

# Gilford Steamer

THURSDAY, JANUARY 7, 2021

GILFORD, N.H.

## Gilford resident receives latest Go Baby Go car

The Gilford High School Introduction to Engineering class recently presented the latest Go Baby Go car to a Gilford resident. Ellah Murray visited the high school to receive a pink Mercedes Power Wheels car that was modified by the engineering students.

Go Baby Go is a loosely organized group of high school and college students who are attempting to make life easier for disabled students. The program teaches students about assistive technology and

user-centered design. As students begin to identify modifications that will be best for a particular student, they develop empathy for the student and her caregivers as they design safe innovations for the car. The Go Baby Go program at Gilford HS was started by student Troy Gallagher in 2019. That year, the class completed 2 cars for students at Gilford Elementary School (GES). The class was honored by US Senator Maggie Hassan when she designated the class, “Granite Staters of the Month,” and arranged to have a proclamation read into the congressional record. Since that first class, the Introduction to Engineering stu-

dents have delivered six Go Baby Go cars. Car number seven will be presented in January to a GES student.

The high school engineering students who worked on this car were Julianna Herbert, Elijah Miller, Benjamin Suranyi and Mitchell Townsend. The purchase of the car and supplies came from a generous donation by the Black Top Saints Riding Club.

**Gilford resident, Ellah Murray takes her new Go Baby Go car out for a spin. The car was modified to meet her needs by high school engineering students at Gilford High School.**

COURTESY



## UU church and Lions to host food drive



Pictured, from left: Lions Allyn Bridge, President Matt Soza and Bill Chandler.

COURTESY

Their latest project having been a success, on Saturday, Jan. 9 from noon to 3 p.m., the Unitarian-Universalist Society’s Social Justice Committee will reteam with the Laconia-Gilford Lions Club to collect food donations for Community Action of Laconia’s (CAP) food pantry. Lions will be out front of the little white church at 172 Pleasant St., curbside, for drop off of any donations.

“The last food drive we held got a very good response, but need is also high, and this event will give those who were unable to participate another opportunity,” explained Lions Club Pres-

ident Matt Soza. “Items particularly requested are peanut butter, jelly, pasta, rice, soups, cereal, tuna fish and canned foods of all varieties, especially easy open pop top cans.”

“This effort is the latest in our ‘Step Up to the Plate’ campaign, where Lions partner with area churches on food collections benefitting local food pantries,” said Lions Secretary Lori Chandler. “Food insecurity is an issue which has been heightened by the pandemic and lockdowns.”

“This event is designed to be as safe and responsible as possible,” added UU Social Justice Committee member Inez

Andrews. “Please note that the Church remains closed due to Covid-19. If you plan on dropping off items, wear a mask and maintain social distancing. If you have travelled out of state, been around someone who is Covid-19 positive or suspected Covid-19 positive, please stay safe at home.”

“All guidelines set by the CDC and Gov. Sununu will be followed,” said Lions Vice President Allyn Bridge. “Look for the yellow Lions vests in front of the little white church at 172 Pleasant St.”

Contact the UUSL at 524-6488. For further information on this event call 998-5549.

## Police managing pandemic-related program, training cancellations

BY ERIN PLUMMER

mnews@salmonpress.news

The Gilford Police Department is looking at options for restarting a few programs that were put on hold because of the pandemic from the Citizen’s Police Academy to officer training.

Police Chief Anthony Bean Burpee gave the board of selectmen an update on his department during their Dec. 16 meeting, including different impacts from the pandemic.

Bean Hurpee gave the board a listing of call volume. Board chair Chan Eddy noted that a lot of call statistics are down, including arrests, traffic stops, and vehicle

crashes though they are seeing more calls for service.

“I’m going to assume a lot of it has to do with the fact that people were kind of staying close to home,” Eddy said.

Bean Burpee said that does appear to be the case.

“Officers were getting caught up on reports and doing more stuff here,” he said, saying officers were doing a lot more by email. “It’ll be interesting to see where we end the year.”

Bean Burpee also said the department has tried being proactive with speeding measures in some areas where they

had been more reactive before.

Bean Burpee reported that most every department program was canceled due to the pandemic.

The Citizen’s Police Academy was going on for around two or three weeks at the beginning of the year when it was canceled. The program is expected to start back up in February 2021, though the current situation will be reassessed in January to decide if it can go on as scheduled.

The Kainen Flynn Fishing Derby was also canceled.

SEE POLICE PAGE A10

## Public hearings for budgets, zoning amendment coming soon

BY ERIN PLUMMER

mnews@salmonpress.news

Public hearings on the budgets and on a proposed zoning amendment are coming up in the next week leading up to the deliberative session and town voting.

Public hearings for the town, school, and Gunstock Water District budgets are scheduled all for Jan. 14.

For the past few months, principals from all three of these entities have worked to put together their respective budgets. The Budget Committee has reviewed

all of these budgets in a series of meetings and come up with their recommended budgets.

The budget hearing will take public comment on the proposed budgets and warrant articles. After the hearing the committee will vote on the budget and warrant that will go forward to the deliberative session.

The hearing is open to the public, but people are asked to wear masks and socially distance according to CDC guidelines. There will also be a Zoom link for the meet-

ing at <https://zoom.us/j/98693770709>. People can also join the meeting by phone at 1-312-626-6799 Web ID # 986 9377 0709.

The hearing will take place on Thursday, Jan. 14 at 7 p.m. at the Gilford High School auditorium.

The Planning Board will hold a public hearing on Monday, Jan. 11, on the lone zoning amendment on the warrant this year.

The proposed amendment would rezone the 12.85-acre area on the

SEE HEARINGS PAGE A10



# Notes from the Gilford Public Library

What's new at the Gilford Library?

We're entering the next chapter in our year-books with high hopes for 2021. We have a lot of programming in store for the new year that we cannot wait to share and hopefully we'll be able to share some of them in person! Coming up in this month, Kayleigh and Arielle will be doing a take-home paint kit for adults on Jan. 25. Sign up by calling or shooting us an email at gilfordlibrary@gmail.com. Miss Maria is starting up a bilingual story time virtually where kids will learn, read, play, and dance in both English and Spanish! You can check those out on Facebook Live with new videos each Tuesday at 10:30 a.m. There are all sorts of new books coming out this coming year

and you can check out some of the titles that make us most excited by heading to our Facebook page or checking out the "Gilford Public Library" YouTube page and find the 21 Books for 2021. Our building will continue to be open weekdays from 9 a.m. – 6 p.m. and 10 a.m. – 2 p.m. Saturday. Curbside service will continue at the library from 9 a.m.-5 p.m. each weekday if you are not comfortable coming into the building. Just give us a call when you arrive, and we'll bring out any reserved materials. There's much more in store for the coming months and we cannot wait to see what the year holds for us. Wishing you all a happy and healthier 2021!

Classes & Special Events  
Jan. 7 – Jan. 14

\*Sign up and face masks required

Thursday, Jan. 7  
NO EVENTS

Friday, Jan. 8  
NO EVENTS

Monday, Jan. 11

NO EVENTS

Tuesday, Jan. 12  
Bilingual Storytime,  
10:30-11 a.m.

Join Miss Maria every Tuesday to read, sing, dance, and play in both English and Spanish!

Wednesday, Jan. 13  
Wacky Wednesday  
Take and Make Craft  
Stop by and pick up a craft for you kids to make at home!

Phone-In Check out an Expert, 10 a.m.-noon  
\*need just a

quick question answered? Email hayden@gilfordlibrary.org for quick tech help at any time!

Thursday, Jan. 14  
Mother Goose on the Loose (Virtual), 10:30-11 a.m.

## Gilford Public Library Top Ten Requests

1. "The Sentinel" by Lee Child
2. "NYPD Red 6" by James Patterson
3. "Deadly Cross" by James Patterson
4. "A Time for Mercy" by John Grisham
5. "Daylight" by David Baldacci
6. "Hush-Hush" by Stuart Woods
7. "Transcendent Kingdom" by Yaa Gyasi
8. "A Promised Land" by Barack Obama
9. "The Law of Innocence" by Michael Connelly
10. "The Midnight Library" by Matt Haig



PHOTO BY ERIN PLUMMER

### Winter in Gilford

Snow covers the Benjamin Rowe House, a common sight in Gilford for the past 183 years since the house was built in 1838.

## GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from Dec. 14-30.

Cassie A. Barnett, age 33, of Tilton was arrested on Dec. 14 for Driving While Intoxicated and Resisting Arrest or Detention.

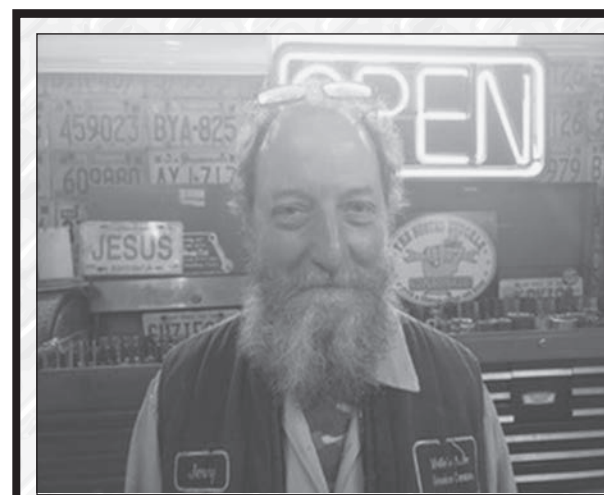
Deborah J. Cheek, age 52, of Gilford was arrested on Dec. 20 for Violation of a Protective Order and Breach of Bail.

Corey R. Perron, age 34, of Gilford was arrested on Dec. 21 on multiple counts of Driving After Revocation or Suspension and in connection with multiple warrants.

A 24-year-old female from Quincy, Mass. was taken into protective custody for intoxication on Dec. 21.

Paul J. Bellerose, age 37, of Gilford was arrested on Dec. 27 for Disorderly Conduct, Resisting Arrest or Detention, and Breach of Bail.

Bradley A. Perreault, age 48, current address unknown, was arrested on Dec. 30 in connection with a warrant.



## HE'S HERE!

We are proud to announce that Jerry Mello, who was previously working at Garneau's Garage, has now joined our team at Bumper To Bumper Auto Repair Inc., here on Rt. 115, Twin Mountain, NH. Jerry has over 43 years of active experience in the automotive field, with his expertise in automotive repair. Come on in and help us give Jerry a warm welcome to our team. Jerry is anxious to be here, and to take care of all your automotive needs. You can call him at 603-846-0000.

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# Gilford High School honor roll

Gilford High School has released its honor roll for the first trimester of the 2020-2021 school year.

**Grade 9**  
High Honors: Elizabeth Albert, Aide Bondaz, Millicent Caldon, Sienna Diaz, Brendan Folan, Carter Forest, Brayden Gardner, Caroline Guest, Madelyn Guest, Ryan Guyer, Haukur Karlsson, Derek Kelly, Vivian Kennell, Abigail Kenyon, Brook Kimball, Eva Lacey, Rosabella Lesniak, Lily Locke, Emma McBride, Andrew McDonough, Madelyn McKenna, Ellie Nicolas, Riley Powers, Rhiannon Reinholz, Abigail Seal, Mya Shepard, Abigail Shute, Delilah Smock, Benjamin Sura-

nyi, Bridget Wilcox, Dylan Wright, Samuel Young

**Honors:** Seth Benson, Trisha Bradbury, Madeline Breton, Keith Cameron, Grace Cook, Genevieve Cookinham, Kassie Gard, Caleb Giovanditto, Michael Guerin, Avery Hennig, Lily Hufschmid, Scott Kulcsar, Kaylene Messer, Aidan Mini, Christopher Port, Isaiah Reese, Tristan Reinhold, Lydia Stefan, Evan Stewart, Alden Townsend, Brielle Vasilevsky, William Wallace, Addy Wernig

**Grade 10**  
High Honors: Alex Burnham, Samuel Cheek, Allison Ellis, Melody Gallant, Patrick Gandini, Jonathan Gosselin, Sydney Irons, Gianna

Knipping, Riley Logan, Emily Moynahan, Madison Nash, Savannah Neuman, Jesse Powers, Jalen Reese, Ethan Roy, Joseph Schelb, Lexi Shute, Tessa Tanner, Lily Tierno, Emily Watson, Taryn Werni, Harrison Woolverton

**Honors:** Andrew DeCarli, Gabriella DeCarli, Carson DeHart, Dane DeHart, Alexie Dumond, Olivia Fanjoy, Vanessa Flanders, Lauren Gallant, Nathan Griffith, Murphy Harris, Brady Heyman, Cole Howard, Natalie Hurst, Emily Jacques, Stratford Kenney, Allison Kenyon, Tyler Lafond, Landon Lewis, Autumn Maltais, Camryn Marshall, Hailey McKenna, Lauryn Nash-Boucher, Harshil

Patel, Alysén Pichette, Madison Stoddard, Avery Totten

**Grade 11**  
High Honors: Shealagh Brown, Finn Caldon, Jack Cennamo, Laura Hughes, Nicole Mackenzie, Avery Marshall, Jaiden McKenna, Harper Meehan, Marlow Mikulis, Austin Norman, Mackenzie Roys, Reece Sadler, Maegan Shute, Catherine Stow, Ruby Tinsley, Mitchell Townsend, Rylie Winward, Jacqueline Wright, Esther Wrobel

**Honors:** Claire Bartley, Eva Bondaz, Anna Cook, Madison Cusello, Kaleena Dyer, Danielle Giardini, Tyler Hazelton, Maura Hughes, Ashley Kulcsar, Hale Kutuk, Van Langathianos, Sophia

Lehr, Karina MacLeod, Savannah McDonald, Riley McDonough, Molly McLean, Blythe O'Connor, Mitchell Pratt, Anna Roy, Mikaila Sanville, Christina Segalini, Lauren Sikoski, Zoltan Stefan, Mason Testa

**Grade 12**  
High Honors: Alexandria Aquaro, Alexander Berube, Blake Bolduc, Caroline Dean, Annabelle Eisenmann, Andrew Flanders, Taryn Fountain, Alyssa Goselin, Chandler Green, Jacob Guay, Clohe Gunnerson, Kendall Jones, Mae Kenny, Harrison Laflamme, Frankie Lange, Jennifer Laurendeau, Joshua Leighton, Kayla Loureiro, Victoria Markievitz, Logan McBride, Leah McClin-

ton, Madyson McDonald, Brayden McDonald, Paige Meserve, Jacqueline Nash, Curtis Nelson, Carson Ormes, Alaina Osburn, Shawn Osburn, Kathryn Osburn, Jenna Pichette, Catherine Pingol, Sydney Rainville, Emma Ramsey, Sofia Sawyer, Elizabeth Swarthout, Bethany Tanner

**Honors:** Ian Bond, Kyle Brent, Tyler Browne, Connor Caldon, Alexander Cheek, Kayla Cisneros, Kimberly Daigneault, Grace Denney, Eric Ellingson, Ella Harris, Corey McDowell, Colin McGreevy, Stevie McSharry, Emma Savoie, Hilda Servin, Callista Shepard, Julia Spooner, Jordan Witham

## Police moving forward with communications, technology projects

BY ERIN PLUMMER  
mnews@salmonpress.news

The Gilford Police Department is going forward with some communications and technology improvements that had been put off because of the pandemic.

Police Chief Anthony Bean Burpee gave the selectmen a regular department update during the Dec. 16 meeting, including updates on technology and communications projects.

The department received some step grants

that will go toward technology improvements as well as some safety details.

The department will start phase two of its communications and infrastructure improvement project. The project was in progress and all of the equipment had been ordered, but it went on hiatus over the summer and the work hadn't been done yet. The project will go into 2021.

Bean Burpee said personnel in cars start running into issues us-

ing their portable communications devices around McIntyre Circle (the Route 3 and 11 intersection) to Walmart with signals unable to get around the mountains. He said they have been talking with Ossipee Mountain Electronics of Moultonborough as well as the Gilford Walmart about options to improve the signal.

He said Walmart gave the department the initial permission to start the process that would install a five to 10-foot

antenna on the building. He said it would be a transmission and receiving antenna, "to get us back to where we need to be."

Board Chair Chan Eddy asked if the department has also spoken with Laconia Airport about that antenna considering that Walmart is over the airport's flight path. Bean Burpee said that is something they are working on, saying Ossipee Mountain Electronics is aware of the situation and is working

with the FAA.

Bean Burpee said they also had been working on a project to improve communication in brick and mortar buildings, addressing issues with portable radios in buildings. They have also been working with the school district on this.

"We need to and get that up and running," Bean Burpee said.

The department was also able to outfit a cruiser with some new software to access its record management program

thanks to a police grant. The department is working with the record management company to implement the software with a step grant and is looking to outfit all the cruisers with this technology in the next few years.

With the step grants they also planned to do speed enforcement and drunk driving details around the holidays and into the new year.

## Selectmen approve town hall plumbing repairs

BY ERIN PLUMMER  
mnews@salmonpress.news

Town hall was scheduled for some plumbing repairs that had been put off from the previous

renovation project.

During their Dec. 16 meeting, the selectmen approved a motion to accept the proposal from

Spartan Mechanical LLC of Gilmanton for \$23,900 to do some needed plumbing repairs in town hall. The amount

would be paid from the Building Maintenance Capital Reserve Fund.

Selectman Kevin Hayes asked how much these improvements would solve problems in the building. Town Administrator Scott Dunn said it would solve a lot of problems, especially leaks and corroded pipes.

The metal pipes in town hall are around 30-years-old. Dunn said this was a project that had been delayed.

"My original goal was to do this when we did all the upgrades so we wouldn't have the units that we have here now, but budget constraints didn't allow for that," Dunn said.

Hayes asked if this would solve some temperature issues in the building, saying he saw that Dunn had cracked a window in his office when the heat was on. Dunn said this wouldn't solve that issue as there is a two pipe system in the building and either heat or air conditioning would only be on at certain times of the year.

Dunn said there were plans during the town hall project to switch from a two-pipe system to a four-pipe system with hot water and cold water returns that would allow heating and air conditioning to run in different rooms at the same time. Hayes asked if that could still

be done, asking for a potential price. Dunn said he didn't ask for a price for this because there's no money to do it.

Dunn said the current plumbing repairs are one incremental project that had been proposed since the building project, which has also included \$30,000 worth of insulation a few years ago.

"We've made a lot of incremental repairs, this is one of the last short of doing the four-pipe system and not using the dinosaur system that we have now," Dunn said.

The board unanimously approved the proposal from Spartan Mechanical.

## Gilford Parks and Recreation News

BY HERB GREENE

Director  
Gilford Parks and Recreation

Bolduc Park Cross Country Ski Program The Gilford Parks and Recreation Department will be offering four weeks of Cross Country Ski Lessons at Bolduc Park this winter. Lessons begin on Saturday, Jan. 2, and will continue through Jan. 23 (in the event a day is cancelled because of poor weather, it will be made up the week(s) following Jan. 23). Lessons begin at 10 a.m., and rental skis may be picked up at 9 a.m. at Piche's Ski Shop! Registration forms are available at the Gilford Parks and Recreation Department, the department's website at [www.gilforddrec.com](http://www.gilforddrec.com), Bolduc Park and Piche's Ski Shop. Please mail, fax or drop off your registrations directly to Piche's Ski Shop.

Cost: \$80 per person includes rental equipment! \$40 per person if you have your own equipment!

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

Senior Strides Weekly Walking Program on Wednesday mornings The Gilford Parks and Recreation Department and Gilford Youth Center are co-sponsoring a weekly drop-in walking program for senior adults on Wednesday mornings from 9-10 a.m. at the Gilford Youth Center. Participants can track their progress or just walk for fun. All participants should bring and wear a mask throughout the program. Participants

are also encouraged to bring their own water bottle, as water will not be provided. There will be plenty of chairs available, spaced six feet apart, for participants to take a break as needed. Hand sanitizer and disinfectant will be available. There is no fee for this program and participants can register their first day. For more information, please contact the Parks and Recreation Department at 527-4722.



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# Cheers to 2021

The past year has been challenging, and the months ahead only look slightly different as far as the pandemic is concerned. The rollout of the vaccines does, however, offer some promise in getting our lives back to normal.

It's been discouraging; however, to see people behave so unkindly towards one another. Not so much on the local level — here, we are fortunate. But nationally, the temperature has been turned up for far too long. When did it become 'cool' or 'macho' to behave with such hate towards another person, simply because you disagree? Why are so many individuals filled with so much hate that they take it out on complete strangers? We remind everyone, that when it comes to national politics, listen to several news sources, and not a passing meme on social media. Too many uninformed people are acting out, when if they truly were aware of how things work, beyond just a talking point, they may see things a bit more clearly. Again, we have faith that in the months ahead, the climate will become one of which we can all be proud. It's ok and actually a good thing to question and even disagree with others if it's how you feel. It is not OK when decency, lack of respect and kindness falls by the wayside. It is possible to disagree and yet still be kind and helpful to each other. The constant chest puffing on social media and on national news is just, well, sad. You get more bees with honey.

On another note, as we sit and reflect about how much time has been spent apart as a society, we do need to give a nod to solitude. Extroverts across the globe, just want their social lives to be in full swing again. Heck, even introverts do as well. Being social is an important part of our existence. As things move in that direction, we want to remind everyone that there is a benefit to having some much needed alone time. Something we all don't get very often.

Life in normal times can move very swiftly. We're always looking ahead at what needs to be done next, planning, over thinking and stressing about the future. Studies show that when you stop and enjoy some alone time, your brain will rest. Overstimulation can have adverse effects on our well-being. Take time to detach from the internet, television even music.

When we're alone, our parasympathetic nervous system, that relaxes us, is triggered. Alone time relaxes your muscles, lowers your blood pressure and slows your heart rate. Time alone is a great way to prevent burn out. Burnout can cause us to go about our days in an inefficient manner.

Another check mark in the 'pro' column of solitude is that we become more creative. Our minds are free from distractions. Spending time solo can reduce the chance you'll suffer from vital exhaustion which can lead to increased anger and heart trouble.

One analogy that makes sense regarding solitude, is that it gives you time to get a bird's eye view of your life — the bigger picture, instead of feeling stuck in the day to day sometimes mundane activities.

In the New Year ahead, we wish you all health and happiness. As always, take care of each other.

## Send us your letters!

We seek your input! Tax rate got you down? Glendale too congested for your liking? Do you approve of a recent selectmen decision? Hate the paper? Love the paper? Let us know!

Send your letters to:  
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Our fax number is 279 3331.  
E-mail us at [brendan@salmonpress.news](mailto:brendan@salmonpress.news).  
We're looking forward to hearing from you!



PHOTO BY ERIN PLUMMER

## Looking up from the fields

Snow covers the upper field at Gilford Elementary School with a really pretty winter sight visible in the background.

## FROM OUR READERS

### It's time for healing, peace and unity

To the Editor:  
Enough is enough! Having recently reviewed Belknap County Democrats (BCD) public FaceBook page, based on current posts through December, there is definite evidence of BCD's role in perpetuating the widespread, unjust and destructive controversy directed at Republican Laconia State Rep. Dawn Johnson. Here are some examples.

Dec. 15 #ResignDawnJohnson did not "attempt" to spread content, she very much succeeded. However, it was BCD who rigorously succeeded "to spread content". This began with their Dec. 11 post noting "Laconia GOP Representatives Dawn Johnson posting anti-Semitic and conspiracy theory on Twitter. A class act. Is this really how Laconia wants to be represented?", where

they provided link to a screenshot of Twitter Search results. This premeditated action republished Rep. Johnson's original post, consequently making it continuously available online, even after she realized the malevolent source and reprehensible intent of image attached, immediately apologized and removed the post herself from social media, stating emphatically she does not in any way approve or promote views of that Neo-Nazi extremist organization.

Dec. 18 Sign the petition! Dawn Johnson needs to resign! #resigndawnjohnson. Post includes meme with Rep. Johnson's picture and "PLEASE SIGN OUR PETITION, HATE HAS NO HOME, in the New Hampshire House of Representatives". An earlier post on Dec. 18 includes

copy of letter to then Acting Speaker Sherman Packard at Statehouse from Representative Renny Cushing on behalf of the House Democratic Caucus. Content notes: "...The Anti-Semitic and racist imagery and text shared by Representative Dawn Johnson of Laconia would be reprehensible behavior by any individual but as an elected public official it is absolutely unacceptable...It is not without sincere pause that we come to you and ask that you request Representative Dawn Johnson to resign from her seat in the legislature." As noted above, BCD deliberately and publicly posted that same imagery and text. In context of both "HATE HAS NO HOME" meme and this letter, any State Legislators who are part of that political organization should be re-

signing as well.  
It's time to renounce this smear campaign to remove the duly elected freshman Republican State Representative for Laconia. Instead, local and state Democrats should put 2021 efforts into fostering constructive bipartisan and community action to address critical constituent problems. Matters like homelessness, substance abuse and consequences of COVID; weakened economy, unemployment and supporting community health and well-being. This would go a long way toward benefitting everyone, while pursuing the unity that their Party Leader, President-Elect Joe Biden, promised would be happening under his Administration.

MOLLY NOTKIN  
GILFORD

### Howard's call for dissolution of the state is no joking matter

To the Editor:  
I was incredulous as I read Ethan DeWitt's article in the Dec. 29 Concord Monitor that a group of Republican legislators is calling for the dissolution of the state government. With a sinking feeling, I looked for, and found, the name of our state Representative, Raymond Howard, Jr., as a signatory to the letter.

How many of the 5,541 people of Alton, Gilmanton, and Barnstead who voted for Howard in November would approve his support for the dissolution of the New Hampshire government? According to the Monitor, Reps. Mike Silvia of Belmont and Dave Testerman of Franklin also signed on to the letter that was recently delivered to the Secre-

tary of State. Presumably, they are unhappy with Trump's loss (with no evidence of voter fraud) and being asked to wear masks by their Governor. They called Gov. Sununu a "tyrant" for helping protect New Hampshire from the worst ravages of Covid. Their letter states, "we are Absolved from all allegiance to the statutory 'state' of New Hamp-

shire," a sad twist on the Declaration of Independence. And, what is their better idea? This is not leadership. Our townsfolk reelected Howard to a third term in November. Let's pay better attention, and make sure it is his last.

SARAH THORNE  
GILMANTON IRON  
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## Edward Jones: Financial Focus


### Avoid Tapping Into 401(k) Early

If you've been contributing for many years to your 401(k) or similar retirement plan, it may be your largest pool of money. So, if you are facing a financial need, you may think about tapping into your account. After all, it's your money – why not use it? But touching your 401(k) before you retire may not be a good idea, as it can lead to some unwanted consequences. First, taking funds out of your 401(k) now could increase the risk of running out of money during retirement, which could last for decades. Also, withdrawals taken from your 401(k) before age 59½ may be taxed as ordinary income and are generally subject to a 10% penalty for early withdrawal, although there are some exceptions. And a sizable taxable withdrawal from your 401(k) could bump you into a higher tax bracket. Therefore, if you are facing a financial need, you may want to consult with a financial professional to discuss the options available to you. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.

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cial crunch, you may want to explore some options before tapping into your 401(k). For starters, see if you can cut your expenses where possible and explore financial assistance programs that service providers, such as utility companies, might offer. Also, if you have an emergency fund, now may be the time to use it. For most folks, it's a good idea to keep three to six months' worth of living expenses in such a fund, with the money kept in a liquid, low-risk account. But even smaller amounts can help in a financial crunch. You might also find another source of cash in your taxable investment accounts. Any uninvested cash in these accounts is an easy place to start. You might also look at selling investments to free up some cash. However, before making this decision, you may want to consult with a financial professional to discuss the options available to you.

Another cash-generating option is a 401(k) loan, assuming your plan permits such loans. Unlike a direct withdrawal, a 401(k) loan is not taxable if it's repaid on time. (If it isn't, you could also incur penalties.) And, although the loan may have some fees, the interest on it will be paid to your account, rather than to a bank. However, you won't earn investment returns on the loan balance, because you can't use this money to invest. And if you leave your job before you've fully repaid the loan, you'll likely have to come up with the remaining balance quickly. You could also consider using your credit cards to generate cash, but these types of loans or advances can be quite costly. Instead, you may want to look at other possibilities, such as a home equity loan, the cash value of a life insurance policy, the "margin" on your investment accounts or a personal loan. Again, you should talk to a financial professional to discuss the tradeoffs of taking out these loans and to develop a payoff strategy, if you decide to use any of them. Your 401(k) is a long-term investment designed to meet a long-term goal: your retirement. So, if you think you might require these funds before retirement, explore all alternatives first to find the right decision for your needs.



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North Country Notebook

The well-written obituary, and the social side of death



By JOHN HARRIGAN  
COLUMNIST

There are a few things I'd like to see in 2021. The thing I want to see most is 2020 in the rear-view mirror, and smoother road ahead.

This awful illness loose among us has robbed us of so many things, especially the oldest and most vulnerable. I wish I'd had a chance to talk with more of them before they were gone. One was a World War II vet, 96, my Dad's generation, among the last we'll see.

And this might sound macabre, but one loss I resent most bitterly is the societal glue of calling hours at the funeral home.

This is where we reconnect with school-mates, childhood friends, and long-lost relatives. It is how we

mitigate, understand, and absorb the loss of our loved ones. We see it there in the paper, from 2 to 4, from 7 to 9. The funeral is Saturday at 11, and always, almost without fail, there's a get-together in the church hall or a family home afterward. Again, more connections, and hands and hearts to cope.

It's bad enough to be missing all the weddings, class reunions, birthdays, retirement parties, and 40th and 50th anniversaries that are the warp and woof of life in communities and countryside. But the visiting hours!---a stab straight to the heart.

+++++

I've been watching too many movies on television. Many are movies I saw when I was a kid, at the actual movies. The price of a ticket was a quarter, and Cob Sutton sold popcorn for a dime.

Some of those movies were just awful---real stinkers, with lousy, stupid scripts. They all had the same formula, especially the cowboy shoot-em-ups. The same thin-stringed piano, I think, appeared in a hundred saloons.

But at least the before-television movies made a pretense of looking real. The sets had enough detail to look like real places. There were enough extras for enough people in town. So what if the horses seemed to run forever without hay or water?

But post-TV---or is it just me---did everything start to look cheap? Gas flames, coming out of fake campfires. Squeaky-clean saddle ropes. Clean canvas rows of troop tents. No dirt on shirts or Stetsons.

And the way they handle guns is something awful. It makes me want to dive under a table---pointing shotguns and six-shooters this way and that, with no care. In a made-for-TV movie, shot just this year, the lead actor was forever sticking his rifle into sand and snow.

Scriptwriters apparently don't know a rifle from a shotgun, or a six-shooter from a flintlock. Producers hire consultants and fact-checkers for history and societal lore, but with firearms, anything goes.

+++++



JEN KEAZER — COURTESY

A view of the home farm, from the next ridge over. Jenny Keazer took this photo one snow-filled morning a couple of years ago, showing the countryside of East Colebrook, with her family's home farm just about smack-dab in the middle.

John Stylianos, my very first editor, taught me a lot of things I still use, among them to check (and learn to enjoy) the obituaries. Back then, in 1968, I was supposed to check for any hint of malfeasance. Later in life, I simply was drawn to interesting and well-written obituaries.

Many funeral home directors, or undertakers as they were called in the not-so-distant past, help families write obituaries. Often, however, a family member

takes it on, with siblings, cousins and grandchildren hovering over every word. Many obituaries are exceptionally well-written, obviously conceived with much love, and make good reading.

In this week's paper was the obituary of Wayne A. Holden, Jr., whom I'd know all my life. When I last saw him, many years ago, he and his wife Joyce were living in Twin Mountain, where he ran the fish hatchery. I took a picture of them there on the

lawn, with the sign "Tax Preparer"---Wayne's extra job, and in his way, his mission.

His obit said that he enjoyed fishing, "but most of all riding around on old dirt and back country roads"---a man after my own heart, on both counts.

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

Center for Financial Training & Education Alliance names Katrina Randlett winner of Sapphire Award



Katrina Randlett

REGION — The Center for Financial Training & Education Alliance (CFTEA) has announced that Katrina Randlett, Learning and Development Officer for New Hampshire Mutual Bancorp (NHMB), has been awarded the Sapphire Award - Council of the Year. The Sapphire Award – Council of the Year recognizes innovative approaches to education that have allowed continued employee learning and enhancement during the current health crisis. In her role, Randlett oversees the planning and execution of learning and profes-

sional growth, workplace engagement and leadership development for NHMB.

NHMB is a shared service organization that provides essential services to three 150-year-old mutual community banks in New Hampshire - Savings Bank of Walpole, Merrimack County Savings Bank (the Merrimack) and Meredith Village Savings Bank (MVSB) - as well as their sister organization NHTrust, a full-service trust and investment management firm.

"Katrina implemented and maximized the use of technology during the pandemic and has taken full advantage of all our virtual capabilities," said David Cronin, Executive Vice President and Chief Human Resources Officer for NHMB. "She has adapted the functionality of the tools provided to her to ensure that our vast employee training and onboarding programs

continues to progress. This recognition is well-deserved."

"I'm honored and humbled to have been selected for this award," noted Randlett. "Our biggest challenge is that we are made up of three banks throughout the state of New Hampshire. It's not easy for our employees to gather in one central location to learn, since some would have to drive 3+ hour's roundtrip for a training that lasts around an hour. We have benefitted from distance learning even before COVID-19. Distance learning is great on time, decreases mileage expense and for branches with limited employees, we don't have to have employees gone for hours. Students have commented that they love being able to see the instructor over a webcam and that the small groups found within breakout rooms make them feel like a team. There has been less travel and hours aren't lost to travelling to a tradi-

tional site. We love the fact we can have instructors from anywhere and that even though the experience is remote, there is still great growth and a wealth of learning."

Randlett joined Meredith Village Savings Bank (MVSB) in 1999 as a teller. She spent several years in a variety of roles within the branch network at MVSB including Branch Services Manager and Teller Trainer. In 2017, she moved to the Risk Management Department as the Risk Management Systems Administrator for NHMB and in 2019 was promoted to Learning and Development Officer.

Randlett earned her teller and customer service certifications through the American Bankers Association, and is a graduate of the Northern New England School of Banking. Katrina has been an active member of the Center for Financial Training & Education

Alliance Board for two years, representing the Lakes Region Council.

Randlett has volunteered with the Save for America Program and the Ashland 4th of July Committee and participates in the Holderness Fire Association to create Halloween in Holderness. She lives in Holderness with her family.

CFTEA has been providing industry specific training and education to financial institutions and area organizations for more than 100 years. They began as volunteer chapters of the American Bankers Association's educational arm, the American Institute of Banking and serve organizations throughout Maine, New Hampshire, Vermont and Virginia. You can find out more at cftea.org.

New Hampshire Mutual Bancorp, a shared services organization, 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 the state. This strategic partnership has positioned the banks to leverage each other's strengths as they work together to advance a shared vision of maintaining and enhancing community banking standards and values. MillRiver Wealth Management joined as a third affiliate in 2015, combining the financial advisory divisions of MVSB and the Merrimack. Savings Bank of Walpole joined NHMB in 2018. In 2020, MillRiver Wealth Management affiliated with the New Hampshire Trust Company and Savings Bank of Walpole Wealth Management to become NHTrust. NHMB combined assets total more than \$2.8 billion. For more information, visit nhmutual.com.

Bank of New Hampshire promotes Dona Murray to Senior Vice President – Investment Officer



LACONIA — Bank of New Hampshire is proud to announce that Dona Murray has been

promoted to Senior Vice President – Investment Officer.

Murray joined the Bank of New Hampshire Wealth Management Team ten years ago, bringing valuable experience and skills to the bank. Now, with more than 30 years of experience in the financial and investment services industry, she continues to provide essential exper-

tise to the Wealth Management Team and bank as a whole. She graduated with Cum Laude honors from Occidental College with a double major in Economics. Prior to joining Bank of New Hampshire, Murray spent more than 15 years with Wellington Management Company in Boston as a Vice President and provided investment counsel to private trusts. She is a

graduate of Leadership Lakes Region and serves as a Director on their Board.

In 2017, Muray received Bank of New Hampshire's Quality Service Professional of the Year Award. That same year she received United Way's Employee Campaign Coordinator of the Year Award. She is an active volunteer throughout the commu-

nity.

Bank of New Hampshire, founded in 1831, provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 23 banking offices throughout New Hampshire and assets of nearly \$2 billion, Bank of New Hampshire is the oldest

and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.



# Golden Eagle boys ready for a new challenge

GILFORD BOYS ENDED LAST YEAR AS DIVISION III CO-CHAMPIONS

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — The Gilford boys’ basketball team played its way to the Division III championship game last year. However, due to a rather new thing called the COVID-19 virus, that championship game was never played and the Golden Eagles had to settle for being the Division III co-champions. While coach Rick Acquilano and the Gilford boys know that there are no guarantees this season, they will be doing their best to get back to that championship game amidst the COVID-19 pandemic. “We understand there are no guarantees this season,” said Acquilano. “I think our focus will be in having gratitude for having an opportunity

to play, period. “I can’t thank this community enough for supporting athletics and extracurricular activities during this trying time,” he added. The Golden Eagles return a solid group of players to the core to the court with hopes of getting back to the championship game. Sophomore Jalen Reese came off the bench last year and provided a spark and will start at the point guard position for the Golden Eagles this season. “He is working hard and really affects play on both ends of the floor with his size and athletic ability,” Acquilano said. “He also really understands the game.” Riley Marsh also returns as a starter and has improved his play

over last year, with Acquilano noting that he is stronger and plays with an edge. “He shines on the defensive end and is an improved scorer for us,” the Gilford coach stated. Malik Reese is a hard-working player inside for the Golden Eagles, with Acquilano noting that he directs traffic well underneath and has established himself as a competent scorer and defender. Curtis Nelson will look to expand his role from last year. Acquilano notes he works hard and can be a spark for the team. He is expected to put pressure on the ball and on the defense. Jack McLean returns looking to expand his role as well as he continues to battle and make hustle plays for the Gold-

en Eagles. Alex Cheek played a large role a year ago and the team will be looking forward to his return from a football season injury later in January. Acquilano noted that he continues to rehab and provide leadership. Freshman Isaiah Reese will be contributing right away for the Golden Eagles and should be a competent scorer and defender. Austin Normandin could also be a help on both ends of the floor and Sam Cheek is working hard and vying for playing time inside. “I think our goal is to be in the mix at the end of the year,” Acquilano said. “We just look to focus on getting better day to day. We have real potential but have to earn it and make sure we put the work in.”

Obviously, things are different this year, with masks, social distancing and sanitization all becoming normal things in the world, which certainly will make their way into the high school basketball season. Acquilano noted that the team is wearing masks, social distancing when possible and doing whatever it can to make sure they have a season. “I can’t say enough about this group of guys,” the second-year head coach said. “In the end, we just want to play ball. “The masks are certainly not perfect, but none of this stuff is,” Acquilano said. “We will make no excuses for what comes our way. We are controlling what we can control and we are happy for the opportuni-

ty to be playing.” The regionalized schedule will include two games each with Belmont, Prospect Mountain, Plymouth, Inter-Lakes, Laconia and Kennett. Kingswood is also on the schedule, but as of deadline, the Governor Wentworth Regional School Board had not approved winter sports for Kingswood athletes. The season will kick off for Gilford on Monday, Jan. 11, at Belmont at 6 p.m. The Golden Eagles will be hosting Belmont on Thursday, Jan. 14, at 6 p.m.

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

## Golden Eagle swimmers face unusual season

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — The Gilford swim team may be one of the local teams most impacted by the COVID-19 pandemic. But the team is taking everything in stride and working on getting better each step of the way. Because of the pandemic, most of the team’s meets will be asynchronous, meaning that swimmers will swim their events

during specific practices and the times will be submitted along with other schools and the times will be compared to determine who wins each event. Coach Dave Gingrich noted that there are a total of eight teams competing in a round-robin format and the Golden Eagles currently have three or four meets scheduled to be held this way. Gilford will be returning a number of athletes

to the pool this year, including three seniors who will be swimming their final laps for the Golden Eagles. Madison Heyman, Catherine Pingol and Griffin Plourde are all wrapping up their careers this winter. “All three bring years of swim training and competition to the team,” said Gingrich. Claire Bartley and Lauren Sikoski are both returning for their junior year and also bring some solid experience,

while Jessica Gannon, Avery Totten, Emily Watson and Taryn Wernig are all back for their second year on the team as sophomores. The Golden Eagles will be welcoming a pair of freshmen in Elise Bartley and Bridget Wilcox. Gingrich notes that both swim on club teams and come with swimming experience as they begin their Gilford careers. Of course, with the pandemic on everyone’s

mind, the Golden Eagles will have to be making some adjustments to the usual plan of attack. “We were only able to secure limited practice time in the pool, so we will be adding some dryland training as well to supplement swim practices,” Gingrich noted. That being said, the Gilford coach, along with his wife Karen, who also coaches, expressed their gratitude for just being able to have a season. “We are apprecia-

tive for the opportunity to have a season and be able to provide the athletes with an opportunity to practice and compete,” Gingrich said. “While the season will look very different, we look forward to working with this terrific group of athletes.” *Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.*

### HIGH SCHOOL SLATE

**Monday, Jan. 11**

BELMONT  
Boys’ Hoops vs. Gilford; 6  
Girls’ Hoops at Gilford; 6  
GILFORD  
Boys’ Hoops at Belmont; 6  
Girls’ Hoops vs. Belmont; 6

**Wednesday, Jan. 13**

BELMONT-GILFORD  
Hockey at Kennett 6:30  
WINNISQUAM  
Hockey vs. Berlin; 4:30

**Thursday, Jan. 14**

BELMONT  
Boys’ Hoops at Gilford; 6  
Girls’ Hoops vs. Gilford; 6  
GILFORD  
Boys’ Hoops vs. Belmont; 6  
Girls’ Hoops at Belmont; 6

All schedules are subject to change

## Bulldogs back on the ice in search of deep playoff run

BY JOSHUA SPAULDING  
Sports Editor

LACONIA — The Belmont-Gilford hockey team is returning to the ice for another season, backstopped by a returning First Team All-State goaltender and a host of solid returning players and newcomers under fourth-year head coach Jason Parent. The Bulldogs will be relying heavily on senior captain Collin McGreevy, who earned

First Team All-State last year as the team’s goaltender and will be looked at to backstop another season. Additionally, sophomore center Owen Guerin, junior defenseman Zoltan Stefan and junior forward Griffin Tondreau are all back on the ice and expected to carry a good chunk of the weight for the Bulldogs in the new season. Parent is also excited to a welcome a strong

group of freshmen to help out, including defenseman Brendan Folan, forward Aiden McKenzie and forward Geena Cookinham. Things are obviously different for the team this year, as the COVID-19 pandemic has made things unusual for everyone. The players and coaches are all wearing masks and the team is split up during practices to help ensure social distancing is taking place. Despite all of this, Parent said that the hope for the Bulldogs is to make another deep playoff run in the new season. The Bulldogs will be playing a regionalized schedule, much like the local teams did during the fall season, playing mostly teams from around the Lakes Region. Belmont-Gilford will play four games with Division III co-champion from a year ago, Kennett High School of Conway. They are also

scheduled to play four games against Division II Kingswood of Wolfboro. However, as of deadline, the Governor Wentworth Regional School Board had yet to give approval for winter sports to move forward at Kingswood. The Bulldogs will also play a pair of games against Kearsarge-Plymouth and defending co-champion Berlin-Gorham as well as two games with rinkmates Laconia-Winnisquam-Inter-Lakes. The season is scheduled to kick off on Wednesday, Jan. 13, with a game against Kennett at the Ham Arena in Conway, set for a 6:30 p.m. faceoff. The Bulldogs will then welcome the Eagles to the Merrill Fay Arena on Saturday, Jan. 16, for a 12:45 p.m. game. *Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.*

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Meet Brownie, a fun loving, happy go lucky guy! Brownie is about 1 yr. old, full of personality and would love to be in a new home for the holidays! He would be great in a home with another canine friend, though cats are just too much fun to chase! Brownie needs plenty of exercise and training to be successful in his new home. He will most likely do well in a home with older kids and with other dogs who can tolerate his active play style. If you are interested fill out an application at [nhhumane.org](http://nhhumane.org)!

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# Belknap House receives donation from New England Patriots Foundation



Colleen Garrity

FOXBOROUGH, Mass. — Every year since 1998, the Kraft family and the New England Patriots have been celebrating those who give their time to help others. The program was originally known as the Community Quarterback Awards and were presented to those who exemplify leadership, dedication and a commitment to improving their communities through volunteerism.

In 2011, the awards were renamed in honor

of the late Myra Kraft who committed her life to volunteering. As part of the New England Patriots Foundation’s ongoing Celebrate Volunteerism initiative, the Kraft family traditionally hosts a special ceremony at Gillette Stadium to celebrate the honorees.

On Friday, Oct. 30, the Kraft family and the New England Patriots hosted a virtual ceremony to celebrate 26 volunteers from all across New England. Twenty-five organizations received grants of \$10,000 in honor of their outstanding volunteers and one grand prize winner received a surprise \$25,000 donation.

Patriots Chairman and CEO Robert Kraft, New England Patriots Foundation President Joshua Kraft and Patriots and Pro Football Hall of Famer and Patriots Executive Director of Community Affairs Andre Tippett all partic-

ipated in the virtual ceremony.

“This year has been incredibly challenging for so many families, but it has also been difficult for nonprofits,” said Robert Kraft. “They have been called upon to support more families than ever before, but have been unable to host their traditional fundraising events. Volunteers are the lifeblood of these charitable organizations and they have stepped up in a big way during this unprecedented time. We were honored to be able to meet 26 of these local heroes – albeit virtually – and to be able to shine a spotlight on their volunteer efforts.”

Colleen Garrity was recognized as a 2020 Myra Kraft Community MVP Award winner. In honor of his dedication to volunteering, the Kraft family and the New England Patriots Foundation will make a \$10,000 donation to the

nonprofit she founded, the Belknap House.

In response to a growing trend in her community, Garrity helped found the Belknap House in 2014 as a temporary shelter for families experiencing homelessness.

“When families find themselves homeless, children are negatively impacted, through no fault of their own,” said Garrity. “Seeing families with young children sleeping in cars and tents or walking the streets because they have no place to go, is heart breaking.”

“Families need places, such as, Belknap House to help them through their homeless crisis and to stabilize the family unit,” she continued. “Belknap House strives to provide a warm and caring home for families to help them feel safe and secure.”

It started seasonally, helping to keep families warm during the cold winter months, but has

since evolved to a year-round facility. Garrity volunteers more than 30 hours a week, actively serving families from 11 cities and towns.

“I am humbled to have been nominated and recognized for the Myra Kraft Community MVP award and thankful to the Kraft family and Patriots Foundation for making this possible,” said Garrity. “I have been blessed to be able to volunteer and spend my time doing what I love. Volunteering for nonprofits takes a village and I am honored to be part of that village.”

The 2020 Myra Kraft Community MVP winners range from 14 to 97 years old and represent every New England state. The selected nonprofits provide support for many causes, including education, foster care, homelessness, mental health, mentoring, military support and youth development.

The Kraft family and the New England Patriots Foundation received more than 250 applications this year from nonprofit organizations looking to recognize their outstanding volunteers. Nominations open each spring and the awards are open to all nonprofit organizations in the New England region. For more information on the Myra Kraft Community MVP Awards, please visit [www.patriots.com/community](http://www.patriots.com/community).

On Friday, Oct. 30, Robert Kraft, Josh Kraft and Andre Tippett participated in a virtual ceremony honoring the 2020 Myra Kraft Community MVP Award winners. Twenty-six volunteers were recognized for their efforts at nonprofit organizations from all across New England.

## Comfort Keepers

### Thyroid disease and seniors

By Martha Swats  
Owner/Administrator  
Comfort Keepers

While there are many great things about getting older, we also become more susceptible to certain health conditions as our bodies age.

One condition seniors have the potential to develop is thyroid disease, which affects the body’s metabolic rate. Early detection and proper treatment of either can help limit the effects of the conditions and ensure that older adults continue to live healthy, happy lives.

The two conditions include:

Hypothyroidism is caused by underproduction of thyroid hormones and results in a low metabolic rate.

Hyperthyroidism is caused by increased metabolism when the thyroid produces too many hormones.

Hypothyroidism is more common in older adults but hard to recognize because symptoms generally occur over the course of many years. The frequency of multiple symptoms decreases with age. Seniors suffering this disease may have only one or two symptoms. Presentation of symptoms depends largely on the deficiency of hormone levels in the body.

Symptoms of hypothyroidism vary depend-

ing on how low thyroid hormone levels are, and may include: fatigue; sluggishness; increased sensitivity to cold; constipation; pale, dry skin; a puffy face; hoarseness; high cholesterol levels; brittle hair and nails; unexplained weight gain; muscle aches, tenderness and stiffness; menstrual changes; muscle weakness; pain, stiffness, or swelling in joints; depression.

Risk factors for developing hypothyroidism:

Females over the age of 50 are more susceptible

Have close relatives with autoimmune disease

Radiation treatment in the upper neck and/or chest area

Previous surgery on the thyroid gland

Iodine deficiency

Hyperthyroidism presents itself in various ways, making it a challenge to diagnose, as some symptoms are indicative of other health conditions. As with hypothyroidism, seniors may present only one or two symptoms of this disease. Medications can cause a few of the same symptoms or even mask the signs of this disease.

Symptoms of hyperthyroidism may include: sudden weight loss; rapid or irregular heartbeat; pounding of the heart; increased appetite; nervousness, anxiety or irritability; tremors in the

hands and / or fingers; sweating; menstrual changes; increased sensitivity to heat; changes in bowel patterns; an enlarged thyroid gland; fatigue; muscle weakness; difficulty sleeping.

Risk factors for developing hyperthyroidism:

Having a close family member with hyperthyroidism

Having Graves or Plummer’s disease

Thyroiditis (swelling or pain in the thyroid gland)

Toxic adenoma (nodules on the thyroid gland)

Thyroid disease can be more difficult to diagnose in seniors. However, when diagnosed and properly treated, thyroid disease can be managed, helping ensure the best quality of life for older adults.

Comfort Keepers® Can Help

If someone is suffering from thyroid disease, the trusted care team at Comfort Keepers® can help. Our caregivers can assist with meal preparation, medication reminders and can support physician-prescribed exercise regimens and diets. 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

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#### HEARINGS

(Continued from Page A1)

north side of Lake Shore Road (Route 11) from Lily Pond Road to the east end of Airport Road from the Industrial Zone to the commercial zone. This excludes roads.

Full text of the pro-

posed changes with a map can be found at the Department of Planning and Land Use and the town clerk’s office during regular hours.

The hearing is scheduled for Monday, Jan. 11

at 7 p.m. in Conference Room A at town hall.

The last day to submit petition warrant articles for the town and school is Jan. 12.

#### POLICE

(Continued from Page A1)

The Volunteers in Police Service (VIPS) were off for most of the summer, though some have come back to do some work on a limited basis.

Bean Burpee and Lt. Dustin Parent were supposed to go to FBI headquarters for training, Parent in FBI Command College and Bean Burpee for the FBI National Command

Course, though these programs were put on hold. He said they hope the courses will get rescheduled.

On the police chaplain program, Shaun Dutile has been working with the Gilford PD. Trainers were supposed to come up from New Jersey, though that was pushed back to 2021.

Classes for the FBI’s

LEEDA program were canceled in March, though for non-pandemic related reasons. Bean Burpee said in March because the instructor became sick (though not with COVID-19) and flew back to Arizona. The class was canceled but everyone still got their certificates.





# REAL ESTATE

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# Leadership Lakes Region announces new board members

LACONIA — Leadership Lakes Region announces the appointment of three new members to its Board of Directors.

Joining the Board of Directors are Anthony Bean Burpee, Greg Goddard and Brian Winslow.

“All our new board members embody the spirit of community and bring talent, expertise and energy to the table,” said Jennifer McLean, Program Coordinator.

Anthony Bean Burpee has been the Gilford Police Department Chief since 2014 and is in his 23rd year of law enforcement. Previously he had been with the Kennebunk (ME) Police Department holding the positions of Patrol Officer, School Resource Officer, Patrol Sergeant and Lieutenant.

Bean Burpee holds a Bachelor of Science degree in Criminal Justice, a Master of Science in Criminal Justice and a

Master of Public Administration. He is a member of the Gilford Rotary, 1st Vice President of the New Hampshire Chiefs of Police Association and a graduate of LLR, Class of 2017.

Greg Goddard is recently retired after a 39-year career in the NH Ski Industry including 21 years as the General Manager of Gunstock Mountain Resort. Throughout his career he has held leadership positions in numerous civic and charitable organizations.

Goddard is the Vice Chair of the Board of Directors of the Bank of New Hampshire, Commissioner of Lakes Business Park, Trustee of Gilford Village Knolls Retirement Community, Vice President of the Lakes Region Tourism Association, Trustee of the Winnepesaukee Yacht Club and a member of the Board of Directors for the Live Like

Doug Education Center. He is also an incorporator for the Taylor Community and LRGHealthcare. He is a graduate of LLR, Class of 2019.

Brian Winslow is the Vice President for Advancement & Business Development with Central New Hampshire VNA & Hospice. He has been working with not-for-profit organizations for almost 25 years. During this time he has volunteered, consulted or held positions in many organizations including the Maine Conservations Corps, Maine Department of Transportation and LRGHealthcare.

Winslow holds a Bachelor of Science Degree in Fisheries and Wildlife Biology from Iowa State University, a Master’s Degree in Public Policy and Management from University of Southern Maine and a Master of Science in Marketing from South-



COURTESY  
Leadership Lakes Region announces the appointment of three new members to its Board of Directors. Joining the Board of Directors are Anthony Bean Burpee, Greg Goddard and Brian Winslow.

ern New Hampshire University. He has achieved the status of Certified Fund Raising Executive and is an active member of New England Association of Healthcare Philanthropy and the Association of Fundraising Professionals as well

as its Northern New England Chapter. Winslow is a graduate of LLR, Class of 2008.

Leadership Lakes Region is an organization dedicated to community improvement by developing, expanding, promoting and putting

in place a network of effective volunteer leaders with a variety of skills and interests.

*For more information about Leadership Lakes Region, please visit [www.leadershiplakesregion.org](http://www.leadershiplakesregion.org).*

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A black and white photograph of four people sitting on a bench. From left to right: a young woman with long dark hair wearing a grass skirt and a lei; a woman with blonde hair wearing a white lab coat and a stethoscope, holding a clipboard; a man with glasses wearing a tuxedo and holding a tuba; and a man with a beard wearing a white t-shirt and jeans, holding an electric guitar.

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# STRATEGIES FOR LIVING

## On stormy times

BY LARRY SCOTT

In the New Testament Gospel of Mark, we find Jesus and His disciples crossing the Sea of Galilee when they were hit with a fierce storm. Typical of the squalls that take even veteran sailors by surprise, they feared they were about to sink.

But completely oblivious of the peril He and His disciples were in, Jesus was asleep at the back of the boat. Finally, one of the disciples decided it was about time to awaken the Master. “Teacher,” they shout, “wake up! Don’t you care that we are about to drown?” And I can imagine Jesus saying something like, “What’s the matter, gentlemen? You guys have a problem? Where’s your faith?” Easy for Him to say;

He hadn’t spent several hours at the oars and bailing a sinking boat!

But not to worry; Jesus “speaks to the wind and the waves.” He doesn’t pray about it, He speaks to it. And He doesn’t call on a higher power; He was the higher power. “Cool it,” He says to the storm and within moments there is perfect calm, and they are sailing on a sea of glass. Unbelievable!

The disciples’ fears were not unlike the feeling many of us have regarding the tumultuous days in which we live. As if the Pandemic were not bad enough, we now face a disputed election, smoldering hatred on both sides of the aisle, and a lawless minority looking for an excuse to kill and burn. Add to that deficit spending, high unemployment, and an

often-emasculated police force protecting our cities, and you know we are in deep trouble.

We need divine intervention, but national sentiment seems to support a course for America that gives little attention to God and the principles of life He has given us. We plan to “go it alone,” and many of us fear God may just give us that option. But there will be hell to pay!

Peace of mind during times like these comes to those who know God is with us as we fight our way through the storm. Life is what it is, and God has nowhere promised us a walk in the park. Our faith is no cop-out from the pressures of life for it is, after all, only within the storm He can demonstrate His power and willingness to bring sunshine out of rain.

As the disciples discovered, there is something special that happens when you have a personal encounter with Jesus Christ. The enthusiasm Christians have for their faith is not partisan; it is personal. The peace of mind He has given us, the sense of His presence we have as we go through difficult times, defies description. Something genuine and life-changing comes to those who have an honest, sincere, and responsive encounter with Jesus. This is real!

Perhaps it is time, America, to give renewed attention to Jesus and the principles He taught. The one who said, “I am the way, the truth, and the life,” offers us a way out with a new sense of direction, a new perspective on life, and a solution to the “pandemic of spirit” that has overwhelmed our people. There is an answer to the fix we are in; it is found in Jesus Christ.

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