he plans to create a Gofundme in the future.

Anyone who would like to donate can do so by directly contacting Down Under Sports at mail@downundersports.com or by mailing PO Box 6010, North Logan, Utah 84341-6010.

For more information log onto www.downundersports.com.

Bulldogs continue their hot streak

BY BOB MARTIN

Bob@Salmonpress.news

LACONIA – The Belmont/Gilford hockey team has won six games in a row since the beginning of 2019, which included a rematch win over Hollis Brookline/Derryfield and a victory over Pembroke/Campbell last week.

On Jan. 14, the Bulldogs got redemption with a 5-4 win over Hollis-Brookline/Derryfield. The last time the two teams met, Belmont/Gilford suffered an 8-2 loss.

Hollis Brookline-Derryfield led 2-0 after one period with goals by Nick Dapolito and Andrew Nordstrom. Belmont/Gilford then scored three times in the second period with a goal by Hayden Parent followed by two goals by Ben Muthersbaugh with both assisted by Parent. Hollis-Brookline also scored twice in the period with goals by Dylan Terenzini and Paul Vachon to take a 4-3 lead.

With about 15 seconds left in the third period Cam Jarvi tied up the game with a goal assisted by Muthersbaugh. The game went to overtime and with 21 seconds left in the period, Joey Blake scored to take the win. It was assisted by Griffin Tondreau.

“Hollis Brookline-Derryfield scored four unanswered goals in the first period-and-a-half before we came alive,” said coach Jason Parent. “An unassisted goal by Hayden Parent got the team fired up midway through the second period and we scored five unanswered goals to win the game.”

Parent was proud of the dramatic win and the perseverance exhibited by his team. He commended Jarvi and Blake for the strong play in the clutch.



BOB MARTIN

Troy Gallagher handles the puck for Belmont/Gilford. The Bulldogs have been on fire since the new year started with six straight wins including two last week.

On Jan. 19, the Bulldogs shut out Pembroke/Campbell by 5-0 thanks to five points by Hayden Parent. Coach Parent felt it was the best game of the season for Belmont/Gilford, saying that defensively the team was very sound around the net. He also said the team did a great job getting the puck past Adam Odmenson, who Parent called a “top level goalie.”

Tondreau had two goals and an assist.

Parent's five points included two goals and three assists. Muthersbaugh had a goal and an assist in the win.

“The freshmen are getting up to speed and contributing daily now both offensively and defensively,” said Parent.

The Bulldogs faced Monadnock/Fall Mountain after deadline and next up for Belmont/Gilford is a 2 p.m. matchup on Kearsarge/Plymouth on Jan. 26.

Golden Eagle girls pick up a pair of wins

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – The Gilford High School girls' basketball team had a great week with a pair of wins to push the Golden Eagles over the .500 mark with a 5-4 record halfway through the season.

On Jan. 15, Gilford blew out a struggling Somersworth squad by a score of 52-8. Gilford was up 20-4 after one quarter and then held Somersworth scoreless in the second quarter to go up 31-4 at half-time.

Shelby Cole was the top performer for Gilford with 21 points, six assists and five steals. Hannah Perkins was solid in the center spot with seven points and six boards. Allison Carr had six points while Reagan McIntire and Abigail O'Connor had five points apiece.

While it was a big win for the Golden Eagles, it was a poor offensive night for both teams.

“Gilford jumped out to a 20-4 lead over a cold shooting Somersworth team,” said coach Rick Forge. “The visiting Hilltoppers had plenty of looks but shot under 10 percent on the night. The Eagles, who shot 38 percent on the night, evened their record at 4-4 with the win.”

On Jan. 18, the Golden Eagles beat the Berlin Mountaineers in a tight game by a score of 39-37. Gilford was up 23-17 at the half, but the Golden Eagles had a poor third quarter, being outscored 14-2 and it looked like Berlin might run away with things in the second half.

Gilford bounced back with a great fourth quarter, outscoring Berlin 14-6. The Golden Eagles trailed by six points with four minutes to go but finished out strong with an 8-2 run. The game was tied 27-27 with 24 seconds left, but the Golden Eagles held off a scoring chance for the Moun-

taineers and got the ball with 15 seconds to go. Cole got fouled with nine seconds on the clock and sealed the win with a pair of made free throws.

Cole finished with 11 points, five assists and four steals in the win. Perkins had a double/double with 12 points and 16 rebounds in an all-around fantastic game. McIntire had seven points and four steals.

The boys' basketball team had two games last week including a 70-49 loss to Somersworth and a 49-45 win over Berlin. Statistics were unavailable at deadline.

The girls' basketball team faced Belmont at home after deadline and next for the the Golden Eagles is Campbell at home at 6 p.m. on Jan. 25.

The boys' team also faced Belmont after deadline and next up is Campbell on Jan. 25 at 6 p.m. on the road.

Kingswood hosting baseball clinic

WOLFEBORO — The Kingswood Regional High School baseball team is hosting the Kingswood Winter Baseball Clinic starting on Jan. 26 from 3 to 6 p.m. at the high school. The second date of the clinic will be on March 16 from 12 to 3 p.m. The clinic is open to kids ages eight to 14 and will include instruction in hitting, fielding, base-running, fundamentals and pitching.

The first clinic will be run by Colby College coach Tad Skelley and Plymouth State coach Andy Theriault, both former Kingswood players. The second clinic will be run by Kingswood varsity baseball players.

The cost to attend one clinic is \$30 and \$50 for both clinics. This fundraiser will go toward the baseball program making upgrades to the field, including a fence in the outfield.

Those interested can register online at familyid.com/programs/kingswood-baseball-clinic or can mail registrations to coach Chip Skelley, Kingswood Regional High School, 396 S. Main St., Wolfboro, NH 03894 or drop them off at the middle school or high school office to the attention of coach Skelley. Registration will be available at the door if space is available.

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Running: February 14th

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Gilford swimmers post strong times at UNH

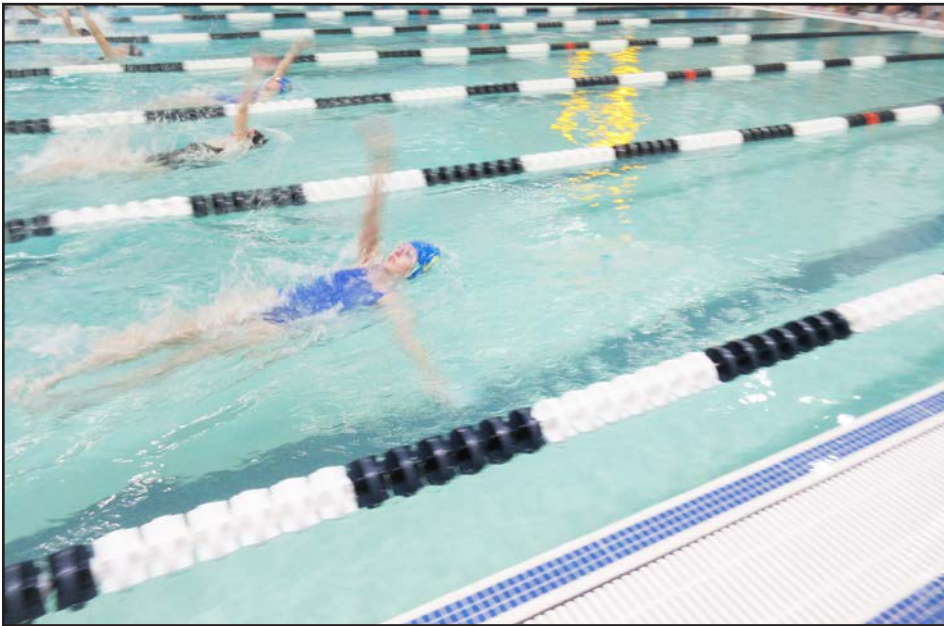
BY BOB MARTIN
Bob@Salmonpress.news

DURHAM – The Gilford High School swim team competed at the Bobcat Invitational at the University of New Hampshire on Jan. 13 and coach Dave Gingrich was very pleased with his team's performance. "The swimmers did very well today," said Gingrich. "There were 29 time drops today. Lauren Sikoski qualified for the state meet in breaststroke, Grace (Shoemaker), Cyndal (Vansteensburg) dropped five seconds combined on the



Alexa Leonard does the backstroke at the Bobcat Invitational on Jan. 13.

50 and 100 free and Laurel Gingrich qualified for the state meet in the 200 freestyle."



Jennie Gagnon swims the backstroke for Gilford High School.



Brianna Fraser was third in the 300 meters on Jan. 13 at PSU.



Emma Ramsey placed third in the 55 meters at PSU on Jan. 13.

Ramsey, Gamache, Fraser sisters lead Golden Eagles at PSU

BY BOB MARTIN
Bob@Salmonpress.news

PLYMOUTH – The Gilford High School indoor track and field team were at a 15-team meet at Plymouth State University last week, with the girls' team placing fourth.

Girls' team

Emma Ramsey was third with a time of 10.14 in the 55-meter hurdles. Natalie Fraser was

second in the 600 meters with a time of 1:52.24. Brianna Fraser was third in the 300 meters with a time of 46.24. The 4X200-meter relay team placed third with a time of 2:02.44. In the long jump, Lara Davalle was 14th with a distance of 12 feet, 3/4 inch. In the shot put, Katiana Gamache had a toss of 26 feet, three inches for third place.

Boys' team
Matthew Mc-

Donough was 11th in the 3,000 meters with a

time of 11:15.54.

Newfound looking for next Hall of Fame class

BRISTOL — Newfound Regional High School is gearing up for its fourth annual Athletic Hall of Fame class. The purpose of the Athletic Hall of Fame is to recognize the significant contributions of athletes, coaches, teams and contributors to Bristol High School, Newfound Memorial High School and Newfound Regional High School, while reinforcing a sense of history and tradition. For an athlete to be considered, they must have graduated from one of the high schools, been out of high school for a minimum of 15 years, exemplified outstanding athletic abilities, talents and achievements, been a member of a varsity team for at least two

years and have represented Newfound Athletics in a positive fashion, both as an undergraduate and as an alumnus. A coach nominee must have coached at Newfound for a minimum of 10 years and represented Newfound athletics in a positive fashion, while at Newfound and as a former coach. Teams nominated must be 10 years beyond their accomplishments. In addition, an induction of a team does not prohibit the separate induction of one or more members of the team. Individuals considered in the contributor category are those who have been associated with Newfound athletics and the high schools,

and who have made a significant contribution to the athletic program. Deceased athletes, coaches or contributors are eligible for induction. Nominations are due by March 31, with the selection committee making its decisions in May. Homecoming 2019 will be Sept. 20-21. More information, as well as the nomination form, can be found on the NRHS Web page and under the Athletics link. Any person can make a nomination. All information should be sent to Athletic Director Pete Cofran at pcofrn@sau4.org, or at NRHS, 150 Newfound Road, Bristol, NH 03222. A person can also call 744-6006, x1507 for more information.

In the girls' 200-yard freestyle, Gingrich was ninth with a time of 2:14.371. Elena Uicker was 57th with a time of 3:17.51. In the girls' 200-yard intermediate, Alexa Leonard was 44th with a time of 3:18.31 and Jillian Cookinham was 48th with a time of 3:23.31. In the 50-yard freestyle, Vansteensburg was 56th with a time of 30.84 seconds. Claire Bartley had a time of 31.36, good for 67th. Alexa Leonard was 105th with a time of 33.32 seconds. Cookinham was 108th with a time of 33.49 seconds. Madison Eastman was 111th with a time of 33.64 seconds. Jennie Gannon was 122nd with a time of 34.19 seconds. Kaley Zingg was 137th with a time of 36.07 seconds. Alexis Boisvert was 144th with a time of 37.87 seconds. Karly Sanborn was 153rd with a time of 39.10 seconds. Paythe Rodger was 178th with a time of 49.69 seconds. In the girls' 100-yard fly, Gingrich was seventh with a time of 1:07.391. Shoemaker was 27th with a time of 1:20.26. Sikoski was 30th with a time of 1:24.36. In the girls' 100-yard free, VanSteensburg was 53rd with a time of 1:09.54. Eastman was 93rd with a time of 1:17.63. Uicker was 110th with a time of 1:20.33. Gannon was 114th with a time of 1:21.70. Zingg was 127th with a time of 1:29.74. Boisvert was 137th with a time of 1:34.87. Rodger was 146th with a time of 2:02.44. In the girls' 500-yard freestyle, Shoemaker was 23rd with a time of 6:54.64. In the girls' 100-yard backstroke, Gingrich was 12th with a time of 1:10.791. Claire Bartley was 36th with a time of 1:16.06. Sikoski was 47th with a time of 1:22.75. Leonard was 49th with a time of 1:23.70. Gannon was 57th with a time of 1:28.90. Cookinham was 58th with a time of 1:28.90. Uicker was 68th with a time of 1:39.62. For the girls' 100-yard breaststroke, Sikoski was 14th with a time of 1:21.481. Bartley was 45th with a time of 1:34.43. In the boys' 50-yard freestyle, Moritz Lietz was 85th with a time of 31.69 seconds. Griffin Plourde was 97th with a time of 33.97 seconds. Neal Miller was 99th with a time of 34.71 seconds. In the boys' 100-yard freestyle, Lietz was 74th with a time of 1:18.56. Plourde was 78th with a time of 1:19.86. Miller was 80th with a time of 1:21.23. For the boys' 100-yard backstroke, Lietz was 34th with a time of 1:30.48.

Power Outage Tips

BEFORE

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

DURING

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

AFTER

- Throw out unsafe food

Who to Call → Where to Meet → What to Pack

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Inspiring and empowering people to reach their full potential

NFI North Array of Services, Davenport School an all girls' Residential Treatment Facility located in Jefferson NH has the following positions:

Direct Care Counselor (Full Time & Relief): Ideal candidates will have prior experience working with adolescents and thrive in a team oriented environment. You must be flexible and available to work evenings and weekends. Bachelor's degree preferred however must have at least 12 credits in Human Service field and be actively working towards a bachelor's degree. Relief is an excellent opportunity for college students seeking internship hours or individuals interested in working some hours during the evenings, nights, weekends and occasionally days. Full time positions start at \$15/hr.

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Please send resume and cover letter to: Program Director, PO Box 209, Jefferson, NH 03583 or email nfinorthhr@nafi.com

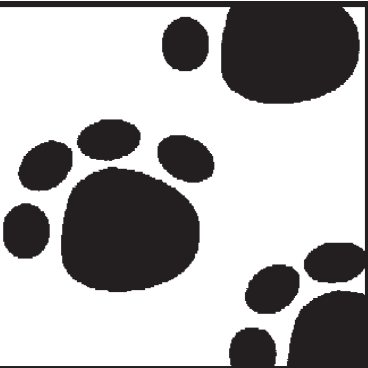
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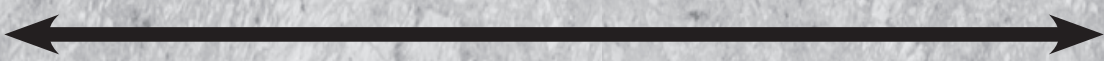
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PEOPLE FACT:

THIS RESTAURANT WORKER
CLEARS OFF THE TABLE AND
PREPARES FOR A NEW PARTY
TO BE SEATED.

ANSWER: BUSSER

What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?

A

B

Answers: 1. Missing garnish 2. Extra tomato 3. Bracelet on wrist 4. Missing orange light on ceiling

THIS DAY IN... HISTORY

JAN 24

- **1848:** GOLD IS DISCOVERED BY JAMES W. MARSHALL AT SUTTER'S MILL IN CALIFORNIA.
- **1908:** THE FIRST BOY SCOUT TROOP IS ORGANIZED BY ROBERT BADEN-POWELL IN ENGLAND.
- **1978:** THE SOVIET SATELLITE KOSMOS 954 BURNS UP IN EARTH'S ATMOSPHERE.

New Word

CHECK

the bill or tab when dining out

How they SAY that in...

ENGLISH: Table

SPANISH: Mesa

ITALIAN: Tavolo

FRENCH: Table

GERMAN: Tisch

Did You Know?

THE RESTAURANT INDUSTRY IS THE LARGEST EMPLOYER IN THE UNITED STATES. MANY PEOPLES' FIRST JOBS WERE IN A RESTAURANT.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: RESTAURANT SERVER

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to restaurants.
Each number corresponds to a letter.
(Hint: 26 = e)

A. 13 9 26 13 8
Clue: Bill

B. 24 26 6 2 26 6
Clue: Waiter/Waitress

C. 24 26 10 25 18 20 11
Clue: Tables and chairs

D. 6 26 24 26 6 2 10 25 18 3 20
Clue: Appointment to dine

Answers: A. check B. server C. seating D. reservation

SUDOKU

	2		7	1	6			4
7			5			2	1	
4	1					7		
			4					
6	4	7		8			9	
1	3			2		6		
9	5		6		8			
			3	5	9	4	7	
	7	6			1			5

Level: Beginner

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

5	8	9	1	4	2	6	7	3
6	1	3	5	9	4	7	8	2
3	2	8	7	6	1	5	4	9
7	4	6	9	2	5	8	3	1
2	9	5	3	8	1	7	4	6
1	3	8	7	4	6	2	9	5
9	6	7	2	3	8	5	1	4
8	2	9	7	1	6	3	5	4
4	5	8	3	9	2	7	6	1

ANSWER:

Amy Annis Volleyball Tournament a success

GILFORD — The eighth annual Amy Annis Volleyball Tournament was a huge success. The tournament was held on Jan. 6 in the Gilford High School and Middle School gyms, with 12 teams consisting of high school, college and adult players competing in three different pools.

After the completion of pool play, the top two teams with the best record went into the Gold Division single elimination tournament and the bottom two teams from each pool went into the Silver Division single elimination tournament. The 12 teams were Chafing the Dream, Gilmylanders, Hit For Brains, J-Dog, Killer Coaches, Kiss My Ace, Notorious D.I.G., Pass Set Crushers, New Kids on the Block, Servivors, Team Amy and The Loons.

The Gold Division semifinal matchups



COURTESY

Chafing the Dream won the Amy Annis Gold Division. Pictured (l to r), Brady Caldwell, Elyssa Clairmont, Katilyn Tedeschi, Erica Doubleday, Ferdinand Suwandy, Marybeth Schwendner and Ryan Sandberg



COURTESY

New Kids on the Block won the Amy Annis Silver Division. Pictured (l to r), Seamus Therrien, Brooke Beaudet, David Hart, Abby Warren, Connor Sullivan, Alexa Price.

featured Hit for Brains vs Chafing the Dream and Killer Coaches vs. Kiss My Ace. Chafing the Dream and Killer Coaches both won in the semifinals, earning a spot in the Gold championship match. Chafing the Dream beat the Killer Coaches in two games by the scores of 25-13 and 25-23 to win the Gold championship.

The Silver Division semifinal matchups featured Notorious D.I.G. vs. Pass Set Crushers and Servivors vs the New Kids on the Block. Notorious D.I.G. and New Kids on the Block won and faced each other in the championship match. New Kids on the Block prevailed in two games for the Silver championship.

The event raised \$2,402.81 for the Amy Annis Scholarship Fund and the American Cancer Society.

Annis lost her battle to cancer at the age of 32 and this tournament is a celebration of her life and passion for team sports.

A special thanks goes out to the companies and people who sponsored each of the teams entry fee: Mas-Con Corp, Pass Set Crush Volleyball Camp, Loon Point Appraisal Services, Granite State Glass, Jonathon Dupuis, and Roget Bolduc. Also, all participants were given gift cards donated by McDonalds.

PORTRAITS • WEDDINGS • SCENICS • EVENTS



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Preseason tourney renamed Tom Lovett Football Jamboree

WOLFEBORO — The Kingswood football team's preseason jamboree has officially been named after former coach Tom Lovett.

This year's tournament will be taking place at Kingswood Regional High School on Aug. 24, from 9 a.m. to 1 p.m.

New coach Paul Landry hopes to

have 16 teams divided among three different divisions, with four from Division II north, four from Division II south, four from Division III and four from Division IV. Each team will play four games, two on grass and two on turf, with each game lasting 25 minutes.

Friends of Kingswood Football hosting golf outing

OSSIPPEE — The Friends of Kingswood Football are sponsoring the first Friends of Kingswood Football golf outing, scheduled for June 22 at Indian Mound Golf Club in Ossipee.

The five-man best ball scramble will be \$100 per person and will have prizes for first and second places as well as longest drive, closest to the pin and longest putt.

Registration will start at 7 a.m. and the shotgun start will be at 8 a.m. with lunch at 12:30 p.m. and awards, raffles and social time to follow.

Anyone interested in more information on the golf outing can contact Mary DeMasi at mdemasi@sau9.org or call 544-3207.



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