

Gilford Steamer

THURSDAY, JANUARY 21, 2021

GILFORD, N.H.

Brown, McCarthy lead Gilford in first race

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The season officially kicked off for the Gilford alpine ski team with a race on the slopes of Gunstock Mountain Resort on Friday, Jan. 15.

The Golden Eagles were joined by Laconia, St. Thomas, Newfound and Prospect Mountain. Complete results were not available as of deadline. Following is a report of the results that were made available.

In the morning giant slalom for the Gilford girls, Shealagh Brown had the top finish with a time of 56.7 seconds.

Delilah Smock was not far behind, finishing in a time of 57.23 seconds for her two runs of giant slalom with Tessa Tanner next with a combined time of 1:01.62.

Caroline Guest finished with a time of 1:03 and Madeline Guest finished in a time of 1:05

SEE GILFORD PAGE 11



JOSHUA SPAULDING

Shealagh Brown makes her way through the Gunstock giant slalom on Friday.

Budgets moved forward after hearing

BY ERIN PLUMMER

mnews@salmonpress.news

The Budget Committee moved forward the budgets for 2021 with some modest increases in the town and school budgets.

The public hearing for the town, school district, and Gunstock Acres Village Water District budgets took place on Thursday. The whole hearing lasted around 13 minutes with no comments or questions on the school and own budgets and a few questions on the water district's hearing.

The recommended town operating budget is \$14,743,845, an increase

of \$479,565. If the \$957,565 in warrant articles are approved the total budget will be \$15,701,466, an increase of \$406,739 or 2.66 percent from last year.

If the budget isn't approved, the default budget will be \$14,189,402, which is the total budget minus one-time expenses.

Budget Committee chair Sean Murphy said some decreases in the budget are due to newer personnel being hired to replace those who have retired or left and joining at lower pay than their predecessors.

While the town had

four elections in 2020, there will only be one election in 2021 which will also result in considerable savings.

The warrant articles include a new command vehicle for the fire department, a new pickup and some new equipment for public works, phase three of the police department's radio communications upgrade project, and more.

The hearing closed with no public comment and the Budget Committee moved the article forward to the deliberative session.

SEE BUDGETS PAGE 9

Filing period open for town, school district offices

BY ERIN PLUMMER

mnews@salmonpress.news

Filing is now open for town and school district offices with several seats open for candidates.

Filing for town and school district offices began on Jan. 20, and will continue until Jan. 29.

For town offices, one three-year seat is open on the board of selectmen with Chan Eddy currently serving.

The Budget Committee has three open seats, each for a three-year term. Those seats are currently occupied by Kristin Snowe, Thomas Chase, and Joe Wernig.

One three-year term for Trustee of the Trust

Funds is open, currently filled by Elizabeth Castro.

The Library Trustees have two three-year terms open. Jack LaCombe and Diane Tinkham currently serve in those positions.

There is one opening for a three-year term as Cemetery Trustee with Rae Mello-Andrews currently serving.

For the Gilford School District, two seats are open for school board member, each for a three-year term. Chris McDonough and Jeanin Onos currently serve in those seats.

One position is open for School District Mod-

erator for a three-year term with Sandy McGonagle currently in that role.

The position of School District Clerk is open for a one-year term. Kimberly Zyla Salanitro currently serves in that position.

School District Treasurer, a position currently occupied by Susan Jensen, is open for a one-year term.

Anyone interested in filing for these positions must be a registered Gilford voter and file with the respective office during regular business hours, with a little more

SEE FILING PAGE 6

Book pickup service now available for younger readers



PHOTO BY ERIN PLUMMER

The Gilford Public Library has a new way for kids to get books: a new Instant Book Cart service through the library's website.

BY ERIN PLUMMER

mnews@salmonpress.news

The Gilford Public Library has a new option for families to get books for younger readers.

The Instant Book Cart service is now available through the library Website, which matches books to young readers' interests.

"Don't have time to come in and pick out books or don't quite feel comfortable coming in yet? No problem, we can help!" read the library's website.

This service allows families to pick out books for kids through teens online including picking out their favorite genres and authors. The library staff will pick out the books that best match their inter-

ests and put them together for pickup.

The service is available to anyone who has a Gilford Public Library card. Those who wish to use Instant Book Cart can visit <https://www.gilfordlibrary.org/Pages/Index/182777/book-instant-cart> and fill out a Google form with some basic contact information, library card number, and others.

The form also asks for different genres, subjects, series, and characters as well as offering a list of specific book and character series. Families are also asked if they want the library to include a book or magazine for the adults.

The staff will pick out books based on information in the form and

families will be notified when they are ready for pickup. The books will be available through the library's curbside pickup.

The service is free and confidential.

Curbside pickup service is also available for books and materials for all ages. Books and materials can be reserved online and put together by staff. People can then park in the designated curbside service area and call the library. Books and materials will be brought out to the car. The service is available Monday through Friday from 9 a.m.-5 p.m.

For more information on Instant Book Cart and curbside service call the library at 524-6042 or visit gilfordlibrary.org.

ALMANAC

Notes from the Gilford Public Library

Classes & Special Events
Jan. 21 – Jan. 28
*Sign up and face masks required

Thursday, Jan. 21
Mother Goose On the Loose (Virtual), 10:30-11 a.m.

Book Discussion, 1-2 p.m.

This month's book is "Olive, Again" by Elizabeth Strout, a collection of short stories featuring Olive Kitteridge. The discussion will be led by Arielle Masterson,

and copies of the book are available at the front desk.

Friday, Jan. 22
NO EVENTS

Monday, Jan. 25
NO EVENTS

Tuesday, Jan. 26
Bilingual Storytime, 10:30-11 a.m.

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

Wednesday, Jan. 27
Wacky Wednesday Take & Make Craft Phone-In Check out an Expert, 10 a.m.-noon

Thursday, Jan. 28
Mother Goose On the Loose (Virtual), 10:30-11 a.m.

Acrylic Paint Night with Kayleigh and Arielle (Virtual), 5-6 p.m.

Paint your own masterpiece with Kayleigh and Arielle. Sign up and pick up painting supplies at the library and follow along on Face-

book Live! You can pick up your supplies the week of Jan. 25.

Ongoing Children/Teen Event

Snap Your Snacks: Teens and Tweens! Tag @gilfordpubliclibrary on Instagram, tag @GPLhayden on TikTok or send us an email at gilfordlibrary@gmail.com with your own 60 second food video for a chance to be featured on our Instagram and win a prize! Entries due by Feb. 1.

Gilford Public Library Top Ten Requests

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

Comfort Keepers

Low impact exercises

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

Maintaining our physical health as we age is an important part of overall wellbeing. Making activity part of our daily routine becomes more vital as we age but can also be more difficult.

Seniors should always discuss their physical activity level and ability with their physician. For most, engaging in 30 minutes of moderate activity each day can have numerous long-term benefits.

There are a variety of low-impact exercises and activities that can be beneficial for seniors. Low-impact exercise can elevate the heart rate, which in turn has physical health benefits.

While it is typically easier to participate in these less rigorous types of exercise, older adults should always talk to their doctor before starting a new program.

Types of low-impact exercise can include:

Walking: One of the benefits of walking is that, unlike running, it's easier on the joints. Plus, it doesn't require any special equipment or a gym membership. With a comfortable pair

of tennis shoes and a smooth pathway, someone can start this right away. For the most benefit, keeping a brisk pace for at least 15-20 minutes is important.

Swimming: What's better than minimal stress on the joints? No stress at all. Swimming provides a number of benefits, including strengthened shoulders and increased lung capacity. Seniors can also take part in water aerobics or walk on underwater treadmills.

Yoga: From improving flexibility and coordination to strengthening your core, there's very little that yoga doesn't do. Additionally, yoga has been shown to improve mood, focus, and overall mental well-being.

Pilates: This exercise allows for very slow and concise movements, designed to improve posture and flexibility. Like yoga, Pilates are known to improve mental well-being.

Cycling: With the proper safety measure in place (including a helmet, shin pads, and appropriate configurations), cycling can do wonders for not only the cardiovascular system but also the joints and various muscle groups.

Weight training: Weight training can be done at home, with small free weights or even moderately heavy objects that you can grip easily, or at a fitness center. Consistent repetition is key, as is advancing to heavier weights over time.

Leg Raises: These can be done at home with no equipment. Simply stand behind a chair, and while holding on to the back of the chair, move one leg to the side and then back. Repeating this, with different variations, can help strengthen lower back and thigh muscles.

Dancing: In recent

years, there has been a rise in the popularity of dance class enrollment – and for good reason. The constant movement in dancing classes can help circulation and flexibility. Attended these classes can also provide great opportunities to socialize and connect with others.

Comfort Keepers® Can Help

At Comfort Keepers®, we create individual care plans for every client. These plans include wellness goals that consider physical, mental and emotional health. Our caregivers can help

your aging loved one establish a daily routine that promotes a healthy lifestyle. Whether that's taking daily walks or providing transportation to the local gym, we'll work to provide care that is unique to your loved one. Our Comfort Keepers® provide the essentials our clients need to live a healthy, active, and independent life.

To find out more about our other in-home care services, call us today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of

such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all

Meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit

our Web site at nhcomfortkeepers.com for more information.

Aimee King promoted to Assistant VP, Enterprise Project Manager at New Hampshire Mutual Bancorp



Aimee King

MEREDITH — New Hampshire Mutual Bancorp (NHMB) has announced the promotion of Aimee King to Assistant Vice President, Enterprise Project Manager for the organization. In this role, King will oversee major projects throughout the entire company, supporting sister organizations, Meredith Village Savings Bank (MVSF), Merrimack County Savings Bank (the Merrimack) and Savings Bank of Walpole and NHTrust. King has been leading the project management

department since Carey Borden retired over the summer.

Under King's leadership, the project management team stewards all major company-wide initiatives through a clearly defined, user-friendly process that ensures timelines are met, all details are considered and the best solutions to challenges and opportunities are selected, measured and managed. This allows the industry experts to focus on customer and employee benefits of specific projects while getting them accomplished and launched in a timely, thoughtful manner.

"Aimee has more than two decades of extensive expertise in bank operations and project management," said Robert Soloway, Executive Vice President

and Chief Technology and Services Officer at NHMB. "Her natural proficiency for leading groups, projects and teams will ensure great success for our organization as a whole."

King, a certified project management professional who was trained by the Project Management Institute, joined New Hampshire Mutual Bancorp in May of 2019 as a Project Manager. King lives in the Manchester area and volunteers with New Horizons, Granite United Way and Families in Transition.

New Hampshire Mutual Bancorp (NHMB) was created through a unique alliance between three mutual community banks and a wealth management firm who maintain separate organiza-

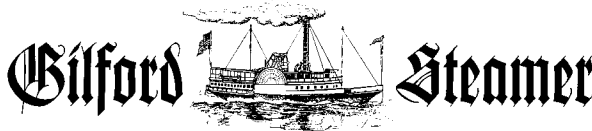
tions and management. The companies are able to achieve best in class software, services and staffing while providing efficiencies through their shared service provider, NHMB. NHMB provides risk management, facilities, marketing, human resource, finance, compliance, information technology, deposit operations, loan operations and digital banking services to Meredith Village Savings Bank, Merrimack County Savings Bank, Savings Bank of Walpole and NHTrust. This strategic partnership has positioned the banks to leverage each other's strengths as they work together to advance a shared vision of maintaining and enhancing community banking standards and values.

GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from Jan. 11-14.

Scott Brian Pepin, age 56, of Gilford was arrested on Jan. 12 for Domestic Violence-Simple Assault-Physical Contact.

Joshua A. Clemente-Rodriguez, age 33, of Manchester was arrested on Jan. 13 for Second Degree Assault; SBI-Domestic Violence and Criminal Mischief.



ADVERTISE WITH US
ADVERTISING EXECUTIVE
Tracy Lewis
(603) 575-9127
tracy@salmonpress.news

TO SUBSCRIBE OR FOR SUBSCRIPTION SERVICES:
KERRI PETERSON
(603) 788-4939
kerri@salmonpress.news



SEND US YOUR NEWS AND PICS
Moments@SalmonPress.news

TO FAX THE STEAMER:
CALL 1-888-290-9205

TO PRINT AN OBITUARY:
E-MAIL: brendan@salmonpress.news
CALL: 603-677-9084

TO SUBMIT A LETTER TO THE EDITOR:
E-MAIL: brendan@salmonpress.news

TO SUBMIT CALENDAR ITEMS:
E-MAIL: brendan@salmonpress.news

WWW.SALMONPRESS.COM
(603) 279-4516

A SALMON PRESS PUBLICATION
STEAMER STAFF DIRECTORY

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

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

SPORTS EDITOR
JOSH SPAULDING
(603) 941-9155
josh@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.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 03253.

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

LRAA launches ‘Hearts for Heroes’ project

COVID-19 EMERGENCY RESPONDERS AND VETERANS THANKED / HONORED BY ARTISTS

TILTON — President of the Lakes Region Art Association / Gallery, Tom Hitchcock, announced its member artists will show their support and gratitude to the Covid-19 first responders, medical personnel, hospitals and veterans in the Lakes Region by promoting its message of love and appreciation through inviting anyone, artist or not, to do so by painting an image of a heart to express their thanks in its ‘Hearts for Heroes’ project.

“In 2021, one of our three annual community projects will be to acknowledge the hard-working and never-give-up dedication of those who are involved in saving lives of Covid-19 victims and our military veterans. they are truly heroes,” said Hitchcock.

‘Hearts for Heroes’ art needs to be brought to the LRAA gallery, Tanger Outlet Mall,

120 Laconia Rd., suite 132, Tilton, Thursdays through Sundays, from Feb. 4 to Feb. 28, 10 a.m.-6 p.m. How you choose to paint a ‘Heart for Heroes’ image, with or without a written message included, is only restricted by the maximum size of nine by 12 inches; otherwise, any medium or material is acceptable, from paper to fabric, using photos, collage, oils, acrylics, pastels, crayons, watercolors, etc. Images must be unframed and artists also agree to relinquish their art forever, which will be placed on display at the LRAA / Gallery thru February.

There is no cost to participate, no age limit or how many images allowed per person. Registration forms are available at the Gallery. Anyone wishing to participate may also receive help and advice from the LRAA member artist on duty during gallery

hours, at no cost. At the conclusion of the exhibit in the LRAA Gallery, the ‘Hearts for Heroes’ display will relocate to the New Hampshire Veterans Home, 139 Winter St. Tilton, during March for the enjoyment of the residents LRAA launches ‘Hearts for Heroes’ project

[SUBHEAD] Covid-19 emergency responders and veterans thanked / honored by artists. and staff. Due to Covid-19 the exhibit there will not be open to the public.

The New Hampshire Veterans Home (NHVA) provides high quality, long-term care to men and women who served their country and the state of NH. NHVA was founded in 1890 as the Soldier’s Home for Civil War Veterans and is the only long-term care facility dedicated exclusively to serving the Granite State’s elderly and dis-

abled veterans. To learn more go to www.nh.gov/veterans or www.facebook.com/nhveteran

shome or call: 527-4400. The Lakes Region Art Assoc. is a non-profit 501-C3 organization. It was

founded in 1940 and the oldest art association in the Lakes Region.

STRATEGIES FOR LIVING

Free speech is never free

Y LARRY SCOTT

Mr. Trump lost the election, whether by a vote of the people or by fraud will never be known, but one thing is beyond question: he damaged himself and, perhaps, lost the election, by his rhetoric. It grieves me to acknowledge this, for I believe he has been good for America.

Despite an admirable agenda and responsible leadership, and despite a nation that will always be in his debt, Donald Trump shot himself in the mouth by the things he said. A case can be made that Mr. Trump talked himself out of the Presidency; the Statesman was damaged beyond repair by words that were vindictive, insulting, and often unfair.

This, however, is no time to jump on the bandwagon and condemn President Trump. We have all been guilty of venting our frustration, of saying things we wish we could retract, of hurting, or being hurt by, the people we love.

I have an Aunt who, frustrated with me for some petty reason I can no longer recall, said, “Larry, a little of you goes a long way!” It still hurts ... and my relationship with her has forever been clouded by something she said twenty-five years ago.

Words hurt because of what we believe about ourselves. Praise or a word of appreciation is easily dismissed because we don’t believe it ourselves. Most of us carry such a poor self-image we accept as true and are hurt by every unkind word that comes our way.

But God can change that image and that’s the point to all of this. God can make of you and me the person we could never be without Him, a person deserving of the respect we all crave. And he does so not by giving us new self-respect, but by making us into a new person. Far from perfect, and still in need of growth and maturity, we may agonize over what we aren’t but we can praise God for

who are. No man comes to God but what he is changed, and the change is always for the better!

I believe Mama Gobran, the Mother Teresa of Egypt, had it right.

Speaking at the 2011 Global Leadership Summit sponsored by the Chicago, Illinois Willow Creek Community Church, Mama Gobran got our attention when she said,

Silence your words, that you may listen to your thoughts; silence your thoughts, that you may listen to your heart; silence your heart, that you may listen to God.

King David, quoted in the Old Testament book of Psalms, wrote, “Let the words of my mouth and the meditation of my heart, be acceptable in thy sight.” Indeed, what we say impacts what we think, and what we think determines what we say.

You have often been told that to change the way you are, you must change the way you think. True ... and God, I believe, wants to change both!

Dwayne Haggins to perform for Belknap Mill’s Virtual Coffeehouse Concert Series



Dwayne Haggins

LACONIA — The Belknap Mill is pleased to be offering three live streamed concerts in our upcoming Bell & Brick Coffeehouse Concert Series. The series will begin Thursday, Jan. 28 with Dwayne Haggins, followed by Bob McCarthy on Feb. 25, and March 25 will feature Green Heron.

To ensure a high-quality music experience we are pleased to be working with The Greenhouse Recording Studio

and NH Music Collective. The concerts can be found on the Belknap Mill’s Facebook and YouTube channel.

Dwayne Haggins has been described as “the love child of Hank Williams and Sam Cooke.” “The John Legend of rockabilly.” And even, “the ‘what-took-you-so-long?’ fusion of Elvis Presley and Marvin Gaye.” At every performance, Dwayne is always at work. Adding new subtleties to an ob-

vious melody line. Reinterpreting a time-worn lyrical cliché to imbue it anew with genuine feeling. His distinctive sound, delivers a brand new take on the traditional country-blues and soul that he loves, and has generated a rare sense of excitement and possibility throughout the musical community.

For more information you can email operations@belknapmill.org or call 524-8813.

Commercial & Residential Cleaning

- **Electrostatic disinfection**
- **Janitorial work**
- **Housekeeping: one time, reoccurring and weekday rental turnovers**
- **Move in/move out deep cleans**
- **Post construction clean up**
- **Window washing**
- **Van mount extraction carpet, upholstery and tile cleaning**

Offices in Laconia, Plymouth and newly opening in Littleton



**GREAT
NORTHERN
CLEANING**

(603) 527-2610

www.greatnortherncleaning.com



SCHWARTZBERG LAW
EXPERIENCE THAT MATTERS

*Advising clients about
Wills and Trusts
since 1985.*



Ora Schwartzberg, Esq.

572 Tenney Mountain Hwy, Plymouth, NH 03264
603-536-2700 | WWW.NHLAWYER.NET

Take your Vitamin D

Recent studies have suggested that Vitamin D is one way to build our immune systems against inflammation and viruses, including COVID-19. During summer months, it's easy to get our daily dose by eating fresh fruit and vegetables and by spending more time outdoors. However, with winter brings a challenge with shorter days and the ability to absorb the much needed vitamin.

During a trek to the top of a mountain last week, we met a doctor who went on to explain how, during winter months, the Vitamin D the sun gives off does not radiate to the levels high enough for our bodies to absorb it. He suggested taking Vitamin D supplements until about April, advice he takes himself. We can also find vitamin D in oily fish, mushrooms and certain dairy products.

Individuals who live in the Northeast during winter at higher latitudes are at higher risk of having a deficiency in the vitamin. Experts say adults should get at least 600 IU per day of Vitamin D.

It was during the 1980's when it was discovered that our immune cells had receptors for Vitamin D, and that it played a crucial role in the gastrointestinal tract. Experts suggest that the more vitamin D in your system, the less likely you will suffer from inflammatory bowel disease or Crohn's disease. Lung and gut health was also improved. Vitamin D offers aid to the gut by keeping the micro-biome healthy.

Of course, with all things, do not go overboard. It is recommended that individuals do not take more than 4,000IU per day to avoid any toxic side effects. Vitamin D aids in calcium absorption, so if those levels spike, calcium levels may spike, affecting the kidney. As with all things, always check with your doctor before taking any supplements.

On another note, this winter seems to be flying by for some of us. The holidays seem to have come and gone in a flash. We are just two weeks away from what many call the longest month of the winter, the dreaded February. Usually temperatures drop well below zero, and stay there for far too long. However, we find that if you embrace these winter months, enjoy your snowy walks and hot cocoa you might actually find yourself missing these chilly, refreshing days when the extreme heat hits this summer.

Send us your letters!

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

Send your letters to:

Gilford Steamer

5 Water Street • Meredith, NH, 03253

E-mail us at

brendan@salmonpress.news.

We're looking forward to hearing from you!



RC GREENWOOD

Opening tilt

Gilford's Austin Normandin works his way between Prospect Mountain's Chris Cox (left) and Michael Perry during action on Thursday, Jan. 14, in Gilford. The two teams are set to meet again tonight, Jan. 21, at Prospect Mountain at 6 p.m. Gilford is scheduled to play Plymouth next week, with games at home on Monday, Jan. 25, at 6 p.m. and at Plymouth on Thursday, Jan. 28. The Timber Wolves are scheduled to play Laconia next week, at home on Monday, Jan. 25, and on the road on Thursday, Jan. 28.

MARK ON THE MARKETS

Putting it together

BY MARK PATTERSON

I recently had client who is bringing more money into his account and ask me how he can get this money to work. This money is really earmarked for equities (stocks) in his portfolio because his fixed income portion, in other words "bonds," that are providing income are already allocated and working fine. He is aware that the equity market is pricey, and I tend to not want to buy stocks when they are expensive. But that does not mean we cannot go fishing for stocks that he would want in his portfolio at a better price and even if we do not get to buy them at that better price, we will make money for his account.

When I explained to him that we could sell "out of the money" cash

covered puts, I knew I would get a blank stare and a proclamation from him that he has no idea what I am talking about. My explanation went something like this; first we want to identify some companies whose stock he would want to own. For exemplary purposes of this strategy, we will use Apple.

What I am about to explain is a technique using options to build a portfolio or just to gain revenue into your account. Apple is a technology company that has a beta of 128, which means it is more volatile than the benchmark S&P 500. This higher beta or volatility means that the option premium, when collecting will be high in relation to a less volatile stock. Presently Apple is trading at \$129. If we look out one week in the

future, we could sell a "put" with a strike price of \$129 for \$250, so this is an "at the money" put. For this "put" which represents 100 shares Apple, we will receive \$250 in premium that goes directly into the client's account. By the time this option contract expires in about one week, one of three things will happen. The first thing is that Apple does not move under \$129 and the \$250 remains in the client's account. The second thing is that before expiration the time element or intrinsic value of an option contract could make it worth next to nothing, which the client could buy back just to ensure the fact that the stock will not get put to them. The third thing that could happen is that Apple moves below \$129 and the stock gets "put"

to the client at our strike price of \$129 less the \$250 of premium which we collected to give the client a purchase price equivalent to \$126.50.

The client needs to keep \$12,900 of cash in the account in case the stock is put to them. \$250 is collected for the one-week period, that is roughly a 2 percent return on the money for the seven days, even if the client never has the stock "put" to them!

This option strategy allows my client not to "chase the market" and bid on stocks at lower prices while keeping the premium dollars if the stocks are not "put" to them.

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

PET OF THE WEEK

Scooter has all the personality you could ask for in a guy and then some! His quirks are basically what make the world go round. Scooter loves attention, play time, and following you wherever you go.

Scooter has come leaps and bounds since his first weeks here with us, where he definitely let us know he was not comfortable. Scooter will need a home with an experienced cat owner who is prepared to learn all there is to learn about this handsome man.

Scooter would do best in an adult only home, due to the uncertainty of his past with other cats/dogs - it may be for the best that he is your one and only as well.



NH Humane Society

Over a century of love for those without a voice.

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

SCOOTER



Funerals, a very fast bird, and a little bit about radio



By JOHN HARRIGAN
COLUMNIST

I’ve refrained from saying much about the pandemic, because the media are permeated with it and readers need a break. I did say something in a recent column, however, about devastating effects to the societal glue of visits at the hospital, final good-byes, visiting hours at the funeral home, and graveside services. Funeral homes have done their best to adapt, while families have changed plans and coped.

People from all over responded to this huge challenge to society’s very fabric, but here are words from a reader in Maine:

“The ‘societal glue’ you mentioned--when people grieve together at calling hours, a funeral and all the other events surrounding a death--is a special type of binding that only happens in that situation and can’t simply be deferred. Human emotions do not stagnate and wait for a more opportune time to be displayed.”

Families, funeral directors, and churches have worked to adapt calling hours and funeral arrangements to conform to new requirements, and some families have chosen to forego visiting hours and hope for a graveside service later on.

One could easily be overwhelmed by all the Covid “coping” information in the media, but few broadcasts or publications seemed to notice the curtailment or loss of calling hours. Yet, as I wrote at the time, “This is where we reconnect with schoolmates, childhood friends, and long-lost relatives. It is how we mitigate, understand, and absorb the loss of our loved ones.”

In sum, it is the soci-

ety we know.

+++++

This is the time of year when New Hampshire’s birding community and others committed to conservation celebrate the return--literally--of the Peregrine falcon

New Hampshire’s falcons represent the kind of conservation success story that is woefully as rare as the birds once were. They constitute a ray of hope in a scenario that can often seem dismal, considering problems like habitat loss, unchecked growth, fragmentation of ownership, and rising temperatures in New Hampshire’s lakes, streams, and ponds.

Northern New England began losing its falcons generations ago. Not until the 1960s did researchers trace the problem to widespread use of the pesticide DDT, which built up in the food-chain and made raptors’ egg-shells so thin that they’d crack if so much as nudged in the nest.

It took a decade for mainstream science to catch on, federal and state agencies to catch up, and legislators and decision-makers to enact laws and regulations to get DDT out of circulation. Then the birding community and cohorts set about trying to repair the damage.

With the Northeast’s falcon just about gone, wildlife recovery strategists turned to its close western cousin, and soon breeding pairs were being released in the White Mountain National Forest. In 1981, the release of captive-bred adults ended and the monitoring of wild breeding pairs began, with New Hampshire Audubon playing the major role. Here is how NH Audubon’s Wila Coroka described today’s status in a current post:

“This year, more than ever before, the return of these once endangered falcons to downtown Manchester acts as a reminder that adversities can be overcome; particularly when we, as a community, collaborate



A Peregrine falcon keeps a sharp lookout over downtown Manchester from its perch outside a special hole-in-the-wall setup in downtown’s Brady Sullivan Tower. (Courtesy New Hampshire Audubon)

for a cause.

“The Peregrine falcon was recognized as an endangered species in the eastern United States just fifty years ago. With the help of rigorous research and hundreds of committed citizens, this fascinating bird of prey has made a remarkable comeback.”

In 2018, wild falcons fledged 43 chicks at nests all over the state, and human participants admit they might have missed a nest or two in wild places where the birds fly with abandon, most particularly in remote sections of the upper North Country.

But no matter the precise count, the peregrine falcon is a success story that brings a smile to even a curmudgeon’s face. It thereby goes onto what I like to call “The Righting of Old Wrongs List,” along with the moose, loon, beaver, eagle, and marten. Still out there, somewhere, are the wolf and the missing lynx.

+++++

For almost as long as I’ve been newspapering, I’ve been doing radio. No more. My last regular stint took place just before Thanksgiving. The show’s home station--a little fish in Radio Land--was gobbled up by a bigger fish. “Seventeen

years as the Morning Guy,” said the show’s host Peter St. James, who called me as a regular guest, “and that was it.”

There is something of a symbiosis between radio and newspapers. For me it began in 1968, right after I’d left the Lorden Lumber Company in Milford to take my first newspaper job at the Nashua Telegraph.

Something called a “shopping mall”--said to be New Hampshire’s first--was opening just off the F.E. Everett Turnpike, and the editor wanted me at the grand opening. “They’re calling it the Mall of New Hampshire,” he said, “Evidently it’s a big deal.”

I’d already adopted a favorite camera from the newspaper’s arsenal, a huge, bulky Speed Graphic that used 4- by 5-inch film and even had a bellows, so I grabbed it and a canvas shoulder-bag for extra film-holders, and out the door I went.

Our little scrum of media stood by for the obligatory ribbon-cutting shot, and then I wandered around to set up extra photos for the advertising department. The way out took me by a radio station’s stand, and the guy handling the microphone waved me

over, holding up a finger in the international sign for “wait a minute.”

It was, of course, what media-wise veterans now nudge each other and laugh at as “a brief commercial break.”

We introduced each other and shook hands, and before I knew it he was back at the microphone saying, “There’s a new face in town lugging a camera around for the Telegraph, and let me introduce you,” and with his arm over my shoulder we began sharing stories in snippets, right there on live radio, and

I took to it like a duck to water, and I’ve been chiming in ever since on stations big and small, from Berlin to Manchester to Boston and beyond, on New Hampshire Public Radio and all over the place, in a medium I love almost as much as newspapering.

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

COURTESY

BOOTLEGGER'S®

FOOTWEAR CENTERS

WINTERBOOT BLOWOUT SALE

LARGEST BOOT SALE OF THE SEASON

25% OFF

REGULAR PRICES!







Some exclusions may apply, visit store for complete details

MENS * WOMENS * KIDS

MEREDITH, NH 279-7463 • WOLFEBORO 569-3560
NORTH CONWAY, NH 356-7818 • LACONIA, NH 524-1276

salmonpress.com

Lakes Region Chimney Sweep

\$199

Chimney Pro

Sweeps • Stonework
Brick Repairs • Liners
Caps • Installations
Fire Place Makeovers



603-520-7217



Fully Insured

Paid Advertisement

Paid Advertisement

Paid Advertisement

Paid Advertisement

Paid Advertisement

Edward Jones: Financial Focus

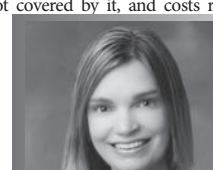
Pre-Retirees: Plan Now for Health Care Costs

If you're close to retirement, you'll have several financial issues to consider. But you'll want to pay attention to one of the most important of these issues: health care costs. How can you prepare yourself for these expenses? First, get an early start on estimating health care costs. More than two-thirds of those planning to retire in the next 10 years say they have no idea what their health and long-term care costs will be in retirement, according to the Edward Jones/Age Wave Four Pillars of the New Retirement study. And some people don't worry much about these costs, which may be considerable, thinking that Medicare will pay for most of them. While Medicare does cover many medical expenses, it also has its own costs. You probably won't pay a premium for Part A (inpatient/hospital coverage), since you likely had this cost deducted from your paycheck when you were working. But if you are hospitalized, you'll have to pay deductibles and co-

insurance (the percentage of costs you pay after you've paid your deductible). Part B (doctor's visits) requires a premium, deducted from your Social Security checks, and you must pay an out-of-pocket deductible. After you meet this deductible for the year, you typically pay 20% of the Medicare-approved amount for most doctor's services. And when you enroll in Part D (prescription drug plan), you will likely also have to pay a monthly premium, an annual deductible and coinsurance or copays. To help pay for the Medicare deductible, coinsurance and copayments, you may want to get supplemental insurance, known as Medigap. Premiums for Medigap vary, depending on the plan you choose. As an alternative to original Medicare, you could select Medicare Advantage (sometimes called Part C). Medicare Advantage plans are offered by private companies approved by Medicare, but the benefits and costs vary by plan. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.

Member SIPC

These plans generally will incorporate Medicare Parts A and B and will provide additional medical coverage, such as prescription drugs. When you incorporate all the above, the annual out-of-pocket costs for traditional medical expenses likely will be about \$4,500 to \$6,500 per year, per person -- not insignificant, but certainly a number that can be addressed by careful planning. But there's one more expense to keep in mind: long-term care. The average cost of a private room in a nursing home is more than \$100,000 per year, according to the insurance company Genworth. And Medicare typically pays few of these expenses. Clearly, between regular medical costs associated with Medicare or those not covered by it, and costs resulting from the possible need for long-term care, your health care bills can mount. To meet these costs, you need to plan ahead -- and take action. For example, it's essential that you incorporate health care expenses into your overall financial strategy. You can also work with a financial professional to run some "what-if" analyses to see if your strategy would be derailed by a potential long-term care stay. And the professional you work with may be able to suggest specific protection vehicles that can help you meet the costs of long-term care. The best time to prepare for your health care costs during retirement is well before you retire. So, if you haven't already started, now is the time to do so. When it comes to paying for health care, the fewer surprises, the better.



Jacqueline Taylor
Financial Advisor
3 Mill Street
PO Box 176
Meredith NH 03253
603-279-3161
Fax 866-532-8685
jacqueline.taylor@edwardjones.com

PEASLEE FUNERAL HOME
— & Cremation Service —

(603) 755-3535
www.peasleefuneralhome.com

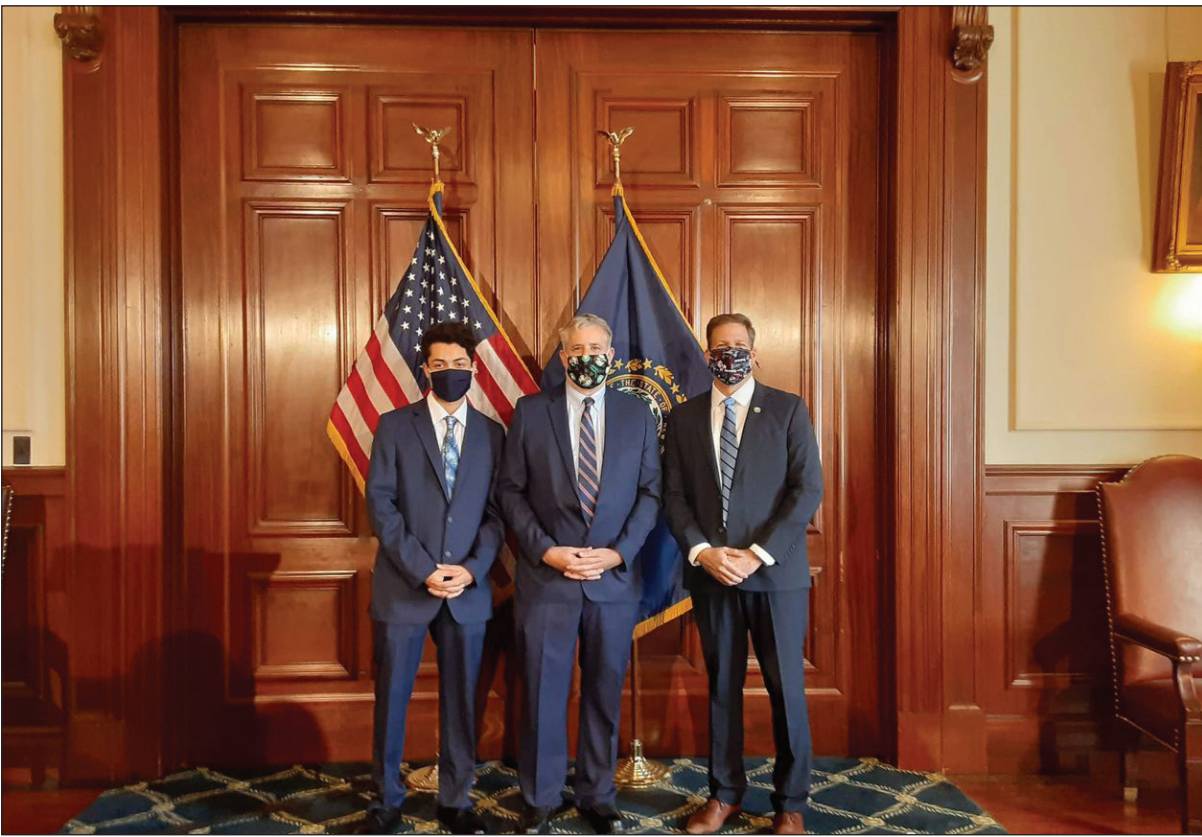
Main Office: 24 Central Street, Farmington, NH
2079 Wakefield Road, Wakefield, NH
Alton Funeral Home 12 School Street, Alton, NH



NORTH COUNTRY COINS, LLC
BUYING • SELLING • APPRAISALS
Est. 1989
WWW.NCCNH.COM
TUES • FRI 10 • 5 • SAT 10 • 3

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.

Salmon Press
will take your message to over 200,000 readers in ELEVEN weekly newspapers!



COURTESY

Sworn in
Executive Councilor Joe Kenney was sworn in as the new District 1 Executive Councilor on Jan. 7 at the State House. Pictured here with Kenney are his son Christian and Gov. Chris Sununu.

When uplifting stay-at-home care is needed most

In-home care services

- Personal care
- Grocery shopping and errands
- Companionship and housekeeping
- Medication management
- Dementia and Alzheimer's care
- Respite care
- Safety solutions

(603) 536-6060
Uplifting In-Home Care | NHComfortKeepers.com

© 2020 CK Franchising, Inc. Most offices are independently owned and operated. 0620



Comfort Keepers.
Elevating the Human Spirit™

Gilford Public Library announces new Adult Reading Challenge

The Gilford Library and the Friends of the Gilford Library are sponsoring a new adult reading challenge for 2021! Adults can pick up a “Gilford Public Library Reading Challenge” leaflet at the front desk and start working on it immediately. Listed in the leaflet are 39 categories, 21 of which need to be completed to finish the challenge. When the challenge is finished, bring in your completed checklist and we will be awarding prizes for our finishers. We’re here to help push you along in your reading resolutions!

If 21 books seems a little daunting, here are a few ideas to help you read nevertheless:

Try a digital book: The Gilford Library partners with the State of New Hampshire to offer Libby by Overdrive, an ebook and audiobook platform so you can read on the fly! All you need is a library card to get started and you can always come in and ask for our help.

Join a book club: Our library hosts a number of book clubs virtually each month. Give us a call or come in and see what’s available to you.

Watch a movie based on a book: Pick out a movie from our collection that’s adapted from a novel. Read the book first and then watch the movie. Which one did you like better? Challenge people in your house to do the same and have a discussion.

The Gilford Public Library is here to serve you in whatever way we can as safely as possible. We urge social distancing and have frequent cleaning and disinfecting of all surfaces. Need curbside pickup services? Give us a call! Need to scan something to your email? Come on in and someone will help you out. Need the next great read to start this year off on a better foot? We can help there too. We are open weekdays from 9 a.m. – 6 p.m. and Saturday from 10 a.m.-2 p.m.

salmonpress.com

Filing
FROM PAGE A1

The town clerk’s office is open Monday, Wednesday, and Friday from 8 a.m.-4:30 p.m. and Thursdays from 8 a.m.-6 p.m. The office will be open for last filings on Jan. 29 until 5 p.m. as required by law.

time on the last day.

NOTICE OF PUBLIC HEARING

Shaker Regional School District will hold a public hearing relative to the receipt of Supplemental Public School Response Funds (SPSRF) on Tuesday, January 26, 2021 at 6:00 pm. The meeting will be held at Belmont Middle School.

For more information contact the town clerk’s office at 527-4713.

For more information on filing for school offices, call the district office at 527-9215.

This year’s election will be on Tuesday, March 9 from 7 a.m.-7 p.m. at the Gilford Youth Center.

NOTICE TO BELMONT RESIDENTS

Declaration of Candidacy for the March election will be accepted at the Town Clerk’s Office between the hours of 7:30 AM to 4:00 PM from Wednesday January 20, 2021 through Friday January 29, 2021. On Friday January 29, 2021 we will be open 7:30 AM-5:00 PM

Only Declarations will be accepted between 4:00-5:00 PM on January 29th.

The following Offices are open:

POSITION	OPENINGS	TERM
Selectman	(1)	3 Year Term
Budget Committee	(4)	3 Year Term
Cemetery Trustee	(1)	3 Year Term
Library Trustee	(1)	3 Year Term
Planning Board	(2)	3 Year Term
Supervisor of the Checklist	(1)	6 Year Term
Trustee of Trust Fund	(1)	3 Year Term
Zoning Board	(2)	3 Year Term

YOU MAY CALL 267-8300 EXT. 2 TO MAKE APPOINTMENT TO SIGN UP.

Shaker Regional School District PUBLIC NOTICE

NOTICE OF TIME LIMIT FOR FILING CANDIDACIES FOR SCHOOL BOARD MEMBERS OF THE SHAKER REGIONAL SCHOOL DISTRICT

The undersigned clerk of the School District herewith gives notice of the time limit for declaration of candidacy from this school district for election of a moderator and school board members of the Shaker Regional School District. The filing period will start Wednesday, January 20, 2021.

The election will occur during the annual voting on Tuesday, March 9, 2021 and will be conducted under the non-partisan ballot law.

Positions to be filled at the election are:
Belmont – one member to serve for three years (2024)
Canterbury – one member to serve for three years (2024)

Written declaration of candidacy must be filed with the clerk prior to 5:00 pm on Friday, January 29, 2021 in order for the name of the candidate to appear on the ballot. A filing fee of \$1.00 is required. Forms may be obtained from the Superintendent of School’s Office; 58 School Street; Belmont, NH 03220, telephone number 267-9223, or by calling Stacy Kruger, Clerk, at 267-7552 evenings.

No person may file a declaration of candidacy for more than one position of the School Board to be elected at such election. Any qualified voter in each of the pre-existing districts named above is eligible to file for the position to be filled from that District. All candidates will be elected at large.

Stacy Kruger, Clerk
Shaker Regional School District

Gunstock Acres Water District planning capital improvements

BY ERIN PLUMMER
mnews@salmonpress.news

The Gunstock Acres Village Water District is aiming to do some needed capital work this coming year including water main replacements and improving some pump stations.

The Gunstock Acres Village Water District’s proposed budget of \$1,491,312 was presented during a public hearing on Thursday, covering the budget for the water system in the area of Gunstock Acres. The Budget Committee approved the budget as recommended and it will go to the deliberative session.

Increases this year include in the water testing and operations and management lines as well as legal fees.

The district will receive a \$1 million loan

from the state revolving fund that will be counted as revenue and taken out as an expense all in one year.

Water District commissioner Jack Kelley said the loan would take care of a number of capital expenses including improvements on a few pump stations that could use it. Kelley also said there are a number of water mains that haven’t been replaced yet.

“If you drive around Gunstock Acres there’s always someone fixing a broken pipe,” Kelley said.

He said they want to get those mains fixed before the town repairs the roads.

They had been applying for this loan for a few years but hadn’t received it until recently when they came on

top of the needs list. He said they got the loan at a preferred interest rate of 1.29 percent.

The district will hire an engineering firm to do an asset management plan on the whole system and have already received a grant from the state for \$20,000 for this purpose.

Kelley as this is a revolving loan, they will take out the money as they need it depending on the findings of the engineering study and the work needed.

Kelley said the money for the loan looks like a lot in the budget, but they have to count it as revenue and an expense in the same year.

User fees will remain the same for residents in the district.

Unitarian Universalist Society to host sermon on “common read” book

LACONIA — Each year, congregants at the Unitarian Universalist Society of Laconia share a “common read” book. This year’s book is “Breath: A Letter to My Sons.” The author, Imani Perry, is a black mother of two sons.

On Sunday morning, Jan. 24, the worship committee will lead a

service touching on the themes in the book, considering what it is like raising black children in today’s America. “The book forces us to confront some of the unique challenges that mothers encounter raising black children. It pursues the beauty in life as well as the difficulties. It gives us all pause to

think about what a letter would be like that we might write to children in our lives.” The book gives us all much to think about and what we want to instill in our children.

The service, beginning at 10 am, is available on ZOOM. For information, contact uusoffice@gmail.com

Gilford Parks and Recreation News



COURTESY

LRAA hosting Acrylic Abstract with Palette Knives Art Class

Have you ever wanted to get more creative with painting, but didn’t know how? Have fun learning to paint abstract work using palette knives. This is a beginner class where we will experiment with different subjects of abstract using palette and painting knives. This ongoing class will be held every Friday 3-4:30 p.m. starting Feb. 5. This class is limited in size. For registration either sign-up at the LRAA Gallery, 120 Laconia Rd., Suite 132 Tilton, NH 03276 or contact Krista Doran, 833-7795 or marblestudiosllc@gmail.com.

BY HERB GREENE
Director
Gilford Parks and Recreation

Senior Strides Weekly Walking continues 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. All participants should bring and wear a mask throughout the program. Participants are also encouraged to bring their own water bottle, as water will not be provided. There will be plenty of chairs available, spaced 6 feet apart, for participants to take a break as needed. Hand sanitizer and disinfectant will be available. There is no fee for this program and participants can register their first day. For more information, please contact the Parks and Recreation Department at 527-4722



COURTESY

Belknap Mill announces photo contest winner

Thirteen-year-old Michael Muller’s photo “The Secret Present” was selected as the winner of the Belknap Mill’s recent Through the Eyes of a Child Photography Contest.

Adam Sikoski of Gilford named to Fall 2020 Dean’s List at Kutztown University

KUTZTOWN, Pa. — More than 2,325 students have been named to the Fall 2020 Dean’s List at Kutztown University, including Adam J Sikoski of Gilford.

To be eligible for the Dean’s List, an undergraduate student must be registered for at least 12 credits and have a minimum grade point average of 3.60.

About Kutztown University of Pennsylvania Founded in 1866, Kutztown University of Pennsylvania is a proud member of the Pennsylvania State System of Higher Education located on 289 acres nestled in the beautiful East Penn Valley in Berks County, between Reading and Allentown, Pennsylvania. KU is just two hours from New York City; 90 minutes from Philadelphia.

As the region’s center for excellence in academics, culture and public engagement, KU’s programs and reputation for quality offer students the opportunity to discover lifelong avenues of learning and discovery. KU students select from more than 100 areas of study within four colleges in a diverse liberal arts academic environment. To complement their studies, KU’s NCAA Division II athletics program with 21 varsity sports joins the more than 160 student clubs and organizations providing students with a variety of activities for learning and discovery.

Nondiscrimination Statement Kutztown University does not discriminate in employment or educational opportunities on the basis of gender, race, ethnicity, national origin, age, disability, religion, sexual orientation, gender identity or veteran status.

For more information, please visit us at www.kutztown.edu.

HIGH SCHOOL SLATE

Thursday, Jan. 21	
GILFORD	Boys’ Hoops at Prospect Mountain; 6
	Girls’ Hoops vs. Prospect Mountain; 6
Friday, Jan. 22	
BELMONT	Boys’ Hoops at Laconia; 6
	Girls’ Hoops vs. Laconia; 6
WINNISQUAM	Boys’ Hoops at Inter-Lakes; 6
	Girls’ Hoops vs. Inter-Lakes; 6
Saturday, Jan. 23	
BELMONT-GILFORD	Hockey at Pembroke-Campbell; 8:45
WINNISQUAM	Hockey at Kennett; 4:30
Monday, Jan. 25	
BELMONT	Boys’ Hoops vs. Kennett; 6
	Girls’ Hoops at Kennett; 6
GILFORD	Boys’ Hoops vs. Plymouth; 6
	Girls’ Hoops at Plymouth; 6
WINNISQUAM	Unified Hoops vs. Berlin; TBD
Tuesday, Jan. 26	
BELMONT	Unified Hoops vs. Kennett; TBD
WINNISQUAM	Boys’ Hoops at Moultonborough; 6
	Girls’ Hoops vs. Moultonborough; 6
Wednesday, Jan. 27	
BELMONT-GILFORD	Hockey vs. Kearsarge-Plymouth; 5:30
WINNISQUAM	Hockey vs. Kingswood; TBD
	Wrestling vs. Pelham; 6
Thursday, Jan. 28	
BELMONT	Boys’ Hoops at Kennett; 6
	Girls’ Hoops vs. Kennett; 6
GILFORD	Boys’ Hoops at Plymouth; 6
	Girls’ Hoops vs. Plymouth; 6

All schedules are subject to change

Budgets

FROM PAGE A1

The Budget Committee's recommended budget for the school district is \$27,015,813 the same amount proposed by the school board. If passed, the budget will have a

tax impact of 30 cents per \$1,000 in assessed valuation.

If the budget article isn't approved the default budget will be \$27,935,981, an increase of \$52,879 from the 2020-2021 anticipated budget. The new budget will

have a tax impact of 34 cents per \$1,000 in assessed valuation.

Murphy said the health insurance for the district is up 7.6 percent and retirement is up 6 percent, the former is part of the collective bargaining agreement.

Some recurring maintenance line items from last year were removed this year including new lighting, a new pickup truck, and others.

The heating also ended with no comment and the Budget Committee approved the proposed

budget.

The town and school district's budgets and warrant articles will go forward to their respective deliberative sessions. The town deliberative session will be on Feb. 2. The school district's deliberative

session is scheduled for Feb. 4.

Voters will decide on the town and school district articles during town meeting voting on March 9.



REAL ESTATE





Island

REAL ESTATE

THOUSANDS OF PROPERTIES,
ONE ADDRESS...

MaxfieldRealEstate.com

Since 1954, Maxfield Real Estate has been one of the leading experts in the Lakes Region for buying and selling waterfront and water access property.



Call us today – let us be your hometown hero for buying or selling a property in the Lakes Region.

WOLFEBORO: (603) 569-3128 | ALTON: (603) 875-3128 | CENTER HARBOR: (603) 253-9360



MEREDITH OFFICE
97 Daniel Webster Hwy
(603) 279-7046

LACONIA OFFICE
1921 Parade Road
(603) 528-0088

VISIT US ONLINE! WWW.ROCHEREALTY.COM



\$313,480 MLS# 4834893

Facsimile

Offering a brand new Energy Star Certified ranch-style home. Ready to be built and primed with your customizations. 3BR/2BA, attached garage, and upgrades are available!

© SMP Architecture



\$289,990

MLS# 4839625

3BR/2BA cape w/ 2,800sf, wood stove insert, pellet stove, propane heater & generator wiring. Private & convenient location, near I-93. \$5k in upgrade concessions!



\$265,000

MLS# 4842788

Three lots with a total of 21.39 acres with frontage on two separate roads. These level lots are set in a low-tax town, private area, & a short drive from Lake Winnepesaukee.



\$1,399,000

MLS# 4829238

12,000 sf. Commercial property on 3.58 ac. w/ heavy traffic & great visibility on Lake St./Rt. 3. Over \$800k in improvements & renovations recently completed!

Facsimile

Introducing Lake Winnepesaukee's Newest Waterfront Development!

Welcome to Lakeside at Paugus Bay! Set just yards from the sugar sand beach, docks, and landscaped lawns, these 32 luxury condominiums will feature 3-4 BR with up to 3,380 sqft. of living space, plus corner balconies, direct elevator access to each unit, and a 2-car garage. Westerly exposure with blazing sunsets overlooking the lake. Check out www.lakesideatpaugus.com for more info! Prices to start at \$749,900 MLS# 4837266



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, sex, 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 advertising 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. herein contained. The Publisher reserves the right to refuse any advertising.



EQUAL HOUSING OPPORTUNITY

BARNSTEAD BUSINESS PARK

27 DEPOT ST BLDG L-1
CENTER BARNSTEAD NH 03225

BLDG L-1
10,440 SQ FT
APPROVED FOR AUTO RESTORATION, USED CAR LICENSE AND INSPECTION STATION
1/2 BATH
PROPANE HEAT
NEW LED LIGHTING
3 PHASE POWER
LOFT OFFICE
OVER 20' CEILING
ALSO CAN BE USED FOR MANY OTHER USES CALL FOR YOUR NEEDS
LOTS OF PARKING
\$3500.00 A MONTH
CALL ED 603-582-7241

55 Plus MODEL HOME
OPEN SUNDAY 12 to 2



\$169,995 Come and take a look!
Garage, Porch, Appliances
*10% down - 25 years at 6%
Call Kevin - 603-387-7463
Mansfield Woods, 88 North, Rt. 132, New Hampton, NH
Directions: Rt. 93, exit #23. Right for 1/2 miles, left at post office for 800'

Camelot HomeCenter
ALWAYS OPEN DAILY • 10 TO 6 SATURDAYS & 10 TO 5 SUNDAYS
BUY NOW WHILE PRICES ARE LOW!

NEW 14 WIDES	 <p>List Price \$57,992 \$45,995 56' 2 Bed</p>	 <p>List Price \$49,995 \$49,995 64' 2 Bed, 2 Bath</p>
	 <p>List Price \$54,995 \$54,995 68' 2 Bed, 2 Bath</p>	Homes From COLONY, NEW ERA, & TITAN
DOUBLE WIDES	 <p>List Price \$82,995 \$72,995 40' 3 Bed, 2 Bath</p>	 <p>List Price \$99,335 \$79,995 52' 3 Bed, 2 Bath</p>
	 <p>List Price \$92,461 \$82,995 48' 3 Bed, 2 Bath</p>	 <p>List Price \$101,052 \$91,995 48' 3 Bed, 2 Bath</p>
MODULARS	 <p>\$99,995 3 Bedroom (Base Price)</p>	 <p>\$144,995 1,900 sq. ft. 2 Story 1st Floor Master Bedroom</p>

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?
Rt. 3, Tilton NH, exit 20 on Rt. I-93 across from Lakes Region Factory Mall WWW.CM-H.COM

Yard Sale
For Sale
BOATS
Services
Public Notice
Camp
Lost
FOUND
For Rent
Sell!

CLASSIFIED

FOR ADVERTISING CALL (603) 444-3927

Upper Connecticut Valley Hospital

JOB OPPORTUNITIES

FULL-TIME
LNA
***SIGN ON BONUS!**
*RN Nurse Manager
*RN – M/S Charge, Night Shift
*RN – Surgical Services Manager
*RN – E.D. Charge, Night Shift
*Speech/Language Therapist
*Multi-Modality Radiologic Technologist

PART-TIME
Human Resources Generalist
Cook
RN – M/S, Day Shift
Activities Aide

PER DIEM
Cook
LNAs – RNs
Certified Surgical Tech
Central Sterile Technician
Patient Access Representative
Environmental Services Technician

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

2021 Employment opportunities at Kingswood Golf Club

Wolfeboro, NH

Full Time and Part Time positions available.

Pro Shop and Outside services golf operation employees

Seasonal Position
May 1- October 31, 2021 (dates may be flexible)

Qualifications:
Seeking ambitious, outgoing person with a positive attitude. Must be personable, reliable, able to perform open/ close responsibilities and a “Team” player. Experience with excellent customer service/ member service skills, communicative and interpersonal skills a plus. Must be at least 16 and have a valid driver’s license. Must be able to work opening and closing shifts

Please contact: Kristy Gleason, PGA Head Professional,
Kingswood Golf Club
Email: Kmgpga@gmail.com

HELP WANTED

Landscape & Excavation Company located in Tuftonboro is looking for year round employee’s. Must have plowing experience and be willing to work nights and weekends during the plowing season. Experience running equipment helpful. CDL license a plus. Smoking not permitted in equipment or on job sites. Looking for someone with a positive attitude and a willingness to work. Please call the office to set up an interview at 603-569-4545 or email mtnsidelandscape@roadrunner.com

Wesley Woods

SENIOR LIVING

We are seeking a FT (35hrs/week) Community Manager for our campus located in Gilford, NH

Full-Time/Regular

This role is typically M-F with some weekends as well, the person hired for this job will be on-call 24/7
A non-profit community looking for a manager to provide overall management for the operation of Wesley Woods - a community of 39 cottages. This manager is pivotal in fostering a vibrant, welcoming culture through life enhancing programs and services that promote respect, independence and privacy for the Residents. The manager will spearhead the day-to-day operations of the community including sales and marketing management to ensure the community remains full. The manager coordinates, plans, implements, monitors, directs and evaluates all aspects of (the community) operations as well as meets financial expectations, maintains high resident and family satisfaction, and ensures a quality service.
Necessary functions of this manager include uphold the mission and vision of the community with care and compassion; being up to date with the operations and activities of the community at all times. Be available to the residents at any given time of day, night or weekend. This person will need to be able to make quick, informed decisions that follow company, and regulatory compliance standards in times of emergency while remaining calm and professional. Be able to work closely Steering Committee to fulfill the organizational mission, develop an effective strategic plan and ensure the financial viability of the community; seek their input in policy decisions, fundraising opportunities and community involvement and visibility.

To apply, submit resume online
<https://jobs.silkroad.com/Deaconess/Careers>
Danielle Sinvil
Talent Acquisition Specialist
978-402-8215 Office • dsinvil@newburycourt.org
100 Newbury Court • Concord, MA • 01742
EOE

Step Up Your Advertising Game

Talk our experienced ad consultants today about advertising in one of our papers.

Advertising Works

Contact Tracy

(603) 616-7103 • tracy@salmonpress.news

or Lori

(603) 444-3927 • lori@salmonpress.news

GENERAL SERVICES

REASONBLE ROOFING

Experienced Roofers & Siders Needed

Excellent Pay
License Required

Call Louie

603-833-0397

Mountainside

LANDSCAPE & EXCAVATION

Start to...

Lot clearing & Site Work
Excavation
Septic Installation & Repair
Roads & Driveways

...Finish

Landscape Design and Maintenance
Stone Walls, Walks and Patios
Irrigation Systems • Plantings and Sod

James A Bean

569-4545
Home: 544-3007
jimbean@roadrunner.com

Reasonable Rates • Fully Insured

WANTED FOR CASH

Baseball, Football, Hockey, and Basketball Cards.

Call (603)494-1327

LOVE WHERE YOU LIVE

SHOP LOCAL

LIVE WHERE YOU SHOP

ADVERTISING WORKS.

Call

1-877-766-6891

salmonpress.com

The National Domestic Violence

HOTLINE

1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

WWW.THEHOTLINE.ORG

Gilford girls battle back, but fall to Prospect Mountain

BY JOSHUA SPAULDING
Sports Editor

ALTON — After both teams saw their first week of games postponed, the Prospect Mountain and Gilford girls' hoop team moved up one of their games and got the season started in Alton on Thursday, Jan. 14.

Prospect Mountain jumped out to a quick lead and then held on the rest of the way for the 37-32 win over visiting Gilford.

"We're happy we get to play," said Prospect coach Rick Burley. "It showed, the late start to the season, we missed a lot of inside shots.

"But we're playing basketball and everyone is happy," he added.

"It's a short season, this is really our first scrimmage," said Gilford coach Rick Forge. "We knew Prospect Mountain would be a good team.

"But the kids just want to play," Forge added.

Hannah Capsalis got off to a quick start for the Timber Wolves, draining a pair of three-pointers. Ella Misiaszek followed by putting back a rebound and after Michaela Vernazzaro drained two free throws, the Timber Wolves had a 10-0 lead. Allison Carr hit the first point for Gilford on a free throw with 45 seconds to go in the quarter and then Maura Hughes hit the first field goal of the game for the Golden Eagles, making it 10-3 after one quarter of play.

Vanessa Flanders finished off her own steal to give Gilford the first points of the second quarter before Vernazzaro answered for the Timber Wolves. Flanders and Vernazzaro

exchanged hoops again and then Capsalis added a three-pointer to push Prospect's lead to 17-7.

From there, Gilford scored the final eight points of the quarter, with a hoop from Flanders starting the run and after a free throw from Lindsey Sanderson and two from Carr, Flanders drained a three-pointer to cut the lead to 17-15 at the halftime break.

Like in the first quarter, Prospect Mountain came out strong out of the halftime break, as they scored the first six points of the third quarter. Julia Leavitt put back a rebound to get things started and then Misiaszek and Sophia Bean each hit hoops, giving the Timber Wolves the 23-15 lead.

Carr hit a pair from the free throw line to get Gilford on the board but Capsalis immediately answered with a hoop for Prospect. Sanders drilled a three-pointer for the Golden Eagles but Ella Smith closed out the quarter for the Timber Wolves with a hoop for a 27-20 lead heading to the final quarter.

Leavitt started the fourth quarter with a field goal for Prospect and Carr answered with two free throws for the visitors. Bean converted a three-point play to push Prospect's lead to 32-22 but Flanders answered right back with a three-pointer at the other end. After a Leavitt free throw, Carr sank a three-pointer for Gilford to cut the lead to five but Leavitt answered by putting home a rebound to keep the Timber Wolves ahead.

Hughes hit a free throw for Gilford but Bean finished off a nice feed from Capsalis to give Prospect the eight-



Vanessa Flanders rises toward the basket during her team's game at Prospect Mountain last week.



Gilford's Lindsey Sanderson goes up for a rebound against Prospect Mountain's Kassidy Kelley (left) and Jiana Kenerson in action last week.

point lead. A Flanders free throw and a putback from Hughes closed out the game with the 37-32 finale.

Burley noted that there were plenty of adjustments to be made and will continue to be made as the season rolls along.

"We're subbing everybody a lot, with the masks," Burley said. "We're trying to keep people fresh.

"And subbing so much, sometimes it's hard to get in a flow," the Timber Wolf coach continued. "But I was very happy with how they played."

Like Forge, he noted that the game was a lot like the first preseason scrimmage, since teams weren't allowed to play scrimmages this year.

"A lot of teams are going to be that way, where you don't have flow,"

Burley said. "My main thing is keeping the kids fresh, we're not going to force it.

"I'm happy to be playing basketball and my girls are happy to be playing basketball," the Timber Wolf coach added.

"We have a lot of new kids, only two starters back and we lost most of our scoring," said Forge. "So, we had to get those first game jitters out. We aren't big, so we knew it would be tough."

The Gilford coach noted that using masks makes it tough to put on a press for longer periods of time, particularly with a lack of depth.

"They (Prospect) have a lot of kids back, I am happy we stayed with them," Forge noted. "We had a slow third quarter and couldn't get

a handle.

"Our bigs will get there," the Golden Eagle coach continued. "Vanessa did a nice job, we just have to get our kids on track underneath.

"We didn't fold the tents up," he said. "And now we can check one off in the column, we played."

Flanders led all scorers with 16 points on the night while Capsalis led the Timber Wolves with 11 points.

The two teams will be back in action tonight, Jan. 21, in Gilford and Prospect will then play Laconia next week, with a game in Laconia on Monday, Jan. 25, and at home on Thursday, Jan. 28, all at 6 p.m. Gilford will be playing Plymouth next week, on the road on Monday, Jan. 25,

and at home on Thursday, Jan. 28, both at 6 p.m.

PMHS 10-7-10-10-37
GHS 3-12-5-12-32

Prospect 37
Capsalis 4-0-11,
Leavitt 3-1-7, Misiaszek 2-0-4, Bean 3-1-7, Vernazzaro 2-2-6, Smith 1-0-2, Totals 15-4-37

Gilford 32
Carr 1-7-10, Sanderson 0-1-1, Flanders 6-1-16, Hughes 2-1-5, Totals 9-10-32

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

ALTON BAY
SELF STORAGE

Unit sizes from
5x10 to 10x30
Available!

Prices \$60-\$190

ALTON BAY
SELF
STORAGE

12:45
PM

603-875-5775

5% Discount -
6 Months Paid in Advance

10% Discount -
1 Year Paid in Advance

www.mtmajorselfstorage.com

"Shop Where The Pros Shop"

CYR LUMBER
& HomeCenter

Windham • Warner • Tilton, NH

Benjamin Moore
Paints

ACE
The helpful place.

Patrick's
IRISH ROOTS - AMERICAN SPIRIT

BEST
OF
NH

Serving You Safely
Inside & Outside Dining,
Curbside Pickup
and Delivery every night!

CURBSIDE PICKUP
& DELIVERY

ORDER ONLINE
AT PATRICKSPUB.COM

Mon - Thur 4-8:30pm
Fri & Sat Noon-9pm
Sun Noon-8:30pm

(603) 293-0841

COMMERCIAL • COMPACTOR UNITS • HOME CLEANOUTS • STORM DAMAGE • ROOFING MATERIALS • SMALL DUMPSTERS • FRONT LOAD DUMPSTERS • REAR LOAD DUMPSTERS

DUMPSTER RENTALS STARTING AT \$410

Clean House, Clear Mind
HAPPY NEW YEAR!

NO HIDDEN FEES
NO FUEL CHARGE
NO TRICKY LONG TERM CONTRACTS TO SIGN

SAVE WITH OUR DUMPSTER DEPOT BUCKS

Got a trashy question?
CALL US TODAY
TOLL FREE
1-866-56-DEPOT
LOCAL
603-783-8050

Great Service at "YOUR" Convenience, Not Ours!
THE DUMPSTER DEPOT®
Waste Recycling Services
WWW.DUMPSTERDEPOT.COM

Like us on Facebook

Expires 2/1/21

COMMERCIAL • COMPACTOR UNITS • HOME CLEANOUTS • STORM DAMAGE • ROOFING MATERIALS • SMALL DUMPSTERS • FRONT LOAD DUMPSTERS • REAR LOAD DUMPSTERS