

Hearing scheduled for dog ban at recreational areas

BY ERIN PLUMMER
mnews@salmonpress.news

A public hearing has been scheduled for a proposed ordinance to ban dogs from two own parks.

The of selectmen board scheduled a public hearing on Feb. 26 at 7 p.m. for a proposed ordinance to ban dogs from Gilford Village Field and Stonewall Park.

Banning dogs from these parks was among

the recommendations made by Gilford Cal Ripken to the Recreation Commission. Parks and Recreation Director Herb Greene presented the list of recommendations for improvements at Village Field, Francoeur Field, and Stonewall Park to the selectmen during Wednesday's meeting. The organization would be making some of those improvements, such as

painting the dugouts at Francoeur Field, all done with volunteer labor and materials for by their own funds

and donations. Greene said one of the requests from Cal Ripken was restricting dogs from the

fenced in area of Francoeur Field. Dogs are currently prohibited from Stonewall Park, though Greene said

there have been issues where people will let their dogs run free and not clean up after

SEE **DOG BAN** PAGE A7

Gilford voters choose Buttigieg, Trump

BY ERIN PLAUMMER
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Gilford Democrats picked Pete Buttigieg while Republicans chose President Trump as their candidates of choice during the New Hampshire Primary.

Voters took to the polls at the Gilford Youth Center on Tuesday for the New Hampshire Primary, joining voters from around the state in picking candidates from the two parties,

While Bernie

Sanders won the Democratic primary, more people in area chose Pete Buttigieg, who received 431 votes in Gilford. Sanders received 331 votes in Gilford.

Amy Klobuchar got the second most votes in Gilford with 341.

Joe Biden received 184 votes, Elizabeth Warren got 111 votes, Tom Steyer received 76 votes, Tulsi Gabbard got 58 votes, Andrew Yang re-

SEE **PRIMARY** PAGE A7



COURTESY

Presidential Lion

The Laconia/Gilford Lions Club recently continued its tradition of honoring outstanding service among its membership. The latest recipient of the Presidential Award was longtime member Lois Smith. Club President Matt Soza explained, "As its name suggests, this Award is chosen by each Club President to highlight outstanding dedicated service. Lois has been a member since 1998 and held the post of Secretary for a lengthy period of time in addition to being President. Over that period and now, she regularly attends club meetings, fundraisers, service projects and other activities. She sets a high standard and a great example." Pictured are Lois Smith and Matt Soza.

Contested races for selectman, school board top Gilford ballot

BY ERIN PLUMMER
mnews@salmonpress.news

A number of new

and returning faces are seeking a number of town and school dis-

trict offices with the races for selectman and school board the only ones that are contested.

Gilford voters will decide on warrant articles and candidates for town and school offices during election day on March 10.

Three people are seeking the open seat on the board of selectmen for a three-year term, a seat current board chair Richard Grenier will not be seeking for another term. Former selectman Kevin Hayes, former town clerk Denise Gonyer, and Angelo Farruggia are all seeking that seat.

The rest of the town's offices are unopposed.

Johan Anderson, David Tyler, and Steven Hepburn are seeking the three open seats on the Budget Committee, two for three-year terms and one for a one-year term. Sue Greene, Skip Murphy, and Tracie Corbett are not seeking new terms.

Danielle LaFond is running for a full term as town clerk-tax collector after being appointed to the position late last year.

Kim Zyla Salanitro is running for reelection as town treasurer,

a three-year term. Sandy McGonagle is running for another three-year term as town moderator.

Miriam York is seeking another six-year term as supervisor of the checklist.

Betty Tidd is running for reelection for her seat on the library trustees, a three-year term.

Kristin Snow is seeking a thee-year term as cemetery trustee.

The three-year position for trustee of the trust funds is still open and people are welcome to campaign for write-in votes.

For the Gilford School District, two people are seeking one three-year position on the school board. Amber Latour and Kyle Sanborn are running, while current school board member Rae Mello-Andrews is not seeking another term.

Sandy McGonagle is running for another one-year term as school district moderator.

Kim Zyla Salanitro is also running again for her position of school district clerk, a one-year position.

Susan Jensen is seeking another one-year term as school district treasurer.

One-act plays coming to GHS stage

BY ERIN PLUMMER
mnews@salmonpress.news

Gilford High School performers will bring to the stage poignant stories about modern-day teens encountering a mysterious helper and four women from history who fought for workers' rights.

This spring GHS will present two one-act plays, "Snow Angels" and "These Shining Lives."

"Snow Angel" follows the lives of 15 teenagers over the course of a snow day, all of whom encounter a mysterious girl named Eva.

Jacqueline Nash plays Frida, one of the teens who encounters Eva.

"The show is about helping Eva find her home and who she is," Nash said.

Kathryn Osburn plays Eva, who she said no one knows what to make of.

"She's basically trying to find her home by helping everyone else find their way,"



Chelsea Sasserson, Zoe Lehneman, Anna Cook, and May Kenney rehearse a scene from the upcoming Gilford High School show "These Shining Lives."

Osburn said.

"These Shining Lives" documents the lives of Catherine Donahue, Charlotte Purcell, Frances O'Connor, and Pearl Payne who brought a lawsuit against the Radium Dial Company in Illinois. In the 1920s and '30s many women got jobs painting watch faces radium infused

paint with many suffering horrifying illnesses as a result. Chelsea Sasserson, Zoe Lehneman, Anna Cook, and May Kenney play the women who exposed the dangers they faced in the workplace while being publicly smeared by their employers.

"They got told that radium could keep

them healthy," said Cook.

The play focuses on these four historic figures' personalities and lives. The script notes specifically say, "Do not play these women as victims."

Both these shows take a much more serious turn from the last production of "School

SEE **THEATER** PAGE A7

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

Every year, Gilfordians flock to the library for bird-watching and bird-feeding books. Hiking in winter is breath-taking, and all the more so when birds are in view. With just a few tips on where to look, plumage to notice, and calls to hear, hikers and

snowshoers are often amazed at how many birds they had been casually walking past! The Dewey number to look for is 598. There you'll find books like "Birdwatching in New Hampshire" by Eric A Masterson, "Birding Without Borders" by Noah Strycker, and all manner of bird identi-

fication books. You'll also see bird feeding books like Chris Earley's "Feed the Birds: attract and identify 196 common North American birds." Don't be unprepared when you go out there! Bring appropriate clothing, footwear, navigation aids, and, of course, binoculars! You can get a head start with the Library's Birding Kit and/or the Hiking Kit, not to mention all the resources in the Hiking Section. The Birding Kit comes with a few books and a pair of binoculars, everything you need if you're birding from home. Make it a family activity with the Bird Kit in the Children's Room, with small binoculars, kids books, and stuffies! Keep an eye out for an upcoming birding program on May 9th.

The Library and Gilford Parks and Rec. collaborated to organize a snowshoe nature hike tomorrow, Friday, Feb. 21 from 12:30-1:30 p.m. Wendy Oellers and Ron Fulmer will guide a group through Ramblin Vewe Farm to see what they can see. Programs like these are great chances for new and old explorers to get out! Parks and Rec. have a few pairs of snowshoes for those signed up who don't have them. Register today if you want to go!

Classes & Special Events
Feb. 20-Feb. 27

Thursday, Feb. 20
Geri Fit, 9-10 a.m.
Music and Movement, 10:30-11:30 a.m.
Homeschool Game Club, 12:15-2:15 p.m.
Conversational French, 4-5 p.m.
Foreign Movie Night, 7-9 p.m.
This month's movie is "I am Kalam," an unrated drama/comedy film from India with a runtime of 87 minutes.

Friday, Feb. 21
Digital Skills for Everyday Life, 10-11 a.m.

Bridge, 10:30 a.m.-12:30 p.m.
Preschool Storytime, 10:30-11:30 a.m.
Snowshoe Hike with Parks and Recreation, 12:30-1:30 p.m.
Get out and enjoy that wonderful winter weather that New Hampshire offers with the library and Gilford Parks and Rec, Wendy Oellers-Fulmer and Ron Fulmer will help to lead a nature snowshoe hike through Ramblin Vewe Farm. Sign up required, please call the library. Limited number of snowshoes available from Parks and Rec, please call the library early to reserve a pair.
Knit Wits, 1:30-2:30 p.m.
Advanced Conversational German, 2:30-3:30 p.m.

Monday, Feb. 24
Baby Toddler Storytime, 10:30-11 a.m.

Mahjong, 12:30-3 p.m.
Tuesday, Feb. 25
Geri Fit, 9-10 a.m.
Hook Nook, 10-11 a.m.
Bridge, 10:30 a.m.-12:30 p.m.
Wednesday, Feb. 26
Line Dancing, 9-10:30 a.m.
Check out an Expert, 10 a.m.-noon
Lakes Region Fiber Artists and Crafters, 10 a.m.-noon
The InbeTween Club: Library Tween/Teen Club, 2:30-3:30 p.m.
Line Dancing: Advanced, 5:30-6:30 p.m.
Thursday, Feb. 27
Geri Fit, 9-10 a.m.
Vacation Movie: TBA, 10:30-11:30 a.m.
Homeschool Game Club, 12:15-2:15 p.m.
Conversational French, 4-5 p.m.

Gilford Public Library
Top Ten Requests

- 1. "Long Bright River" by Liz Moore
- 2. "Lost" by James Patterson
- 3. "The Museum of Desire" by Jonathan Kellerman
- 4. "The River Murders" by James Patterson
- 5. "Catch and Kill" by Ronan Farrow
- 6. "American Dirt" by Jeanine Cummins
- 7. "Where the Crawdads Sing" by Delia Owens
- 8. "Treason" by Stuart Woods
- 9. "The Yellow House" by Sarah M. Broom
- 10. "Dear Edward" by Ann Napolitano

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GILFORD
POLICE LOG

The Gilford Police Department reported only two arrests during the week of Feb. 10-17.
Leslie Lovely, age 45, of Gilford was arrested on Feb. 12 for Aggravated Driving While Intoxicated.
Jeremy C. Barton, age 48, of Gilford was arrested on Feb. 12 for Possession of a Controlled Drug.

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GHS students recognized with scholastic art awards

Gilford High School would like to recognize 25 talented artists. These artists have had their work recognized in the New Hampshire region of Scholastics. Scholastics is a prestigious competition amongst high school artists, and Gilford put on a show!

Five of the awards presented to Gilford were Gold Key awards. Those gold key art works have been chosen to compete for a spot at the national level. A show and decision to take place in March of this year. Well done Artists at Gilford!! The Teach-

ers of these students; Laura Weed, Leaman Antone, and Aaron Witham could not be more proud. With their greatest praise and admiration Laura, Leaman, and Aaron would like you to recognize the following recipients:

Gold Key
Christina Segalini
Ashton Griggs
Harry Laflamme
Breanna Vezina
Mea Kenny

Silver Key
Maxwell Bartlett
Jaiden Carter
Alyssa Gosselin
Molly McLean

Alainnah Penney
Brianna Costa
Ashton Griggs
Jessica Gannon
Catherine Pingol

Ashton Griggs-Portfolio

Honorable Mention
Thomas Cain
Jaiden Carter
Jack Cennamo
Peter Christensen
Molly McLean
Jasmyn Watt
Harry Laflamme
Danielle Giardini
Brianna Fraser
Breanna Vezina

Once again well done Gilford!



COURTESY

Gilford High School would like to recognize 25 talented artists. These artists have had their work recognized in the New Hampshire region of Scholastics.

Travel over the rainbow with Streetcar

LACONIA — The Lakes Region’s longest running community theater company invites you to journey “Somewhere Over the Rainbow” with them this spring, as the Streetcar Company celebrates its 80th anniversary by bringing one of its most popular productions, “The Wizard of Oz,” back to the stage.

Based on the classic novel by L. Frank Baum and featuring Harold Ar-

len and E.Y. Harburg’s music and lyrics from the beloved 1939 film adaptation along with Herbert Stothart’s background music, this ambitious show will take the stage at Laconia High School the weekend of April 3-5.

Under the guidance of Director Becky Guyer, a talented cast will travel the Yellow Brick Road in search of the Emerald City. Gilford High School

student Jenny Laurendeau stars as Dorothy Gale, the young farm girl from Kansas who finds herself swept away to a world “Over the Rainbow” and must seek the help of the mysterious Wizard of Oz to get back home.

Joining Laurendeau on her journey down the Yellow Brick Road are Streetcar veterans David Nelson as the Scarecrow, Angelo Gentile as the Tin Man, and Bo Guyer as the Cowardly Lion.

Our heroes might never reach the gates of the

Emerald City if Kristi Laurendeau’s Wicked Witch of the West has anything to say about it, but Wendy de Sousa will be there to counteract her evil spells as Glinda the Good Witch.

Rounding out the main cast are Jim Rogato as the Wonderful Wizard himself and David Bownes and Lena Luongo as Dorothy’s stern but loving guardians, Uncle Henry and Auntie Em, joined by a small army of Munchkins, Jitterbugs, Flying Monkeys, cackling crows, and talking

trees who will help bring the denizens of Oz to life.

Don’t miss a production 80 years in the making when the Streetcar Company presents “The Wizard of Oz” at the Laconia High School auditorium, with evening performances Friday, April 3 and Saturday, April 4 at 7 p.m. and afternoon matinees on Saturday the 4th and Sunday, April 5 at 2 p.m. Tickets can be purchased at Greenlaws Music in downtown Laconia, online at www.streetcarcompany.com, or at the door.

GILFORD PARKS AND RECREATION NEWS

BY HERB GREENE
Director
Gilford Parks and Recreation

Cardboard Box Sled Derby - Wednesday, Feb. 26!

The Gilford Parks and Recreation Department will be holding their Annual Cardboard Box Sled Derby on Wednesday, Feb. 26 at 10 a.m. at the Gilford Outing Club sledding hill on Cherry Valley Road. Participants in this program will build their own sled ahead of time to have their sled judged and compete in a race down the sledding hill the day of the event. This program is open to participants of all ages. All interested participants are asked to pre-register by Tuesday, Feb. 25. Derby guidelines and registration forms are available in the Town Hall and on the Parks and Recreation Web site at www.gilfordrec.com.

For more information and Derby Design Guidelines, please call the Parks and Rec Office at 527-4722.

Seats still available for Boston Celtics bus trip scheduled for March 18

There are still seats available on a Bus Trip to Boston to see the Celtics take on the New York Knicks on Wednesday, March 18. Cost of the trip is \$80 per person, and includes round trip motor coach from Gilford or Belmont and your ticket (section 311 of the balcony) to the game. Our deluxe motor coach will depart from Gilford High School at 4:45PM and the Tioga Pavilion in Belmont at 5 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 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.

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FROM OUR READERS

Belknap House appreciates your support

To the Editor:

As the new Executive Director for Belknap House, I want to share how incredibly awe-inspiring these past four months have been on the job and being a part of this greater Laconia community. Belknap House re-opened in October, and will remain open as a year round family shelter. Beginning on day one, through Thanksgiving, Christmas and into this new year - generosity, kindness, concern, and joy, have continuously flowed through our doors at 200 Court St. in Laconia. Individuals - young and old, caring families, service-minded students, concerned business owners, committed resource agency workers, compassionate faith community members, devoted service organization partners, and dedicated school personnel have come to Belknap House in support of the families we serve. It has been an extraordinary experience and genuinely inspiring.

As I move deeper into the work of main-

taining connections with friends of Belknap House, and cultivating new sources of funding, there's not more than a day or so that goes by without me thinking of the many kindnesses that have been shared. Our mission of providing families in Belknap County a safe shelter during homelessness, and empowering them to become self-sufficient through providing educational opportunities and local resource agency support, is possible because of you - beginning on day one.

A huge shout-out of gratitude goes out to each of you! Thank you for infusing kindness into this community and the work we do and inspiring me as I move forward. Thank you for standing for the value of our family members and what they have to offer - there really are no words. Please continue to stop by for a visit, and tour the House you help make happen.

Gratefully yours,

Paula Ferenc
Executive Director
Belknap House



COURTESY

Sub-zero scoops

Gilford District PTA hosts a STEAM & Ice cream family fun night Tuesday. Families enjoyed a Subzero Nitrogen Ice Cream science presentation followed by ice cream made with liquid nitrogen.

NORTH COUNTRY NOTEBOOK

Don't beat up on the USPS, or question the price of hay



By JOHN HARRIGAN
COLUMNIST

I've been traveling quite a bit over the past couple of weeks, and am more than ready to say what I always say, which is that no matter how great the trip was, it's way beyond great to get home.

This was an unplanned journey that appeared from out of nowhere, like a sucker punch. "Congratulations, you're being indicted," Joe McQuaid announced on the phone. He meant inducted, of course, as in the New England Newspaper Hall of Fame, proving once again that advanced age and outlasting everybody are worth it.

My first newspaper job, in 1968, brought me straight from pushing boards around at the Lorden Lumber Company in Milford to pushing film and photo-paper around as a darkroom trainee at the Nashua Telegraph, then the second-largest daily in the state (I think it's third now). There, I learned the basics from the best-Editor John Stylianos, and Chief Photographer Mike Shalhoup.

At what seemed like dizzying speed, I was handed (I would use "thrown") the police, fire, and court beats. I won a big photography contest, and a subsequent photo layout caught upriver publisher William Loeb's



GLEN ZIBOLIS — COURTESY

Bailey, a 70-pound two-year-old golden retriever, came all the way up from Rhode Island over the weekend to see if he could wear out the South Hill snow.

eye. "Hire that boy!" or something like that, Loeb said, in his best Theodore Roosevelt impression (he worshiped TR, and was in fact his godson).

This was how I met up with Joe McQuaid, who was a recently promoted office boy on his way to becoming an editor and ultimately publisher, and who, over the years, became known to me and many others as simply "McDuck."

In fact, I must digress here into brief acknowledgement of the professionalism and tenacity of the United States Postal Service. Don't ever diss the Postal Service with me. Also, before I forget the need to explain another weird headline, don't question the price of a bale of hay unless you've made one, and even then, well, watch it.

First, I've always marveled at the challenges the USPS faced and faces, from Day One; know its history, from Benjamin Franklin on up; and possess a very heavy metal statue of longtime Postal Service mascot Owney, the Wonder-Dog. I'm also fond of telling people, when cheap-shot USPS-bash-

ing rears its ugly head, that we can move a first-class letter from New York to San Francisco overnight, while the French can barely get a first-class letter from one side of Paris to the other in four days.

Also, as long as we're into blatant postal-patron puffery here, it's a fact that I once dispatched a letter addressed simply "McDuck, Union Misleader"--no state, no ZIP-code, no nothing--and he got it. It is also true that a longtime reader of my column, evidently one who never paid much attention to the address always right there at the bottom of everything I write, addressed his envelope "Harrigan, New Hampshire," and yes, I got it. In Colebrook. (Editorial comment: The major USPS sorting centers to the south are perhaps best described as woefully inept, but those local crews, I'll tell you what.)

Anyway, Paul Nugent drove me all the way down to Boston to drop me off at the NEPA awards banquet, McDuck introduced me, and I got to hobnob with some fun, dedicated, and slightly crazy (as always) newspaper professionals. It was, as the newspaper contributors of old would have written it up, all fine and fun.

+++++

My sister Mary (Harrigan) Trowbridge was my date for the awards banquet, and the next morning drove us to

her huge Arabian horse boarding and training farm in Bridgewater, Connecticut. She and husband Pat and crew have horses owned by what it's easiest to refer to as celebs, or they (Mary and Pat, not the horses) are on a first-name basis with these and other celebs when they go into the midtown restaurant and tourist bistro. My kids would be ashamed of me here, because I no longer recognize any of the names, just as I don't recognize any of the country-western biggies I meet when close friends drag me around to parties in Nashville.

I know, I'm a mossback, and a Luddite to boot. But wait--I use a chainsaw, with gas, even, and my truck has GPS and a lot of other fofooraw

Pat and Mary put up with me for several days, and then Pat drove me to the nearest commuter-rail stop, Bridgeport, where I caught a fast, clean, quiet and comfortable train to the Kingston station, about two hours up the line. And there was longtime friend Glen Zibolis, waiting to take me to his home in Peace Dale, Rhode Island.

+++++

For the benefit of readers who are trying to follow my progress from outer space, like watching Pacman, I would appear at this point to have dropped into the Atlantic Ocean, SEE NOTEBOOK PAGE A7

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

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COURTESY

Art Association to host drawing classes

Sharpen your drawing pencils and ‘sharpen’ your drawing skills beginning Saturday, March 7, 10 a.m. to noon at the Lakes Region Art Association/Gallery at the Tanger Outlets in Tilton, where award-winning artist and teacher Tom Hitchcock begins his six new two-hour drawing sessions each Saturday morning through April 11. “Drawing well is the foundation of every good artist,” says Hitchcock, “And I will teach you how to improve your basic drawing skills and techniques with my course,” he added. Hitchcock is a member of the LRAA and a retired Graphic Designer, having honed his skills as an advertising man on Madison Ave., in New York City. He now devotes his time as President of the LRAA and loves teaching art to people of all ages and abilities. To register, contact Hitchcock at 496-6768 or The Lakes Region Art Association/Gallery located at Tanger Mall, Route 140, Tilton, Suite 132. The Gallery is open Thurs.-Sun. 10 a.m.-6 p.m.

Compass House offers sober living opportunities for local women

LACONIA — Lakes Region Community Developers (LRCD), Horizons Counseling Center, and Navigating Recovery of the Lakes Region are happy to announce that Compass House, a supportive group home for low-income women in recovery, is now open. The three non-profit organizations partnered in developing Compass House, which will accommodate up to eight women at a time.

The newly renovated building, located at 658 Union Ave. in Laconia, previously served as LRCD’s headquarters. Horizons will operate Compass House with support from Navigating Recovery.

Compass House will provide a congregate living environment for women who have completed a residential treatment program for substance use disorder. Guests at Compass House must not have a household income more than 80 percent of the area median income. For inquiries about open beds, contact Horizons at 524-8005.

“Compass House is the first supportive housing project that we’ve done in our 27 year history,” said Carmen Lorentz, LRCD’s Executive Director. “We are grateful to Horizons and Navigating for partnering with us on this project, and to New Hampshire Housing Finance Authority for providing the financing needed to renovate the building.”

Throughout its history, LRCD has primarily developed rental homes for people of low income. It now also develops affordable starter homes, supportive housing, and community facilities.

Funding for the renovations of Compass House came from a special appropriation that the New Hampshire Legislature made to the state’s Affordable Housing Fund in 2017, specifically to increase housing op-



COURTESY

Left to right: Dean Christon, Executive Director of NH Housing Finance Authority; Daisy Pierce, Executive Director of Navigating Recovery of the Lakes Region; Jaqui Abikoff, Executive Director of Horizons Counseling Center; and Carmen Lorentz, Executive Director of Lakes Region Community Developers at the Feb. 5 grand opening of Compass House.

tions for people in recovery from substance use disorder or those experiencing a mental illness. The Affordable Housing Fund is administered by New Hampshire Housing.

“We were looking for a partnership between an experienced developer and service providers,” said Dean Christon, Executive Director of New Hampshire Housing. “Compass House is exactly what the Legislature anticipated when they appropriated these funds, and it is also exactly the type of supportive housing we need in this state to help people stay in recovery.”

“This project was a labor of love and something that we dreamed about doing for 25 years,” said Jacqui Abikoff, Executive Director of Horizons Counseling Center. “We prioritized low-income women coming out of treatment programs in jails and prisons for Compass House because they are extremely vulnerable when they re-enter the community.”

Horizons Counseling Center has provided quality outpatient substance use and co-occurring mental health disorders treatment and recovery services in the Lakes Region since 1987. Horizons currently manages the Belknap County Recovery Court and provides substance use disorder treatment and case management services for the Corrections Opportunity for Re-

covery and Education (C.O.R.E) program at the Belknap County Department of Corrections.

Each guest at Compass House will be paired with a trained recovery coach from Navigating Recovery

SEE COMPASS PAGE A7

Karen M. Sullivan, 65

Karen M. Sullivan, 65, passed away unexpectedly at home after a long battle with a neurological disorder on Saturday, Feb. 15, 2020.

Karen was born in Paterson, New Jersey on May 25, 1954, the daughter of Walter J. and Blanche (Vas) Appleton.

She was a speech pathologist in the New Hampshire School Districts for over 25 years before being diagnosed with her disorder. Karen was a graduate of William Paterson University, N.J. While working full time, she received Masters Degrees from Notre Dame College and University of New Hampshire. In addition, Karen was a member of Delta Kappa Gamma International Education Society, Theta Chapter.

Karen liked to attend concerts and



loved to socialize at Gilford Beach.

Karen was a loving wife, mother, and beloved family member, as well as a great friend to many in the Lakes Region Area and Northern New Jersey.

She is survived by her husband, of 41 years, Timothy D. Sullivan, of Gilford; a daughter, Lindsay M. Sullivan, of Gilford; her mother, Blanche T. Appleton, of Meredith; a brother, Mark

J. Appleton and by her niece Sarah J. Appleton. She was predeceased by her father Walter J. Appleton.

Calling hours will be held on Friday, Feb. 21, 2020 from 6:30-8:30 p.m. at the Wilkinson-Beane- Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House Entrance.

A Funeral Service will be on held on Saturday, Feb. 22, 2020 at 1 p.m., at The First United Methodist Church of Gilford, 18 Wesley Way, Gilford.

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.

STRATEGIES FOR LIVING

The cancer conundrum

BY LARRY SCOTT

I was enjoying a pleasant summer afternoon aboard Angelica, the 40-foot sailboat that had been my home for the previous five years. With cool breezes coming off Liberty Bay, just off the Puget Sound in western Washington state, I was relaxing on the front deck of my boat when I received an ominous phone call from my Urologist. Results from my recent prostate exam had come back positive; I had prostate cancer.

Birthered in the Poulsbo Yacht Club, this was not the way I wanted to spend my 4-day break from trucking. I was living alone, approaching

retirement, and about to re-marry the sweetheart of my youth. This was a complication I did not need.

But there was no rush, said the Urologist. Untreated, it would ultimately take my life, but it had been caught in its early stages, and I had time. Laparoscopic surgery followed within a few months and as surgeries go, it was a “piece a cake.” I have been cancer-free ever since.

My decision was aided by an experience I had some years before. At a family gathering, I met David Stidham, recently married to my oldest sister. I was, however, able to talk with him for but a few minutes. An unattend-

ed mole on his back had metastasized and by the time I met him he was in the throes of chemotherapy and a very sick man.

The issue here – and it was instructive to me – was that Dave knew of the mole on his back but did nothing about it until it was too late. If he had attended to it early on, he might have lived to see his young son grow into manhood. But despite chemotherapy, it took his life in just a matter of months.

I make a point of this, for what cancer does for us on a physical level, sin does for us on a spiritual level. There lurks within each of us the possibil-

SEE STRATEGIES PAGE A7

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In your life, you will have all sorts of relationships – with your family, your friends, your co-workers, and even with civic groups and charitable organizations you support. But have you ever considered another key relationship – the one you have with money? Of course, this type of relationship has several aspects, such as saving, spending and investing. And your fellow Americans clearly face some challenges in these areas. For example, in a recent survey by financial services firm Edward Jones, only 21% of respondents reported that they feel happy when thinking about saving money, while 92% said they see room for improvement in their financial health. Yet only one in four plan to improve their spending habits. Furthermore, just 26% said retirement was a top savings priority.

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PET OF THE WEEK

Meet Wilson! This handsome guy came to us as a stray and was unfortunately never claimed. He’s a very sweet Australian Shepherd, and is incredibly smart! He already knows sit, paw, speak, down, and we’re sure much more. He can get mouthy and independent at times, but with proper exercise and activities he should be fine! Wilson will need an adult-only home, would do best as the only dog in the home for now, and no cats.

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Gilford girls take alpine championship *Golden Eagle boys finish as runners-up*

BY BOB MARTIN

Bob@Salmonpress.news

NEWBURY – It was a big day for Gilford High School at Mt. Sunapee last week with the girls' alpine ski team taking the Division 3 state title and the boys' team the runner up.

In the slalom for the girls, Sydni Lehr was the state champion with a time of 1:02.11. Bethany Tanner placed fifth with a time of 1:05.46; Sophia Lehr was eighth with a time of 1:08.06; Kendall Jones was 19th with a time of 1:12.94; Shealagh Brown was 20th with a time of 1:14.63 and Tessa Tanner was 22nd with a time of 1:15.78.

In the giant slalom, the girls' team was led by Bethany Tanner, who had a time of 1:12.29 for fourth place. Sophia Lehr was seventh with a time of 1:14.26; Sydni Lehr was ninth with a time of 1:15.98; Jones was 15th with a time of 1:20.28; Lord was 19th with a time of 1:22.80 and Brown was 25th with a time of 1:26.88.

In the slalom, the boys' team was led by Morgan McCarthy, who took the state title with a time of 1:00.63. Cole Howard was 11th with a time of 1:10.05; Nick Kaminski was 17th with a time of



COURTESY

The Gilford girls' alpine team won the Division 3 state title last week.

1:16.59; Caleb Clough was 19th with a time of 1:17.16 and Max Stephan was 29th with a time of 1:40.94.

In the giant slalom, McCarthy was third with a time of 1:08.65; Howard was 13th with a time of 1:14.44; Kaminski was 21st with a time of 1:20.39; Clough

SEE ALPINE PAGE B2

COURTESY

(Left) The Gilford boys' alpine ski team was the Division 3 runner up in the state championship.



BOB MARTIN

(Left) Shelby Cole became the third player in Gilford girls' basketball history to reach the 1,000-point mark.

BOB MARTIN

(Right) Shelby Cole celebrates alongside fellow 1,000-point club members Lindsey Carr and Sandy Thrall Found.



Grand night for Shelby Cole *Gilford senior reaches 1,000-point mark*

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – It was a monumental night for the Gilford girls' basket-

ball team last Tuesday with senior Shelby Cole scoring her 1,000th point in a blowout win over Winnisquam by a score

of 80-11.

Cole came into the

game needing only five points to reach the mile-

stone and nobody ever said it was going to be

easy. She scored two
SEE HOOPS PAGE B2

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BOB MARTIN

The Bulldogs celebrate after the first of five goals against Kennett in a shutout win.



BOB MARTIN

Jackson Collins brings the puck up the ice against Kennett.

Bulldogs continue their hot streak, win two more

BY BOB MARTIN
Bob@Salmonpress.news

LACONIA – The Belmont/Gilford Bull-

dogs had a couple big wins last week over Kennett and Monad-

nock/Fall Mountain in blowout fashion. It was all Belmont/Gilford early against Kennett with the Bull-

dogs scoring early and often. With 13:15 on the clock, Andrew Rowley scored on a shot from about 15 feet away to the glove side top corner of the net. It was assisted by Griffin Tondreau. Less than two minutes later, Jackson Collins scored with an assist by Cam Jarvi. The attack continued with a goal 30 seconds later by Tondreau, assisted by Owen Guerin.

It was a scoreless second period but then the Bulldogs tacked on two goals in the third period to seal the 5-0 victory. Tondreau scored his second goal of the night with an assist by Hayden Parent. The final goal came with 2:35 on the clock by Jarvi, assisted by Collins. Colin McGreevy had 23 saves in the shutout win.

“Solid defense and great goaltending allowed us to finish the game strong in the third with two more goals,” said coach Jason Parent.

Belmont/Gilford then beat Monadnock/Fall Mountain 8-2 in what was a physical game throughout. The Bulldogs were led by Jarvi, who has been hot of late with a four-point effort in the win. Scoring goals in the game were Nate Shirley and Jarvi on two occasions, Guerin, Zoltan Stefan, Joey Blake and Trevor Chassie. Hayden Parent had three assists in the win.

The Bulldogs are on a six-game winning streak as the season winds down. Next up is Kearsarge/Plymouth on the road on Feb. 22 at 2:30 p.m.



BOB MARTIN

Andrew Rowley controls the puck for the Bulldogs.



BOB MARTIN

Owen Guerin takes a shot for the Bulldogs against Kennett.

BCSA hosting dinner, Bear Island presentation

GILFORD — Belknap County Sportsmen’s Association will be hosting its annual Italian Night dinner on Thursday, Feb. 20, at 6 p.m. at the BCSA clubhouse on Lily Pond Road (Route11C) in Gilford. At the conclusion of the meal, historian John Hopper will offer a presentation of the history of Bear Island.

Attendees will learn about the second largest of the 262 islands in Lake Winnepesaukee, an unabridged island that is home to 200 residents.

Hopper and his wife Linda are residents of Center Harbor. John Hopper is retired while Linda Hopper continues to teach yoga classes. They have two grown children and two grandchildren. They spend summers on Bear Island. Since 1947, John Hopper has spent part of every summer

SEE **BCSA** PAGE B3

HOOPS

(Continued from Page B1)



BOB MARTIN

Shelby Cole has been the top player for Gilford this season and she is now a member of the 1,000-point club.

points in the first quarter but then four minutes into the game, Cole was sidelined with an ankle injury. After working with the trainer, she re-entered the game and hit a free throw. At the end of the quarter, Cole reached the mark in dramatic fashion as she sank a three-pointer.

Cole was presented the game ball by two fellow 1,000-point club members Lindsey Carr and Sandy Thrall Found. This makes Cole only the third 1,000-point scorer in Gilford girls’ basketball history.

“To think about four years ago and where I was as a player, this is just incredible,” Cole said. “It is surreal. I couldn’t have done this without my team the last four years. They’ve really been with me and have given nothing but support.”

Coach Rick Forge was very proud of Cole, say-

ing that she joins elite company and it is a great accomplishment.

“This isn’t something you see all that often and to be able to do it at home was a great thing,” said Forge. “Her freshman year she was playing behind some dynamite players. She is a workhorse for us. For her to accomplish this involved a lot of hard work and dedication, so kudos to her.”

Cole said she has high hopes for the Golden Eagles and can see the team as a championship contender.

“I think if we play to our potential we can do anything,” Cole said.

Cole scored 18 points in the game. All 11 players in the lineup scored including key contributions from Vanessa Flanders with 13 points and Tea Rodney with eight points.

Gilford also had a 41-26 win over Mascoma

last week. It was close in the first half with the game tied 8-8 after one quarter and Mascoma leading 16-14 after two quarters. Then Gilford took over the rest of the way outscoring Mascoma 27-10.

Cole led the way with 22 points, five assists, five steals and three boards. Abby Warren had nine points, 12 rebounds, three steals and an assist. Kate Sullivan had four points, nine rebounds, three steals, two blocks and an assist. Abby O’Connor had four points, seven boards, four blocks and three assists.

Gilford finished out the week against Fall Mountain and fell 66-38. Fall Mountain came out of the gate hot, outscoring Gilford 25-3 and the Golden Eagles could never claw back despite outscoring Fall Mountain in the second half. Cole led the way with 15 points.

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ALPINE

(Continued from Page B1)



BOB MARTIN

Morgan McCarthy was the state champion in the slalom and third in the giant slalom.



BOB MARTIN

Sydni Lehr tucks as she finishes out the slalom, which she won in the Division 3 state championship meet.

was 22nd with a time of 1:21.60; Stephan was 24th with a time of 1:23.46 and Colton Workman was 35th with a time of 1:30.74.



BOB MARTIN
Adrian Siravo was the leading scorer for the Golden Eagles with 25 points.



BOB MARTIN
Jalen Reese goes up for a shot against Winnisquam last week.



BOB MARTIN
Connor Sullivan looks for an open man against the Bears.

Golden Eagles rally past Winnisquam

BY BOB MARTIN
Bob@Salmonpress.news

TILTON – The Gilford boys' basketball team traveled to the Tilton School to take on the Winnisquam Bears last week and while Winnisquam held a lead late in the game, the Golden Eagles battled to take a 54-48 victory.

The first quarter was tight throughout, with both teams trading leads five times. It was tied 10-10 with two minutes left in the quarter but then Gilford finished out the frame with a 5-0 run to go up 15-10. In the second quarter, the Golden Eagles continued to play well with a quick basket but then Winnisquam went on a tear with three straight makes

from behind the arc by Gunnar Horman, Phil Nichols and Anthony Robbins to take a 19-17 lead.

The two teams went back and forth with strong play by Adrian Siravo and Logan Hughes as the quarter came to a close. Robbins hit another three-pointer to make it a 24-19 game and Winnisquam then took a 24-22 lead onto half-time.

In the third quarter, Siravo came out and hit a shot from beyond the arc to take a 25-24 lead but Nichols followed with a quick layup to make it 26-25. The lead continued to change hands but Winnisquam took a 41-35 lead into the third quarter as the Bears outscored Gilford 17-13

in the quarter.

It was tied at 41-41 with 4:30 left in the game but the Bears had trouble controlling Siravo, who had nine of his game high 25 points in the fourth quarter to rally the Golden Eagles to the big win.

Gilford coach Rick Acquilano was happy that the team hung in and pulled out a gutsy win.

“You kind of have to grind it out and fine tune what we do at this point in the season,” said Acquilano. “I was proud of the effort the kids put in. There were a couple times when the game was getting away from us but they dug it out and that is good for our character. I told them, the journey is on the road so getting this win away from home was big.”

Winnisquam coach Kevin Dame said most of the time his team showed tremendous effort, but the problem was that this wavered as the game wore on.

“Against a team like Gilford you need to have all five guys on the court showing that kind of effort,” said Dame. “We need to focus better and execute. But considering we

are dealing with some injuries and players

out, and they battled am proud of them for against a top team, I that.”

Gilford Hills offering tennis programs for kids

GILFORD — Gilford Hills Tennis and Fitness offers great low cost programs for high school and elementary kids on Tuesday afternoons.

This is a great opportunity for kids 6-13 to learn and play the lifelong sport of tennis. The program also gives high school players an opportunity to get a jump on their spring tennis season inside.

The next six-week session begins on March 3. Times are 3:30-4:30 p.m. for high school and 4:30-5:30 p.m. for elementary. Fees are just \$60 for members and \$66 for non-members for the six-week session. This program is led by Elite Tennis Pro Curt Chesley along with several other local tennis players. For more information and to register, call Gilford Hills at 293-7546.

The club is located at 314 Old Lake Shore Road in Gilford. Owners Adam Angle and Marc Bourgeois have made numerous improve-



COURTESY PHOTO
Trey Bourgeois works on his volley at Gilford Hills Tennis and Fitness.

ments to the courts over the last several years. It is the Lakes Region's premier indoor tennis and fitness club.

Flag football gives kids many advantages

MEREDITH — The Lakes Region Flag Football program develops "skill position players." Many of the league participants have gone on to start on their middle school, high school and college teams.

The league believes kids should play flag football. Playing non-contact flag football allows players to develop position skills that improve a player's abilities.

Quarterbacks learn how to make independent decisions and call plays. In the league, the quarterback does not have the option to run, placing more emphasis on recognizing and reading defenses and passing the football. The throwing windows are smaller, which aid in developing accuracy. A defensive blitz on any potential play help the quarterback develop footwork, mobility, and quick thinking under pressure.

Wide receivers/running backs learn proper stance and start, hand placement, route terminology, running routes, reading defenses, how to create separation, catching in traffic and running after the catch.

Defensive players learn defensive end, nose tackle, linebacker, defensive back, safety and pass rushing skills. Players on defense develop footwork, backpedaling, reading the quarterback, breaking on the ball and catching interceptions. Players also learn man to man and zone coverage techniques.

With only eight to nine players per team and five-on-five games, players enjoy increased participation with playing time and touches on the football. The 30-second play clock creates a fast-paced game with many more plays and repetitions.

The league is offering five co-ed age divisions this season: 6U, 8U, 10U, 12U, 14U and a co-ed high school division. Sibling discounts are available. Season will begin in early April and run until late June. Commitment is two hours per week. Register at lrffl.com.

For more information, contact lrffl@metrocast.net, and follow the league on Facebook at lakesregionflagfootball.

BCSA (Continued from Page B2)

on the island. He was a commercial banker by trade but an historian by training. He majored in American History at Wake Forest University, then went on to earn an MA in African History at Ohio University and a PHD in South African History at Yale university before going into banking. He is the author of two books: “The History of Bear Island” and “The

Bear Island Chapel.” They are co-presidents of the St. John's chapel on-the-lake (Bear Island). John Hopper is a board member of the Meredith Historical Society and his current research is focused on the early history of Meredith Village

Admission is open to all club members and the community at large, doors open at 5:30 p.m., water and soda provided.

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Gilford swimmers wrap up the season

BY BOB MARTIN
Bob@Salmonpress.news

DURHAM – The Division 2 state swimming meet took place last week and several swimmers from Gilford High School competed against athletes from around the Granite State and placed 14th out of 20 teams.

In the 200-yard medley relay, the Gilford girls' team was 16th with a time of 2:20.25. It included Claire Bartley,

Reagan McIntire, Catherine Pingol and Grace Shoemaker.

In the girls' 50-yard freestyle, Laurel Gingrich had a time of 25.51 for fourth place. She was also 15th in the 100-yard butterfly with a time of 1:09.70.

Grace Shoemaker was 20th in the 100-yard butterfly with a time of 1:13.49.

In the 200-yard freestyle relay, the Gilford

girls' team was 12th with a time of 1:58.05. The team included McIntire, Shoemaker, Gingrich and Avery Totten.

In the 400-yard freestyle relay, Gilford was eighth with a time of 4:38.97. It included Pingol, Totten, Bartley and Gingrich.

JOSHUA SPAULDING
(Right) Catherine Pingol competes at the Division 2 state swim meet last weekend.



Reagan McIntire dives to start the 200-yard freestyle relay at the state meet.



Laurel Gingrich had a solid day swimming at the Division 2 swim meet at UNH last week.



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Flag football league open for girls

REGION — Speed, agility, finesse, quick reflexes, that's what it takes to play flag football. Girls are very good at the sport of flag football and they thrive in the non-contact nature of this extremely fast-paced game.

The Lakes Region Flag Football League is reaching out to girls ages 4-17 to play co-ed flag football this spring. Registration is open for the Lakes Region Flag Football League's Spring 2020 season. The LRFFL is a co-ed NFL Flag Program for boys and girls ages 4-17.

The league is offering five co-ed age divisions this season, 6U, 8U, 10U, 12U, 14U and a co-ed high school division. There are sibling discounts offered. Season will begin in early April and run until late June. Commitment is two hours per week. Register at lrffl.com.

For more information, contact lrffl@metrocra.net and follow the league on Facebook at lakesregionflagfootball.



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Carolyn Ramsay Band returns to Pitman’s Freight Room

LACONIA — Pitman's Freight Room at 94 New Salem St. in Laconia is pleased to announce the following events scheduled for this weekend.

**Friday, Feb. 21
8 p.m., \$20:
The Carolyn
Ramsay Band**

The Carolyn Ramsay Band is a collaboration of musical talent brought to life by Carolyn Ramsay - lead vocals and rhythm guitar, Jessica Ramsay - lead vocals, harmony and rhythm guitar, Chuck Farrell - lead guitar, Bud Clark - bass guitar, and Mike Chatigny - percus-



COURTESY

The Carolyn Ramsay Band sion and back-up vocals.

After knowing one another for years, the group formally formed the band in 2012 with the goal of doing what they are passionate about and bringing music to central New

Hampshire. Picturesque Wolfeboro, NH is home to CRB who’s style of music mimics the beautiful environment. With roots in Rock and Folk music, their soulful style paints the songs they cover with



COURTESY

The Tall Granite Big Band their own brush leaving a joyful impression on their audience.

Doors open at 7pm and Pitman's is a BYO Venue. For reservations, call 494-3334.

**Saturday, Feb. 22,
8 p.m., \$20: Swing
Dance with the Tall
Granite Big Band**

From the syncopated heart of New Hampshire, the Tall Granite Big Band carries on its Swing tradition Texas style! The 18-member band has its roots in Texas with music collected over seven decades by the late Houston bandleader Johnny Dyson. The Dyson band’s early repertoire included classics from Glenn Miller, Count Basie, Perez Prado, Duke Ellington, Harry James, and other greats. But Dyson also worked closely with Texas arrangers includ-

ing Don Elam and Fred Baetge, and over time his bands acquired unique material reflecting the vital “Third Coast” culture and its Blues and Latin influences, which help distinguish Tall Granite today. Today, our members are drawn from around the Granite State and our focus – as it was in Dyson’s day -- remains on dancing! Our Pitman’s Dance Nights typically are prefaced with a complimentary Swing dance lesson from area instructors to help everyone acquire or brush up their moves! So if you’re done with dueling banjos or screaming guitars, grab your two-tone shoes, slick back that hair, join us at the excellent Pitman’s Freight Room and swing and sway or just relax to the Tall Granite Big Band’s smokey horns and unique sound!

Free Dance Lesson before the show from 7 – 8 p.m. Doors open at 6 p.m., and we are a BYO Venue.

For reservations, call 494-3334.

Meredith Village Savings Bank Fund announces grants

REGION — The Meredith Village Savings Bank Fund at the New Hampshire Charitable Foundation has awarded \$105,000 to 15 local non-profit organizations. These grants are additional to the Bank’s many contributions in the form of sponsorships, donations and scholarships, as well as the exceptional volunteer efforts of their employees.

“The community has always been at the heart of our mission,” said Rick Wyman, President of Mer-edith Village Savings Bank. “We are very fortunate to have so many valuable non-profit organizations that provide essential services to the people and families of the Lakes Region and Seacoast.”

Recipients of the MVSB Charitable Fund grants include:

The Circle Program, Plymouth

- Awarded \$3,000 to help fund the purchase of technology that would be used as a valuable aid for engaging Circle participants in STEM curriculums. The Circle Program serves at-risk, under-resourced girls and teens by offering them adult mentoring statewide for positive, personal growth and development. The Program promotes leadership, team-building, healthy relationships and personal responsibility.

The Friends of the Libby Museum,

Wolfeboro

- Awarded \$2,500 for the restoration of the Libby Museum’s multi-purpose room for children’s programs and community meetings. For more than 30 years, the Friends of the Libby Museum have provided resources for the Museum’s nature programs for children, live animal shows and restoration of collection items. Founded in 1912, the Libby Museum is the oldest natural history museum in NH, and is registered as a national historic place for their contribution to education by the Department of Interior.

Hospice Help Foundation, Portsmouth

- Awarded \$5,000 to support hospice patients struggling with poverty. The Hospice Help Foundation provides financial assistance to patients in dire financial need. Their focus is on improving the quality of life of patients and loved ones, while easing the burdens that accompany terminal diagnosis and illness.

Inter-Lakes Middle & High School Robotics Team, Meredith

- Awarded \$25,000 to purchase manufacturing equipment and parts for the Team’s robot/solution, which include manufacturing equipment, tools, electronics and storage. A mentor-based robotics team at Inter-Lakes

Middle and High Schools, the newly formed LakerBots, are entering the 2020 FIRST Robotics competition for the inspiration and recognition of science and technology.

Got Lunch!, Ashland and Holderness

- Awarded \$1,000 to support the Got Lunch program serving the towns of Ashland and Holderness for the summer of 2020. Got Lunch is a community-based program that provides healthy lunches to children during their summer break.

Kingswood Youth Center, Wolfeboro

- Awarded \$3,000 to support the Club 121 Mentoring Program, which promotes adult mentorship to middle schoolers on a one-to-one basis. Members of the Kingswood Youth Center staff mentor and advocate for their students by creating strategies for academic success, setting and achieving goals, exploring productive interests and fostering positive relationships. The Center has been serving youth ages 12 to 18 in the Governor Wentworth Regional School District since 2000, offering a safe and positive environment for local youth participants so that they may grow, learn and develop life skills critical to success in the adult world.

GATHER, Portsmouth

- Awarded \$5,000 to expand Meals 4 Kids, which provides ten meals per week per participating child throughout the summer and during school vacations. Committed to ending hunger throughout the Seacoast region, GATHER partners with the community to address the root causes of hunger. The organization offers nutritious food from their innovative distribution programs, as well as through their pantry market.

Lakes Region Mental Health Center, Laconia

- Awarded \$25,000 to purchase technology that will help with faster service and delivery capacity for timely

and effective access to treatments. The Lakes Region Mental Health Center provides integrated mental and physical health care for people with mental illness. They are the community mental health center of Belknap and southern Grafton counties. Offering outpatient and emergency mental health care, the Lakes Region Mental Health Center serves children, adults, elders and their families throughout the Lakes Region.

The Barnstormers Theatre, Tamworth

- Awarded \$15,000 to facilitate repairs to the roof of their historic building. The Barnstormers Theatre is one of the country’s oldest professional theaters. For the last 90 years, the company has offered audiences rich, cultural experiences in a comfortable and inviting venue located in the heart of Tamworth village. The Theatre is also home to the company’s summer season and to area nonprofits who share a variety of artistic offerings with the community.

Communities for Alcohol and Drug-Free Youth (CADY), Plymouth

- Awarded \$2,500 to support CADY’s Restorative Justice Program, which provides first-time youth offenders a second chance by keeping them in the community, and preventing entry into the juvenile justice system as well as juvenile delinquency. Programming for Restorative Justice includes mentoring by caring adults, community service and pro-social opportunities that correlate with the youth’s strengths, connections to social service resources and prevention education. CADY was founded to educate families, schools and communities about the importance of drug prevention and misuse among members of Central and Northern NH.

Court Appointed Special Advocates (CASA), Manchester

- Awarded \$5,000 to help fund the recruitment, training and support of additional

SEE GRANT PAGE A7

MARK ON THE MARKETS

Mutual fund expense



BY MARK PATTERSON

On a very regular basis, I will sit down with a potential new client who brings their account statements into the meeting, which typically are full of managed mutual funds. These mutual funds have an assortment of fees attached to them that we can see, but sometimes they are disguised hidden deep in something called “statement of additional information,” which is a document mutual fund companies make available upon request but don’t generally distribute to investors.

The most obvious fee attached to a mutual fund is the expense ratio. The expense ratio is typically not hard to find and ranges from about .07 to 2.65 percent, which sounds very high, and it is! I did not realize that there were still mutual funds that had that kind of expense ratio, but I witnessed one yesterday in a new client account that his “investment representative” from a local bank brokerage placed in his account. Brokerage and wealth management arrangements inside of banks are a topic for another article, just be aware in many cases the brokers are not bank employees. They often just have commission splitting arrangements with the bank. Selling product is their goal, not advice delivered in a fiduciary capacity.

So why is it that it seems the client never really makes superior returns in these mutual funds? Another key statistic to look at regarding your mutual fund is the turnover ratio. The turnover ratio is simply the amount of times

that stock, or bonds are bought and sold which leads to increased operating costs and tax ramifications if this fund is not in a tax qualified account. These transaction costs lead to roughly 1.44 percent additional expense in the typical mutual fund. Cash drag is simply a term used to explain an additional 0.83 percent of expense per year in a mutual fund according to Ty Bernicke, CFP. This cash is not used for tactical purposes, but only for liquidity in funds that must carry adequate cash for investor outflows.

All mutual funds carry these additional hidden expenses to some degree, however low-cost index funds fees are typically much lower.

Broker sold funds may also carry a load or commission that you must consider as well. Usually “A” shares have an upfront commission somewhere around 5 percent, so only 95 percent of your money is invested and is subject to these additional ongoing fees. C shares usually don’t have an upfront commission but have a very high expense ratio of which approximately 1 percent annually goes back to the broker as a trail commission.

I don’t know many circumstances when you would not do better for yourself and your money to use low-cost mutual or exchange traded funds. If you wanted help you can hire an advisor on a fee basis to manage these funds. Make sure that the advisor you hire is working for you with a fiduciary duty and makes their fee structure very transparent.

If you would like to discuss this topic or anything else, give my office a call or send me an email.

Mark Patterson is an advisor with MHP asset management that can be reached at 447-1979 or Mark@MHP-asset.com.



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DOG BAN

(Continued from Page A1)

them. Greene said representatives from Cal Ripken said they are seeing the same thing happening at Francoeur Field and wanted to prevent that. At the same time Greene said he could not find a specific rule or ordinance banning dogs from Stonewall Park and asked if the selectmen wanted to clarify that policy.

Greene said there aren't any similar concerns on Village Field, which is an open space where people can watch their dogs.

“At these other parks they just let them loose they don't pay attention,” Greene said. “That's the crux of the issue Cal Ripken can have.”

Board Chair Richard Grenier said when he was on the Budget Committee in the early

'80s there was a multi-step plan proposed for Stonewall Park including adding a nature walk, a playground, and others though nothing ever materialized. He said he realized they couldn't do those things because of the cost, though he said he would like to see something there for dogs.

Greene said Stonewall Park has an elevation change and any other projects would require filling or permitting. Happy Tails Dog Park did recently open in Laconia to provide a place where dogs can be let off the leash and play in a fenced area.

Town administrator Scott Dunn asked the board for guidance on how to go forward, asking if they wanted him to draft an ordi-

nance and what the fine would be for violations. Selectman Gus Benavides recommended keeping the fine structure similar to what the town beach uses for dogs. Dogs other than service animals are not allowed at the town beach and there is a three tier fine process for multiple violations.

The selectmen agreed to have a public hearing at the next meeting on Feb. 26. Specific details on the policy can be found at <https://www.gilford-nh.org/towncloud/news-item/Public-Hearing-Notice-February-26-2020-at-700-pm-1194>.

The board also unanimously approved the list of four recommendations made by Gilford Cal Ripken.

PRIMARY

(Continued from Page A1)

ceived 27 votes, Deval Patrick got five votes, four Gilford votes went to Michael Bennett, and Cory Booker received two votes.

One vote each went to Kamala Harris, Steve Bullock, Marianne Williamson, Henry Hewes, Robby Wells, Sam Sloan, Rita Krechevsky, Julian Castro, Mark Greenstein, Thomas Torgesen, John Delaney, David Thistle, Tom Koos,

Steve Burke, Michael Ellinger, Ben Gleib Gleiberman, Raymond Moroz, Lorenz Kraus, Joe Sestak, Jason Dulanap, and Mosie Boyd didn't receive any votes in Gilford.

Donald Trump was the overall choice for Gilford Republicans with 934 votes.

A number of Republicans also cast their votes for Bill Weld, who received 85 votes in Gilford.

Mary Maxwell re-

ceived seven votes and William Murphy got four votes.

Gilford voters cast three votes each for Joe Walsh and Steven Comley, Sr. Rocky De La Fuente, Eric Merrill, and Robert Ardini received two votes. One vote was cast for Matthew John Matern and Zoltan Istvan.

No votes were cast for Bob Ely, Larry Horn, Star Locke, Rick Craft, President Boddie, and Juan Payne.

THEATER

(Continued from Page A1)

of Rock.”

“Ours is a comedy too but it has a death aspect,” Nash said of “Snow Angel.”

“These Shining Lives” has the added responsibility of portraying real people.

“I think it's more challenging,” Lehman said. “It's more challenging to play a character who's based off an actual person because you have to do a lot of research.”

Sasserson said they didn't learn about these women in school. She said it was inspiring to follow their stories and see what they accomplished through awful challenges.

“We really want to do these women justice,” Kenney said.

Students in both shows are working on makeup and costumes as well. Theater teacher Matt Demko said they try to take a holistic and more relaxed approach with the spring shows.

“We like to get a lot of the students involved in the spring,” Demko said.

Both Nash and Kenney will do the costumes on their respective shows, They both did costumes for the production of “School of Rock,” but Nash said this is her first experience costuming a whole show. In “Snow Angel” most of the costumes are modern day clothing, though Eva's clothing is a bit different.

“I'm helping the cast find pieces of their costumes,” Nash said.

She said she will probably alter pieces for Eva's outfit.

Many of the costumes for “These Shining Lives” will be from thrift store clothes. Kenney will do the makeup and effects for the show, saying she will use blacklights and special paint to show the glow of radium.

Both shows will take the GHS stage March 27 and 28.

“These Shining Lives” will go to the New Hampshire Theatre Guild festival. GHS will be hosting the second round of the festival in April.

NOTEBOOK

(Continued from Page A4)

but nay, I in fact fetched up as the guest of Beth Leconte and Glen in their neat home on a spacious lot tucked away at the end of a lane, shade trees all around. As usual, I asked endless questions (“Where does that transmission line end up?”) and in fact learned a few things.

For example, while on the island of Bermuda 20 years or so ago, I was snidely referred to by someone speaking with a highly refined British accent as a “swamp Yankee.” However, in Rhode Island this is a term of endearment, reserved for people who go to sea or who farm or who venture into dangerous places, such as crowns of trees or dimly-lit bars late on Friday nights, especially after closing. I checked my bonafides on this and actually found some enduring callouses on my hands, and was glad for my years of dragging trees, building fence, and moving sheep.

+++++

Back during the early '50s, when my siblings and I were on the way home from visiting grandparents in Littleton, Lisbon, Bethlehem and Concord, we faced a solid four and a half-hour trip up Route 3 from the Capital City to Colebrook. This same trip takes intrepid Colebrook travelers today about two hours and fifteen minutes, depending on the weather and their respect for the law.

Back in those archaic

days of cement-section highways, having listened to “ta-DUMP” all the way north, we knew we were close to home--just an hour now!--when we topped the saddle between Mount Prospect and Mt. Orne, to see the beautiful town of Lancaster sprawled out in the valley of the Connecticut River, and the Lancaster Fair buildings dominating the distance.

Beyond, on a clear day, we could see far up the valley toward home. The names of the towns we would pass through on the way north had long since been drummed in: Northumberland, Groveton, Stratford Hollow, North Stratford, Columbia, and then Colebrook, where the driveway at 14 Park Street looked mighty good indeed.

But the view of Lancaster and the Fairgrounds signaled the transfer from one world into another. Visitors from afar and long-absent sons and daughters say this too, to this very day, a constant emotion--the pitch down into Lancaster is it.

Governor Sherman Adams had it right when he coined the best-ever definition of the North Country, an elusive thing for many but never elusive for us: “Those lands to the north of the great notches.”

Governor Adams, known as a man of few words, needed no more for this one.

+++++

Like most kids during their growing-up years, we spent a considerable amount of time playing in the dirt. But the dirt in Littleton and Lisbon was nothing like our dirt far upriver in the meadows and hillsides of the Upper Cohasse Intervales, as the North Country was first delineated on maps. What's more, even the trees were different--lots of fluffy, puffy pines, beginning just above Groveton, some of them old giants, 80 to 90 feet high. But ever-fewer were the spruce and fir so emblematic of where we lived, “Land of the tall pointed trees.”

A week or so ago, I became part of a fun discussion on how the landscape can help shape a kid's psyche. The sand and dirt that Russell Smith and I dug into with ancient golf clubs at the Harrigan-Walsh Championship Golf Links in Lisbon, along the road to Landaff, smelled nothing like the site of similar projects 80 miles upriver in Colebrook--no better or worse, just different.

Like a trout or salmon fighting its way upriver, perhaps if dropped alongside a road Down Below, we'd be able to follow the smell and feel of the soil and the sight and sigh of the trees, all the way up and back, up back of New Hampshire, to our ancestral home.

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

STRATEGIES

(Continued from Page A5)

ity for one of our cells to mutate into a cancer cell. And in much the same way, we have been born with a predisposition to sin.

Defined here as self-centered rebellion against the known will of God, sin is typical to our human nature. It encroaches on our lives, driving us further and further away from the person God created us to be. Left “untreated,” sin will ultimately doom us to eternal death.

But this death, characterized in the Bible as eternal separation from God, need not be.

A righteous and holy God gave of Himself in the person of His Son, Who took on Himself the penalty divine justice demands for our sin. In the words of the Apostle Paul, “The wages of sin is death but the gift of God is eternal life through Jesus Christ, Our Lord.” Jesus died in our place, assuming the death we deserve, that we might enjoy, even in the here and now, a dynamic relationship with God.

In light of my own spiritual experience, it is difficult for me to understand why ac-

cepting God's authority is such a difficult decision for so many. I will grant that welcoming Jesus Christ as the Lord of our lives may demand changes to our lifestyle, but God never takes more than He gives in return. The peace that comes from knowing your sins have been forgiven, the sense of God's presence in your life, and the assurance that heaven awaits, beats anything this life has to offer.

For further thought, follow me at indenseoftruth.net.

COMPASS

(Continued from Page A5)

of the Lakes Region. The guest will work with her coach to create, follow, and update a recovery wellness plan to serve as a roadmap for her as she moves toward independent living.

“There is such a strong spirit of collaboration here in the Lakes Region – that is

what made Compass House possible and what it will take to keep it operating successfully,” said Daisy Pierce, Executive Director of Navigating Recovery of the Lakes Region. “This is a great model for the rest of the state.”

In addition to state funds, Compass House received rebates from

NH Saves Home Energy Assistance through Liberty Gas. The New Hampshire Women's Foundation, Annette P. Schmitt Trust, New Hampshire Charitable Foundation, and Eversource provided grants for furnishings, which were provided at a discount by DCI Furniture of Lisbon.

GRANT

(Continued from Page A6)

volunteers in the Lakes Region and Seacoast areas. The Court Appointed Special Advocates of NH or CASA was founded to advocate for abused and neglected children within the state court system.

Lake Winnepesaukee Association, Meredith

- Awarded \$5,000 to support the organization's conservation efforts through an AmeriCorps service program. The Lake Winnepesaukee Association is dedicated to protecting the water quality and natu-

ral resources of Lake Winnepesaukee and its watershed. Through monitoring, education, stewardship and science-guided approaches for lake management, Lake Winnepesaukee's scenic beauty, wildlife habitat, water quality and recreational potential continues to provide enjoyment long into the future.

Newfound Area Nursing Association, Bristol

- Awarded \$2,500 to upgrade the organization's infrastructure with additional

technology that will improve comprehensive care to clients. The Newfound Area Nursing Association is a community-based home health care and hospice organization, serving patients of all ages and circumstances.



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WildQuest Winter Camp begins Feb. 24

LACONIA — Worried about keeping your kids happy, occupied, and exploring nature in the great outdoors this February break? Prescott Farm Environmental Education Center in Laconia has the answer!

WildQuest Winter Vacation Camp meets during the New Hampshire school vacation week (Feb. 24 – 28) and there are a few spots still available for your curious six to 12-year-old. With a focus on the natural world – and plenty of outdoor fun – WildQuest Camps are the perfect match for inquisitive young explorers.



Camp sessions are 9 a.m. to 4 p.m. with extended care hours available from 8 a.m. until 5:30 p.m. Registration is for a full week with some limited by-the-day spots available.

“WildQuest camp instructors can’t wait to share their enthusiasm for science, nature, and the outdoor world with campers,” WildQuest Camp Director Jacob Newcomb said. “The winter season gives us a chance to take part in unique activities like snowshoe adventures, frozen pond explorations, sledding, maple sugaring activities, and campfires... complete with s’mores, of

course!”

For details about WildQuest Camp and Prescott Farm member discounts, and scholarship opportunities, visit prescottfarm.org or call 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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Acton Academy announces local informational sessions

REGION — Acton Academy will host a series of informational sessions throughout the Lakes Region at the following locations and times over the coming weeks.

Feb. 22, 10 a.m. - Gilford Library
Feb. 29, 10 a.m. – noon, Acton Academy Open House, 791 N. Main St., Laconia
March 21, 10 a.m. - Meredith Community Center

March 28, 10 a.m. - Belknap Mill Laconia

Discover the Learning Revolution that is spreading across the country like wildfire! At Acton Academy we believe in a learner-driven approach that empowers young students, grades K-6, to follow their curiosity and learn at their own pace and in their own way. We engage in Socratic discussions to strengthen

critical thinking, we have real-world hands-on projects and we are regularly out in nature. We focus on inspiring strong character, compassion and kindness as well as building core skills knowledge.

We believe that every person who enters our doors is a Hero on a Journey to discover the treasure within themselves that will enable them to follow their passion and

change the world.

Find out more at one of our Saturday Info sessions around the Lakes Region! All are welcome - length of session is usually about 30 mins. This is your chance to ask questions and dive deeper, hear amazing stories about actual Acton Academy students and find out if this community is what your family has been looking for. We can't wait to meet you!

GRANT

(Continued from Page A7)

will em-power children and parents from low income households to make healthier food choices. Founded in 2005 to address the Lakes Region’s unmet public health needs, the Partnership for Public Health collaborates with local partners to create a safer and



Meredith Village Savings Bank Fund Committee Members announce grants. Left to right: John Kitchen, Rick Wyman, Michael O’Leary, Charles Hanson, Jeanie Forrester and Justin Van Etten.

healthier community. They have a number of public health initiatives including, ServiceLink Resource Centers in Belknap and Carroll counties, Healthy Eating Active Living (HEAL) in Franklin and Laconia, substance misuse and suicide prevention, emergency preparedness, immigrant integration, school-based immunization and oral health education.

Wolfeboro Nursery School
- Awarded \$3,000 to

be used for tuition assistance for families in Wolfeboro. Wolfeboro Nursery School is a cooperative preschool offering a developmentally appropriate educational experience for children age 3 to 6 years. The School believes children are diverse learners, who benefit from a setting that encourages creativity, questioning, risk-taking and exploring.

The Meredith Village Savings Bank Fund was established in 1997 under the leadership of John Starrett, then President and CEO of the Bank. Since then, 398 grants totaling \$1,636,248 have been awarded to a wide range of environmental, social, educational and historic projects throughout the Greater Lakes Region, Plymouth and NH Seacoast areas. Over the years, the Fund has supported literacy programs, after-school programs, environmental monitoring and education, restoration of historic structures, organizations that provide support for individuals and families in chal-

lenging circumstances and equipment that helps save lives. The deadline for consideration in the next grant cycle is October 15, 2020. Applications are available at mvsb.com.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of Central NH. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

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