

# Gilford Steamer

THURSDAY, JANUARY 13, 2022

GILFORD, N.H.

## GMS theater presenting “Beauty and the Beast”



PHOTO BY ERIN PLUMMER  
Gilford Middle School students rehearse for their coming production of “Beauty and the Beast.”

BY ERIN PLUMMER  
mnews@salmonpress.news

Gilford Middle School theater invites audiences to “Be our guest” for their coming production of “Beauty and the Beast.”

Two casts of students will perform Disney’s

classic musical later this month.

“We figured after COVID it would be kind of a nice, fun family show to do,” said director Matt Demko.

He said the middle school students also like doing Disney shows.

Last year, the middle school students didn’t do any shows with full productions because of the pandemic, instead they would stand and sing or read lines. This time the students are back doing a full show with choreography and sets and Dem-

ko said they are really excited about it.

Between both casts, around 70 students are taking part in the show. Demko said the cast is a great mix of students who have done shows before and those who are completely new to the stage. The newcomers include fifth graders just

getting into the program and students from other grades exploring theater for the first time.

Demko said it took a few rehearsals for the kids to get back in the swing of a full production. While the show isn’t choreography heavy, a song like “Be Our Guest,” with a lot of

elements was especially challenging to rehearse. Demko said that is the centerpiece song of the show and it took a while to work on.

“I love being here; I love seeing the kids be excited,” Demko said. “The arts are so needed,

SEE **GMS** PAGE A10

## Town seeking bids for Governor’s Island bridge repairs

BY ERIN PLUMMER  
mnews@salmonpress.news

The town is seeking bidders for the project to replace expansion joints on the Governor’s Island Bridge that are in bad shape.

On Jan. 3, the town put out an ad seeking bids for the rehabilitation of the expansion joints on the Summit Avenue bridge.

Public Works Director Meghan Theriault

spoke to the selectmen in the fall of 2020 about the state of the bridge after getting opinions from some experts. In November of 2020, Theriault said representatives from the Department of Transportation visited the bridge as did Mike Ferrari, Project Manager with the Evroks Corporation; both gave the opinion that the expansion joints were in bad shape. Some temporary

repairs were done on the expansion joints to get it through that winter.

A Request for Proposal (RFP) was put out on Jan. 27, 2021, seeking bridge engineering services for the project.

In November of 2021, Theriault said plans for the project were about 90 percent done and are hoping to put it out to bid around January of 2022.

SEE **BIDS** PAGE A10

## Filing opens for town, school offices Jan. 19

BY ERIN PLUMMER  
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The filing period for town and school district offices will be open from Jan. 19-28 with several offices up for candidates in 2022.

One seat is open on the board of selectmen for a three-year term, a position currently held by Gus Benavides.

Three seats on the Budget Committee are available for three-year terms, positions currently held by Sean Murphy,

Dorothy Piquado, and Kristin Snow.

A two-year term is available as town moderator, with Sandy McGonagle currently serving.

One position is open for Supervisor of the Checklist for a six-year term. Irene LaChance is up for reelection this year for that position.

One seat as Trustee of Trust Funds is open for a three-year term with William Chris Ray, Jr. currently serving.

Two positions as

Library Trustees are open, each for three-year terms. Alexis Jackson and Michael Marshall currently hold those positions.

One three-year term as Cemetery Trustee is open, a position currently occupied by Everett Peter Allen.

Two positions are open on the Board of Fire Engineers, one for a three-year term and one for a one-year term.

SEE **FILING** PAGE A10

## Hawks too much for Gilford hoop girls



Millie Caldon works under the hoop in action last week against St. Thomas.

RC GREENWOOD

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — The Gilford girls’ basketball team found itself up against a strong Hopkinton team on Saturday afternoon.

The Golden Eagles struggled to put points on the board and eventually dropped a 47-16 decision to the Hawks.

“On the whole, Hopkinton is very good, they have a great program,” said Gilford coach Scott Currier. “We knew that it would be tough coming in.

“It’s very frustrating, but we have got kids who work hard and play hard for 32 minutes,” he added. “We’re going to have nights like this, there is

a learning curve.”

The Hawks came out and scored the first three baskets of the game for a 6-0 lead before Maggie Shute got Gilford on the board. The Hawks added two more baskets before back-to-back buckets from Maura Hughes, the second on a nice feed from Ryan Guyer, pulled the Golden Eagles within four at 10-6.

Hopkinton added another hoop before Guyer hit a hoop to get Gilford back within four at 12-8. The Hawks got the final two baskets of the quarter and took the 16-8 lead heading to the second quarter.

Hopkinton came out and scored the first seven points of the second

quarter on a three-point shot and two hoops to stretch the lead to 23-8 before Vanessa Flanders hit consecutive hoops for the Golden Eagles to cut it to 23-12. Drea Campo added a bucket and the Golden Eagles were within nine.

However, the Hawks closed out the first half with eight points in a row and took a 31-14 lead to the halftime break.

The visitors scored the first bucket of the second half before Olivia Keenan got Gilford’s only hoop of the third quarter. The Hawks scored the next two baskets and they took the 37-16 lead to the final eight minutes.

SEE **GIRLS** PAGE A10



# Kim Lesnewski promoted to Mortgage Loan Originator for Meredith Village Savings Bank

MEREDITH — Meredith Village Savings Bank (MVSB) is excited to announce the promotion of Kim Lesnewski to Mortgage Loan Originator (NMLS #2281255). Based out of the Laconia branch office, she will assist customers throughout the Lakes Region with the application process for mortgages, construction loans, and equity loans.

“We are excited to welcome Kim to the Mortgage Lending team,” said Charlie Dowd, Vice President, Residential Mortgage Sales at



Kim Lesnewski

MVSB. “The exceptional service she has provided MVSB customers for many years coupled with her extensive background in banking make her a great addition. She is truly passionate about

helping our community members find the right home financing solutions to meet their needs and goals.”

Lesnewski joined MVSB in 2008 and has worked in the Alton, Wolfeboro, Gilford and Laconia branches as she has grown her career with the Bank. Prior to transitioning to mortgages, she most recently served as Branch Services Manager in the Laconia branch office.

A 2009 graduate of the Connecticut School of Finance and Management,

Lesnewski has completed several programs from the Center of Financial Training (CFT) – including Operations, General Banking, Banking and Finance, and Advanced Financial Services. She is a 2018 graduate of the Leadership Lakes Region program.

Lesnewski is a current board President of the Lakes Region Search & Rescue and she also serves on the organization’s training committee. When not in the office or volunteering her time, you’re likely to find her spending time

with her family and hiking – two joys which led her to tackle all of the state’s 4,000 footers with her young granddaughter.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been

serving the people, businesses, non-profits and municipalities of New Hampshire. 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, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

# Bank of New Hampshire promotes Jared Price to Vice President - Controller



Jared Price

LACONIA — Bank of New Hampshire is proud to announce the promotion of Jared Price to Vice President –

Controller. Price first joined Bank of New Hampshire in February of 2012 as a Loan Servicing Specialist. He has held several positions over the years including, Loan Operations Officer, Assistant Vice President – Loan Operations Manager, Vice President – Loan Operations Manager and Vice President – Business Analytics and Audit Manager. In his new role as Controller, Jared will be responsible for effectively administering, directing and managing

the accounting and finance functions of the Bank.

Price holds a Bachelor of Science degree in Economics and an MBA from the University of New Hampshire. He is also a graduate of the Northern New England School of Banking, Leadership Lakes Region, the New England School of Financial Studies and the ABA Stonier Graduate School of Banking. He is active in the community having served as the Treasurer and President of the Board of

Trustees for the Central NH VNA and Hospice, and as Adjunct Professor of Macroeconomics at Manchester Community College.

“We are extremely pleased to have Jared join the Finance team, serving in the critical role of Controller,” said Daniel Brown, Executive Vice President, Chief Financial Officer for Bank of New Hampshire. “His proven leadership, knowledge and experience will undoubtedly help us to accomplish great things in the

years to come.”

Bank of New Hampshire is excited to have Price in this role on our team as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

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 21 banking offices and assets exceeding \$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.

# Temple B’nai Israel offers opportunity to local businesses

LACONIA — Temple B’nai Israel has exciting news for businesses in the Lakes Region community. There is a different way to connect with potential customers through an innovative digital guide, “The Lakes Region Business Directory.”

This new format gives

advertisers a platform to reach those households who are supporters and subscribers of Temple B’nai Israel and its We Care initiative. Temple B’nai Israel has been printing a sponsor book for the last several years and distributing it three times a year at The New Hampshire Jewish Food Festival and all We Care

concerts. “The Lakes Region Business Guide” will be available on the TBI Web site 24/7, 365 days a year and it will be featured in monthly temple communications to a growing list of subscribers. The subscription period for ads runs from May 2022 to April 2023. A sample of the new digital format, including program details and pricing, can be viewed at <https://tbinh.org/lakes-region-business-directory/>.

Businesses that support Temple B’nai Israel by advertising in this digital book allow the temple to continue to help many Lakes Region nonprofits through the We Care concert program as the entire net proceeds from those events are returned to the beneficiary. The first We Care concert for 2022 will be held on Saturday, May 28 and the second

concert will take place on Saturday, October 29. Tickets for all concerts will be available on the temple website, right alongside “The Lakes Region Business Directory.” For more information about We Care click on the link <https://tbinh.org/we-care/>.

The New Hampshire Jewish Food Festival, now an online event, with over 235 orders placed last year, will be

celebrating its 25th year. “The Lakes Region Business Directory” will be featured during all Food Festival marketing and sales. The NH Jewish Food Festival will go live on June 1, 2022 and continue taking orders through the month of June.

For more information, questions, or to place an ad by Feb. 15, send an email to [tbibiz-directory@gmail.com](mailto:tbibiz-directory@gmail.com).

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**Laconia Adult Education Winter 2022 Enrichment Catalog**

Course Title	Day(s)	Start date	Times	# weeks	Cost	Location	Instructor Name
<b>Health &amp; Wellness</b>							
Freedom Through Forgiveness	Thurs	5/5/2022	6:30-8:30	1 week	\$45.00	LHS-615	Brenda Paquette
Introduction to Spiritual Energies	Thurs	3/17/2022	6:30-8:30	1 week	\$45.00	LHS-615	Brenda Paquette
Beginner East Coast Swing	Mon	1/31/2022	5:45-6:45	6 weeks	\$120.00	LHS-Café	Juli Pruden
Beginner Ballroom Dancing Part II	Mon	1/31/2022	6:45-7:45	6 weeks	\$120.00	LHS-Café	Juli Pruden
Beginner Night Club Two Step	Mon	1/31/2022	7:45-8:45	6 weeks	\$120.00	LHS-Café	Juli Pruden
Beginner Cha Cha	Tues	2/1/2022	5:45-6:45	6 weeks	\$120.00	LHS -Café	Juli Pruden
Beginner Ballroom Dancing - Couple	Tues	2/1/2022	6:45-7:45	6 weeks	\$120.00	LHS-Café	Juli Pruden
Beginner West Coast Swing	Tues	2/1/2022	7:45-8:45	6 weeks	\$120.00	LHS -Café	Juli Pruden
Meditation 101	Thurs	4/14/2022	6:30-8:30	1 week	\$45.00	LHS-615	Brenda Paquette
What are Angels & How to Communicate with them	Thurs	3/31/2022	6:30-8:30	1 week	\$45.00	LHS-615	Brenda Paquette
Yoga for Everyone: Beginning	Tues	2/1/2022	5:00-6:15	8 weeks	\$65.00	ctc-H225	Bonnie Morin
Yoga for Everyone: Beginning	Thurs	2/3/2022	5:00-6:15	8 weeks	\$65.00	ctc-H225	Bonnie Morin
Yoga for Everyone: Beginning	Tues&Thurs	2/1/2022	5:00-6:15	8 weeks	\$95.00	ctc-H225	Bonnie Morin
<b>Informational Classes/Seminars</b>							
Genealogy: Tracing Your Roots	Wed	2/2/2022	7:00-9:00	5 Weeks	\$25	LHS - 613	Charles North
<b>Language</b>							
Spanish for Beginners	Mon	1/31/2022	6:00-7:00	10 weeks	*\$45.00*	LHS-205	Mark Frattarola
Spanish Intermediate Level I	Mon	1/31/2022	7:00-8:00	10 weeks	*\$45.00*	LHS-205	Mark Frattarola
Spanish Intermediate Level II	Mon	1/31/2022	8:00-9:00	10 weeks	*\$45.00*	LHS-205	Mark Frattarola
<b>Learning a skill</b>							
Dog Obedience: Advanced	Wed	3/16/2022	7:00-8:00	8 weeks	*\$70.00*	WHS	Carolyn Bancroft
Dog Obedience: Beginning	Wed	3/16/2022	6:00-7:00	8 weeks	*\$70.00*	WHS	Carolyn Bancroft
Basic Woodworking	Thurs	1/27/2022	6:00-8:30	8 weeks	*\$110.00*	LHS-517	Wes Anderson
Open Shop Woodworking	Tues	1/25/2022	6:00-8:30	10 weeks	*\$110.00*	LHS-517	Ed Philpot
Intro to Intermediate Woodworking	Wed	1/26/2022	6:00-8:30	10 weeks	*\$110.00*	LHS-517	Ed Philpot
Welding Basics: ARC,GAS,MIG&TIG- Tuesdays	Tues	2/1/2022	5:30-8:30	10 Weeks	*\$350.00*	LHS-Welding Lab	Bruce Beckford
Welding: Advanced MIG,TIG,Stick, Fabrication	Thurs	2/3/2022	5:30-8:30	10 Weeks	*\$350.00*	LHS-Welding Lab	Bruce Beckford

Check out our other great offerings:

\* \* Additional Supply/book fee or pre-class requirement is additional in this course.

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Still have questions? Call Laconia Adult Education at 524-5712



# MVSB Fund announces grants to local nonprofits

MEREDITH — The MVSB (Meredith Village Savings Bank) Fund at the New Hampshire Charitable Foundation has awarded \$121,000 in grant funding to 30 local nonprofit organizations. This includes \$99,000 awarded to 19 local agencies and \$22,000 donated to 11 area food pantries. The grants are in addition to MVSB’s contributions throughout the year in the form of donations, sponsorships, scholarships and volunteer efforts by employees.

“Each year, grants from the MVSB Fund help our local nonprofit organizations make meaningful improvements, add programming and simply keep up with demand,” said Rick Wyman, President of MVSB. “It is our pleasure to help them continue to provide such meaningful services and support to local individuals and families, especially during a time that has been so challenging for so many.”

This year’s MVSB Fund grant recipients include:

- Belknap House, Laconia  
Awarded \$5,000 to support direct resident services provided through case management by the house manager. Belknap House’s mission is to provide families in Belknap County a safe shelter, when children are particularly at-risk during homelessness, and to empower families to become self-sufficient

and independent by providing opportunities of education and resources available to them.

- Circle Program, Plymouth  
Awarded \$5,000 to send new program participants to summer camp. Circle Program is a nonprofit that empowers and provides opportunity to low-income NH girls through camp and mentorship.

- Got Lunch, Ashland and Holderness  
Awarded \$2,000 to provide healthy lunches to children from low-to moderate-income families during the summer months. Got Lunch is a community-based program serving Ashland and Holderness that provides healthy lunches to children during their summer break.

- GOT LUNCH! Laconia, Laconia  
Awarded \$7,500 to provide healthy groceries to children from low-to moderate-income families during the summer months. GOT LUNCH! Laconia is a collaboration of community partners coming together to feed the children of Laconia.

- Kingswood Youth Center, Wolfeboro Falls  
Awarded \$2,000 to fund life skills programs. The Kingswood Youth Center provides a safe and positive environment in which youth may grow, learn and develop life skills critical to their success in the adult world.

- Lakes Region Community Developers, Laconia  
Awarded \$8,000 to provide summer camp scholarships for children who live in their affordable housing developments. Their mission includes aiding homeless families in securing stable employment and permanent housing. They also operate a four-unit transitional housing program where families stay for about 18 months.

- Lakes Region Food Pantry, Moultonborough  
Awarded \$5,000 that will go toward their healthy food voucher program. The Lakes Region Food Pantry helps meet the needs of local individuals and families facing food insecurity and services are provided to individuals with dignity and respect. They offer food, food vouchers, personal care products, cooking classes, among many other programs.

- Peabody Place, Franklin  
Awarded \$5,000 to be used toward the purchase of a new mode of transport. Peabody Place (formerly Peabody Home) in Franklin is a home for seniors, where they welcome diversity, believe in aging with dignity and strive to meet the needs of our community members in a professional and loving home-like atmosphere.

- Pemi Youth Center, Plymouth

- Awarded \$5,000 to support their after school program. The center’s mission is to provide a safe and welcoming environment where local youth may gather outside of school and gain a sense of community, belonging and self-esteem.

- Raven Gael Blaisdell Foundation at Hall Memorial Library, Northfield  
Awarded \$2,500 to support community reading programs for local youth. The foundation’s mission is to encourage youth in the area to embrace reading and explore all of literature’s wonderment and joy. This includes a diverse group of volunteers who advance the Hall Memorial Library through promotion, advocacy and fundraising.

- Sandwich Children’s Center, Center Sandwich  
Awarded \$5,000 to be used for toddler and preschool enrichment and vacation weeks programming. The center is an exemplary nonprofit early childcare and education center that strengthens families and communities by nurturing the development of the whole child and fostering their curiosity for learning about themselves, the natural world and the communities around them.

- Speare Memorial Hospital, Plymouth  
Awarded \$5,000 to match funds toward replacing the Cardiac Stress testing system for their Cardiac Rehabili-

tation program. Speare Memorial Hospital is a Critical Access Hospital in Plymouth that works to serve the needs of their patients and community.

- White Horse Recovery Center, Center Ossipee  
Awarded \$5,000 to support jobs creation program for those going through substance abuse recovery. The mission of White Horse Recovery is to provide behavioral health services that meet the individual needs of those they serve, offering a path to a better tomorrow.

- Winnepesaukee Wellness Center, Moultonborough  
Awarded \$5,000 to establish and maintain a supervised exercise program for elderly in the Lakes Region area. The center’s fitness programs are tailored to the individual needs and capabilities of people with chronic disabilities, or whose doctors feel could benefit from a supervised exercise program.

- Food Pantries  
Eleven local food pantries that serve the same communities as MVSB will also share a donation of \$22,000.

The Meredith Village Savings Bank Fund was established in 1997 under the leadership of John Starrett, then President and CEO of the Bank. Since then, 447 grants totaling \$1,804,248 have been awarded to a wide range of environmental, social, educational

and historic projects throughout the Greater Lakes Region, Plymouth and NH Seacoast areas. Over the years, the Fund has supported literacy programs, after-school programs, environmental monitoring and education, restoration of historic structures, organizations that provide support for individuals and families in challenging circumstances and equipment that helps save lives. The deadline for consideration in the next grant cycle is October 15, 2022. Applications are available at mvsb.com.

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## Lakes Region Mental Health Center receives grant

LACONIA — Lakes Region Mental Health Center recently received a \$10,000 grant from the New Hampshire Charitable Foundation’s Charles E. and Nancy E. Wilder Fund. The grant will help further Lakes Region Mental Health Center’s mission of providing integrated mental and physical health care for people with mental illness.

“These funds will help support the provision and expansion of mental health programs and services for the 4,000 Lakes Region residents

we serve each year, including those who need our services now more than ever. As a leading provider of these services, we remain dedicated to improving outcomes for people with mental health and substance use disorders, we aspire to create the vital conditions that promote well-being and a system of care where all people have readily available access to evidence-informed services across a full continuum,” said Maggie Pritchard, Chief Executive Officer for Lakes Region Mental Health Center.

About Lakes Region Mental Health Center The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that serves more than 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services and Mobile Crisis Response 24 hours a day, seven days a week, to anyone

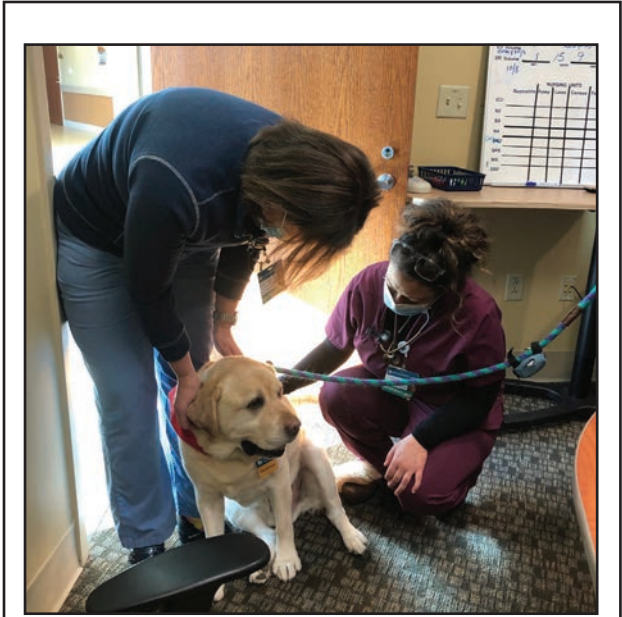
in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their

families, including trauma-focused therapy, art therapy and play therapy.

For more information or to schedule an appointment, call 603-524-1100 or visit the website at [www.lrmhc.org](http://www.lrmhc.org). Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.

About the New Hampshire Charitable Foundation The New Hampshire Charitable Foundation is New Hampshire’s statewide community

foundation, founded in 1962 by and for the people of New Hampshire. The Foundation manages a growing collection of 2,000 funds created by generous individuals, families and businesses, and awards more than \$50 million in grants and scholarships every year. The Foundation works with generous and visionary citizens to maximize the power of their giving, supports great work happening in our communities and leads and collaborates on high-impact initiatives. For more information, please visit [www.nhcf.org](http://www.nhcf.org) or call 603-225-6641.



COURTESY

### Concord Hospital-Laconia launches new pet therapy program

Concord Hospital introduced its Pets Uplift People (PUP) program to Concord Hospital - Laconia patients and staff on Tuesday, Jan. 4. Atticus, a 10-year-old English Labrador Retriever with years of pet therapy experience, spent more than an hour with approximately 30 ICU and North 2 Telemetry staff and patients. Concord Hospital’s PUP program offers staff and patients a chance to watch or interact first-hand with certified therapy dogs, sharing and enjoying comfort together. All PUP dogs have met high standards for health, behavior and temperament to become certified therapy dogs. To learn more about Concord Hospital’s Pets Uplift People program, contact (603) 227-7000 ext. 3895.

## Alec Beland named to UVM Dean’s List

BURLINGTON, Vt. — Alec Beland, Environmental Sciences major, has been named to the dean’s list for the fall 2021 semester at the University of Vermont. Beland from Gilmanton is in the College of Arts and Sciences.

To be named to the dean’s list, students must have a grade-point average of 3.0 or better and rank in the top 20 percent of their class in their respective college or school.

About UVM Since 1791, the University of Vermont has worked to move humankind forward. Committed to both research and teaching, UVM professors – world-class researchers, scholars, and artists – bring their dis-

coveries into the classroom and their students into the field. Located in Burlington, Vermont, one of the nation’s most vibrant small cities and top college towns, UVM is a Public Ivy and top 100 national research university educating 10,700 undergraduate students, 1,627 graduate students, 776 certificate and non-degree students, and 478 M.D. students

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Ora Schwartzberg, Esq.



# Baby, it's cold outside

Newsflash: it's cold. Our little neck of the woods here has finally hit frigid sub-zero temperatures. Folks may be running low on fuel, or even running empty, causing frozen pipes to burst. Fuel companies are scheduled two weeks out in some cases, and several customers are feeling stressed due to the financial burden this cold weather brings. Our only advice is to hold on tight and think about how toasty things will be when temperatures soar into the teens and low 20s again.

The winter solstice on Dec. 21 has passed, and the days are getting longer...and, we hope, sunnier. One perk to this post-New Year's time is that, well, the holidays are over. The hustle and bustle starts in late November and doesn't calm down until the week following New Year's. Is it overrated? Maybe. We hope you are all able to relax in the days ahead.

When weather hits sub-zero, it's hard to remember why we live here. We live in New England because winter, for the most part, is fun and manageable. We love our snow sports, the smell of wood stoves cranking and the beauty of the snow-capped mountains.

Some of you may think of our ancestors who had to cut chords of wood by hand all year long just to prepare for the harsh New England winters. Houses way back when had no insulation or the walls were stuffed with straw and mud. Common houses were much smaller, therefore easier to keep heated with one wood stove. The fireplace was the focal point of a colonial home and was the place where family members would talk and work on small projects during the evening. The average size of a house according to today's standards is about 2,600 square feet. A home of that size hundreds of years ago was often occupied by the wealthy, who were able to afford to put a wood stove in each room of the house. Children often slept in lofts where the heat would rise and often shared a bed with siblings, using body heat to keep warm.

In days of old, people used thick curtains and down comforters to keep the heat in. Before bedtime, many would use a bed warmer, which was a brass pan with a long handle that was filled with hot rocks. Foot warmers were popular as well. These fancy contraptions were made of a wood framed tin box also with heated rocks that would be placed by the feet under the comforter. This heating method was used for trips in the horse and buggy as well. Church goers would bring their own boxes of heat and blankets to keep warm during a Sunday service.

Important to note is the fact that over the years humans have increasingly adapted to warmer weather as a result of modern technology. Our ancestors were able to withstand much colder temperatures and remain more comfortable in colder temperatures than we do today. All of that aside, we are pretty lucky to have the conveniences we do during these cold blasts.

Since winter is not nearly over, here are a few tips with regard to winter survival. Avoid frost bite and frost nip at all costs. When the water molecules in your skin cells freeze, they die. Once this happens, they can cause damage to your muscular and nervous systems. Exposed skin can develop frostbite within 30 minutes with winds of 10 mph and a temperature of -5 degrees. If you are outside and find your hands freezing, the warmest place for them to go is under your armpits, the warmest part of your body.

Another culprit is hypothermia. When your body hits 95 degrees you're entering the danger zone. When your organs start to drop in temperature they begin to shut down. If you notice yourself shivering or lacking coordination, it's time to get warm fast. Other more severe symptoms include low energy, difficulty speaking, a weak pulse and the cessation of the shivers. It's important to stay well nourished during any time spent outside, as your body needs that energy to stay warm. Always have a Snickers bar or something similar handy just in case. Staying hydrated is a must as you need water to keep your nervous system running properly. One rule of thumb is to never eat snow while trying to survive in frigid temperatures. Your body will be forced to warm it from the inside which wastes energy and can cause hypoglycemia. Try to keep your heart rate up as cold temperatures cause your heart rate to decrease. A higher heart rate will generate heat within your body however be sure not to do so much that you start to sweat, cold and sweat are never a good combination.

We hope none of you ever find yourselves in a situation where you need to implement any of the information above, however knowledge is power. Stay warm, summertime is just about six months away, where we will of course crank the air conditioning and complain about the heat and humidity.



COURTESY PHOTO

## Supporting the Bulldogs

Freshmen members of the Belmont-Gilford Bulldogs ice hockey team pose with Rusty Bertholet, who recently made a sizeable donation to support the future growth of the Belmont-Gilford program. Pictured (l to r), Nate Gerbig, Aiden Stafford, Evan Guerin, Carson McGreevy, Rusty Bertholet, Cole Bertholet, Jaxson Embree, Brayden Mercier and Landon Hallberg.

## North Country Notebook

# Was it raining fish, or did falling fish reign? And what about those drunken pachyderms?



By JOHN HARRIGAN  
COLUMNIST

Because of the Fish and Game Commission's obstructionist behavior on several recent issues (this means Commission members, not Department staff), I'm moved to try some public nudging. John Litvaitis sent this recent letter to the editor of the Concord Monitor. He is a UNH wildlife grad and researcher whose insight on all sorts of outdoor issues is often sought.

"Stop unethical use of wildlife"

"I am writing in support of HB 1308, an act to prohibit capture, possession, and propagation of hares and rabbits for hunting dog training and field trials. I have worked as a wildlife biologist for several natural resource agencies and was a professor of wildlife ecology at UNH for 31 years and fully support managed hunting of hares. I have fond memories of participating in such hunts.

"Decades ago, beagle clubs imported scores of live hares from Atlantic Canada to stock private club lands. That practice no longer occurs. Instead, beagle clubs rely on the trap-and-transfer of wild hares to club lands to train their hounds. Such actions are clearly an unethical treatment of wild hares. Putting aside nonsensical "slippery slope" arguments (e.g., This is the first step in ending hare hunting), the notion that use of captive wild hares to train hounds is a long-standing tradition is a weak defense. Bear



COURTESY

Weldon Bosworth of Gilford took this springtime photo of the Franconia Range while schussing the upper slopes of Cannon Mountain. With one of the more highly visible and popular hikes in the Whites, the periodic knife-edge ridge can lure unprepared hikers into the kind of trouble that can kill. (Courtesy — Weldon Bosworth)

hunters and game bird hunters train their dogs in the wild, hare hunters obviously could do the same.

"Permits to capture specific animals are granted to university researchers and others to address questions that may improve survival of individual species. Permits to beagle clubs only address recreational interests of a small group of NH residents. There is no public benefit. So, why should beagle clubs be given special access? NH Fish and Game Department correctly opposes bringing wild animals into captivity for personal engagement. It should oppose the use of captive hares to train hounds. ---John Litvaitis, Madbury"

To which I'll add "Come on, Commission friends--how out of step with the times can you be?"

(Full disclosure Dept.: I'm a co-founder of the NH Wildlife Coalition, which supports HB 1308. —JDH)

+++++

JoAnne Murphy of Effingham (east of the Conways) completed a 20-plus-year goal on New

Year's Day by completing her 100th hike to the fire tower on 1907-foot Green Mountain. JoAnne, who lives nearby, is an avid hiker and has summited all 48 of the state's 4,000-footers. She said she was looking for a training hike in the summer of 2001 and fell in love with the hike to the fire tower.

Joining her for her 100th trip were hiking columnist Allen Crabtree, Gail Tibbets, and N.H. Forest Ranger Tom Trask, who was able to help top off her trip with a visit to the watchman's cab atop the tower. As for what's next, JoAnne says she's looking forward to hiking to the fire tower on Magalloway Mountain in Pittsburg, but says that after 100 trips up Green Mountain, she's all done counting hikes.

+++++

Quit the Whining Dept.:

For all those bemoaning the long winter (so what if "winter" is seven months), it's worth noting that the Winter Solstice was only last month, and here we are already gaining sunlight, like oh, a little over two minutes per day.

We'll see a dramatic difference between here and the end of February, when the climbing sun will begin turning south-facing snowbanks to slush (great for snowballs), and snow fleas will begin appearing by the tens of thousands in people's snowshoe tracks.

Snow fleas are harmless, and are members of the springtail family, which explains all that hopping about, although I've never been able to figure out what eats them. Spiders, perhaps. But something does, for sure, because as with events in our lives, nothing happens in Mother Nature without a reason.

+++++

Finally, I saved a newspaper clipping of one of those stories that editors snaffle onto with glee, the same kind of people who like writing headlines containing the word "pachyderms." By the way, there is additional information on the pachyderm story, if anyone wants to ask me--please.

This story, however, involves it raining fish. This is not really a new







# Gilford Parks and Recreation News

BY HERB GREENE

Director Gilford Parks and Recreation

Boston Celtics bus trip scheduled for March 1 The Gilford Parks and Recreation Department and Moultonborough Recreation Department are co-sponsoring a Bus Trip to Boston to see the Celtics take on the Atlanta Hawks on Tuesday, March 1. The cost of the trip includes round trip motor coach from Moultonborough or Gilford and your ticket (section 324 of the balcony) to the

game. Our deluxe motor coach will depart from Moultonborough Central School at 4 p.m. and the Gilford High School at 4:45 p.m. for the 7:30 p.m. game. You will have time to visit the pro-shop and get dinner on your own prior to the game. Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable. Please be sure to review COVID-19 restrictions for the Coach Company, TD Garden

and the City of Boston prior to registering.

Cost: \$100 per person

For more information, please contact the Gilford Parks and Recreation Department at (603) 527-4722 or visit their Web site at [www.gilfordrec.com](http://www.gilfordrec.com).

Senior Strides Weekly Walking Program on Wednesday mornings The Gilford Parks and Recreation Department is 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. Participants are also encouraged to bring their own water bottle, as water will not be provided. There will be chairs available for participants to take a break as needed. 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 (603) 527-4722

Senior Moment-um Dessert and Show “Beauty and the Beast, Jr.” on Jan. 26 Gilford Parks and Recreation in conjunction with the Gilford Middle School Performing Arts, is sponsoring an evening at the Theatre for participants of the Senior Moment-um Program. This activity is scheduled for Wednesday, Jan. 26. Participants will

meet in the Gilford High School cafeteria at 5 p.m. to enjoy a “dessert and coffee hour” before heading to the Auditorium at 6 p.m. to watch the Middle School’s performance of “Beauty and the Beast, Jr.” There is no fee for this program, but space is limited, and reservations will be accepted on a first come basis. RSVP no later than Friday, Jan. 21. For more information or to RSVP please call the Parks and Recreation Office at 527-4722.

## State offering energy assistance

BY ERIN PLUMMER

[mnews@salmonpress.news](mailto:mnews@salmonpress.news)

REGION — The state is offering different forms of energy assistance for eligible households available this winter and all year long.

The state of New Hampshire has three energy assistance programs for people and families who meet certain income eligibility requirements: the Electrical Assistance Program, Fuel Assistance Program, and Weatherization Assistance program.

The Electric Assistance Program (EAP) provides eligible people with a discount on their monthly electrical bill which is funded through

the Systems Benefit Charge on every electric bill. People can receive a discount on the first 750 kilowatt hours of their bills and depending on income, people can qualify for discounts of eight percent to 76 percent.

Eversource, New Hampshire Electric Cooperative, Liberty Utilities, and Unitil are working with the state’s different Community Action Agencies to help sign customers up for assistance.

The program is available to renters or homeowners who are customers of the above four electric companies based on income eligibility.

The Fuel Assistance

Program (FAP) is operated in New Hampshire by the federal Low Income Home Energy Assistance Program funded through the Department of Health and Human Services.

Qualifying households may receive benefits ranging from \$158 to \$1,575 depending on the household’s income and energy costs.

The Weatherization Assistance Program aims to reduce energy costs for lower income people

The program collaborates with different electric and gas companies to offer weatherization analysis and services for those who qualify.

An energy auditor

will be scheduled to come to people’s homes and conduct a full energy audit with diagnostic testing. If the building qualifies, an energy report will be generated to identify all the cost saving measures that can be taken to weatherize a building and measures will be taken in order of greatest cost savings. Measures might include attic sealing and/or insulation, wall insulation where there is none, and/or insulation in basements and crawl spaces.

All these programs have the same requirements for income and household size that fall within 60 percent of the State Median Income.

Base income requirements were slightly raised in November of 2021.

Income requirements range from \$37,696 a year or \$3,098 for a one-person household to \$100,040 or \$8,222 a month for an eight-person household. Income eligibility guidelines can be found at <https://www.nh.gov/osi/energy/programs/fuel-assistance/eligibility.htm>.

Each of these programs are available through each region’s respective Community Action Agency and those who want more information or to apply can contact their respective agency.

Assistance for res-

idents of Belknap and Merrimack Counties is available through the Community Action Program - Belknap and Merrimack Counties. For more information visit <https://www.bm-cap.org/energy-assistance> or call 603-225-3295 or toll free at 1-800-856-5525.

Residents of Carroll, Grafton, and Coös Counties can go through Tri-County Community Action. Visit <http://www.tccap.org> for more information. For energy assistance services, Carroll County residents can call 603-323-7400, Grafton County call 603-968-3560, and Coös County can call 603-752-3248.

## Champs kick off season with win at Gunstock

BY JOSHUA SPAULDING

Sports Editor

GILFORD — On their home mountain, the Gilford alpine girls took care of business in the opening meet of the season on Friday, Jan. 7.

Gilford bested Plymouth in both races to take the top spot while the Golden Eagle boys weren’t able to catch a strong Plymouth squad at the top of the standings.

In the morning two runs, the Gilford girls were led by Delilah Smock with a time of 1:02.38 for second place overall.

Shealagh Brown finished in third place in a time of 1:03.96 and Harper Meehan was sixth overall with her time of 1:10.54.

Tessa Tanner finished out the scoring with a time of 1:12.08 for ninth place.

Madeline Burlock was 10th in 1:13.21 and Ava Lien finished in 1:25.44 for 18th place to finish out the field of Golden Eagles.

In the single run in the afternoon, Smock finished in second place overall with a time of 31.1 seconds.

Brown was third overall in a time of 31.42 seconds and Meehan finished in 34.61 seconds for sixth place.

Tanner rounded out the scoring in a time of 35.23 for eighth place.

Burlock was 10th in a time of 36.63 seconds, Sophia Lehr was 11th in 37.37 seconds and Lien placed 18th in 41.09 seconds.

In the morning run for the boys, Gilford finished in fourth place with Cole Howard leading the way in fifth place overall in 1:00.9.

Ben Wolpin finished

in 1:11.04 for 12th place and Patrick Gandini was the third and final Gilford skier with a time of 1:17.47 for 14th place.

The Golden Eagles

were fifth in the afternoon run, with Howard placing fourth in 30.33 to again lead the way.

Wolpin finished in 34.7 seconds for ninth

place and Gandini was 25th overall with a time of 50.48 seconds.

Gilford is back at it at Gunstock on Friday, Jan. 14.

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

## Local students named to Dean’s List at Plymouth State University

PLYMOUTH — A total of 376 students have been named to the Plymouth State University Dean’s List for the Fall 2021 semester. To be named to the Dean’s List, a student must achieve a grade point average between 3.5 and 3.69 during the Fall 2021 semester and must have attempted at least 12 credit hours during the semester.

John Mattes of Gilford  
Emily Perry of Laco-

nia  
Ashley Burgos of Laconia  
Jessica Freeman of Laconia  
Meghan Hogg of Laconia  
Faith Pakasuk of Laconia  
Cheyenne Wright of Gilford  
Ryann Hendricks of Laconia  
Olivia Salesky of Gilford  
Lindsey Sanderson of Gilford  
Jack Henry Bosies of

Laconia  
Owen Ramsey of Gilmanton

**About Plymouth State University**

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate edu-

cation that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

### BARNSTEAD SCHOOL DISTRICT FILING NOTICE

The filing period for the Barnstead School District Officers will be held from

**Wednesday, January 19  
at 8 am through  
Friday, January 28, 2022**

**no later than 5:00 pm**

at the Barnstead Town Hall

The following offices will be available:

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**Clerk – 1 year term**

**Treasurer – 1 year term**

**Two School Board Members  
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# Comfort Keepers

## Elderly home care and depression

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

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purpose, connection and joy is critical for our physical and mental wellbeing. For older adults, a variety of obstacles like vision loss, social isolation, mobility problems and memory issues can make enjoying life more difficult.

Why is it important for seniors to focus on their mental health?

Socially isolated seniors have a 59 percent greater risk of mental and physical decline than those who do not experience social isolation (Forbes).

The health effects of social isolation and loneliness on seniors is equivalent to smoking 15 cigarettes per day (AARP.org).

Depression in the elderly is associated with an increased risk of cardiac diseases and risk of death from illness (Web-

MD).

Signs of depression in seniors can include change in attitude, self-isolation, weight loss, fatigue or lack of interest in once enjoyable activities.

For older adults that want to improve their quality of life through enhanced mental health, there are a few things they can do to kick off their healthy habits.

Exercise – Seniors should always consult with a physician before starting any physical activity or fitness program. Seniors that are able, and approved, to exercise may see increased physical and mental wellness. Exercise has been proven to have a positive effect on the brain.

Connection – At any age, many people find joy in spending time

with family and friends. Social isolation can be a problem for seniors that have mobility issues or aren't able to drive, or who have loved ones that live far away. However, there are services that can help overcome these issues, including transportation help, in-home care assistance, technology that fosters connection and other outside sources of help.

Volunteering – Sharing time and talents doing volunteer work can bring a sense of purpose and fulfillment. Many organizations have programs and volunteer opportunities specifically geared to older adults.

Spending time on joyful activities – Everyone has a different interest or hobby that brings joy, whether that's music, art, dance, gardening or games. Seniors should

try to spend time doing something that brings them happiness on a daily basis to improve their quality of life.

Comfort Keepers® can help

Our goal is to provide uplifting in-home care that benefits seniors and their families. The individualized care plans we create for our clients that consider physical goals as well as non-physical mental health needs. Our caregivers can provide transportation to community events, support physician-prescribed exercise regimens, provide companionship and help families stay connected through technology. We strive to elevate the human spirit through quality, compassionate, joyful care.

To learn more about our in-home care ser-

vices, 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 603-536-6060 or visit our Web site at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.



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<b>MODULARS</b> List Price: \$134,995 <b>\$134,995</b> 3 Bedroom (Base Price)	<b>MODULARS</b> List Price: \$141,995 <b>\$141,995</b> 2 Bedroom
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(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))


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**\$.75 per hour shift differential on 2<sup>nd</sup> shift.**

**\$1.50 per hour shift differential on 3<sup>rd</sup> shift.**

**\*\*\$1,000 SIGN ON BONUS FOR FULL TIME EMPLOYEES**

**\*\*\$500 SIGN ON BONUS FOR PART-TIME EMPLOYEES**

**\*\*SUBJECT TO TERMS AND CONDITIONS\*\***

For immediate consideration, please come to Five Wickers Drive Wolfeboro, NH to complete an application or visit our website for more information at [www.psimp.com](http://www.psimp.com). You can also email your resume directly to [donna.doyle@psimp.com](mailto:donna.doyle@psimp.com), please be specific as to what shift and position.

**PSIMP an Equal Opportunity Employer.**

**ISO 9001:2015 Registered.**



**SalmonPress.com**



## PROSPECT MOUNTAIN HIGH SCHOOL

Alton, NH

Prospect Mountain High School is seeking applications for the following immediate opening positions:

**Custodian (2nd Shift)**

**Paraprofessionals (1:1 and shared)**

**Drama Production Director (stipend position)**

**Drama Production Producer (stipend position)**

**Substitute Teachers**

Please forward (as applicable) your letter of interest, resume, copies of transcripts, proof of certification and three current letters of reference electronically to [spatterson@pmhschool.com](mailto:spatterson@pmhschool.com). More information can be found at [www.pmhschool.com](http://www.pmhschool.com).



## JOB OPPORTUNITIES

**Spotlight Positions:**

Cook (multiple positions open)	Health Unit Coordinator (temporary)
Central Sterile Technician	Health Unit Coordinator
Clinical Application Specialist	LNA/Health Unit Coordinator
General Float	Licensed Nursing Assistant
Environmental Services Technician II	Paramedic
Department Manager – Patient Access	Registered Nurse
Patient Access Representative	RN – Day Shift
Occupational Therapist	RN – Night Shift
Physical Therapist	RN Nurse Manager – ED/Med-Surg
Certified Surgical Tech	RN Nurse Educator
Medical Assistant	RN Nurse Manager – Surgical Services
Multi-Modality Radiologic Tech	

**APPLY ONLINE**

**WWW.UCVH.ORG**

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Phone: (603) 388-4236  
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EOE



