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# Gilford Steamer

THURSDAY, MARCH 18, 2021

GILFORD, N.H.

## Golden Eagles take Division III title in a thriller



RC GREENWOOD

The Gilford boys' hoop teams celebrates its Division III championship on Saturday.

BY JOE SOUZA

Contributing Writer

LACONIA — As it should be, the NHIAA Division III boys' basketball state championship game went down to the wire.

Gilford, riding the hot shooting of Isaiah Reese, used a big third quarter to erase a double-digit deficit and made just enough plays down the

stretch to turn back Hopkinton 41-40 in a thrilling title game at Laconia High School Saturday.

"We did enough to come out with the win," Gilford coach Rick Acquilano said amidst the celebration on the court.

And the Golden Eagles did just enough.

Two free throws by Hopkinton's Quinn

Whitehead knotted the game at 39-39 with a minute and 46 seconds remaining. Both teams came up big on the defensive side in the following trips down the court, Gilford getting a block from Jalen Reese and Hopkinton's Brendan Elrick answering with a block on the other end with just under 30 seconds left.

Gilford's Riley Marsh came up with the next defensive play, stealing the ball and laying it in on the other end to give the Golden Eagles a 41-39 edge with 18 seconds remaining.

But the Hawks had their chances in the final seconds. Hopkinton's Thomas Hoffman knocked down one of

three free throws to make it a one-point game (41-40). Then Gilford turned the ball over with 3.7 seconds on the clock. The Hawks kept possession after the inbounds pass was tied up for a jump ball with just under a second on the clock. Hopkinton got the ball into Whitehead at the side of the bucket,

but his quick shot was blocked by Jalen Reese just before the buzzer went off.

"It came right down to the wire as a championship game should," Hopkinton coach Steve Signor said. "We had our chances at the end... We just came up short."

And the Golden Ea-

SEE **HOOPS** PAGE A10

## Voters decide on candidates *All town warrant articles pass*



COURTESY PHOTO

BY ERIN PLUMMER

mnews@salmonpress.news

Several town and school district officials will serve new terms following this past week's election while some offices will have some new faces.

Voters took to the polls on Tuesday and chose candidates for town and school elections.

The Budget Committee will have one returning member and two new members. Kristin Snow was reelected with 434 votes and will be joined

by Amber LaTorre with 375 votes and Angelo Farruggia with 288 votes. Stephen Patterson was narrowly edged out with 286 votes.

Rae Mello-Andrews

SEE **CANDIDATES** PAGE A10

BY ERIN PLUMMER

mnews@salmonpress.news

All town warrant articles passed by significant majorities during town meeting voting.

Voters decided on town and school district warrant articles during Tuesday's town election day.

Article 2 of the town warrant was a proposed zoning amendment that would change the zoning of the northern side of Lake Shore Road east from Lily Pond Road from Industrial to Commercial. The article passed in a vote of 443 in favor and 115 against.

Article 3 adopted amendments to the town's fire code, which would put in additional provisions related to structure construction and maintenance for commercial/multifamily buildings and structures (478 yes

to 95 no).

The proposed budget of \$14,743,845 passed in Article 4 is after a vote of 429 in favor and 162 against.

Article 5 accepted the cost items in the two-year collective bargaining agreement between the selectmen and Teamsters Local 633 of New Hampshire representing certain Police Department employees in a vote of 464-111. This will also raise and appropriate \$50,749 in wages and benefits for the current fiscal year.

Article 6 put \$36,000 for the third and last phase of the police department's radio system upgrades, which would all come from surplus fund balance (525 yes-54 no).

Under Article 7, \$205,919 will go to the final lease purchase payment for Fire Engine 3 and

would come from the Fire Equipment Capital Reserve Fund (540-51).

The fire department will get a command vehicle for \$60,000 under Article 8 with \$12,600 being raised and appropriated for the first year's payment (451-119).

Article 9 purchased a pickup truck with plow and accessories for public works for \$55,000 (522-54).

Article 10 entered into a lease purchase agreement for a trailer mounted jet-vac cleaner for \$170,000 and put \$34,000 to make the equipment operational and as the first year's payment (416-146).

Article 11 will purchase and install a vehicle scale at the Solid Waste Center for \$85,000 with money coming entirely from the surplus find

SEE **ARTICLES** PAGE A10

## All articles on school district warrant sail through

BY ERIN PLUMMER

mnews@salmonpress.news

All articles on the Gilford School District's ballot passed, including the nearly \$28 million operating budget and deposits into various reserve funds for future capital projects.

Around 612 voters cast their ballots on Tuesday for town and school district voting.

Voters passed the school district's general operating budget of \$27,015,813 in Article 2 in a vote of 529 in favor and 60 against. If the article

failed, the default budget would have been \$27,935,981.

According to the school district budget presentation, the district is anticipating a guaranteed maximum health insurance increase of 7.4 percent with an increase of \$214,000 and a six percent increase in the New Hampshire Retirement System with a \$340,000 increase. The district is also anticipating an additional \$60,000 in cleaning supplies and personal protective equipment against COVID-19.

There was an anticipated reduction of \$57,614 in out of district bussing for special education and a \$49,267 bond reduction. There will be two staff reductions: a .33 full time equivalent health teacher in the high school for \$34,631 and .25 FTE of a world language extra in the middle school for \$21,141.

A number of maintenance and technology projects have been proposed for the district in the

SEE **SCHOOLS** PAGE A10



PHOTO BY ERIN PLUMMER

All articles on the Gilford School District warrant passed after town elections and voting. The warrant included money toward future renovations of school roofs including Gilford Elementary School.



# ALMANAC

## Notes from the Gilford Public Library

### Classes & Special Events

March 18 - March 25  
\*Sign up and face masks required

Thursday, March 18  
Mother Goose On the Loose (Virtual), 10:30-11 a.m.

Snowshoe Hike, 1-2:30 p.m.

Join Molly in the final days of winter for one last snowshoe hike of the season! We'll take a snowshoe hike through Ramblin Vewe Farm to soak up those last few snowy sights. Meet at

the Boyd Hill Entrance for Ramblin Vewe Farm.

\*Sign up required/ byo snowshoes if possible

\*limited snowshoes available to reserve courtesy of the Gilford Parks and Recreation Department

\*Pending adequate trail conditions\*

Flamenco Kids, 3:30 p.m.

Tune in on FB live for a weekly flamenco lesson for kids. Local flamenco dancer Gladys Clausen will get the kids moving and learning

about this fun dance!

Friday, March 19  
Preschool Story Time, 10:30-11:30 a.m.

Flamenco Fridays, 1 p.m.

Learn how to Flamenco dance in the comfort of your own home with professional flamenco dancer Gladys Clausen! A fun event to learn or just sit back while listening to sweet guitar sounds and watch spectacular flamenco performances. Join us each week for lessons and put it all together on the last week.

Gilford Library Games, 3:30-4:30 p.m.

Check out the Teen Discord to see what's going on this week!

Monday, March 22  
NO EVENTS

Tuesday, March 23  
Geri Fit, 9:45-10:45 a.m.

Bilingual Story Time, 10:30 a.m.

Wednesday, March 24  
Check out an Expert, 10 a.m.-noon

After School Teen Club, 2:30-3:30 p.m.

Afterschool Teen Club. Hangout with friends, play games, and make stuff. This club is

whatever you want it to be! 5th-12th grade.

Science @ Home, 3:30-4:30 p.m.

Join Miss Jill in learning how to make a soda fountain! No sign-up required and will be a virtual event on Facebook.

A Libertarian Walks Into a Bear-Author Talk with Matt Hongoltz-Hetling, 5-6 p.m.

Author Matt Hongoltz-Hetling tells the story of how the residents of one town came into conflict with their neighbors: bears. In 2004, the Free Town Project launched a plan to take over Grafton, and completely eliminate its government. Public funding shrank, and the anything-goes atmosphere soon caught the attention of Grafton's bears. Citizens ignored hunting laws and regulations about food disposal. The bears smelled food and opportunity. This is a sometimes-funny and sometimes-terrifying tale of what happens

### GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from March 8-11.

Bobbie L. Ryan, age 38, of Gilford was arrested on March 8 on multiple counts of Domestic Violence-Simple Assault-Physical Contact.

Delbert E. Baker, age 43, of Laconia was arrested on March 10 for Driving After Revocation or Suspension (subsequent). Jessica L. Daigle, age 35, also of Laconia, was arrested during the same incident in connection with multiple bench warrants.

Robert C. Charter, age 32, of Northfield was arrested on March 11 for Theft By Unauthorized Taking in an amount less than \$1,000.

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# Children’s Auction distributes nearly \$500,000 in grants

LACONIA —The Greater Lakes Region Children’s Auction (GLRCA) is proud to announce that it has distributed grants totaling \$494,430 to 62 area nonprofit organizations.

Grants will be used by local nonprofit organizations to fund wide-ranging programs that support children and their families. These programs address needs that are vital to the well-being of children in our communities, including food and housing insecurity and related emergency assistance; afterschool programs, recreation, education and the arts; childcare and related family resources; and health-

care, including victim outreach and support and preventative health and wellness training.

Jaimie Sousa, GLRCA board chair, is very proud of this year’s Auction results, noting “2020 was such a difficult year for so many people in the Lakes Region. The GLRCA Distribution Committee found that the request for assistance was greater than ever, particularly for basic needs that so many of us take for granted – food, shelter, clothing, safety. Each year we ask our community to come together and help their friends and neighbors. We weren’t sure what to expect during the pandemic, but the

generous people of the Lakes Region didn’t let us down. Thank you again to everyone who played their part to raise funds that make a direct impact in the lives of local children.”

Due to COVID-19 health and safety measures, there was no check distribution ceremony this year. Instead, each nonprofit organization received personalized award letters informing them of their grant amount.

The next round of GLRCA grant applications will begin in the third quarter of 2021. For more information about the GLRCA application and funding process, visit our Web site,

<https://www.childrensauction.com/applyforfunding>.

Many thanks to the hundreds of community members, sponsors and local businesses who donated and bid on items, volunteered their time and effort and participated in various fundraising activities, including the It’s for The Kids Community Challenge. We couldn’t have done it without you. You are all #ChildrensAuctionChampions!

This year marks the 40th anniversary of the Greater Lakes Region Children’s Auction! Plans are underway to celebrate four decades of helping nonprofits

support our local children and families in need. Want to learn more about the Auction and how you can help? Visit us at <https://www.childrensauction.com/> Follow us on Facebook: <https://www.facebook.com/ChildrensAuction/> On Instagram: <https://www.instagram.com/childrensauction603/>

About the Greater Lakes Region Children’s Auction The Greater Lakes Region Children’s Auction is an annual event held every December in central New Hampshire. Countless volunteers and donors have turned the Auction and its many fundraising

events, including the It’s for The Kids Community Challenge, into a major annual campaign. In the 40 years that the community has come together for the Auction, more than \$7 million has been raised for local charities, all through volunteer efforts, community donations and corporate sponsorship. The Greater Lakes Region Charitable Fund for Children is a 501(c)(3) nonprofit organization that helps community organizations in the Central New Hampshire region. For more information about the Auction, the nonprofits it supports and how you can help, visit [ChildrensAuction.com](https://ChildrensAuction.com).

# Dan Osetek promoted to Vice President, Commercial Lending Team Leader for MVSB



**Dan Osetek**  
MEREDITH — Dan Osetek has been promoted to Vice President, Commercial Lending Team Leader for Meredith Village Savings Bank (MVSB), overseeing the leadership and development of their commercial lending team as well as employees who aspire to become commercial lenders.

“Dan is a remarkably, steadfast, and dependable colleague who has

been invaluable to this organization for more than seven years,” said John Swedberg, Senior Vice President &, Senior Commercial Loan Officer at MVSB. “His expertise and considerable background with two decades of commercial lending experience has been invaluable to our team and organization and we are lucky to have him.”

Osetek joined MVSB as Vice President, Commercial Loan Officer in 2014 with 12 years of commercial credit and commercial lending experience. He previously served as the Assistant Vice President, Commercial Relationship Manager for Northway Bank. He has spent years traveling throughout the Lakes Region, the Mount Washington Valley and surrounding communities to help companies of all types and sizes

achieve their business goals. He offers a variety of lending solutions for business owners looking to purchase or expand their commercial real estate, those who need to buy equipment, vehicles, or other big-ticket items, or those seeking a flexible line of credit to help them run their business more effectively.

Osetek holds a Bachelor of Science in Business and Accounting from Bridgewater State University. He is a committed volunteer in his community and currently serves as Treasurer of the Wentworth Economic Development Corporation (WEDCO), and Glade Chief with Granite Backcountry Alliance, where he is responsible for coordinating and maintaining backcountry access ski and snowboarding trails in Mount Washington Valley. In the past, he was

President of the Mount Washington Valley Habitat for Humanity. He and his family reside in Conway.

Unlike a stock bank, Meredith Village Savings Bank 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, MVSB has been serving the people, businesses, non-profits and municipalities of 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](https://mvsb.com).



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# Kimberly Haney receives rural scholarship from NBCC Foundation

The NBCC Foundation, an affiliate of the National Board for Certified Counselors, Inc. (NBCC), recently awarded an \$8,000 NBCC Foundation rural scholarship to Kimberly Haney, of Gilford. The rural scholarship is awarded to master's-level counseling students who are from rural communities and commit to practicing in rural areas upon graduation.

The mission of the NBCC Foundation is to leverage the power of counseling by strategically focusing resources for positive change. The Foundation created the rural scholarship in 2009 to improve access to counseling services in rural communities, which suffer disproportionately from a lack of mental health care. The NBCC Foundation awarded six \$8,000 rural scholarships for the 2020-2021 award year.

As a rural scholarship recipient, Haney will receive \$8,000 to support her counseling education and recognize her commitment to underserved communities. Haney is a graduate of Granite State College and is currently enrolled as a master's student in the clinical mental health counseling program at Plymouth State University. Haney plans to work with individuals in rural communities who are struggling with substance use disorders. She is currently a Licensed Alcohol and Drug Counselor (LADC)

and upon graduation intends to practice as a master's-level LADC and as a Licensed Clinical Mental Health Counselor. Haney's goal is to be able to treat individuals in rural communities with co-occurring disorders. Earning this scholarship will further Haney's education to learn evidence-based practices as she works to serve her community, which currently has minimal services and long waits to receive services.

The NBCC Foundation has also awarded six \$8,000 military scholarships to increase the number of counselors serving fellow military personnel, veterans, and their families. The Foundation plans to continue

offering scholarships to increase the number of counselors in the areas where they are needed most and will open the next application period in spring 2021. Through the NBCC Foundation scholarship programs, over \$860,000 has been awarded to over 200 counseling students working to provide effective, culturally competent services to underserved populations. For more information or to make a gift in support of scholars like these, please visit [www.nbccf.org](http://www.nbccf.org).

About the NBCC Foundation The NBCC Foundation is the nonprofit affiliate of the National Board for Certified Counselors (NBCC), based in

Greensboro, North Carolina. NBCC is the nation's premier professional certification board devoted to credentialing counselors who meet standards for the general and specialty practices of professional counseling. Currently, there are more than 66,000 board certified counselors in the United States and more than 50 countries. The Foundation's mission is to leverage the power of counseling by strategically focusing resources for positive change.

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## Ice safety tips

Naturally, warmer temperatures in the afternoon means the lakes, ponds and rivers will start to melt; however, the cooler mornings could be deceptive as to how thick the ice actually is. More people fall through ice this time of year than in any other.

We wanted to offer some awareness, and a reminder of what to do should you find yourself or anyone else in this unfortunate situation, albeit, completely unavoidable.

First, remember to stay calm. Try not to let the shock of the freezing water take over, it'll take your breath away and is painful, which is frightening. At this time, you will have roughly ten minutes before you get too cold to pull yourself out. Experts say to leave your winter clothes on and let them act as a buoy. These clothes tend to hold onto warm air and can help you float.

Next, turn back toward the direction in which you came and use solid ice to try to pull yourself out. The ice is likely thicker where you were just standing, meaning chances are it is strong enough to hold you while you pull yourself out. If you find that your clothes have trapped too much water, lift yourself up part way and lean on your elbows while the water drains out. You then want to extend your arms flat on the ice and start to shimmy yourself back onto the surface. Remember the two words "kick and pull."

If you do find yourself in a situation where ice could be an issue, carry an ice pick. Avid fishermen have been known to carry screwdrivers or nails on them just in case, as they make for better claws than gloved or bare hands.

Remember to stay flat when you are back on the surface, and don't stand up too soon, as you may cause the ice to crack again. Begin to roll away from the spot where you fell through to keep your weight distributed across the ice.

Once you are in the clear, get into dry clothes and a warm place immediately. Hypothermia kicks in roughly after 30 minutes of being submerged in ice water. Seek medical attention as your body may go into shock as the cold blood from your extremities can reach your heart, causing a heart attack.

If you are with someone who falls through the ice, do not get too close as you may be the next one to fall through. Instead yell instructions to them, on what to do, to get to safety and remain encouraging.

Reaching out to the victim without stepping onto the ice is best if at all possible. Use anything you can such as a pole, ladder or anything else that you can extend to them. If you can't reach the victim this way, try throwing them a rope or anything that you might be able to use to pull them to safety.

If none of the above are options, try to find something to float on so that you can reach the victim yourself. If a floating device is not available, do not walk upright to the victim, try instead to lay flat and roll out to the edge.

Whatever situation you are in, it will require fast action and quick thinking. The best advice is to be prepared with the proper knowledge and equipment if you do plan on spending time on the ice.

**LRAA hosting Abstract Art for Beginners class**  
In this fun, beginner class you will learn to get creative with different mediums and subjects in abstract art. This four week class is held on Sunday from 1-3 pm starting March 21, 2021. This class will be held at the LRAA Gallery, 120 Laconia Rd., Suite 132, Tilton. This class is meant for age 16 years and up, class size is limited and pre-registration is required. Deadline for pre-registration is March 14, 2021. To sign up, please contact Krista Doran at 833-7795 or marblestudiosllc@gmail.com.



COURTESY

## FROM OUR READERS

### The time is now --- invest in Laconia's future

To the Editor:

We should all appreciate the Laconia treasure that offers our community a unique gathering place, but so much more. From education programs for all ages to support of the arts and civic engagement, the historic Belknap Mill is the place that preserves

the past while playing an important role in the exciting future for downtown Laconia.

I am proud of my membership, and strongly encourage others to become a supporting member. Visit the Mill at 25 Beacon St. East, call Tara Shore at 524-8813, or go to the Web site, www.

belknapmill.org, to join and insure this nonprofit can continue to serve your community. Members receive discounts on room rentals and Mill events, and will have presale access to future Colonial Theatre events. If you join before the March 17 remote annual meeting, you can learn about current Mill activ-

ities and cast your first member vote.

Please help to safeguard this lakes region legacy and enjoy the benefits that membership offers you and your family.

Judi Taggart  
Gilford

### The supply chain we forgot about...until now

To the Editor:

We all know how devastating this pandemic has been on long-term care facilities; in my opinion, COVID-19 has been the worst thing to happen to our elderly community — at least in my lifetime. I am a healthcare provider who works at one of those long-term care facilities and I can tell you the isolation and fear brought on by this pandemic has

taken a toll on the patients and their families.

For the past year, healthcare providers at these facilities have done their best to provide comfort and companionship to seniors who weren't able to see their children or grandchildren and missed out on so many special moments. It's been a difficult experience for everyone involved.

With the various vaccines becoming avail-

able and the remarkable speed in which they've been delivered to our state it's given so many of these seniors a renewed sense of hope and purpose as they look forward to seeing family again.

The network of health care distributors who are responsible for delivering the vaccines have made a tremendous difference in all our lives. It's a remarkable sys-

tem they have in place, when this pandemic has passed (hopefully soon), it will be this same distribution chain that will ensure medicines are available at our local pharmacies, hospitals, and long-term care facilities when we need them. I couldn't be more grateful for all they do!

Kristine McMahon,  
RN  
Gilford

North Country Notebook

## Of ravens and chickadees, and earning a year in camp



By JOHN HARRIGAN  
COLUMNIST

Ravens and chickadees would seem to be on opposite ends of the spectrum, yet they are always among what I first look for, the one most often way up high, and the other flitting from trees to feeders and back.

Because of where I live, on a high place on a ridge, I can see far around, and can often spot ravens as they ride air currents to make travel a little easier. Their timing this early spring makes me wonder if they're coming from the upper Androscoggin watershed. They



COURTESY

There are many photos of ravens, but few (to me) as appealing as this one, which presents the bird as slightly scruffy, which to me it is, with an almost sardonic look. (Courtesy instockphoto)



The etymologist can glean a certain delight in discovering, at best by field experience, that Native Americans developed various regional sound-alike words for the humble chickadee. This photo appeared in a New Hampshire Audubon feature on birds that might be hanging around your suet. (Jeff O'Keefe, Audubon Photography Awards)

tend to show up around my place just after mid-day, and these days, I think, are polishing up their act on the crows, like off-Broadway, getting a good flap going here before they break off and go home to hoof it for the locals.

The chickadees, meanwhile, spend as much time cocking an eye skyward as they do charting a course to the brief danger of the feeders and back. The danger comes in the form of a fox or fisher or any other carnivore that can steal around the snowbanks and leap up at an unguarded moment, or a hawk cruising through the undergrowth.

+++++

Once grown, the raven seems to know no such fear, perhaps one reason for its penchant for play. I'm lucky to have watched this kind

SEE NOTEBOOK, PAGE 5

## Gilford Steamer

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# Amy Mavris promoted to AVP Marketing Communications Officer for New Hampshire Mutual Bancorp



Amy Mavris

MEREDITH — Amy Mavris has been promoted to Assistant Vice President, Marketing Communications Officer for New Hampshire Mutual Bancorp (NHMB), leading companywide marketing projects, supervising a three

person communications team, overseeing digital and print communications, the Mutual Benefits program, public relations, and social media.

“Amy is a natural leader with the warmth, empathy, direct communication style valued in a manager,” said Cindy Hemeon-Plessner, Senior Vice President and Marketing Officer for New Hampshire Mutual Bancorp. “For the last several years she has been the communications and marketing lead for all major company-wide projects, excelling as an independent contributor and

team member; planning way in advance and then making necessary changes at the very last minute. She has excelled in this role.”

Mavris, like many NHMB employees, started as a seasonal teller when she was in high school. She has worked in many areas of the organization – the branches, loan operations, risk management – and she brings that perspective of internal and external customers to her work in communications.

In 2013, Mavris joined the Marketing department as the Marketing Communications Man-

ager. Two years later, she became responsible for overseeing marketing communications for all of New Hampshire Mutual Bancorp. In 2016, she was promoted to Customer Experience Officer and she managed the development and maintenance of product materials, customer feedback analysis, and social media for Meredith Village Savings Bank, Merrimack County Savings Bank, and NHTrust Wealth Management.

Mavris has previously served as a planning committee member for the Granite United Way Central NH Day

of Caring and is a 2019 graduate of Leadership Lakes Region. She holds a Bachelor of Arts in Business Management from Regis College, and is a 2007 graduate of the Northern New England School of Banking. She is also a member of the New England Financial Marketing Association.

New Hampshire Mutual Bancorp, a mutual holding company, was formed in 2013 when two New Hampshire-based community banks, Meredith Village Savings Bank and Merrimack County Savings Bank, formally affiliated – the first relationship of its

kind in New Hampshire. This strategic partnership has positioned the Banks to leverage each other’s strengths. They work together to advance a shared vision of maintaining and enhancing their community banking standards and values.NHTrust Wealth Management joined as a third subsidiary of NHMB in 2015, combining MVSb and The Merrimack’s financial advisory divisions. NHMB combined assets total nearly \$1.6 billion.

## Comfort Keepers

### Malnutrition: A serious concern for seniors

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

We all know that we feel better when we eat well. Good eating habits, and being mindful of healthy eating goals, can improve mental and physical health, and give us the energy we need to do the activities we love.

Unfortunately, too many seniors are not having their nutritional needs met. Changes in our bodies as we age, and changing dietary needs, can make healthy eating more difficult for older adults.

One in three hospital patients is malnourished upon admission and almost one-third of U.S. patients (31 percent) experiences declines in

nutritional status while in the hospital.

The health risks associated with malnutrition can be especially concerning for seniors. Symptoms can include:

- Weakened immune system
- Poor wound healing
- Muscle weakness
- Weight loss
- Dental issues

If engaging in good eating habits is a struggle, there are steps anyone can take to ensure that they are getting proper nutrition. In addition to consulting a physician about diet or health concerns, they can also try the following tactics to get back on the right track:

Make meals a social occasion – Sharing a

meal is one of the most enjoyable ways to ensure that someone is eating well. This can look like making something healthy and delicious for others or reaching out to people that love to cook healthy food and offering them your company.

Make healthy eating fit your budget – Good food doesn’t have to be expensive. A doctor or nutritionist can point patients to budget friendly, nutritious food options. And, maintaining a healthy lifestyle saves money on medical care in the future.

Shop for healthy foods – Having a kitchen stocked with healthy snacks and meal options is one of the most important steps to maintaining a balanced diet.

Encourage people to

ask for help – If someone you know has concerns about their ability to plan healthy meals, shop for the groceries or if they just aren’t getting the nutrition they need, tell them to ask for help! In-home caregivers, delivery services, family, friends and medical professionals can all help older adults reach their nutrition goals.

For those concerned about their nutrition, or the eating habits of a senior loved one, speaking to a medical professional is critical.

Comfort Keepers® can help

For seniors struggling to maintain healthy eating habits, Comfort Keepers caregivers can help with meal planning, grocery shopping, meal

preparation and support for physician-prescribed diets. Our custom care plans focus on physical and mental health and wellness activities. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a

host of additional items all

Meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been

serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit

our Web site at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.

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### NOTEBOOK

CONTINUED FROM PAGE A4

of horseplay, particularly when parents were teaching the kids to fly. If pressed to name a favorite bird, I guess it would be the raven, the chickadee coming in a close second.

A writer I’ve long admired, Bernd Heinrich, has lived among and studied ravens in the wilds of Maine for many years. He has a camp often vaguely described by reviewers as “east of the Presidentials,” which covers a lot of territory, but which I’d bet is not all that far (as the raven flies) from mine.

Heinrich figured out a way to spend a year in camp while someone else was paying for grub and the like, which is the way to go. His first book, “Bumblebee Economics,” led to many more, among them “Ravens in Winter” (1989), and “Mind of the Raven” (1999).

Here is a man who not only successfully bucked the American educational system but also pushed his physical abilities to the limit, first in marathons and then in endurance running. His book “Why We Run” gets into both the psy-

chology and physiology of running, the former being, in my book, much the more difficult. The last time I checked, he was still running, competitively, at 81.

In trying to describe the running down of game, which in some cultures is still going on and in my younger years was still part of the culture here, various papers focus on strategies for use and conservation of energy.

During their brief time as perhaps the freest colonists on the continent, the mountain men described the Indian strategy for running down prey (animal or human), which basically consisted of running in teams and by turns putting on bursts of speed, the whole business coming down, on average, to a steady fast trot or jogging pace, thus wearing out their quarry.

Heinrich, who looks like a tall guy with a lot of leg, was built to run, unlike me. Sure, I ran for years, but even in competition never managed much better than seven-minute miles. In my mind, centuries ago, at the mercy of my French-Irish genes, I’m laboring away in some peat-bog, cutting fireplace turf for

the gentry.

+++++

Ravens are scavengers par excellence, and like all raptors can spot and probably smell food from on high. Research and peer review are still underway on the smelling part.

In the woods I was taught to go quietly, never with conversation should anyone else be along, and always with pre-selection of footfall unless in travel mode. Clicks of the tongue in such circumstances suffice for communication. In this way, on a soft day

for traveling, you can see and hear much you’d otherwise miss.

More than once, I’ve been stopped in mid-step by the “whoosh-whoosh” of wingbeats, and looked up just in time to see a raven coming along the treetops. On the most memorable of these moments, on a rain-soaked and super-soft day in a small hole in the softwoods, with no wind, the bird looked down and said “grouark!” in that gargling way, as in “What the hell are YOU doing here?,” and flapped on.

Chickadees, meanwhile, followed along

for most of the way, in teams, no doubt, each according to its home.

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



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### Edward Jones: Financial Focus

#### Financial checklist for new(er) parents

If you’re a brand-new parent, or even if you’ve been one for a little while, you’re no doubt filled with the many joys your child brings you. But as caught up as you are with the feelings and experiences of today, you also need to think about the future – specifically, the financial issues that accompany a growing family. What are some of the key moves you need to make? Here’s “checklist” to consider: **Establish a budget.** If you’re going to meet the additional expenses of a child, plus make progress toward other objectives, such as paying down debts, you’ll need to know where your money is going. Setting a budget, and sticking to it, may seem difficult, but once you’ve gotten into the habit, it will become easier – and for many people, following a budget actually gives them more of a sense of control over their finances. Over time, expenses related to your children will change, so you’ll need to adjust your

budget accordingly – for example, once a child is in school full-time, childcare expenses may drop, which could allow you to boost your savings. **Protect against the unexpected.** If something were to happen to you, how would your child, or children, be affected? Even a family with two working parents can face serious financial difficulties if one of the parents were to die prematurely, or even just drop out of the workforce temporarily due to illness or injury. To help ensure your family could still stay in your home and your children could still afford to pursue higher education, you’ll want to create an appropriate protection strategy involving both life and disability insurance. Your employer may offer both, but the coverage provided may not be sufficient for your needs, so you may need to purchase your own policies. And here’s another protection-related idea: Try to build an emergency fund

containing three to six months’ worth of living expenses, with the money held in a low-risk, liquid account. Without such a fund, you might have to tap into your longer-term investments to pay unexpected costs, such as a major car repair. **Prepare for high cost of higher education.** You may already be thinking about sending your child to college. And it is indeed a good idea to start planning early because college is expensive, and it’s getting more so every year. However, you can prepare for these expenses through a college-savings vehicle, such as a 529 plan. A financial professional can help you pick the investment, or investment strategy, that’s appropriate for your needs. But whatever route you decide to follow, you won’t want to wait

until your child is close to college age. **Keep long-term goals in mind.** Even while planning for the costs associated with raising a child, including saving for college, you can’t forget your other long-term goals. It isn’t selfish to build resources for your own retirement – in fact, you’ll ultimately be helping your family greatly by taking steps to maintain your financial independence throughout your life. So, during your working years, try to consistently contribute as much as you can afford to your IRA and your 401(k) or other employer-sponsored retirement plan. Having a child is obviously a life-changing event, and one with considerable financial challenges – but they can be manageable if you make the right moves at the right times.



**Jacqueline Taylor**

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This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC  
Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.



# More than 200 take part in Do-it-Yourself Winni Dip

REGION — The February and March fundraisers for Special Olympics New Hampshire involve water. In a typical year that water is either the Atlantic Ocean or Lake Winnepesaukee. Of course, 2021 is still far from being a typical year and the 2021 Winni Dip presented by Coca-Cola Beverages Northeast was conducted as a “Do-It-Yourself” event similar to last month’s Penguin Plunge.

More than distance usually separates these two fundraising events. While the ocean temperature this time of year hovers around 40

degrees, the Big Lake usually clocks in at just above the freezing mark. As a DIY event, this year’s Winni Dip saw participants in both the ocean and the lake as well as backyards, parking lots and beyond.

The Winni Dip is split into four categories; the Cool Schools Winni Dip for middle and high schoolers, the Law Enforcement Winni Dip for those in public safety, the 24 Hour MEGA Winni Dip for brave souls willing to dip 24 times in 24 hours and the Community Winni Dip for everyone else.

The decades-long

bond between law enforcement in the Granite State and the athletes of SONH is evident on Winni Dip weekend. Nearly 100 members of law enforcement took part in this past weekend’s fundraiser. Many of these same officers also participate in the annual Law Enforcement Torch Run for Special Olympics New Hampshire as well.

The Winni Dip(s) are part of the SONH Winter Water Sports Series and are the most important fundraisers of the year for the more than 3000 Granite State athletes served by Special Olym-

pics New Hampshire. Funds raised by the DIY Winni Dip will be critical to SONH programs moving forward and all funds raised by the Dip stay in the state.

As in past years, “dippers” registered online and raised funds via their social media channels and the online platform. Unlike past years, there was no gathering at the Margate Resort in Laconia. Special Olympics New Hampshire delivered a “Dip Tank” to participants. The tanks were filled with incentive items, snacks and other items from sponsors, and drinks

from presenting sponsor Coca-Cola Beverages Northeast.

Dippers were asked to find their own water source and location to make their dip anytime March 6 or 7. Participants were reminded to follow all local and state Covid-19 guidelines and to remain safe while plunging.

“We appreciate the continued support that law enforcement shows for our athletes as well as the great turnout from several schools across the state” said SONH President and CEO Mary Conroy.

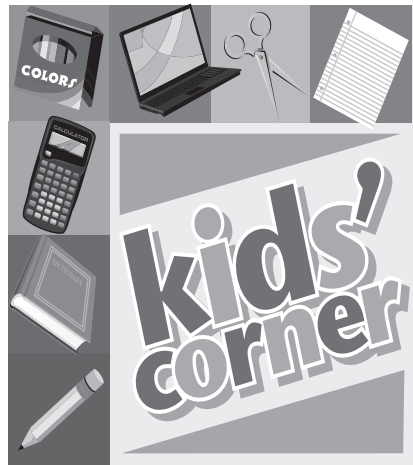
“We are beyond thrilled about the number of participants for this DIY event and can’t


thank our donors and sponsors enough,” she continued.

More than 200 people took their Winni Dips across the state this past weekend. Some dippers were alone while others made their fundraising efforts in socially distanced groups.

“The funds raised from our Winter Water Sports will go a long way in getting our 3000-plus athletes back to activities as soon as it’s safe to do so,” according to Conroy.

More information about Special Olympics New Hampshire is available at [www.SONH.org](http://www.SONH.org).





THIS HOLIDAY HONORS A PATRON SAINT OF A EUROPEAN NATION, BUT IT IS WIDELY CELEBRATED AROUND THE WORLD.

ANSWER: ST. PATRICK'S DAY

### Crossword Puzzle


1				2					
								3	
			4						
5									
				6					
			7						
8									

**ACROSS**  
1. Festive day  
4. Sweet ingredient  
5. Slang for “yes”  
6. A story  
8. Irish patron saint


**DOWN**  
1. Joyous  
2. From Ireland  
3. \_\_\_\_ beef and cabbage  
7. Area of a hospital (abbr.)

1. Happy 2. Irish 3. Corned 7. ER  
Down  
1. Holiday 4. Sugar 5. Yeah 6. Tale 8. Patrick  
Across  
Answers:

### THIS DAY IN... HISTORY



- 1762: THE FIRST ST. PATRICK'S DAY PARADE IN NEW YORK CITY TAKES PLACE.
- 1941: U.S. PRESIDENT FRANKLIN D. ROOSEVELT OFFICIALLY OPENS THE NATIONAL GALLERY OF ART IN WASHINGTON, D.C.
- 1963: MOUNT AGUNG ON BALI ERUPTS.



### GAELIC

culture and language associated with Ireland and Scotland

### How they SAY that in...

**ENGLISH:** Irish

**SPANISH:** Irlandés


**ITALIAN:** Irlandese

**FRENCH:** Irlandais

**GERMAN:** Irisch

### Did You Know?

ACCORDING TO LEGEND, LEPRECHAUNS WILL PINCH ANYONE WHO IS CAUGHT NOT WEARING THE COLOR GREEN ON ST. PATRICK'S DAY.



### GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: CORNED BEEF & CABBAGE

### CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to the workplace. Each number corresponds to a letter. (Hint: 8 = E)

**A. 26 1 1 20 13 8**  
Clue: Place to work

**B. 8 4 12 10 26 24 8 16**  
Clue: Boss

**C. 12 22 24 13 9 8 13 21**  
Clue: Compensation

**D. 10 22 7 26 16**  
Clue: Work

Answers: A. office B. employer C. paycheck D. labor

### SUDOKU

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

Level: Intermediate

**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!

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

ANSWER:

## Belknap Mill announces new Web site

LACONIA — The Belknap Mill is proud to announce the launch of its new website at: [www.belknapmill.org](http://www.belknapmill.org). The new site features a streamlined, modern design, improved functionality, and easy access to essential information for the community to learn about our history, programming, and upcoming events!

Johanna Halperin, the Mill’s Powerhouse Theatre Producer and Jill Desruisseaux, the Mill’s Marketing and Communications Coordinator worked together to create a more comprehensive format for the website, encompassing the Belknap Mill’s many initiatives in one easy to navigate location. Visitors can find information on our newest program, Powerhouse Theatre Collaborative, photographs of the 2020 restoration and renovation of the third floor event space, and a full list of virtual or in-person special events and annual programming.

“We are thrilled to debut the Mill’s new Web site to all who are looking to understand the breadth and depth of programming the Belknap Mill actually offers,” said Desruisseaux. “The Mill has such a diverse array of information to share with those looking to host a wedding or event, or learn about our award winning Industrial Heritage Program, the Historic Laconia Scavenger Hunt, Arts in the Park Summer Concert Series and so much more!”

The official unveiling of the website will take place at the 2021 Belknap Mill’s Virtual Annual Meeting on Wednesday, March 17 at 9 a.m. The link for the meeting can be found now at [www.belknapmill.org](http://www.belknapmill.org).

About The Belknap Mill The Belknap Mill Society is a 501(c)(3) nonprofit organization whose mission is to preserve the Belknap Mill as a unique historic gathering place and a center for award-winning cultural and educational programs. Your donations and membership support our mission and enhance programming for the Lakes Region community.

## Jack Harding of Gilford named to University of Hartford’s President’s Honors List

WEST HARTFORD, Conn. — The University of Hartford is pleased to announce Jack Harding of Gilford has been named to its President’s Honors List for Fall 2020.

The President’s Honors List is made up of an extremely select group of students who earned a grade point average of 3.75 or higher in the semester. This is the GPA that must be sustained over a full undergraduate career to qualify for a degree summa cum laude.

Spread across seven dynamic schools and colleges, the University of Hartford has been guiding the purpose and passion of students for over six decades. On our 350-acre campus alongside Connecticut’s capital city, approximately 5,000 undergraduate and 1,500 graduate students from 48 states and countries come together for a common purpose: to collaborate across different disciplines, diversify perspectives, and broaden worldviews. We’re a four-year private university focused on advancing the public good through meaningful connections within our communities. Our unique approach to comprehensive education gives us the critical perspectives that lead to impactful change, regionally and beyond. With degree programs spanning the arts, humanities, business, engineering and technology, education, and health professions, we focus on doing the work that matters. Visit [www.hartford.edu](http://www.hartford.edu) for more information.



# The art of Hearts for Heroes



COURTESY

**‘Hearts for Heroes’ painting by Roumiana Adams, one of seven very impressive paintings she has produced to show her appreciation for all the hard-work and dedication of the nurses, doctors and first responders dealing with the Pandemic, and for our military veterans too. Her art is on display at the Lakes Region Art Association/Gallery, Tanger Outlet Mall, Suite 132, Tilton, Thursday-Sunday 10 a.m.-6 p.m.**

TILTON — Jackie Sandstrom, Chair of Lakes Region Art Association art program to create hearts via art in recognition of the heroes who have been constantly on the ‘front line’ serving and saving the lives of Covid-19 victims, and to show our appreciation to US veterans who’ve served America, reports...

“Now in its fourth week, we’ve received over 60 submissions of heart artwork. Our objective is to create many images of hearts each with a message of gratitude towards all the doctors, nurses, first responders and our military veterans in

the Lakes Region, as a way to thank and recognize them for all they’ve done.”

Anyone who’d like to participate, artist or not, regardless of age, talented or not, to create a ‘Heart for a Hero’ is invited to do so. The LRAA Gallery has the art supplies you’ll need and an LRAA member artists there to assist you, at no cost, on Thursday-Sunday 10 a.m.-6 p.m., or do one or many at your home. Your ‘Heart for a Hero’ will be displayed on the gallery walls for the for the month of March, and then on to the NH Veterans Home, Tilton, for the enjoyment of the veterans

and staff. Some have really taken on the project with great gusto and submitted a number of paintings. One such inspired artist is nurse Roumiana Adams. She has produced seven ‘Hearts for Heroes’ paintings.

“We are so impressed and thankful for what she’s painted,” concluded Sandstrom.

The Lakes Region Art Association and Gallery is a 501(c)3 non-profit organization located in the Tanger Outlet Mall, suite 132, 120 Laconia Rd. Tilton. For information, contact: info@lraanh.org.

## Local skiers bring home Skimeister honors



JOSHUA SPAULDING

**Bethany Tanner was the runner-up in the Division II Skimeister competition.**

BY JOSHUA SPAULDING  
Sports Editor

REGION — The results of the Skimeister competition were released and a number of local skiers earned top-three honors in their respective divisions.

The Skimeister competition consists of all four disciplines of high school alpine and Nordic skiing. In order to qualify for the Skimeister points, a skier must compete in the state meet for his or her team in both the giant slalom and slalom races and in both the classical and freestyle races. Their points in each race are added up and the top scorer earns the Skimeister for the division.

For the Division I girls, Carli Krebs of Kennett was the top finisher overall, finishing with 355 points, beating out Avery Manni of Bedford with 322 points. Kingswood’s Carolyn Day won the bronze medal with 300 points.

For the Division I boys, Robbie Hotchkiss of Kingswood finished in second place overall with 290 points behind Keene’s Kari Trotter, who finished with 319 points.

In Division II for the girls, Gilford’s Bethany Tanner finished in second place with 336 points, with Hopkinton’s Clara Locke getting the win with 355 points. Adah Chapman of Moultonborough finished in third place with 335 points. Tessa Tanner of Gilford was fourth with 284 points and Gilford’s Maddie Burlock finished with 198 points.

For the Division II boys, Patrick Gandini of Gilford was fourth with 324 points, teammate Haukur Karlsson was fifth with 307 points and Jack Price of Profile finished in sixth place with 304 points.

*Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.*

## Laconia resident publishes first book

LACONIA—A Laconia resident has recently published her first book, a memoir.

Charlese Moses authored “Given to Submission: A journey of shame, truth, and forgiveness,” which tells the story of Moses’ painful childhood, leading up to a traumatic experience in the military.

Moses grew up in both Massachusetts and Maine, as her parents were restless and moved frequently. Lonely and shy because she didn’t speak English in an English-speaking school, and insecure because her parents were as rigid as her Catholic upbringing, Moses had a rugged childhood that also in-

cluded several specific traumas.

After an impulsive, and brief, first marriage, Moses entered the United States Marines as a private. She was browbeaten by superiors and placed in an impossible situation. Her lack of self-esteem led her to make a decision she deeply regrets to this day. Given to Submission tells the story of the early part of Charlene’s life and how it led to the action she took in the military, for which she seeks forgiveness.

The book is the story of a young woman butting her head against the odds as well as an apology. It will appeal to adults and young adults.



Charlese Moses

Moses hopes reading it will help empower others.

“Given to Submission” was published by Janice Beetle Books and is available at janice-

beetlebooks.com, in the Shop.

For information about Janice Beetle Books, visit janicebeetlebooks.com.

## Town looking to end Free Dump Day

BY ERIN PLUMMER  
mnews@salmonpress.news

The selectmen will hold a public hearing to consider ending Free Dump Day and take feedback on the future of Island Cleanup Day.

This past year, there was no Free Dump Day due to the pandemic, though there was an Island Cleanup Day. Selectman Kevin Hayes raised the issue with fellow board members of ending Free Dump Day and gave his thoughts during Wednesday’s selectmen’s meeting.

Hayes said in the past the event was meant to help Gilford residents dispose of their waste instead of transporting it to Laconia’s transfer station. Now that the town has its own transfer station and recycling facility, Hayes said it seems

the event isn’t needed.

Selectman Chan Eddy agreed with Hayes’ suggestion and reasoning.

“I think it’s kind of outlived its usefulness; I really do,” Eddy said.

Public works director Meghan Theriault also agreed with ending Free Dump Days.

“I feel like the facility’s functioning very well; everyone talks about how the lines are not like they used to be in Laconia, so it’s easy to come and dispose of things,” Theriault said.

She said people are coming in with furniture and larger items that the new facility can handle. They do charge a nominal fee for disposal which Theriault said is meant to process the materials.

Town Administrator Scott Dunn said Free Dump Days are a part of

an ordinance and ending the event would require a public hearing to amend the ordinance.

Board Chair Gus Benavides asked about what should happen with Island Cleanup Days. Hayes said he also agreed there should be one more Island Cleanup Day this year and no more. Eddy disagreed, saying this event does serve a significant purpose for island residents though could have a nominal fee.

“I think it’s a service we really still need to provide, otherwise I think junk is going to start building up places we don’t want it to, particularly some of the islands,” Eddy said. “Let’s face it — with the islands it’s an unusual situation. It’s not like they can just drive it over very easily and the work it takes sometimes

to offload that stuff from a boat, it’s not all one or two people doing it. Sometimes I’ve seen four, five, six people offload it on a boat.”

Eddy said they could charge a fee like \$5 per boat.

Dunn said a public hearing isn’t required regarding Island Cleanup Day since it’s not tied to an ordinance. Dunn said, however, he heard some complaints from residents about Free Dump Day being canceled last year but Island Cleanup Day still going on. He said the biggest issue he heard was fairness and why one service was being offered to a smaller group of residents and not another for a larger group.

Hayes said they could get feedback on Island Cleanup Day during that scheduled hearing.

## Free parenting course and support group to begin this month

LACONIA — Parenting is no easy task, and parenting a second time can be even more difficult. More and more children are being raised by their grandparents and other relatives, both inside and outside of the child welfare system. Typically, such responsibility is met with little to no outside support for the caregiver in navigating the needs of the child in their care.

To help bridge the gap between caregivers and community supports, The Family Resource Center of Central New Hampshire, in partnership with the New Hampshire Children’s Trust,

provides a program, Kinship Navigation, which is specifically tailored to the needs of these families. This program is foundational in providing free, confidential services for emotional support, education, and guidance to relative caregivers and offers information, referrals, and follow-up services to promote independence and enhance the quality of life of the families served.

“An important aspect of the Kinship Navigation program is the monthly support group. We encourage relative caregivers to connect to talk about struggles, celebrate successes, and

bring validation and encouragement in this shared experience,” said Melissa Shadden-Cyr, Kinship Navigator.

The support group meets the last Monday of every month from noon – 1 p.m. via Zoom, and is co-facilitated by Tricia Eisner, Kinship Navigator from the Greater Tilton Area Family Resource Center.

In addition to this program, The Family Resource Center also offers a free, eight-week course via Zoom called Parenting a Second Time Around (PASTA). Topics covered in the series include child development, discipline, self-care, re-

building a family, living with teens, legal issues, and advocacy. PASTA begins Wednesday, March 17, from 6-8 p.m.

Registration for the eight-week PASTA series and the ongoing monthly Kinship Caregiver Support Group can be done online at [www.lrcs.org/parentedregistration](http://www.lrcs.org/parentedregistration).

The Kinship Navigation program continues to take new referrals. If you or someone you know could benefit from this program, please contact 581-1576 or email [melissa.shadden-cyr@lrcs.org](mailto:melissa.shadden-cyr@lrcs.org).





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(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))


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CANDIDATES

(Continued from Page A1)

will return as cemetery trustee with 347 votes while Darlene Vachon received 147. The rest of the offices were uncontested. Chan Eddy was reelected to the board of selectmen

with 510 votes. For the library trustees, Diane Tinkham was reelected with 465 votes and Peter Ellis will join the board with 454 votes. William Akerley was reelected as fire engi-

neer with 497 votes. No one ran for Trustee of the Trust Funds and no significant write-in candidates were reported. For the Gilford School District, Audra Kelly and Jeanin Onos were

reelected to the school board. Onos received 414 votes and Kelly received 324 while opponent Robert Wilson Barry received 220. The rest of the offices were uncontested.

Sandra McGonagle will serve another one-year term as school district moderator with 522 votes. Susan Jensen will return as school district treasurer with 481 votes.

Kimberly Zyla Salanitro was reelected as school district clerk with 480 votes.

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Wakefield School District – SAU 101



~ Notice for Public Hearing and School Board Meeting ~  
To be held at the Paul School Gymnasium - also through Zoom  
Tuesday, April 6 2021, 6:00pm

The Wakefield School Board will hold a remote public hearing prior to its regular board meeting, allowed under the provisions of NH RSA 91-A, and in accordance with the Governor's Executive Order 2020-04, on Tuesday, April 6, 2021 at 6:00pm. The Wakefield School Board meeting will be held at the Gymnasium - also through Zoom.

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ARTICLES

(Continued from Page A1)

balance (405-177). Articles 12-21 and 23-24 put money into a number of different capital reserve funds: \$2,900 for the Police Dog and Training Fund in Article 12 (502-72); \$10,000 each for the Sidewalk fund in Article 13 (428-154); the Glendale Boat and Launch Ramp Facilities fund in Article 19 (488-86); and the Sewer Maintenance fund in Article 24 (511-62); \$10,293 for the Technology fund in Article 14 (492-80); \$25,000 each in the Building Repair fund in Article 15 (501-71) and Fire Water Supply Maintenance fund in Article 17 (517-62); \$50,000 into the Public Works Building fund in Article 16 (433-145); \$20,000 into the Recreation Facilities Maintenance fund in Article 18 (443-146); \$100,000 each for the Fire Equipment fund in Article 20 (500-77) and the Bridge Replacement fund in Article 21 (512-64); and \$58,000 for the Lakes Business Park fund in Article 23 (473-100). Article 22 changed the Bridge Replacement Capital Reserve Fund to he Bridge Maintenance and Replacement Capital Reserve Fund. With 500 in favor and 67 opposed, the article passed with the necessary two-thirds majority vote. Articles 25-28 were petition articles that gave money to different community agencies: \$10,000 for the Laconia Area Center of Community Action Program in Article 25 (440-153), \$2,660 toward New Beginnings without Violence and Abuse in Article 26 (441-143), \$21,000 for the Lakes Region Mental Health Center in Article 27 (444-141), and \$23,500 for Central New Hampshire VNA & Hospice in Article 28 (472-115). Article 29 authorized the selectmen and Conservation Commission to convey part of a land parcel on 48 Hedgewood Circle to Christopher Harris through a boundary line adjustment (450-97). Voters also passed Article 30, a petition article urging the state's General Court to redistrict communities "in a fair and transparent way" that accounts for fair representation and not political party and allow every municipality to have a representative that represents the interests of that community. The article passed, 409-157.

SCHOOLS

(Continued from Page A1)

coming school year, with a total of \$224,192 proposed for technology projects and \$197,500 in maintenance projects. Article 3 put \$200,000 into the School Buildings Maintenance Capital Reserve Fund with money coming from surplus fund balance in a vote of 508-82. Currently there is \$456,089 in that fund. According to the article, the next capital project will be the renovation of the Gilford High School locker room built in 1974. The project is scheduled for the 2022-2023 school year and has an estimated cost of \$870,000. Article 4 will put \$52,500 into the School Buildings Roof Maintenance Capital Reserve Fund from surplus fund balance (533-60). The next roof project is redoing the roofing at Gilford Elementary and High Schools for \$800,000 in the 2023-2024 school year. There is currently \$255,597 in the fund. Article 5 will put \$30,000 into the School Buildings Technology Infrastructure Capital Reserve Fund (with a current balance of \$122,280) from surplus fund balance (523-69). The Gilford School District's wireless infrastructure project is the next expected major technology project. The project is slated for this coming school year and has an estimated cost of \$182,000.

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HOOPS

gles came up with all the big plays needed down the stretch to claim the title after sharing it with Mascenic a year ago when the COVID-19 pandemic halted the season during the tournament.

“I don’t think it was a perfect team, but all teams aren’t perfect,” said Acquilano. “We relied on defense and effort all year and those paid off for us today with some timely shooting.”

Those two key ingredients were in question following a lackluster opening half that saw Hopkinton enjoy a lead throughout and push up to 13 points (26-13) on an Owen Milchick three-pointer and Whitehead runner early in the third.

Then came the Gilford run.

Ignited by a 1-2-2 defense that threw off the Hawks and some big shots, the Golden Eagles closed the quarter with a 17-4 spurt. Marsh scored seven points and Isaiah Reese knocked down two threes in the run. Reese’s first trey in the run gave Gilford its first lead of the night (27-26) with 2:49 on the third quarter clock. The freshman’s next three ball was sandwiched around buckets by Hopkinton’s Whitehead and Elrick, sending the teams to the fourth knotted at 30. The Hawks were held without a bucket for just under six minutes.



Gilford sophomore Jalen Reese slashes through the lane against Hopkinton’s John Jacobsen (middle) and Brendan Elrick, who is hidden by Golden Eagles center Sam Cheek, during Saturday’s Division III boys’ basketball title game.

“Coming into the game we knew we had to battle for four quarters and they got the best of us in the third quarter,” Signor said. “It’s the highs and lows of the game. It wasn’t the fact they had a run because we knew they would. But we had to respond. We tried to get out of it with timeouts and stuff but didn’t until the fourth quarter.”

“It had little to do with Xs and Os,” added Signor. “We stopped doing what we were doing in the first half. We were going to the rim in the first half. We stopped doing that, had a lull and they made a run. A lot of people will look at the free throws at the end, but we wouldn’t have been in that position if we responded to their run, stopping it at eight instead of letting it go to 12 or 14.”

Gilford’s halfcourt 1-2-2 defense may not have thrown off Hopkinton, but it energized the Golden Eagles. It wasn’t a fired up halftime speech from Acquilano.

“I just repeated one question and that’s all... and that was ‘at the end of the day, do you want to win?’” the veteran coach said in reference to the halftime talk.

“They wanted it more than us in the first half.”

“We went to a press that we probably used twice all year,” continued Acquilano. “We work on it in practice all

the time, but rarely use it. It got us going. We did what we had to do in the second half.”

The opening two quarters were much different. The Hawks came out hungry and the Golden Eagles appeared lifeless.

Hopkinton scored the first six points of the contest and led throughout the opening half. Gilford’s first point was a free throw by Malik Reese with 3:49 remaining in the opening quarter. Malik Reese would knock down Gilford’s first field goal 48 seconds later, but the Hawks owned a 10-4 lead after one quarter.

The Hawks would push their lead up to as many as nine on two separate occasions in the second frame and took a 21-13 lead into the halftime break.

Gilford was led by Isaiah Reese, who knocked down four three-pointers and finished with 12 points. Junior Riley Marsh had nine, all in the second half. Sophomore Jalen Reese chipped in with eight. The younger Reese was the difference maker though for the Golden Eagles.

“I felt we did a nice job against their starters,” Signor pointed out. “That number 11 (Isaiah Reese) came off the bench and hit some big shots for them... And we had a hand in his face for a couple of them. That was a difference. They had someone come off the bench and contribute.”

Isaiah Reese played a major role in the title win, as well as the semifinal victory over Kearsarge despite being slowed by hip and hamstring injuries.

“Isaiah was a difference maker for us,” Acquilano said. “He hit some big shots for us tonight and hit some big shots in the semifinals as well. He did walk a couple of times tonight, so he still shows his age

at times, but he really stepped up for us.”

Hopkinton was paced by juniors Whitehead (14 points) and Elrick (12) in the classic final showdown.

“We heard a lot of talk about how the championship was already decided after the semifinal round in the game between Gilford and Kearsarge,” said Signor. “I think we proved tonight that wasn’t the case and I’m very proud of these guys. I told them at the beginning of the season that they were special and they would do great things, and they did. They showed they were one of the top two teams in Division III.”

And the Hawks made Gilford earn the title.

“I give Hopkinton a lot of credit. They are a good and physical team,” Acquilano said. “I don’t think anyone can question whether we were the best team in Division III. We beat a very good Winnisquam team before beating tough Belmont and Kearsarge teams before Hopkinton.... And during the season we played a handful of Division II teams.”

“But I was praying for one thing and that was for us to finish the season either with us winning it all or losing to another team, and not have it end due to COVID-19,” added Acquilano. “And that’s really a credit to all the teams for getting through the season.”

They got through the season, and the Golden Eagles finished on top of the Division III ranks.

Gilford, 41-40	
Gilford	4 9 17
11	— 41
Hopkinton	10 11 9
10	— 40
Gilford: Andrew Flinders 0-1-1, Curtis Nelson 2-0-4, Isaiah Reese 4-0-12, Riley Marsh 3-2-9, Sam Cheek 1-0-2, Malik Reese 2-1-5, Jalen Reese 3-2-8. Totals: 15-6-41.	
Hopkinton: Owen Milchick 3-0-9, Quinn Whitehead 6-2-14, John	

(Continued from Page A1)



Alex Cheek works hard under the basket in championship action.



Riley Marsh rises to the basket during action in the Division III finals.

Jacobsen 0-2-2, Thomas 3-pointers: Gilford 5 Hoffman 1-1-3, Brendan (I. Reese 4, Marsh); Hop-Elrick 6-0-12. Totals: 16- kinton 3 (Milchick 3). 5-40.



Gilford freshman Isaiah Reese shares a hug with head coach Rick Acquilano after being presented a championship ribbon after the Division III boys’ basketball final against Hopkinton. Reese came off the bench to score 12 points, helping the Golden Eagles erase a 13-point deficit en route to a thrilling 41-40 victory in Laconia.

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# Strong finish sends Gilford boys into finals



Coach Rick Acquilano and the Gilford bench celebrate the semifinal win over Kearsarge.

BY JOSHUA SPAULDING  
Sports Editor

LACONIA — The Division III boys' basketball semifinal between Gilford and Kearsarge was a defensive battle from start to finish.

And while the two teams struggled to put points on the board at different points, the Gilford boys were able to get just enough points to

secure the win, walking off the court at Laconia High School on Wednesday, March 10, with a 38-35 win.

"They're a great team," said Gilford coach Rick Acquilano. "What makes for a great game is when two great teams go at each other and play 32 minutes hard."

"It was a battle of wills," the Golden Eagle coach said. "We were fortunate enough to win."

It took nearly two and a half minutes before either team got on the board, with Gilford drawing first blood with a Jalen Reese free throw. Kearsarge got the first field goal of the game for a 2-1 lead. Malik Reese had a nice block on a breakaway attempt and then Curtis Nelson finished off an Alex Cheek steal for 3-2 Gilford lead. Nelson then drained his second hoop and Gilford had a three-point lead.

However, Kearsarge got the final seven points of the quarter, hitting two free throws and a field goal and then draining a three-pointer at the buzzer to take a 9-5 lead after one quarter of play.

The second quarter was even more of a defensive battle, with Gilford holding the Cougars to just one point in the frame. Sam Cheek hit the first basket of the frame and then Andrew Flanders and Riley Marsh drained back-to-back three-pointers to give Gilford a 13-9 lead. Kearsarge got a free throw to close out the first half, with Gilford holding a 13-10 lead.

Kearsarge got the



Curtis Nelson weaves through the traffic on his way to the hoop in action last week.

first basket of the second half, cutting the lead to one but Marsh hit a pair of three-pointers sandwiched around a Nelson basket, propelling the Golden Eagles out to the 21-12 lead.

The Cougars answered with consecutive three-pointers to cut the lead to just three before Nelson got another hoop to push the lead to five. Kearsarge got a hoop, a free throw and a three-pointer to take the 24-23 lead.

Isaiah Reese drilled a three-pointer to put the Golden Eagles up by two, but the Cougars got their second buzzer-beater of the game, drilling a three-pointer as time ran out to take the 27-26 lead heading to the fourth quarter.

Kearsarge got a three-pointer to start the final frame and pushed the lead to 30-26. However, Marsh answered with a three-pointer of his own to cut the lead back to one. After another Cougar hoop, Isaiah Reese drilled a three-pointer to tie the game at 32 with 3:20 to go.

Marsh and Isaiah Reese then each drained a pair from the free throw line to stretch the lead to 36-32 with just more than two minutes remaining in the game. Isaiah Reese then drilled a hoop to push the lead to six with 1:37 to go.

The Cougars didn't go away, draining a three-pointer with 1:08 to go to cut the lead to three, but their final attempt at a tying basket as time expired was off the mark and the Golden Eagles earned their second-consecutive trip to the Division III finals.

Acquilano noted that his team's tough free throw shooting line

made things difficult but he was glad they were able to pull things out in the end.

"This is a great group of kids, we're proud of them," the Gilford coach said. "The effort tonight was extraordinary."

"Up six, we could feel it, then we finally hit a couple of free throws and a couple of buckets," Acquilano added.

Marsh finished with 14 points to lead the Golden Eagles while Isaiah Reese scored 10 points, seven of which came in the fourth quarter.

The win propelled Gilford into the finals, where they faced off with Hopkinton.

GHS 5-8-13-12-38  
KRHS 9-1-17-8-35

Gilford 38  
Flanders 1-0-3, Nelson 4-0-8, I. Reese 3-2-10, Marsh 4-2-14, Cheek 1-0-2, J. Reese 0-1-1, Totals 13-5-38

Kearsarge 35  
Carl 4-0-11, Jallah 3-4-10, Grant 2-0-6, Stanchfield 2-0-5, Niedham 1-0-3, Totals 13-4-35

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).



Riley Marsh fires off a shot during semifinal action against Kearsarge.

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HealthFirst Family Care Center in Laconia is now offering COVID-19 testing to all residents of the surrounding communities by appointment only, Monday through Friday between 1pm and 4pm.

Both Rapid & PCR COVID tests are available on-site.

In addition to offering COVID testing to the community, HealthFirst is here to serve your whole family's health care needs. Having served the community for nearly 25 years, HealthFirst is an independent community health center offering comprehensive primary care, internal medicine, pediatrics, behavioral health services, same day appointments and much more. So, whatever your family's health care needs are, HealthFirst is here for you.

If you are in need of a COVID-19 test or are looking to establish care, visit [healthfirstfamily.org](https://healthfirstfamily.org) or call us today at 603-366-1070.

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