

# GMS theater presenting "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 Disnev'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 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 Meaghan 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

school offices Jan. 19

mnews@salmonpress.news

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,

Kristin Snow.

rining opens for town,

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

Dorothy Piquado, and 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



RC GREENWOOD

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Gilgirls' 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-pointer 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

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

# 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."

ioined Lesnewski 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 granddaugh-

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 mysb.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 nance 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

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

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

reach those households who are supporters and subscribers of Temple B'nai Israel and its We Care initiative. ple 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

Region Business Guide" will be available on the TBI Web site 24/7, 365 days a year and it will Tembe 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 Festival and all We Care the new digital format, including program details and pricing, can be viewed at https://tbinh.

org/lakes-region-busi-

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

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

"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 tbibizdirectory@gmail.com.

### WHEELHOUSE KITCHENS

Free Design Consultations Showroom Located inside Baker Valley Floors

34 Route 25, Plymouth, NH 03264 • Phone 603-536-4003 Hours: Mon-Fri: 8-5; Sat: 9-1 • www.bakervalleyfloors

Cabinets • Countertops • Kitchen & Bath Design

Email: info@wheelhousekitchens.com



TO PLACE AN AD: ADVERTISING EXECUTIVE Tracy Lewis (603) 575-9127 tracy@salmonpress.news

SUBSCRIPTION SERVICES: KERRI PETERSON (603) 677-9085 kerri@salmonpress.news

TO PRINT AN OBITUARY: E-MAIL: obit uar ies@sal monpr ess.news CALL: 603-677-9084

TO SUBMIT A LETTER TO THE EDITOR: E-MAIL: br endan@sal monpr ess.news

USPS 024967 The Gilford Steamer is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals, postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to the Gilford Steamer, P.O. Box 729, Meredith, NH THE GILFORD STEAMER PUBLISHED BY SALMON PRESS

PRESIDENT & PUBLISHER Frank G. Chilinski (603) 677-9083 frank@salmonpress.news

BUSINESS MANAGER RYAN CORNEAU (603) 677-9082 ryan@salmonpress.news

OPERATIONS DIRECTOR JIM DINICOLA (508) 764-4325

DISTRIBUTION MANAGER JIM HINCKLEY (603) 279-4516

MANAGING EDITOR (603) 677-9081 brendan@salmonpress.news

PRODUCTION MANAGER JULIE CLARKE julie@@salmonpress.news

### **Laconia Adult Education Winter 2022 Enrichment Catalog**

Course Title	Day(s)	Start date	Times	# weeks	Cost	Location	Instructor Name
Health & Wellness							
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
Informational Classes/Seminars							
Genealogy: Tracing Your Roots	Wed	2/2/2022	7:00-9:00	5 Weeks	\$25	LHS - 613	Charles North
Language							
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
Learning a skill							
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		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.

A.B.E.- Free Adult Basic Education Tuesday & Thursday nights 6:00-8:30-Starting 1/11/2022 HiSET (Formerly GED) Prep- Free Monday & Wednesday nights 6:00-8:30-Starting 1/10/2022 E.S.L.- Free for those learning English Tuesday & Thursday nights 6:00-8:30-starting 1/11/2022 Academy-High School Credited Math, English, Biology, Chemistry and Social Studies Classes

CHECK ONLINE FOR MORE DETAILED COURSE INFORMATION (Including materials, book fees or Labs) REGISTER AND PAY ONLINE at: adultedlaconia.weebly.com

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

# MVSB Fund announces grants to local nonprofits

The MVSB (Mere-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, Laco-

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 lowto moderate-income families during the summer months. GOT LUNCH! Laconia is a collaboration of community partners coming together to feed the children of La-

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 permanent housand ing. 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,

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.

Memorial Speare Hospital, Plymouth

Awarded \$5,000 to match funds toward replacing the Cardiac Stress testing system for their Cardiac Rehabilitation program. Speare and historic projects 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.

Winnipesaukee 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

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 mysb.com.

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

# Lakes Region Mental Health Center receives grant foundation, founded in

Region Mental Health Center recently received a \$10,000 grant from the Foundation's itable 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 vices, 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.

than ever. As a leading The Lakes Region Men-New Hampshire Char- provider of these ser- tal Health Center, Inc. is ally, LRMHC provides

About Lakes Region Mental Health Center designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A two campuses, in Laconia and Plymouth that serves more than 4.000 children, families, adults year. LRMHC provides **Emergency Services and** Mobile Crisis Response

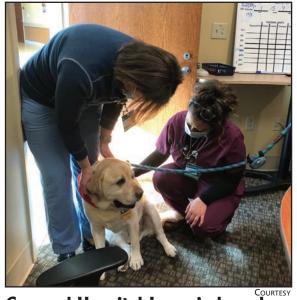
in the community experiencing a mental health crisis, regardless of their ability to pay. Additionindividual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing: community support programs for people with severe and 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 thera-

For more information or to schedule an appointment, call 603-524-1100 or visit the website at 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

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 or call 603-225-6641.



### **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.

private, non-profit corporation, LRMHC has and older adults each 24 hours a day, seven days a week, to anyone

# is a Public Ivy and top 100 national research university

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.

Vt.

Sciences

### **About UVM**

BURLINGTON,

ronmental

and Sciences.

– Alec Beland, Envi-

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

versity of Vermont has worked to move humankind forward. Committed to both research and teaching, UVM professors -- world-class researchers, scholars, and artists -- bring their discoveries 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

educating 10,700 undergraduate students, 1,627 graduate students, 776 certificate and non-degree students,

and 478 M.D. students

Since 1791, the Uni-

# to UVM Dean's List in the Larner College of Medicine.

Alec Beland named

Carpet • Rugs • Wood • Tile & Stone • Vinyl • Design &

### Installation • Commercial & Residential BAKER VALLEY FLOORS

34 Route 25, Plymouth, NH 03264 • Phone 603-536-4003

Hours: Mon-Fri: 8-5; Sat: 9-1 • www.bakervalleyfloors

Now Offering ««««

Cabinets • Countertops • Kitchen & Bath Design

Email: bvf@bakervalleyfloors.com





572 Tenney Mountain Hwy, Plymouth, NH 03264

603-536-2700 | www.NHLawyer.net

# OPENION.

# 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.



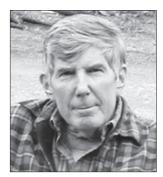
COURTESY PHOTO

### **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 (I 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

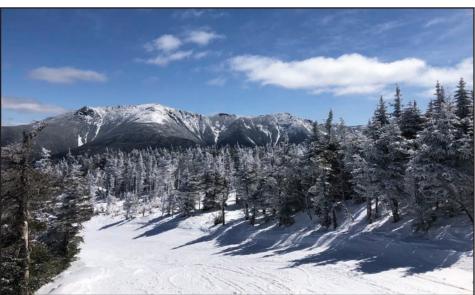
COLUMNIST

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-andtransfer 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. Jo-Anne, 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 merplease.

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

SEE **NOTEBOOK** PAGE 5

# Nordic Golden Eagles open with relay at Gunstock



JOSHUA SPAULDING Catherine Stow powers her way through the Gunstock course during the first meet of the season.



Mitchell Townsend takes off on one of his legs during Gilford's

relay race last week at Gunstock.

BY JOSHUA SPAULDING

GILFORD — The Gilford Nordic team kicked off the ski season on Wednesday, Jan. 5, hosting a relay at Gunstock.

The format for the race had teams of two, with each member of the team skiing two laps around the loop, with the top teams in each heat moving on to the finals.

For the boys in the

first heat, the Gilford team of Patrick Gandini and Carter Forest finished in second place with the team of Henry Stow and Ian Lofblad in third place. Scott Kulcsar and Clark Blackwelder finished in fourth place.

In the second heat for the boys, the team of Mitchell Townsend and Aiden Bondaz finished in first place, with the team of Haukur Karls-

son and Alden Townsend finishing in fourth place and the team of Joseph Schelb and Belmont's Will Riley finished in sixth place.

In the girls' race, the team of Catherine Stow and Georgia Eckhardt finished in first place, the team of Sydney Eastman and Anna Coapland were sixth overall and Alana Sawyer and Kaitlyn O'Brien finished in seventh place.

The results for the finals were not provided as of deadline.

The Golden Eagles are slated to compete again on Jan. 22, at White Mountains Regional.

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

### **NOTEBOOK**

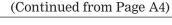
strange enough.

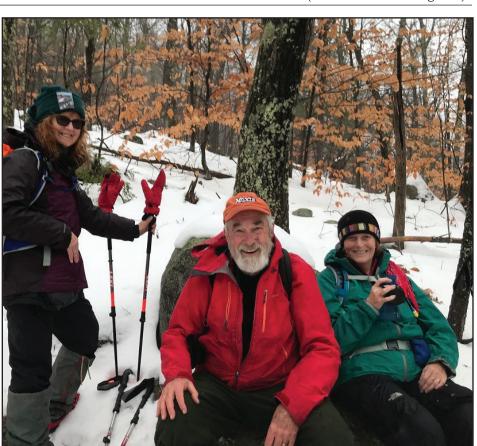
story, as it can rain a lot of strange stuff besides water, which in a fairly dry cosmos seems

On Wednesday, Dec. 29, in Texarkana, eastern Texas, it rained fish. The Texarkana Gazette quoted a tire dealer as saying that fish four or five inches long "were bouncing off the concrete." Nobody bothered to note the duration of fish reigning, or whether they were getting scale wages. For live samples, museums were offering a fin.

Leave it to National Geographic to put a dry, scientific face on all this. Small creatures are caught in waterspouts or severe updrafts, it said. "Reported rains of bats, fish, snakes, birds, frogs, and jellies stretch back for centuries." Since a "jellie" might be a pair of cheapo-depot shoes or a gumdrop, we tried to look it up, but Data Search kept going to Hoof and Mouth Disease.

There were a lot of fish-fall exchanges on Facebook and the like, many using "like" in place of "I said" and "she said," as in "I was like, Holy Cow!" Nobody really said "Holy Cow," by the way. Likewise, there were no quotes containing the words "ye gods" (and little fishees). The story in the Charlotte Observer did not note whether the fry fell





Taking a break on her 100th trip up to the fire tower atop Effingham's Green Mountain was JoAnne Murphy (right), who was joined by Gail Tibbets (left) and hiking columnist Allen Crabtree. (Courtesy state Forest Ranger Tom Trask)

Paid Advertisemen

in (no, wait, that's the Chicken Little story) during the morning or afternoon, nor did the paper say whether anyone tried to catch fish on their way by (the fish, not the people). This left the observer wondering whether a gaff might have worked (not the mistake kind).

(Please address mail, including phone numbers for questions, to campguyhooligan@ gmail.com or 386 South Hill Rd., Colebrook, NH **Jones: Financial Focus** 

### Watch out for tax scammers their fees upfront. Before hiring

Sadly, identity theft happens throughout the year - but some identity thieves are particularly active during tax-filing season. How can you protect yourself? One of the most important moves you can make is to be suspicious of requests by people or entities claiming to be from the Internal Revenue Service. You may receive phone calls, texts and emails, but these types of communication are often just "phishing" scams with one goal in mind: to capture your personal information. These phishers can be quite clever, sending emails that appear to contain the IRS logo or making calls that may even seem to be coming from the IRS. Don't open any links or attachments to the emails and don't answer the calls - and don't be alarmed if the caller leaves a vaguely threatening voicemail, either asking for personal information, such as your Social

Security number, or informing

you of some debts you supposedly owe to the IRS that must be taken care of "immediately."

In reality, the IRS will not initiate contact with you by phone, email, text message or social media to request personal or financial information, or to inquire about issues pertaining to your tax returns. Instead, the agency will first send you a letter. And if you're unsure of the legitimacy of such a letter, contact the IRS directly at 800-829-1040. Of course, not all scam artists are fake IRS representatives - some will pass themselves off as tax preparers. Fortunately, most tax preparers are honest, but it's not too hard to find the dishonest ones who might ask you to sign a blank return, promise you a big refund before looking at your records or try to charge a fee based on the percentage of your return. Legitimate tax preparers will make no

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

# **HIGH SCHOOL SLATE**

Thursday, Jan. 13

BELMONT

Boys' Hoops at White Mountains; 6:30 Girls' Hoops vs. White Mountains; 6 Friday, Jan. 14

**GILFORD** 

Alpine Skiing at Gunstock; 10 Swimming at Londonderry; 5 WINNISQUAM

Boys' Hoops at Inter-Lakes; 6 Girls' Hoops vs. Inter-Lakes; 7

Saturday, Jan. 15

BELMONT-GILFORD Hockey at Sanborn-Epping; 8

**WINNISQUAM** Hockey vs. Con-Val-Conant; 3:20

Wrestling at Merrimack; 8

Monday, Jan. 17

WINNISQUAM Hockey at Pembroke-Campbell; 3:20

Tuesday, Jan. 18

**BELMONT** Boys' Hoops at Gilford; 6

Girls' Hoops vs. Gilford; 6 GILFORD

Boys' Hoops vs. Belmont; 6 Girls' Hoops at Belmont; 6 WINNISQUAM

Boys' Hoops vs. Campbell; 7 Girls' Hoops at Campbell; 6

Wednesday, Jan. 19

BELMONT-GILFORD Hockey vs. Laconia-Winnisquam-Inter-Lakes; 5

**WINNISQUAM** 

Hockey at Belmont-Gilford; 5 Wrestling vs. Pelham; 6

Thursday, Jan. 20

**BELMONT** Girls' Hoops at Laconia; 6

**GILFORD** 

Unified Hoops vs. Winnisquam; 3:30

All schedules are subject to change.

# **PUBLIC NOTICE**

**ALTON SCHOOL DISTRICT DELIBERATIVE SESSION** 

PROSPECT MOUNTAIN **HIGH SCHOOL AUDITORIUM** 

**SATURDAY, FEBRUARY 5, 2022** 1:00 PM

> Snow Date: February 7, 2022 Same Location at 7:00 pm





**Berlin Reporter Meredith News** Littleton Courier Record Enterprise Coös County Democrat **Granite State News** Carroll County Independent

### SUBSCRIBE TODAY! Call 877-766-<u>68</u>91 or go online to activate



someone to do your taxes, find

out their qualifications. The IRS

provides some valuable tips for

choosing a reputable tax preparer,

but you can also ask your friends

Another tax scam to watch out

for is the fraudulent tax return -

that is, someone filing a return in

your name. To do so, a scammer

would need your name, birthdate

and Social Security number. If

you're already providing two of

these pieces of information – your

name and birthdate on social

media, and you also include your

birthplace - you could be making

it easier for scam artists to some-

how get the third. It's a good idea

to check your privacy settings and

and relatives for referrals.

your Subscription www.SalmonPress.com

> You might also want to use a nickname and omit your last name birthday and birthplace.

Here's one more defensive measure: File your taxes as soon as you can. Identity thieves often strike

early in the tax season, so they

can file their bogus returns before their victims. To learn more about tax scams visit the IRS website (irs.gov) and search for the "Taxpayer Guide to Identity Theft." This document de-

scribes some signs of identity theft and provides tips for what to do if you are victimized. It's unfortunate that identity theft exists, but by taking the proper

precautions, you can help insulate yourself from this threat, even when tax season is over Jacqueline Taylor



3 Mill Street PO Box 176 Meredith NH 03253 603-279-3161 Fax 866-532-8685

# 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 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

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 is sponsoring a weekly

game. Our deluxe motor and the City of Boston prior to registering.

\$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.

Senior Strides Weekly Walking Program on Wednesday mornings The Gilford Parks and Recreation Department

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 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 Wednesday, Jan. 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

REGION — The state 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 Electric Hampshire Cooperative, Liberty Utilities, and Unitil are working with the state's different Community Action Agencies to help sign customers up for assistance.

program is available to renters or homeowners who are customers of the above four electric companies based on income eligibil-

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 oner-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 Carrol, 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 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 stand-

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 was 10th in 1:13.21 and Ava Lien finished in the third and final Gil-1:25.44 for 18th place to ford skier with a time of finish out the field of 1:17.47 for 14th place. 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 sec-

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

Burlock in 1:11.04 for 12th place and Patrick Gandini was

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

The Golden Eagles 34.7 seconds for ninth Jan. 14.

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

Gilford is back at it Wolpin finished in at Gunstock on Friday,

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

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

PLYMOUTH — A nia 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-

Ashley Burgos of Laconia Jessica Freeman of

Laconia

Meghan Hogg of La-

Faith Pakasuk of La-

Cheyenne Wright of Gilford

Ryann Hendricks of Laconia

Olivia Salesky of Gil-

ford Lindsey Sanderson of

Gilford

Jack Henry Bosies of

Owen Ramsey of Gilmanton

About Plymouth **State University** 

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

Moderator – 1 year term

Clerk – 1 year term

Treasurer – 1 year term

**Two School Board Members** 3 year terms

# Forest Pump & Filter Co.

Serving The Greater Lakes Region Area for Over 50 Years

**WE DO IT ALL** 

WELL DRILLING

**PUMP SYSTEMS** 

**FILTERS** 

Family Owned Business for 40 Years

CALL FOR SERVICE FOREST PUMP & FILTER CO., INC. 603-332-9037



### HIGHEST PRICES PAID

All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals. NORTH COUNTRY COINS. Main St., Plymouth, NH 536-2625.

### PEASLEE FUNERAL HOME

<del>-----</del> & Cremation Service <del>----</del>

(603) 755-3535

www.peasleefuneralhome.com Main Office: 24 Central Street, Farmington, NH 2079 Wakefield Road, Wakefield, NH

Alton Funeral Home 12 School Street, Alton, NH

The owner antici-

pates the project to cost

around \$300,000-\$350,000

and last for an estimated

conference is scheduled

fort Tuesday, Jan. 25 at

sealed bids until 4 p.m.

found at https://www.

gilfordnh.org/assets/

municipal/10/post-

ings/627022\_Ad\_for\_Bid.

managing the bid pro-

cess. Bid information

and documents can be

found at http://www.

dubois-king.com/proj-

ects-bidding-active.

DuBois and King is

on Tuesday, Feb. 1.

The town will accept

The bid ad can be

A mandatory pre-bid

(Continued from Page A1)

ings.

120 days.

10 a.m.

pdf.

**FILING BIDS** (Continued from Page A1)

Jack Lyman is up for reelection this year on that board.

For the Gilford School District, two seats are open on the school board, for three-year terms. Gretchen Gandini and Karen Thurston currently serve in those positions.

A one-year term for School District Moderator is open, a position in which Sandy McGona-

The Hawks kept the

Golden Eagles off the

scoreboard in the final

quarter and scored 10

points of their own to

coachable and work

hard, it sets us up for the

future," Currier said. "I

look at our kids when we

got down, we tried differ-

ent things and said let's

effort," the Golden Ea-

each had four points to

lead the way for Gilford

mont on Tuesday, Jan.

"I am proud of their

Flanders and Hughes

Gilford will be at Bel-

give it a go.

in the lost.

18, at 6 p.m.

gles coach said.

"With girls that are

finish out the 47-16 win.

**HOOPS** 

gle currently serves.

Positions are also open for school district clerk (currently held by Kimberly Zyla Salanitro) and school district treasurer (currently held by Susan Jensen), both for one-year terms.

Positions are only open to registered Gilford voters. Filing starts on Wednesday, Jan. 19 and will end on Friday, Jan. 28, at 5 p.m.

To file for town offices, visit the town clerk's office at 47 Cherry Valley Road during their regular hours of 8 a.m.-4:30 p.m. on Monday-Wednesday and Fridays and at 8 a.m.-6 p.m. on Thursdays.

For school district offices, a written declaration of candidacy must be filed at the school district office at 2 Belknap Mountain Road during

regular hours: Monday-Friday from 7:30 a.m.-4 p.m.

By state law, both offices will be open until 5 p.m. on Friday, Jan. 28, to accept candidates.

Town and school elections will take place on Tuesday, March 8, at the Gilford Youth Center from 7 a.m.-7 p.m.

(Continued from Page A1)



Gilford 16

GHS 8-6-2-0-16

HHS 16-15-6-10-47

Guyer 1-0-2, Campo 1-0-2, Keenan 1-0-2, Flanders 2-0-4, Hughes 2-0-4, Shute 1-0-2, Totals 8-0-16

Hopkinton 47

S. Murdough 2-0-5, K. Murdough 2-0-4, Simpkins 1-0-2, Miner 5-0-10, Carmichael 3-0-6, Pecce 1-0-2, Taylor 1-0-2, Stone 7-0-14, Westover 1-0-2, Totals 23-0-47

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

Vanessa Flanders fires off a shot during her team's game with Hopkinton Saturday.

**GMS** (Continued from Page A1)

and it's just really awesome."

If everything goes well,

she said construction

could start in April and

the project could be fin-

the actual project was

put on the town website

work in the project in-

cludes the partial dem-

olition and removal of

two expansion joints

which would include

removing the concrete

deck ends, top of the con-

crete backwall, headers

and compression seal,

and partial removal of

the asphalt overlay. The

project would construct

elements of a new expan-

sion joint followed by

the preparation, clean-

ing, and painting of steel

stringer ends and bear-

A request for bids for

According to the ad

ished by July.

on Jan. 3.

Demko said the production is a true team effort with so many different people helping out.

Heidi Noyse-Bourgeois is back working on choreography with help from some Gilford High School students. GHS student Marina Beale is helping with the show and choreographed the waltz between Belle and Beast. GHS student Jesse Powers also choreographed Gaston's number.

Art teacher Aaron Witham and a team of around 18 middle schoolers are working on tech. The team has been converting some of the set pieces from the recent GHS production of "Urinetown" to pieces for "Beauty and the Beast."

They are also getting a lot of help from parent volunteers on costumes and other aspects.

"(A) musical is the most collaborative artform and it takes a village to put on a show and we're very fortunate we have a really great village here at GMS and GHS," Demko said.

"Beauty and the Beast" will take the stage at the GHS auditorium on Jan 27 at 6:30 p.m., Jan. 28 at 7 p.m., and on Jan. 29 at 2 p.m. and 7 p.m.

# Local students named to President's List at Plymouth **State University**

PLYMOUTH — A total of 870 students have been named to the Plymouth State University President's List for the Fall 2021 semester. To be named to the President's List, a student must achieve a grade point average of 3.7 or better for the Fall 2021 semester and must have attempted at least 12 credit hours during the semester.

Brianna Bailey of Laconia

Rebecca Bladecki of

Laconia Anthony Eldridge of

Gilford Imanee Gordon of La-

Luke Harding of Gil-

Cassidy Keyser of Gil-

Jordan Witham of Gilford

Bailey Hildreth of Gil-

Emily Lafond of Gil-

Monique Legassie of

Antoinette Tarara of nia Laconia

Emily Baird of Laco-

Megan Gaspa of Laco-

Desteny Jones of Gil-

Delaney Ross of Laco-

Jack Christensen of Gilford

Ashley Loureiro of Gilford

Gilford

Morgan Frazier of La-

Kyle Brent of Gilford

Julien Davis of Gil-

ford Lydia Walker of Laco-

About Plymouth

**State University** 

Established in 1871, Plymouth State University serves the state New Hampshire and the world beyond transforming our

students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and professionenhances al 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 Re-

gion of New Hampshire.





### Tate

Tate is a highly intelligent Australian cattle dog (also known as the blue heeler). Like most cattle dogs, Tate is a dog that needs a job, and will need lifelong training and activities to keep him happy and healthy. Tate is hearing impaired, but that doesn't stop him from learning new tricks! Tate responds to hand signals for sit, down, stop, speak, stay, and paw, and is working on more! He is both toy and food motivated. Tate will need lots of mental and physical stimulation to keep him happy- he will need much more than walks or a game of fetch! Tate can be selective with which people he trusts, and can be reactive towards new people. We have started working with Tate to help him make positive choices and build trust. He is making progress and is looking for an adopter who wants to continue this work. He loves to train, play fetch, play tug of war, and once he builds trust with you, loves to cuddle. Tate is looking for a home without kids (he can play a bit rough), no cats (too fun to chase!), and he may do ok with the right dog friend but can be picky



### **Cuke Roll**

If this picture doesn't tell you how adorable I am then I don't know what will. Me and my adorable face came to NH Humane from living as a stray, so there is not much in the way of backgroud. I am FIV+, meaning I would need to be the only pet in the household or living with other FIV+ cats.



1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539

# ~ Comfort Keepers ~

# Elderly home care and depression

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

No matter what age we are, living a life of



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 (WebMD)

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, inhome 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

with family and friends. try to spend time doing Social isolation can be a problem for seniors that have mobility issues or aren't able to drive, or 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 inhome 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 for more information.







# **Equal Housing Opportunity**

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sec, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination. (The Fair Housing Act of 1968 at 42 U,S,C, 3604(c)) This paper will not knowingly accept any adverting which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll free at 1-800-669-9777 For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275. You may also call The New Hampshire Commission for Human Rights

at 603-271-2767
or write
The Commission at
163 Loudon Road,
Concord, NH 03301
Neither the Publisher nor the
advertiser will be liable for
misinformation, typographically
errors, etc. hereincontained. The
Publisher reserves the right to
refuse any advertising.







# We Sell the Lakes Region"



Roche Realty Group Gets Results! Consistently a top independent real estate firm within the state, Roche Realty Group has had \$2.5 Billion in sales volume & 8,300 transaction sides since 1997\*

Let us sell your property in 2022! Call today for a free marketing proposal!

(603) 279-7046 g (603) 528-0088 g WWW.ROCHEREALTY.COM

\* Statistics obtained from NEREN for the past 23 years since 1997 for all real estate firms reporting sales in the entire state of NH during that time period.

BELMONT, NH
2 BR TOWN HOUSE APARTMENTS
NOW AVAILABLE - VOUCHERS ACCEPTED

- On-site laundry, parking
- 24-hr maintenance
- Close to center of town

Must meet income limit guidelines



Rent starting at \$960 + utilities Security deposit required. Download application at



http://www.sterling-management.net/application.pdf or contact mgmt. at (603)267-6787

# GENERAL SERVICES

## LOW COST SPAY/NEUTER

Rozzie May

Animal Alliance, cats and dogs.

Cat Cab service available.

Military discounts.

Sign up on line www.rozziemay.org

or call 603-447-1373

Advertise Here

# DRY FIREWOOD 14 MONTHS CUT & SPLIT CLEAN, HAND LOADED

Call Emery at E.G Roberts hay and firewood **603-733-6003** 

# \$169,995 Come and take a look! Garage, Porch, Appliances \*10% down - 25 years at 6% Call Kevin - 803-387-7483 Mansfield Woods, 88 North, Rt. 132, New Hampton, NH Directions: Rt. 93, exit #23. Right for 1/2 miles, loft at post office for 800'

# HELP WANTED

# FOOD SERVICE WORKER NEEDED

Can't work full-time because of daycare issues? Looking for something to do while your children are in school? Shaker Regional School District Food Service Department has openings for Food Service Assistants at Canterbury Elementary School for 4 hours per and is paid \$12.21 per hour. Work involves preparing and serving meals to students along with after-service clean-up. Experience is preferred but not necessary. Must be able to lift up to 25 pounds. Successful completion of a post-offer, pre-employment physical and criminal background check including fingerprints - is required. Please contact Nancy Cate, Director of Food Service, at 267-6525 x1352 for more information or to receive an application.

THE GILFORD STEAMER A9 THURSDAY, JANUARY 13, 2022

# ELP WANTED



### **Full-Time Installers Assistant**

Energysavers Inc, a 46 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. LEARN WHILE YOU EARN!

No prior experience required. Must have a valid driver's license and pass the pre-employment drug screening. Stop in to fill out an application:

**Energysavers Inc,** 163 Daniel Webster Hwy, Meredith NH



### **BLUEBERRY** STATION

is looking for Friendly & Reliable

### **NIGHT CASHIER** Other shifts available.

Please apply in person: **BLUEBERRY STATION** 1 Suncook Valley Road Barnstead, NH









### Earn up to \$25/hr

Rate dependent upon experience and ability to demonstrate skills and proficiency over time.



Earn up to \$2,000 Sign-On and Stav Bonus



### Growth Opportunities

Pathways are set up for associates to learn and grow within the company.



### **Full-Time Associate Benefits**

- Medical insurance
- Dental insurance
- · 401k w/ company match
- Productivity and attendance bonuses
- · Tuition reimbursement of up to 90% after one year
- · And more...



### Hours

- 6:00 am 3:30 pm (Offering flexible hours) Monday-Friday
- · OT available



msasafety.com/careers \*Terms and conditions apply. HOURLY ASSOCIATES HIRED FROM JUNE 1, 2021, THROUGH DECEMBER 31, 2021

To view all career opportunities at MSA Globe go to





16-6493-MCP / 112021



# WE ARE HIRING!

PSI Molded Plastics is located in beautiful Wolfeboro, NH.

We offer competitive pay rates

Benefits include Health & Dental Insurance, Vision, Short Term Disability, Long Term Disability, Life Insurance, 401k, 10 paid holidays, paid vacation time, paid sick time, and many other incentives!

Assemblers - 2<sup>nd</sup> & 3<sup>rd</sup> Shift - Starting Pay \$14.50 Machine Operators - 2<sup>nd</sup> and 3<sup>rd</sup> Shift - Starting Pay \$14.50 Process Technician - 2<sup>nd</sup> Shift - Starting Pay \$19.00 Spray Painters – 2<sup>nd</sup> and 3<sup>rd</sup> Shift - Starting Pay \$16.00

Sanders 1st Shift - Starting Pay \$14.50

\$.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. You can also email your resume directly to donna.doyle@psimp.com, please be specific as to what shift and position.

> PSIMP an Equal Opportunity Employer. ISO 9001:2015 Registered.



## 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.

More information can be found at www.pmhschool.com.

# Upper Connecticut Valley Hospital

### **JOB OPPORTUNITIES**

### **Spotlight Positions:**

Cook (multiple positions open) Central Sterile Technician Clinical Application Specialist

Environmental Services Technician II

Department Manager – Patient Access

Patient Access Representative Occupational Therapist

Physical Therapist

Certified Surgical Tech

General Float

Medical Assistant Multi-Modality Radiologic Tech Health Unit Coordinator (temporary)

Health Unit Coordinator

LNA/Health Unit Coordinator Licensed Nursing Assistant

Paramedic

Registered Nurse

RN - Day Shift RN - Night Shift

RN Nurse Manager – ED/Med-Surg

RN Nurse Educator

RN Nurse Manager - Surgical Services

### **APPLY ONLINE**

### WWW.UCVH.ORG

Upper Connecticut Valley Hospital 181 Corliss Lane, Colebrook, NH 03576 Phone: (603) 388-4236 Ucvh-hr@ucvh.org EOE



# Three regional partners recognize and support Belknap House

LACONIA — During the hustle and bustle of the magical days just before Christmas, Belknap House received news of three generous grant awards. The awards were granted by the Dobles Foun-

dation, the Meredith Village Savings Bank Fund and Housing Ministries of New England. These generous grants will help further Belknap House's mission of providing families in Belknap County, safe shelter when children are especially at-risk during homelessness, and to empower families to become self-sufficient through opportunities of education and individualized resources.

The Dobles Foundation Trustees are committed to providing charitable assistance to pressing causes and purposes that need support in New Hampshire. The Housing Ministries of New England, Inc. is a not-for-profit corporation founded to promote the housing and social needs of low-income in-

dividuals and families through advocacy and support for quality affordable housing. The Meredith Village Savings Bank Fund is one of the New Hampshire Charitable Foundation's donor-advised funds. The Meredith Village Savings Bank Fund makes grants every year to local non-profits that make a significant impact upon the lives of people in the communities they serve.

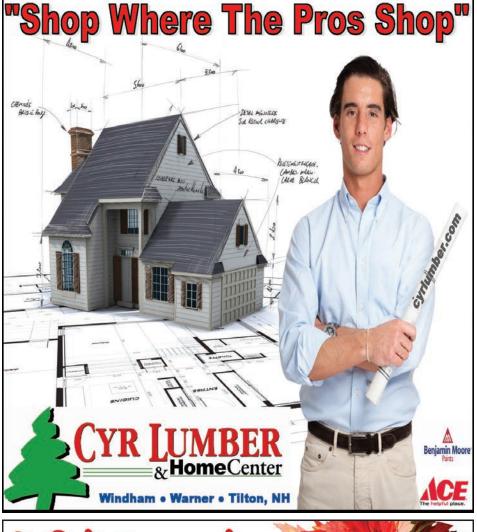
"We are grateful to each of these institutions for their investment in homeless families. This funding helps to strengthen the critical impact work that our shelter offers, stabilizing families and empowering them to become self-sufficient. Two of the grants will help support direct resident ser-

vices provided through case management. Facilitating the collaboration between families and the 50 agencies and support services utilized by Belknap House, is essential to assisting families in achieving their goals and maximizing effective outcomes for them,' shares Executive Director, Paula Ferenc. "Housing Ministries of New England will fund shelter capital improvements needed to maintain the integrity of Belknap House, which is vital to our organiza-

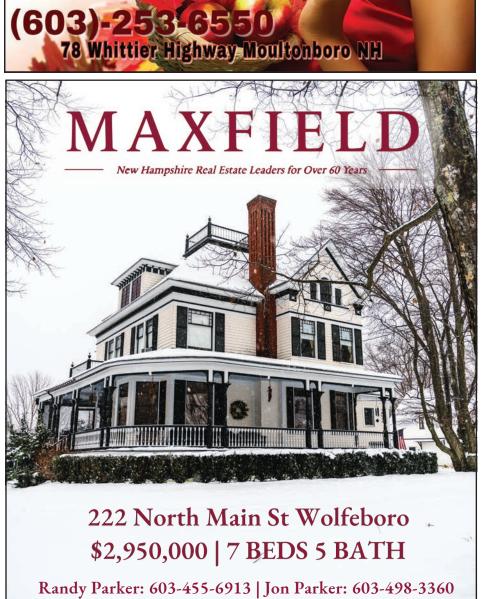
The children and parents at Belknap House say thank you!

tion."

For more information about any of the organizations check their websites







jon@maxfieldrealestate.com



# Champs continue to cruise, move to 7-0

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The two-time defending Division III champion Gilford boys' hoop team is off to a strong start to the new season, winning the first six games of the season.

Gilford started with a 72-40 win over Monadnock and then added a 58-24 win over Belmont, a 63-36 win over Stevens and a 68-42 win over Laconia to close out the 2021 portion of the regular season.

In the new year, the Golden Eagles traveled to St. Thomas and got a 62-43 win and hit the road to Somersworth and picked up a 62-31 win.

In the Somersworth game, Jalen Reese led the team with 21 points and coach Rick Acquilano noted that four different

players have led the team in scoring through the first six games, demonstrating the team's balance.

The Golden Eagles then picked up a 55-48

then picked up a 55-48 win over Hopkinton in a rescheduled game on Saturday to move to 7-0 on the season. Mitch Pratt finished with 30 points for the Golden Eagles and Reese added 16.

Gilford is back in action on Tuesday, Jan. 18, at home against Belmont at 6 p.m.

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

